

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



“What if today, we were just grateful for everything?”
Charlie Brown

Homemaker Online Auction

The Cumberland County Homemakers will have an online auction in November to raise money for the Homemaker scholarship fund.

- Auction will start:
 - November 22nd, 2024 at 8am
- Auction will end:
 - November 25th, 2024 at 3pm
- Pickup of items:
 - November 26th, 2024 from noon-4pm

Items needed:

- NEW items
- Baked goods
- Number of items needed: 25-30

New items need to be to Katie by November 18th, 2024 at 3pm.

If you are making a baked item, please have a description and name of baked good to Katie by November 18th, 2024 by 3pm. Baked goods will need to be dropped off at the Extension Office on November 26th, 2024 by 8am.

The Extension Office will need volunteers to work the day of pickup. If you would like to volunteer, please contact the Cumberland County Extension Office at (270) 433-7700.

Note: The Extension Office will share a link, on the Cumberland County Homemaker Facebook page, to the online auction.



Cumberland County
Cooperative Extension Service
90 Smith Grove Rd.
Burkesville, KY 42717
(270) 433-7700
Website: cumberland.ca.uky.edu

Debbie Messenger,
Debbie Messenger
Agent for Family &
Consumer Sciences
Email: debbie.messengereuky.edu

In This Issue:

- Homemaker Online Auction
- Friends of Burkesville Manor
- Volunteers Needed
- Office Closings
- Community Give Away
- Girls Day Out
- Christmas Village
- Homemaker Highlights
- Recipe

Friends of Burkesville Manor

The Extension Office will be collecting the following items this month:

- Stuffing Mix
- Gravy Mix

Items are due November 15th to the Cumberland County Extension Office.

Volunteers Needed

We have had really positive feedback from the classes that we have been offering recently. To continue to offer a variety of classes, we are looking for those who have a skill to share things they are passionate about. We have many talented Homemakers! Examples include (but not limited to) crafts, specialty foods, creative writing, etc.

A big shout out to Tammy Pitcock, Barbara Booher, and Kay Kass for offering classes at the Extension Office in the past few months! We need more volunteers to teach. Contact Debbie or Katie if you are interested. We look forward to hearing from you!

Office Closings

The Cumberland County Extension Office will be closed the following days:

- Election Day:
 - November 5, 2024
- Thanksgiving Break:
 - November 28-29, 2024

Community Give Away

The Community Giveaway for Cumberland County residents will be Saturday, November 16th from 9am-11am at the Cumberland County Fair Board Building. Donations of clothing, household items, toys etc can be dropped off at the Fair Board Building on Thursday, November 15th and Friday, November 16th from 9am-noon.

Girls Day Out

The next Girls Day Out will be on November 1st, 2024 to the Bull & Thistle in Gainesboro. Meet at the Extension office at 10am to carpool.

Those going on this trip MUST register by calling the Extension office at (270) 433-7700.

Christmas Village

Date: December 13th, 2024

Time: 12:30 PM

Location: Cumberland County Extension Office

Each year, the Extension office along with volunteers host a Christmas Village Event for local youth. At this event, youth get to make crafts, shop for presents for family members, visit with Santa and Mrs. Claus, and more!

If you would like to volunteer for this event, you must complete a background check through the Extension office. To sign up to be a volunteer see Debbie or Katie.

JOIN
US



Third FRIDAY & EVENT

November 15th, 2024 • 1pm
at the Cumberland County Extension Office
90 Smith Grove Rd., Burkesville, KY 42717

ENJOY:

Bring the holiday spirit to your home!

This Third Friday event will feature two crafts to make!

- ① Create a winter-themed door hanger, using the many stencils available!
- ② Make easy, but beautiful, paper bag snowflakes for Christmas and wintertime!

REGISTRATION & COST

The cost is \$10, due the day of class to the instructor. Cash or check only.
To register, contact the Cumberland County Extension Office at (270) 433-7700.

Homemaker Highlights



Porch Leaner Class



Girl's Day Out



Porch Leaner Class



All Things Holiday



Porch Leaner Class



All Things Holiday



All Things Holiday



Volunteer Service Hours

Porch Leaner Classes: This popular class continues to be requested over and over! Thank you Mrs. Barbara for being willing to lead this and be so accommodating.

KEHA Week: The Volunteer Service Unit (VSU) program is intended to recognize individual volunteer efforts in your club and community. It is also intended to help you grow personally in volunteer leadership skills, and to show you how you might use those skills. Cumberland County Homemakers volunteered 2,363 hours during the last the program year.

Girls Day Out: Cumberland County Homemakers travel to Liberty, KY for their Day Out. They visited the Galilean Home, Blessing House and their gym where they were displaying quilts and crafts for their 36th Annual Quilt & Craft Auction. Then they had a delightful lunch at the Bread of Life Cafe which supports the Galilean Home and explored a few stores in the area.

All Things Holiday: We enjoyed a day full of candy making, appetizers, and crafting to finish KEHA Week. Lots of food was collected for Burkesville Manor. Thank you everyone!



Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

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. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1 cup
Cost per recipe: \$7.71
Cost per serving: \$1.29



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

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service





Homemade Applesauce to Freeze

Ingredients

- 1 cup water
- 4 large apples, peeled, cored, and sliced
- 1/2 cup sugar

Directions:

- Add 1 cup water to apple slices, and cook over medium heat until tender.
- Cool and strain, if needed. Mash.
- Sweeten to taste with 1/2 cup sugar.
- Pack into containers, leaving 1/2 inch-headspace for pints and one-inch headspace for quarts.
- Seal, label the contents, date and freeze. Use within 8-12 months.

Source: LEAP...for Health: University of Kentucky Cooperative Extension Service, Nutrition Education Program

NUTRITION FACTS PER SERVING: 110 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 28g carbohydrate; 3g fiber; 24g sugar; 13g added sugar; 0g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 0% Daily Value of iron; 2% Daily Value of potassium.

BEING GRATEFUL IS GOOD FOR YOU:

- Gratitude lowers stress. When negative stress accumulates it turns into chronic stress. Chronic stress can lead to problems with anxiety, depression, weight loss or gain, headaches, heart disease, digestion, and memory or concentration (Khorrami, 2020). Practicing gratitude is a proven coping mechanism – just like exercise, eating a balanced diet, engaging in meaningful relationships, and practicing self awareness. Gratitude can lower stress levels in the body, which can help prevent stress related health problems (Khorrami, 2020).
- Gratitude promotes optimism. When your glass is half full, you will have a better overall attitude and outlook on life and on caregiving. Noticing and being grateful for the good things, no matter how big or small, helps train your brain to be more positive (Daily Caregiving, 2021).
- Gratitude helps you focus on what you DO have. Perhaps you can no longer go to the theatre or movies with your loved one, but instead, you can sit together and watch TV. Concentrating on the person you care about and the situation you are in and how it can evolve, helps us handle change better (Daily Caregiving, 2021).

Source: Family Caregiver Health Bulletin November 2021

