

# Homemakers F&CS



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

Cooperative Extension Service  
Owen County  
265 Ellis Highway  
Owenton, KY 40359  
(502) 484-5703  
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER FEBRUARY 2023



Dear Owen County Extension Homemakers,

February is here and there are many things coming up with Homemakers! First, I would like to share that the Homemaker Council is in need of officers. On pages 4 & 5 of this newsletter is more information and details on the duties for each officer. At the present time, they are looking for a vice president, however, they will also need a new president for next year as each term is a two year term. If you have any questions at all, please reach out and that term for president is up this year. The Council helps to direct information from state and area to the county as well as guides direction for programs and lessons to offer such as the upcoming "Spring into Gardening" lesson that Dr. Dirt (AKA David Hull) is leading on March 30th at 1pm. Don't forget to call and register if you are interested!

Also in February is Valentine's day on February 14th, but my favorite day in February is February 17th which is Random Act of Kindness Day. I love this day because I really enjoy doing things for others and putting smiles on their faces. I challenge you to reach out on February

February 17  
Random  
Acts of Kindness  
Day

17th and share an act (or acts) of kindness! I would love to hear about your kindness!

Chelsea Young  
Owen Co.

*Chelsea R. Young*

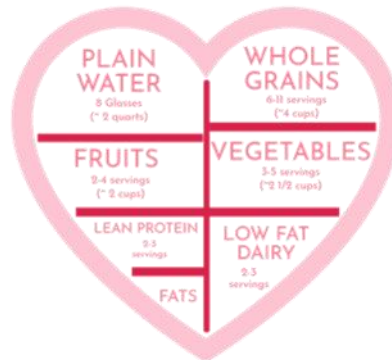


Extension Agent For Family & Consumer Sciences

## February is American Heart Month

The month of hearts— red, pink, and your heart, February is American Heart month. Did you know that cardiovascular is the number one killer among women? This includes hypertension, stroke, and many other related diseases. On February 3, WEAR RED DAY to share resources and raise awareness about heart health. If you miss this day simply wear RED at your club meeting this month and encourage members to share stories of overcoming obstacles related to heart health or how to maintain a healthy heart diet to lower the risk. Lastly, encourage members to take CPR training on how to respond to breathing and cardiac emergencies. After all, we learned the importance of implementing CPR by the life saving moment of NFL Buffalo Bills football player, Damar Hamlin. Who knows when you

might need to help save a LIFE.



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LEXINGTON, KY 40546



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with prior notification.

# DEEP THOUGHTS WITH DENISE

Welcome February! I hope everyone has recovered from the busy holiday season and looking forward to warmer days. At our house we are doing the normal wintertime activities, watch tv, do puzzles, and I embroider as I do all around the year. What do you find joyful during this dreary time of year? We have several birthdays to celebrate so we get to have much needed family time. I also still have all my grands to keep me busy afterschool. My youngest grand has been working on reading and spelling words and I have had to watch a lot of Phineas and Ferb and Jurassic Park, but I wouldn't trade it for anything.

Homemakers have a lot of fun things planned over the next few months, please take time to read the newsletter about the activities planned and volunteer to help when ever possible or needed. Many of our programs require help in planning and/or executing so any help no mater how small would be greatly appreciated.

*Denise Perkins*



## Homemaker Book List

**The Women's March: A Novel of the 1913 Woman's Suffrage**

**Procession** by: Jennifer Chiaverini

**Chasing the Cats: A Kentucky Basketball Journey** by: Jamie H. Vaught

**Heartwood** by: Nikky Finney

Kentucky poet Nikky Finney presents multiply characters who are the "heartwood," or center, of their small Kentucky communities. Themes of anger and connection, goodness and difference are addressed

**Kentucky Bourbon Country: The Essential Travel Guide** by: Susan Reigler

Ninety-five perfect of American bourbon production occurs in Kentucky, where nearly seventy distilleries boast some of the finest whiskeys available. With over two hundred full color photographs, Reigler updates this third edition with practical advice and little-known facts about the area for those considering a pilgrimage to Kentucky to explore the Urban Bourbon Trail.



