

Washington County Homemaker Newsletter

DECEMBER 2025 & JANUARY 2026

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky.



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.mgcafe.uky.edu

Heritage Homemaker Holiday Luncheon

December 17 - noon
WC Extension Office

Everyone is invited to the annual Holiday Luncheon! Please bring a dish to share. There will be no business, only fellowship!



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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Disabilities
accommodated
with prior notification.



I Remember...



Reminisce about a treasured memory and write about it to share with the Homemakers!

Please bring your note to the Extension Office. Thank you in advance!

From Ann Noble

Christmas – a time to celebrate the birth of Baby Jesus. The time of year to be in church participating in or just enjoying beautiful Christmas music.

Memories of Christmas Day included celebrating with family – including two special aunts and uncles.

We enjoyed sharing our Christmas meal with all the delicious foods. Moma and her sisters made fruitcakes and jam cakes. My favorite was Moma's Refrigerator fruit cake.

Merry Christmas. Enjoy being with your families and be safe.

Frigidaire Fruit Cake

- 1 pound graham crackers, crushed fine*
- 2 cans Eagle Brand Milk*
- 2 cans coconut*
- 1 box raisins*
- 1 pound English Walnuts (this means one bag in shell – be sure to shell them)*
- 1 bag small marshmallows*
- 1 4 oz container of each red and green cherries, cut in half.*

Mix all ingredients together and if too dry put a little orange juice in. Pour into two 1 pound buttered loaf pans. Will keep in refrigerator for several weeks.



Thought of the Month:

**"One kind word
can warm three
winter months."**

-Japanese proverb

ON AIR



100.9

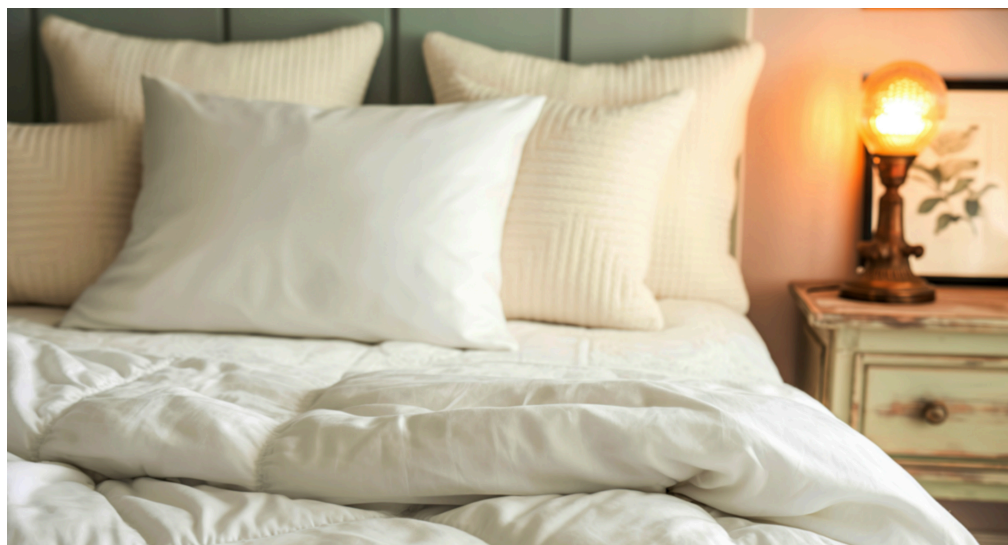
Listen for someone from the Washington County Extension Office on Tuesday mornings around 8:30am & radio tips during commercials!

Book of the Month

.....
from the 2025-2026
Homemaker Book List

The Art of Oz: Witches, Wizards, and Wonders Beyond the Yellow Brick Road by Gabriel Gale, Michael Patrick, et al. (2025)

Artist and Oz archeologist Gabriel Gale brings to life all the creatures and inhabitants from L. Frank Baum's beloved series on Oz, many illustrated here for the first time: wicked witches and their armies, mythical beasts, elemental fairies, robots, insects, one-legged and two-sided people, and many more creatures. Includes a first-ever "Google Map" of the Land of Oz!



