

OCTOBER 2009



## Bluegrass Festival Quilt Show

Wow! What a turn out and wonderful display the Bluegrass Festival Quilt Show was this year! If you missed it, you certainly did miss some beautiful pieces of art and an interesting antique bed turning.

There were 50 quilts entered and another 28 vintage quilts for the bed turning. What a great job



*Mrs. Robbie Ferguson's quilt was the crowd pleaser at the Quilt Show.*

the Quilt Guild ladies did with that! Kudos to you all!!

### RESULTS:

**Pieced & Hand-Quilted:** 1st Jim Graham; 2nd Robbie Ferguson; 3rd Jo Bell.

**Appliqué & Hand-Quilted:** 1st Wanda Graham; 2nd Becky Cary.

**Embroidered & Hand-Quilted:** 1st Pat Dalton; 2nd Eva May Young.

**Wall Hanging-Baby or Small Quilt:** 1st Ramona Collins; 2nd Carol Pierce; 3rd Cindy Vibbert.

**Pieced & Machine Quilted:** 1st Darlene Lanning; 2nd Cindy Vibbert; 3rd Ramona Collins.

**Appliqué & Machine-Quilted:** 1st Midge Patterson; 2nd Carol Pierce; 3rd Wanda

Graham.

**Embroidered & Machine-Quilted:** 1st Janice Stalcup; 2nd Brenda Wilkinson.

**Novelty Quilt:** 1st Carol Pierce; 2nd Sharon Pat Riley; 3rd Betty Lee.

**Viewers' Choice:** Robbie Ferguson



*The vintage quilt bed turning proved to be quite a success. Pictured are Ramona Collins who read the descriptions and turning were Wanda Graham and Midge Patterson.*

## Bluegrass Festival Booth

Thank you to all the members who helped man the Homemakers booth at the Bluegrass Festival this year. It was quite a successful fundraising effort. The basket was

filled with so many wonderful items from members of each club. Thank you for your generosity. Between the ticket sales on the basket raffle and

cookbook sales we cleared \$509.10 and even managed to sign up a new mailbox member and collect some dues simultaneously. Great job ladies!

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Time to pay your dues....

Don't forget that now is the time to pay your annual dues for Extension Homemakers membership. They have increased to \$10 this year. Of that, \$4 is for state dues, 75¢ is for area dues, and \$1 is a donation to ovarian cancer testing and research at Markey Cancer Center. The remaining \$4.25 is kept here in Cumberland County to do the many wonderful thing we do each year!



CUMBERLAND COUNTY  
EXTENSION  
HOMEMAKERS

## Station #2 Favorites

On Thursday, September 24, Station #2 Homemakers hosted a new type of fundraiser that they appropriately named "Station #2 Favorites." The \$10 admission allowed participants to watch and learn how to make several of the members favorite recipes as well as copies of those recipes, door prizes and goody bags.

The event was quite the success with 68 people attending and participating in the event. Station #2 members would like to sincerely thank everyone that participated for letting them share some of their families' favorites with other families.



*Club president Virginia Miller and club secretary/treasurer Linda Spears greet patrons at the door at their recent fundraising event.*



## Ladies Day Out

Cumberland County Health Department is hosting its annual LADIES DAY OUT. The event is scheduled for Tuesday, October 20. While the event is planned to last all day, it is necessary to call to make an appointment.

LADIES DAY OUT is a free service/ screening for women that are:

- ◆ Age 50-64
- ◆ Never screened
- ◆ Rarely screened (not within last 5 years)
- ◆ <250% poverty guidelines

For more information about the screening service, contact the Health Department at 864-2206.

## 12 Ways to *Care*

1. Get plenty of rest to restore your energy.
2. Schedule physical activity into every day.
3. Eat a healthful diet that includes plenty of fruits and vegetables.
4. Take time out each day to do something for yourself.
5. Learn healthful ways to manage stress.
6. Set realistic goals for what you can get done each day.
7. Drink plenty of water.
8. Keep a positive outlook.
9. Make time to enjoy family and friends.
10. Have health exams and screenings on schedule.
11. Maintain a healthy weight.
12. Reward yourself for your accomplishments.

