

Homemaker Newsletter

March 2023

Thought of the Month:

"A woman is like a tea bag; you never know how strong it is until it's in hot water." -Eleanor Roosevelt

Roll Call:

March is Women's History Month. Name a woman from history you admire.

UPDATES FROM THE HOMEMAKER COUNCIL

Rescheduled! Make & Take: Simple Basket Making



Melonie will be offering a **FREE** Homemaker Make & Take Basket Making workshop on March 23rd from 5-7 PM at the Russell County Extension Office.

Nominations Wanted!

The Homemaker Council wants to announce that two of the council positions, the President and the Secretary positions, are seeking nominations for new candidates.

March Homemaker Leader Lesson: Making the Most out of Meals while Traveling

SAVE THE DATE: MARCH 27TH @ 4 PM

Please plan to attend the March Homemaker Leader Lesson and the **Council Meeting on March 27th @ 5 PM.**



Homemakers On the Go Meeting: Exploring Stanford

March 8th @ 9 AM

The Homemakers on the Go invite you to join them on **March 8th** to explore the town of Stanford! They will be eating at the Bluebird Cafe, and exploring Stanford's unique downtown.

Interested parties can meet at the Extension Office on March 8th @ 9 AM, or at the Bluebird Cafe at 10 AM. **Please call the Office to RSVP by Tuesday, March 7th.**

Crochet to Calm Class

Every Thursday in March

Ms. Wanda Conaster will be teaching a **FREE beginner** crochet class on how to make a mug cozy. **She will provide yarn markers, buttons, and crochet hooks.**

Participants need to bring: Red Heart 4 Acrylic yarn (light color is preferred.), small scissors, a size 16 large eye sewing needle, and a tote bag for their supplies & project. Please feel free to bring yarn to ask questions about.

The March 2nd class will be going over tools and terms.

Make & Take: Cookie Decorating

Hold the date of **April 13th from 6-8 PM!** The Homemakers will be offering a cookie decorating class. Call to Register!

A second class *may be* offered on **April 26th** during the day. More info to come!

Save the Date: Homemaker Area Meeting

APRIL 27TH: REGISTRATION STARTS AT 5:30 EST

Save the date for the Lake Cumberland Area Homemaker Meeting. This meeting will occur at the Aspire Center in Monticello, KY. See attached flyer for more information.

Celebrate Spring Outdoors

SOURCE: AMY F. KOSTELIC, ASSOCIATE EXTENSION PROFESSOR FOR ADULT DEVELOPMENT AND AGING

With longer, sunnier days upon us, it is time to celebrate spring and embrace nature. With the windows open or time spent outdoors sitting or strolling, dress for the weather, which, even in March may call for layers, and a hat and scarf. Feel the sun on your skin. Smell the air, trees, and blooming flowers. Hang bird feeders and listen to their chirping. Some local activities to consider include a stroll through your farmers' market, a walk around your neighborhood or local park. Drive with the windows down. Set an outdoor table for lunch or dinner. According to the Centers for Disease Control and Prevention, spending time outdoors can improve overall health and well-being. It can enhance mental health and decrease stress and anxiety. Moderate to vigorous physical activity, including walking outdoors can even contribute to better sleep, memory, and the ability to think and learn. The CDC also recognizes that staying active and involved in the community can support independence, decrease the risk of chronic disease prevention, and promote longevity.

References:

CDC. (2021). Are there benefits to spending time outdoors? Retrieved November 2021 from https://www.cdc.gov/cancer/skin/basic_info/outdoors.htm

CDC. (2020). Why walk? Why not? Retrieved November 2021 from <https://www.cdc.gov/physicalactivity/walking/index.htm>

CDC. (2020). Promoting health for older adults. Retrieved November 2021 from <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/promoting-health-for-older-adults.htm>

**MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES**

Slow Cooker Fajitas

SERVINGS: 6 SERVING SIZE: 1 FAJITA RECIPE COST: \$7.90 COST PER SERVING: \$1.32

*Two (12-14 oz) bags of frozen fajita mix vegetables may be used in place of fresh bell peppers and onion.

Optional toppings: cheese, cilantro, guacamole, lettuce, salsa, sour cream

Source: Nancy Kelley, Area Nutrition Agent for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Ingredients:

- 1 pound boneless, skinless chicken breasts, sliced lengthwise into strips
- 1 to 2 teaspoons cumin
- 1 to 2 teaspoons chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon garlic powder
- 3 medium bell peppers*, any color or variety
- 1 medium onion*
- 1 (10 ounce) can diced tomatoes and green chilies
- 6 (8-inch) whole-wheat flour tortillas

Directions

1. Place chicken in a medium-size slow cooker.
2. In a small bowl, combine cumin, chili powder, black pepper and garlic powder. Sprinkle seasoning over chicken.
3. Remove stem and seeds from bell peppers and peel from onion. Slice peppers and onion into ¼ inch strips and add them to slow cooker, covering chicken. Pour tomatoes and green chilies over veggies.
4. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
5. Remove chicken from the slow cooker and let it cool slightly. Use two forks to shred the chicken. Add shredded chicken back to the slow cooker and mix with the peppers and onions.
6. Serve in tortilla with optional toppings if desired.

