

FCS Newsletter

January 2009

Cooperative Extension Service
Franklin County
101 Lakeview Court
Frankfort, KY 40601
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www.ca.uky.edu/ces

January 1

Switzer, 2:00 p.m., Toni Lewis

January 5

West End, 6:30 p.m., Sarah Saunderson

Swallowfield, 7:00 p.m., Charlotte Quarles

January 6

Meadows, 6:30 p.m., Shirley Fitzpatrick

January 7

Louisville Rd. 10:00 a.m., Helen Davis –
St. Paul UN Church

January 8

Peaks Mill 10:30 a.m., Ann Dean –
Extension Office

Ridgeview 11:00 a.m., Barbara Sonner
Springhill 11:30 a.m., Vickie Weller

January 13

Cloverdale, 7 p.m., Rene' Siria

January 14

Country Lane , 9:30 a.m., Irene Harper
Sunny Morning, 10:00 a.m., Extension Office

January 19

Random, noon, Liz Hutchison
Extension Office

January 20

College Park, 1:00 p.m., Marianne Hanley
S & S, 6:00 p.m., Paula Napier

January 21

Indian Hills, 10 a.m., Priscilla Barnes

January 22

Golden Angels, 3:00 p.m. - Emily Apts.

Roll Call: *What do you like to do on a snowy day?*

January' Club Lesson: Body Illusions

**January Leader
Training
Changed to February
5, 2009 1:00 p.m.**

Get It Together: Storage Strategies

Come learn actual ideas for storage including new products, strategies for each room, reducing the "keepsakes", etc... You will be signed up for the Decluttering Divas which will be monthly mailings giving 'assignments' that will motivate and give you ideas for enjoying home. This will follow-up the previous lesson on Toss It, Trash It, Treasure It from last year.

Don't Forget

Homemakers Training Schools are rescheduled if the Franklin County Schools are closed due to the weather. Listen to local radio or Lexington TV for school closings. This does not apply to Special Interest classes or meetings conducted by other organizations.

The Extension Office will be closed December 24-January 5, 2008 for the Holidays and January 19 in observance of Martin Luther King Day.

Annual Membership/Dues Information

December 2008 - 257 members – 16 clubs
(80 mailbox, 177 club members)

State dues paid:	1028.00
Area dues paid:	125.50
Ovarian Cancer:	<u>267.00</u>
	\$1420.50

Note: \$8.50 Homemaker dues will not be collected again until July 1.

KEHA Reports

Please make sure to get your county reports to the County Chairman so that they can send them in on time.

**Educational reports are due January 1.
County reports are due February 1.**

New Homemakers Club Organized

Congratulations to Betty Davis for organizing a new club at Emily Apartments. Welcome Golden Angels!

Homemakers Council

Cultural Arts & Council Lunch

The Council and Cultural Arts exhibit will meet during lunch on Thursday, January 29, 2009 at 11:30 a.m. The lunch is \$3.50 and prepared by the County Officers. Clubs are to bring one cultural arts exhibit per category for the county judging. Each article must be the work of a homemaker member and must have been completed within the last year.

Categories can be found in the December newsletter. Mailbox members may also enter. This is an important council meeting.



2009-10 Lesson Ballot

Please vote for 8 lessons and take ballot to club meeting. Club presidents are to tabulate member's votes and turn in one club sheet at the January Council Meeting. Mailbox members may mail their ballot to the office. The Ballot can be found on the extension webpage at:
<http://ces2.ca.uky.edu/franklin/FamilyConsumerSciences>.



Please get them in by February 20, 2009.

Did You Know?

We have a new website. Please visit www.ces2.ca.uky.edu/franklin/ and while you are visiting check out the KEHA website at www.keha.org.

Kentucky Women's Health Registry

Don't forget to complete your Kentucky Women's Health Registry survey!! The Kentucky Women's Health Registry is a simple, confidential survey which can be either taken online or filled out in paper form. The survey takes about twenty to thirty minutes to complete each year. You can take the survey at

<http://www.kywomensregistry.com> or call **800 929 2320** for a paper form complete with a postage paid envelope. Researchers use the statistics to understand how our health changes over time and what causes disease. We also share statistics with local health departments and the county extension service so that they can use the information for grants and for education.

