

# NEWSLETTER

DECEMBER 2022 JANUARY 2023

## November Recap

The 2022 Holiday Bazaar was a total success! Some of the vendors that I spoke with have mentioned high praise of not only the event but the profit that they received that day. We even have some awesome things to look forward to next year, some of the vendors have already payed deposits to return! Mark your calendars for Saturday, November 11th, 2023 for the 2023 Holiday Bazaar!

Below are some images from the Bazaar that I was able to capture.





# Holiday Online Shopping Savvy



***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. The "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 also can 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, as these are easy for thieves to figure out. Keep your passwords private. Do not share them with others or keep them in your wallet or purse as these can be stolen. Try to use different 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 updating apps, browsers and your operating system. Password protect your home connection to keep your personal internet network secure.***

***For more ways to protect your financial well-being, contact the Green County Extension office.***

***Educational programs of the Cooperative Extension Service serve all people regardless of 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 expressions, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.***



# MERRY Christmas



## 12 DAYS OF CHRISTMAS

- 1 - Bake a treat for a neighbor
- 2 - Read Christmas books
- 3 - Write a kindness note for someone
- 4 - Sing Christmas carols
- 5 - Decorate our gingerbread house
- 6 - Holiday movie marathon
- 7 - Drink hot cocoa
- 8 - Make a holiday decoration
- 9 - Make goodies bags for homeless
- 10 - Go to the store and hand out candy canes
- 11 - Bake cookies
- 12 - Read the story of the birth of Christ

PennyPinchinMom.com

One of my favorite things to do during the holiday season is an advent calendar or Christmas countdown. On the left is a list of 12 things that you can do leading up to Christmas that would be beneficial for you and others. You can make a holiday craft or you could make goodie bags for the homeless. I would love for you to share all the things that you are doing this holiday season whether that means sending me a post on Facebook or stopping by the office! I hope that each one of you have a Merry Christmas and Happy Holidays!



# HAPPY NEW YEAR



## 2022 WILL BE MY YEAR

"New Year, New Me"

*this year I will*

- START \_\_\_\_\_
- QUIT \_\_\_\_\_
- VISIT \_\_\_\_\_
- LEARN \_\_\_\_\_
- TRY \_\_\_\_\_
- BE \_\_\_\_\_
- EAT \_\_\_\_\_
- IMPROVE \_\_\_\_\_
- MAKE \_\_\_\_\_
- GIVE \_\_\_\_\_

December 16th at 1pm, Lesson Leader Training will be over New Years Goals. We will be learning about the different types of New Year Goals that you can make for yourself and your family. Will be doing a hands on activity of Vision Boards for 2023 similar to the example below. Register at the office!



# HOMEMAKER **TRIP**

## **January 20th Homemaker Trip: Conrad-Caldwell House Museum**

**1 hour self guided adult tour: \$15**

**1 hour self-guided senior (60+) tour: \$13**

**1 hour guided adult tour: \$20**

**1 hour guided senior (60+) tour: \$18**

**Register by January 13th with money so that tickets can be purchased.**

**When you register, state which tour option from above you would prefer. I will decide on what we take based on popular answers.**



**Surrounded by a beautiful courtyard neighborhood at the center of the largest collection of Victorian Homes in the US, "Conrad's Castle" featured all the latest innovations of its day, including interior plumbing and electric lighting. Known for its beautiful woodwork and parquet floors, this massive Bedford limestone home, covered with gargoyles, beautiful archways, and elaborate stone designs, incorporated 7 types of hardwoods and magnificent stained-glass windows in the interior design, making it one of the most stunning homes in Old Louisville.**

**The Museum has been lovingly restored to the Edwardian Age, housing a massive collection of period items including many original pieces, and stands as a testament to the abundant lifestyle of the owners, two of Louisville's most prominent businessmen and entrepreneurs, Theophile Conrad and William E. Caldwell. Step back in time as you learn more about the era, the neighborhood, and the families who lived here.**

**Residents on St. James Court purchased the house in 1987 and established the St. James Court Historic Foundation to run the house as a non-profit museum.**





# DECEMBER



SUN

MON

TUE

WED

THU

FRI

SAT

				1	2	3 Come Home for Christmas Event/Parade Homemakers & myself will be in Public Library at 12. Volunteers are Welcome!
4	5	6	7	8 Jam/Jelly Class: Apple Pie in a Jar 9am-11am	9	10
11	12 Town and Country: Meet at IGA at 5 Carpool to Patsy Pruitt's	13 Summersville: Meet at Baptist Church at 5:30 Christmas PJ Theme	14	15 Cooking from the Calendar at 12	16 Lesson Leader Training: New Years Goals at 1pm	17
18	19	20 Teen Cooking Camp Day 1 10am-1pm Middle & High School Students can attend. Tell your children/grandchildren about this event. They can register at the office. It is free of charge!!	21 Teen Cooking Camp Day 2 10am-1pm	22	23	24 CHRISTMAS EVE
25 CHRISTMAS	26 Office Closed	27 Office Closed	28 Office Closed	29 Office Closed	30 Office Closed	31 NEW YEAR'S EVE

# JANUARY 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3	4	5	6	7
	Office Closed					
8	9	10	11	12	13	14
	Town and Country: Home of Brenda Cook at 5pm				Homemaker Trip Deadline	
15	16	17	18	19	20	21
	Office is Closed: Martin Luther King Jr Day	Homemaker Council Meeting at 4pm			Homemaker Trip: Conrad-Caldwell House Museum see page 4	
22	23	24	25	26	27	28
		Circle of Friends at 4:30pm		Lesson Leader Training- Mail Out: Brazil Culture & Cuisine		
29	30	31	1	2	3	4
5	6	7	8	9	10	11

UK CES Green County  
 298 Happyville Road  
 Greensburg KY 42743-9498

RETURN SERVICE REQUESTED



## Broccoli Brunch Casserole

Nonstick cooking spray	<b>1 1/2 cups</b> shredded, part skim mozzarella cheese, divided	<b>1 teaspoon</b> ground black pepper
<b>8 ounces</b> ground turkey sausage	<b>8 eggs</b>	<b>1/2 teaspoon</b> salt
<b>3 1/2 cups</b> broccoli florets, chopped	<b>1 cup</b> part skim ricotta cheese	<b>1</b> Roma (Plum) tomato, thinly sliced
	<b>1/4 cup</b> skim milk	

**Preheat** oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain** well, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

**Yield:** 8 slices

**Nutritional Analysis:**

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.