

Homemaker Newsletter

March 2024

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
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Homemaker Council Meeting will be on March 25th

Thought of the Month:

“Think outside – no
box required.” –
Unknown

The Russell County Extension Homemaker Council will meet on Monday, March 25th, at 5 PM at the Russell County Extension Office.

At 4 p.m., Clinton and Cumberland County FCS Agents will teach “Spring Cleaning Your Home and Finances”. Please call the office at 270-866-4477 to RSVP. The deadline to RSVP is March 18th.

Roll Call:

Thinking of spring,
share your favorite
outdoors activity.

The KEHA State Meeting will be held in Bowling Green, KY, May 7th-9th at the Sloan Center. Registration information will be on the KEHA website soon.

The Homemaker Scholarship for college students is accepting applications until **March 29th**. If you know someone currently or planning to enroll in college for the Fall 2024 academic year, please encourage them to apply.



Community Service Projects

The Russell County Extension Homemakers will be drawing for the winner of a hand-autographed basketball signed by Coach Calipari on **March 14th at the Extension Office**. If you have tickets, please return them to Sue Foley to be entered into the drawing.

All proceeds of this fund raiser will go toward the scholarship fund and community service projects.

Cultural Arts Competition

County Competition

Area Competition

Name	Category, sub-category	Ribbon
Linda Helm	Art, recycled, other	Blue
	Holiday decorations, winter	White
	Photography, black & white	Blue
	Photography, color	Red
Kris Nelson	Basketry, novelty	Blue
	Wall/door hanging, other	Blue
Elaine Mattox	Beading, non-jewelry	Blue
	Holiday decorations, winter	Red
	Jewelry, beaded	Blue
Melonie Eubank	Ceramics, pre-formed	Blue
	Counted cross-stitch	Blue
	Crochet, home decor & afghans	Red
	Holiday decorations, winter	Blue
	Quilts, machine pieced & quilted	Red
	Quilts, miscellaneous	Blue
	Papercraft, card making	Red
	Miscellaneous	Blue
Diane Hainey	Crochet, accessory	Blue
	Holiday decorations, fall	Blue
Angelia Miller	Crochet, home decor & afghans	Blue
Wanda Conatser	Crochet, home decor & afghans	White
	Needlepoint, plastic canvas	Blue
Sue Foley	Drawing, color pencil	Blue
	Drawing, pen & ink	Blue
	Decorative painting, wood	Blue
Glenda York	Photography, color	Blue
Sue Hendrickson	Quilts, machine pieced & quilted	Blue
Cindy Mills	Quilts, lap size, hand pieced & quilted	Blue
Christy Martin	Papercraft, card making	Blue

The area competition will be held in Cumberland County on **March 6th**.

County winners who want to compete at the area level will need to have their items at the office no later than **March 4th by 4 PM**.

Club Meeting Information

Homemakers on the Go

Hold the date of **March 14** at 10 a.m. for the Homemakers on the Go meeting. They plan to meet at the Extension Office and travel to Greensburg, KY, for lunch at Long Hunter Coffee and Tea. Please RSVP by **March 11th** for reservations.

If you are interested in attending, please call the Extension Office at 270-866-4477.

Homemakers by Heart

Homemakers by Heart will meet on **March 18th** at the Russell County Public Library at 6 p.m. for a recipe exchange!

Bring your favorite meal cooked in a slow cooker, air fryer, or pressure cooker to share with everyone! If you bring a dish, please bring a copy of your recipe!

Please RSVP by calling Caitlyn Helm or the Russell County Extension Office by **March 15th**. 270-866-4477.

Sunset Club

The Sunset Club will meet on **March 12th** at 6 p.m. at the Extension Office. The club will be offering a lesson, a craft, and a potluck. Please wear green for St. Patrick's Day. No RSVP is required for this meeting.

The Piecemakers Quilt Guild

The Quilt Guild will be meeting on **March 11th** and **March 25th** at noon for fellowship and quilting. They are currently working on two hanging quilts for the hospital.

Crafty Bees

The Crafty Bees will meet on **March 26th** at 5:30 p.m. in the Extension Office's **Gray Space**. They will be making a DIY Tissue Dispenser Box. Please bring a new square tissue box, and two pieces of 9x12 felt. Call 270-866-4477 to RSVP by **March 22nd**.

Connect with Nature for Health and Well-Being

SOURCE: AMY F. KOSTELIC, ASSOC. EXTENSION PROFESSOR, ADULT DEVELOPMENT & AGING

Did you know that birdsong can enhance your mental health? Listening to birdsong brings people a sense of peace and calm and helps connect them to nature. In some hospital settings, recordings of birds are played to encourage a therapeutic and uplifting experience, according to the Audubon Society.

