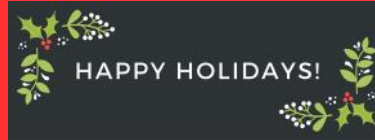


Homemakers F&CS

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



Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

DECEMBER 2022

Dear Owen County Extension Homemakers,

December is here along with cold weather and already some SNOW! I hope you were able to enjoy the little bit of the snow we have had and are ready for more to come! With Christmas right around the corner this is the time to be thinking about giving and what a great way to give than to help sponsor a child in need for Christmas. This year the Owen County Christmas Project Committee has received applications from 86 families in Owen County and are helping 211 youth have a wonderful Christmas. The ANGEL Tree is up at the Extension Office. Please, if you can, stop by and grab an Angel ornament(s) off the tree. The Christmas Project Committee is asking that sponsors purchase 1 outfit and 2 toys for each Angel and bring the gifts unwrapped back to the Extension Office by Friday, December 9th at 4:30 PM. Wrapping supplies for the families to wrap their own gifts are greatly encouraged and appreciated! See the flyer on page 7 for more information.

Since we are already seeing some cold weather and snow, this is a good time to remind everyone of the Snow Policy in case of bad weather or road conditions. Always call the office if you have questions!



Santa's Castle
Setup
Thursday, December 1st
Friday, December 2nd
9:00 AM - 4:30 PM

Santa's Castle
Saturday, December 3rd
9:00 AM - Noon

Ages 3 years old through 5th grade are eligible to participate!
Call to let us know if you can help

Snow Policy

Some of the Owen County Extension activities are **not** automatically cancelled if Owen County schools are closed due to bad weather. Many times roads may be questionable in the morning, but clear by afternoon/evening. Call the office at (502) 484-5703 to see if the meeting/activity will be held or if it will be rescheduled.

I would like to take the time to wish everyone a Merry Christmas and Happy New Year!

Chelsea Young
Owen Co.

Chelsea R. Young



Extension Agent For Family & Consumer Sciences

Memory Makers

January Meeting

January 13th-15th, 2023

Location: Perry Park

**MUST call Dawn Davis to sign up at
(502) 682-2725**

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Deep Thoughts with Denise

Merry Christmas, Happy Hanukah, Happy Kwanza, and Season Greetings!

Wow! We have entered the last month of the year. At my house, we have been preparing for our holiday fun for the last month with my favorite 5-year-old writing and rewriting his letter to Santa and adding all kinds of Legos to his Amazon wish list. He also informed his pawpaw that Gammaw needed a bigger chair so there was room for him too, since we have been building Legos and reading together every day afterschool. Since my newfound age I had to have cataract surgery right before thanksgiving, so my house was all decorated before then, so except for baking there isn't much else left for me to do. I hope you all have a calm, restful and joyous holiday season.

Homemakers has a lot planned over the next few months please read your newsletter for all the latest information. We also post items on our Facebook page. Please go check it out. Like it and if your club wants anything posted let us know.

We need your help! We need officers for the upcoming year. Presently, we have a vacancy in the vice president's office. The main role the VP plays is to stand in for the president if they are unavailable and to plan the counties annual meeting. In the upcoming year, the offices of president and vice present will be open for election. Please consider running for an office. Thank you for your consideration.

Denise Perkins

Homemaker Book List



The Storyteller by: Dave Grohl Musician Dave Grohl shares stories of his life, from growing up in Virginia to his days in bands like Scream, Nirvana, and the Foo Fighters. Presented as a series of tales rather than a single long narrative, Grohl leaves the reader with the impression of having had a series of chats about life—the life of a rock star.

Organizing for the Rest of Us: 100 Realistic Strategies to Keep Any House Under Control by: Dana K. White Decluttering expert and self-proclaimed 'recovering slob' Dana White outlines affordable and unintimidating ways to declutter and get organized. With her 100 tips, she covers the basics of organization, better ways to think about clutter, and our relationships with things. Chip away at bigger problems by breaking down into bite-size jobs to tackle clutter, let go of perfectionism, and still get organized.

The Midnight Library by: Matt Haig The Midnight Library houses a collection of an infinite number of books, each one describing a different reality—the way your life is, or ways your life could have turned out, had you made different choices. Matt Haig's main character, Nora Seed finds herself in a position to decide whether to make changes to alter her life and in doing so, discovers what makes life worth living.

D-Day Girls: The Spies Who Armed the Resistance, Sabotaged the Nazis, and Helped Win World War II by: Sarah Rose The story of the women recruited by Britain's elite spy agency to sabotage the Nazis, shore up the Resistance, and pave the way for Allied victory in World War II.

