

# Washington County Homemaker Newsletter

DECEMBER 2024 & JANUARY 2025

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



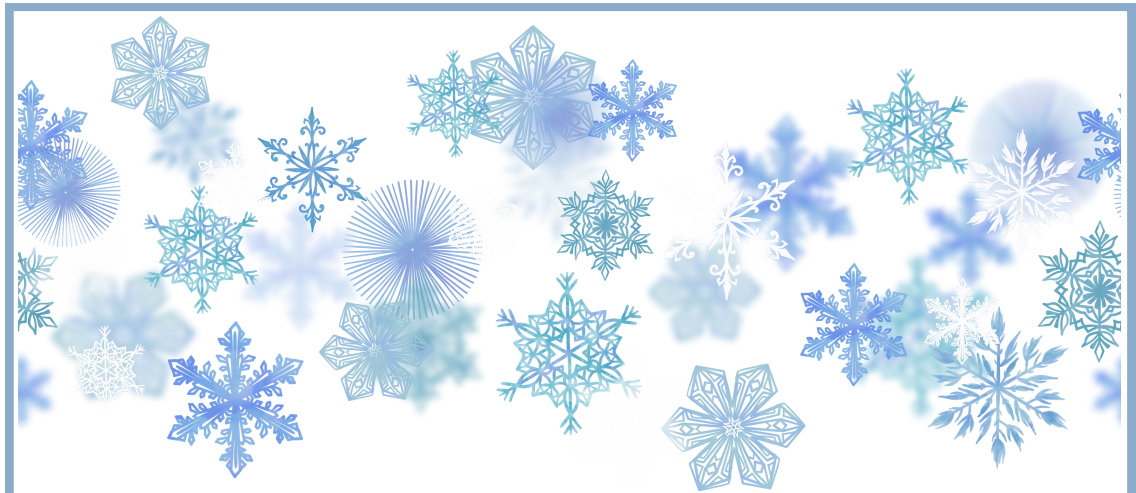
The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

## In This Issue:

President's Note  
Door Prizes  
Homemaker Lessons  
Thought of the Month  
Extension on the Radio  
Book of the Month  
Cooking through the  
Calendar  
Recipe Club  
Estate Planning Series  
Dates to Remember  
Wits Workout Dates  
KEHA News & Notes  
Census Quilt Squares  
Self Care Tips

## Contact Us:

Washington County  
Extension Office  
245 Corporate Drive  
Springfield, KY 40069  
(859) 336-7741  
[washington.ca.uky.edu](http://washington.ca.uky.edu)



## Homemaker Holiday Lunch

December 17 at noon  
Washington County Extension Office  
245 Corporate Drive, Springfield

*Current and past Homemaker members are welcome to come & enjoy fellowship during the holiday season! Current members, please bring a dish for the potluck. Thank you!*

**Cooperative Extension Service**  
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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Note from the President

Dear Homemakers,

The time between Thanksgiving and Christmas is the shortest ever! If you're inclined to wait for last minute shopping bargains, we're almost there.

I hope we can have a great Christmas gathering as we did last year. Tuesday, December 17 at noon, we'll have a pot luck lunch and fellowship!

There will be a one call reminder, but please make an effort to offer a personal invitation to former Homemakers, mailbox members, and potential members you'd like to invite. We always have lots of food so guests won't need to bring anything.

Happy Holidays to all!  
Sue Clements

## Meeting & Lesson Door Prizes



Congratulations to Celeste Fowler for winning the door prize in November! You could be the winner on December 17, January 7 or January 28.

## Homemaker Lessons

### December Lesson

The Strong Bones for Life: Preventing Osteoporosis lesson will be a mailout lesson since we will be focusing on the Homemaker Christmas lunch in December.

### January Lesson

#### Inspiring Grandchildren to Become Grand Cooks

**January 28 - 1pm at the Washington Co. Extension Office**

We'll discuss ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.



Thoughts of the Month come from lyrics to songs about transportation or travel from the 1960s to the 2000s to fit the theme of Blazing the Way with KEHA

### Thought of the Month:

"Lookin' for adventure and whatever comes our way."

-Born to Be Wild,  
Steppenwolf, 1968

ON AIR



100.9

Listen for someone from the Washington County Extension Office on Tuesday mornings around 8:30am & radio tips during commercials!

