

Homemaker Happenings

January 2025

Happy New Year

What an incredible year it has been for our homemakers! We are ending the year with 155 paid members. We have organized several successful events throughout the year, elected a new president-elect, and welcomed new council members. Our homemaker clubs now boast memberships of twenty or more people, fostering a strong sense of connection and community. With various exciting and diverse programs already established, we look forward to even greater possibilities in the future.

I hope everyone enjoys the holidays. Please note that the FCS programs will slow down in January and February will resume in March 2025. We will be busy planning programs and events.

Best Regards, Michelle Padgett FCS assistant

Upcoming Events

Cultural Arts March 7, 2025

April 1, 2025 Annual County Meeting

KEHA State Meeting May 6-8 2025

Reminders

All Extension Offices will be closed from December 25, 2024, to January 1, 2025.

If Lincoln County Schools are closed for weather no programs will take place at the Extension Office for FCS or 4-H.

Contact Info

Jody Paver FCS Agent
jody.paver@uky.edu

Michelle Padgett FCS program assistant
606-282-0515
michelle.padgett@uky.edu

Lincoln County Extension Office
104 Metker Trail
Stanford, KY 40484

606-365-2447



Lincoln County Homemaker Council



Chairpersons

Culture Arts- Phyllis Patterson

Environment Housing & Energy-
Leoni Mundelius

Family & Individual Development-
Kathy Diaz

Food, Nutrition & Health- Esther
Bailey

4-H Development- Charlene Archer

International- Janice Southard

Leadership Development- Michelle
Padgett

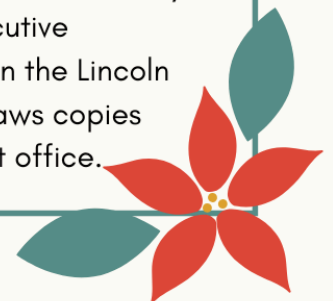
Managemetn & Safety- Nell Manning

Executive Committee

- President-Wanda Patterson
- Vice President- Janice Southard
- Secretary- Ester Bailey
- Treasure- Kathy Diaz
- President Elect- Barb Beaney

Executive Committee Nominations 2025

- Vice President
 - Secretary
 - Treasure
- Nomination forms are available at the front office. If you are interested, you can nominate yourself or another member of the Lincoln County Homemakers. All executive committee members will be installed on April 1, 2025, and officially take office in May 2025. Duties of the Executive Committee are located in the Lincoln County Homemaker By-laws copies are available at the front office.



Council Updates



LINCOLN COUNTY HOMEMAKERS BY-LAWS COMMITTEE

The By-laws committee will meet on January 13, 2025 at 2pm at the Extension Office. Committee Chair Brenda Hammons
Committee members: Kathy Diaz, Barb Beaney, Wanda Patterson, Michelle Padgett, Jody Paver and Donna Furnas. This committee will be working to update the existing By-Laws anyone is welcomed to help.



ANNUAL COUNTY MEETING COMMITTEE

Get ready for an exciting opportunity! We are seeking enthusiastic individuals to join the committee that will plan our spectacular annual county meeting on April 1st, 2025. This fantastic event will welcome new officers into their roles, celebrate our dedicated club members for their incredible contributions, and feature a delightful meal together. If you're interested in being part of this exciting experience, please reach out to Michelle at 606-282-0515. Don't miss out on this chance to make a difference and create lasting memories!



THANK YOU NOTE

To all who supported the Ovarian Tea, I want to extend my heartfelt gratitude to each and every one of you. Together, we raised over \$1052.00, a testament to the power of our collective contributions.

Ester Bailey

IMPORTANT REMINDERS

The Lincoln County Homemakers Council will meet on **January 23, 2025, at 1 PM**. We encourage all clubs to send a representative to the council meeting, and everyone is welcome to attend. This is an important opportunity for planning and decision-making, and we need your help and input. If you are unable to attend, please reach out to another member who can represent your voice or ideas. We look forward to seeing you there!