Nutrition Information

220 calories; 4.5g total fat; 1.5g saturated fat; 0g trans fat; 50mg cholesterol; 600mg sodium; 26g carbohydrate; 69 g fiber; 7g sugar; 23g protein; 10% Daily Value of vitamin A; 100% Daily Value of vitamin C; 2% Daily Value of calcium; 10% Daily Value of iron



March 2023

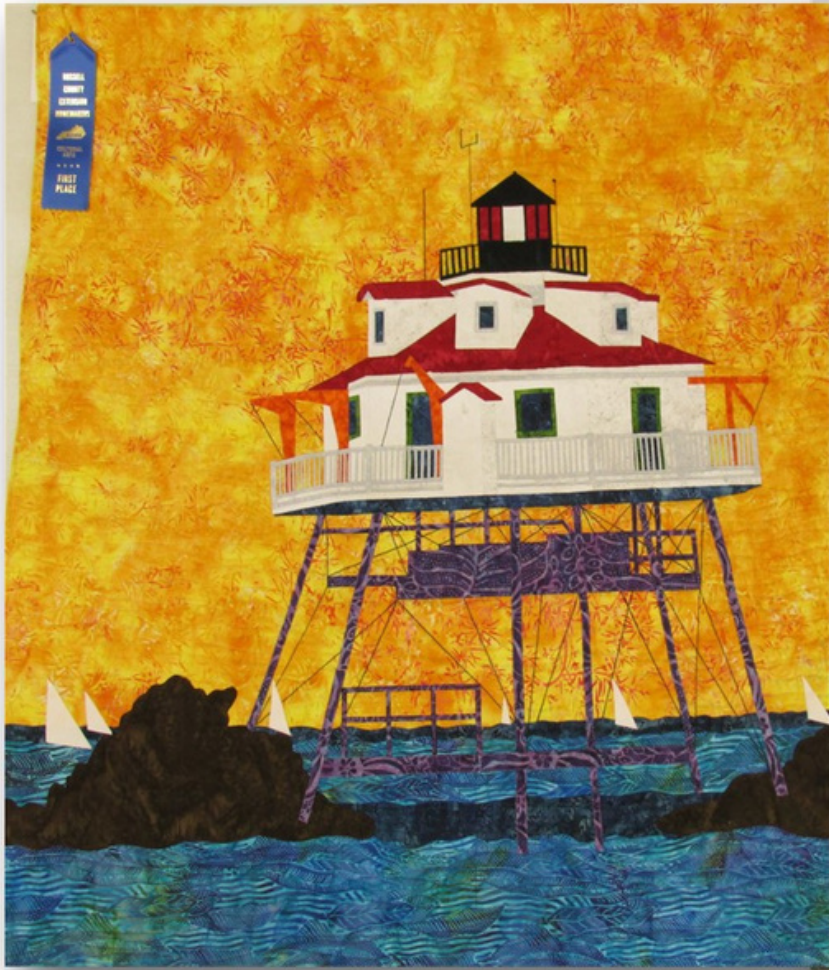
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----|-----------------------------------------------------------------------------------------------------------|
| | | | 1 Cultural Arts Judging @ 1 | 2 Crochet to Calm Class from 10-12 | 3 | 4 |
| 5 | 6 Air Fryer 101 @ 5 | 7 | 8 Homemakers on the Go Meeting (Exploring Stanford), Meet at EXT Office 9 AM | 9 Cricut Class @ 10 & 2 Crochet to Calm Class 10-12 | 10 | 11 Boater Education 10-3 (ANR) |
| 12 | 13 Sit & Sew 1-6 | 14 Laugh & Learn @ 6 PM at the Library Sunset Meeting @ 6 | 15 | 16 Crochet to Calm from 10-12 Area Cultural Arts Judging @ Taylor County EXT. | 17 | 18 Saint Patrick's Day  |
| 19 | 20 Cooking through Calendar @ 5 | 21 | 22 | 23 Crochet to Calm Class from 10-12 Make and Take: Basket Making 5-7 PM | 24 | 25 |
| 26 | 27 Sit & Sew 1-4 Mindful Eating @ 4 Council Mtg @ 5 | 28 | 29 LCA HM Council Mtg @ Adair Co. @ 9:30 | 30 Crochet to Calm Class from 10-12 | 31 | |

