

CUMBERLAND COUNTY EXTENSION HOMEMAKERS MAY 2008 NEWSLETTER

MAY ROLL CALL: Where in the world would you move if you had to move tomorrow? Why?

THOUGHT FOR THE MONTH:

“Worry does not empty tomorrow of its sorrow; it empties today of its strength.”
— Corrie Ten Boon

DATES:

Hegira: Club: Monday, May 5, 4:00, Extension Office. Dorothy Glidewell, leader

Kettle Club: Tuesday, May 6, 1:00 Joyce Irmen, leader.

Bag Ladies: Wednesday, May 7, call Barbara for place and time.

Station #2: Thursday, May 8, 6:30 at Highland Chapel. Linda Spears & Virginia Miller, leaders.

Cumberland Valley Manor: Monday, May 12, 2:00 pm.

Co-Workers: Monday, May 12, at 6:00 pm at the Veterans Memorial Building; Faye Smith & Drusilla Allen, leaders.

Quilt Guild: Thursday, May 15, at 9:30, Veteran's Memorial Building

Krafty Kritters: May 19, 5:30 at Jones Chapel. Julie Dubre, leader.

Knitting Group: TUESDAY, May 27, 4:00 Extension Office. — **NOTE:** This is a different day because of the Memorial Day Holiday.

No leader training for June.

Scholarship Committee Meeting Monday, May 5.

Bloodmobile May 8.

The Cancer Coalition will meet May 12 at Jones' Restaurant, 12:00 noon—2 pm

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Mother's Day: A Time to Honor and Remember Mom

In the United States, Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle hymn of the Republic) as a day dedicated to peace. Ms. Howe would organize Mother's Day meetings in Boston each year. In 1907, Ana Jarvis, from Philadelphia, began a campaign to establish a national Mother's Day. Jarvis persuaded her mother's church in Grafton, WV to celebrate Mother's Day on the second anniversary of her mother's death, the 2nd Sunday of May. By the next year, Mother's Day was also celebrated in Philadelphia. Ms. Jarvis and her supporters began to write to ministers, businessman, and politicians in their quest to establish a national Mother's Day. It was successful as by 1911 Mother's Day was celebrated in almost every state. President Woodrow Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the 2nd Sunday of May (taken from www.Holidays.net).

Mother's Day is a time of commemoration and celebration for Mom. It is a time of breakfast in bed, family gatherings and crayon-scribbled "I Love You's." This year, Mother's Day is Sunday, May 11. Be sure to remember those mothers who are no longer with us and to honor those that we are blessed to still have. Remember not only mothers, but also grandmothers, daughters, aunts, sisters, in-laws, and friends who have helped "mother" you as a child, or helped in your journey as a mother. And, or course, for those of you who are moms yourself...



Club Connection

While we are all homemakers, sometimes it is difficult to keep up with all the happenings among the various clubs. So, to help keep everyone in the know, each newsletter will feature a section called **Club Connection** which will highlight one or two of the county's Extension Homemaker Clubs and what activities they have done for the month. In order to do so, however, we ask that you please let either Jeanne or Misty at the Extension Office know what your club would like to share with others.

The Quilt Guild has been busy visiting and serving at the local nursing home. Cumberland Valley Manor residents truly received a treat from these members who brought fabric pieces and made pillow tops with them. The residents now have a beautiful pillow top and lovely reminders of an afternoon spent with the Quilt Guild Members.

Co-Workers have also been doing some good for their neighbors. During their regular monthly meeting members brought crafts to donate to the

Center for Courageous Kids, a camp for children between ages 7-15 who have serious illnesses. The camp opened February 29, 2008 in Scottsville and offers the campers who are unable to attend other camps opportunities to participate in horseback riding, bowling, swimming, and many other activities. It is a non-profit camp and is free to the children. The grand opening was held on Saturday, April 26. Everyone is invited to drive over and check the camp out.

"Hats Off to Homemakers" is the theme for the 2008 KEHA State Annual Meeting, May 12 through May 15. This is a return to Louisville and the Galt House for the 75th Annual Meeting. Attending and representing Cumberland County will be Cathy Berry, Laura McLaughlin and Linda Spears.



We will have several Cultural Arts entries at this year's meeting and you won't want to miss that. You can drive up for just the one day. The viewing will be from 8:00 AM until 3:00 PM on Wednesday, May 14th and check out time is that day at 4:00—5:00 PM. The state meeting is a lot of fun and you will enjoy the sessions and classes offered.



