

Washington County Homemaker Newsletter



FEBRUARY 2023

The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service and education.

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Contact Us:

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245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu

Washington County Homemaker International Lunch *and* Meeting

Lynn Foster will speak on her trip to the Holy Land. Please bring a dish for the potluck lunch. Everyone is welcome!

February 2, 2023 - noon
WC Extension Office

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Dear Homemakers,

1/12th of 2023 is gone! We have had weird weather to say the least. I see dead stuff in the flower beds and new growth right beside it! This is a sign of something, I'm not sure just exactly what.

I look forward to seeing you at the International Lunch. The program sounds interesting. Details are elsewhere in the newsletter.

Have you broken your New Year's Resolution yet? I decided against resolving to do anything this year. I prefer to call it setting goals. I set only one goal for myself—to finish at least 1 project before I start a new one. This is renewable monthly. We shall see how I do. The January project was a baby quilt for a child who turns 2 soon. It will be a challenge!

I hope for you Health, Safety and Happiness!
Rita Yates, County President

Annual Inclusion Statement

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



Happy Valentine's Day!

Thought of the Month:

“No bird soars too high if he soars with his own wings.”

-William Blake

Roll Call:

February is National bird feeding month. What is your favorite bird?

Book of the Month

The Secret Lives of Color
by Kassia St. Clair (2021)

This book tells the unusual stories of 75 shades, dyes, and hues. From the brown that changed the way battles were fought to the white that protected against the plague, Picasso's blue period to the charcoal on the cave walls at Lascaux, scarlet women to imperial purple, these stories run like a bright thread throughout history.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

February 23 - 4pm
WC Public Library
Cajun Seasoned Fish with Rice

**2023 calendars
are available at
the Extension
Office!**

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

KEHA News & Notes

2023 KEHA State Board Elections

Credentials will be sought for six positions to be elected in May 2023. All will serve from July 1, 2023 to June 30, 2026. Credentials must be sent certified mail and postmarked by April 8. The positions include first vice president (program); treasurer; environment, housing, and energy chairman; food, nutrition, and health chairman; leadership development chairman; marketing and publicity chairman. Qualifications for nominees are listed on page 12 of the handbook. Nomination forms are in the appendix pages 6-10.

Grants, Scholarships, and Contests

March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual.

Grant opportunities: KEHA Mini-Grants for Study or Research (pages 104-106) and KEHA Development Grants (pages 107-111). Grant proposals/applications are due to the state 2nd Vice President. KEHA development grants provide areas and counties with the opportunity to obtain funding for projects and must be submitted by KEHA members. Mini-grants for study or research may be submitted by KEHA members, FCS agents or FCS specialists.

Scholarships: the Evans/Hansen/Weldon Scholarship (pages 94-98) and KEHA Homemaker Member Scholarship (pages 99-102). Scholarship applications are due to the state Leadership Development Chairman. The Evans/Hansen/Weldon Scholarship is open to any full-time student attending a college or accredited undergraduate program in Kentucky and majoring in a Family and Consumer Sciences/Human Environmental Science degree program. The KEHA Homemaker Member Scholarship is open to KEHA members with a minimum of 3 years of active membership. The scholarship may be used for any college or university, as well as for a trade or technical school. It is intended for students pursuing their first degree or certification.

Contest entries: creative writing (pages 37-39), Adopt-a-Highway awards (page 49), Ovarian Cancer Fundraising and Promoting a Healthy Kentucky (page 60), Homemakers Support 4-H (pages 64-65), international contests and awards (page 73), and Community Volunteerism Awards (page 88). Contest entries are sent to the respective chairmen who oversee the contests, as noted in the Manual.

Leadership Academy

Twenty three applicants statewide were accepted to participate in the 2023 Leadership Academy. The March 1-3 training will emphasize building leadership capacity within the organization.

2023 State Meeting

The next KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. Because of the rising prices, the registration pricing structure for 2023 has changed. Details for planning can be found on the State Meeting webpage. Full details and registration forms will be available when the state newsletter is issued.

Dates to Remember

- Jan. 31 - Area Membership Recognition Reports due to KEHA 2nd Vice President
- February - KEHA State newsletter coming soon!
- March 1 - KEHA development grant, mini-grant, scholarship, and contest entry deadline
- March 1-3 - KEHA Leadership Academy
- March 13-14 - KEHA Spring Board Meeting
- March 15 - Area Showcase forms due
- April 1 - Area lesson schedules for 2023-24 due to KEHA State Advisor
- April 10 - postmark deadline for State Meeting early registration fee
- April 24 - final postmark deadline for State Meeting registration
- May 9-11 - KEHA State Meeting

Dates to Remember

February 2 - Homemaker International Lunch and Meeting — WC Extension Office

February 16 - Monthly Food Distribution at Idle Hour Park — 8:30am

February 26 - Cooking through the Calendar
WC Public Library — 4pm

Quilters - February 18 - 10am

Adult Sewing Group - February 1 - 6pm

Yoga - Thursdays - 5pm

Monthly Lessons

February: Elements and Principles of Art

We will discuss concepts used to objectively evaluate a drawing, painting, or photograph. This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025. This will be taught on January 26 at 1:30pm at the Washington County Extension Office.

March: Generational Differences

Each generation is significantly different from the ones that precede and follow it because members of each generation have been shaped and molded by markedly different societal influences during their developmental years. Learn to understand each generation's characteristics and values in order to develop strong generational relationships. This will be taught on March 2 at 10am in Marion County.

Big Blue Book Club

Join the next Big Blue Book Club featuring, *Is Butter a Carb?* This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this zoom series will be held on March 2, 9, 16, and 23 at 10am ET. The series will be recorded. Registration is extended. To register, go to <https://ukfcs.net/BBBC23Book1>.

IS BUTTER A CARB? UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

MARCH 2023

 **March 2**
Intro - Chapter 3

 **March 9**
Chapters 4-7

 **March 16**
Chapters 8-11

 **March 23**
Chapters 12-14

BIG BLUE
BOOK CLUB

 Cooperative
Extension Service



MORE INFO
ukfcsxt@uky.edu





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

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March 2023

SUBMIT ENTRIES TO:

**MERCER COUNTY
EXTENSION OFFICE
1007 LEXINGTON ROAD
HARRODSBURG, KY, 40330
OR: TARA.DUTY@UKY.EDU**

2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Logan County

Creator: Sandra Lennon

Pattern: Applique

Description: Logan County was named for Benjamin Logan, second in command of the Kentucky Militia during the American Revolutionary War. Logan County was created on September 1, 1792. It was the 13th Kentucky County in order of formation, originally including territory from the Mississippi River to the Little Barren River and from the Green and Ohio Rivers to the Tennessee River. Lake Malone, located in the northern area of the county, is a man made lake completed in 1962. The park covers approximately 360 acres and the lake covers another 788 acres. Red River

Meeting House is located near the southern border of the county. Founded in 1784, it was the site of the First Religious Camp Meeting in the United States in June 1800. It is presently open by appointment for guided touring. Shaker Town is located at South Union, Kentucky. The religious group established the site in 1807. The Shaker Museum is open with guided tours available as well as special events during the year.



Lyon County

Creator: Angie York

Pattern: Sailboat

Description: Lake Barkley and Barkley Dam are named for Vice President Alben Barkley, a Kentucky native. Sailboats are often seen navigating Lake Barkley.

Turn Your Resolutions into SMART Goals

Many people make broad resolutions in the new year that fade away easily. If something is too broad, it can be difficult to actually imagine how it will be accomplished. Goals are more likely to happen if they are SMART:

- **Specific:** Include details that specify what and when something will happen.
- **Measurable:** Include a way to measure your goal to see if you are getting the results you want.
- **Achievable:** Do you have the resources that are needed to achieve the goal? Is it attainable?
- **Relevant:** Is this goal important to you? Does it work realistically in your life?
- **Timed:** Establish a deadline for your goal and checkpoints for progress.

Fiesta Potatoes

Potatoes are a good source of vitamins B and C, potassium and complex carbohydrates. They do not contain fat, cholesterol or sodium. Most nutrients are located just below the skin.

Source: Plate It Up KY Proud, UK Cooperative Extension



Fiesta Potatoes

8 small to medium russet potatoes, peeled and diced	1 medium onion, chopped	parsley, chopped
1 green bell pepper, chopped	1 cup Mexican blend cheese, shredded	1 tablespoon dried basil, crushed
1 red bell pepper, chopped	½ cup margarine, melted	¾ teaspoon salt
	½ cup low-fat milk	¼ teaspoon black pepper
	2 tablespoons fresh	

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water.

Place over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender.

Drain the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

<http://plateitup.ca.uky.edu>

Work Out During TV Time

Watch a movie while you walk on a treadmill or download a video on your phone and watch while you ride a stationary bike.

Source: UK FCS Big Blue Goals resources, week 5 activity tip