

Washington County Homemaker Newsletter

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



JANUARY 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:

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

BIG BLUE BOOK CLUB

Register for our upcoming book club as we read

IS BUTTER A CARB?

by Rosie Saunt & Helen West

The first 200 registered participants will receive a free book.



SCAN ME

 College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension

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. The registration deadline is January 27, 2023. To register, scan the QR code above with your phone camera or go to <https://ukfcs.net/BBBC23Book1>.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Good New Year to All Homemakers!

I hope your holidays were happy and no one had frozen pipes or any other catastrophe such as that. Two members of my immediate family were not so lucky, but there were no injuries and only one case of Covid to interrupt our festivities! We count ourselves blessed!

As all the Christmas decorations are being put away and I look outside at the sun shining and the temperature is 46 degrees, it is hard to believe it is early January. And, after January comes February which is when we have our International Lunch and Meeting. I hope to see all of you there. We should have an entertaining and informative program.

I don't know how your clubs are meeting, whether you have gone back to meeting in your homes, or in public places, but it is good to get together and learn things and fellowship with each other.

As we can begin to see the days get a tiny bit longer, we can begin to believe that Spring will come, as it always does.

Be safe and healthy,
Rita Yates, County President



Rita's New Year's Cactus

Thought of the Month:

**"I like the dreams
of the future
better than the
history of the
past."**

-Thomas Jefferson

Roll Call:

**January rings in
the new year.
Share one goal you
have for the new
year.**

Book of the Month

Organizing for the Rest of Us: 100 Realistic Strategies to Keep Any House Under Control
by Dana White (2022)

Decluttering expert and self-proclaimed “recovering slob” Dana White outlines affordable and unintimidating ways to declutter and get organized. With her 100 tips, she covers the basics of organization, better ways to think about clutter, and our relationships with things.



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.

January 26 - 4pm
WC Public Library

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

Website Update

KEHA's website will have a fresh new format that is more mobile friendly. All your favorite content will still be available, and links will not change. Also coming soon, the 2021-2022 KEHA state reports will be available on the new site on the Reports page. This includes Educational Chair Reports, Area President Reports, and more. Read about KEHA impacts across the state and consider new ideas to implement locally.

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.

2023 KEHA State Elections

The following KEHA state officer and chairman positions will be open for election in spring of 2023: 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. April 8 is the postmark deadline for credentials.

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. 15 - KEHA newsletter deadline - info due to KEHA 2nd Vice President
- Jan. 31 - Area Membership Recognition Reports due to KEHA 2nd Vice President
- March 1 - KEHA development grant, mini-grant, scholarship, and contest entry deadline
- March 1-3 - KEHA Leadership Academy
- May 9-11 - KEHA State Meeting

Dates to Remember

January 12 - Monthly Food Distribution at Idle Hour Park — 8:30am

January 26 - Elements and Principles of Art Homemaker Lesson — 1:30pm

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

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

Quilters - January 21 - 10am

Yoga - Thursdays - 5pm

Monthly Lessons

January: Grocery List and Coupon Apps

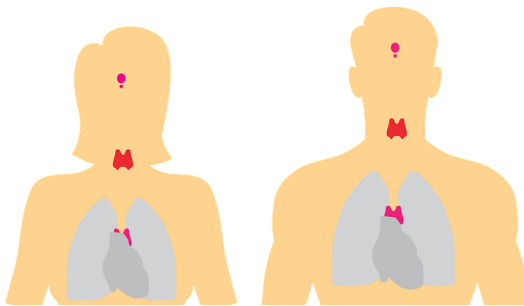
Learn how you can save time and money using grocery apps. This lesson includes information about grocery list and coupon apps available for your smartphone or other device. This will be mailed out.

February: Elements and Principles of Art

What makes art visually pleasing? The basic elements and principles of art and design influence how we perceive objects. 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 lesson will be taught on January 26 at 1:30pm at the Washington County Extension Office. It is open to everyone.