With spring in the air, March is a good time to go outdoors. If walking is difficult, find a quiet place to sit where you can take in the sounds, sights, and smells of nature. Research demonstrates that in just 15 to 20 minutes, nature can lower stress. Nature can also decrease heart rate, blood pressure, anxiety, inflammation, fatigue, and depression. Nature can enhance happiness, mood, social interactions, attention, cognition, sleep, and vision. For some people, feeling connected to nature has even helped buffer the effects of loneliness and social isolation. It can even contribute to longevity.

Because nature is free and comes in all shapes and sizes, nature can be accessible to most people. Find ways to connect to the outdoors that fit your ability and comfort. You may go for a hike or camp overnight in a remote biodiverse space. Or you may choose to look out a window, add plants to your indoor space, grow a garden, feed the birds, or read a book outdoors. Even a little time in nature is better for your well-being than none.

References

Audubon Society. (2023). Around the World, the Soothing Sounds of Birdsong Are Used as Therapy. Retrieved October 6, 2023 from <https://www.audubon.org/news/around-world-soothing-sounds-birdsong-are-used-therapy>

Stanton, L. & Gallop, S. (2023, September 27). Nature matters across the lifespan [Conference presentation]. Epsilon Sigma Phi Annual Meeting, Billings, MT, United States.

Weir, K. (2020). Nurtured by nature. American Psychological Association. Retrieved October 6, 2023 from <https://www.apa.org/monitor/2020/04/nurtured-nature>

Baked Fruit as a Dessert

SERVINGS:4 SERVING SIZE: 1 ROLL-UP

SOURCE: A GUIDE TO GOOD NUTRITION, UNIVERSITY OF KENTUCKY, COLLEGE OF AGRICULTURE, COOPERATIVE EXTENSION SERVICE, KENTUCKY EXPANDED FOOD AND NUTRITION PROGRAM 1998.

Ingredients:

- 4 cups of fresh or canned fruit (drain if using canned)
- 1 tablespoon margarine
- ¼ cup brown sugar, packed
- 1 tablespoon cinnamon



Directions:

1. Preheat oven to 325 degrees F.
2. Arrange fruit in a flat baking dish.
3. Dot top of fruit with margarine.
4. Combine brown sugar and cinnamon; sprinkle over fruit.
5. Bake 30 minutes.

Tips

- Look for canned fruit packed in light syrup or water.
- Fresh fruit may be used in season. For added color and nutrients use strawberries, blackberries or blueberries.

80 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 15mg sodium; 19g total carbohydrate; 2g dietary fiber; 16g sugar; 1g protein; 2% Daily Value of vitamin A; 25% Daily Value of vitamin C; 2% Daily Value of calcium; 2% Daily Value of iron



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Cultural Arts en-tries going to area due	5	6 Area Cultural Arts in Cumberland County	7	8	9
10	11 Sit & Sew 12 PM Cooking the Calen-dar 5 PM	12 Sunset Club 6 PM	13	14 Donation Raffle Draw-ing 9:30 AM Homemakers on the Go 10 AM	15	16
17	18 Homemakers By Heart 6 PM Estate Planning 5:30PM	19	20	21 Estate Planning 5:30 PM	22	23
24	25 Sit & Sew 12 PM Spring Cleaning 4 PM HM Council 5 PM	26 Crafty Bees 5:30 PM	27	28 Spring Cookie Ex-change 5 PM	29	30
31						



SPRING

Bonnet & Biscuit EXCHANGE

Celebrate the spring season with your fellow Russell County Extension Homemakers at the Russell County Public Library! Call to RSVP! **Deadline is March 22nd.**

Bring 4 dozen stackable cookies (can be button size), and their recipe, to exchange with others. Don't forget you'll need a big platter to take your new 4 dozen home.

Please wear a beautifully decorated hat for the bonnet decoration competition!

THURSDAY MARCH 28TH, 2024 5 PM

270-866-4477

535 N Main St, Jamestown, KY 42629



Cooking through the Calendar

Veggie Egg Rings

Free recipe demonstration & sampling

When: March 11, 2024 at 5:00 p.m.

Where: Russell County Extension Office
2688 South Highway 127
Russell Springs, KY 42642

Please RSVP by calling 270-866-4477
by March 4, 2024.



ESTATE PLANNING / TRANSITION

Are you ready?



Estate state planning can be a complicated process.



Come learn more about estate planning from U.K. Specialists, local attorneys, and CPAs.



- These classes are **FREE**
- A meal will be provided
- **RSVP is required.** Please call 270-866-4477 to save your spot

MARCH 18TH 5:30 PM
MARCH 21ST 5:30 PM

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russell.ca.uky.edu



BASIC BREADS WORKSHOP

APRIL 1ST
10 AM & 5 PM

Learn about basic yeast and quick breads!
The class is **FREE**, but **RSVP** is required.

Please call 270-866-4477 to save your spot!