Selecting Sheets

Cooling? Percale? Bamboo? Sateen? Can someone please tell us what that all means? With so many types of sheets available, it's easy to get confused. Let's put these questions to bed and unravel the mystery of thread count, too!

This will be a mailout lesson.

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

Long form Non-discrimination Policy

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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 expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



Cold Water Laundry in Winter Months



Did you know the cold weather can affect our laundry? When we wash our clothing in cold water during this time, sometimes the water going into the washer is too cold because of freezing ground temperatures. This can make some laundry detergents less effective.

WATER TEMPERAURE and LAUNDRY

Water temperatures on clothing care labels are based on the item's fiber content and fabric construction. In general, you can wash most items in warm water (90 degrees F to 110 degrees F). Hot water (120 degrees F to 140 degrees F) is best for heavily soiled clothing and bed linens. Cold water (65 degrees F to 85 degrees F) is good for delicate or brightly colored fabrics. And to save energy and lower utility bills, some people choose to launder everything in cold water. This is often OK because many laundry products perform well in cold water. But, when washing clothing and linens used by someone who was sick, you should use hot water. For those who choose to wash all their laundry in cold water, know that detergents may not dissolve or work well in cold-water temperatures below 60 degrees F. So, if you choose to launder on a very, very cold day, don't use the "tap cold" setting (if your washer has one). Set your washer's water setting to "warm" to adjust for the outside cold. If your washer has a setting to control your rinse water, it's fine to use cold water here. Also, read the machine's manual, check the water inlet hoses on your washer, and check your water heater to make sure the washer can do its job.

BEST LAUNDRY PRACTICES

Read the item's care label for laundering advice. "Best results" also come when you sort laundry by color, fabric type, and soil level before washing. Laundry soaps or detergents are needed (as well as the washer agitation) to clean our items. Use detergents as stated by the directions and don't use too much.

Reference: <https://coldwatersaves.org/>

Source: Jeanne Badgett, Senior Extension Associate for Clothing, Textiles, and Household Equipment

Fill the Gap

Learning heritage skills that have become viral trends

Jams & Jellies

December 3, 2025

5:30-7:30 PM

Nelson Co. Extension Office

Kombucha

January 22, 2026

5:00-7:00 PM

Nelson Co. Extension Office

Dehydrating

February 26, 2026

6:00-8:00 PM

Washington Co. Extension Office

Meal Prep

March 17, 2026

6:00-8:00 PM

Marion Co. Extension Office

Going Green/Goat Soap

April 21, 2026

6:00-8:00 PM

Marion Co. Extension Office

T-Shirt Quilt Pillowcase

May 27, 2026

2:00-5:00 PM

Nelson Co. Extension Office

Making Cheese/Yogurt

June 3, 2026

5:00-7:00 PM

Nelson Co. Extension Office

Call the hosting office for more information or to register.

Marion: 270-692-2421

Nelson: 502-348-9204

Washington: 859-336-7741

Presented by Marion, Nelson & Washington County Extension Services

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



Dates to Remember

Homemaker Meetings

January 14 - 10AM

February 9 - NOON

International Luncheon

Holiday Assistance Program

Please return gifts with the tag to the
Extension Office by December 5.

Thank you!

Adult Sewing Group

No December date due to

Holiday Assistance

gifts in the meeting room space

January 7 - WC Extension Office - 6pm

Wits Workout

Washington County Public Library - 10am

December 12 & 19

January 9 & 16

Monthly Food Distribution

December 11 & January 15

Idle Hour Park - 8:30am

Quilting Club

December 20 & January 17

WC Extension Office



WITS WORKOUT

Join us for free sessions to learn about
brain health & exercise your wits with fun
games! There is no physical activity. This
is a workout for your mind!

