

Whitley County Extension Homemakers Newsletter

Thank you to all who entered the Old Fashioned Trading Days Canning Contest!
Pictured are Blue Ribbon Winners. Congratulations to all!



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.



Club News



Homemaker Advisory Council Meetings

October 19, 2023
January 25, 2024
April 25, 2024

All meetings will be held at the Goldbug office unless noted otherwise.
Meetings will begin at 1:00 pm.

ATTENTION: CLUB PRESIDENTS!

Don't forget - each club is responsible for 150 small items to put in the bags for the Wilderness Trail Area Annual Meeting in October. **We will be meeting on October 19th, immediately following the advisory council meeting to "stuff bags"**. Call with questions.

For Online Event Information and To Register for Events:

- use camera app with UPC code to go to website
- or use browser to go to ukywhitley.pacecommunity.net
- or call 606-549-1430



County Dues

Dues for club members and mailbox members are \$10.00, which includes a \$1.00 donation to the Ovarian Cancer Research Fund at the University of Kentucky. Dues must be mailed to the Extension Office by October 20, 2023. Please include an enrollment form (included in this newsletter) with your check.

All checks must be made payable to the Whitley County Extension Homemakers.

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/whitleyfcsc

Congrats!



2023 Cultural Arts Winners

Alice Fae Weiland, Blue Ribbon for Art, 3-Dimensional - Carving

Alice Fae Weiland, Blue Ribbon for Basketry - Plain

Kathy Lay, Blue Ribbon for Drawing - Pencil or Charcoal-Black

Kathy Lay, Blue Ribbon for Drawing - Pencil-Color

Darlene Ballou, Blue Ribbon for Embroidery - Tatting/Lace Making

Shirlee Stenzel, Blue Ribbon for Holiday Decorations - Spring

Emily Meadors, Blue Ribbon for Holiday Decorations - Summer

Kathy Lay, Blue Ribbon for Holiday Decorations - Winter

Kathy Lay, Blue Ribbon for Painting, Art - Acrylic

Kathy Lay, Blue Ribbon for Painting, Art - Watercolor

Emily Meadors, Blue Ribbon for Photography - Black & White (mounted & framed)

Emily Meadors, Blue Ribbon for Photography - Color (mounted & framed)

Carolyn Falin, Blue Ribbon for Quilts - Machine Pieced (machine quilted)

Emily Meadors, Blue Ribbon for Quilts - Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)

Betty Day, Blue Ribbon for Quilts - Miscellaneous (hand or machine quilted)

Emily Meadors, Blue Ribbon for Wall or Door Hanging - Fabric

Pam Clark, Blue Ribbon for Wall or Door Hanging - Other

Emily Meadors, Blue Ribbon for Miscellaneous

A yellow speech bubble with a black outline and a striped tail, containing the text "WE WANT YOU!" in bold, black, sans-serif font.

**WE WANT
YOU!**

We are in need of Chairmen for several different educational program areas. If you are interested, or would like more information, please let Linda know ASAP. We would also like to thank Carolyn Falin, Darlene Ballou, and Colleen Brummett for volunteering as chairmen this year. THANK YOU!

FCS Upcoming Events

Unless noted otherwise, classes will take place at the Goldbug office. Call us at 606-549-1430 for more information - or you can PAY AND REGISTER ONLINE at ukywhitley.pacecommunity.net

- October 3-** Cooking Through The Calendar at Corbin Public Library, 11 am
October 5- Sewing: Machine Sewing Basics, 5:30-8 pm (3rd of 4 classes)
October 6- Pretzel Bites Workshop, 6-8 pm (Pre-registration and payment required, \$5)
October 10- Canvas, Coffee, and Cocoa, 6-8 pm (Pre-registration and payment required, \$20)
October 12- Sewing: Machine Sewing Basics, 5:30-8 pm (4th of 4 classes)
October 19- Homemaker Advisory Council Meeting, 1 pm
October 19- WTA Annual Meeting Planning Committee, 2:30-4:30 pm
October 28- WTA Area Annual Meeting at Grace on the Hill Community Church, 9:30 am
November 3- Homemaker Holiday Ideas Event, 11 am-1 pm OR 6-8 pm
November 9- Holiday Cooking School at London Community Center, 5-7 pm
November 10- Veterans Day Dinner, 5:30-7:30 pm
November 23-24- Offices Closed for Holiday
December 5- Cooking Through The Calendar at Corbin Public Library, 11 am
December 25- January 1- Offices Closed for Holidays

Call
606-549-1430
or stop by the
office for more
information!



