

Homemaker Newsletter December 2023



Annual Christmas Event Dec. 5th!

The annual Christmas Party will be on Tuesday, December 5th, at 5 p.m. We will have the event at the Russell County Public Library's Community Room.

- Potato Bar
- Ornament Exchange
- Mug Exchange: Gag Gift or Simple Gift that will fit into a mug
- Cake Walk

The Council is requesting that guests call the Extension Office to sign up to bring different potato toppings, beverages, or a dessert.

Thought of the Month:

"Small cheer and great welcome make a merry feast." – William Shakespeare

Roll Call:

December is the holiday season. What is your favorite holiday tradition?



PSST! Hold the Date



Russell County ANR and FCS agents will be hosting an Estate Planning Series on **March 18th and 21st at 6 PM**. This is a **FREE** program and UK Specialists and an attorney will be present to answer your questions.



Update on Fundraisers & Community Service Events

Pecans for Sale

We still have Pecan pieces for sale at the Extension Office, \$12 a bag!

March Madness is Coming Early!

Donation raffles of tickets will begin on Dec. 5th through March Madness for a chance to win a signed basketball by Coach Cal from the U.K. Wildcats!

Tickets 1 for \$5 or 5 for \$ 20! Proceeds will go to the Homemaker budget and the Scholarship Fund.



Donations for the Senior Center

Now through January 26th Homemakers are accepting donations for seniors in need at the Senior Center. Donations can include hygiene items and shelf-stable/non-perishable items.

- Deodorant
- Shampoo
- Body Wash
- Body Wipes
- Long Handled Brushes
- Tooth Paste
- Tooth Brushes
- Toilet Paper
- Nail Clippers
- Granola Bars
- Rice
- Crackers
- Pasta
- Tuna Fish
- Canned Fruit,
- Vegetables,
- Meat

Quilt Guild Selling Quilt for Scholarship Fund

The PIECEMAKERS Quilt Guild is selling this quilt for the Scholarship Fund. They are asking \$300 for this queen size quilt-size 88x99". Contact Melonie Eubank at 270-507-6331 if you are interested in buying "The Carpenters Star".



Rada Products still For Sale

Homemakers are now selling **Rada products!** We have 5 catalogs, and there is an online option to sell as well. To share the link, search radafundraising.com, and then type in Russell County Extension Homemakers in the search box.

Online link:

<https://radafundraising.com/pages/select-your-fundraising-group>

Community Service Projects

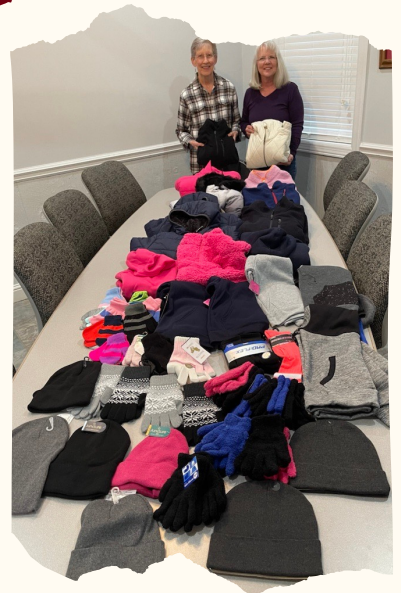
Celebrating Veterans

Homemakers collected items for veterans at the local nursing home for Veteran's Day. We were able to provide 10 bags to veterans.



Warm the Children

Homemakers collected winter clothing items for children in need. The items were picked up by Russell County's Family Resource Counselors Danielle Helm and Sherry Coffey.



Ham Donation to the Jaycees' Auction

The Homemakers voted to purchase a \$100 ham package, from Penn's Hams in Campbellsville, KY to enter into the Jaycees' annual auction. The money brought in by the auctions goes towards a children's toy drive this winter. The item sold for \$100.



New Twists for Traditional Holiday Meals

SOURCE: COURTNEY LUECKING, EXTENSION SPECIALIST FOR NUTRITION AND HEALTH

Holiday celebrations often include special people and specific foods. Who is usually gathered around your table? Where do you meet? What is on your holiday menu? The holidays this year will likely be or at least will feel different from holidays past. We might not be able to host meals or visit with loved ones in ways we are used to. Although with a little creativity and compassion, we can create memorable holiday meal experiences that provide joy and pleasure.

Plan a special meal. Select a day and time for your holiday meal. You get to decide what special looks like. It could be a recreation of all the family favorites, take out from a local restaurant, or a typical weekday meal that includes music or decorations.

Recreate family recipes at your house. If you will not be dining with the family chefs, ask if they will share the recipe. Spending time in the kitchen with those you live with can be a fun and educational experience for all.

Find or create new family recipes. Vegetables and fruit that are in season in late fall are a wonderful way to add flavor and color to your holiday meals. Try a new recipe featuring apples, greens, lettuce, peas, sweet potatoes, butternut squash, turnips, or carrots. Plate It Up! Kentucky Proud has many recipes featuring these foods. Eating local foods may provide a sense of connection with your community and could quickly become a family favorite or staple for future holiday meals.

