

CUMBERLAND COUNTY *Homemakers*



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Christmas Village

Christmas Village at the Extension office is one of my favorite things. Shout out to this great group of volunteers for making a difference in the lives of local children.

Let's remember that needs are present all year long. Thank you for all that you do to meet those needs.

OFFICE CLOSING DATES

- New Year's Day: January 1st, 2024
- Martin Luther King Jr. Day: January 15th, 2024

SAVE THE DATE FOR CULTURAL ARTS

All Extension Homemakers are encouraged to submit original items for competition. Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. Blue ribbon and Purple ribbon winners from previous years in each category or subcategory are not eligible for entry in another KEHA cultural arts contest.

COUNTY CULTURAL ARTS:

- February 28th, 2024

AREA CULTURAL ARTS:

- March 6th, 2024

If you would like to volunteer at these events, please contact the Extension office or Kim Lohr.

COMMUNITY GIVE AWAY

Thank you to those who organized and helped at the community give away. It was a great success!



LET IT SNOW! LET SNOW! PAINTING CLASS

January 12th, 2024 12:30pm
at the Extension Office

Cost: \$15

*If you bring a board back, there is no cost.



FRIENDS OF BURKESVILLE MANOR

The Extension office is collecting the following items for the Friends of Burkesville Manor program:

- peanut butter
- grape or strawberry jelly

We need to have at least 24 of each item. Please have items to the Cumberland County Extension Office by January 12th, 2024.





Cumberland County Extension

HIKING

Planning Meeting

JANUARY 11TH, 2024

GROUP

DISCOVER NATURE'S BEAUTY WITH US

Join our hiking group for a unique opportunity to explore nature, learn valuable hiking skills, and have an unforgettable adventure!

The group meets once a month to hike in various locations across Kentucky. This group is open to all ages and hiking experience.

JANUARY 11TH, 2024 10AM

AT THE CUMBERLAND COUNTY EXTENSION OFFICE

90 Smith Grove Rd., Burkesville, KY 42717

For more information, contact the Cumberland County Extension Office at (270) 433-7700.

SALT-FREE SEASONING MIX



- 2 tablespoons paprika
- 2-3 teaspoons cayenne pepper
- 2 tablespoons garlic powder
- 2 teaspoons onion powder
- 1 tablespoon dry mustard

1. Mix all spices in a bowl.
2. Store in an airtight container. Use for marinating chicken or in stuffing, soup, or salad dressing or use in a salt shaker at the table.

Yield: 5 servings

Serving size: 1 tablespoon

Nutrition facts per serving: 20 calories, 0.5 g total fat, 0 g saturated fat, 0 g trans fat, 0 mg cholesterol, 15 mg sodium, 4 g carbohydrate, 2 g dietary fiber, 0 g sugar, 1 g protein.

Source: What's Cooking? USDA Mixing Bowl, modified by Jean Najor, MS

EXTENSION OFFICE CLASSES & EVENTS

- **Bee Keeping Group:** January 9th, 2024, 5pm, at the Cumberland Extension Office. Group will meet monthly on the second Tuesday.
- **Let it Snow! Let it Snow! Paint Class:** January 12th, 2024, 12:30pm, at the Cumberland Extension Office. Paint a winter themed welcome sign! Many designs to pick from. Cost: \$15 (if you bring a board back from a previous class, there is no cost. Registration required.
- **Tick Class:** January 18th, 2024, 5pm, at the Cumberland Extension Office. Instructor: Jonathan Larson
- **Women in Ag Meeting:** January 19th, 2024, 9am, at the Cumberland Extension Office. Informational and planning meeting for 2024. All are invited to attend.
- **Extension District Board Meeting:** January 23rd, at noon, at the Cumberland County Extension Office.
- **Wicking Raised Beds:** February 20th, 2024, 1pm, at the Cumberland Extension Office. Instructor: Steve Higgins

Check out our website to stay informed on upcoming classes and events.

Website: cumberland.ca.uky.edu/events



for our website!

Debbie Messenger, agent for Family and Consumer Sciences

90 Smith Grove Rd | Burkesville, KY 42717 | P: (270)433-7700 | cumberland.ca.uky.edu

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