Please consider volunteering your time and helping us advance women's health for ourselves and for the future women of Kentucky. We have a goal of enrolling 2500 new women each year, and we are very far from our goal. Please pass this on to friends, family and co-workers who are women, are over 18 years of age and live in Kentucky. Also, don't forget about the contest!!! The top three counties with the highest percentage of women participating in the Registry will receive special recognition at the state meeting in the spring. All you need to do is check "homemakers" when asked how you heard about the Registry. Thank you for your help!

Buying A New Television?

Preparing for the Switch from Analog to Digital TV

Thinking of buying a television for the holidays? Then think digital, especially if you get your service via an antenna. On Feb. 17, 2009, the nation will end an era of analog television and switch to all-digital broadcasts.

What this means is you will have to select one of three options to continue to receive television reception after this date if you are using an antenna. Options include switching to cable, satellite, or another pay service; buying a new digital television; or keeping your existing TV and buying a television converter. Converter boxes will begin appeared in retail stores in 2008. They are

about the size of a hardcover book, connect easily to your television and allow the all-digital signals to display on your existing TV set.

You can contact the NTIA (National Telecommunications Information Administration) at the U.S. Department of Commerce to request two free \$40 coupons to use towards the purchase of converter boxes through March 31, 2009. The coupons will be good for 90 days. NTIA will only ask for the name, address and number of coupons requested. To request a coupon, call 888-388-2009 or visit <http://www.dtv.gov>.

Don't let this change catch you or someone you know by surprise. Request and use the coupons to buy a converter so your "over-the-air" viewing of TV will continue without interruption.

Source: Suzanne Badenhop

Central KY Homemakers Quilt Guild

Join our quilting meetings each Friday at the Extension Office from 10:00 am – 3:00pm. We would love to have you come and be part of us.

Learn to quilt, improve your quilting skills or solve quilting problems. Open to the public. Pre-registration: None. Cost: Free. Instructors: Members of the Central Kentucky Homemakers Quilt Guild.

Simon House Request

The SIMON House is in need of diapers for the babies – the sizes most needed are sizes 3 and up. We also need pull ups sizes 4-6 for the toddlers. Paper products are running low – hopefully we can find donors who will be able to replenish the toilet tissue and paper towels. Also in need of wipes for the babies and any other personal hygiene items for infants and children. Thanks for passing this along to your friends.

Special Interest Classes

All classes held at the Franklin County Extension Office, 101 Lakeview Court, Frankfort, KY

February 16, 2009 9:30am – 3pm
Barcode Lap Quilt. It uses strips and squares to form this interesting quilt.

March 16, 2009 9:30am – 3pm
The Celtic Design Wall Hanging Quilt, using the Celtic design and the bias tape to form the intricate pattern. Learn to use a double needle in this quilt.

April 20, 2009 9:30 – 3pm
Patience Patchwork Block Quilt. It is an easy large block consisting of 77 pieces. It can be a wall hanging or a large quilt.

May 18, 2009 9:30 – 3pm
Floral with a Twist Quilt, using log cabin strips to build the basket for a spring look, prairie points make the accent.

Recipe of the Month

Belgian Wassail

Makes about 1 gallon
Prep. 15 minutes Cook: 30 minutes

2 oranges
2 lemons
1 gallon apple cider
1 cup sugar
2 (3-inch) cinnamon sticks
1 teaspoon whole allspice

1. Squeeze juice from oranges and lemons into a bowl, reserving orange rinds only.
2. Bring citrus juice, rinds, apple cider, and next 3 ingredients to a boil over medium high heat. Reduce heat, and simmer 25 minutes. Pour mixture

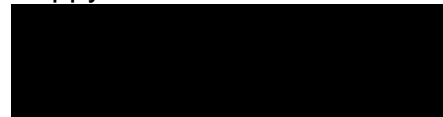
through a wire mesh strainer into a container, discarding solids. Garnish, if desired.

