

Homemaker Newsletter January 2025

RUSSELL COUNTY EXTENSION OFFICE
2688 S. HWY 127
RUSSELL SPRINGS, KY 42642
(270) 866-4477
FAX: (270) 866-8645
RUSSELL.CA.UKY.EDU

Thought of the Month:

"Lookin' for
adventure And
whatever comes
our way" *Born to Be
Wild*

Steppenwolf · 1968

Roll Call:

January rings in
the new year.
What adventure
do you hope to
find this year?

First Homemaker Council Meeting of the New Year

The January Extension Homemaker Council meeting will be held on Monday, January 27th, at 5 PM at the Russell County Extension Office. At this meeting, the council plans to discuss new fundraisers and community service projects for the year. The Homemaker Leader Lesson is on January 27th at 4 PM. **Please call to RSVP by 01/21/24.**

Recap of the Holiday Party

The Extension Homemaker Council held its annual holiday party on December 12th. They had a blast listening to Mrs. Patti Lamb tell stories, doing a gift mug exchange, and a cake walk.



Homemaker Cultural Arts Competition

The 2025 Extension Homemaker Cultural Arts Competition is upon us. Russell County cultural arts competition entries must be brought to the Extension Office by **February 26th at noon**. Judging will occur after, with a viewing of entries after 1 pm on February 27th.

Area cultural arts will be held on Tuesday, March 10th, in Green County.

See categories on page 8.

Upcoming Service Projects

Goodie Bags for the Highway Department

The Russell County Homemakers will collect donations of shelf-stable snacks for bad weather goodie bags for the local and state highway departments. Donations will be accepted starting January 2nd and must be received by 10 am on January 10th.

Club Meeting Information

Homemakers On the Go

The Homemakers On the Go will meet on **Thursday, January 9th, 10 a.m., at the Extension Office** for a craft and then travel to Jamestown to have lunch at Giovanni's. Please call 270-866-4477 to RSVP by January 6th.

The Piecemakers Quilt Guild

The Quilt Guild will meet on **January 13th** at noon for a lesson on knotting off and tucking in threads when quilting. They will also meet on **January 27th** at noon for Sit N Sew. Please contact Cindy Mills for more information on meeting locations.

Sunset Club

The Sunset Club will meet on **January 21st, 6 p.m., at the Extension Office** for a fellowship meeting. Please reach out to Susan Adams for more information.

Homemakers by Heart

Homemakers By Heart will meet on **January 20th at 6 p.m.** for basic budgeting for the new year program. Please RSVP with Caitlyn Helm or the Extension Office by January 17th.

Crafty Bees

The Crafty Bees will meet on **January 28th at 5:30 p.m.** for their monthly meeting. Please reach out to Melonie Eubank for more information.

Slow Cooker Tips for Warm Winter Soups & Stews

SOURCE: HEATHER NORMAN-BURGDOLF, EXTENSION SPECIALIST FOR FOOD AND NUTRITION

Slow cookers are electric appliances that are easy and convenient. You can use them to make soups and stews which are budget-friendly dishes you can stretch over several meals or feed a larger crowd. Use smaller slow cookers, in the range of 2 to 4 quarts, to feed one or two people. Larger slow cookers, 5 to 6 quarts, can feed larger families or gatherings. When preparing a soup or stew, make sure to fill the slow cooker at least halfway but no more than three-fourths full. This helps food cook evenly and reduces food safety concerns. Use the following tips and tricks to build a soup or stew with common items you might already have in your home.

- Chop vegetables into similarly sized pieces to ensure even cooking. Vegetables that cook well in the slow cooker are onions, carrots, potatoes, parsnips, celery, and green beans.
- Add vegetables to the slow cooker first. They cook slowly and need direct contact with the heat.
- If adding animal protein, trim the fat from the meat and cut into smaller, evenly sized pieces. Consider tougher cuts of meat on sale such as chuck roast, stew meat, brisket, shoulder, or ribs. The ideal cut of poultry for a slow-cooker soup or stew is chicken thighs. Place the meat or poultry on top of the vegetables.
- When adding liquid, make sure to cover all the vegetables. The fluid level should almost cover the meat entirely to ensure heat transfer and thorough cooking. Common liquids used in soups and stews are water, chicken broth, beef broth, and vegetable stock.
- For soups and stews that have pasta in them, add the dry pasta about 30 minutes before serving time. This will cook your pasta without making it too mushy.
- Rinsed, canned beans, lentils, and chickpeas (garbanzo beans) are a budget-friendly and nutritious protein source that you can add to a soup or stew at the beginning of the cooking time.
- Don't forget to add flavor and depth using dried herbs and spices. Bay leaves, parsley, and oregano are common in slow cooker meals. Dried herbs will handle the heat of the slow cooker better over a longer period of time compared to fresh herbs. If you're making a soup or stew with no recipe, it may take trial and error to find the level of flavor that you enjoy.
- If you're adding cream or a dairy product to the soup or stew, add it within the last hour of the cooking time. This will preserve the texture and creaminess of the soup or stew.

