

# Newsletter

**FAMILY & CONSUMER SCIENCES**

NOVEMBER-DECEMBER 2011

**Cooperative Extension Service**  
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## CALENDAR

**Nov. 1** – Club Dues due to County Treasurer

**Nov. 5** – Ellis Bazaar & Craft Sale

**Nov. 14** – MCV Gifts From the Heart Presentation; 1:30-3:30; Extension Office

**Nov. 16** – District 7 Forum

**Nov. 21** - Homemaker Lesson; 1:30; Extension Office

**Dec. 1-2** – Poinsettias Delivered

**Dec. 1** – Donations for Western State Hospital due

**Dec. 5** – Christmas on the Side; 10-2:00; Princeton

**Jan. 4** - County Homemaker Council Meeting; 9-11:00 am; Extension Office

**Jan. 17-19** – Jabez Quilt Seminar; Jabez, Ky

**Jan. 23** – Area Homemaker Council Meeting

**Jan. 26** - Homemaker Lesson; 10:00; Extension Office

**Feb.** – 4-H Reality Store

*Remember to view other dates in the year-book!*



## BAZAAR & CRAFT SALE

Ellis Community Center

*Located at the corner of Ellis Drive & Nash Drive. Ellis intersects East Sycamore Street.*

**Saturday, November 5th 8:00-2:00**

Proceeds support the Ellis Homemaker Club.

In addition to items for sale, there will be sausage biscuits, hot coffee and drinks, spiced punch, baked goods, such as cakes, cookies, and breads. Purchase items for holiday gifts early this year!

## Mix It Up

*Monday, November 21 - 1:30pm*



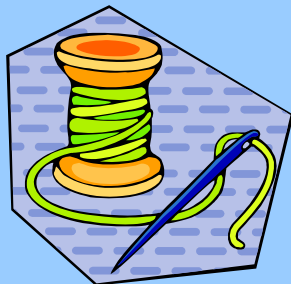
*Mix It Up!* encourages participants to balance starch, protein and vegetables (SPV) in their meals; practice portion control; and maximize on their resources (time, money and skills) to make healthy lifestyle choices, access nutritious foods, secure financial stability and nurture their families.

Melissa Goodman, FCS Agent for Hickman and Fulton Counties, will be presenting this lesson on Monday, November 21 at 1:30 at the Extension Office.

## Gifts from the Heart

*Presented by the Purchase Area Master Clothing Volunteers*

The Purchase Area Master Clothing Volunteers will again this year make their rounds to the counties presenting their wonderful sewing gift items, deemed, Gifts from the Heart



2011. This is a very well attended program of the MCVs. People purchase the books for gifts of all occasions. They also make the projects for many reasons. Call the Extension Office to register.

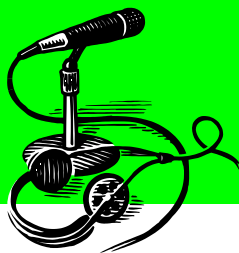
Registration of \$10 is due Nov. 11. Hurry -- Class sized is limited!

*November:*

- 7th - 9:30-11:30 – Hickman
- 7th - 1:30-3:30 – Fulton
- 11th - 9:30-11:30 – Carlisle
- 11th - 1:30-3:30 – Graves
- 14th - 9:30-11:30 – Marshall
- 14th - 1:30-3:30 – Calloway
- 18th - 9:30-11:30 - Ballard
- 18th - 1:30-3:30 - McCracken

## The Breakfast Show

Listen to the radio, WNBS 1340 AM, every 1<sup>st</sup> and 3<sup>rd</sup> Friday mornings at 8:00 for FCS and Homemaker happenings!



## Christmas on the Side

*Monday, Dec 5, 10:00-2:00  
Princeton*

Christmas on the side – a journey through the Land of Enchantment. Dr. Ann Vail led 26 FCS agents, specialists, and others on a Diverse Families Study Tour in New Mexico this past September. We had such an awesome adventure that we would like to share what we learned with you! Therefore, District 7 FCS agents will present Christmas on the Side on Monday, December 5 at the UKREC in Princeton. Registration will begin at 9:30 with the program beginning at 10:00. The fee, which includes a catered lunch, is \$10 and is due to the Extension Office by Nov. 21. Make checks payable to PEAFCs. Pre-registration is required.

Dr. Amy Hosier will share a glimpse of New Mexican culture and compare day-to-day life with that of Kentucky families. A food demonstration sharing traditional New Mexican foods and a hands-on New Mexican heritage craft using wool felt will also be part of the day. A beautiful slide show depicting what was seen and learned on the tour will be presented as door prizes are distributed.

Why Christmas on the side? Chiles are the state's top cash crop and New Mexico ranks first in the amount produced and acreage planted. As we traveled across the state, we quickly learned that in restaurants everywhere, chiles were a staple on the menu and were included in everything from eggs to potatoes. The question most often asked when ordering food was "red or green"? We were told the safe answer should always be, "Christmas on the Side".

Come join us for a fun-filled day & learn more about the great state of New Mexico as we share our adventures with you.



(We can arrange a carpool system.)



## Poinsettias

Keep selling those pretty poinsettias! Proceeds benefit your club. For more information call Judy Stahler at 753-7387.