Leader Lessons



2024-2025 Fort Harrod Area Leader Lesson Schedule

	September	October	November	December	January	February	March	April
Instructor	Jody Paver	Multi County Program	Jody Paver	Jody Paver	Jody Paver	Jody Paver	Jody Paver	Multi County Program
Lesson Title	Communication Essentials	Healthy Eating Around the World	Health Eating Around the World	Mindful Eating	Emergency Health Information	Elements and Principals of Art	KEHA Plays Pickleball	Move your way Exercise for Everyone
Date	September 25th @ 10 AM @Lincoln County Extension Office	October 16th 11 AM-1 PM Will be held at Boyle County	October 23rd @ 10 AM @Lincoln County Extension Office	December 5th @Noon @Lincoln County Extension Office	January 22nd @10 AM @Lincoln County Extension Office	February 27th @3 PM @ Lincoln County Extension Office	March 26th @10 AM @Lincoln County Extension Office	TBD Check Newsletters
Description	Learn about Non verbal communication. Watch party and hands on activities can take back to your club.	FCS agents will talk about the dietary guidelines from other countries. Watch for Event Flyer	Jody will have a mini session of the dietary guidelines from other countries. In case you can not make it to the Boyle County Event	This lesson covers difference in mindless and mindful eating and tips for being more present while you eat.	Learn the importance of an emergency health information card.,	Learn What makes 2D art pleasing.	Learn how to play Pickleball and how to get active!	Learn inclusive exercises for all bodies.

<https://www.youtube.com/@fcsextensionforharrodarea9856>



Homemaker Lesson Trainings
 Lessons are presented at each training, then re-taught by members at their monthly meetings. All trainings are free and also open to the general public.

OFFICER NOMINATION FORM

Check One: County _____ Area _____

NAME OF NOMINEE _____

ADDRESS OF NOMINEE _____

Phone _____ Email _____

Nomination for:(check one) President () President-Elect ()
 Vice-President () Secretary () 1st Vice-President for Program ()
 Treasurer () 2nd Vice-President for Member Resources ()

Personal Sketch of Nominee:
 Hobbies _____

Offices Held in KEHA and Number of Years in Each Office:

Offices Held:	Local Club	County	Area	State
President				
Vice President				
Secretary				
Treasurer				
Educational Chairman List:				
Committee Chairman List:				

Appendix 4
June 2020

Clubs

Happy Hearts meets on the fourth Thursday of every month at 10am.

Sassy Stitchers meets on the third Friday of each month at 9am.

Mountain Crafters meets on the second Monday of each month at 10am.

OPI meets on the third Wednesday of each month at 10am.

Photo Club meets on the second Thursday of each month.

Pieceful Hearts meets on the third Monday of each month at 1pm.

Chatty Scappers meets the third Thursday of each month at 5pm.

County Fair Craft Club meets the third Tuesday of each month at 5pm.

4-Corners meets the second Wednesday of each month at 10am.

Deaf Homemaker club meets first Wednesday of each month at 1pm.

ADULT HEALTH BULLETIN



JANUARY 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County Extension Office
 000 Street Road
 City, KY
 Zip (000) 000-0000

THIS MONTH'S TOPIC

STEP INTO NATURE: WINTER EDITION



Winter can feel like a dreary time of year — it is often cold, and wet, and gets dark early. Many people struggle with winter blues. There's bleak weather and emotional letdown after the holiday season. There are many reasons people might struggle with mental health during the coldest, darkest months of the year. Weather conditions in combination with low mood can deter people from spending time outdoors. But resist the temptation to hibernate. Instead choose to go outside. It can help your body and mind.

There are many fun outdoor winter activities, from sledding in the snow to skating on ice. But simply going for a walk or taking your daily workout routine outdoors has advantages. You can take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to

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Take a stroll around the block or spend an afternoon exploring a trail at a local park. Exercising outdoors can add variety to your routine and help you feel even better.

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your routine and help you feel even better.

Exercise in general is known to help reduce stress and promote emotional regulation. Exercising outside has the added benefit of regulating sleep-wake cycles. That can help our bodies feel ready to sleep at night and wake in the morning. Many people experience disrupted sleep cycles in winter because of prolonged darkness and fewer hours of sunlight. To reset your body's sleep-wake cycles, try spending time outside in the morning after the sun has risen or in the afternoon before the sun goes down. Limit intense physical activity and screen time in the last two hours before bed. Instead, opt for calming activities like reading, crafting, stretching, meditation, puzzles, or talking with a family member or friend.

Exposure to natural sounds like birds chirping, rustling leaves, and the blowing wind can also help lower blood pressure and reduce negative thoughts. Exercise outside in places with reduced noise pollution and access to natural sounds. This can help your brain process your emotions more easily and regulate your breathing. The Japanese practice of forest bathing, or spending quiet time in heavily wooded areas, emphasizes the importance of time immersed in nature. Those who practice regularly often have lower stress and blood pressure and more stable blood sugar levels.

