

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



Christmas Village Volunteers

Christmas Village

It's the most wonderful time of the year. We want to thank each of you for helping to make Christmas Village extra special in lives of children. Your commitment to this event makes it magical in the eyes of the kids.

This is especially close to our hearts and each year we are reminded of the need in our local community. Let us not forget to do good all throughout the year. Spreading kindness and cheer is not limited to Christmas.

Again, thank you for all you do for our community.



Cumberland County
Cooperative Extension Service
90 Smith Grove Rd.
Burkesville, KY 42717
(270) 433-7700
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Cultural Arts

Save the Date

February 26th, 2025

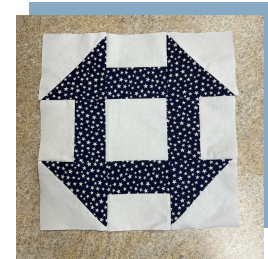
More details to come! A list of categories are included with this newsletter.

Homemaker Council

January 17th, 2025 | at Noon
Cumberland County Extension Office

Lunch will be provided. All are invited and encouraged to come. Please RSVP to the Extension Office at (270) 433-7700.

Churn Dash Quilt Block



We would like to issue a fun challenge to support the Quilt Guild in making Veteran quilts. This month, we are asking for completed Churn Dash quilt blocks in the colors of red, white, and/or blue. Blocks must be a 12 inch finished block. Blocks are due February 3rd, 2025 to the Extension Office.

A churn dash quilt block is a traditional quilt block pattern that's made up of nine square units:

- Four corners: Half square triangles
- Four rectangles: Split into contrasting colors
- Center: A solid square

The block's name comes from its resemblance to a butter churn, with the triangle and rectangle perimeter representing the churn and the center square representing the churn's stick or "dash". The pattern is often made with two contrasting fabrics.

Source: suzyquilts.com; materialgirlquilts.com

Kickstart to 2025

Do you have a goal in mind that you want to work on in 2025? Join us for this engaging workshop to kickstart your path to better health - physical or financial! This interactive session will guide participants through the process of identifying personal health priorities and setting achievable goals. Attendees will learn effective strategies for maintaining motivation and tracking progress throughout the year. This class is designed to equip you with the tools and knowledge needed to make sustainable changes.

The first ten who register, will receive a habit tracker for the year and a daily to do planner.

Don't miss this opportunity to invest in yourself and make 2025 your healthiest year yet!

1 **JANUARY 2ND, 2025 | AT 4PM**
at Set Apart in Burkesville, Kentucky

Register:
Set Apart (270) 284-1111
Extension Office (270) 433-7700

2 **JANUARY 6TH, 2025 | FROM 9AM-3PM**
at the Cumberland County Extension Office
90 Smith Grove Rd. Burkesville, KY 42717

Register:
Extension Office (270) 433-7700
Participants will register for a 30 minute time slot of their choice.

3 **JANUARY 7TH, 2025 | FROM 9AM-3PM**
at the Cumberland County Extension Office
90 Smith Grove Rd. Burkesville, KY 42717

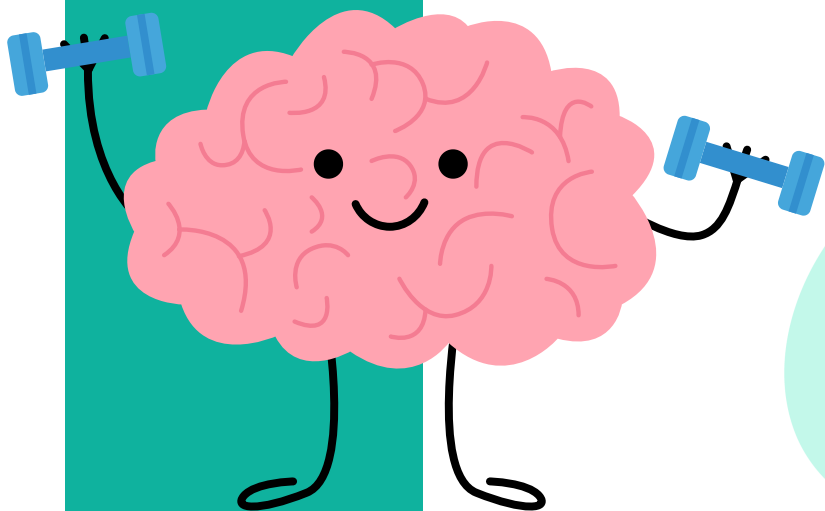
Register:
Extension Office (270) 433-7700
Participants will register for a 30 minute time slot of their choice.



