

# Washington County Homemaker Newsletter



OCTOBER 2022

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.

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## County Service Projects

At the September Kickoff Meeting, the Homemaker members voted to discontinue the Beef Stew Project. Two service projects were discussed to address the issue of hunger and helping local children in need:

**Blessing Box Donations:** The Homemakers decided that members will bring donations to their monthly club meetings for the Blessing Boxes around town. Donations should be non-perishable and easily accessible (pop top cans and foods that are ready to eat). Someone from the club meeting will take the donations to any local Blessing Box after the meeting. Please keep a record of your donations so they can be totaled at the end of the year. If you take photos, please submit them to Cabrina to be placed on Facebook and in the newspaper to market Homemaker activities in the county.

**Happy Packs:** The Ole Fashion Club has been donating Happy Packs to the police station for kids who are taken out of their homes in situations of maltreatment. Happy Packs are backpacks with toiletries and comfort items, like a blanket and soft toy. The Homemakers decided that each club could help with this effort. Susan Breeding will speak to the police chief to assess how many Happy Packs they would need. At the Homemaker Council Meeting on November 3, we will try to develop a more detailed plan of when and how many each club will donate.

Thank you for your generosity and desire to help the community!

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Note from the President

Greetings, Homemakers!

Well, it's October and Fall has Fell!

We are busy cleaning up gardens and flower beds, bringing plants in off the porch and enjoying some cooler weather. I'm even watching football!

KEHA Week is October 9-15 and the theme is Let Your Light Shine!  
So, go forth and shine!

It was good to see some of you at our Kickoff Lunch on the 15th. Enjoying each others' company is a big part of Extension Homemakers, to me. We have some interesting lessons coming up. Attend the trainings if you can. You always get extra information at the training sessions.

Happy Extension Homemaker New Year!  
Rita Yates, County President



*Rita's cross stitched bookmark  
from KEHA Week 2020*

## Olive and Nut Spread Recipe

I was asked at the Kickoff Lunch to put my Olive and Nut Spread recipe in the newsletter. It goes something like this:

- 8 oz. cream cheese, softened (I used the original, not low-fat. This is NOT a healthy dish!)
- 1/2 cup mayo (ditto on the above note)
- 2 tablespoons liquid from the olives
- 3/4 to 1 cup pimento-stuffed olives, more or less (sliced or chopped, depending on how chunky you want your spread)
- 1/2 cup chopped pecans

Blend cream cheese and mayo until smooth, then mix in olive liquid. Stir in olives and pecans. Mixture will be soupy. Chill several hours so it sets up for easy spreading. Serve on crackers, or make sandwiches. Multigrain bread is excellent with this. Bon Appetit!

### Thought of the Month:

**"Beauty comes in all shapes and sizes. Small, large, circle, square, thin crust, thick crust, stuffed crust, extra toppings."**

**-Anonymous**

**Roll Call: October is National Pizza Month.  
Name your favorite pizza topping.**

# Book of the Month

*Gather at Home: Over 100 Simple Recipes, DIYs, and Inspiration for a Year of Occasions*

by Monika Hibbs (2020)

Over the years, the author has learned just how important it is to slow down and savor life's simple, everyday moments, in addition to the holidays and milestones.

Divided by seasons, the author suggests extra-special touches to make every moment a well-crafted one that will show your family and friends just how much you care.



## Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, holds recipe demonstrations and tastings each month at 4pm at the Washington County Public Library. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://facebook.com/WashingtonCountyNutritionEducation).

**October 11 • November 22 • December 6**

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.

# KEHA News & Notes

## Last Call for Leadership Academy!

Applications for the Leadership Academy are due to your KEHA Area President by October 1 to be considered. The application form is available on the KEHA website under Member Resources. This second KEHA Leadership Academy will take place on March 1-3, 2023 at Blue Licks Battlefield State Resort Park. The goal of the academy is to strengthen leadership skills for emerging leaders within the organization and increase the pool of leaders available to hold county, area and state level elected and appointed positions. The academy will recruit up to 30 participants. Each area is encouraged to provide the names of two delegates and one alternative. The application deadline is October 1 and participants will be notified November 1. Please promote within your county and encourage eligible members to apply.

