



Cumberland County Extension Homemakers

SEPTEMBER 2009

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Extension Homemakers will again be setting up a booth at the Bluegrass Festival to recruit new members, sell cookbooks, and sell chances on a basket. Each club is responsible for covering the booth at certain times. Please discuss in September club meetings dates and times needed as well as items for the basket.

Also, please come out and support the quilt show this year. It was wonderful last year but this year has an added bonus: an Antique Quilt Turning. If you have vintage or antique quilts that you would like to be a part of this, contact Quilt Guild members or the Extension office. And don't forget to buy chances on the quilt to be given away. It is BEAUTIFUL!

Thank You to all who helped the Cumberland County Extension Service make this year's county fair exhibits very successful. Also, congratulations to all of the winners. You will find a list of the winners from open foods in this month's newsletter. The open cultural arts results will be in October's newsletter.



Labor Day is Monday, Sept 7th. The Extension Office will be closed.



Martin Bus Tour to Washington, D.C.

Carl Martin, with Martin Bus Tours contacted me about a trip with Mrs. Edith Lovett and Pulaski County Homemakers to Washington, D.C. March 29-April 2, 2010. This will be during the beautiful cherry blossom season. The cost of the tour of our nation's capital ranges from \$506-\$522 and includes stops at the homes of President Washington and Jefferson, many memorials, museums, Arlington Cemetery, and a tour of the Capitol Building. A \$50 deposit will hold your seat and balance will be due February 16. Please contact Misty if you are interested or would like a copy of the itinerary.



AND THE WINNERS WERE:



BREADS

White Bread: 1st- Laura McLaughlin 2nd- Paulette Andrews 3rd- Regina Jones Loaf Yeast Bread: 1st- Laura McLaughlin 2nd- Hosanna Konsavage 3rd- Casey Jones Banana Bread: 1st- Casey Jones 2nd- Gina Shaye Watson 3rd- Laura McLaughlin Biscuits: 1st- Becky Hughes 2nd- Regina Jones 3rd- Casey Jones Cinnamon Rolls: 1st- Casey Jones 2nd- Regina Jones 3rd- Steven Murray Corn Muffins/Sticks: 1st- Regina Jones 2nd- Paulette Andrews 3rd- Casey Jones Zucchini Bread: 1st- Casey Jones 2nd- Regina Jones Other Breads Not Mentioned: 1st- Laura McLaughlin

WHOLE CAKES

Angel Food Cake: 1st-Regina Jones 2nd- Debbie Dubre Frosted Cake: 1st-Cinnamon Brewington Pound Cake: 1st-Debbie Dubre Any Cake Not Mentioned: 1st- Regina Jones 2nd-Laura McLaughlin 3rd- Elizabeth Cornwall

SMALL CAKES/COOKIES

Brownies: 1st- Gina Shaye Watson 2nd- Ashley Watson 3rd-Debbie Dubre Chocolate Chip Cookies: 1st-Malinda Farlee 2nd- Regina Jones 3rd-Elizabeth Cornwall Sugar Cookies: 1st- Regina Jones 2nd-Malinda Farlee 3rd-Debbie Dubre Peanut Butter Cookies: 1st- Debbie Dubre Any Cookie Not Mentioned: 1st- Elizabeth Cornwall

CANDIES

Caramel Fudge: 1st- Regina Jones Chocolate Fudge: 1st- Regina Jones 2nd- Casey Jones 3rd- Steven Murray Divinity: 1st- Steven Murray 2nd- Casey Jones 3rd- Regina Jones Peanut Butter Fudge: 1st-Debbie Dubre 2nd- Chelsea King 3rd- Luke King Any Candy Not Mentioned: 1st- Debbie Dubre 2nd- Cinnamon Brewington

WHOLE PIES

Any Fruit Pie: 1st- Regina Jones 2nd- Malinda Farlee Any Fried Pie: 1st- Shirley Barnett Pecan Pie: 1st- Regina Jones 2nd- Casey Jones 3rd- Trevor Murray

JAMS/JELLIES/PRESERVES

Blackberry Jam: 1st- Jessica Dubre 2nd- Laura McLaughlin 3rd- Robbie Ballard Strawberry Jam: 1st- Trevor Murray 2nd- Casey Jones 3rd- Regina Jones Any Jam Not Mentioned: 1st- Cheryl Gilbert 2nd- Betty Lee 3rd- Laura McLaughlin Apple Jelly: 1st- Carol Pierce 2nd- Debbie Dubre 3rd- Becky Hughes Grape Jelly: 1st- Becky Hughes 2nd- Donna Allen 3rd- Carol Pierce Any Jelly Not Mentioned: 1st- Carol Pierce 2nd- Laura McLaughlin 3rd- Paulette Andrews Apple Butter: 1st- Carol Pierce 2nd- Jack Keen 3rd- Regina Jones Blackberry Preserves: 1st- Casey Jones 2nd- Regina Jones 3rd- Trevor Murray Peach Preserves: 1st- Casey Jones 2nd- Trevor Murray 3rd- Regina Jones Any Preserves Not Mentioned: 1st- Amelia Allen 2nd- Sierra Long 3rd- Carol Pierce

PICKLES/RELISHES

Dill Cucumber Pickles: 1st- Debbie Dubre 2nd- Donna Allen 3rd- Amelia Allen Sweet Cucumber Pickles: 1st- Weltha King 2nd- Casey Jones 3rd-Chelsey King Salsa: 1st- Gina Shaye Watson 2nd-Kayte Watson Corn Relish: 1st- Kay Page 2nd- Robbie Ballard 3rd- Pat Riley Sweet Relish: 1st- Carol Pierce 2nd- Kay Page 3rd- Regina Jones Pickled Beets: 1st- Judy Lee 2nd- Hanna Vanderpool 3rd- Weltha King Any Relish Not Mentioned: 1st- Carol Pierce 2nd- Regina Jones 3rd- Betty Lee

