

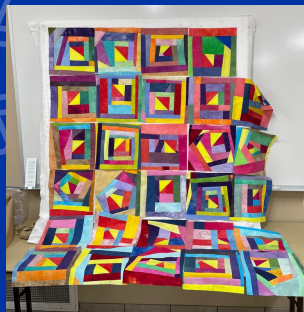


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service
Family and Consumer Sciences

Whitley County
P.O. Box 328
4275 N HWY 25 W
Williamsburg, KY 40769
(606)549-1430
whitley.ca.uky.edu

Whitley County Extension Homemakers Newsletter

Cheers to a New Year!



Extension Homemakers in Action!

Photos are from the Charity Scrap Improv Quilt Class, and Wofford and Patterson Creek Club Meetings.





Club News



Dates for Homemaker Advisory Council Meetings

Thursday, January 26, 2023 1:00 PM

Thursday, April 27, 2023 1:00 PM

Meetings will be held at the Whitley County Extension - Goldbug office located at 4275 N HWY 25 W, Williamsburg, KY unless otherwise announced.

Does Your Club Have News or an Event to Share?

If you'd like to share your club news or event in the Whitley County Extension Homemaker newsletter, just let Linda or Reagan know and we will do our best to feature it as soon as possible!

You can call us at **606-549-1430**, or email us at **linda.burgard@uky.edu** or **reagan.weedman@uky.edu**

We'd love to hear about your celebrations, field trips, crafts and more! Photos make a great addition, too!

Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, "Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition." This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this webinar series will be held on Tuesdays March 2, 9, 16, and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. The registration deadline is January 27, 2023.

Please use the link to register:
<https://ukfcs.net/BBBC23Book1>

If you need help registering, give us a call at 606-549-1430.

BIG BLUE BOOK CLUB

IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**

**BOOK CLUB WILL BE HELD
ON THURSDAYS**

MARCH 2, 9, 16, 23 AT 10AM (ET)

REGISTER BY JANUARY 27, 2023



2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.

Cooking Through The Calendar at Corbin Public Library

Love to cook? Looking for healthier meals for your family? Join us as we "Cook through the Calendar!" This is a series of cooking demonstrations that will feature a new recipe each month from the University of Kentucky's 2023 Food and Nutrition Calendar. All session dates are listed on the left.

Call the Whitley Co. Cooperative Extension Service to register!
606-549-1430



All sessions will begin at 11 AM and last about an hour

Thursday, Jan. 5th

Tuesday, Feb. 7th

Tuesday, March 7th

Tuesday, April 11th

Tuesday, May 2nd

Tuesday, June 6th

Tuesday, July 11th

Tuesday, Aug. 1st

Tuesday, Sept. 5th

Tuesday, Oct. 3rd

Tuesday, Nov. 7th

Tuesday, Dec. 5th

January's recipe is Slow Cooker Smoky Black-Eyed Peas!





COOKING FOR YOU OR TWO: RUNZA

TUESDAY, JANUARY 24TH
11 AM-1 PM
or 5:30-7:30 PM

Attend the class time most convenient for you!

Cooking for You or Two is a fun series of classes where we will make and sample recipes perfectly suited to serve one or two people. Most recipes are easily divided and can be frozen!

Our first class will be all about Runza!

Similar to a bierock or pierogi, Runza is a bread pocket with a filling traditionally consisting of beef, cabbage, onions, and seasonings. While it is a Midwest specialty, Runza has Russian and German origins.



CALL 606-549-1430 TO REGISTER

**Located at the Whitley County Cooperative Extension
Service, 4275 N HWY 25 W, Williamsburg.**

Create a Car Winter Emergency Kit

Wintertime can be dangerous for travelers. Not only do you sometimes have to contend with deteriorating road conditions caused by snow and ice, but life-threatening situations can arise if you find yourself stranded on the road for a significant amount of time. Here are some tips to help you prepare and make your wintertime travels safer.

It is always helpful to have the following in your car in case of an emergency:

- A cell phone, portable charger and extra batteries
- Jumper cables
- Blankets and extra layers of clothing like hats, coats and mittens
- A flashlight with extra batteries
- A first-aid kit
- Water and nonperishable snacks
- Shovel and a windshield scraper

In addition to self-preparations for winter, make sure your car is ready for the weather too. With snow blocking vision and ice causing slippery roads, it is important to remember the following:

- Keep a full gas tank.
- Make sure your antifreeze levels are sufficient.
- Ensure that the heat and defroster properly work.
- Check fluid levels and brake levels.

For more safety precautions, visit the Government Winter Precautions webpage at <https://www.ready.gov/car>, the Centers for Disease Control and Prevention webpage at

<https://www.cdc.gov/disasters/winter/beforestorm/supplylists.html#car> or contact the Whitley County Extension office.

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Nutty Sweet Potato Biscuits

1 cup all-purpose flour	¼ teaspoon ground cinnamon	potatoes
⅓ cup whole wheat flour	¼ teaspoon ground nutmeg	6 tablespoons sugar
1½ teaspoons baking powder	⅓ cup chopped walnuts	¼ cup butter, melted
½ teaspoon salt	1 cup mashed sweet	½ teaspoon vanilla
		1 tablespoon milk

- In a large mixing bowl, **combine** flours, baking powder, salt, cinnamon, nutmeg and walnuts. **Set** aside.
- Combine** sweet potatoes, sugar, butter, vanilla and milk; **add** to flour mixture and mix well.
- Turn out** onto a floured surface; gently **knead** 3 or 4 times. **Roll** dough into ½ inch thickness. **Cut** with a 2 inch biscuit cutter and **place** on a lightly greased baking sheet.
- Bake** at 450°F for 12 minutes or until golden brown.

Yield: 18 biscuits
Nutritional Analysis: 4 g fat, 2 g saturated fat, 5 mg cholesterol, 210 mg sodium, 14 g carbohydrate, 1 g fiber, 4 g sugar, 2 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



Linda P. Burgard

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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DATES TO REMEMBER:

Dec 25-Jan 2 - Offices Closed for Holidays

Jan 5 - Cooking Through the Calendar @ Corbin Public Library

Jan 16 - Offices Closed for Martin Luther King Jr. Day

Jan 24 - Cooking for You or Two: Runza

Jan 26 - Homemaker Advisory Council Meeting

Jan 27 - Registration Deadline for Big Blue Book Club (Online)

Happy New Year!