January is Thyroid Awareness Month

The thyroid is a small, butterfly-shaped gland at the base of the neck just



below the Adam's apple. It sends out important hormones that affects organs such as your heart, brain, liver, kidneys, and skin. Although the thyroid is small, it plays a big role in keeping your body healthy and your organs functioning properly.

The thyroid is vital for the growth, development, and regulation of the body. Several different disorders can arise when your thyroid make too much hormone (hyperthyroidism) or too little (hypothyroidism). Undiagnosed thyroid disease may put you at risk for other serious conditions, such as heart disease, infertility, and osteoporosis.

Common symptoms of thyroid disease include:

- Fatigue or trouble sleeping
- Unexplained changes in weight
- Changes in memory or ability to concentrate
- Depression, anxiety, or feelings of irritability
- Fast or irregular heartbeat
- Joint or muscle pain or weakness

You may be more at-risk to develop a thyroid disease if you have type 1 diabetes, have had past radiation treatment to the head or neck area, a family history of thyroid disease, or a recent pregnancy. More than 30 million Americans will develop some form of thyroid condition in their lifetime. If you suspect you are at risk for thyroid disease, make an appointment with your health-care provider to discuss your concerns.

Source: Katherine Jury, Extension Specialist for Family Health

Homebased Microprocessing Workshop



Friday, March 3, 2023

9:30am - 2:30pm

Washington County Extension Office

245 Corporate Drive, Springfield, KY 40069



University of Kentucky
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For more information & to register:

ukfcs.net/HBM

or call 859-336-7741

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

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accommodated
with prior notification.

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.



Lincoln County

Creator: Charlotte Hammond

Pattern: Applique

Description: Our block features the shape of our county, Lincoln, in bright blue. The house represents the William Whitley House located in Lincoln County. This house was built between 1787 and 1794. It was the first brick home built west of the Alleghany Mountains and was a gathering spot for early Kentuckians, including George Rogers Clark and Daniel Boone. Many special features make this house unique, including a secret stairwell that leads from the children's upstairs bedroom to the basement and into a spring cave system. An avid horse racer, he laid out a

circular racetrack in 1788 that forever influenced American horse racing. Since he did not approve of customs associated with the British, he ordered that his racetrack be laid out opposite to theirs. Instead of running clockwise, his was a counter-clockwise track. He also insisted that the track be made of clay instead of turf as preferred by the British. The house is located just off highway U.S. 150 and is open to the public.



Livingston County

Creator: Lesha Brummite

Pattern: Applique

Description: Livingston County has a large population of corn producers. It is one of our most popular crops.

Tips for Staying Healthy in the Winter

Here are a few tips for staying healthy in the winter:

- **Brighten up your days:** Try spending about 10-15 minutes of time in the sun. It is a good mood lifter and a source of vitamin D.
- **Stay hydrated:** Water helps your body keep a normal temperature, lubricate and cushion your joints, and get rid of waste.
- **Manage stress:** Give yourself a break if you feel stressed out or overwhelmed. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

Source: "Tips for Staying Healthy in the Winter." Dr. Natalie Jones, former UK Extension specialist

Broccoli Chowder

Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

Source: Plate It Up KY Proud, UK Cooperative Extension



Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes	3 tablespoons	

In a large heavy pot, **heat** the oil over medium heat. **Add** the onion and garlic and **sauté** 2-3 minutes. **Add** the carrots, red potatoes and broccoli one at a time; **sauté** each about 2 minutes. **Add** the Italian seasoning, salt, pepper and flour and **toss** until vegetables are coated. **Cook** 1-2 minutes. **Add** the chicken broth and bring to a boil. **Reduce** heat to low, **cover** pot and **simmer** for 15

minutes. **Remove** lid and **stir** in the half-and-half. Bring back to a **simmer** and **remove** from heat. **Ladle** into bowls and top with cheese to serve.

Yield: 8,1cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



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

Find Ways to Move

Take a brisk walk around a parking lot, in your driveway, or ride your bike in your neighborhood. If you have a small child with you, take a long walk using the stroller and everyone gets fresh air.

Source: UK FCS Big Blue Goals resources, week 4 activity tip