## Homemaker Happenings

*Council Meeting*

*Door Prize*



Congrats to Joyce York for winning the door prize at the January Council Meeting. Thanks to Lana Jones for bringing some fun to our meeting! We hope you can attend our next meeting on June 6th to be the winner of a fun door prize!

## Homemaker Officers Needed!

We are presently looking for a vice president. We will also be getting ready to add a new officer position to our bylaws which will be the reporter to help with the gathering and yearly reporting on the various education areas. We presently have a nominating committee seated if you are interested, please let Chelsea know. We will be looking for a President, Vice President for this next year. Each term is for a two-year period.

The following are the duties of each officer please consider being one.

### President:

1. Preside over all meetings of the county, executive committee, and any special area meetings
2. To attend all the Northern Kentucky Extension Homemakers Council and Owen County Extension Homemakers Council.
3. Appoint all county committees unless others provided for
4. attend club meeting upon request of the club president
5. attends as delegate to State Extension Homemakers Association Annual meeting. And other state an area meeting (payment for room, meals and registration will be paid for homemakers' council).

### Vice President:

1. Attend all meeting of the county, executive committee and any special county meetings
2. To attend the Owen County Extension Homemaker Council meeting
3. Perform president's duties during her absence or inability to serve
4. Assist the president in any way possible
5. Serve as county membership chairman
6. Serve as program chairman for county annual meeting
7. Prepare the annual reports KEHA educational programs (this item will be changed)
8. Attends as delegate to Area and state extension homemakers' meetings. (Room, registration and meals to be paid for by homemaker council)

### Secretary:

1. Attend all meetings of the county, executive committee and any special county meetings. Record and preserve the minutes to be kept for at least a 5-year period.
2. Handle all correspondence

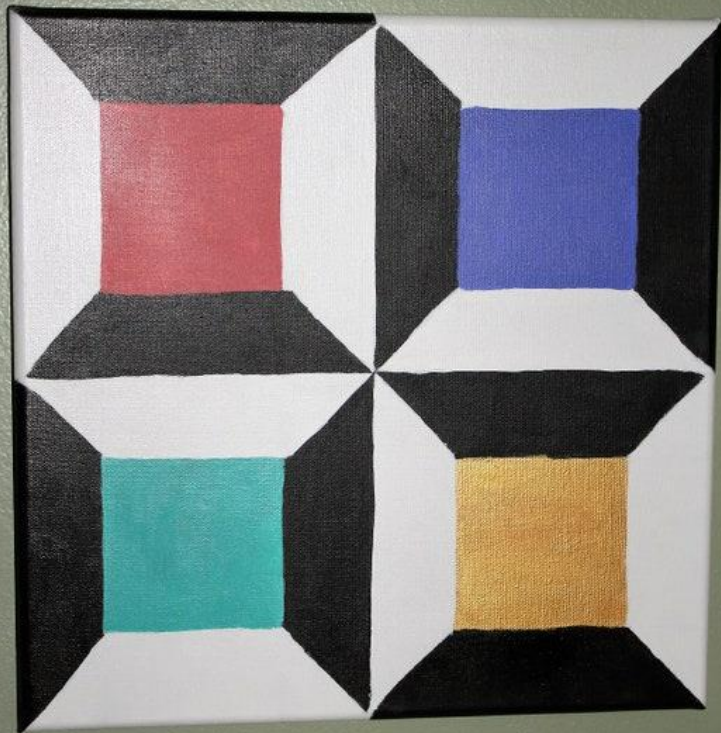
3. During State Extension Homemakers Meeting, the secretary acts as voting delegate in the absence of President or Vice President. (Room, registration and meeting meals to be paid for homemaker council).

