

Logan County

Homemakers

December 2024



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**Cooperative
Extension Service**

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

Mark Your Calendars!

Gift wrapping for FRYSC families Christmas is December 5, 2024.

Please let me know if you plan to volunteer this day!

Logan County Homemaker Council Meeting/Christmas Party
December 10

Homemaker Dues

Your annual Homemaker dues of \$12 are due to the Logan County Extension Office by December 1, 2024! If you have not had a chance to pay your annual dues yet please do so soon.

We Will Be Closed

The Logan County Extension Office will be closed
December 25, 2024 - January 1, 2025. We will reopen January 2, 2025!

FRYSC Families Christmas

The Family Resource in Logan County and Russellville need your help during their Christmas distribution day with wrapping children's Christmas gifts. This event will be held on December 5 from 8AM-4PM. If you are available to help this day and would like to please let me know.

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Lexington, KY 40506



Disabilities
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Council Meeting/Christmas Party

The Homemaker Council meeting and Christmas party has been scheduled for December 10, 2024 at 11 AM at the Logan County Extension Office. The committee has planned a fun day! We will have finger foods followed by a brief council meeting before we celebrate the holidays. Please bring a Christmas tea towel for a small gift exchange. The planning committee has decided that each club be responsible for a finger food as our lunch. I recommend planning for 30 to be safe but I will try to have a rough head count prior to the event. I have listed below the items that the committee has asked each club to be responsible for:

Rachel will provide drinks and paper products

Corinth - Vegetable tray with dip

Getaway Girls - Cheeseball and crackers

Neighbors - Cookie tray

O&H - Fruit tray with dip

Sew Fun - Sausage balls and puff pastry with chicken salad

South Union - Lil smokies

I see you when you're sleeping. I know when you're awake. I know if you've been bad or good!



Any changes in leader trainings will
be announced!

Homemaker Leader Trainings

December Leader Training

**No December Leader
Training**

January Leader Training

"Self Defense"

Mail out Lesson

February Leader Training

"Tips to Manage Stress Eating"

February 5, 2024 @ 10 am



HOMEMAKER HIGHLIGHTS *December*



FOLLOW THE LOGAN COUNTY
EXTENSION HOMEMAKERS
ON FACEBOOK!



*Merry
And
Bright*

**Neighbors Club used information learned
at the multi-county Tobacco Stick lesson
and made tobacco stick Christmas trees
and Santa Claus ornaments!**

If your club has participated in an
outing, event, or activity that you
would like to highlight in our monthly
newsletter please feel free to send
me information and pictures!



Making a New Holiday Tradition

When it comes to the holidays, it is often our traditions that we think of first. Spending time with loved ones, making meals together, sharing in meals together, and even exchanging gifts or sentiments of love with one another. Sometimes over the years, traditions may end for any number of reasons, providing the opportunity to create new traditions. Here are some ideas of traditions you may want to start this holiday season:

- Volunteer as a family at a retirement home, share time with the guests, sing a song as a family, or put on a play.
- Write a letter to someone serving our country.
- Serve food at a local shelter or soup kitchen.
- Donate clothes or toys, or create hygiene kits for a holiday drive.
- Host a potluck and invite three families.
- Plan a seasonal treasure hunt (see treasure hunt information releases for Christmas and Halloween).
- Have a circle of thanks in which you each share what you are most thankful for this year, or who and why.
- Put on a talent show. Give massages or foot rubs.
- Put together an adult's night out.

There are many ways to make the holidays special, so start a new tradition in your family this year.

