

Homemaker Newsletter

January 2023

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

Thought of the Month:

“The journey of a
thousand miles
begins with a single
step.” – Lao Tzu

Roll Call:

January rings in
the new year.
Share one goal you
have for your new
year’s “journey.”

Homemaker Council Meeting will be on January 22nd

Happy Holidays from the Russell County
Extension Office and the Russell County
Extension Homemakers!

The first Homemaker meeting of the year
will be on January 22nd at 5 p.m. at the
Russell County Extension Office.

At 4 p.m., Debbie Sheperd, the FCS Agent
from Wayne County, will be teaching a
lesson to connect busy hands with healthy
minds (and get us ready for Valentine’s
Day). Please call the office at 270-866-4477
to RSVP.

PSST! Hold the Date

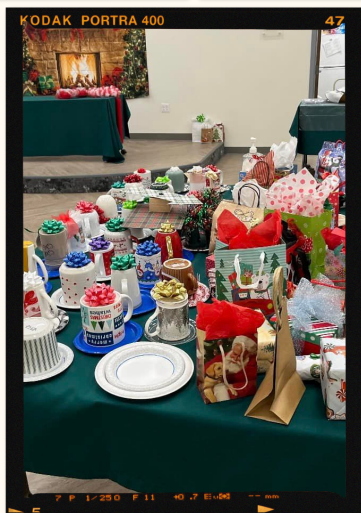


Russell County ANR and FCS agents will be hosting
an Estate Planning Series on **March 18th and 21st at
6 PM**. This is a **FREE** program and UK Specialists and
an attorney will be present to answer your
questions.



2023 Homemaker Christmas Party

We had a terrific time on December 5th at the annual Homemaker Christmas party. We had a delightful turnout of over 30 Homemakers, and they brought the food and good times!



Update on Fundraisers & Community Service Events

March Madness is Coming Early! Quilt Guild Selling Quilt for Scholarship Fund

Donation raffles of tickets will begin on Dec. 5th through March Madness for a chance to win a basketball signed by Coach Cal from the U.K. Wildcats! Tickets 1 for \$5 or 5 for \$20! Proceeds will go to the Homemaker budget and the Scholarship Fund.



The Piecemakers Quilt Guild is selling a quilt for the Scholarship Fund. They are asking \$300 for this queen size quilt—size 88x99". Contact Melonie Eubank at 270-507-6331 if you are interested in buying "The Carpenters Star".



Rada Products Still For Sale

Homemakers are now selling **Rada products**! We have 5 catalogs, and there is an online option to sell as well. To share the link, search radafundraising.com, and then type in Russell County Extension Homemakers in the search box.

Online link: <https://radafundraising.com/pages/select-your-fundraising-group>

Community Service Projects

The Russell County Extension Homemakers are collecting donations for the Senior Center

Now through January 26th Homemakers are accepting donations for seniors in need at the Senior Center. Donations can include hygiene items and shelf-stable/non-perishable items.

- Deodorant
- Shampoo
- Body Wash
- Body Wipes
- Long Handled Brushes
- Tooth Paste
- Tooth Brushes
- Toilet Paper
- Nail Clippers
- Granola Bars
- Rice
- Crackers
- Pasta
- Tuna Fish
- Canned Fruit, Vegetables, Meat

Have an idea for a community service project? Give us a call at 270-866-4477 to let us know what you are thinking about!

You are also welcome to mention your ideas on the Russell County Homemakers Facebook Page or on the Homemakers by Heart Facebook group.

Cultural Arts Competition

Homemakers, it is time to prepare for the annual Homemaker Cultural Arts Competition! The county will accept your entries from February 12th-15th, and judging and viewing will occur on February 16th, with viewing Viewing will open on February 16th from 1 PM - 4 PM. Pick-up can occur on February 19th.

Winners of the county will go to our area competition on March 6th in Cumberland County.

- County Entries: 2/12-2/15 (ends at noon)
- County Judging will occur on 2/15 in the afternoon and Viewing: 2/16
- Area: March 6th (3/6)
- State: May 9th (5/9)

Club Meeting Information

Homemakers on the Go Meeting

Hold the date of **January 11th** at 10 a.m. for the first Homemakers on the Go meeting of the year. They will be doing a craft and eating lunch in town. If you are interested in attending, please call the Extension Office to let us know if you plan on attending: 270-866-4477.