Treasurer:

1. To attend all meetings of the county, the executive committee, and any special meetings
2. Receive dues form the club treasurers for their members in each club by December 1<sup>st</sup> and report paid members to the vice president.
3. Pay monies as directed by the President
4. Keep accurate record of funds and give reports as required with any annual review or audit with change of treasurer
5. Serve on budget committee and a proposed budget will be presented to membership at the county extension homemaker annual meeting for their approval.
6. Submit any and all forms required by IRS for non-profit corporations and as required by the State of Kentucky on or before the required date.
7. Acts as second alternate voting delegate- in the absence of President or Vice-President during State Extension Homemakers Meeting. (Room, registration and required meals to provide county extension homemaker council).



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Join us on  
**March 1st & March 2nd**  
**at 9:00am**  
to paint barn quilts  
on canvas to  
hang in the Extension  
Meeting Room  
\*We are hoping one  
for each Homemaker  
Club\*

**March 1st**  
**Planning**

**March 2nd**  
**Painting**

*Call office for questions or  
more information*



# FAMILY MEALTIME: A TASTY BASE FOR HEALTHY YOUTH DEVELOPMENT

Source: Heather Norman-Burgdolf, UK extension specialist in food and nutrition

Between work, running errands and after-school activities, meals on the go have become a staple for many American families. You may not realize taking those few extra moments to sit down for a meal with your family fills more than just your stomach.

Sitting down for a family meal is one of the easiest proven methods to enrich your young person's life. Psychologically, regular family mealtimes help youth do better in school on tests, homework and improve general intellectual development. Social benefits include better social adjustment, especially for teenagers, and stronger family bonds.

Family meal times also have nutritional benefits. Having regular balanced meals featuring nutritious foods helps your young person develop healthy eating habits and establish a healthy relationship with food.

Convenience is a significant factor when choosing what to eat, leaving many families choosing the instant gratification of fast food. You may cringe at thinking of the time spent planning and preparing a family meal, but you can change your mindset. Don't make it a chore; make it an experience.

Everyone's schedule is different, so make these mealtimes work for you. Keeping them quick by meal planning or having an easy-to-

make recipe is the most time-efficient. Remember you don't have to have family meals every night; work around your family's schedule. Even just one or two meals a week can make a lasting impact. If a full meal doesn't fit into the schedule, consider stopping to enjoy a snack with the young person in your life.

Involving your whole family in meal preparation can reduce time spent "working" while maximizing bonding time. Have a family member set the table while you make the main course. Ask others to pour drinks or clean up the table. This spreads the chores out and allows you to spend time together. Encouraging the whole family to invest in the meal makes it more enjoyable and less time-consuming.

Family meals also provide invaluable, quality family time. The goal is to have undivided attention between family members, and technology distractions can make that hard to accomplish. Making mealtimes tech-free will also give you more time for focused family interactions. Talk about your day, family memories, possible vacations or fun questions that can involve everyone.

For more information on developing healthy young people, contact your Owen County Cooperative Extension Service.



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Disabilities  
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# DIABETES *education*