Bring the family to the table. When you cannot be physically together, consider a virtual or phone experience. A video chat or putting people on speaker phone can help you connect during a meal or maybe even for a game. You could also have family members send letters and read them during the meal or holiday season.

Finally, whether we feel we have a little or a lot to be thankful for, expressing gratitude yields physical and mental health benefits. Instead of limiting this practice to the Thanksgiving holiday, find small ways throughout the season to acknowledge who and what you are grateful for. These daily celebrations of gratitude may leave you feeling happier about the holiday season.

Reference

University of Kentucky Family & Consumer Sciences Extension. (2020) Plate it Up Recipes by Season. <https://fcs-hes.ca.uky.edu/content/plate-it-recipes-season>

NIH News in Health. (March 2019). Practicing Gratitude: Ways to Improve Positivity. <https://newsinhealth.nih.gov/2019/03/practicing-gratitude#:~:text=Taking%20the%20time%20to%20feel,fewer%20signs%20of%20heart%20disease>

Broccoli Cornbread

SERVINGS:12SERVING SIZE:3-INCH SQUARE LEAP...FOR HEALTH: ROSIE ALLEN, AREA NUTRITION AGENT, U.K. COOPERATIVE EXTENSION SERVICE

Ingredients:

- ¼ cup margarine, melted
- ⅓ cup onion, chopped
- ½ teaspoon salt
- ¾ cup low-fat cottage cheese
- 1½ cups fresh or cooked frozen broccoli, finely chopped
- 4 eggs, slightly beaten
- 1 (8.5-ounce) box quick corn muffin mix



Directions:

1. Preheat oven to 400 degrees F. In a mixing bowl, blend melted margarine, onion, salt, cheese, broccoli, and eggs. Stir in the muffin mix.
2. Pour into a greased 9-by-13-inch pan.
3. Bake for 20 to 25 minutes, until the top is golden brown. Cool and cut into squares.

Notes



For thicker bread bake in a 9-inch round pan and add 5-7 minutes to the suggested cooking time.

90 calories; 6g total fat; 1.5g saturated fat; 0.5g trans fat; 60mg cholesterol; 240g sodium; 5g carbohydrate; 1g fiber; 2g sugar; 4g protein; 10% Daily Value of vitamin A; 20% Daily Value of vitamin C; 4% Daily Value of calcium; 2% Daily Value of iron



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 HM Christmas Party 5 PM	6	7	8 Wild Game @ Pulaski Co. 6 EST	9
10	11 Resin Ornaments 10 A Sit & Sew 12-6	12 Laugh & Learn 6 P	13	14	15	16
17	18 Cooking the Calendar 5 P	19	20	21	22	23
24 	25 CLOSED	26 CLOSED	27 CLOSED	28 CLOSED	29 CLOSED	30
	1 CLOSED					

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PULASKI & RUSSELL COUNTY

Cook Wild KENTUCKY

COOK WILD

PULASKI CO.: DEC. 8TH, 6 PM
RUSSELL CO.: JAN. 8TH, 6 PM CST

FOOD/ FUN/ FELLOWSHIP

EVENT DETAILS

Come sample 4-5 of our cook wild recipes and experience something new.

You must RSVP and pre-pay to attend.
\$10 per person (to attend either 1 or both events)
Maximum of 20 people

RUSSELL COUNTY EXTENSION OFFICE | 2688 S. HWY 127
RUSSELL SPRINGS, KY | PH: (270) 866-4477

Cooperative | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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AGE 3-5 YEARS

LAUGH & LEARN

PRESENTED BY THE RUSSELL COUNTY EXTENSION OFFICE AND THE RUSSELL COUNTY PUBLIC LIBRARY

DECEMBER 12TH 6 PM
535 N. MAIN ST. JAMESTOWN, KY

CALL 270-866-4477 TO **RSVP**

ACTIVITIES

STORY TIME, HEALTHY SNACKS, GROSS MOTOR SKILLS, FINE MOTOR CONTROL SKILLS, AND MORE!

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development
Lexington, KY 40516

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COOKING THROUGH THE CALENDAR SERIES

LOADED BEEF STROGANOFF

DECEMBER 18TH
5 PM

FREE RECIPE DEMONSTRATION AND SAMPLING. RSVP BY DECEMBER 15TH. SPACE IS LIMITED.

CALL NOW TO RSVP: 270-866-4477

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Lexington, KY 40516

Cooperative Extension Service

Creating & Maintaining Family Traditions: Resin Ornament Making

Class will be held on Dec. 11th @ 10 AM

Come learn about a new family tradition you can create

- Learn more about creating and maintaining family traditions
- Learn a new craft to do with your family/friends

RSVP by Dec. 8th at Noon by calling: 270-866-4477

2688 S. HWY 127, Russell Springs, KY 42642

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