Hello Ladies,

We should be thankful for every day of the year, and in November we are more mindful of our blessings. A special thanks to all those who donated and helped at the 4-H to Table event. Santa is peaking around the corner, we hope that everyone has a very merry and blessed holiday.

Reminder that your holiday gift lift items are due to the Extension Office Dec 9th. I look forward to seeing everyone at the January Council meeting.

The Holidays are fast approaching. We've had our first snow and winter will soon be here! Reminder if school is cancelled because of weather, programs will be as well and rescheduled. I am thankful for each of you and your clubs. A shout out for everyone who donated items and helped at the 4-H to Table event. May you each enjoy quality time with those that you love this holiday season. Don't forget I am here as a resource for you!

A Message from County President
Judy Lowe

News from Educator
Jennifer Stefancik

INSIDE THIS ISSUE:
Bits and Pieces
Holiday Gift Lift
4-H Vol. Process-Video
Recipe: Cranberry Muffins
Winter Preparedness
Bits and Pieces

- Council Meeting-January 13, 2020 Daviess Co. Security Ctr., 6:30 pm
- 4-H Vol. Video-Jan. 14 at 6:00 pm Daviess Co. Security Ctr.
- Holiday Closures- Nov. 28 and 29 for Thanksgiving and Dec. 24, 25, and Jan 1 for Christmas
- Spring District Meeting-Save the Date March 18, 2020 Knox County

Holiday Gift Lift

Holiday Gift Lift items are due to the Extension office by Monday, December 9th. Thank you to Sugarland for organizing this project. You may bring in items (like in the past) such as clothing, socks, lotion, etc. Items will be donated to local nursing home residents and others in need.

4-H Volunteer Process-

WE WILL BE HOSTING A NIGHT TO GATHER AND WATCH THE VOLUNTEER VIDEO FOR ALL WHO NEED TO COMPLETE THIS STEP. WE'LL BE AT THE DAVIESS COUNTY SECURITY CENTER TUESDAY JAN 14TH AT 6:00 PM. IF YOU HAVE QUESTIONS, PLEASE CALL THE OFFICE.

PURDUE EXTENSION
Cranberry Pumpkin Muffins

**Ingredients**

- 2 cups flour
- 3/4 cup sugar
- 3/4 teaspoon cinnamon
- 2 eggs
- 3/4 cup pumpkin (canned)
- 2 cups cranberries (fresh or frozen chopped)
- 3 teaspoons baking powder
- 3/4 teaspoon allspice
- 1/2 teaspoon salt
- 1/3 cup vegetable oil

**Instructions**

1. Preheat oven to 400 degrees.
2. Sift together dry ingredients (flour through allspice) and set aside.
3. Beat oil, eggs, and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
6. Spoon into paper lined muffin cups.
7. Bake at 400 degrees for 15 to 30 minutes.

---

**Holiday Food Safety Tips**

- Wash your hands! Do this often especially before and after handling foods, caring for someone that has been sick, and petting animals.
- Cook foods thoroughly—make sure foods reach the proper temperatures to kill pathogens.
- Keep Food out of the Danger Zone—make sure to put up any leftovers or after prepping food in the fridge within 2 hours.
- Making Eggnog? Use pasteurized eggs! Or any dish that won't be cooked.
- Keep ready to eat foods and raw meats separate—while at the grocery store, when you get home, and before cooking.
- For more tips visit CDC.gov/holidayfoodsafty.
November is National Diabetes Month. In 2015, 30.3 million Americans, or 9.4% of the population, had diabetes. Undiagnosed: Of the 30.3 million adults with diabetes, 23.1 million were diagnosed, and 7.2 million were undiagnosed. Prevalence in seniors: The percentage of Americans age 65 and older remains high, at 25.2%, or 12.0 million seniors (diagnosed and undiagnosed). New cases: 1.5 million Americans are diagnosed with diabetes every year. Prediabetes: In 2015, 84.1 million Americans age 18 and older had prediabetes. Deaths: Diabetes remains the 7th leading cause of death in the United States in 2015, with 79,535 death certificates listing it as the underlying cause of death, and a total of 252,806 death certificates listing diabetes as an underlying or contributing cause of death. For more information visit diabetes.org
Winter Preparedness Tips

Prepare in Advance for Emergencies

Be prepared for weather-related emergencies, including power outages. Stock food that needs no cooking or refrigeration and water stored in clean containers. Ensure that your cell phone is fully charged. When planning travel, be aware of current and forecast weather conditions.

Keep an up-to-date emergency kit, including: Battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways. Protect your family from carbon monoxide. Keep grills, camp stoves, and generators out of the house, basement and garage. Locate generators at least 20 feet from the house. Leave your home immediately if the CO detector sounds, and call 911. (source: cdc.gov)