*The more you know...*

## **DIABETES BASICS**

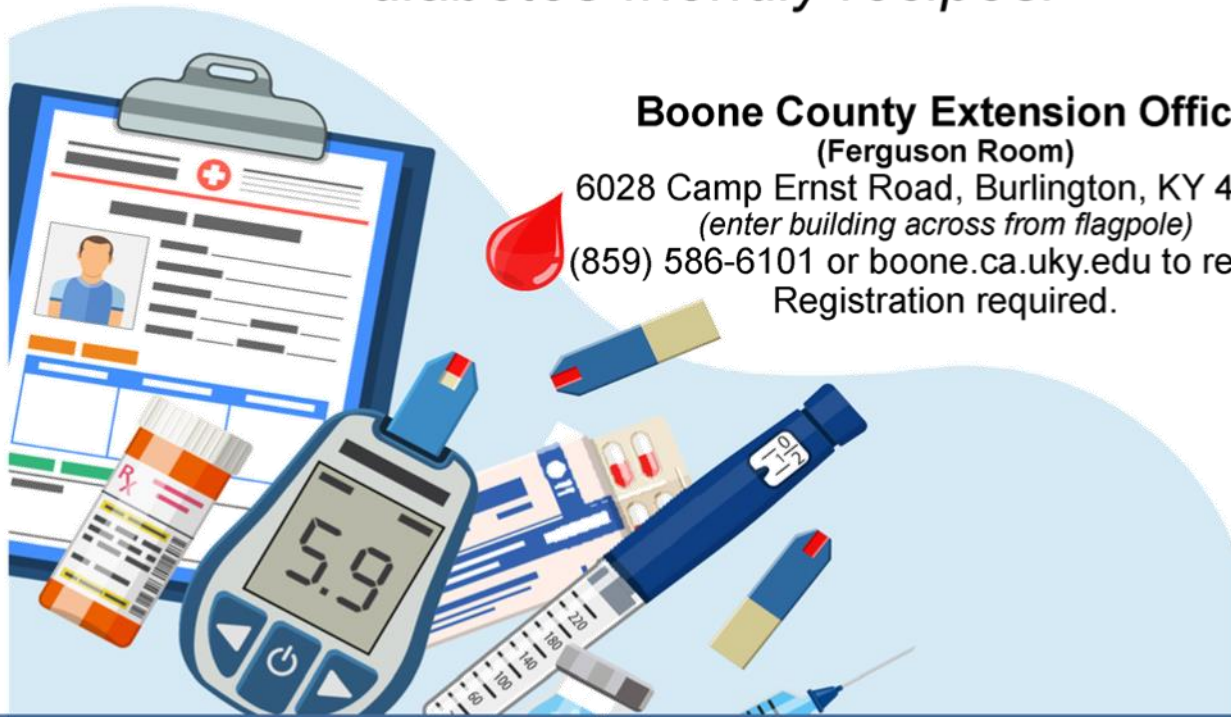
**Thursday, March 9, 2023, 1:00-3:30 PM**

*Learn about managing diabetes from Paula Bergen, RN, CDCES and Julie Shapero, RDN, LD, LDE and enjoy a taste or two of diabetes-friendly recipes.*

**Boone County Extension Office  
(Ferguson Room)**

6028 Camp Ernst Road, Burlington, KY 41005  
*(enter building across from flagpole)*

(859) 586-6101 or [boone.ca.uky.edu](http://boone.ca.uky.edu) to register  
Registration required.



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# Homebased Microprocessing Workshop



April 18th 2023

9:30am - 2:30pm

Grant County Extension Office

105 Baton Rouge Road

Williamstown, KY 41097



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*Cooperative Extension Service*

For more information & to register:

[ukfcs.net/HBM](http://ukfcs.net/HBM)

or call (859)824-3355

Join our workshop!  
Homebased  
microprocessors are  
farmers who grow and  
harvest produce to use in  
their value-added products.

Homebased  
microprocessors are  
required to grow a  
predominant ingredient in  
the products they make.  
The first step to becoming  
certified as a homebased  
microprocessor is to attend  
a Homebased  
Microprocessor (HBM)  
workshop presented by the  
University of Kentucky.

The cost of the workshop is  
\$50.00.