Homemakers by Heart

Our new Homemakers by Heart club will have their first meeting on **January 15th** at the Extension Office at 6 p.m.

We will have a guest speaker come talk to Homemakers by Heart about sourdough starters and sourdough bread.

Please call 270-866-4477 by January 5th to RSVP for this meeting.

Sunset Club

The Sunset Club typically meets on the 2nd Tuesday at 6 PM. The official date of the meeting is still waiting to be determined.

Please call the office if you have any questions.

The Piecemakers Quilt Guild

The Quilt Guild will be meeting on the **2nd and 4th Mondays** of the month at noon for fellowship and quilting.

Crafty Bees

The Crafty Bees will be meeting on Tuesday, January 23rd at 5:30 p.m. at the Extension Office. They will be making DIY snow globes.

There is no registration fee for this meeting, just please bring a large mouth mason jar and lid for the craft.

Call 270-866-4477 to RSVP.

Self-Care

SOURCE: PAUL NORROD, DRPH RN, EXTENSION SPECIALIST FOR RURAL HEALTH AND SAFETY

The holiday season is often thought of as a time of celebration and rest, but for many people, the holidays cause a lot of stress. The stress can come from worrying about money, travel, work, child care, or dealing with the absence of someone you love. The results of holiday stress can negatively affect relationships at work and in our family. To deal with the stress of the holiday season, we should find ways to better care for ourselves by engaging in self-care.

Self-care is a broad term involving attitudes, knowledge, and activities to improve or maintain our well-being. Self-care generally applies to reducing stress, but it is important to support our physical well-being as well as our relationships. On the other hand, well-being involves living out our mental and physical health to achieve our dreams, passions, goals, and keep or form new relationships. Focusing on self-care involves the use of coping skills, which are a set of activities or skills to reduce our stress. Coping skills and activities can vary, but often include drawing, painting, sowing, hunting or fishing, taking walks, or using boxed breathing.

When thinking about stress and self-care, we should consider events or situations that create stress and those coping activities that reduce our stress. A simple way to evaluate your stress is to make a list and rank those things that cause stress from least to greatest. That way, you can find your most problematic stressors. Once you've made that list, do the same for your coping skills. Rank them from least to greatest in terms of what gives you the most relief from stress. Lastly, if your feelings of stress are not improving or are worsening, text or call 988 to speak with a crisis counselor and receive support.

Reference

National Institute of Mental Health (2021). "Caring for Your Mental Health." 2022, from <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>.

Breakfast Hash

SERVINGS: 6 SERVING SIZE: 1 CUP

KATIE SHOULTZ, EXTENSION SPECIALIST, UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE

Ingredients:

- 2 tablespoons olive oil
- 1/2 pound breakfast sausage
- 1 small onion, chopped
- 1 bell pepper, chopped
- 1 large sweet potato, chopped
- 1/4 teaspoon paprika
- 1/4 teaspoon black pepper
- 6 eggs



Directions:

1. Add a tablespoon of olive oil to one skillet and set aside.
2. In another skillet, add sausage and break into small pieces. Cook over medium heat. Once browned, add onion and bell pepper. Cook for another 2–3 minutes. Remove skillet from heat.
3. In the skillet with olive oil, add chopped sweet potato, paprika and black pepper. Cook and stir until the potatoes begin to brown slightly. Cover and let potatoes continue to cook, stirring occasionally, for another 5 minutes.
4. Scrape potatoes to one side of skillet and add half of the sausage mixture into the potatoes. Do the same with the potatoes and move half of the potatoes to the sausage skillet. Mix each skillet until ingredients are combined and then create 3 spaces in each skillet for the eggs.
5. Crack eggs into spaces, cover the skillets and cook over medium–low heat until eggs are cooked firm.

260 calories; 19g total fat; 5g saturated fat; 0g trans fat; 200mg cholesterol; 430mg sodium; 8g carbohydrate; 1g fiber; 3g sugar; 0g added sugar; 14g protein; 6% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 4% Daily Value of potassium.



MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2	3	4	5	6
7	8 Cook Wild 6 pm Sit & Sew 12-5:30	9 Laugh & Learn 6 PM Tentative Sunset Mtg 6 PM	10	11 Homemakers on the Go Meeting 10 AM	12	13
14	15 Closed Homemakers by Heart Mtg 6 PM	16	17	18	19	20
21	22 Homemaker Leader Lesson 4 PM HM Council Mtg 5 PM	23 Crafty Bees Mtg 5:30	24	25	26	27
28	29 Cooking the Cal- endar 5 PM	30	31			

Martin-Gatton College of Agriculture, Food and Environment

PULASKI & RUSSELL COUNTY

Cook Wild KENTUCKY

COOK WILD

PULASKI CO.: DEC. 8TH, 6 PM
RUSSELL CO.: JAN. 8TH, 6 PM CST

FOOD/ FUN/ FELLOWSHIP

EVENT DETAILS

Come sample 4-5 of our cook wild recipes and experience something new.

You must RSVP and pre-pay to attend.
\$10 per person (to attend either 1 or both events)
Maximum of 20 people

RUSSELL COUNTY EXTENSION OFFICE | 2688 S. HWY 127
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Cooperative | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Martin-Gatton College of Agriculture, Food and Environment

CULTURAL ARTS COMPETITION

County Entries: 2/12-2/15
County Judging 2/15 in the afternoon, Viewing: 2/16

Area: March 6th (3/6)
State: May 9th (5/9)

Viewing will open on February 16th from 1 PM - 4 PM. Pick Up can occur on February 19th.

For More Details
☎ 270-866-4477
📍 2688 S. HWY 127, Russell Springs, KY 42642

Mark Your Calendars Now!
🌐 www.russell.ca.uky.edu

Cooperative Extension Service | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service



JANUARY 29TH

Savory WINTER PORK STEW

FREE RECIPE DEMONSTRATION AND SAMPLING. RSVP BY DECEMBER 22ND. SPACE IS LIMITED.

5 PM

CALL 270-866-4477 TO RSVP

Cooperative Extension Service | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Cooperative Extension Service



LAUGH & LEARN

KINDERGARTEN PREPARATION FOR 3-5 YEAR OLDS

Presented by the Russell County Extension Office and the Russell County Public Library

STORYTIME, HEALTHY SNACKS, GROSS MOTOR SKILLS, FINE MOTOR SKILLS, AND MORE!

JANUARY 9TH, 2024
6 P.M.

LOCATION: RUSSELL COUNTY PUBLIC LIBRARY

CALL 270-866-4477 TO RSVP

Cooperative Extension Service | MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
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
 - d. 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. Miscellaneous
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter
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)
- 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
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

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.

CULTURAL ARTS AND HERITAGE CULTURAL ARTS EXHIBIT

Criteria for Judging:

A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.

- 1) Originality
- 2) Artistic promise
- 3) Technique
- 4) Composition

B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door hanging, weaving, and miscellaneous.

- 1) Originality
- 2) Workmanship
- 3) Color harmony
- 4) Beauty of design
- 5) General appearance.

C. Photography

- 1) Originality
- 2) Content
- 3) Clarity
- 4) Technical competence
- 5) Composition

D. Scrapbooking — Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.

- 1) Balance and symmetry
- 2) Color coordination
- 3) Quality of photography
- 4) Use of space
- 5) Neatness
- 6) Lettering
- 7) Journaling
- 8) Use of embellishment
- 9) Does it tell a story

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit “original” items for competition in state exhibits.

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

BLUE Ribbon and PURPLE Ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2023-2024).

Identification of item should be on tag provided by state and attached to exhibit.

The exhibitor and/or their representative is responsible for transporting exhibits to and from the state meeting.

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member's entry will remain eligible, and the club/county will have the option to enter it at the next level.

Each exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **Exhibitor is responsible for category/subcategory determination.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the blue ribbon entries in each category.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all exhibitors. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

If categories are to be eliminated, there will be a one-year notice.