

Washington County Homemaker Newsletter

FEBRUARY 2024

 Cooperative
Extension Service



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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HOMEMAKER INTERNATIONAL LUNCH

February 1 at 11am
Washington County Extension Office
245 Corporate Drive, Springfield

Please bring a dish to this potluck lunch. The speaker will be Lynnette Allen, Breckinridge County FCS Agent. She will present the Homemaker monthly lesson on Healthy Eating Around the World. We will also eat lunch & have a council meeting. We hope to see everyone there!



Cooperative Extension Service

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Note from the President

Dear Heritage Homemakers,

Where did January go? The snow and frigid temperatures that kept us at home seemed to last forever. I felt like I was on a deserted island. I have nothing to show for my time except the books I've read.

Looking forward to February being a short month (although it's a Leap Year). Remember our blessing boxes. The need is great, especially in winter. Thanks for all your participation in all Homemaker activities.

Sue Clements



Monthly Lessons & Meetings

Healthy Eating Around the World

February 1 - 11 am

Washington County Extension Office

We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson is part of the International Program of Work for 2022-2024.

March Lesson - Need Your Feedback!

February 29

The scheduled Lesson is Self Care and Self Pampering, which was to be taught by an agent who has resigned. This can now be a mail out lesson or Cabrina can teach the lesson for our county.

Recently, one of the UK specialists requested that a few agents pilot a program called Inspiring Grandchildren to be Grand Cooks. She needs feedback for the program to roll out statewide. The lesson will feature benefits of cooking together, developmentally appropriate ways to involve children in the kitchen, and creating a plan for working with children in the kitchen. If you all are willing to add or substitute this lesson on February 29, we can play an important role in the development of this material.

Please provide your feedback at our meeting on February 1.

Thanks!

Thought of the Month:

**"If the winter is too cold
and summer is too hot,
you are not a hiker."
-Unknown**

Roll Call:

**Which is your favorite
season and why?**

Book of the Month

.....
from the 2023-2024
Homemaker Book List

8 Rules of Love: How to Find It, Keep It, and Let It Go by Jay Shetty (2023)

Nobody sits down and teaches us how to love. So, we're often thrown into relationships with nothing but romance movies and pop culture to help us muddle through. Jay Shetty is a former monk, award-winning storyteller, author, and podcast host with the ability to make the timeless feel more timely and ancient wisdom seem so practical.



Cooking through the Calendar

Laura Milburn, SNAP-Education Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

February 22
4pm at the Washington County Public Library
Everything Tuna Melts

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 State News & Notes

Nominate a Candidate for KEHA State Board

Qualified candidates should apply! A total of five positions will be elected in May 2024. Credentials must be certified mail and postmarked by April 5, 2024. The following KEHA state officer and chair positions are open for election: President-Elect, Second Vice President, Cultural Arts and Heritage Chair, Family and Individual Development Chair, and International Chair. For qualifications, job descriptions, and the nomination forms, visit <https://keha.ca.uky.edu/2024-state-board-elections>.

Recognitions

Membership Recognition Reports for areas (including 50-year member and deceased member lists) are due to KEHA 2nd Vice President Julie Hook by January 31. Send compiled results in one form from KEHA Manual Appendix page 17.

Contests, Scholarships, and Grants

March 1 is the deadline for most KEHA contests, scholarships, and grants. Please see the KEHA Manual Appendix page 2-3 for a summary chart listing where to get more information. KEHA development grant proposals and mini-grant applications can be found in the KEHA Manual, pages 104-111. Be sure to turn in your entries on time and to the correct person's address or email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual.

State Newsletter Coming Soon!

Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in February. It will be posted online at www.keha.org once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more.

2024 State Meeting

Next year's KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). Details are on the State Meeting webpage.

KEHA Merchandise

The KEHA website and merchandise order form has been updated to reflect items currently in inventory. New items include a two-handed potholder, a sewing kit, a toothpick holder, a whisk, and a collapsible bowl. These in addition to the grocery bag, car coasters, regular coaster, mug, cups, and more. View photos, access the order form, and find contact information for Julie Hook, KEHA 2nd Vice President, online under Marketing and Recruiting.

Dates to Remember

- Jan. 31 - Area Membership Recognition Reports due to KEHA 2nd Vice President
- February - KEHA State Newsletter coming soon
- March 1 - Entry deadline for many KEHA, grants, scholarships, and contests
- March 4-5 - KEHA Spring Board Meeting, Bowling Green
- March 15 - Area Showcase forms due to 1st Vice President
- April 1 - Area lesson schedules for 2024-25 due to KEHA State Advisor
- April 5 - Postmark deadline for state officer and chair credentials
- April 6 - Reservation deadline for conference rate at State Meeting hotel
- April 9 - Postmark deadline for early registration fee for 2024 KEHA State Meeting
- April 23 - Final postmark deadline for 2024 KEHA State Meeting registration
- May 7-9 - KEHA State Meeting in Bowling Green

Dates to Remember

February 1 - WC Homemaker International Lunch & lesson on Healthy Eating Around the World 11am at the Washington County Extension Office

February 6 - Lincoln Trail Area Homemaker Council Meeting - Hardin Co. Extension Office

February 29 - Homemaker Lesson details TBD - will discuss on Feb. 1 meeting

February 15 - Monthly Food Distribution at Idle Hour Park - 8:30am

March 1 - due date for KEHA contest entries, scholarship applications, etc.