Serve your soup or stew with whole-grain crackers or toast and a side of fruit for a well-balanced and nutritious meal. With a little information, you can take several items you have on hand and pull together a hearty, nutritious winter meal that requires little time and attention.

Reference: FN-SSB.003 Putting Your Slow Cooker to Work



Split Pea Soup



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 10 minutes
Cook time: 90 minutes

- 2 tablespoons oil
- 1 large onion, diced
- 2 celery stalks, diced
- 1 pound dried split peas, sorted and rinsed
- 2 medium red potatoes, diced
- 3 large carrots, diced
- 1 tablespoon Italian seasoning
- 1 3/4 teaspoons salt
- 1/2 teaspoon crushed red pepper (optional)
- 1 container (32 ounces) reduced-sodium chicken broth (or vegetable broth)
- 4 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. In a large pot over medium heat, heat oil. Add onion and celery. Sauté over medium heat until vegetables are tender, about 5 to 7 minutes.
3. Add split peas, potatoes, carrots, Italian seasoning, salt, crushed

red pepper (if using), chicken broth, and 2 cups of water.

4. Increase heat to medium-high and bring everything to a boil. Once boiling, reduce heat to medium-low and simmer, uncovered, for about one hour, or until it reaches desired texture. Skim off any foam while it cooks and stir periodically to avoid peas from sticking to the bottom of the pot. Add 2 more cups of water during the cooking process for a thinner texture.
5. Ladle into bowls and serve.
6. Refrigerate leftovers within 2 hours.

Slow cooker variation:

Add all ingredients to a slow cooker and cook on low for 6 hours or high for 4 hours.

Makes 12 servings
Serving Size: 1 cup
Cost per recipe: \$6.97
Cost per serving: \$0.58

Nutrition facts per serving:

210 calories; 3.5g total fat; 0.5g saturated fat; 0g trans fat; 0mg cholesterol; 390mg sodium; 34g total carbohydrate; 11g dietary fiber; 5g total sugars; 0g added sugars; 12g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium

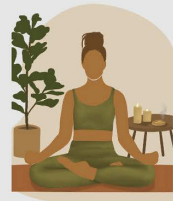
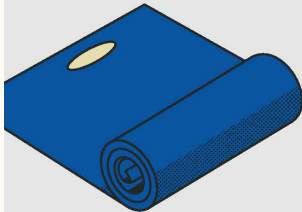
Source:

LaToya Drake, Extension Specialist for Food Access and Equity, University of Kentucky Cooperative Extension Service



January 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Closed	2	3	4
5	6 Morning Workout 9 AM	7 Crochet Group 10 AM	8	9 HM On The Go 10 AM	10 Making Gift Bags for Road Dept. 10 AM	11
12	13 Morning Workout 9 AM Cheesemaking 5 PM	14	15	16	17	18
19	20 Closed HM By Heart 6 PM	21 Sunset 6 PM	22 Morning Workout 9 AM	23	24	25
26	27 Morning Workout 9 AM Sit N Sew 12 PM Lunar New Year Foods 12 PM Homemaker Leader Lesson 4 PM HM Council 5 PM	28 Crafty Bees 5:30 PM	29	30 Indoor Barrn Quilts 9 AM	31	



JOIN US FOR AN EASY
**MORNING
WORKOUT**

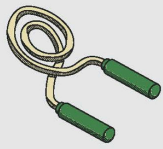
Kickstart your day, stay active,
and have fun in a supportive
environment!

9 AM - 10 AM

**Every Monday in January, starting
on Jan. 6th.**

**2688 S. 127
Russell Springs, KY 42642**

Call 270-866-4477 to RSVP.



Cooperative
Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences

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may be available with prior notice. Program information may be made available in languages other than English.



**Indoor Barn
Quilt Class**

January 30th, at 9 am CST.

CLASS SIZE IS LIMITED!

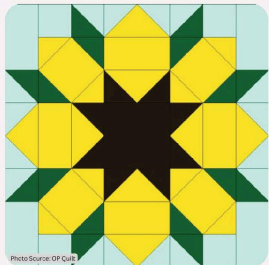
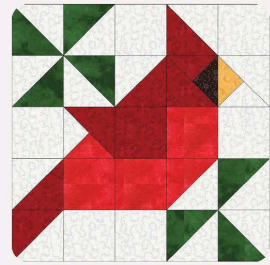
**TO REGISTER, PAY YOUR
CLASS FEE AT THE RUSSELL
COUNTY EXTENSION OFFICE.**

**CLASS
FEE: \$10**

REGISTRATION OPENS JANUARY 2ND.

**SELECT A PATTERN FROM BELOW WHEN
REGISTERING.**

PAINTING IS A 2 FT X 2 FT



AN EQUAL OPPORTUNITY EMPLOYER.

**JANUARY
CROCHET
MEETING**

FREE

Join the Russell County Extension
Office on Tuesday, January 7th, to
work on ongoing crochet projects
from 10 am to noon in the meeting
room.

Please call to RSVP.

