



NOVEMBER 2024

NEWSLETTER

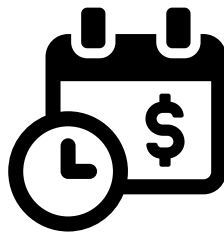


Green County Homemakers KEHA week Brunch



Green County Homemakers KEHA week Historical Walking Tour

Reminder



If you haven't already make sure you come in and pay your dues for this year! They are due by December 1st



Homemakers are having a competition on who can fill those passport books up! Visit the most places in KY that fit those categories and you may receive an incentive! This competition runs from July 1 2024-June 30 2025.

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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October Recap

October was a very busy but fun month! Green County Homemakers celebrated KEHA week during October 13th-19th. We had some fun events such as a Cybersecurity lesson, Brunch, Walking tour in downtown Greensburg, and of course our monthly Cooking from the Calendar.

WALKtober was not a very big hit this month. This was a walking program throughout the whole month of October with weekly meetings at the Park. Hopefully I can try this program in the future and get more participation.

I hosted the Middle School "Uniquely US" club for a nutrition lesson in which they got a hands-on cooking experience. They worked in groups to create a breakfast spread that they can easily repeat at home!

Don't forget that you should be RSVP'ing to the classes that are hosted by the extension office so that we can have correct numbers and prepare accordingly.

Sincerely, Katelyn Squires

What else has Katelyn done in October ?

- LEAP with Head Start and Little Lambs
- Senior Center
- Just Family Adult Day
- FCS Staff Meetings
- Cooking from the Calendar
- Sewing the HS Students in Cumberland Co.
- Cooking with Middle School "Uniquely US" club

**Green County Middle School
"Uniquely US" club got to
participate in a hands-on cooking
program!**



Students participating in LEAP got a bag of ghost popcorn after reading the book "Smelly Ghost"



Save the Date



Passport Trip:

Tipi Village in Campbellsville KY



November 7th at 10am EST

Leaving Green County office at 8:45am CST

Vehicle space is limited so it is FCFS, RSVP at the extension office.

Any questions call 270-932-5311 or visit Katelyn at the extension office!

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COOKING FROM THE CALENDAR

Hearty Harvest Bowl



November 14th 2024 at 12pm CST

Call the Extension Office at 270-932-5311 to register

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Cooperative Extension Service



FALL PAINTING CLASS

Join Karen Roland as she teaches a fall painting class. Everyone will paint a version of the image above! Supplies and refreshments will be provided.

NOVEMBER 15TH 2024
12PM CST
\$10 REGISTRATION FEE

Green County Extension Office
298 Happyville Rd Greensburg
KY 42743

RSVP and payment is required by November 8th so that supplies can be purchased.
To RSVP or questions, call 270-932-5311 or email katelyn.squires@uky.edu

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Cooperative Extension Service

INSPIRING GRANDCHILDREN TO BECOME GRAND COOKS



Lesson Leader Training- Learn about ways to involve children in the kitchen and helping with the mealtime process. This would be great for upcoming holiday events!

November 18th at 12pm CST

Green County Extension Office
298 Happyville Rd Greensburg KY 42743

RSVP by calling 270-932-5311

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GREEN COUNTY EXTENSION HOMEMAKERS

HOLIDAY BAZAAR

NOVEMBER 9, 2024
9:00 AM-2:00 PM CT

GREEN COUNTY EXTENSION OFFICE
298 HAPPYVILLE ROAD
GREENSBURG, KY
270-932-5311

HANDCRAFTED ARTISAN-
BASKETS, JEWELRY, CANDLES,
PAPERCRAFTS, BOUTIQUE CLOTHING
SANTA & HIS ELF

FOOD-
SOUPS, SANDWICHES, SWEETS,
TREATS & FARMERS MARKET
SEASONAL VEGGIES & FRUITS



RECYCLING DAY

November 15th 10a-2p CST

Green County Extension Office
298 Happyville Rd Greensburg KY

A recycling trailer will be available outside the office to collect newspapers, cardboard, and plastics with #1 and #2.



Look for these symbols on the bottom of your plastic to determine if you can recycle them this day!



Let's Recycle Now!

Cooperative Extension Service

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Individuals accompanied with prior notification.

COOKING FROM THE CALENDAR

Slow Cooker Navy Bean Soup



December 5th 2024 at 12pm CST

Call the Extension Office at
270-932-5311 to register



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Homemade
Vanilla Extract

Learn to make your own vanilla extract in just minutes. We all know that a little vanilla elevates the taste of freshly baked cookies, creamy puddings, even that steaming cup of coffee.