## KEHA Week is Coming Soon

It's time to plan for KEHA Week October 9-15, 2022. The tagline for the celebration this year is **Let Your Light Shine!** to match KEHA President Brenda Hammons' Program of Work theme. Find materials online on the KEHA Week webpage.

## Sign Up to Present at State Meeting

Calling all homemakers with information to share! Learning session proposals for the 2023 KEHA State Meeting are due by October 15. KEHA members are encouraged to share their knowledge by presenting a learning session. The form can be found online. Send the form to Henrietta Sheffel, KEHA 1st Vice President, 1801 Little Creek Road, Jackson, KY 41339 or [hsheffel@gmail.com](mailto:hsheffel@gmail.com).

## 2023 State Meeting

The next KEHA State Meeting will take place May 9-11, 2023 at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group

rate of \$124/night. Details and contact information can be found online.

## Nominations Sought for Kentucky Master Farm Homemakers Guild

The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. If you are interested in nominating someone, please contact the Extension Office to learn all of the criteria and to get assistance with the form.

## Merchandise

The KEHA website and merchandise order form are being updated to reflect items currently in inventory. New items include a coffee mug, cups, a coaster, and a cutting board. View photos, access the merchandise order form, and find contact information for Julie Hook, KEHA 2nd Vice President, online under Marketing and Recruiting.

## Dates to Remember

- October 1 - application deadline for KEHA Leadership Academy
- October 9-15 - KEHA Week with the theme of "Let Your Light Shine!"
- October 15 - deadline for submitting session proposals for the 2023 KEHA State Meeting
- October 31 - due date to send area KEHA Officer Directories to the KEHA President and State Advisor
- November 1 - Leadership Academy participants will be notified
- November 15 - due date to nominate new members for the Master Farm Homemaker Guild
- November 15 - due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30
- December 15 - county dues due to the KEHA State Treasurer and Area Treasurer

## Dates to Remember

September 29 - Tips for Managing Stress  
Eating lesson - 1:30pm at the  
Marion County Extension Office

October 11 - Cooking through the Calendar  
WC Public Library — 4pm

October 13 - Monthly Food Distribution at  
Idle Hour Park — 8:30am

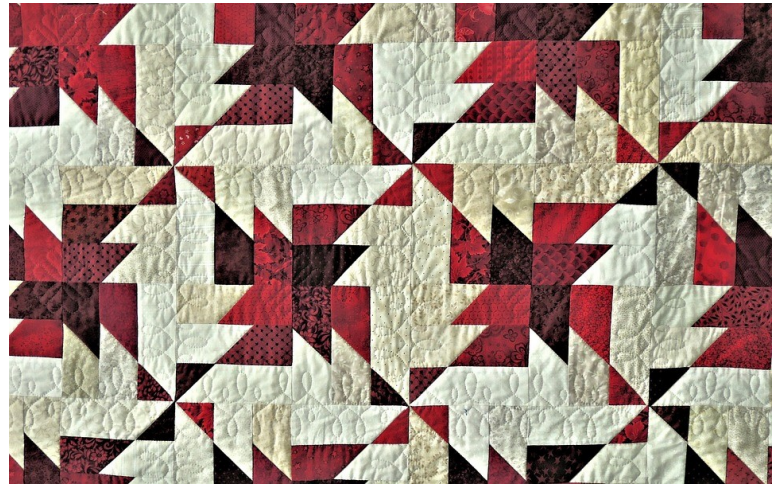
October 13 - Area Cultural Arts Contest  
*bring your items to the WC Extension Office  
by October 12 to send to the area contest*

