

# Hancock County Extension Family & Consumer Science Education



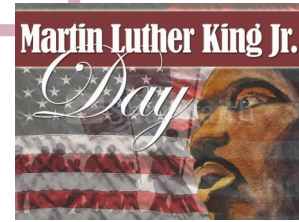
## January 2024



**Cooperative Extension Service**  
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### Hancock County Building Strong Families for Kentucky

**The Hancock County Extension Office will be closed January 15, 2024 for Martin Luther King, Jr Day.**



### Roll Call

January rings in the new year. Share one goal you have for your new year's "journey".

### Thought for the Day

"The journey of a thousand miles begins with a single step." - Lao Tzu

### Monthly Meetings

Hawesville Homemakers will be meeting Monday, January 8th, at 6 pm at Kenergy. Lesson leader is Carolyn McCarty.

Sunshine Circle Homemakers will be meeting Tuesday, January 9th at 5:30 pm at the Hancock County Development Complex. The lesson leader will be Paula Mason.

This month's lesson is KEHA Plays Pickleball.

### Leader Trainings

February's Lesson will be Self Care and Self Pampering.

March's Lesson will be Healthy Eating Around The World.

Both February and March Leader Lesson trainings will be in Daviess County on January 16th and Henderson County January 17th. The February Lesson is at 10 am. and the March Lesson is at 11 am. both days.



**The new calendars are in! Stop by to get yours!**

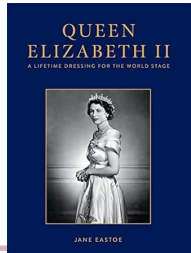


# Book Corner

Queen Elizabeth II: Celebrating the Legacy and Royal Wardrobe of Her Majesty the Queen, Who Reigned in Style for a Historic Seventy Years

by Jane Eastoe

Exquisite and sumptuous, immaculately tailored, dignified and, above all, practical. The wardrobe of Queen Elizabeth II was as distinctive in style as her position in the world was unique. This remarkable book is a fond reflection of the days when her Majesty led the field in fashion, showcasing some of the world's best designers.



## HANCOCK COUNTY HOMEMAKERS CULTURAL ARTS

KEHA Cultural Arts entries are due to the Hancock County Extension Office by Friday, March 15th at Noon

Entries will be judged and the top entry from each category will advance to the Green River Area Cultural Arts competition in April.

For more information, please contact the Hancock County Extension Office at (270) 927-6618

### Sunshine Circle Homemakers

January 9-5:30 pm @ Hancock County Development Complex-January Business Meeting

January 16-9:30 am @ Hancock County Development Complex-January Meals on Wheels

January 30-5:00 pm BOM Quilt Class

February 13-5:30 pm @ Hancock County Development Complex-February Business Meeting

### Hawesville Homemakers

January 8-6 pm @ Kenergy-January Business Meeting

### Public Notification

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**KENTUCKY STATE  
UNIVERSITY**  
Cooperative Extension Program

**Angelia (Angie) Swihart**

*Angelia Swihart*

Hancock County Extension Agent  
for

**Family & Consumer Science  
Education**

# Winter Is A Great Time for Families

Source: David Weisenhorn,  
Senior Specialist for Parenting and Child Development Education

The winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much, but around your home you have plenty of indoor activities to do with your children that can create a meaningful family experience and lots of wonderful memories.

Spending time with their parents is very important to a child's well-being. Studies have shown families who spend time together have happier, healthier children who do better in school. Family time promotes positive emotional health in children, which is linked to a greater likelihood that they will avoid risky behaviors, such as drug use, and a lower risk for depression. The possibilities for meaningful indoor family time are as limitless as your imagination. Here are some ideas to get you thinking.

**Story time:** While you can and should spend time reading to your children, there is so much more you can do with story time. Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story. You can also take turns sharing your favorite family stories or memories.

**Kitchen time:** Especially around the holidays, you can spend a lot of family time cooking in the kitchen. Whip up something sweet to share for an after-dinner treat. Have your children help you prepare food items that will be gifts for friends and family members. You'll also be teaching them valuable math and life skills.

**Dance party:** Dancing to music is a great way to improve everyone's mood and get your hearts pumping when outside physical activities are limited. Let everyone have a turn selecting a song. Remember to keep the music age-appropriate, especially with younger children.

**Scavenger hunts:** The premise of this game is to give children a list of objects to go find and retrieve. It is simple to create and can be as long or short as you wish. Start by making a list of items commonly found in or around your home. Continue to add items to the list that require creativity and/or adventure, such as "buried treasure" which you can define however you chose.

More information on parenting and families is available at your Hancock County Extension office.



# NEW BEGINNER SEWING CLASS

January 23rd  
Class # 1: 9 am - 12 pm  
Class # 2: 5 pm - 8 pm

Hancock County Development Complex

You will learn about the following:

- Fabric
- Hand Sewing
- Patterns
- Sewing Tools
- Sewing Machines-(Bring your own machine or use one here)
- Seam Finishes
- Sewing Project #1 Pillowcase or #2 Apron

Call 270-927-6618 to sign up!



The class is free. You will need to bring supplies:

- Apron:**  
1 1/2 yards of fabric (cotton) your choice color pre-washed and ironed  
1/2 yard fabric of coordinating fabric  
Thread to match
- Pillowcase:**  
1 yard of fabric pre-washed and ironed  
1/2 yard coordinating fabric  
Thread to match

Angie Swihart  
Family and Consumer

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College of Agriculture, Community, and the Sciences

“SEW” many great sewing classes! Give us a call and get on the list before they fill up! 270-927-6618

# Kitchen Scarf Class!

JANUARY 12 AT THE HANCOCK COUNTY DEVELOPMENT COMPLEX  
10 AM-12 PM  
OR 5 PM - 7 PM

Supply List:

- 1 New Tea Towel or Kitchen Towel
- Thread to match fabric/towel
- 1/4 yard of cotton fabric

Optional supplies: ribbon and piping



MUST KNOW MACHINE SEWING BASICS

Call 270-927-6618 to sign up for class!

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# TREE APPLIQUE ON Pillow Cover

January 18th  
10 am to 12 pm OR  
5 pm to 7 pm.  
Hancock County Development Complex

Supply List:

- 1/2 yard cotton fabric (washed preshrunk and ironed)
- 14"x14" or 16"x16" or 18"x18" pillow insert
- thread to match
- 12", 14", or 16" zipper to match fabric

MUST KNOW MACHINE SEWING BASICS



HOW TO SEW A PILLOW WITH ZIPPER

Call 270-927-6618 to register for this class!

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