Glazed Butternut Squash with Carrots and Turnips

1½ cups cubed butternut squash	½ teaspoon salt
1½ cups sliced carrots	¼ teaspoon pepper
1½ cups cubed peeled turnips	Cooking spray
4 teaspoons oil	2 tablespoons maple syrup

- 1. Preheat** oven to 450 degrees.
- 2. Cut** vegetables into ½-inch pieces.
- 3. Coat** a 9 x 13-inch baking dish with cooking spray.
- 4. Combine** the first 6 ingredients.

- 5. Bake** for 10 minutes.
 - 6. Stir** in syrup and bake an additional 20 minutes.
- Yield:** 8, ½ cup servings.

Nutritional Analysis: 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

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



KENTUCKY COOPERATIVE EXTENSION



HOW CAN WE serve you??

Take our ten-minute survey to help us develop programs addressing needs in your community. Scan the code above or visit go.uky.edu/serveKY

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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
 Lexington, KY 40506



Contact your local Extension Office for a paper copy of the survey.

Annual Dues are \$10.00
Make checks payable to WC Homemakers

Enrollment Form for

Date: _____

Whitley County Extension Homemakers Association

Name _____

Address _____

Email _____

Name of Primary Club _____

Other Whitley County Homemaker Clubs that you are a member of (if any) _____

Phone: Home () _____ Work () _____

Cell () _____ Other () _____

What is the BEST number to reach you? ___ Home ___ Cell ___ Other

Race:

- White
- Black or African American
- American Indian or Alaska Native
- Asian/Pacific Islander
- Hawaiian
- Other _____

Ethnicity: ___ Hispanic ___ Non-Hispanic

Birth Date: (mm/dd/yy) _____

Gender: Female Male

T-Shirt Size: (circled preferred sized)

Small Medium Large
X-Large 2 XL 3 XL 4 XL

Are you a new Homemaker Member this year? Yes No

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless 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, or physical or mental disability.

For Office Use:

Add DB Verified _____ Dues Rec. Paid _____ PACE Club Verified: _____

WILDERNESS TRAIL AREA EXTENSION HOMEMAKERS 2023 ANNUAL MEETING

Saturday, October 28, 2023

at

Grace on the Hill Community Church

1632 Cumberland Falls Hwy, Corbin, KY

Cultural Arts Check-In & Registration Begin at 9:30 am
Meeting Begins at 10:30 am

Lunch catered by Tri-County Catering will include:
Meatloaf, Potatoes, Green Beans, Roll, Dessert & Drinks

Tickets are \$20 , and may be purchased at your local County
Extension Office. **Register by October 16th.**

Our theme is Celebrating the USO - United Service Organizations



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Lexington, KY 40506



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Holiday Ideas

Join us for our annual Extension Homemaker Holiday Ideas Lesson. Pick the time that is best for you. We will have light refreshments, review the Holiday Ideas lesson and make a holiday craft. Everyone, not only Homemaker club members and lesson leaders, are welcome to attend, so this is a wonderful event to invite a friend and introduce them to Homemakers. Please remember that although the event is free, registration is required.