# Book of the Month

.....  
from the 2024-2025  
Homemaker Book List

*Southern Christmas: Literary Classics of the Holidays* edited by Judy Long and Thomas Payton (1998)

Christmas has always captured the hearts of southern writers. In this book are twenty-eight short stories, poems, and excerpts from classic novels by famous writers including Mark Twain, O. Henry, Truman Capote, Langston Hughes, and many others. They offer unique opportunities to reflect on a variety of memories of the holidays.



## Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

**January 23 - 4pm**  
**Washington County Public Library**  
**Split Pea Soup**

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.

# Leaving Your Legacy

## Free Estate Planning Class Series

### Agricultural Estate Planning

January 21 - 6pm - Washington Co. Extension Office

Presented by: Steve Isaacs, UK Extension Professor, Farm Management and HR Specialist

- Transitioning the Family Farm
- Opportunity vs Obligation (Family Conversations)
- Assembling a Team

### Transferring Cherished Possessions

January 22 - 6pm - Washington Co. Extension Office

Presented by: Cabrina Buckman, Washington Co. FCS Agent

- Ideas on Distributing Your Assets (non-titled property)
- Working with Loved Ones to Divide Cherished Keepsakes
- Tips for Communicating without Conflict

### Estate Planning 101

January 23 - 6pm - Washington Co. Extension Office

Presented by: Nichole Huff, UK Assistant Extension Professor of Family Finance and Resource Management

- Estate Planning Basics for a General Audience
- 3 Key Steps to Estate Planning
- Tools to Help You Get Started

Register by calling the Washington Co.  
Extension Office at 859-336-7741

245 Corporate Dr., Springfield, KY 40069

Free Dinner  
Included with  
Registration



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College of Agriculture,  
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LEXINGTON, KY 40546



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# Dates to Remember

**Wits Workout** - December 6, December 20,  
January 3 and January 17  
Washington County Public Library - 10am

**Monthly Food Distribution** - December 12 &  
January 16 - Idle Hour Park - 8:30am

**Homemaker Holiday Lunch** - December 17  
WC Extension Office - noon

**Washington County Homemaker Meeting**  
January 7 - WC Extension Office - 1pm

**Estate Planning Series** - January 21, 22, 23  
WC Extension Office - 6pm

**Cooking through the Calendar** - January 23  
WC Public Library - 4pm

**Inspiring Grandchildren to Become Grand  
Cooks Homemaker Lesson** - January 28  
Washington County Extension Office - 1pm

**Homemaker International Potluck & Meeting**  
February 6 - WC Extension Office - noon

**Pathways to Wellness Homemaker Lesson**  
February 27 - WC Extension Office - 10:30am

## Adult Sewing Group

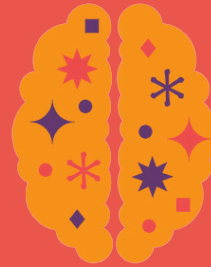
December 4 & January 8 - 6pm  
Washington County Extension Office

## Quilting Club

December 21 & January 18  
Washington County Extension Office

## Free 2025 Calendar

Stop by the  
Extension Office  
for a free 2025  
calendar!



# WITS WORKOUT

Join us for free sessions  
to learn about brain  
health & exercise your  
wits with fun games!

There is no physical activity.  
This is a workout for your mind!

**All sessions will be held at the  
Washington County Public Library**  
1st & 3rd Fridays at 10am

**December 6 & December 20**  
**January 3 & January 17**

Taught by Cabrina Buckman,  
WC Extension FCS Agent  
Questions? Call Cabrina at 859-336-7741  
Registration is not required for this program.



# KEHA News & Notes

## Leadership Chair Updates to Manual

Four pages of the KEHA Handbook have been updated to reflect the new Leadership Development Chair contact information: page 83, 88, 95, and 99. The webpage is also updated.

## State Meeting Registration Refund Policy

The Finance Committee has determined some clarifications to the State Meeting refund policy.

- The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.
- Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.
- Registration may be transferred to another individual rather than canceling.
- Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025. Registration forms will be available in the State Newsletter that comes out in February.

## Nominate a Candidate for KEHA State Board

Be on the lookout for possible state nominees! Encourage candidates to consider applying. The following KEHA state officer and chairman positions will be open for election in spring of 2025: Secretary, Management and Safety Chair, and 4-H Youth Development Chair. These positions will be elected for 3 year terms from July 1, 2025 to June 30, 2028. Additional details regarding elections will be shared in January 2025. Qualifications for nominees are listed on page 12 of the Handbook.

## Dues Collection

Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form should be mailed to the area and state treasurers by Dec. 15.

## 2025 KEHA State Meeting Room Block Open

Next year's KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block!

