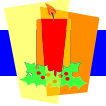


Franklin County
101 Lakeview Court
Frankfort KY 40601
(502) 695-9035
Fax: (502) 695-9309
www.ca.uky.edu/ces

December 2009



FAMILY AND CONSUMER SCIENCE



Calendar of Events



February Leadership Training

"A SURVIVOR'S GUIDE"

Mark your calendar for **January 11th 10:00 a.m.** Sara Talbott, Anderson County FCS Agent will be here to present the topic **A Survivors Guide.**

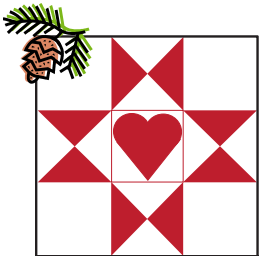
HOLIDAY STORE

**December 5, 2009
9 a.m.-Noon**



All homemaker members are encouraged to promote the store to children ages 4-12. Items will be priced \$3.00 and under. *Important: please have change for those people who may come with \$20.00 bills.*

The Children's Holiday Store is scheduled for Saturday, December 5, 2009. I encourage your club to participate in this worthy event that reaches out to the children of our community. Please bring fruit and raisins rather than cookies and punch as discussed in the meeting. If you would like more information, please contact Rita Belen at (502) 330-4418



Central Kentucky Homemakers Quilt Guild

**December 15, 2009
7:00 p.m.
Extension Office
101 Lakeview Court
Room E/F**

Visitors Welcome

Please bring a favorite holiday treat and memories to share. Also, remember to bring non-perishables food items for the Senior Citizens Center.

UPCOMING CLASSES IN THE FUTURE

<http://ces.ca.uky.edu/franklin/FamilyConsumerSciences>

Watch for upcoming classes beginning in January in the next edition of the newsletter.



Can you believe that we are at the end of another year? I always say that time in Cooperative Extension moves rapidly. I hope that you are having informative and fun meetings this year. Keep inviting new members.

Remember our theme this year is "Lights, Camera, Action: Focus on Franklin County Homemakers". I would like for each club to take a group picture and e-mail it to me at tamera.thomas@uky.edu. If you unable do so please let know. Also, during January and February I am planning on visiting with your club.

Just to remind you, the Extension office will close at 4:30 p.m. on December 23rd and will reopen January 4, 2010. Allow me to wish you every blessing and continued joy during the season.

Sincerely,

Tamera Thomas
County Extension Agent for Family & Consumer Sciences





December Club Calendar

Lesson: **Holiday Programs**

Roll Call: *What is the most unusual gift you have ever received for Christmas?*

Thought for the Month: *"Respect yourself. Respect others. Accept responsibility for your actions."*

-Dalai Lama

Happy Holidays to all the Franklin County Homemakers. Because of the holidays and special events many clubs are having we have posted the information that we know. **PLEASE** contact your club president to make sure your club is meeting this month. Be sure and send in your information each month to keep us up-to-date.

Club	Date	Hostess	Place
Cloverdale	Dec. 8—6:30 pm		Adelia's
College Park	Dec. 15 @ 1:00pm		O'Charley's
Country Lane	10:30am	Jewel Durrett	Going out to Lunch
Indian Hills	Dec. 16	Topy Polsgrove & Estelle Drake	Frankfort Country Club
Louisville Rd	Dec. 2 @ 10:00am	Betty Gardner	Bring canned goods and snack packs to the meeting.
Meadows	Dec. 1 @ 6:00pm	Teresa Abell	Johnny Carino's
Random	Dec. 7 @ noon		Cleveland's—Versailles
Ridgeview	Dec. 10		Kavanaugh House - Lawrenceburg
S & S	TBA		
Springhill	Dec. 3 @ 2:30pm		Science Hill - Shelbyville
Sunny Morning			Tour governor's mansion and lunch @ Candleberry Tea Room
Swallowfield	Holiday Program		TBA
Switzer	Holiday Program	Lunch Out	TBA
West End	Dec. 14 @ 6pm		Doris Bailey

Governor and First Lady Urge Kentuckians to Remember Service Members, Their Families and Veterans

FRANKFORT, Ky. (Nov. 12, 2009) – Gov. Steve Beshear and First Lady Jane Beshear today announced their plan to join again in an effort launched by the Red Cross and Pitney Bowes to deliver Christmas cards to service members, their families and veterans, many of whom will be far from home this holiday season.