**WE CARE** will host "A Fun Day at Veterans Park" on Saturday, October 3 at Dr. Schickel Veterans Memorial Park from 10 am to 5 pm. There will be BBQ, music, Horse Shoe and Cornhole Tournaments, bingo, face painting and more. The group is asking Homemakers to help by providing **cookies** for the event. If you are able and would, please prepare cookies that are wrapped in 50¢ value size and bring to the Extension Office on **Friday, October 2nd.**



*"Alone we can do so little.  
Together we can do so much."*

*~ Helen Keller*

**Relay For Life** will hold a cake walk as part of their festivities at its Harvest Festival (see pg 4 for details). If you or anyone you know is willing to do so, please provide any **cake, pie or homemade goodies** for the event which will be held on Saturday, October 24. Your donations can be dropped off at the **Extension Office on Friday, October 23** or **Capps Pharmacy** before 1 pm on **Saturday, October 24.** Thank you for your continuous community support.

# County & Area Meeting

The Cumberland County Extension Homemakers Annual County Meeting will be held on Thursday, October 22 at Highland Chapel Fellowship Hall. The meal will begin at 6 pm. Club members are asked to provide the pot-luck style dinner and bring your dish at 5:30 pm. Cost of the meal will be \$6 for adults and \$3 for children.

Last year's event was a huge success and the ladies in charge of the meeting this year have really been scheming to have another entertaining event. Please encourage everyone you know to attend. We want to have the largest turnout ever!

*Bloom Where You Are Planted*  
Lake Cumberland Extension Homemakers Annual Meeting will be an evening meeting this year. The event is scheduled for Tuesday, October 27 at the First Baptist Church at 128 North Main Street in Somerset.

Registration will begin at 5:30 EST with appetizers and the meeting at 6:15 EST. Cost for the meeting is \$12. We **MUST** register with Pulaski County before the event so please call the Extension Office at 864-2681 by **Monday, October 12** to confirm your attendance. Dinner will be Parmesan chicken or Roast beef, cranberry salad, garlic smashed potatoes, broccoli

casserole, French bread with herbal butter, ice cream sundae bar, tea, lemonade or coffee.

Each county is asked to bring a board to display the activities of their county this past year from viewing from 5:30-6:15 pm EST. If you have suggestions and/or pictures for Cumberland County's board, please drop those off at the office as soon as possible. Also, each county should make their own name tags. Any ideas of a creative way to do so? Remember the theme is "Bloom Where You Are Planted." I know you ladies are quite imaginative and this shouldn't even be a challenge.

# Homemaker Week

All of us promote the Extension Homemakers program and think we do a great job until someone says, "What is KEHA? What do they do? I've never heard of the organization."

The purpose of Kentucky Extension Homemakers Week is to get the word out. Kentucky Extension Homemakers Week is the second full week in October. Start making plans now. It's up to you! This is a great time to invite someone to

become a homemaker, write a note of appreciation to a homemaker, and or visit a former homemaker.

Homemaker Week is scheduled for October 11-17, 2009. In celebration of this, I plan to be on Talk Around Town (WKYR) to talk about our wonderful clubs and try to recruit new members. If anyone would like to join me, give me a call. I would welcome your input and involvement. There will be freebies

given on that day as an extra incentive to those that call in for a new membership. I would love to see us increase our membership this year.

Don't forget that membership would make an excellent gift for a friend or family member as well as our wonderful cookbooks!



# Upcoming Events

## 2nd Sunday

Second Sunday is a statewide event that will take place October 11th with Cumberland County participation at Veteran's Memorial Park from 2-4pm. This is an Extension sponsored event in which over 100 counties in Kentucky will be participating this year. The purpose is to promote physical activity in all age groups. There will be many

activities occurring as well as several door prizes and giveaways. Come out and enjoy a family walk or participate in the other scheduled events that are going to take place. I know that I can count on you to come out and support this event.



## Holiday Craft Night

Dicie Stinson (Wayne County homemaker and crafter) will join us on November 17th to do some Make and Take crafts. This will take place from 5-8pm. I need to determine level of interest in order to secure her coming to Cumberland County.

