

Washington County Homemaker Newsletter

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



NOVEMBER 2022

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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Truth and Consequences

Truth and Consequences is a program that teaches high school freshman students the consequences of substance misuse and other high-risk behavior. Students hear from speakers and walk through real-life scenarios to see what would happen to them. Volunteers are needed to accompany students through these scenarios. Truth and Consequences will be held on December 1 from 9am-11:30am at the Washington County Judicial Center. There will be a lunch for volunteers to follow at the Old Louisville Store building. If you have any questions, call the Washington County Extension Office at (859) 336-7741 or email cabrina.buckman@uky.edu. Thank you for your consideration.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Greetings, Homemakers!

It has been a beautiful (but very dry) Autumn so far this year. I love the colors, the cooler weather, and the festivals that come with Autumn. And, as I write this, Christmas Eve is in 2 months!

It is hard to believe that it is already November! Turkey and dressing is everywhere and the Hallmark Channels are in full Christmas movie mode! This is the time to give thanks for our blessings and spend time with the people important to you, and doing the things that make you and others happy.

I am sorry that we lost a former Homemaker member, Kathy Wells, last week. Prayers for her family.

Extension Homemakers doesn't look exactly like it used to, but we can still be a vital part of our community. We offer many opportunities to learn and serve.

Be Safe, Well, and Thankful!
Rita Yates, County President



*Autumn tree in front of
Rita's house*

November 3 Council Meeting



All county officers, club presidents, and chairmen are invited to attend the Washington County Homemaker Council Meeting on November 3 at noon at the Extension Office. Please let us know if you are coming and we will order Subway for lunch. Thanks in advance for your time and engagement!

Thought of the Month:
“We must find time to stop and thank the people who make a difference in our lives.”
-John F. Kennedy

Roll Call: In November, we celebrate Thanksgiving. What is one thing you are thankful for this year?

Book of the Month

The Westing Game
by Elli Raskin (1978)

Eccentric, game-loving millionaire Samuel Westing dies and in his will outlines a series of mysterious and dangerous games to be played by 16 strangers to determine who will inherit his fortune. Accessible for young readers, but still enjoyable for adults, Raskin's clever and humorous mystery is an easy and enjoyable read.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, holds recipe demonstrations and tastings each month at 4pm at the Washington County Public Library. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at facebook.com/WashingtonCountyNutritionEducation.

November 22 • December 6

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

Deadline Extended for Session Proposals

Do you know something that would be useful for other homemakers to know? Now is your chance to share! We have extended the deadline for learning session proposals for the 2023 KEHA State Meeting to Friday, October 21. KEHA members are encouraged to share their knowledge by presenting a learning session. The form can be found on the State Meeting webpage. Send the form to: Henrietta Sheffel, KEHA 1st Vice President, 1801 Little Creek Road, Jackson, KY 41339 or hsheffel@gmail.com.

Leadership Academy

Areas should be selecting Leadership Academy nominations now. Copies of the applications for two participants and one alternate per area should be forwarded to the KEHA State Advisor by November 1. Participants who are selected will be notified in early November, and commitments are due December 1. This second KEHA Leadership Academy will take place on March 1-3, 2023 at Blue Licks Battlefield State Resort Park.

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. Additional details regarding elections will be shared in January 2023. Qualifications for nominees are listed on page 12 of the handbook.

KEHA Dues

Fall is time for membership drives and county dues collection. Counties are encouraged to have a dues deadline no later than December 1. Dues payment and the remittance form (KEHA Appendix, page 16) should be mailed to the area and state treasurers by December 15 and are delinquent if not received by

December 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2023 state business meeting.

New Membership Campaign

Remember the new “**3-R’s— Keys to Membership**” campaign. The three R’s are to **Recruit**—get a plus one; **Retain**—value members and engage; and **Repeat**—continue to grow. Each time a county gets three new members (above the previous year total), the county will be entered into a drawing. For example, counties that get 12 new members will be entered four times. There will be five \$100 drawings per year. The county with the highest number will receive a Golden Key to display in the county.

Nominations Sought for Kentucky Master Farm Homemakers Guild

The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. If you are interested in nominating someone, please contact the Extension Office to learn all of the criteria and to get assistance with the form. County nominees should complete and submit the county information by November 15.

Merchandise

The KEHA website and merchandise order form are being updated to reflect items currently in inventory. New items include a coffee mug, cups, a coaster, and a cutting board. View photos, access the merchandise order form, and find contact information for Julie Hook, KEHA 2nd Vice President, online under Marketing and Recruiting.