## Parliamentarian Position

The incoming KEHA President will appoint a KEHA Parliamentarian after review and approval by the Executive committee, as directed by the state bylaws. The parliamentarian shall serve the same tenure as the President. According to the Standing Rules, the parliamentarian must have general knowledge of Roberts Rules of Order Newly Revised, will attend meetings such as state board meetings and Executive Committee meetings. Those interested should write to President-Elect Henrietta Sheffel at [hsheffel@gmail.com](mailto:hsheffel@gmail.com) to express interest and include qualifications.

## Dates to Remember

- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097
- Dec. 31 - Dues deadline. Any county that does not submit state dues by this date will not be eligible to vote at the 2024 KEHA Business Meeting in May.
- Dec. 31 - Deadline for fundraising-based recognitions (ovarian cancer fundraising, KEHA scholarship contributions, Coins for Change). Awards will be based on funds forwarded to the KEHA state treasurer with state dues and noted on the remittance form.
- Dec. 31 - County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see KEHA Manual Appendix page 17)
- Jan. 15 - County membership database/updates due via the web-based system.
- Jan. 15 - KEHA Newsletter Deadline - information due to KEHA 2nd Vice President

## 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.



### Union County

**Creator:** Ivana Heavrin Carmon

**Pattern:** Applique

**Description:** The design was created to emphasize the presence of the Homemakers in Union County. The canning jar highlights the agricultural influence in the county, showcasing the farming and rural life. The ribbon on the jar also draws our memories to our mothers and grandmothers - the women of an era pioneering their ways across the country, passing on their skills of homemaking, arts, crafts, food preservation, and most of all, their love.



### Warren County

**Creator:** Shirley Belcher

**Pattern:** Embroidered

**Description:** Trimble Warren County's square features the Corvette. It is machine embroidered. The first Corvette rolled out of the Chevrolet factory in Flint, Michigan, on June 30, 1953. The Corvette was inveted in 1951 by GM designer Harley Earl, who was inspired by the great European sports cars of the day. He wanted to create an American sports car that could compete and win at the race track. The name "Corvette" was borrowed from a line of small, fast navy ships used in World War II. Today the Corvette is built in the dedicated Corvette manufacturing facility in Bowling Green, Kentucky, the county seat of Warren County. There is also a Corvette Museum located in Bowling Green.

## Santa Word Search

NORTH POLE  
GLASS OF MILK  
RUDOLPH  
SLEIGH  
ELF  
MRS CLAUS  
COOKIES  
STOCKING  
NAUGHTY OR NICE  
CHIMNEY



puzzle-maker.com

H	G	I	E	L	S	Z	R	L	R	N	N	W	D
N	A	U	G	H	T	Y	O	R	N	I	C	E	L
H	Y	K	L	N	O	R	T	H	P	O	L	E	S
P	J	T	A	Z	X	J	T	P	X	Y	S	U	D
L	L	T	S	S	D	B	Q	L	E	T	A	N	X
O	Y	Y	S	B	E	Y	N	N	O	L	J	Q	M
D	M	P	O	D	D	I	M	C	C	J	T	Q	N
U	P	L	F	X	M	I	K	S	F	Q	N	M	W
R	M	Z	M	X	H	I	R	O	R	L	L	W	Y
M	Q	D	I	C	N	M	Y	G	O	T	E	M	V
Z	J	B	L	G	P	Y	L	P	G	C	V	Z	V
T	M	Q	K	J	V	M	J	G	X	T	G	L	V



## Baked Apples and Sweet Potatoes

**5** medium sweet potatoes  
**4** medium apples

**½ cup** margarine  
**½ cup** brown sugar  
**½ teaspoon** salt

**1 teaspoon** nutmeg  
**¼ cup** hot water  
**2 tablespoons** honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
- 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
- 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
- 4. Layer** potatoes on the bottom of the dish.

- 5. Add** a layer of apple slices.
- 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
- 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
- 8. Sprinkle** top with nutmeg.
- 9. Mix** the hot water and

- honey together.
- 10. Pour** over top of casserole.
  - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



## This is Your Brain on Walking

Walking can have many brain benefits, including increased blood flow to the brain and improvement in mood. A study of people over age 60 found that walking 45 minutes a day, at a 16-minute mile pace, increased their thinking skills.

Source:

"Family Time!," Families on the Move- [fcs-hes.ca.uky.edu/files/familiesonthemove\\_1\\_2023\\_0.pdf](https://fcs-hes.ca.uky.edu/files/familiesonthemove_1_2023_0.pdf)