November 3rd
11 AM or 6 PM

4275 N Hwy 25 W, Williamsburg
606-549-1430
ukywhitley.pacecommunity.net

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Holiday Cooking School

"Winter wishes, snowflake kisses"

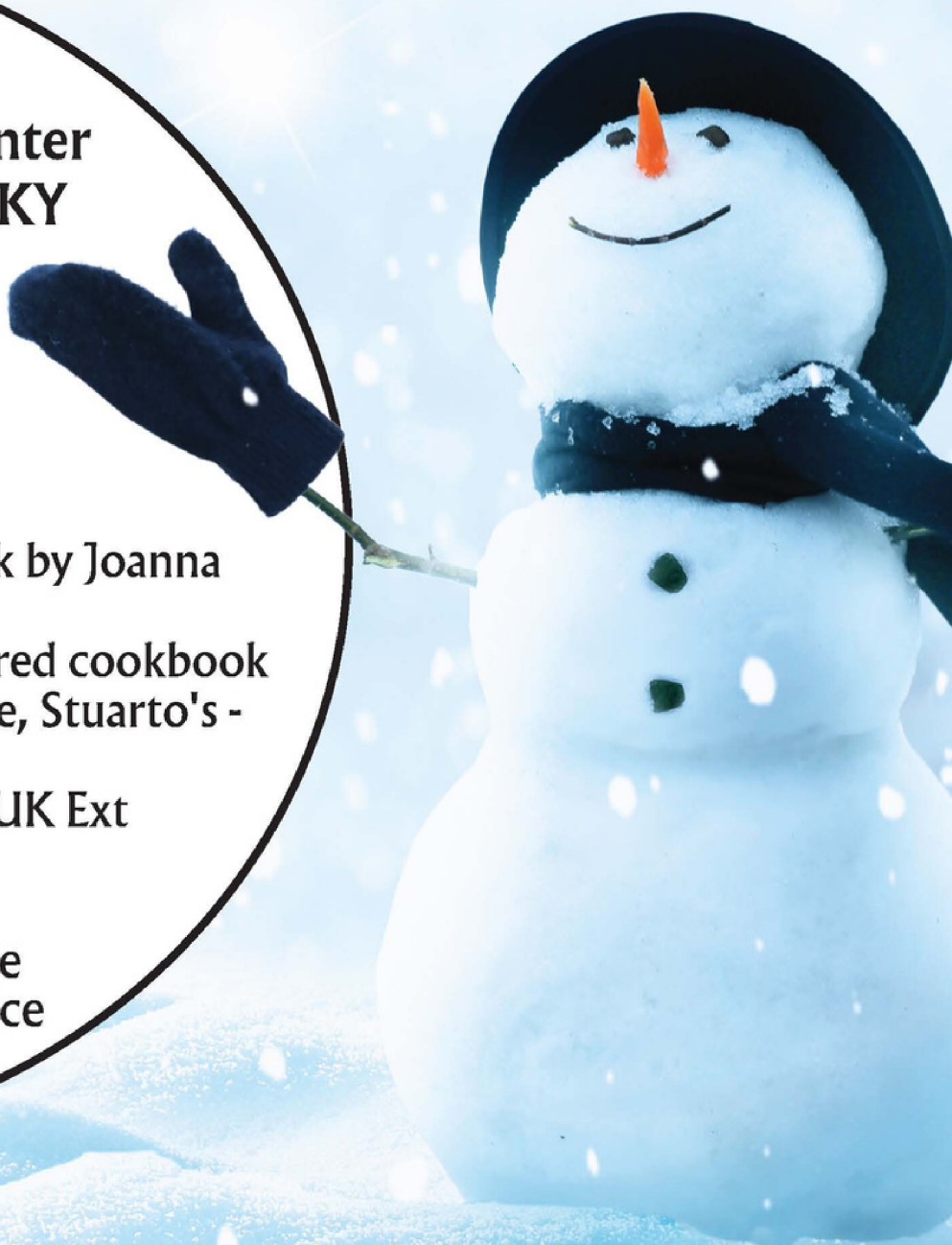
November 9th 5-7 PM
London Community Center
529 S Main St, London, KY
Doors Open at 4:30

Ticket Price: \$25

Price includes:

- Magnolia Table cookbook by Joanna Gaines
- Food Samples from featured cookbook
- Speaker Richard Lawrence, Stuarto's - Cooking with Flavor
- Speaker Annhall Norris, UK Ext Specialist - Food Safety

**Tickets available to purchase
at your local Extension Office**



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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

OCTOBER 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

TIME WELL SPENT: ORGANIZING TIPS FOR INCREASED PRODUCTIVITY

Productivity allows you to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. To be productive you must be intentional with your time and space. This can be hard to do if your spaces are cluttered or disorganized, or if you lack routines at home or work.