**Please call the Extension office (864-2681) as soon as possible to get on the list.**

## CONTACT US:

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HEGIRA CLUB: October 5 @ EXTENSION OFFICE- 4 pm

KETTLE CLUB: October 6 @ VADA KIRBY'S - 12 noon

STATION #2: October 8 @ HIGHLAND CHAPEL-6:30 pm

CO-WORKERS: October 12 @ VETERAN'S BUILDING-6:00 pm

QUILT GUILD: October 15 @ HOUSING AUTHORITY-9:30 am

KRAFTY KRITTERS: October 19 @ JONES CHAPEL-5:30 pm

### FLU CLINIC SCHEDULED

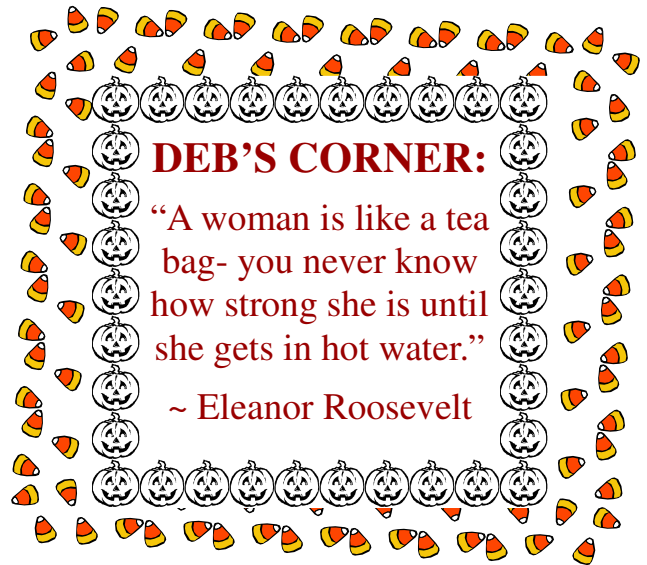
A flu clinic is scheduled for Oct. 17<sup>th</sup> at the Cumberland County High School from 8 am- 12 noon.

Costs of the vaccine will be \$23. Charges are covered by Medicaid and Medicare (with parts A and B).

Humana insurance accepted, co-pay due at time of service

For more information, contact the Cumberland County Health Department at:

864-2206



## *National Breast Cancer Awareness Month & RFL Harvest Festival*

### *Breast Cancer Awareness Month*

The National Breast Cancer Awareness Month (NBCAM) program is dedicated to increasing awareness about the importance of the early detection of breast cancer through a nationwide campaign. NBCAM started as a weeklong campaign in 1985 with 2 founding members. Today the American Cancer Society is one of many national public service organizations, professional associations, and government agencies that form the NBCAM Board of Sponsors.

During October, which is National Breast Cancer Awareness Month, the member organizations of the Board of Sponsors join forces to spread the message that early detection of breast cancer followed by prompt treatment saves lives.

Please make an appointment today for your mammogram or encourage a loved

one to do so. Also, remember to regularly conduct self breast exams. For more information, talk with your doctor or health care provider.

Feel your  
Boobies



Breast Cancer  
Awareness

*The most effective way to fight breast cancer is to detect it early. In fact, women who perform regular breast self-exams and learn what is normal may find abnormalities earlier.*

### *RFL Harvest Festival*

Relay For Life of Cumberland County has planned a Harvest Festival to start their 2010 season. The event will take place on Saturday, October 24 at Dr. Schickel Veterans Memorial Park.

Activities include a 5K Run/Walk, Cruise In for a Cure, Pumpkin Carving and Scarecrow Decorating contests, pumpkin painting, Kids Korner, Karaoke and so much more. Please mark your calendars and make plans to join them for what will surely be lots of fun.

The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. Cumberland County cancer survivors have benefited greatly from the ACS services. If you or someone you know has cancer and would like more information about the services available, please contact them at 1-800-ACS-2345.

For more information about Relay For Life of Cumberland County, visit [www.relayforlife.org/cumberlandky](http://www.relayforlife.org/cumberlandky).