*News and Notes continues
on the next page*

Dates to Remember

October 27 - Transferring Cherished Possessions lesson - 10am at the Washington County Extension Office

November 3 - Washington County Homemaker Council Meeting — noon

November 8 - Election Day - the Extension Office will be a voting location

November 17 - Monthly Food Distribution at Idle Hour Park — 8:30am

November 22 - Cooking through the Calendar WC Public Library — 4pm

December 1 - Truth and Consequences at the Judicial Center - 9am

December 5-9 - drop off Holiday Assistance donations at the Extension Office

Quilters - November 19 - 10am

Yoga - Thursdays - 5pm

KEHA News and Notes Continued

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. Details and contact information can be found on the State Meeting webpage.

Dates to Remember

- October 21 - extended deadline for submitting session proposals for the 2023 KEHA State Meeting
- October 31 - due date to send area KEHA Officer Directories to the KEHA President and State Advisor.
- November 1 - areas submit up to two candidates and one alternate for Leadership Academy
- Early November - Leadership Academy participants will be notified
- November 7-8 - KEHA Fall Board Meeting in Lexington
- November 15 - due date to nominate new members for the Master Farm Homemaker Guild
- November 15 - due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30
- December 1 - Leadership Academy commitments are due
- December 15 - County dues due to state and area

Monthly Lessons

November: Transferring Cherished Possessions

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. This lesson will be taught on October 27 at 10am in Washington County.

December: No lesson — enjoy the holidays!

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 a mail out lesson.

Wreath Making Workshop



Thursday December 8, 2022

9:00 AM to 4:00 PM

Washington County Extension Office

245 Corporate Drive, Springfield KY

Call 859-336-7741 To Register

Come make your own wreath with live greenery!

Participants can stop by anytime during the day.

Cost \$15.00 Bow Included



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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.



Lee County

Creator: Sue Spencer

Pattern: Applique

Description: This quilt block represents Lee County in that it has the county displayed with the three forks of the Kentucky River, with a star to show the location of the City of Beattyville. Three forks (North, Middle and South) of the Kentucky River come together in Lee County. The merging of North and South Forks alongside the city of Beattyville is the birthplace of the Kentucky River. This 200-mile stream travels northwest through 14 locks to the Ohio River. The merging of

the tow in Beattyville is a prime place in the spring to fish for muskie. Though the river does flood its banks a couple times a year, it provides great fishing, boating, canoeing, and kayaking creation.



Leslie County

Creator: Rhonda Brashear

Pattern: Embroidered

Description: The quilt square represents Leslie County's Kentucky School of Bluegrass and Traditional Music located in Hyden. The Professional Studio Artist (PSA) program prepares individuals for careers as independent studio artists and business owners, designers, performers, and studio technicians. The curriculum offers technical, design, and product management courses. Classwork covering the history and traditions of each discipline, basic studio development and technology requirements are a vital part of the students'

education. Students will complete a track of study and acquire the necessary technical proficiencies, creative problem solving, business skills, production processes and the knowledge to apply these aspects to careers in the craft, music, theater, or applied art fields.

Managing Needs

Managing your self-care and health can hinder or enhance your ability to regulate emotions and stress. Without intentionally regulating our social, emotional, and environmental resources, we set ourselves up for impaired functioning in other areas of our life. Toxic stress can impact our ability to work or parent, and can lead to depression, anxiety, or other physical health issues.

Do you have unmet needs relating to your physical, mental, or emotional health that need to be addressed? Do you have resources, or need to find resources to address those needs?

Source: UK FCS Big Blue Goals resources, week 8 reflection

Air Fried Okra Tots with Tangy Dipping Sauce

Okra is a good source of vitamin C, folic acid and fiber. Fiber helps lower cholesterol which reduces the risk of heart disease. Wash okra pods before cooking. Cut off stem end, leaving small pods whole. Cut large pods in 1/2 inch slices. Okra exudes a unique juice that will thicken soups and stews. The taste complements tomatoes, onions, corn, and fish stock.

Source: Plate It Up KY Proud, UK Cooperative Extension

Air Fried Okra Tots with Tangy Dipping Sauce

- **12 ounces** okra stalks
- **2 tablespoons** olive oil
- **2 tablespoons** salt-free seasoning

Tangy Dipping Sauce:

- **1 cup** plain low-fat yogurt
- **3 tablespoons** mayonnaise
- **1 tablespoon** dried parsley
- **2 teaspoons** dried dill
- **1 teaspoon** garlic powder
- **1 teaspoon** onion powder
- **1/2 teaspoon** salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



Mix It Up!

Start the week with a swim at the pool, take a yoga class during a weekday lunch, lift weights in the evening, and end the week by working in the garden.

Source: UK FCS Big Blue Goals resources, week 2 activity tip