**JANUARY | 2688 S. US 127
7TH @ 10 AM | RUSSELL SPRINGS,
KY 42642**

**More info at www.russell.ca.uky.edu
Call (270) 866-4477 for more information.**

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accommodations of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating
Logansport, KY 40306



**Lunar New Year
Food Demonstration**

Come learn about the Lunar New Year and try some
international foods with Megan Gullett, FCS Agent.

This class is FREE, but registration is required. The
deadline to RSVP us January 22, 2025.



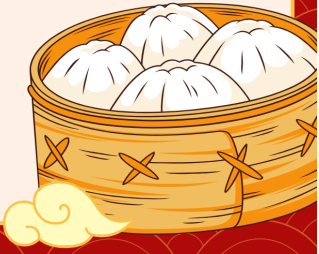
**Jan 27
2025**

12:00-1:00 PM

**2688 US 127 Russell
Springs, KY 42642**

MORE INFORMATION

- 270-866-4477
- Russell.ext@uky.edu
- www.russell.ca.uky.edu



2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. SEWING (Apparel & Home Decor)

- a. Basic Garment APPAREL
- b. Specialty¹ Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty¹ HOME DÉCOR

¹ b. and e. "Specialty" may include *appliqued and quilted*.

2. ART, 3-Dimensional

- a. Carving
- b. Sculpture

3. ART, NATURAL

- a. Wood
- b. Other

4. ART, RECYCLED (Include a before picture)

- a. Clothing
- b. Household
- c. Other

5. BASKETRY

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

6. BEADING

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

7. CERAMICS

- a. Hand-formed
- b. Molded
- c. Pre-made

8. COUNTED CROSS STITCH

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

9. CROCHET

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

10. DOLL/TOY MAKING

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

11. DRAWING

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

12. EMBROIDERY

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

13. FELTING*

- a. Needle Method
- b. Wet Method

14. HOLIDAY DECORATIONS

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER – machine / loom)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY (mounted or framed) **

- a. Black & White
- b. Color

22. QUILTS***

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)

22. QUILTS*** (continued)

- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking****

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle, rug (over 60” perimeter)
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

*** Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

KEHA Cultural Arts & Heritage

Clarifications to Cultural Arts Exhibit RIBBON Procedures

2024 – 2025 CATEGORIES and SUBCATEGORIES

- There are 27 CATEGORIES (for 2024 – 2025)
 - 25 of the 27 Categories also include Subcategories
 - **TOTAL of 97 Category/Subcategory designations**
- Qualified entries should be placed in the *most appropriate* Category/Subcategory
 - Entries advancing to the next level (County to Area; Area to State) should remain in the same, appropriate Category/Subcategory the entire time

RIBBONS (suggested recognitions)

- Blue = 1st Place
- Red = 2nd place (*optional at the County and Area levels; not used at the State level*)
- White = 3rd place (*optional at the County and Area levels; not used at the State level*)
- Purple = “Best of” (*optional at the County and Area levels; 27 awarded at the State level*)

At the COUNTY LEVEL

- COUNTIES may award ribbons in Categories/Subcategories AS THEY SEE FIT
- County Judges should select only **ONE** top-winning entry from **EACH** of the **97** Categories/Subcategories at the COUNTY Level to advance to the AREA LEVEL Cultural Arts Exhibit
 - Only **ONE** item from each of the **97** Subcategories advances from the COUNTY Level to the AREA Level

At the AREA LEVEL

- AREAS may award ribbons in Categories/Subcategories AS THEY SEE FIT
- Area Judges should select only **ONE** top-winning entry from **EACH** of the **97** Categories/Subcategories at the AREA Level to advance to the STATE LEVEL Cultural Arts Exhibit
 - Only **ONE** item from each of the **97** Subcategories advances from the AREA Level to the STATE Level

At the STATE LEVEL

- State Exhibit receives up to 97 items from each of the 14 Areas (up to 1,372 entries)
- State Judges award **BLUE RIBBONS** for what they deem the highest quality work
 - may award as many Blue Ribbons per Category/Subcategory as they see fit
 - *Red Ribbons and White Ribbons are not awarded at the State Level*
- **PURPLE RIBBONS** are awarded to **ONE ITEM** within each the **27** Categories
 - A State Purple Ribbon item is chosen from a State Blue Ribbon winner
 - Purple Ribbons are *not awarded by Subcategory* at the STATE LEVEL

Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:

Cindy Moore
2707 Sunnyside Road
Eminence, KY 40019
502-706-0579
cjrn1@bellsouth.net

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
 - Entry may be written in the first or third person
 - Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.
-

Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form

**(This cover sheet is required for each entry.
Entries with cover sheet are due March 1.)**

The Kentucky Extension Homemakers Association has my permission to print my creative writing entry in future editions of the *KEHA Inspirational*, to include my entry in a booklet of all or selected entries, or to read aloud or perform my entry at a public event, such as the KEHA annual meeting.

Indicate category of your entry:

_____ Poetry
_____ Memoirs
_____ Short Story

Title of Entry: _____

Author's name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

County: _____ Area: _____

Phone: (____) _____ Email Address: _____

Signature: _____ Date: _____