Graduation Activities

SCHOLARSHIPS: The deadline for students interested in Extension Homemakers Educational Scholarships to get their applications in to the committee or to the High School Counselor's office is May 1. The Scholarship Committee will meet at the Extension Office on Monday, May 5 at 5:00 pm. The number of scholarships given and the amount of money to be awarded will be determined by the number of applicants received. Scholarship winners must show an official schedule of classes from the college they will be attending in order to receive money.

PROJECT GRADUATION once again needs our cookies and brownies for the event for the senior class, but have also requested chips and dip. Linda Spears will contact each club to let you know which to bring. Graduation will be May 30. Treats need to be brought to the high school lunch room that day.

FOR YOUR INFORMATION:

The Nominating Committee

has been working on a new slate of officers and committee chairs for the 2008-2009 year.

Volunteers are needed for the **Bloodmobile** at Living Word Church on Thursday, May 8 from 12:00-6:00. If interested, please call Jeanne at 864-2681.

4-H is scheduling their summer **Project Work Days** and would appreciate any and all assistance. For more information, call Elijah or Misty.

CCES Spring Carnival is scheduled for May 2 and they need cakes donated for the cake walk. You can drop them off at the school on May 1 or 2.

Thank you to those who donated cookies for the recent WE CARE fundraiser.

Cumberland Co. Extension Agents

Greg Tompkins,

Agent for ANR

Elijah Wilson,

Agent for 4-H Youth

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Disabilities accommodated with prior notification



Barn Quilts

Jennifer Bridge, Meade County FCS Agent, along with Mr. Danny Cash and Cumberland County Ag Agent, Greg Tompkins will be on hand May 7 starting at 10 am at the Ag Building on Upper River Street to assist those interested in making barn quilts. Ms. Bridge will give an overview of the program and its history, while Mr. Cash and Mr. Tompkins will help those who would like to sketch a block onto a 4' x 4' sheet or 1/4 of a block onto a 4' x 4' sheet. No painting of the blocks is scheduled for this date, however. In order to secure enough materials, those who are interested in sketching a quilt block will need to register by calling the Extension Office by Monday, May 5. The signboard sheets will cost \$24. Pictured at right is an example of the barn quilts. This quilted barn is located on Highway 90 East and belongs to Mr. and Mrs. Danny Cash.



BEST CARROT SHEET CAKE Recipe provided by Juanita Owen, Co-Workers Club

Ingredients

2 c. all-purpose flour
2 tsp baking soda
2 tsp ground cinnamon
1/2 tsp salt
3 large eggs
2 c. sugar
3/4 c. vegetable oil
3/4 c. buttermilk
2 tsp vanilla extract
2 c. grated carrots (about 3 large carrots)
1 (8-oz) can crushed pineapple, drained
1 (3 1/2-oz) can sweetened flaked coconut
1 c. chopped pecans or walnuts

Preparation

Stir together first 4 ingredients. Beat eggs and next 4 ingredients at medium speed with an electric mixer until smooth. Add flour mixture, beating at low speed until blended. Fold in carrots and next 3 ingredients. Pour batter into a greased and floured 13"x9" inch pan.

Bake at 350° for 30 minutes;

cover pan loosely with aluminum foil to prevent excessive browning, and bake 13 more minutes or until a wooden pick inserted into center comes out clean. Drizzle Buttermilk Glaze evenly over cake; cool completely in pan. Spread Cream Cheese Frosting evenly over cake.

Yield: Makes 10 to 12 servings

Best Carrot Cake Glaze Ingredients

1 c. sugar
1 1/2 tsp baking soda
1/2 c. butter or margarine
1/2 c. buttermilk
1 T. light corn syrup
1 tsp vanilla extract

Preparation

Bring sugar, baking soda, butter, buttermilk, and corn syrup to a boil in a Dutch oven over medium-high heat. Boil, stirring often, 4 minutes or until mixture is golden brown. Remove from heat, and stir in vanilla extract.

Yield: Makes 1 1/2 cups Cream Cheese Frosting Ingredients

1/2 c. butter or margarine, softened
1 (8-oz) package cream cheese, softened
1 (3-oz) package cream cheese, softened
1 (16-oz) package powdered sugar
1 1/2 tsp vanilla extract

Preparation

Beat butter and cream cheese at medium speed with an electric mixer until creamy. Add powdered sugar and vanilla extract; beat at high speed 10 seconds or until smooth.

Yield

Makes 4 cups

Southern Living, MARCH 2003

