

Whitley County Extension Homemakers Newsletter



The Jabez Quilt Seminar (JQS) 2024 was held the week of 1/15/24 in Cave City, KY. JQS is supported by FCS Agents from around Kentucky and is attended by quilters from several states. Attendees stayed warm as we learned new piecing and quilting techniques, started new projects, and some of us even finished a project or two. Watch for several quilting classes coming soon.

Cooperative Extension Service

Agriculture and Natural Resources
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4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
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**For Info or
To Register**



Call
606-549-1430

Go To
www.tinyurl.com/WCPAGE

Upcoming FCS Events

*Unless specified, all classes held at the
Whitley County Extension Office, 4275
N. Hwy 25W, Williamsburg, KY*

Registration required for all classes.



Transferring Cherished Possessions-What is Fair? February 2* | 11 AM | Free

Estate planning allows people to control what happens to their possessions after their passing. This series seeks to increase consumer knowledge on estate planning and asset distribution.
*This is a 4 week program meeting on Fridays between 1/26/24 and 2/16/24.

Small Steps to Health & Wealth February 5* | 6 - 7 PM | Free

Small Steps to Health and Wealth is a motivational program that encourages participants to set a health goal and/or a wealth goal and take action to achieve their goals by identifying small progress steps.

*This is a 9 week program meeting on Mondays between 1/29-4/1/24.



Cooking Through The Calendar February 8 | 11 AM | Free

February's Recipe is Everything Tuna Melts!

Join us as we explore the recipes in the University of Kentucky NEP 2024 Calendar in this fun class. Recipes are demonstrated and then sampled.

Transferring Cherished Possessions-Who Gets What? February 9* | 11 AM | Free

Estate planning allows people to control what happens to their possessions after their passing. This series seeks to increase consumer knowledge on estate planning and asset distribution.

*This is a 4 week program meeting on Fridays between 1/26/24 and 2/16/24.





King Cake

February 9 | 6 - 8 PM | \$5.00

King Cake is a New Orleans Mardi Gras tradition. Don't be fooled by the name, King Cake is a moist, tender, buttery yeast bread - not a cake. The King Cake is lightly sweetened, drizzled with vanilla glaze, traditionally it is sprinkled with colored sugars, and is sometimes crowned with candied cherries. Join us for what is sure to be a fun and informative class as students make and take home their own King Cake.

Small Steps to Health & Wealth February 12* | 6 - 7 PM | Free

Small Steps to Health and Wealth is a motivational program that encourages participants to set a health goal and/or a wealth goal and take action to achieve their goals by identifying small progress steps. *This is a 9 week program meeting on Mondays between 1/29-4/1/24.



Transferring Cherished Possessions— How Can We Communicate Without Conflict? February 16 | 11 AM | Free

Estate planning allows people to control what happens to their possessions after their passing. This series seeks to increase consumer knowledge on estate planning and asset distribution. *This is a 4 week program meeting on Fridays between 1/26/24 and 2/16/24.

Laugh & Learn Playdate February 22 | 10:30 AM | Free

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate. See enclosed flyer for more information.



Small Steps to Health & Wealth February 26* | 6 - 7 PM | Free

Small Steps to Health and Wealth is a motivational program that encourages participants to set a health goal and/or a wealth goal and take action to achieve their goals by identifying small progress steps.

*This is a 9 week program meeting on Mondays between 1/29-4/1/24.





Homemaker News



Leader Lesson

***Tuesday, February 27 at
Laurel County Extension***

If you're planning on teaching one of our upcoming lessons, please plan to attend!

Mark Your Calendars: Homemaker Advisory Council Meeting

***April 25, 2024 at 1 PM
held at Goldbug Office***

All county officers and club presidents (or their representative) should plan to attend.

WTA Council Meeting

***Tuesday, March 26 at
Bell County Extension***

County Officers and Club Presidents should plan to attend. Any and all Homemakers are welcome to attend!

Let us know what your club is doing so we can share with the other Homemaker Clubs!

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity.

Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.

Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



Club News



VOLUNTEERS NEEDED

Our 4-H Program needs volunteers for a few upcoming projects. These projects offer great opportunities to make a difference in the lives of our local children, as well as fostering intergenerational connections, which are beneficial as we age. Check out the following projects below:

Coloring Contest - Cloverbuds ages 5-8, Tweens ages 9-12 and Teens ages 13-18 will have a design suited for their age group. The theme is "Winter Wonderland". Entries will be displayed at the Extension Office. There will be an award for each age group, and Homemakers have been asked to judge, and possibly present the awards to the winners.

Country Ham Scholarship - We have four youth going to state competition this year in the hopes of winning a \$750 scholarship. To be considered for the scholarship, youth must give a presentation before a board. Homemakers have been asked to help coach the 4-Hers with public speaking.

Fundraising - If anyone has any experience in corporate fundraising, your input is needed.

If you would like to volunteer, or have any questions, please contact our Extension Homemaker 4-H/ Youth Development Chairperson and Rockholds Club Member, Colleen Brummett. Colleen can be reached by email at 4hcouncil5@gmail.com or by phone at (928) 899-4328.





Club News



Please send your Monthly Club Reports to us here at the office. Those reports enable us to keep a correct record of club attendance. These can be mailed to us at P.O. Box 328, Williamsburg, emailed to reagan.weedman@uky.edu, or called in at 606-549-1430.



If Whitley County Schools are cancelled due to bad weather, Whitley County Extension Homemaker programs and/or meetings will be cancelled. If you are in doubt whether the meeting is cancelled or not, please contact the office at 606-549-1430 or follow our Facebook Page at www.facebook.com/whitleyfcs for more information.