WITS WORKOUT

HEALTHY BRAIN, HEALTHY BODY

Wits Workout is like a gym session for your brain and body—where fun, brain-boosting exercises collide with simple body movements to enhance flexibility! Perfect for all ages, this program invites you to flex your noggin and move your body. Whether you want to sharpen your memory, crank up your focus, or improve range of motion, Wits Workout has got your back and your brain!



FOURTH TUESDAY OF EACH MONTH

January-June 2025 • from 10am-11am
at the Cumberland County Extension Office
90 Smith Grove Rd., Burkesville, KY 42717

To register, contact the Cumberland
County Extension Office at (270) 433-7700.





How to Get Out of a Mealtime Rut

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

January 15th, 2025 • at Noon

Cumberland County Extension Office

90 Smith Grove Rd., Burkesville, KY 42717

To register, contact the Cumberland County Extension Office at (270) 433-7700.



SEWING CLASS: CARD WALLET

Craft your own card wallet through the art of sewing! All materials and sewing machines (or bring your own!) will be provided. Class is free!

Date: January 22nd, 2025 **Time:** 9 AM

Location: Cumberland County Extension Office
90 Smith Grove Rd., Burkesville, KY 42717

TO REGISTER:

Cumberland County Extension Office
(270) 433-7700



***Card wallet will
look similar to this!***

Cumberland County Homemakers

Open Weave Basket Classes

Time - 2:00 pm - 8:00 pm cst

Dates - January 20th, February 10th,
March 10th, April 21st - 2025

Each month 3 different baskets will be offered and you pick your kit and come weave.

You can also pick kits from previous months.

Register at - <https://form.jotform.com/232815259569165>

Deadline to register for January Class is January 15th



6" x 10" Market Basket - \$30.00

Asst. colors to choice from



8" Lazy Susan Basket - \$45.00

Asst. colors to choice from



10" Multi Wood Pie Basket - \$50.00

Asst. colors to choice from



Dottie's Designs

Dottie's Designs is back in session with a Spring Busted Canvas project. It is a new form of multi-media art that will get your creative side moving in a new way. It is for beginners or former participants. A \$20.00 supply fee is all you need, payable at the beginning of class .

Come early to select your papers to use to make just the project you will love best. Class is limited to 12 maximum.

Register: Cumberland County Extension (270) 433-7700



Saturday, January 25th, 2025 • from 11am-2pm
at the Cumberland County Extension Office
90 Smith Grove Rd. Burkesville, KY 42717

Third FRIDAY EVENT



JANUARY 17TH, 2025 | AT 1PM

AT THE CUMBERLAND COUNTY EXTENSION OFFICE
90 SMITH GROVE RD., BURKESVILLE, KY 42717

JOIN US FOR:
HEART TO HEART ACTIVITIES AND CRAFTS

FREE EVENT!

Register

CUMBERLAND COUNTY EXTENSION OFFICE
(270) 433-7700





Friends of Burkesville Manor

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

- Canned Soups
- Crackers

Items are due January 10th, 2025 to the Cumberland County Extension Office.

Office Closed

Christmas & New Year's Day

December 25th, 2024-January 1st, 2025

Martin Luther King Jr. Day

January 20th, 2025

Memorial Day

May 26th, 2025

Juneteenth

June 19th, 2025

Independence Day

July 4th, 2025

Eggroll in a Bowl



- 1 tablespoon oil
- 1 pound ground turkey or pork
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger
- 1/4 cup low-sodium soy sauce
- 1 bag coleslaw mix (with carrots)
- 1 whole egg

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Heat oil in a large skillet over medium heat.
3. Add the ground meat to the skillet and break it up until it is cooked through and has reached an internal temperature of 165 degrees F on a food thermometer. Drain any fat from the meat.
4. Add garlic, ginger, and soy sauce to the meat, and stir to combine.
5. Add coleslaw mix to the cooked meat. Cook until vegetables are tender.
6. Push mixture in the skillet to make a hole. Crack the egg in the open area, and scramble it until it is cooked through.
7. Stir all ingredients together and serve.
8. Store leftovers in the refrigerator within 2 hours.

Source: 2022 KYNEP Food and Nutrition Calendar: Michele Moore, Butler County SNAP-Ed Program Assistant Senior

220 calories; 12g total fat; 3g saturated fat; 0g trans fat; 105mg cholesterol; 480mg sodium; 6g total carbohydrate; 2g dietary fiber; 2g total sugars; 0g added sugars; 23g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

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



Disabilities accommodated with prior notification.