Voting for the 2024-2025 Lessons

It's time to vote for your favorite lessons to be taught in the Fall 2024-Spring 2025 Homemaker year! Please look at the ballot that is included with this newsletter and vote for the lessons you want to be included. You can vote for as many different topics as you want. Your votes will be tallied with other Lincoln Trail Area Homemaker votes to determine the upcoming lessons. Submit your votes to the Washington County Extension Office by April 5, 2024!

Non-Discrimination Policy

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Blessing Box Donations

Please bring an item for the blessing boxes to Homemaker meetings. Thank you!



Earthquake Ready?

February is Earthquake Awareness Month

February is Earthquake Awareness Month in the United States. This month raises awareness of the dangers of earthquakes, and educates people about the steps you should take in the event of an earthquake.

Earthquakes can occur at any time with little to no warning. Before an earthquake, find places in your home, work, or school that provide protection away from windows and things that could fall on you. Think about what furniture you could shelter under to protect your head and body from falling objects. Taking preventative steps now can make your home safer for your family, such as securing tall and heavy furniture to the wall.

During an earthquake, the American Red Cross advises that you "drop, cover, and hold on." Avoid moving as much as possible and use what is around you to protect your body. If you are indoors, remain there until the shaking stops. Be aware of aftershocks, which are smaller earthquakes occurring after the first, larger earthquake. The shaking from an earthquake may cause structural damage, so avoid elevators and debris as you exit.

If you are outdoors during an earthquake, get low to the ground in an open space. Avoid structures and trees that could fall on you. If you are in a vehicle, keep your seatbelt on and find a clear space to pull over. Do not drive away until the shaking stops. Avoid driving on roads and bridges that the earthquake may have damaged.

Following an earthquake, check yourself for injuries. Follow the instructions of local authorities and be prepared for aftershocks. Inspect your home for damage and leave if it seems unsafe. Wear protective clothing and be cautious of other hazards, such as fallen power lines or gas leaks, or fires that may start as a result. A hissing noise may mean a broken gas line. You should exit immediately and contact the fire department if you hear a leak or smell gas.

And if you are thinking, "Earthquakes don't happen in Kentucky," you are mistaken. According to the Kentucky Geological Survey, in 2021, a magnitude 3.1 earthquake occurred in northern Lewis County. There have been at least 77 earthquakes on record for Kentucky since 1931, with the largest occurring in Bath County in 1980 when a magnitude 5.2 earthquake caused an estimated \$3 million in damages. Use this information to stay prepared. Better safe than sorry!

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.



Oldham County

Creator: Barbara Lynch

Pattern: Embroidered

Description: La Grange, the seat of Oldham County, is home to the only street-running railroad on a Main Street in America. As many as 30 trains pass through the county each day. The historic Main Street district in La Grange hosts a Kentucky Proud farmers market.



Owen County

Creator: Denise Perkins

Pattern: Applique

Description: In honor of the county's bicentennial celebration in 2019, the logo for the celebration of 200 years was chosen for the quilt square design.

February Word Search

HIBERNATE
 PRESIDENTS
 CHOCOLATE
 LOVE
 HEART HEALTH
 GROUNDHOG
 FRIEND
 SHADOW
 ROSES
 FLAG



puzzle-maker.com

H T L A E H T R A E H Y T
 P H I B E R N A T E Y C N
 S R J F D J L Y G W H X R
 E B E Z R Z V O L O J B L
 S W R S M I H T C N N O Y
 O Z O L I D E O D R V D Z
 R Y B D N D L N M E D Z R
 D T M U A A E W D F L A G
 M N O V T H R N T D L M W
 X R X E L M S P T D Y W Z
 G B V T L K Y L D S M T Z

Red Potato Salad with Creamy Pesto Dressing

New potatoes are a good source of vitamins B and C, potassium and complex carbohydrates.

Source: Plate It Up KY Proud, UK Cooperative Extension



Red Potato Salad with Creamy Pesto Dressing

- | | | |
|----------------------------------|--------------------------|---------------------------|
| 2 pounds new potatoes | ½ cup prepared pesto | 1 medium tomato, diced |
| 2 large eggs | ½ lemon, juice and zest | 1 medium red onion, diced |
| ¾ cup nonfat Greek yogurt, plain | Salt and pepper to taste | |

Wash potatoes, **chop** into 1 inch cubes. In a saucepan, **boil** potatoes in salted water until just tender, about 10-15 minutes. **Drain** and **cool**. **Place** eggs in a small saucepan. **Cover** eggs by 1 inch cold water. Bring eggs to boil over high heat. **Remove** saucepan from burner and **cover**. Let eggs **stand** in the water for 12 minutes. **Drain**, run under cool water and **peel**. **Slice** eggs and set aside. In a small bowl, **whisk** yogurt, pesto,

lemon juice and zest. **Season** with salt and pepper. In a large bowl, **combine** potatoes, eggs, diced tomato and onion. Gently **stir in** yogurt mixture. **Chill** several hours and **serve**.

Yield: 6, ½ cup servings

Nutritional Analysis: 210 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 3 g dietary fiber, 5 g sugars, 10 g protein.

Add Physical Activity at Home

Get up 15 minutes early and use this time for a run, walk, sit-ups and push-ups, or stretching.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/