Homemaker Happenings



Everyone is gearing up for Santa's Castle

The Home & Heart Club decided to give the Santa's Castle entrance a fresh look. You will find the same traditional scene with a few additional touches! We want to be sure to give a shout out to Kelly Bros. and Woven and Whimsy for their discounts and donations that helped make this possible. The next time you're in Kelly Bros. thank Ronnie for the approval and Donita for all the hard work mixing mismatched paint to get us the colors we needed! Big thanks go to Ginny Miller for helping coordinate all of this and to Katie and Rosalyn Chandler, Sarah Paige Wood, Samantha Toole, Ellie Anderson, and Alea Hubbard and her littles for helping paint!



Pillow making day was a huge success as well! The group made a total of 84 pillows for this year's Santa's Castle! A special thanks to Judy Hetterman, Ginny Miller, Linda Williams, Susan Hampton, Kathy Collins, Lana Jones, Kay Wilson, and many more that were involved in making pillows for Santa's Castle this year! If you can be here to help setup (December 1st or 2nd) or on the day of Santa's Castle (December 3rd), please call (502-484-5703) and let us know if you can!



Girl Power Club Community Service

We also want to thank Becky Mefford from the Youth Service Center for bringing the Girl Power Club from the High School out to cut pillow backing pieces for the pillows as well as decorating bags for Santa's Castle!



AREA OFFICERS DIRECTORY FORM 2022-2025

Area- Northern Kentucky
Area Information Sheet

Officers & Educational Chairs	Name	Mailing Address	Email	Expiration Year	Phone Number
President	Maryloretto Reising	11701 Mapletree Pl. Independence, Ky 41051	mlresing@fioptics.com	2025	859-356-3385 859-743-9412
Vice President	Judy Jackson	5770 Ellistin- Mt. Zion Rd., Dry Ridge 41035	judyjackson@uky.edu	2025	859-428-3187 859-824-3558
Secretary	Peggy Haskell	2005 Lee St., Edgewood 41017	phaskell@gmail.com	2025	859-341-1511 859-445-6963
Treasurer	Patsy Kinman	310 Falmouth St., Williamstown 41097	N/A	2025	859-760-6641
Cultural Arts & Heritage	Barbara Seiter	8669 Valley Circle, Florence 41042	seiterbarbara@yahoo.com	2025	859-653-7655
	Anita Sena	1473 N. Bend Rd. Hebron 41048	perhapstoday@twc.com	2025	859-360-9347
Environment, Housing/energy	Jackie Waibel	10771 Brentwater Pl., (A) Independence 41051	myfriendshipgarden1@gmail.com	2025	859-802-0428
	Brenda Clark	848 Plateau St., Elsmere 41018	brendajclark@gmail.com	2025	859-628-9415
Family & Individual Development	Pam Fields		pfflower1@yahoo.com	2025	513-519-5823
	Mary Lou Vogel		edvogel@gmail.com	2025	859-781-0796
Food, Nutrition & Health	Brenda Dunn	2150 Violet Rd., Crittenden 41030	Brendadunn1954@gmail.com	2025	859-814-3467
	Jackie Courts			2025	
4-H Youth Development	Linda Padgett	11307 Lakeside Dr., Union 41091	padgettky@gmail.com	2025	859-384-3912 859-380-4321
	Jennifer Spriggs	6422 Linkview Ct., Florence 41042	Gonana2@yahoo.com	2025	859-912-1902
Leadership Development	Roberta Couch	7810 River Rd., Hebron 41086	Rcouch1951@gmail.com	2025	859-630-0108
	Mary Jane Day	450 Day's Lane, Sparta 41086	backwoodsacres@zoomtown.com	2025	859-643-3118
Management & Safety	Louise Hiles	400 Tapering Point Dr., Dry Ridge 41035	nannahiles@yahoo.com	2025	859-490-5636
	Diana Morgan	140 Hunter Trail, Dry Ridge 41035	Dianam1118@yahoo.com	2025	859-393-0216
Area Contact	Kenna Knight	45 Pribble Drive, Falmouth 41040	kknight@uky.edu	2025	859-654-3395

Holiday online shopping savvy

Source: Kelly May, senior extension associate

The holiday season is quickly approaching, and many of us are going to shop online for at least some of our holiday purchases. Being smart when and where you shop online this holiday season can help keep you from falling victim to cybercrime.

Only shop online when you know you have a secure internet connection. Shopping with an unsecure connection can

make you an easy target for cyber thieves who can steal your credit card information. Remember public internet connections are not always secure, even if you are on your own device, and the public network's security software may not always be up to date.

When buying online, look for a padlock symbol on the page and shop from sites that start with an <https://web> address. This "s" after "http" shows that the website encrypts your information as the transaction is processed.