December 4th at 10am CST

Green County Extension Office
298 Happyville Rd Greensburg KY 42743

\$10 registration fee that will cover supplies and two varieties of Vanilla Extract.

Limited spots available so RSVP by calling 270-932-5311

Cooperative Extension Service

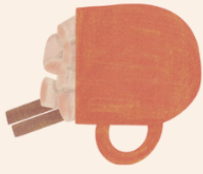
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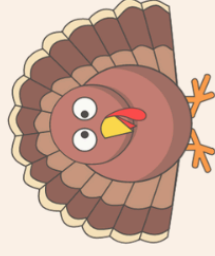
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NOVEMBER 2024



SUNDAY

MONDAY

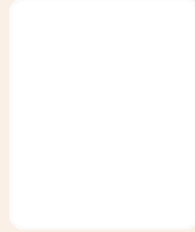
TUESDAY

WEDNESDAY

THURSDAY

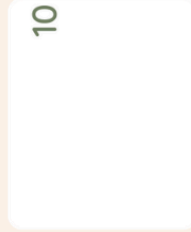
FRIDAY

SATURDAY



3

DAYLIGHT SAVING TIME
ENDS



4

Homemaker Council
Meeting at 3pm

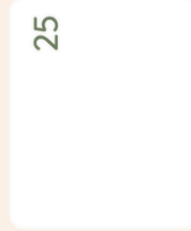
11

VETERANS
DAY

18

Lesson Leader
Training 12p

Town & Country 4pm
at Susan Vidals



5

ELECTION DAY
office closed

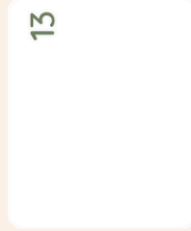
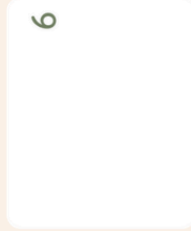
12

Summersville 5:30



26

Circle of Friends 4:30



6

Help Hope & Hands
9a

Tipi Village Passport
Trip: Read Flyer for
more details

13

Help Hope & Hands
9a

Cooking from the
Calendar 12p

20

Help Hope & Hands
9a

27

HAPPY
THANKS
GIVING

office closed



7

Help Hope & Hands
9a

Tipi Village Passport
Trip: Read Flyer for
more details

14

Recycle Day at the
Office 10a-2p

Fall Painting Class
with Karen Roland
12p \$10 fee



28

HAPPY
THANKS
GIVING

office closed



8

Help Hope & Hands
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15

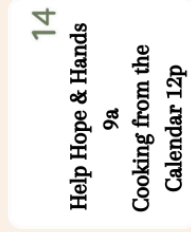
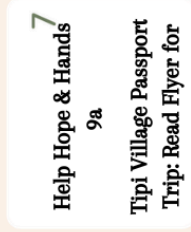
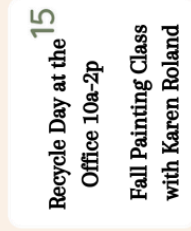
Recycle Day at the
Office 10a-2p

Fall Painting Class
with Karen Roland
12p \$10 fee



9

HOLIDAY
BAZAAR
9a-2p



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

RETURN SERVICE REQUESTED



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	2 cloves garlic, minced	1 cup brown rice
		1 teaspoon garlic powder
		1 tablespoon Cajun seasoning

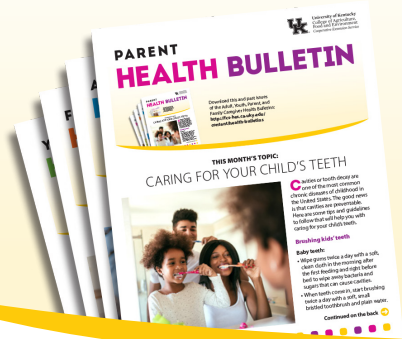
Heat a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir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

PARENT HEALTH BULLETIN



NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC THE GIFT OF GIVING



As the holiday season begins, there are lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

Continued on the next page →





**Consider volunteering
your time at a
local animal shelter,
tutoring center,
or warming station
in your community.**

→ Continued from the previous page

Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity,

- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

**ADULT
HEALTH BULLETIN**

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Stock images:

Adobe Stock