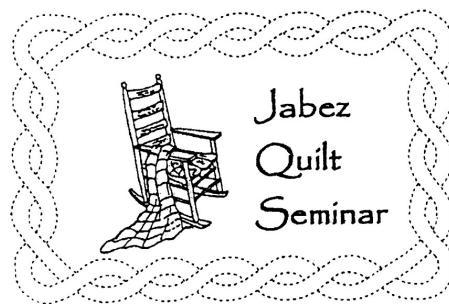


**January 17-21, 2012**

**Kentucky Leadership Center**

**Workshop techniques will include:**

Sewing curves, scrap quilts, using charm packs & fat quarters, machine piecing, rotary cutting, Square In A Square, appliqué, Seminole piecing, totes, and wearables.



**To see color photographs of projects visit  
[www.ca.uky.edu/rockcastle](http://www.ca.uky.edu/rockcastle)**

posted September 15, 2011

Sponsored by: Kentucky Interested Quilters - Lake Cumberland 4H Educational Center - UK Cooperative Extension

Featured Teacher:

**Vikki Pignatelli**

Vikki Pignatelli is a lecturer, teacher and author of *Quilting By Improvisation* and *Quilting Curves*. In her writings and teaching, Vikki focus is to inspire, creativity and develop the artistry & self confidence within each quilter. To see Vikki's work go to: [www.vikkipignatelli.com](http://www.vikkipignatelli.com)

*Note: If a group is interested in attending, please let me know and I will work on transportation. I know several fabric shop stops along the way! I guarantee a fun time. More information is available at the Calloway Extension office.*

## Let the Consumer Beware! . . .In Tough Economic Times

Thursday, January 26; 10:00

Consumer fraud, an age-old problem, has become more sophisticated with the expansion of the Internet and direct-marketing techniques. The old adage still holds true: "If anything sounds too good to be true, then it usually is." While many types of fraud continue to exist, "Let the Consumer Beware! In Tough Economic Times" focuses on a few general areas that consumers should consider carefully. The publication, facilitator's guide, and PowerPoint presentation will help consumers learn the telltale signs of fraud and protect themselves appropriately.

Vicki Wynn, Marshall County Extension Agent for Family & Consumer Sciences, will be teaching this lesson on Thursday, Jan. 26 at 10:00 at the Extension Office. Invite any friends who may be interested in this topic to come along!

*This lesson is part of the 2011-2012 KEHA Management and Safety Program of Work.*

# Community News and Needs:

## Community Warming Center:

Contact: Matthew Bradley, St. John's Episcopal Church, 753-6908

This winter the churches of Murray and Calloway County are partnering with one another to serve the community with a warming center. This center has been open for several winters. As with any benevolent work, there are needs.

In order to provide this opportunity throughout the winter, volunteers from local church and organizations are needed to cover the designated weeks. The Warming Center will be located in the parish hall of St. John's Episcopal Church building, 1620 Main St. in Murray. Volunteers work in teams of two in three shifts per day. Both a man and woman are requested for the over night shift.

6pm – 10:30pm – Volunteers prepare a frozen dinner that is provided.

10:30pm-6am – Volunteers are welcome to sleep during this shift.

6am-8:30am - Volunteers assist with breakfast foods that are provided.

The Center hopes to open Dec. 4, 2011 through March 3, 2011. Eight congregations have committed weeks. However, more weeks need to be covered. They are listed below.

Dec. 4-10      Dec. 11-17      Dec. 18-25      Dec. 25-31      Feb. 19-25      Feb. 26-Mar 3

## Community Thanksgiving Dinner

Every year community and faith-based entities sponsor a Community Thanksgiving Dinner. This year it will be held on Thanksgiving Day, November 24 at the Murray Banquet Center, 926 South 12<sup>th</sup> Street in the Bel Air Shopping Center. There will be an 11:00 denominational worship service and the dinner will be served from 11:30am-1:00pm. For transportation to the dinner or for a delivered meal, call First Presbyterian Church at 753-6460 by November 22<sup>nd</sup>.

On the other hand, if your Homemaker club or the county Homemaker Association as a whole would like to assist with this project, either by volunteering or making a donation, call Rose Bogal-Allbritten at 293-9490. A list of needs for the Community Dinner is below:

**Monetary Donations:** (It takes approx. \$700 to cover the costs.) Checks should be made out to: St. John's Deacon's Discretionary Fund. It can be mailed to: Rose Bogal-Allbritten, St. John's Episcopal Church, 1620 Main St., Murray, Ky 42071.















**Desserts:** (homemade or purchased): They can be toke to the Murray Banquet Center on Wed. afternoon, Nov. 23, or on Thanksgiving Day morning.

**Fresh Fruit:** (For the fruit salad); See above

**Volunteers:** Please call Rose at 293-9490 for more information.

**Guests:** Please encourage people to join us for this meal.



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 UK College of Agriculture, 859-257-3879; Terry Allen or   
 Patty Bender, UK Office of Institutional Equity and Equal   
Opportunity, 859-257-8927; or the USDA, Director Office of   
 Civil Rights, Room 326-W Whitten Bldg., 14<sup>th</sup> & Independ-   
ence Ave. SW, Washington, DC 20250-9410 (202-720-5964). 



Respectfully submitted,



La Dawn Hale  
Calloway Co Extension Agent  
for Family & Consumer Sciences