

November 2024
Newsletter



FAMILY & CONSUMER SCIENCES
BOURBON COUNTY EXTENSION HOMEMAKERS



Kay Denniston

Bourbon County Extension Agent
for Family & Consumer Sciences



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

Cooperative Extension Service
Bourbon County
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Happy Thanksgiving!

A time of awareness of the gratitude that we should show all months of the year. Gratitude is a powerful tool for happiness. When we are grateful we see the world from a different perspective. Gratitude has been said to be the factor that separates privilege from entitlement. I am blessed to work with individuals in all walks of my life that show gratitude. William Arthur Ward said, "Feeling gratitude and not expressing it is like wrapping a present and not giving it." That analogy sums up the importance of sharing our gratitude with others.

November is a busy month with many activities to enjoy. Check out the upcoming events that taking place at the Extension Office. Call in to sign up and come enjoy the fun.

Holidays are so much fun that we frequently forget about those that do not have family with whom to share the celebration. Take a minute out of the busy holiday schedules to share your time and thoughts with someone that may have recently lost a loved one or does not have the family activities that are so memorable in yours. Not only will it make them feel better, but you will also as well. Giving back rewards the giver a much, and maybe more, than the receiver.

November 11, 2024, is a day to honor all veteran. How do you honor a veteran? Start with your neighbors in your own community. Fly the flag, attend a ceremony honoring a veteran or share "thank you for your service" with a veteran that you know. You do not have to know the individual name to respect the commitment, work and dedication they have given.

Holiday times are fun and times to catch up with family. Make sure to stay safe during this time. Check out the article in this newsletter on Roasting a Turkey Safely..

Food poisoning is never fun and can be fatal. Be safe with preparation, serving and storing of all the holiday foods.

Wishing you the best November ever.

Kay Denniston



Bourbon County Extension Agent
For Family & Consumer Sciences



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Disabilities
accommodated
with prior notification.

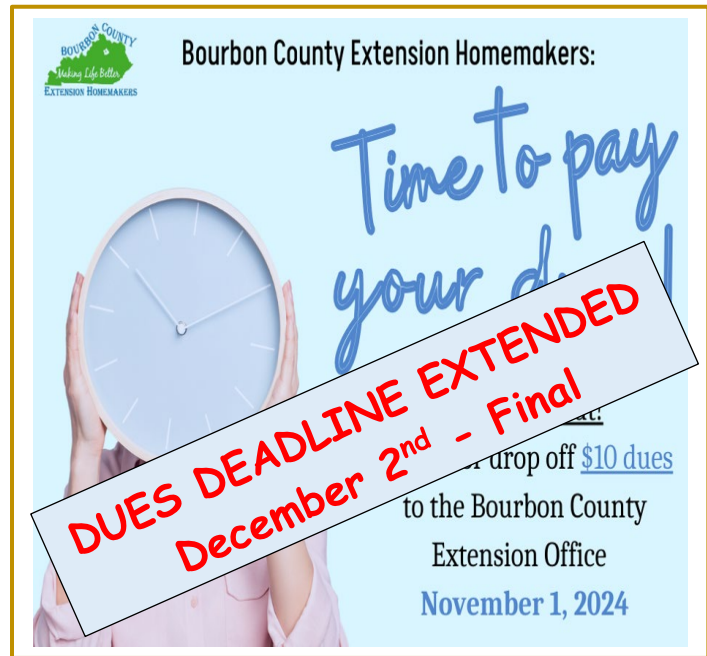


Plan to join Kacy at the Bourbon County Health Department on November 13th, 3:00 – 4:30 pm, for a Holiday Food Tasting. RSVP to Lisa Wheat at 859-987-1915 ext. 4117. Don't miss the fun or good food!



2024-2025 Bourbon County Officers & Committee Chairs
 President – Elizabeth Rankin
 Vice President – Julie Ferrell
 Secretary – Chantel Langfels
 Treasurer – Ann Davis McClain

Cultural Arts.....Kristy Horine
 Environment.....Connie Vaughn
 Family & Individual.....Janice Sosby
 Food/Nutrition/HealthLee Ann Stipp
 Mallory Lowe
 4-H Youth Dev.....Celia Tock
 International.....Susan Harris
 Leadership.....Patty Caswell
 Management & Safety.....Peggy Tracy
 Publicity/Marketing.....Emily Kucela
 Brenda Mason



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

HOW TO GET OUT OF A Mealtime Rut

Do you often feel you are preparing the same meals and snacks? Do you wish it were easier to come up with meal ideas? Join us for a fun and interactive lesson on ways to add creativity and variety into your meals and snacks. We will cover several practical strategies that make meal planning and preparation easier for you and your family and help you break out of that common mealtime rut!

We look forward to seeing you!

November 19
 6:00 pm
 RSVP Requested
 Call 859-987-1895 to reserve seat.
 Bourbon County Extension Office

Lesson to be taught at January club meetings.

This is a free presentation, open to all, held at the Bourbon County Extension Office, 603 Millersburg Rd., Paris.

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LEXINGTON, KY 40546

Disabilities accommodated with prior notification.

President's Notes

Fall begins with pumpkin spiced foods and takes us through Thanksgiving. For me, autumn has been a time filled with a flurry of activities— fall harvest, back to school, football and soccer games, fall festivals and plans leading into the holidays. Honestly, if I am not careful, I will miss the beauty of autumn. Autumn is a beautiful time of the year painted only by the handy work of God. Like me, you may need a reset of rest built into your fall so you don't miss the season. Slow down, relax and reclaim some rest during fall and leading into the holiday seasons of Thanksgiving and Christmas.

As I say "relax", I also say don't miss out on the activities offered by homemakers this fall. As a homemaker you don't have to attend each event but pick and choose those which interest you the most. Our county Cultural Arts and 4-H Chairmen did an amazing promotional at the public library for homemaker week along with Bourbon Belles offering a wreath workshop. Ending the week with a delightful reception at the Extension Office. Many, many thanks to all those involved in these activities.

Our Food and Nutritional Educational Chairman have been working diligently on offering a wonderful evening of Holiday Foods on November 7. Cultural Arts is offering a weaving demonstration on November 9. The numerous activities are highlighted in this newsletter. Again, as I say "relax", support of these activities encourages those in charge to continue to plan and organize more activities and workshops for homemakers.

As Thanksgiving approaches, I am thankful and blessed with so much, but I am so thankful for this wonderful homemaker organization and those that work so diligently to improve the quality of life for families and communities through volunteer service, education and leadership.

"Alone we can do so little; together we can do so much" – Helen Keller

Thank you,
Elizabeth Rankin
 President Bourbon County
 Extension Homemakers

Save the Date

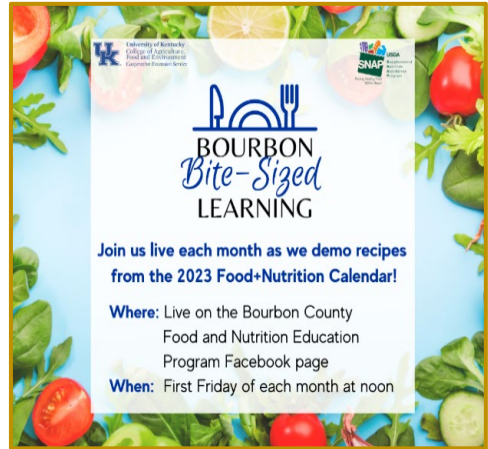
- November 7.....Holiday Foods
- November 10.....Weaving Demonstration
- November 13.....Holiday Tasting
- November 19.....Leader Lesson
- November 28-29.....Office Closed
- December 2.....Dues Extended Deadline
- December 5.....Wreath Making
- December 12.....Lois Retirement Celebration
- December 25-January 2.....Office Closed
- January 14.....Council Meeting
- January 20.....Office Closed
- January 21.....Leader Lesson
- February 6.....International Meal



Coming to you on Bourbon County Nutrition Education Facebook page.
If you missed the 1st Friday, it is still available on FB and YouTube.



Stop
by the
Extension
Office
and pick up
your
2024
calendar
to cook
along!



Join us on Bourbon County Nutrition Education Program Facebook page, January 3rd to view Kacy and Kay preparing the first recipe of the 2025 calendar. Mark your calendar January 3rd at noon!



Bourbon County Homemaker Driver Program
LET'S RIDE TOGETHER

If you need a ride to **ANY** homemaker event, please contact Emily Kucela at 859-707-4851 to schedule a driver. Please call two days prior to the event.

Drivers are fellow homemakers who want to help!

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Ewalt Homemakers Present:
Hand Weaving Demonstration

A representative from **The Woolery** in Frankfort will be in attendance!

Saturday, November 9th
Drop in any time between 10am-3pm
Bourbon County Extension Office
No RSVP needed
Free to the public!

For more information on this event, please contact June Erla at june.erla@gmail.com.

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17 Attend 2024 Bluegrass Area Annual Meeting



Congratulations to Bluegrass Area Cultural Arts Winners



First Place Winners: (Going on to State)
 June Erla – Weaving and Eco printing
 Elizabeth Rankin – Chicken Scratch, Quilted Pillow, Framed KY Quilt
 Linda Ramage – Hand Molded Pottery Bowl and Pig Sculpture
 Dani D’Arge – Quilted Lap Quilt
 Elysse Poole – Hand Knitted Shawl and Socks
 Katie Taylor – Summer Quilted Wall Hanging
 Connie Vaughn – Swedish Weaving

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Second Place Winners:
 Julie Gilchrist – Clothing Construction Knit Dress
 Veda Miracle – Painted Wall Hanging
 Elizabeth Ranking – Quilted Pillow
 Connie Vaughn – Basket Weaving and String Art
 Elysse Poole – Hand Knitted Cape Accessory
 Lauren Bills – Oil Painting

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Third Place Winners:
 Scarlett Richardson – Crocheted Afghan
 June Erla – Hand woven Accessory

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Congratulations Bourbon County! 21



KEHA Week fun at the Paris- Bourbon County Library



Bourbon County Master Clothing Volunteer



Julie Gilchrist was recently pinned as a certified Master Clothing Volunteer after completing a two-year long application and training.

Congratulations Julie!

ROASTING A TURKEY SAFELY

Turkey will be center stage in many family meals this holiday season. There are a few things to keep in mind for roasting a turkey safely.

First, always buy a turkey from a safe source. The local health department inspects grocery stores for safety. Food processors are inspected by the food manufacturing inspector. Permits and licenses are public records.

A fresh turkey should be purchased one or two days before cooking. Fresh turkey only remains safe for one to two days in the refrigerator. Frozen turkeys may be purchased weeks in advance. But be sure to store and thaw the turkey safely, using USDA guidelines. For more information on that topic, visit the USDA website: www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/turkey-basics-safe-thawing/ct_index.

To roast a turkey, the oven temperature should be set at 325 degrees Fahrenheit or higher. Place the turkey breast-side up on a rack in a shallow roasting pan and tuck the wing tips under the shoulder. Add one-half cup of water to the bottom of the roasting pan. For a moist bird, a foil tent can be placed loosely over the turkey for the first one to one and a half hours of cooking time. The foil should then be removed so the turkey will brown. Another method is to place a foil tent over the turkey after it browns. For food safety reasons, it is best to cook stuffing in a casserole dish rather than stuffing the bird.

Use the chart below to estimate roasting times. Some turkeys have a pop-up thermometer. Even so, a food thermometer should always be used to make sure the temperature inside the turkey has reached at least 165 degrees Fahrenheit. This prevents foodborne illness. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast. Insert the thermometer to the center of the muscle. Avoid touching bone. Allow the bird to rest 20 minutes before carving.

Turkey Size	Approximate Roasting Time
4 to 8 pounds (breast)	1½ to 3¼ hours
8 to 12 pounds	2¾ to 3 hours
12 to 14 pounds	3 to 3¾ hours
14 to 18 pounds	3¾ to 4¼ hours
18 to 20 pounds	4¼ to 4½ hours
20 to 24 pounds	4½ to 5 hours

Refrigerate leftovers within two hours to prevent foodborne illness.

For more information about preparing a turkey safely and other food safety tips, contact Bourbon County Extension Office.

Reference: United States Department of Agriculture, Food Safety and Inspection Service. Let's talk turkey — a consumer's guide to safely roasting a turkey. Retrieved from https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/poultry-preparation/lets-talk-turkey/ct_index

Source: Brooke Jenkins-Howard, Extension Specialist

PARENT

HEALTH BULLETIN



NOVEMBER 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

NAME County Extension Office
000 Street Road
City, KY
Zip (000) 000-0000



Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community.

THIS MONTH'S TOPIC

THE GIFT OF GIVING



As the holiday season begins, there are a lots of things pulling at the time and attention of our families and our children. Extra programs and performances, gatherings with friends and family, and looming thoughts of food to prepare and gifts to buy.

Our children can become mesmerized, and even preoccupied, with thoughts and plans of gifts that they hope to receive. Years ago, influences most often came from catalogs in the mail and shop windows. Now, advertisements and influencers on radio, TV, and social media platforms add to the noise.

How do we, as parents and caregivers, lovingly guide and direct our children's attention away from only focusing on their own wants and desires? One way is to encourage kids to think of others.

➔ **Continued on the next page**



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➔ **Continued from the previous page**

Considering others' needs, and how we can help meet them, is a great way to teach our children to be responsible citizens, build compassionate relationships, and use their resources wisely.

There are also many health benefits to being generous. People who practice generosity are happier and less stressed than those who do not. People who give to others also tend to get sick less often and have stronger immune systems. Being generous also helps some people to sleep better at night. Those are great benefits, on top of helping others!

This time of year, there are many practical ways to involve your kids in thinking of others and giving back. Model this concept for your kids by making it a priority for you and your family to give to others in some way this season. Take into consideration the time you have, the amount of money you have to spend, and the level of involvement you want you and your children to have. Then, have a family conversation and decide together what to do. You may want to come up with a few choices and let your children decide between them.

Here are a few ideas to get you started:

- Donate new or gently used toys or clothes to a local charity.



- Buy and donate food to a local food bank or shelter, and/or
- Take a meal or snacks to first responders in your community.

Giving to others does not have to cost money. You and your children can give the gift of time, as well. Consider volunteering your time at a local animal shelter, tutoring center, or warming station in your community. Contact these places ahead of time to determine when they need volunteers, if they have age limits or mandatory training, and if there is helpful information (like a dress code) to know before showing up.

Thinking of others is good for everyone. Those on the receiving end have their needs met and feel seen and valued by their community. Those taking the opportunity to give get the satisfaction of helping others and added health benefits!

REFERENCE:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5508200>

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Adobe Stock

ADULT HEALTH BULLETIN



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC:

BUDGET FRIENDLY TIPS FOR PET OWNERS

Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

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Disabilities
accommodated
with prior notification.

Lexington, KY 40506

HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumertools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>
<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.uslearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

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AN INVITATION TO COLLEAGUES, FRIENDS AND FAMILY

RETIREMENT *Party*



JOIN US IN HONORING 34 YEARS OF SERVICE AND
DEDICATION AS THE BOURBON COUNTY 4-H
YOUTH DEVELOPMENT AGENT

LOIS CARTER

12 DECEMBER, 2024

Reception- 3:00 - 6:00 pm
Special Presentation- 5:30 pm

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603 Millersburg Rd. Paris, KY 40361