If you struggle with brain fog and staying on-task in the winter months, breathing in cold, brisk air is also good for mental stimulation, concentration, and mental focus. If you spend lots of time indoors at work in the winter, take breaks outside or walk around your building to help sharpen your focus.

When exercising outdoors, always remember to dress for the weather:

- Wear layers to prevent overheating and allow for temperature regulation. Choose wicking layers closest to your body that will pull moisture away from your skin to keep you dry.
- When the air is especially cold or windy, limit your skin exposure. Keep your hands and head covered. Wear a hat, hood, or ear warmers, and gloves.
- Remember your feet. Wear warm, dry socks, and shoes or boots with good grip and traction to prevent slips or falls.

REFERENCE:
<https://www.health.harvard.edu/mind-and-mood/sour-mood-getting-you-down-get-back-to-nature>

Cooperative Extension Service

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
 Edited by: Alyssa Simms
 Designed by: Rusty Manseau
 Stock images: Adobe Stock

LINCOLN COUNTY HOMEMAKERS

2025

Cultural Arts Contest



Entry Time: March 7, 2025

9:00am-11:00pm

Unleash your creative talents by entering the 2025 contest! Remember, your participation is crucial for the vitality of cultural arts. Mark your calendars and be a part of something inspiring!

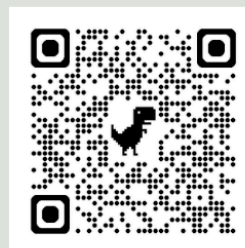
Pick Up Time: March 7, 2025

1:00pm

Blue Ribbon Winners will advance to the Fort Harrod Area Contest in April and compete against seven other counties.



To view the list of categories and rules, visit: <https://tinyurl.com/ycy3jjw6> or scan the QR code. If you have your Homemakers Annual Calendar the rules are included in the book. If not you may stop by the office for a hard copy.



Homemakers in Ag

Martin-Gatton
College of Agriculture,
Food and Environment
Agricultural Communications Services



Twice-Baked Acorn Squash

- 2 medium acorn squash (1 - 1 1/2 pounds)
- Nonstick cooking spray
- 2 cups fresh spinach, chopped
- 4 strips turkey bacon, cooked and crumbled
- 1/2 cup grated parmesan cheese
- 1 thinly sliced green onion
- 1 tablespoon olive oil
- 2 teaspoons garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon nutmeg

Wash hands with warm water and soap, scrubbing for at least 20 seconds. Preheat oven to 350 degrees F. Cut squash in half; discard seeds. Place squash flesh side down on a baking sheet coated with nonstick cooking spray. Bake for 50 to 55 minutes or until tender. Carefully scoop out squash, leaving a 1/4-inch-thick shell. In a large bowl, combine the squash pulp with the remaining ingredients. Spoon into shells. Bake at 350 degrees F for 25 to 30 minutes or until heated through and top is golden brown. Store leftovers in the refrigerator within two hours.

Yield: 4 servings.
Serving size: 1/2 of an acorn squash.

Nutrition Analysis: 210 calories, 9g total fat, 3g saturated fat, 25mg cholesterol, 710mg sodium, 27g total carbohydrate, 4g fiber, 1g total sugars, 2g added sugars, 9g protein, 0% DV vitamin D, 15% DV calcium, 15% DV iron, 20% DV potassium.



Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is high in vitamins A and C and is a good source of potassium and vitamins B6, K, and folate.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place, and use it within 1 month. Once sliced, wrap dry pieces in plastic wrap and refrigerate for up to 5 days.

PREPARATION:
To steam: Wash, peel, and remove seeds. Cut squash into 2-inch cubes or quarter, leaving rind on (it will remove easily after cooking). Bring 1 inch of water to a boil in a saucepan and place squash on a rack or basket in the

pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30 to 40 minutes or until tender.

To microwave: Wash squash and cut it lengthwise. Place it in a baking dish and cover the dish with plastic wrap. Microwave until tender, using these guidelines:

- **Acorn squash:** 1/2 squash, 5 to 8 minutes; 1 squash, 8 1/2 to 11 1/2 minutes.
- **Butternut squash:** 2 pieces, 3 to 4 1/2 minutes.
- **Hubbard squash:** (1/2-pound pieces) 2 pieces, 4 to 6 1/2 minutes.

To bake: Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

August 2022

Buying Kentucky Proud is easy.

Look for the label at your grocery store, farmers' market, or roadside stand.