Now in its third year, the Holiday Mail for Heroes program provides Americans with the opportunity to extend holiday greetings and thanks to service members and veterans. This will mark the second year that the Governor and First Lady have participated in this effort.

“The Christmas season is all about celebration, generosity and pausing to count your blessings,” said Gov. Beshear. “For so many of our brave men and women serving overseas and their families, it is a time when the distance between loved ones is most difficult. I am proud to be a part of an initiative to provide these heroes—both active duty and veteran—with warm wishes and merriment.”

“All Kentuckians should take time to honor and reach out to our military service men and women during this season,” said First Lady Jane Beshear. “This program provides a great opportunity to let them know we are thinking of them during our celebra-

Between now and Dec. 7, the public is invited to send warm wishes and kind thoughts through holiday cards that contain messages of cheer and appreciation. The cards will be distributed to military bases and hospitals, veterans’ hospitals and other locations during the holidays by volunteers from the Red Cross and Pitney Bowes.

Holiday cards should be addressed and sent to:

Holiday Mail for Heroes
P.O. Box 5456
Capitol Heights, MD 20791-5456

Cards must be received no later than Dec. 7. Those choosing to participate are asked to refrain from sending “care packages,” monetary gifts, using glitter or including any inserts with the cards.

“It’s an honor for our community to help make the holidays special for American heroes,” said Paula Rutledge, executive director of the Franklin County Chapter of the Red Cross. “The American Red Cross serves and supports members of the military, veterans, and their families by providing emergency communications, comfort and assistance each day. The Holiday Mail for Heroes program continues the Red Cross tradition of service to the armed forces.”



For more information, visit <http://www.redcross.org/holidaymail> for a full list of recommended guidelines and best practices on the Holiday Mail

for Heroes program.

TUBERS ADD VARIETY TO MEALS

It's that time of year again for some warm, hearty soup. Try adding winter tubers, like turnips or parsnips to the pot for added nutrition.

Turnips are a good source of vitamin C. The younger the turnip, the sweeter it will be. Before you use the turnip, wash it, trim it, and peel it.

Not only are turnips good in soups, they're also good boiled or steamed. You can mash and puree them. You also can stir-fry, cube and toss them with butter or use them raw in a salad. They are available year 'round, but sweetest when they're harvested after the first frost.



Turnip greens can also be cooked in a variety of ways if they are still crisp looking.



roots.

Parsnips are sweet, nutty-flavored vegetables that are a good source of vitamin C and iron. When deciding on which parsnips to purchase, look for small-to-medium, well-shaped

You can refrigerate your parsnips in a plastic bag for up to a month. Cook parsnips any way you want including baking, boiling, sautéing and steaming. You can also boil and mash them like potatoes.



Recipe of the Month

Try this side dish with your holiday meal. My family loves it!



Sweet Potato Salad

- 2 pounds sweet potatoes
- 1 ½ cup mayonnaise
- 2 teaspoons Dijon mustard
- ¼ teaspoon salt
- 4 hard-cooked eggs, chopped
- 1 ½ cup finely chopped celery
- 8 green onions sliced

Place sweet potatoes in a large saucepan and cover with water. Cover and boil gently until the potatoes can easily be pierced with the tip of a sharp knife, about 30-45 minutes. Drain. When potatoes are cool, peel and dice. In a large bowl, combine mayonnaise, mustard and salt. Stir in eggs, celery and onions. Add potatoes; stir gently to mix. Cover and refrigerate for 2-4 hours. Makes 8-10 ¾ cup servings.

