

Harlan County Extension Homemakers Newsletter November/December 2024

Greetings Homemakers,

I hope this month finds you well! As you know, Harlan County Homemakers have been very busy lately with a variety of Extension programs and events. I hope that you all have enjoyed it as much as I have! We had a fantastic cultural arts competition and Homemaker Kick-Off meeting. Thanks to everyone that entered art items, they were all beautiful! We have several blue ribbon winning art items advancing to the area meeting on Oct. 19th 2024! Please see pg. 6 & 7 for cultural art winner information.

The next couple months include programs that will help you to prepare for the upcoming holiday season, while still focusing on your own health and well-being in such a busy time.

There are several homemaker programs and events over the next couple month, so please look at the "Upcoming Events" section closely and register for programs as desired.

Sincerely,



Chasity Heck

Harlan County FCS Agent



Harlan County Homemaker Clubs

Creative Cutters—2nd Tuesday of each month at 10:00 am

Material Girls—4th Tuesday of each month at 12:30 pm

Nifty Needles—4th Tuesday of each month at 10:00 am

Scrapmakers—1st & 3rd Tuesday of each month at 4:00 pm

Perfect Pumpkin Pancakes



Ingredients:

2 cups flour
2 tablespoons brown sugar
1 tablespoon baking powder
1 1/4 teaspoons pumpkin pie spice
1 teaspoon salt
1 egg
1/2 cup canned pumpkin
1 3/4 cup milk, low-fat
2 tablespoons vegetable oil

Directions:

1. In a large mixing bowl, combine flour, brown sugar, baking powder, pumpkin pie spice and salt.
2. In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat a griddle or skillet with cooking spray and heat to medium. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Make it a Meal

Serve with apple slices, raw nuts and skim milk.

Source: What's Cooking? USDA Mixing Bowl, www.whatscooking.fns.usda.gov: Chop Chop Family Magazine 2015

Nutrition Facts Per Serving: 130 calories; 3.5g total fat; 0.5g saturated fat; 340mg sodium; 21g carbohydrate; 1g fiber; 4g protein.

Upcoming Programs and Events

Let's Talk Turkey!

Monday, November 4, 2024 @ 10:00AM

Presented by Chasity Heck, FCS Agent. Participants will learn tips to help them select and prepare a turkey for those special holiday meals. Participants will also learn how to safely store leftovers and make new meals using leftover foods from holiday meals. Participants will have the opportunity to prepare and sample recipes using leftover food items as ingredients during the program. **No Cost. Registration Required. Limit 25 participants.**

Cooking School @ London Community Center

Thursday, November 7, 2024 Doors open at 5:00 PM, Event begins at 6:00 PM

Join us for an evening of celebrating Appalachian culture and cooking. Cooking School tickets are available now for purchase at the Harlan County Extension Office. \$25.00 ticket price includes a copy of the featured cookbook for this years event and samples of recipes from the cookbook. Educational demonstrations will also be part of the event.

Homemaker Holiday Bazaar

Saturday, November 9, 2024 10:00 AM-4:00 PM

Join us for a festive holiday experience! Vendors including homemakers and other community members will have items displayed for sale during the bazaar. Items for sale will include handmade crafts and food items perfect for the holiday season! Concessions will be sold by the Harlan Co. Homemakers and proceeds will go to the Homemaker Scholarship Fund. Tables are still available for vendors, if interested call the Harlan Co. Extension Office to register. **No cost. Vendor table registration required. Space is limited, so call today if interested.**

***UPCOMING PROGRAMS AND EVENTS CONTINUED ON PAGE 4**

***ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTHERWISE NOTED. REMEMBER TO CALL THE OFFICE TO REGISTER FOR PROGRAMS AND EVENTS.**

Upcoming Programs and Events

Laugh, Learn, and Craft

Monday, November 18, 2024 @ 10:00 AM

Presented by Chasity Heck, FCS Agent. Charcuterie Boards 101 will be presented by Agent and participants will have the chance to create their own holiday themed charcuterie boards. Tips will also be provided to help build safe and nutritious boards year round. **\$25.00 Registration Fee (Board and Ingredients). Registration Required. Limit 25 participants.**

Homemaker Council Meeting

Tuesday, December 3, 2024 @ 10:00 AM– Harlan Co. Extension Office

Harlan County Homemaker Council will meet for regularly scheduled council meeting at the Cooperative Extension Office.

Laugh, Learn, and Craft

Monday, December 9, 2024 Holiday Stress Relief/Cookie & Candy Swap @ 10 AM

Presented by Chasity Heck, FCS Agent. Participants will learn tips to help them reduce stress during the busy holiday season. Participants will also have the chance to relieve stress by cooking and sampling a holiday treat during the program! Participants will also have a chance to reduce some of the holiday season stress by taking part in a cookie/candy swap. **Participants will need to bring a candy/cookie item to exchange with other participants. Please plan for 25 when purchasing/preparing your candy/cookie exchange item. No registration cost. Limit 25 participants.**

***UPCOMING PROGRAMS AND EVENTS CONTINUED ON PAGE 5**

***ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTH-**

Upcoming Programs and Events

Harlan County Homemakers Scholarship Committee Fundraiser

Now-December 1, 2024

Harlan County Homemakers Scholarship Committee is hosting a “bakeless” bake sale to raise scholarship funds for Harlan county seniors. *Flyer attached. Please return donations by 12-1-24.*