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# SPRING INTO GARDENING

with David Hull  
"Dr. Dirt"

Owen County Extension  
Thursday, March 30, 2023  
1PM

**Must Register by Tuesday, March 28th**  
**502-484-5703**

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# FIRING SQUAD CERAMICS

SPACE IS LIMITED

\$15 PER CERAMIC

3 OPTIONS  
~GNOME  
~MUSHROOM  
~FROG

MONDAY, MAY 1  
5:00 - 7:00 PM  
OWEN COUNTY EXTENSION OFFICE

MUST REGISTER BY THURSDAY, APRIL 27TH  
PLEASE CALL (502) 484-5703

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A



C



THURSDAY, FEBRUARY 2

5:00 PM

OWEN COUNTY EXTENSION OFFICE

# CRAFTING FOR SELF CARE SERIES 1:

B



D



## DIAMOND ART

SPACE IS  
LIMITED

NO COST

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# CRAFTING FOR SELF CARE SERIES 2:



## STRING ART



DO IT YOURSELF  
String Art Kit

**SPACE IS  
LIMITED**

TUESDAY, MARCH 7  
**5:00 PM**  
OWEN COUNTY  
EXTENSION OFFICE

**NO COST**



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# CRAFTING FOR SELF CARE SERIES 3: CANDLEMAKING

*with Liz Evans*

SPACE  
IS LIMITED

Wednesday, April 26

5:00 PM

NO COST

Owen County  
Extension Office

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# February 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Pleasant Home Extension Office	2 Crafting for Self Care Series	3	4
5	6 4-H Sewing Extension Office 3:00 PM -6:00 PM	7 Home & Heart Extension Office 1:00 PM & 6:30 PM 4-H Sewing	8 4-H Sewing	9 Sew All Day Extension Office 9:00 AM - 4:00 PM	10 Sweet Owen Sweet Owen Store 11:00 AM	11
12	13 4-H Sewing Extension Office	14 4-H Sewing Extension Office	15	16	17 Memory Makers pefry park	18 Memory Makers pefry park
19 Memory Makers pefry park	20 4-H Sewing Extension Office 3:00 PM -6:00 PM	21 4-H Sewing Extension Office 3:00 PM -6:00 PM Cotton Club	22 Crochet & Fellowship Extension Office 10:00 AM	23	24	25
26	27 4-H Sewing Extension Office 3:00 PM -6:00 PM	28 4-H Sewing Extension Office 3:00 PM -6:00 PM	1 (MARCH) Barn Quilt Planning Extension Office 9:00 AM	2 (MARCH) Barn Quilt Painting Extension Office 9:00 AM	3 (MARCH)	4 (MARCH)

## Potato Broccoli Soup

<b>4 cups</b> cubed potatoes	<b>3 cups</b> 2% milk	<b>2</b> green onions, finely minced, divided
<b>2</b> heads broccoli, (3-4 cups florets)	<b>¼ teaspoon</b> salt	<b>½ cup</b> reduced-fat sour cream
<b>2 tablespoons</b> olive oil	<b>½ teaspoon</b> pepper	<b>¼ cup</b> bacon bits (optional)
<b>¼ cup</b> all-purpose flour	<b>5 ounces</b> cheddar cheese, reduced-fat, shredded	
<b>⅓ cup</b> melted butter		

**Preheat** oven to 375 degrees F. **Place** potatoes in large saucepan, **cover** with water and bring to a boil. **Reduce** heat and **cook** potatoes until tender, about 15 minutes. **Cut** broccoli heads into small florets and **place** on baking tray. **Drizzle** with olive oil and **roast** for 15 minutes. **Drain** cooked potatoes in a colander. In the saucepan, **combine** the flour and melted butter; **cook** on medium heat for 1 minute. Slowly **add** milk to the mixture, stirring constantly until thickened. Soup can be thinned by adding an additional

½ cup of milk or water, if desired. **Add** the potatoes, broccoli, salt, pepper, cheese, half of the green onions and bacon bits. **Cook** on low until heated. A few minutes before serving, **add** the sour cream and **stir** to combine. **Serve** topped with remaining onions.

**Yield:** 6, 1¼ cup servings

**Nutritional Analysis:** 390 calories, 24 g fat, 13 g saturated fat, 60 mg cholesterol, 370 mg sodium, 30 g carbohydrate, 3 g fiber, 9 g sugars, 15 g protein.