October 14 - Lincoln Trail Area Annual  
Meeting in Larue County - see next page

October 27 - Transferring Cherished  
Possessions lesson - 10am at the  
Washington County Extension Office

Quilters - October 15 - 10am

Yoga - Thursdays - 5pm



## Area Cultural Arts Contest

There are many talented Washington County Homemakers! We encourage everyone to participate in the Cultural Arts Contest. The cultural arts categories are listed in your yearbook. If you wish to enter an item in the contest, simply bring your item to the Washington County Extension Office on October 12. Each county can bring one item from each category to the area contest, which is essentially the county winner for that category. Cabrina will take the items to Larue County on October 13 to compete with other items in the area. Items will be on display at the Area Annual Meeting on October 14. It is always inspiring to see the creativity of Homemakers across the area. Area winners are encouraged to participate in the State Cultural Arts Contest, which will be during the KEHA State Meeting that is scheduled for May 9-11, 2023 in Louisville.

## Monthly Lessons

### October: Tips for Managing Stress Eating

Stress can have us reaching for comfort foods, but why? This lesson covers reasons stress makes it harder to make healthy choices, whether comfort foods are actually comforting, and strategies to manage stress eating. The lesson goal is to create a personalized toolkit for managing stress eating in everyday life. This lesson will be taught on September 29 at 1:30pm in Marion County. Everyone is welcome to attend!

### November: Transferring Cherished Possessions

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Learn ways to create a plan for distributing household items - from treasured heirlooms to closets full of clutter. This lesson will be taught on October 27 at 10am in Washington County.



## Pumpkin Butter

Pumpkin butter is a fall favorite. It is similar to apple butter in that pumpkin is slowly cooked down with water or apple juice, white or brown sugar, and some spices. However, there is a big difference between pumpkin butter and apple butter. Apple butter can be safely canned in a boiling water bath canner while pumpkin butter cannot. Pumpkin butter must always be refrigerated or frozen. Fruit jams, jellies, preserves, and butters rely on the acid that is naturally present in the fruit, along with sugar, for safe food preservation. Apples are naturally acidic. Pumpkins are not. Pumpkins are a low-acid vegetable. Without the acid to aid in safe food preservation, you cannot rely on sugar alone to prevent the growth of pathogens.

Research has shown that acidity levels vary considerably even between batches of pumpkin butter made using the same recipe. In addition, there was significant difference in thickness between batches of the same formulation. No single recipe has been found to produce a consistently safe product. At this time, there are no recommendations for canning pumpkin butter and storing at room temperature. Any pumpkin butter recipes you try should be served immediately or stored refrigerated or frozen.

### Easy Pumpkin Butter

- 1 can (29 ounces) pumpkin puree
- $\frac{3}{4}$  cup apple juice
- 1 cup brown sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- $\frac{1}{2}$  teaspoon ground cloves

Combine all ingredients in a large pot, and bring to a boil. Reduce heat; simmer 30 minutes or until thickened. Stir frequently. Ladle into clean containers. Serve immediately or store refrigerated.

Source: Annhall Norris, Extension specialist, Food Preservation and Food Safety

## Listen to Music on International Music Day - October 1

Music is powerful. Music affects the mind, body, and soul. It is often free or relatively low-cost. Music is appropriate for people of all ages and abilities. People who are healthy or those who struggle with illness, grief, trauma, and loneliness can benefit from music. Music helps people combat stress, reduce anxiety, boost mood, express emotions, and connect us to places and people we value. Research supports ways in which music may help decrease fatigue, manage pain, enhance performance, and strengthen heart health. Music also creates opportunity to unite people (think National Anthem or hymns at church). You do not have to be a master of music or have

rhythm or beat to benefit from the power of music. You do have the ability to use music as a form of expression. If you are feeling the consequences of cognitive and emotional overload, turn to music. You may even consider contacting a music therapist. Music therapists use music to address physical, emotional, cognitive, and social needs with individuals and groups. They work in a variety of settings, including health care and education.

