

FAMILY & CONSUMER SCIENCES

McLean County Homemaker Newsletter

**Cooperative
Extension Service**
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By: Amber Meeks, County Extension Agent for
Family & Consumer Sciences

January 2011

- 1 Happy New Year!!!
- 2-8 National Folic Acid Awareness Week
- 13 Nucklos Club meeting 11:00 am at
Livermore General Baptist Church: Ann
Trimble hostess
- 13 Friendship Club Meeting 6:30 pm at the
Fire Training Center: Mary Ann Mackey
hostess
- 16-22 Healthy Weight Week
- 18 Beech Grove Club Meeting 1:00 pm at
Beech Grove Fire House
- 18 Glennville Club Meeting 2:00 pm at the
Extension Office: members are hostess
- 18 Homemaker Council Meeting at 5:15 pm
at the Extension Office
- 20 Women’s Healthy Weight Day
- 20 Council Extension Council meeting at
McLean County Extension Office at 6:00
pm
- 23-28 National Activity Professionals Week
- 23-29 National Nurse Anesthetist Week
- 24-28 National Medical Group Management
Week

- 25 Homemaker Leader Lesson in Daviess
County 10:00 and 12:00 noon with lunch
being served in-between
- 26 Homemaker Leader Lesson in Henderson

January is Cervical Health Awareness Month, National Blood Donor Month, National Birth Defects Prevention Month, National Glaucoma Awareness Month, National Radon Action Month, and Thyroid Awareness Month.

LESSON: Coupon 101

ROLL CALL: When was the last time you played in the snow?

THOUGHT OF THE MONTH: “As we enter the New Year, let us keep this thought in mind. Yesterday is already a dream, and tomorrow is only a vision; but today, well-lived, makes every yesterday a dream of happiness, and every tomorrow a vision of hope.” – KEHA Inspiration 1995-96

KEHA Update

- **2011 KEHA State Meeting, May 9-12, 2011** – An additional room block for the 2011 KEHA State Meeting has been secured at the Hilton Garden Inn which is located directly across from the Sloan Convention Center. The room rate is \$109 + tax for 1-4 people. Phone (270) 781-6778 for reservations and request the

KY Extension Homemakers Association Rate. This information, along with the information about the Holiday Inn University Plaza, is posted on the KEHA website.

Sew and So – 1929 Vintage Slip Over Apron

By: Brenda Pinkston



Happy New Year 2011 Homemakers! I hope good health, family, friends and happiness surround you this year.

To the sewers out there I hope your new year is also filled with lots of new sewing magazines, new ideas, inspirations, lots of new fabrics and enough time to enjoy each. I would like to inspire many of you to “Come Sew With Us” this year. We will once again meet on the 2nd Thursday of each month from 1:00-4:00 pm at the McLean County Extension Office, starting February 10th. We will be making a vintage apron with no seams, finished with bias binding. Make an easy, cute apron for yourself or a gift. Call the office for a list of supplies and “Come Sew With Us” on February 10th at 1:00 pm.

Materials Required:

1 yard of 36-inch or wider fabric
5 yards of double fold bias tape
Thread
Sewing machine
Pins, and Shears
Pattern will be furnished

2011 Food and Nutrition Calendar



The 2011 Food and Nutrition Calendars are here. If you would like one, please stop by the Extension Office to pick one up. This includes 12 delicious recipes, tips, in-season foods, and other helpful information.

Holiday Foods Recipes

Enclosed are recipes that were mistakenly left out of the 2010 Holiday Foods Cookbook. Please let the office know if you need more copies for the cookbooks you ordered.



Christmas Present



I want to give a warm and special thank you to each of you for my Christmas card and present. It means a lot to know that you all think of me during the holidays too.

Freeing your closet from clutter

Decluttering your closet is a liberating experience. Life begins to feel more manageable and your clothing and shoes are better suited to who you are now.

If tackling all of the closets at once is too daunting, set aside a firm two-hours each week and clear one room's closet at a time. Start by getting four large boxes. Label them keep, throw out, donate and not sure. If you are afraid you will throw out something mistakenly, use clear plastic bags and clearly label each.

Be tough but give all family members a chance to decide what goes and what stays.

COOPERATIVE
EXTENSION
SERVICE



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RETURN SERVICE REQUESTED

Don't forget to update the address and permit boxes above.