****THIS POLICY MAY NOT APPLY TO OTHER EXTENSION PROGRAM AREAS****

Do you want to see what classes Whitley County Extension is offering? You can see all classes for all program areas using this information...

For Info or To Register



Scan



**Call
606-549-1430**

**Go To
www.tinyurl.com/WCPACE**

Linda P. Burgard

**Linda Burgard
Whitley County Extension Agent
for Family and Consumer Sciences**



**4275 N. Hwy 25W, Williamsburg, KY 40769
606-549-1430 Fax: 606-549-9029
linda.burgard@uky.edu**



www.whitley.ca.uky.edu



www.facebook.com/whitleyfcs

Laugh and Learn



Thursday, 2/22
10:30 AM | Free
Children Ages 3-5
(Children must be accompanied by
an adult during the entire class time)



Younger Siblings are welcome to attend and participate as able

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Adults and children will hear stories, sing songs, make crafts, play games, and enjoy a healthy snack during every playdate.

Each session will last about an hour.

Mark your calendars!
Additional Playdates will be held on
Thursdays 4/18, 6/27, 8/22, and 10/24.

If Whitley County Schools are closed,
Playdates will be cancelled.

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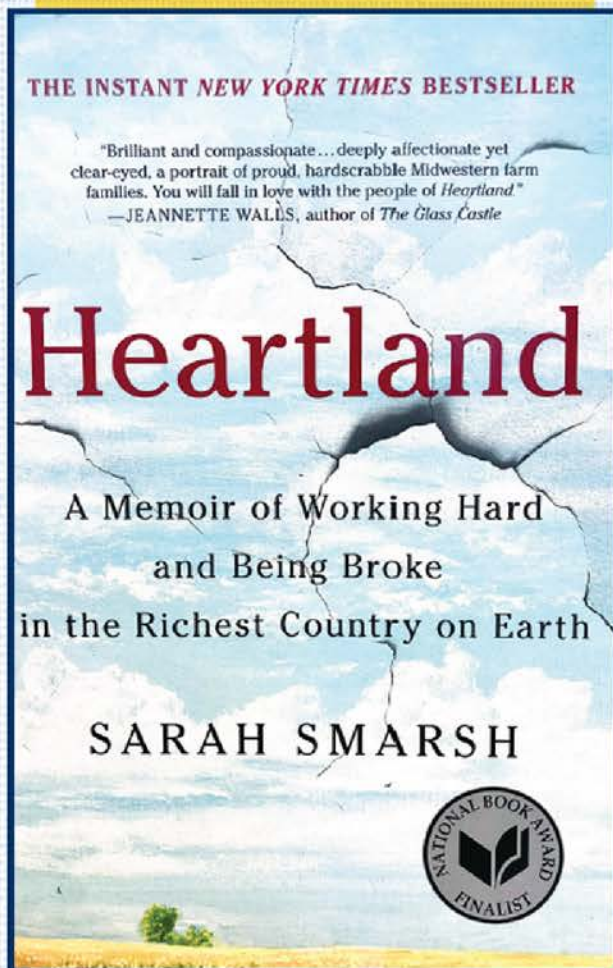
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Lexington, KY 40506



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WE ARE EXCITED TO
READ WITH
YOU
THIS YEAR!

BIG BLUE BOOK CLUB

Big Blue Book Club is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

Cooperative Extension Service

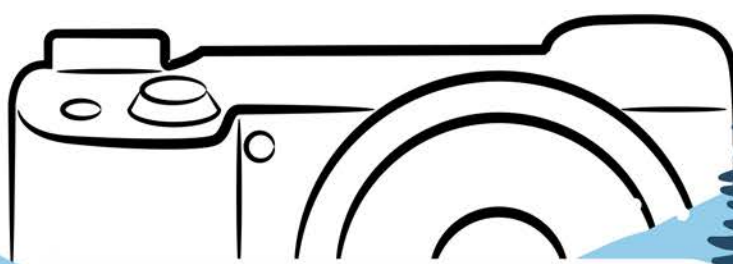
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PHOTOS



Top Row: FCS Program Assistant Reagan Weedman cooking Savory Winter Pork Stew for the Cooking Through The Calendar Program. Instructor Carrie Byrd, and a class photo from the Rye Bread demonstration.

Second Row: Betty Day, Gail Castle, and Lisa Jones proudly displaying their bowl cozies made during So Many Projects Workday. Reagan's girls enjoying a snow day! Rory Elizabeth on the left, and introducing Ruth Caroline on the right.

Bottom Row: Betty Day is happy with her new casserole carrier, also made at the So Many Projects Workday.

February 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

DATES TO REMEMBER:

- 2nd- Transferring Cherished Possessions
- 5th- Small Steps to Health & Wellness
- 8th- Cooking Through The Calendar
- 9th- Transferring Cherished Possessions
- 9th- King Cake Bread Class
- 12th- Small Steps to Health & Wellness
- 16th- Transferring Cherished Possessions
- 22nd- Laugh & Learn Playdate
- 26th- Small Steps to Health & Wellness
- 27th- Homemaker Leader Training at Laurel County



Cabbage Jambalaya

- | | | |
|---------------------------------|--|---|
| 1 pound lean ground beef | 1 (13 ounces) package turkey smoked sausage, sliced | 1 (14.5 ounces) can diced tomatoes |
| 1 ½ cups chopped celery | 1 medium head cabbage, chopped (about 10 cups) | 2 cups water |
| 1 ½ cups chopped onion | | 1 cup brown rice |
| 2 cloves garlic, minced | | 1 teaspoon garlic powder |
| | | 1 tablespoon Cajun seasoning |

Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

Yield: 10, 1-cup servings

Nutritional Analysis:
 250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein