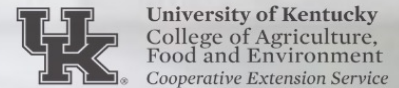


extension newsletter



Cooperative Extension Service
 Graves County
 4200 State Route 45 N
 Mayfield, KY 42066
 (270)-247-2334
 graves.ca@uky.edu



January 2023

Date	Event
January 2	Office Closed
January 9, 23, 30	10:00am Crochet Club
January 9	6:00pm Friendship Club Meeting
January 10	5:30pm Adult Sewing Group
January 11	10:00am TLC Club Meeting
January 12	10:00am Community Club Meeting
January 12	10:00am Laugh & Learn at the library
January 13	10:00 am Cooking Through the Calendar, Smoky Black-Eyed Peas
January 16	Office closed
January 24	4:00pm Cooking Class with Pete Jackson, Smoked Salmon Alfredo Pasta
February 1, 2, 3	9:00am-3:00pm Beginners Quilt Camp for adults

A note from Debbie Smith -

Graves County Homemaker President

Happy New Year!! I hope everyone had a wonderful Christmas and are looking forward to 2023. I do want to look back at 2022 and brag on all of you. For the first time in two years, we were able to have our Taste of Graves County and it was a roaring success! Thank you so much for all your work on that. Then in December, we had two major events. On December 5, we hosted the Purchase Area Advisory Council. It was so great to be able to host a group in our new building. Graves County homemakers catered this event, and once again, it was a success. Thank you for cooking, serving, and being such great hostesses for the event. Then, on December 13, we had an Open House for our facility.

It was planned for last January, but because of the tornado, it was postponed. You all really stepped up for this event, too. We supplied the cookies for the open house. We were going to supply 30 dozen cookies. However, I think there were about 60 dozen in the kitchen! Once we opened the containers, the kitchen smelled wonderful—it

Denise Wooley
 Denise Wooley

County Agent for Family & Consumer Sciences

Cooperative Extension Service
 Agriculture and Natural Resources
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 4-H Youth Development
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 LEXINGTON, KY 40546



Disabilities
 accommodated
 with prior notification.

UPCOMING EVENTS

A note from Debbie Smith -Graves County Homemaker President cont'd

smelled like a bakery! Thank you again for supplying all the homemade cookies. Everyone really bragged on them. So, to end December, Graves County Homemakers really stepped up and showed out with what we were able to do.

In looking forward, I hope we can look for other opportunities to help extension and our community. There are already events planned that you could participate in such as a cooking class with Pete Jackson and plans for "Cooking Through the Calendar." The way we can build up the homemaker program is to be present. (I was really tempted to put "Bee present"!) If you have ideas for projects, please let me or Denise know. Maybe you want to put on a class on some topic or perhaps there is a topic you want to learn more about. Let us know!!

May your 2023 be a wonderful year for you and your family and may 2023 be the best year ever for Graves County Extension Homemakers!

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.



HEART HEALTH

The February lesson on Heart Health will be a mail out to all homemaker members.

KEHA 2023

There is new pricing for the meeting in Louisville!

Winter Weather

If the Graves County Schools are closed due to winter weather the events at the Extension Office will be canceled.

cooking through the calendar

2023 EDITION

- JAN 13 SLOW COOKER SMOKY BLACK-EYED PEAS
- FEB 10 CAJUN SEASONED FISH WITH RICE
- MAR 10 VEGETARIAN TACO SOUP
- APR 14 RAINBOW PASTA SALAD
- MAY 19 EASY TORTILLA BREAKFAST PIZZA
- JUN 9 BLUEBERRY CHEESECAKE BARS
- JUL 14 TUSCAN CHICKEN AND PASTA
- AUG 11 SKILLET PORK CHOPS WITH PEACHES
- SEPT 8 ONE PAN SHRIMP AND VEGGIES
- OCT 13 ITALIAN ONE POT PASTA AND BEANS
- NOV 10 SLOW COOKER BUFFALO CHICKEN STUFFED SWEET POTATOES
- DEC 8 LOADED BEEF STROGANOFF

select days at 10 AM
call to sign up!
270-247-2334



cooking with **Pete Jackson**

come learn how to cook
smoked salmon alfredo pasta!

January 24, 2023 at 4PM
Call 270-247-2334 to sign up!



College of Agriculture,
Food and Environment
Cooperative Extension Service

quilt camp

FEBRUARY 1-3, 2023
9AM - 3PM

learn the basics of the machine
+ the skills to cut, piece and bind a
checkered quilt!

bring your sewing machine,
supplies (scissors, pins, seam ripper, etc.)
+ 1/4 inch quilting foot

please call 270-247-2334 to sign up!

See you there!

BIG BLUE BOOK CLUB

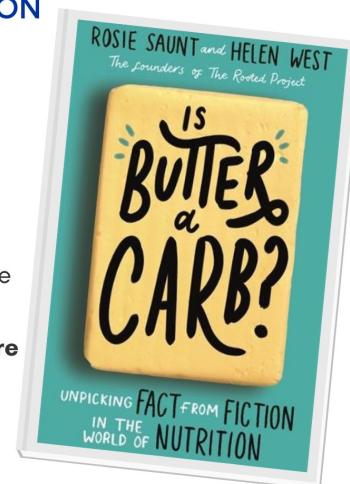
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IS BUTTER A CARB?

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

<https://ukfcs.net/BBBC23Book1>



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