THE POWER OF CLUTTER

Clutter can distract from completing tasks. Whether at work or doing household chores, having organized spaces can reduce stress and improve your overall well-being. You can apply many organizational strategies to at-home and on-the-job workspaces. You can organize a home or an office over time. Start small with one drawer, closet, cabinet, or bookshelf. Then work your way through your home, garage, or office — one space at a time.

- 1. Clear the clutter.** Begin by removing visible trash or other items that need to be discarded. Broken? Toss it. No longer needed? Consider donating it to an individual or organization who could put it to use.
- 2. Group like-items.** Next, sort items by purpose. Group like-items together and find a way to contain them. Use simple storage solutions (like bins, baskets, or baggies) that you already have on hand.



- 3. Give everything a "home."** After grouping your items, be intentional about how you store them. Everything should have a "home" in your home or office. When everything has a designated space, it keeps clutter at bay. When storing an item, consider how frequently you use it and how easy it is to access.

THE POWER OF PERSONAL ROUTINES

Three powerful personal routines to establish are sleep, meal, and exercise routines. Develop a *sleep routine* by setting consistent sleep and wake times, even on the weekends. Create a set of tasks that you do before bed to signal to your body that it is time to sleep. This might include putting your phone away for the night, taking a shower, or reading a book.



REGARDLESS OF HOW YOU CHOOSE TO ORGANIZE YOUR TIME AND SPACE, REMEMBER THAT IT MUST WORK FOR YOU.



Planning and shopping for your weekly meals in advance helps establish *meal routines*. This can minimize the daily stress of, “What’s for dinner?” It can also help you plan for affordable, healthy meals. Finally, *exercise routines* (such as an evening walk) can ensure you get the recommended 150 to 300 minutes of exercise per week for general wellness, according to the U.S. Department of Health and Human Services.

THE POWER OF PROFESSIONAL ROUTINES

As you consider “professional” routines, note that these routines might apply to more than just paid employment. For example, you may volunteer, provide care for loved ones, or enjoy hobbies for which organizing your time might increase your productivity. Consider the 4 P’s:

- **Prep.** Develop the routine of prepping for the next “work” day before you go to bed. This might include packing your bag and/or lunch, laying out clothes, or making a to-do list.
- **Production.** Create “production” routines. For example, group like-tasks together throughout your workday or gather all necessary supplies before starting a task.
- **Pause.** Take small, intentional breaks to help you recharge throughout the day.

- **Play.** Set aside time each week to focus on taking care of yourself and having fun with friends, family, or co-workers outside of work.

Regardless of how you choose to organize your time and space, remember that it must work for you. Take time to explore what works — and what doesn’t — and adjust your organizational systems or routines as needed. Additionally, look for ways to incorporate organization into your routines. For example, part of your “sleep” routine might include tidying up before bed.

TIME WELL SPENT CURRICULUM

Interested in learning more? Contact your county Cooperative Extension office. Ask your FCS agent about the free four-lesson curriculum, *Time Well Spent: Productivity Skills for Success*, developed by Kentucky FCS Extension. Topics include productivity versus procrastination, organizing your time and workspace, prioritizing tasks, and work-life balance.

REFERENCES:

Huff, N., Bejda, M., May, K., & McCulley, M. (2022). *Organizing Your Time and Workspace*. University of Kentucky Family and Consumer Sciences Extension Service. #FRM-TWS.002.

Written by: Nichole Huff and Miranda Bejda | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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October 2023

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	30	31 Happy Halloween				

DATES TO REMEMBER:

- 3rd- Cooking Through The Calendar
- 5th- Sewing: Machine Sewing Basics
- 6th- Pretzel Bites Workshop
- 10th- Canvas, Coffee & Cocoa
- 12th- Sewing: Machine Sewing Basics
- 19th- Advisory Council Meeting
- 28th- WTA Extension Homemakers Annual Meeting

More Events Inside!