Garnish: Clove-studded orange slices.

New Year Wishes

2008 is now a memory. It is now time to think about the great things we will accomplish in this New Year. We can all resolve to learn from mistakes, applaud the positive in ourselves and others and not sweat the small stuff. The New Year is here! Let's enjoy the journey treasuring every minute. I'd like to give a special thank you to the Homemaker leaders for taking time on a very cold winter's day to share insight during the President's Holiday meeting. I certainly am looking forward to a wonderful year with Franklin County's Homemakers.

Happy New Year!



Tamera A. Thomas, M.S.
CEA Family and Consumer Sciences



Step up to a Healthier You!

Nearly all of us have made New Year's resolutions...and nearly all of us have failed to follow through on our good intentions. When this happens, it's easy to become discouraged and to write off New Year's resolutions altogether.

But don't give up. Just remain open to learning and stay flexible. Remember, where there's a will, there's a way.

In any challenge, the key to success is persistence!

Here are a few tips for effective New Year's resolutions:

Here are a few tips for effective New Year's resolutions:

- ☐ Don't make too many resolutions at one time.
- ☐ Break your goal down into small, manageable steps.
- ☐ Tell important people in your life about your goal, and ask them to help you succeed in following through on your resolution.
- ☐ Say no to negative thoughts that may pop up in your mind.
- ☐ Repeat positive phrases to yourself, such as, "I know that I have got what it takes to reach my goal!" or "I can accomplish anything that I put my mind to!"



Move Step by Step to Success



Choosing your Goal: Out with the old and in with the new...You!!! Steps to a Healthier You!

Take small steps towards reaching your goal. Here are some ideas of small steps that you can take as you work towards a healthier new YOU!

Step up to a healthier weight

- ☐ Engage in some form of physical activity for at least 30 minutes most days of the week
- ☐ Consider walking for 10 minutes every day at lunch
- ☐ Make it a family affair by encouraging your children to exercise. If you set the example, they will soon follow.

Step up to a healthier diet

- ☐ Adopt a diet that is low in saturated fats, trans fats, cholesterol, salt and added sugar. Include lean meats, poultry, fish, beans, eggs and nuts in your diet and eat plenty of fruits, vegetables, and whole grains, with fat-free or low fat milk daily.
- ☐ Drink plenty of water a day. Watch your portion sizes. Eat smaller meals more frequently and avoid eating late meals to maintain a healthy weight.



Move Step by Step to Success



Step up to a better oral health

- More than 40% of Americans avoid going to the dentist. Avoiding your dentist could cost you your teeth. At least once a year, have a professional cleaning done, and have your dentist to check for gum disease and screen for oral cancer.

Step up to a smoke free life

- This is the year! You can quit. There are support groups, nicotine replacement therapy, medications, and one-on-one counseling that help resist the urge to smoke or help you quit. You are not alone! Start by talking to your doctor to discuss the right solution for you.

Step up to disease prevention

- Take a day off and visit your doctor
- Prepare for your exam by writing down any changes in your health and any concerns
- There are no wrong questions, if you don't know, ask your doctor
- Be totally honest with your doctor
- Ask your doctor if it is time for any preventative screening test or labs to be done
- Take notes & ask your doctor for brochures & pamphlets that you can take home to read

Step up to a new you!

Take each day one day at a time. Reaching your goal is just a step away!

Sources:

<http://www.webmd.com/balance/features/new-year-new-you-16-top-health-tips?print=true>

<http://www.med.wright.edu/chc/healthydayton/tips.htm>

<http://www.mypyramid.gov/STEPS/stepstohealthierweight.html>

<http://www.ca.uky.edu/hes/fcs/holiday2003/EffectiveNewYearResolutions.htm>

<http://www.ca.uky.edu/hes/fcs/holiday2003/RevvingUpForGoodHealthInTheNewYear.htm>

The January 2009 Adult Health Bulletin prepared by:

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Disabilities accommodated with prior notification.

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