Nutrition Facts: 360 calories, 29g fat, 97 mg cholesterol, 347 mg sodium, 21 g carbohydrate, 3 g fiber, 4 g protein.

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2010

<u>CATEGORIES</u>	<u>SUBCATEGORIES</u>
1. APPAREL.....	Novelty Basic Sewing Quilted Pieced Appliquéd Accessory
2. ART, 3-DIMENSIONAL.....	Carving Sculpture
3. ART, NATURAL	Wood Other
4. BASKETRY	Plain Dyed Material Novelty Miniature (under 4 inch) Cane
5. BEADING.....	Non-jewelry Item/Wearable Knitting or Crochet with Beads Bead-weaving Miscellaneous
6. CERAMICS	Hand-formed Molded Pre-made
7. COUNTED CROSS STITCH.....	14 Count & Under 16 - 22 Count Specialty Cloth (linens, etc.)
8. CROCHET.....	Yarn Thread
9. DOLL/TOY MAKING	Porcelain/China Cloth Handmade Toy other than Porcelain/China or Cloth
10. DRAWING	Pastels Pen & Ink Pen & Ink with Oil Roughing Pencil-Black Pencil-Color
11. EMBROIDERY	Basic Embroidery Crewel Candle Wicking Smocking Ribbon Machine Embroidery Swedish Tatting/Lace Making Miscellaneous
12. FELTING*	Wet Method Needle Method
13. HOLIDAY DECORATIONS	Spring Summer Autumn Winter

2010 KEHA Cultural Arts Exhibit

The following category changes/additions/explanations have been made for the 2010 KEHA Cultural Arts Exhibit:

1. **Apparel** category
 - a. **Novelty** sub-category is for apparel items that include fabric manipulation and are deemed “wearable art.” Examples include decorative costumes, christening gowns, cutwork items, and items that incorporate multiple embellishment techniques.
 - b. **Basic Sewing** sub-category has been added for basic garment construction of wearable clothing items.
2. **Jewelry** category has been added as a main category and removed from the **Beading** category. The following sub-categories have been added for Jewelry:
 - a. **Original Design** – Jewelry item(s) using any medium to hand form/create the components, such as clay, metal, glass, wire, etc.
 - b. **Beaded** – Jewelry item(s) using purchased beads. Single strands of beads are discouraged.
 - c. **Mixed Media** - Jewelry item(s) using a combination of components such as wire, or chain maille, and mixed with beads.
3. **Beading** – The following sub-categories have been added/explained:
 - a. **Non-jewelry item/wearable** – includes apparel items, scarves, and detachable collars.
 - b. **Knitting or crochet with beads**
 - c. **Bead Weaving** – includes both loom and off-loom weaving such as the Peyote stitch.
 - d. **Miscellaneous** – items with beaded embellishment such as purse, bookmark, framed artwork, beaded doll dress, beaded embroidery, beaded tatting, etc.
4. **Quilts** category – Remember, exhibits are to be completed and worked by an individual, not a group or with the help of a second person.
 - a. **Miscellaneous** sub-category has been added to include quilts that do not fit in any other quilting category.
5. **Scrapbooking** category
 - a. **Collage** sub-category addition with photos in scrapbook form (collage can be one page in a frame).

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit "original" items for competition in state exhibits. Identification of item should be on tag provided by state.

Areas may exhibit one item from each category and /or subcategory. Maximum number 86.

Each article must be the work of a homemaker member and must have been completed during the past two (2) years.

The Exhibitor and/or their representative are responsible for transporting exhibits to and from the state meeting.

Each Exhibitor must provide their own materials to properly display their item. Tape and nails cannot be used on the walls. If items are best displayed vertically, please provide a well identified easel or means of hanging exhibit from the wall.

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. All items will be judged and entries will receive a participant ribbon. **Exhibitor is responsible for category/subcategory determination.**

Blue ribbons are awarded for high quality work, the number depending on the quality of the entries. A championship purple ribbon is awarded to best of the category.

