



# The Extension Cord

*Plugging You into Macon-Bibb County Extension*



## Generational Holidays

*By Keishon Thomas, FACS Agent*

During the holidays, my thoughts turn to the enjoyable times I've had with my family. These memories are indelibly imprinted in my heart, well after the presents and colorful decorations fade away. Most of us look forward to these opportunities for connection, especially with loved ones from older generations whom we seldom see.

So, if you want to create opportunities for better intergenerational connections this holiday season consider these tips:

- \* Be sensitive to the special needs of older family members. Some older people may have visual or hearing impairments that might limit participation in some activities. Turn off the TV and eliminate background music to make it easier for everyone to understand conversations. Arrange furniture so the space is accessible for loved ones using a cane or walker.
- \* Plan generationally neutral activities. Activities like board games, card games and food preparation bring people of all ages together and provide a setting where everyone can participate. Children as well as older adults love to help with food preparation. It also helps children to learn those coveted family recipes.
- \* Engage in the gift of music. Music transcends generations. I have a radio in the kitchen and have found my Mother-in-Law and my children often listen and sing along as we prepare dishes for the feast.
- \* Set up a photo booth. Let's face it—we are in a picture society. You can easily set up your own photo booth with old hats, scarves, and other inexpensive props from a dollar store.

The holidays will be here and gone before we know it. Consider the possibilities—what kind of memories do you want to create this season?

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**UGA Extension**

**Macon-Bibb County**

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counties/bibb.html](http://extension.uga.edu/counties/bibb.html)

*Find us on Facebook as  
"Bibb County GA Cooperative  
Extension"*



The Macon-Bibb County Cooperative Extension office extends lifelong learning to Georgia citizens through unbiased, research-based education in agriculture, the environment, communities, youth, and families.



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**EXTENSION**

*Bibb County*

## Bibb 4-H'ers Compete in Cotton Boll and Consumer Judging

By Kari Mateling, 4-H Agent



Cotton Boll and Consumer Judging is a competitive judging contest where 4-H'ers learn about cotton as an agricultural commodity in our state, as well as promote cotton through commercials or advertisements.

4-H'ers gain skills in making rational decisions when purchasing goods and services while maximizing resources.

The contest is made up of two competition areas: judging classes and

advertisements/commercials. 4-H'ers are required to judge four classes of consumer items or services. Each class contains four similar items and has an accompanying situation statement. This statement describes a consumer and gives the needs to be considered when he/she makes a decision to purchase the item. Factors influencing these needs may include the person's age, gender, available money, lifestyles, school or job status, preferences or other requirements that depend on the item given and the individual in the situation.

Macon-Bibb County 4-H competed in the area event on November 5th, 2018 in Perry. The Bibb County team was composed of 13 middle and high school students from around Macon-Bibb County. These students practiced hard for a month in preparation for the contest.



*The Middle School team placed 3rd out of ten teams. Top individuals were Rilya Robinson, Amauri McCorvey, Jamiah Tolbert, and Matthew Ellington. The High School team placed 4th out of ten teams. The top individuals were Jordan Tolbert, Jonica Hill, Zoe Economides, and Kai Thomas.*

### UGA Resources Just a Click Away



We are able to provide you a lot of great information when you visit us at the Bibb County Extension office. Whether your questions are about lawn problems, eating healthy, growing a vegetable garden or how to store those holiday leftovers, we can help. For these topics and many, many more, visit

<http://extension.uga.edu/publications.html>

## WINTER GARDEN CHORES

- Soil Sample during the winter. This will allow time for lime (if needed) to raise soil pH in time for spring planting.
- Consider sharpening blades of pruners, changing the oil in small engines, and other routine maintenance chores during the ‘off season’.
- Plan for your spring garden. This includes chores like picking a suitable garden spot, planning what you will plant, and even browsing seed catalogues for the interesting varieties that might not be available locally.
- Winter is a great time to clean out garden beds, replenish soil, and replace mulch.
- Prune overgrown shrubs. Often plants that have outgrown their spaces can be pruned back to within 12 inches of ground level. This is referred to as rejuvenation pruning. For UGA recommendations about how and when to prune, see “Basic Principles of Pruning Woody Plants” at <http://extension.uga.edu/publications/detail.html?number=B949&title=Basic%20Principles%20of%20Pruning%20Woody%20Plants>.

October was Farm to School Month, and over 400 students were taught lessons on seed science, soils, and how to plant a fall vegetable garden.



## Walking in a Native Wonderland

The Master Gardener Volunteers of Bibb County and the Museum of Arts and Sciences have partnered together for several years on the Native Plant Garden at the museum. This year we have expanded that partnership by participating in the Museum’s Festival of Trees. The theme of this year’s tree is “Walking in a Native Wonderland.” All of the decorations for the tree were handmade by Master Gardeners Caroline Stewart, Carol Woodberry, Jill Peavy, and Allison Griffin. Wes Peavy constructed the scale replica of the Kingfisher cabin that is located in the garden. “Walking in a Native Wonderland” will be on display through January. The Museum hours are 10am-5pm Tuesday – Saturday and 1pm-5pm on Sundays.



Flowers found in the Native Plant Garden left-right: trillium, magnolia, Georgia aster



## UPCOMING DATES

December 13 — “Using Natural Plant Material to Decorate Your Home” program at the \*Lanford Library

December 24-28 — Bibb Extension closed for Christmas holidays

January 1—Bibb Extension closed for New Year’s Day

January 10 — “Attracting Feathered Friends to Your Garden” program at the \*Lanford Library

January 11 — 4-H Shooting Sports registration due

January 21— Bibb Extension closed for Martin Luther King, Jr. holiday

February 7— first day of training classes for the Master Gardener program

February 14— “Crafting a Garden Notecard” program at the \*Lanford Library

February 16—Cloverleaf District Project Achievement (4th-6th grades) at Rock Eagle 4-H Center

\*Second Thursday gardening program at 2:00 p.m. at the Lanford Library, 6504 Houston Road, Macon. Call (478) 621-6970 for more information



The Expanded Food and Nutrition Education Program (EFNEP) teaches about healthier food choices, stretching a food budget, and reducing the risk of foodborne illness. Our program is offered free of charge to low-income Georgians. The recipe for Cinnamon Dip is provided by EFNEP.

Expanded  
Food &  
Nutrition  
Education  
Program



# Cinnamon Dip

[Makes 2 servings,  $\frac{1}{4}$  cup each]

## INGREDIENTS

- 1/4 cup nonfat plain yogurt
- 1 teaspoon brown sugar
- 1 dash cinnamon

## DIRECTIONS

1. Combine ingredients in a small bowl.
  2. Serve with your favorite fruits, such as apple wedges, banana slices, strawberries or peaches.
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- \* Cinnamon Dip takes about 3 minutes to prepare and is great for snack time or dessert.
  - \* Kids love dips! Cinnamon Dip is easy to make and so delicious. It's a recipe you can feel good about because it gives kids calcium, not too much sugar, plus your children will be begging for more fruit to dip!
  - \* Plain yogurt is great to keep on hand in the refrigerator because you can do so much with it. It can be a substitute for sour cream or mayonnaise, which makes recipes lower in fat and calories.



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