December 12 & 19 - 10am

January 9 & 16 - 10am

**Washington County
Public Library**



KEHA News & Notes

KEHA Grants

Applications for both KEHA Mini-Grants and KEHA Development Grants are due March 1. Mini-grants ([KEHA Handbook](#) page 107) are awarded to KEHA members, FCS agents, or FCS state staff for study that will provide a benefit to KEHA. Development Grants ([KEHA Handbook](#) page 110) are awarded to counties or areas for implementation of projects to benefit the membership. Applications must be prepared by KEHA members and outline the role of members and FCS professionals. Development grant applications should be sent via certified mail to the KEHA 2nd Vice President.

Scholarships

The Evans/Hansen/Weldon and KEHA Member scholarships make a meaningful difference in the lives of our members and communities. Counties with the highest contributions will be recognized at the 2026 KEHA State Meeting. Encourage eligible members to apply and continue the tradition of support and empowerment through education. For more information on scholarships, including application forms due March 1, visit <https://keha.mgcafe.uky.edu/content/scholarship-grants>.

KEHA News & Notes Continued

Leadership Academy

Nominees from all 14 KEHA Areas are invited to attend the 2026 Leadership Academy! In fact, the KEHA State Board voted also to invite the five alternates who were nominated. Candidates will receive their notification letter soon and have until Dec. 12 to return their commitment letter and training fee (\$100). The third KEHA Leadership Academy will be March 4-6, 2026. This leadership training will benefit the individual as well as county and area programs.

Dues Collection

Counties are encouraged to have a dues deadline no later than Dec. 1. Dues payment and the remittance form ([KEHA Manual Appendix](#) page 18) should be mailed to the area and state treasurers by Dec. 15. They are delinquent if not received by Dec. 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2026 state business meeting.

New Merchandise/Marketing Items

KEHA has new branded merchandise available for purchase. Several new items in a range of prices are available including an apron, stainless steel tumbler, travel first aid kit, and fold-up fan. Prices of several of the older items have been reduced to clear inventory. Contact 1st Vice President Martha Colley to check availability before placing an order. View items and find the order form and contact information at <https://keha.ca.uky.edu/marketing-items>.



2026 KEHA State Meeting Room Block Open Now

Next year's KEHA State Meeting will take place May 12-14, 2026, at Hyatt Regency in Lexington. The theme is "Hooray!! KEHA!" and Bluegrass Area is the host. Reserve your hotel room now in the KEHA group block!

KY Volunteer Forum

The KY Volunteer Forum, Feb. 26-28, 2026, is a developmental and educational conference geared towards 4-H and Extension volunteers from all program areas. A special Homemakers track will take place on Feb. 27 and 28 at the Hyatt Regency in Lexington. Register before Dec. 12 for the lowest cost. The final deadline for registration is Jan. 16.

Dates to Remember

- Dec. 12 – Early registration deadline for the Kentucky Volunteer Forum.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 18). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.
- Dec. 31 – Dues deadline. Any county that does not submit state dues by this date will not be eligible to vote at the 2026 KEHA Business Meeting in May.
- Dec. 31 – Deadline for fundraising-based recognitions (ovarian cancer fundraising, KEHA scholarship contributions, Coins for Change, etc.) Awards will be based upon funds forwarded to the KEHA state treasurer with state dues and noted on the remittance form.
- Dec. 31 – County Membership Recognition Reports (including 50-year member and deceased member lists) due to Area President or Vice-President (see [KEHA Manual Appendix](#) page 19).
- Jan. 16 – Final registration deadline for the Kentucky Volunteer Forum.
- Jan. 31 – Area Membership Recognition Reports (compiled in one form) due to State 2nd Vice-President Martha Colley (see [KEHA Manual Appendix](#) page 19).
- Feb. 26-28 – Kentucky Volunteer Forum in Lexington, KY.
- March 1 – Deadline for KEHA scholarships, grants, and most contests.
- March 4-6 – KEHA Leadership Academy at Blue Licks Battlefield State Resort Park.