If categories are to be eliminated, there will be a one year notice.

Neither the Kentucky Extension Homemakers Association nor the University of Kentucky will be responsible for any lost, misplaced, or broken items. We do not anticipate any misfortune, but this disclaimer must be clearly understood by all Exhibitors.

The exhibits will be hosted at all times. Additional security will be provided when necessary.

Criteria for Judging:

- A. Three-dimensional art, china painting, decorative painting, drawing, art painting, and ceramics.
1) originality; 2) artistic promise; 3) technique; and 4) composition
- B. Apparel, basketry, beading, counted cross stitch, crochet, embroidery, felting, holiday decorations, jewelry, knitting, natural art, needlepoint, pillows, quilts, recycled art, rug making, toy/doll making, wall or door decorations, weaving, and miscellaneous.
1) originality; 2) workmanship; 3) color harmony; 4) beauty of design; and 5) general appearance.
- C. Photography.
1) originality; 2) content; 3) clarity; 4) technical competence; and 5) composition.
- D. Scrapbooking—Please indicate page(s) to be judged if entire scrapbook is sent. Contest is limited to one-page and two-page layouts only.
1) balance and symmetry; 2) color coordination; 3) quality of photography; 4) use of space; 5) neatness; 6) lettering; 7) journaling; 8) use of embellishment; 9) does it tell a story?

Mini Lesson

TO: Franklin County Cooperative Extension Area Homemakers

FROM: Jamera Thomas
County Agent for Family and Consumer Sciences

SUBJECT: Mini-Lesson for December, 2009 EH Club Meeting. (Prepared by Judith L. Ricks, R.D., Area Specialist for Family Development and Management Program, Kentucky State University, Frankfort, Kentucky.)

Home Shopping for Holiday!

According to the Direct Marketing Association, in excess of 98 million Americans spend a total of \$62 billion shopping from home. Also, having goods delivered has increased 70 percent in the last decade. Almost a third of U.S. consumers are going to malls less often. The two main reasons cited are high prices and not enough time. To save time, many people are shopping at home either by catalogue, television, or computer.

There are advantages and disadvantages of every method of shopping. Regardless of which method you use to make your purchase, the Federal Trade Commission's (FTC), Mail or Telephone Order Rule covers goods you order by mail, telephone, computer, and fax machine. If you pay by credit card you are also protected under the Fair Credit Billing Act.

How to be a Smart Long-Distance Shopper:

The Company – A well-known, established company is apt to be a company that satisfies most consumers. If it is not a company with which you are familiar, check its reputation by contacting the office of the Better Business Bureau (BBB) closest to the company's headquarters.

The Product – Photographs and graphics may be misleading. If there are questions about the merchandise, check about a toll-free number for consumer assistance.

The Return Policy – Look for a statement concerning the company's return policy. Find out before ordering.

The Shipping Date – Investigate the scheduled date for the item to be shipped. If there is no information, ask! Companies must notify the customer if shipment cannot be made within 30-days.

The Shipping Costs – Most companies charge separately for shipping, usually according to the weight or dollar value of the merchandise.

The Privacy Issues – Businesses require some information about you before they will process an order (name and address, sometimes telephone number, and e-mail address). Look for and carefully read or ask about the vendor's privacy policy statement.

The Payment Options – Payment options are continually changing. They also may vary depending on the type of long-distance shopping method used. Payment is usually expected in full when placing the order.

Remember: Long-distance shopping (mail order, telephone order, television shopping channel, and internet) is not risk-free! If an offer sounds too good to be true, it probably is. By using a little common sense, and a little detective work, risks can be considerably reduced.

Sources:

Home Shopping CT-BJD-134

Retail On-line, LMH Wardrobe 5

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Tamera A Thomas, M.S.
County Extension Agent for Family and Consumer Sciences

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or email your request to gil.thurman@uky.edu.

If you **DO NOT** want to receive this newsletter or your address is incorrect, please notify us immediately.