Harlan County Extension Homemakers Association Membership Dues

Now– Dec. 1, 2024

Please pay membership dues Sep. 1–Dec. 1, 2024. *Membership Form Attached.*

***ALL PROGRAMS AND EVENTS WILL BE HELD AT THE HARLAN COUNTY EXTENSION DEPOT UNLESS OTHERWISE NOTED. REMEMBER TO CALL THE OFFICE TO REGISTER FOR PROGRAMS AND EVENTS.**

2024 Harlan County Cultural Arts Blue Ribbon Winners

Category	Subcategory	Description	Name
8. Counted Cross Stitch	a.14 Count & Under	I Love Quilts	Brenda Blanton
9. Crochet	a. Accessories	Red, White, & Blue Tote Bag	Brenda Blanton
9. Crochet	b. Fashion	Fashion Orange Hat	Riley Witt
9. Crochet	c. Home Décor & Afghans	Chickens	Riley Witt
10. Doll/Toy Making	b. Handmade Toy Other	Penguins	Riley Witt
12. Embroidery	a. Basic	Tablecloth	Brenda Blanton
12. Embroidery	e. Ribbon	Flowers	Riley Witt
13. Felting	a. Needle Method	Tree	Riley Witt
14. Holiday Decorations	a. Autumn	Pumpkins wooden decor	Polly McLain
14. Holiday Decorations	b. Spring	Bunnies	Polly McLain
14. Holiday Decorations	c. Summer	America	Polly McLain
14. Holiday Decoration	d. Winter	Busted Canvas Snowman	Melody Fultz
15. Jewelry	a. Beaded	Christmas Bracelet	Polly McLain
15. Jewelry	b. Mixed Media (wire, chain maille, mixed with beads)	Earrings	Riley Witt
16. Knitting (hand with knitting needles)	a. Accessories	Mittens	Brenda Blanton
19. Painting, Art	b. Oil	Leopard	Kara Overbee
20. Painting, Decorative	c. Other	Apple Gourd	Polly McClain
20. Painting Decorative	c. Other	Peacock	Riley Witt
21. Photography	b. color (mounted or Framed)	Turkey	Patty Davis
22. Quilts	i. Novelty (stenciled, embroidered, miniature, etc.) (Machine Quilted)	Green Embroidery	Kathy Cook

2024 Cultural Arts County Level Winners Continued on Pg. 7

22. Quilts	k. Miscellaneous (hand or machine quilted)	Moose Panel Quilt	Kathy Cook
22. Quilts	e. Machine Applique (machine quilted)	Chicken Quilt	Patty Davis
22. Quilts	f. Machine Pieced (Hand Quilted)	Red, White & Blue	Tina Miracle
22. Quilts	g. Machine Pieced (Machine Quilted)	Purple and White Orchid	Tina Miracle
23. Paper Crafting	a. Card Making	Christmas Card	Melody Fultz
23. Paper Crafting	d. Scrapbooking	Mommy & Thunder	Melody Fultz
25. Wall or Door Hanging	c. Diamond Art Mosa- ic	Mountain Home	Riley Witt
27. Miscellaneous		Stary Night	Riley Witt

Thanks again to all who participated in the 2024 Harlan County cultural arts competition. The talent on display during the event was amazing! Congrats again to all of our blue ribbon winners advancing to the area level competition on Oct. 19th, 2024!

BAKELESS BAKE SALE FUNDRAISER

Many is the time I heard you say
I would rather give a "Dollar" than bake today
And so, we are asking you to help more or less
To make our Bakeless Bake Sale a big success.

Just send us the money that it would take
To bake a loaf of bread or a beautiful cake
Or send in the amount of money it takes to buy
A dozen rolls or maybe a pie
We know you can help us if you will but try.

I am buying or baking the items marked below

Items for Sale, Items you Bake/Donate

- | | |
|-------------------------------------|---------------------------------------|
| ___ Cupcakes: 2 for \$1.00 | ___ 3 Dozen Cupcakes: \$4.00 |
| ___ Chocolate Cookies: 6 for \$1.00 | ___ 3 Dozen Chocolate Cookies: \$6.00 |
| ___ Brownies: 12 for \$3.00 | ___ 3 Dozen Brownies: \$8.00 |
| ___ Dutch Apples Pie: \$5.00 | ___ 3 Homemade Pies: \$10.00 |
| ___ Strawberry Cheesecake: \$8.00 | ___ 2 Strawberry Cheesecakes: \$15.00 |
| ___ Other \$ _____ Designate Amount | |

Fundraiser sponsored by:
Harlan County Homemakers Scholarship Fund

Please make checks payable to :
Harlan County Homemakers Association
(Add Homemaker Scholarship to memo line)

Mail to: 519 South Main Street Harlan, KY 40831

Or drop off at the County Extension Office or during your monthly club meeting





University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

2024-2025 Enrollment Form for Harlan County Extension Homemakers' Association

Name _____

Address _____

Email _____

Name of Club _____

Phone: Home (____) _____ Work (____) _____

Cell (____) _____ Fax (____) _____

Birth year (Optional): _____

Race (Optional – circle one): White Black or African American
 Asian/Pacific Islander American Indian Hawaiian Other

Ethnicity (Optional - circle one): Hispanic Non-Hispanic

Gender (Optional - circle one): Female Male

First Year of KEHA Membership: _____ Total years of membership: _____

I, (print full name) _____, being eighteen (18) years of age or over, 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: _____

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Dues: \$10.00 per Year Payable to: Harlan County Homemakers

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