Use credit cards instead of debit cards to make purchases online. The Fair Credit Billing Act limits your responsibility to the first \$50 in charges if your credit card is used fraudulently, and many credit card companies will not hold you responsible for any fraudulent charges made online. Review your statements and report any suspicious transactions to your

credit card company.

You can also request a free credit report from the three credit reporting agencies: Experian, TransUnion, or Equifax.

Create strong passwords and PIN

numbers. Use different combinations of upper and lowercase letters, numbers, and symbols to make your passwords hard to crack. Do not use personally identifiable passwords such as your address, birthday, or name in your passwords for each of your online accounts.

Automatically set updates, on your device to keep it up to date with the latest security features. This includes updates apps, browsers, and your operating system. Password protect your home connection to keep your personal internet secure.



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Santa's Castle

Saturday, December 3rd, 2022
10 AM-NOON at the Extension Office
on Fairgrounds Road

Ages 3 years old thru 5th grade are eligible to participate!

Gift Limit: 7 gifts per child

Cost: \$5.00 per child

Lots of handmade gifts by Owen County Extension Homemakers.

Santa's Castle Sponsored by: Owen Co. Extension Homemakers

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
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OWEN COUNTY ANGEL TREE

2022

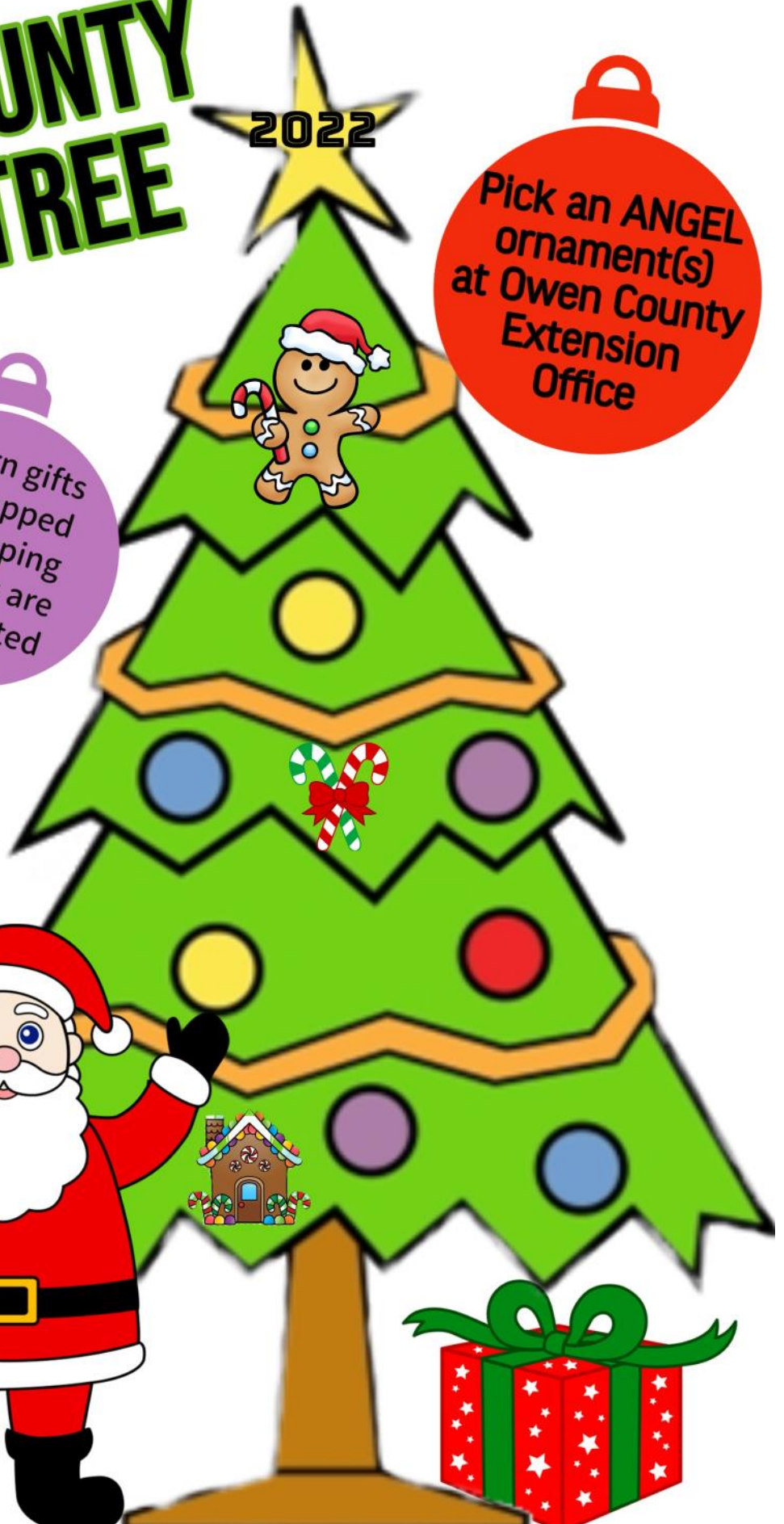
Pick an ANGEL
ornament(s)
at Owen County
Extension
Office