PlateItUp.ca.uky.edu

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PRODUCE GROWERS MEETING

Location: Lincoln County Produce Auction- 2896 KY Hwy 39N Crab Orchard, KY 40419

When? January 15th 2025
9:30 a.m. - Welcome

9:45 a.m. - Rachel Rudolph with Melon Production

10:15 a.m. - Brent Arnoldussen with strawberry production

10:45 a.m. - Ric Bessin with Insect Challenges

11:15 a.m. - Shubin Saha with Greenhouse tomato production
12 p.m. - LUNCH

1 p.m. - Panel discussion on vegetable production 3 growers

2 p.m. - Panel discussion on flower production 3 growers

3 p.m. - Crop ideas/ closing comments
Lloyd/Mervin

SEE YOU THERE!

If you would like to attend the produce growers meeting and would like to ride in the van to the meeting please call and RSVP by January 14, 2025 limited seats in the van call early. Van will leave Lincoln County office at 9:00am.

Growing Microgreens

January 16
10:00am

Is winter getting you down? Longing for warmer days? Why not garden now with microgreens. First 20 to register gets their own microgreen kit.



Call 859-734-4378 to
RSVP

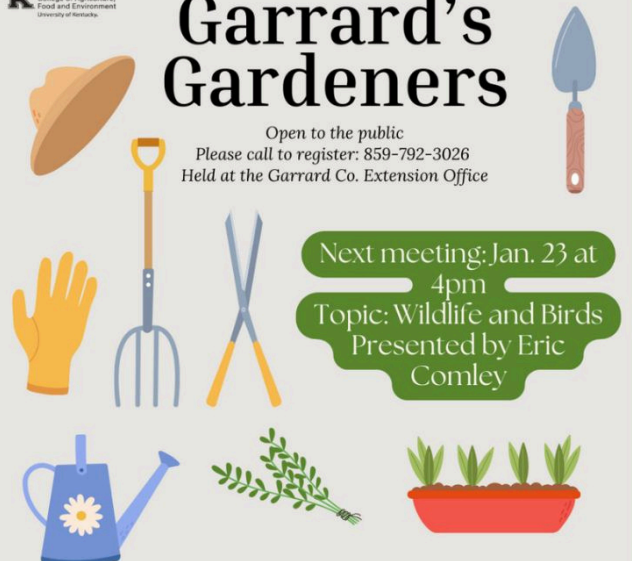


If you would like to attend the growing microgreens at Mercer County Extension Office please call and RSVP by January 13, 2025 limited seats in the van call early. Van will leave Lincoln County promptly at 9:20am.

Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky

Garrard's Gardeners

Open to the public
Please call to register: 859-792-3026
Held at the Garrard Co. Extension Office



Next meeting: Jan. 23 at
4pm
Topic: Wildlife and Birds
Presented by Eric Comley

If you would like to attend the Garrard Gardeners with Lincoln County please call and RSVP that you would like to ride the van from Lincoln County to Garden County the van will leave promptly at 3:30pm.



2025 Quilt Show

“Quilters’ Day Out”

hosted by

Stringtown Quilters Guild

on

Saturday, March 15, 2025

9:00 am to 3:00 pm

at

First Church of Christ
Burlington, KY

Featured Quilter

Mrs. Martha Ferguson

2024 Best of Show Award Winner

**Over 120 Quilt Displays,
Demonstrations, Vendors, Silent
Auctions, Free Admission and so
much more!**

Visit



www.stringtownquiltersguild.com

for more details.



Kentucky Music Hall of Fame

QUILT SHOW

SATURDAY

FEBRUARY 1ST, 2025

12- 5 PM

FREE QUILT ENTRY

\$5 ADMISSION

(CHILDREN 12 AND UNDER FREE)

2590 RICHMOND STREET

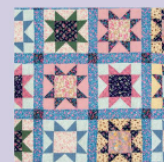
MOUNT VERNON, KY 40456

Apply at:

<https://www.surveymonkey.com/r/2025QuiltShow>

For more information call (606) 256-1000

\$100
Cash
Prize



ARE YOU INTERESTED IN ATTENDING ONE OR BOTH OF THESE QUILT SHOWS? IF SO PLEASE CALL THE OFFICE TO SIGN UP IF WE HAVE ENOUGH INTEREST WE WILL SET A TIME.



Jody G. Paver

Jody G. Paver

County Extension Agent for
Family and Consumer Sciences
Jody.Paver@uky.edu



Michelle Padgett

Family and Consumer Sciences
Program Assistant
michelle.padgett@uky.edu

FAMILY & CONSUMER SCIENCES



Cooperative Extension Service

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Disabilities
accommodated
with prior notification.