December is National Learn a Foreign Language Month

SPANISH
GREEK
CHINESE
ITALIAN
FRENCH
JAPANESE
GERMAN
ARABIC
RUSSIAN
PORTUGUESE



A	E	Z	A	O	Z	V	W	F	T	Y	I	R	M
V	C	V	Q	L	J	S	O	R	O	E	Y	K	N
L	K	K	A	W	L	B	N	I	Y	P	P	A	P
N	A	I	L	A	T	I	Z	A	E	P	M	R	I
P	O	R	T	U	G	E	S	E	I	R	E	J	R
M	K	G	X	J	G	U	C	L	E	S	A	C	Y
R	S	E	R	M	W	J	H	G	H	P	S	N	U
F	K	P	P	E	H	X	I	R	A	R	U	U	Y
O	W	U	A	M	E	W	N	N	J	X	C	D	R
B	R	Z	W	N	B	K	E	C	W	Z	I	H	J
F	X	I	A	N	I	S	S	J	U	I	B	W	O
P	P	Z	V	E	E	S	E	X	Q	P	A	S	S
K	U	V	T	Q	S	H	H	B	K	M	R	G	L
H	C	N	E	R	F	X	L	U	J	U	A	Z	X

Cauliflower Mac and Cheese

- 1 small head cauliflower, cut into 1-inch florets
- 1 medium sweet potato
- 1 ¾ cups low-fat milk
- 1 ½ cups uncooked elbow macaroni
- 1 ½ cups shredded cheddar cheese
- 1 ½ tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 1 teaspoon dry mustard
- 1 teaspoon salt
- ½ teaspoon cooking oil
- ½ teaspoon pepper
- Oil-based cooking spray
- **To taste:** garlic powder or no-salt seasoning
- **Optional toppings:** parsley, cracked or coarse black pepper

Place rack in center of oven and **preheat** to 425 degrees F. **Wash** hands with soap and warm water, **scrubbing** for at least 20 seconds. **Gently clean** all produce under cool running water. **Spray** baking sheet with oil, with a fork **prick** the sweet potato and place on one side of baking sheet, **bake 20 minutes**. **Cook** macaroni according to package directions, **drain** and set aside in colander. In mixing bowl, **drizzle** cauliflower with oil and **season** well with no-salt seasoning; **stir** to coat florets evenly. After 20 minutes of baking, **add** cauliflower in a single layer on the baking sheet next to the sweet potato, **bake 15 to 20 minutes** more until potato is very soft. **Test** with a knife, **remove** from oven. In a saucepan, **melt** butter over low heat. **Add** flour and **stir** constantly 1 to 2 minutes, until smooth. **Stir** in dry mustard, black pepper, salt. **Whisk** in milk, **stirring constantly** over **medium heat** until smooth. When sauce begins to thicken slightly, **add** cheese **stirring** until fully melted. **Remove skin** from baked sweet potato and **mash** until smooth, then **stir into** the cheese sauce. **Place** macaroni and cauliflower into serving bowl, **add** sauce, **mix well**. **Optional: Top** with parsley or cracked or coarse black pepper, **cool** 10 minutes before serving, **sauce will thicken**.

Yield: 6 servings. **Serving size:** 1 cup. **Nutrition Analysis:** 330 calories; 15g total fat; 8g saturated fat; 0g trans fat; 40mg cholesterol; 640mg sodium; 37g carbohydrate; 4g fiber; 7g total sugars; 0g added sugars; 15g protein; 6% DV vitamin D; 25% DV calcium; 4% DV iron; 10% DV potassium.



Neck Stretch

To stretch your neck, follow these steps:

1. Sit or stand with hands at side.
2. Tilt head sideways bringing left ear toward left shoulder.
3. Return to center, then bring right ear toward right shoulder.
4. Breathe in a slow and controlled manner. Repeat as needed.