Please
purchase
1 outfit &
2 toys

Return gifts
unwrapped
**wrapping
supplies are
appreciated

Questions
Call Owen
County
Extension
Office
502-484-5703

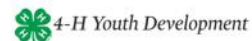
Return GIFTS
back to Owen
County Extension
Office by
December 9th
4:30 PM



Country Ham Project



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



The Country Ham Project is a great opportunity to learn the process of curing the ham, the history and science, and to develop better leadership and communication skills.

**DEADLINE TO REGISTER:
FRIDAY,
DECEMBER,
9TH**



QUESTIONS?

Owen County

Extension Office

(502) 484-5703

or email

David.Gabbard@uky.edu

COST:

4-H YOUTH: \$60 (includes two country hams)

ADULT: \$40 (includes 1 country ham)

CLOVERBUD: \$40 (includes 1 country ham)

****Cure Mix and Supplies included****

Tentative Curing Date: January, 16, 2023

4-H YOUTH (ages 9-18) are required to:



6 hours of classroom instruction



Once hams are cured, youth will be given a topic to prepare for speech presentation



Required to present a 3-5 minute speech at county level and state fair

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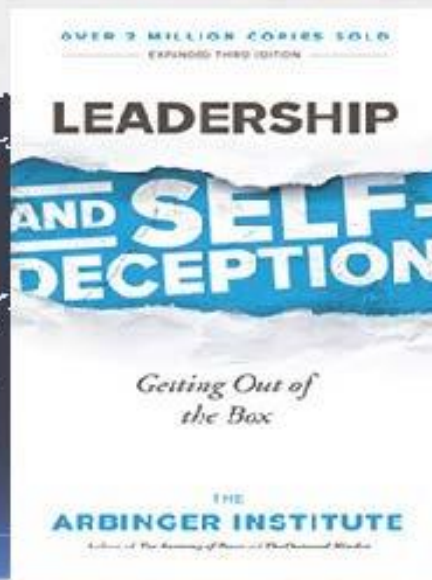
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JOIN US

as we take four weeks to discuss not only the book "Leadership and Self-Deception – Getting out of the Box" but also leadership principles you can apply to your organization and your personal life.

- All Sessions will be virtual
- Dates: January 5, 12, 19 and 26 of 2023
- Time: 7 PM – 8 PM
- Books will be provided to all who register

Note – this will be your January, February, March and April Homemaker leader lesson series.

MUST CALL THE PENDLETON COUNTY EXTENSION OFFICE AT 859-654-3395 BY *DECEMBER 23RD* TO REGISTER.

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WINTER PRESCHOOL DAY

AGES 3-5

FRIDAY
FEBRUARY 10TH
10AM-NOON

♥ **PLAYDOUGH**

♥ **WINTERY
SENSORY
BIN**

♥ **BRACELET**

♥ **STORYTIME
& CRAFT**

♥ **SNOWMAN
MASK**

♥ **Q-TIP
PAINTING**

**OWEN COUNTY
EXTENSION
265 ELLIS ROAD**

ADULT
MUST
ATTEND

NO
COST

SPACE IS
LIMITED

MUST
REGISTER
BY
FEBRUARY
3RD

CALL
502-484-5703



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CRAFTING FOR SELF CARE SERIES

Thursday, February 2, 2023

(Diamond Art)

Tuesday, March 7, 2023

(String Art)

Wednesday, April 26, 2023

(Candlemaking)

5:00 PM

Owen County Extension Office

MUST call (502) 484-5703 to REGISTER

**SPACE IS
 LIMITED**

**NO
 COST**

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Country Ham and Broccoli Grits

1 tablespoon olive oil	2 cloves minced garlic	6 ounces country ham, cut into ½ inch pieces
1 pound fresh broccoli florets	4 cups 1% milk	1 large egg, beaten
½ cup minced onion	1 cup uncooked quick grits	Salt and pepper to taste
¾ teaspoon crushed red pepper flakes	1 cup 2%, shredded cheddar cheese	

- 1. Preheat oven** to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.**
- 2. Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese.
- 3. Remove** from heat, stir in

ham, broccoli mixture, cheese, egg, salt and pepper. **Mix** until well blended. **Pour** into prepared baking dish.

4. Sprinkle with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.

Yield: 16, ½ cup servings.

Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

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