Source: David Weisenhorn, Ph.D.; Specialist for Parenting and Child Development

Homemaker Club Meetings

O & H Homemakers

President Donna Washington

270-893-1467

Meets 3rd Monday @ 2:30 PM

Sew Fun Quilting Homemakers

President Sue Jordan

270-542-6403

Meets 3rd Saturday 9 AM—3 PM

South Union

President Judy Kirkland

615-337-0999

Meets 2nd Wednesday @

NOON

Corinth

President Sharon Travis

270-539-4604

Meets 3rd Thursday @ 10 AM

Neighbors

President Emily Hayes

270-542-4287

Meets 4th Tuesday @ 11 AM

**ATTENTION ALL
MEMBERS AT LARGE
AND ALL NEW
MEMBERS:**

OUR CLUBS WOULD LIKE TO
INVITE YOU TO ATTEND THE
MEETING DAY OF YOUR CHOICE,
WHICHEVER WORKS BETTER FOR
YOUR BUSY SCHEDULE.





Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.

4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.

5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.

6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings

Serving size: 1 cup

Cost per recipe: \$7.18

Cost per serving: \$0.60



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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Strengthening Family Relationships During the Holiday Season

There is no better time to strengthen the most important relationships in your life than the holiday season! Holidays can be very busy and stressful, but they can also be opportunities to celebrate life with the people you love. Here are some ideas for strengthening family relationships during the holidays.

~~1. Shift your focus from what has to be done to what you want to experience with the people you care about.~~

So many things around the holiday season have to be done. It can make the holidays feel like one big giant obligation. Shift your attitude from obligation to your hopes for your family during the holidays. It may surprise you how much a shift in focus can do!



~~2. Make your goal clear.~~ Let your family know that your No. 1 goal is to strengthen your family during the holiday season. Use language that makes it something everyone will want to do rather than something people feel forced to do. Communicate your goals for how you plan to strengthen relationships with each member of your family. When you communicate that you care about people and tell them they are your No. 1 priority, it can be amazing how they will respond!

~~3. Practice self-care.~~ We are happiest and most likely to have positive exchanges with our families when we are taking proper care of ourselves. Get enough rest and eat regular meals. Do something you enjoy or have wanted to do and take a little “me time.” You will surprise yourself when you realize how much more positive your family interactions can be after you have taken some time to care for yourself!

~~4. Spend time reflecting together as a family.~~ What are your favorite memories from past holidays? What traditions are important to your family? How can we work together as a family to keep a focus on the positive? How can we work as a family to reduce stress? Sharing these reflections can help to reduce future conflict and feel better understood.

5. Put down the technology and focus on each other! We all spend too much time on computers, iPads, smart phones and other technologies. The best way to strengthen family relationships is to do something together and focus on each other. Play a fun family board game. Volunteer at a food pantry or nursing home as a family. Bake your favorite dessert together. Tell jokes together. It does not matter what you are doing, just do it together!

References: Brain Pathways (2013). Strengthening Relationships during the Holidays. Brain Pathways Blog.

Source: Kerri Ashurst, Senior Extension Specialist for Family and Relationship Development, University of Kentucky; College of Agriculture, Food and Environment

Cranberry Scones

Get the family together for some holiday baking and make these festive cranberry scones!

Ingredients

3 cups self-rising flour
1 teaspoon orange peel, grated
1 cup dried cranberries (or substitute raisins)
1/3 to 1/2 cup buttermilk
1/2 cup sugar
1/2 cup butter, softened
1 egg



Directions

1. In a large mixing bowl, combine flour, sugar and orange peel. Mix well. Cut in butter with a pastry blender or fork until mixture resembles coarse crumbs. Gently stir in cranberries.
2. Place egg in a 1-cup measuring cup and beat well. Add buttermilk to the measuring cup, with egg, to make 2/3 cup. Add to flour mixture and stir gently until dry ingredients begin to cling together; do not add more liquid.
3. Press dough gently together on a lightly floured surface to form a ball. Divide dough in half. Place both halves on a greased cookie sheet and flatten each into a 6-inch round. Cut each into 8 wedges. Separate wedges slightly, to about 1/2 inch apart.
4. Bake at 400 degrees Fahrenheit for 20 to 25 minutes or until golden brown. Cool on cookie sheet 5 minutes before serving.

Source: Logan County Cooperative Extension Service, Homemade Holidays: December

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