**Sources:** Amy F. Kostelic, associate Ext. professor for Adult Development & Aging; Erin Batkiewicz, MT-BC, MM, Wellness Music Therapy Center

## 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.



### Laurel County

**Creator:** Sue Dee

**Pattern:** Pieced Chicken

**Description:** Paper pieced quilt block made with batiks in a pattern depicting a chicken. The first Kentucky Fried Chicken restaurant was started in Laurel County in Colonel Harland Sanders' hometown of North Corbin. Although Laurel County has many notable locations and interests, the World Chicken Festival is celebrated every year in Laurel County making the image of a chicken one of our most recognizable.



### Lawrence County

**Creator:** Peggy Workman

**Pattern:** Applique

**Description:** Lawrence County is home of Yatesville Lake State Park. The park provides a wide variety of activities including campgrounds and cabins, picnic areas, a beach, fishing, boating, hiking, and biking, along with other outdoor activities. In addition, Lawrence County is a hunter's paradise and home to a bridge that connects Kentucky to West Virginia over the area where the Levisa and Tug Fork Rivers combine to form the Big Sandy River. This bridge gained notoriety by being featured in Ripley's "Believe It or Not" as one of three tri-bridges for vehicular traffic in the United States. It

has a third arm in the center of the bridge that allows access to that section of the county. Locals enjoy telling nonresidents to go to the middle of the bridge and turn right!

## Using Time Wisely

Take an inventory of your time. If you're not sure where your time goes, keep a running productivity journal over the next week. Then rank your priorities. We can often find time for the things that are essential or personally important. Like a financial budget, developing a time budget can help us allocate our attention and energy in better ways.

**In a day, how much time do you devote to things you find important, versus things you don't consider valuable? Do you have a plan to reallocate some of your time?**

Source: UK FCS Big Blue Goals resources, week 4 reflection

## Fall Spiced Pumpkin Bread

Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber. When selecting, winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots. Store in a cool, dry place and use within 1 month.

Source: Plate It Up KY Proud, UK Cooperative Extension



## Fall Spiced Pumpkin Bread

<b>½ cup</b> all-purpose flour	<b>2 teaspoons</b> pumpkin pie spice	<b>½ cup</b> honey
<b>1¼ cup</b> whole-wheat flour	<b>½ teaspoon</b> salt	<b>2 cups</b> pumpkin puree
<b>1½ teaspoons</b> baking powder	<b>½ cup</b> melted margarine	<b>⅓ cup</b> olive oil
<b>1 teaspoon</b> baking soda	<b>½ cup</b> sugar	<b>2</b> eggs
		<b>⅓ cup</b> chopped walnuts

**Heat** oven to 350 degrees F. **Mix** flours, baking powder, baking soda, pumpkin spice and salt; set aside. In a large mixing bowl, **whisk** together margarine, sugar, honey, pumpkin puree and olive oil. **Blend** in eggs. **Add** flour mixture. **Stir** until dry ingredients are moistened. **Spray** a 8-by-4 inch loaf pan with non-stick cooking spray. **Pour** batter into pan; **sprinkle** walnuts on top of batter. **Bake** for 1 hour. **Remove** from oven

and **cover** with foil. **Return** to oven and **bake** an additional 20 minutes or until toothpick inserted in center comes out clean. **Cool** for 10 minutes and **remove** from pan.

**Yield:** 16 slices

**Nutritional Analysis:** 220 calories, 13 g fat, 2 g saturated fat, 30 mg cholesterol, 270 mg sodium, 26 g carbohydrate, 1 g fiber, 14 g sugars, 4 g protein.

## Take 10!

Do at least 10 minutes of activity at a time to reach your weekly goal. Walk the dog for 10 minutes before and after work and add a 10 minute walk at lunchtime.

Source: UK FCS Big Blue Goals resources, week 1 activity tip