2023 Russell County Cultural Arts Contest

| Homemaker | Category | Sub-category | Ribbon |
|------------------|--------------------------|-------------------------------|---------------|
| Christy Martin | 9. Crochet | c. Home décor & afghans | Blue |
| Christy Martin | 13. Felting | b. Wet method | Blue |
| Christy Martin | 16. Knitting, hand | a. Accessories | Blue |
| Christy Martin | 19. Painting, art | a. Acrylic | Blue |
| Christy Martin | 23. Paper crafting | a. Card making | Blue |
| Christy Martin | 27. Miscellaneous | | Blue |
| Christy Martin | 11. Drawing | b. Pen & ink | Red |
| Cindy Mills | 22. Quilts | b. Lap-size (machine quilted) | Blue |
| Cindy Mills | 22. Quilts | d. Hand pieced/hand quilted | Blue |
| Cindy Mills | 22. Quilts | h. Novelty (hand quilted) | Blue |
| Linda Helm | 21. Photography | a. Black & White | Blue |
| Linda Helm | 21. Photography | b. Color | White |
| Marcia Updike | 2. Art, 3-D | b. Sculpture | Blue |
| Marcia Updike | 3. Art, natural | a. Wood | Blue |
| Marcia Updike | 5. Basketry | a. Cane | Blue |
| Marcia Updike | 14. Holiday decorations | d. Winter | Blue |
| Marcia Updike | 4. Art, recycled | b. Household | Red |
| Marcia Updike | 14. Holiday decorations | c. Summer | Red |
| Melonie Eubank | 1. Apparel | a. Accessory | Blue |
| Melonie Eubank | 5. Basketry | b. Dyed | Blue |
| Melonie Eubank | 25. Wall/door hanging | b. Other | Blue |
| Melonie Eubank | 22. Quilts | b. Lap-size (machine quilted) | Red |
| Shelby Blakey | 8. Counted cross-stitch | a. 14 count & under | Blue |
| Sue Foley | 11. Drawing | b. Pen & ink | Blue |
| Sue Foley | 11. Drawing | c. Colored pencil | Blue |
| Sue Foley | 20. Painting, decorative | b. Wood | Blue |
| Sue Foley | 20. Painting, decorative | c. Other | Blue |
| Sue Foley | 21. Photography | b. Color | Blue |
| Sue Foley | 21. Photography | a. Black & White | Red |
| Sue Foley | 27. Miscellaneous | | Red |
| Sue Hendrickson | 13. Felting | a. Needle method | Blue |
| Sue Hendrickson | 22. Quilts | h. Novelty | Blue |
| Sue Hendrickson | 25. Wall/door hanging | a. Fabric | Blue |
| Susan Adams | 21. Photography | b. Color | Red |
| Susan Adams | 21. Photography | a. Black & White | White |
| Wanda Conatser | 9. Crochet | c. Home décor & afghans | Red |

Russell County 2023 Cultural Arts Blue Ribbon Winners





GROW YOUR GARDEN, GROW YOUR MIND

April 5, 2023

10:00 am-2:00 pm EST

Registration begins 9:30 am EST

Wayne County Extension Office
255 Rolling Hills Blvd, Monticello



Lessons & Take Home Ideas for

- Raised Bed Gardens
- Flower Pressing
- Succulents
- Stake Out Your Garden
- Rock Gardens
- Keeping Yourself in Berries All Year
- Recipe Demonstration & Sampling

\$10 Registration Fee

Includes lunch & take home educational materials

Register with your local County Extension Office & pay registration fee by March 31st

Name _____

Address _____

Phone _____

Email _____

LCA Annual Meeting

Basket of Blessings Theme

April 27th

Location: Aspire Center
90 Airport Road
Monticello, KY 42633



Registration starts at 5:30, meeting starts @ 6 EST

Registration Deadline: April 17th

Registration fee: \$ 15 per person



Things to Bring:

- Each County brings a \$25 Door Prize
- Baskets of Blessing themed name tags
- Non-perishable food items, there will be a prize for the county that brings the most items.



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

Free Beginner Crochet Class

Every Thursday in March from
10-12 PM at the Extension Office.

Call 270-866-4477 to register

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic
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veteran status, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S.
DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

LEWISTOWN, KY 40444



*Hosted by Megan
Gullett, FCS Agent*

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DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES, COOPERATING

VEGETARIAN
TACO SOUP
MARCH 20TH
@ 5 PM
*Free Demonstration and
Sampling*
**Call 270-866-4477
to Register**



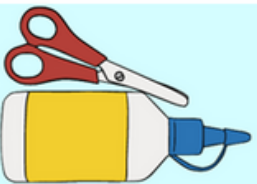
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

COME LAUGH & LEARN WITH YOUR 3-TO-5 YEAR OLD!

03 | 14 | 2023

6-7 PM

535 N. Main Street, Jamestown, KY
42629



The Russell County Public Library and the Russell County Extension Office will offer a **free 1-hour** playdate every month for you and your child(ren) to engage in playful activities designed to assist with kindergarten preparedness.

Call 270-866-4477 to Register!

The Activities

**Singing | Crafts | Storytime | Games |
Healthy Snack**



BASIC DEHYDRATING



Call 270-866-4477 to Register

THURSDAY,
APRIL 20TH

FROM 5 CST - 8 PM CST
2688 HWY 127, RUSSELL
SPRINGS, KY 42642

**Come learn about dehydrators and the basics
of dehydrating vegetables!**



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Name _____

Address _____

Phone _____

Email _____