CANNED FRUITS

Blackberries: 1st- Casey Jones 2nd- Regina Jones Peaches: 1st- Chelsey King 2nd- Weltha King 3rd- Kalyn Barnett Pears: 1st- Regina Jones 2nd- Amelia Allen Any Fruit Not Mentioned: 1st- Rachel Barnett

CANNED VEGETABLES

Beets: 1st- Donna Allen Green Beans: 1st- Debbie Dubre 2nd- Melinda Farlee 3rd- Pam True Kraut: 1st- Robbie Ballard 2nd- Kay Page 3rd- Regina Jones Tomatoes: 1st- Sierra Long 2nd- Regina Jones 3rd- Kathy Johnson Tomato Juice: 1st- Kay Page 2nd- Judy Lee 3rd- Carol Pierce Favorite Soup Mix: 1st- Regina Jones 2nd- Robbie Ballard Any Vegetable Not Mentioned: 1st- Regina Jones 2nd- Debbie Dubre 3rd- Kathy Johnson

DAY TRIPS

Bread of Life

Join me on September 29th to enjoy lunch at Bread of Life Café in Liberty, KY. We will depart from the Extension Office at 10am and carpool to the restaurant for a nice meal and GREAT company. In searching the website, it appears that the buffet is \$7.95. Let me know if you plan to go.

Berea

We have been talking about taking a daytrip to Berea. In looking at the website and calendar, I have found that there is a Home and Hearth Christmas Bazaar on the weekend of November 14th and 15th. This is a 29 year tradition in Berea in which over 30 artists and vendors will be set up for some great shopping. Mark your calendars for November 14th and please contact me at the Extension Office if you are interested in attending.

Do you have ideas for other great trips?

Leaders Training

All Club & County Officers are urged to attend September 3rd at the Extension Office 4:00pm-5:00pm. You will receive your booklets and valuable information for use throughout the year for your roles as officers.



CLUB MEETINGS

KETTLE CLUB: SEPTEMBER 1ST @ JOYCE IRMEN'S -12 noon

HEGIRA CLUB: SEPTEMBER 8TH @ EXTENSION OFFICE- 4 pm

STATION #2: SEPTEMBER 10TH @ HIGHLAND CHAPEL-6:30 pm

CO-WORKERS: SEPTEMBER 14TH @ VETERAN'S BUILDING-6:00 pm

QUILT GUILD: SEPTEMBER 17TH @ HOUSING AUTHORITY-9:30 am

KRAFTY KRITTERS: SEPTEMBER 21ST @ JONES CHAPEL-5:30 pm

*Station #2 will be having a club fundraiser "Station #2's Best of Cooking" on September 24th. Only a limited number of tickets are available. See club members for details and tickets.



CONTACT US:

Cumberland County Extension
Service
PO Box 39
Burkesville, KY 42717

Phone: (270) 864-2681
Fax: (270) 864-4191
E-mail: cumberla@uky.edu

Cumberland Co. Extension Agent
for Family and Consumer Sciences

Debbie Messenger

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~FYI~

September is *National Ovarian Cancer Month*. Don't forget that UK offers FREE ovarian cancer screening. The next available date for groups is November 2. Call the Extension Office if you are interested in signing up.

Screening Dates:

November 2

December 3

at Markey Cancer
Center in
Lexington



September is Emergency Preparedness month.

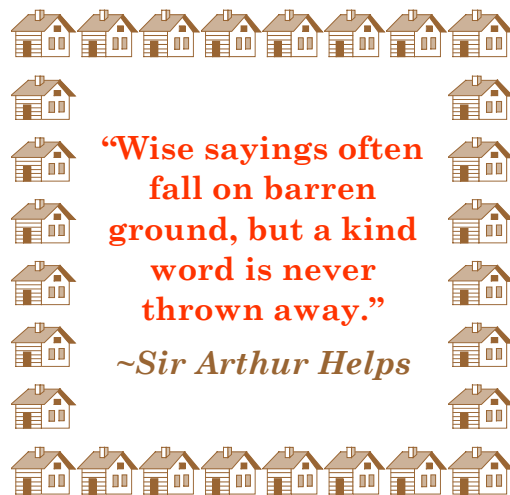
Knowing what to do during an emergency is an important part of being prepared and may make all the difference when seconds count.

Being informed about the different types of emergencies that could happen where you live and the appropriate ways to respond to them will impact the decisions you make and the actions you take.

Some of the things you can do to prepare for the unexpected, such as making an emergency supply kit and developing a family communications plan are the same for both a natural and a man-made emergency.

For more information, visit www.ready.gov.

Source: [ready.gov](http://www.ready.gov)



**“Wise sayings often
fall on barren
ground, but a kind
word is never
thrown away.”**

~Sir Arthur Helps

Also, September 22 is “Take a Loved One for a Check-up Day.” Make plans to do just that. Make an appointment for yourself as well.

AAA Driving Class

Offered through *Family Resource
and Youth Service Center*

Ages 55 and older

September 29th, 2009

4:30pm-8:30pm

Presented by Trooper Billy Gregory
**\$2 charge to cover participant
workbook**

Limited to 30 people

**Discounts given on some insurances
upon completion of class**

Call 864-1262 to reserve your spot