

# FCS Newsletter

## February 2008

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

### February 4

Swallowfield, 7 p.m., Marcella Thompson  
Westend, 6:30 p.m., Patty Rodgers,  
Extension Office

### February 5

Meadows, 6:30 p.m., Extension Office  
Sunny Morning, 10 a.m., Sandy Davis,  
Extension Office

### February 6

Louisville Road, 10 a.m., Helen Davis,  
Martha Green, St. Paul Church

### February 7

Peaks Mill, 10:30 a.m., Carole Suter,  
Extension Office  
Springhill, 11:30 a.m., Judy Asher  
Switzer, 2 p.m., Sallie Skees

### February 12

Cloverdale, 7 p.m., Donna Coleman

### February 14

Ridgeview, 11 a.m., Rosemary Brewer,  
Mildred Polsgrove

**Mini-Lesson:** Picture Perfect Using a Digital Camera



### February 18

Random, Noon, Brown Bag lunch, Extension  
Office

### February 19

Country Lane Morning, 1 p.m., Penny  
McClain

### February 20

Indian Hills, 10 a.m., Lois Huffman, Pot Luck,  
Extension Office

### February 21

S&S, 6 p.m., Cindy Skinner

### February 21

Homemakers Training School, 10 a.m.,  
Topic : Which Hue Are You?

Description: Find out how wearing your best  
colors bring out the best in you!

**Roll Call:** Discuss your favorite Valentine  
experience.

## The President's Corner

I hope you are enjoying the New Year and lots of good things are happening for you. I am looking forward to some fun times with all of you before the Homemaker year ends. If I don't see you at a council meeting, I sure hope you will attend the County Meeting May 12, 2008. We will be celebrating the 75th anniversary of Homemakers. The State Homemakers Meeting will be in Louisville this year, so, I'll be expecting a great turnout from Franklin County for that.

One item I do want to tell you about is that we are going to change the registration deadline of the Mailbox Members. It will be the same as the Regular Members, which is July 1. We will be discussing this at the council meeting.

Arlene Fluegge, Franklin County Homemaker President

# 2008 County Cultural Arts Winners

Submitted by Sue Willis and Arlene Fluegge.  
 Congratulations to all winners! Thank you for your entries!  
 Special thanks to Sue Willis for her willingness to coordinate the 2008 Cultural Arts.

## BLUE RIBBON

Category	Name	Club
Apparel-Accessory:	Rita Dieruf,	Springhill
Beading-Jewelry:	Stacy Klink,	Swallowfield
Counted Cross Stitch-14 count & under:	Corinne Dossett	Indian Hills
Drawing-Pen & Ink:	Ruth Hilborn	Indian Hills
Embroidery-Machine:	Tony Lewis	Switzer
Embroidery-Basic:	Carol Wilson	Springhill
Embroidery-Misc:	Marilyn layton,	Random
Holiday Decorations-Summer:	Rita Dieruf	Springhill
Holiday Decorations-Winter:	Debbie Kimbrough	Springhill
Holiday Decorations-Spring:	Rita Dieruf	Springhill
Felting-Wet Method:	Marilyn Clayton	Random
Knitting-Hand:	Debbie Kimbrough	Springhill
Needlepoint-Cloth Canvas:	Carol Wilson	Springhill
Paint, Art-Acrylic:	Betty Lance	Springhill
Painting, Art-Water Color:	Elaine Barton	Springhill
Painting, Decorative-Wood:	Susan Sparrow	Switzer
Counted Cross Stitch-Specialty Cloth:	Marilyn Clayton	Random
Photography-Color (mounted & framed):	Rita Belen	Mailbox
Pillows:	Betty Lance	Springhill
Miscellaneous (framed quilt squares):	Carol Wilson	Springhill
Machine Applique-Machine Quilted:	Rita Dieruf	Springhill
Quilts-Machine Pieced (machine quilted):	Marilyn Clayton	Random
Recycled Art (include a before picture & after picture):	Mary Jones	Cloverdale
Recycled Art (include a before picture & after picture):	Barbara Sonnen	Ridgeview
Wall or Door Hanging-Fabric:	Topy Polsgrove	Indian Hills

## RED RIBBON

Knitting-Hand:	Marilyn Clayton	Random
Needlepoint-Cloth Canvas:	Sue Willis	Springhill
Painting, Art-Water Color:	Janice Huffman	Springhill
Miscellaneous:	Barbara Sonnen	Ridgeview
Quilts-Machine Pieced (machine quilted):	Jean Hughes	Switzer

## Mark Your Calendar KEHA Recognition at the Capitol

The Kentucky House and Senate will recognize the KEHA for 75 years of learning, leading and serving on February 20, 2008. Members are invited to attend.

Members are invited to attend the ceremony. The KEHA Board will represent the organization on the floor in the House and Senate. Others will have seating in the gallery during the ceremonies. Those attending should convene outside the House chamber on the 3<sup>rd</sup> floor of the Capitol at 2 p.m.

For planning purposes, a listing of KEHA members attending will be collected in advance. List the name of members coming from the county to Rose Runyons at [rrunyons@email.uky.edu](mailto:rrunyons@email.uky.edu) no later than Feb. 11. County delegations may choose to schedule appointments with the legislators. Contact information is available at [www,lrc.ky.gov](http://www,lrc.ky.gov).

### Attend the KEHA State Meeting

DATE: May 12-15, 2008

LOCATION: Galt House Hotel, Louisville, KY

The Galt House Hotel & Suites offers the ability to make reservations online.

Visit [www.GaltHouse.com](http://www.GaltHouse.com) and click the "reservations" link to begin.

The group ID for KEHA is 505127.

For phone reservations, call 1-800- THE-GALT or 502-589-5200 and request the KEHA rate.

The rates are \$105.00, single to quad, West Tower (deluxe guest rooms) and \$130.00, single to quad, East Tower (executive suites).

These rates do not include tax.

The parking fee for hotel guests is \$5 per day. Valet parking is \$16 per day.

### \$1,000 Homemaker Scholarship

The Franklin County Homemakers Association will present a \$1,000 scholarship to a graduating senior from a high school in Franklin



County. The winner must major in Agriculture, Family and Consumer Sciences or related field. Contact the high school guidance counselor or the County Extension Office for an application. Application deadline is May 1<sup>st</sup>.

### Volunteer Opportunity: Holiday Store Chairperson & Co-Chair

The 2008 Holiday Store will be held Saturday, December 6, 2008. Duties of the county chair include:

1. Conducting an hour meeting in October of club store representatives to revise store rules and make other plans.

2. Assisting extension agent and staff with publicity.
3. Helping clubs set up their table on Friday afternoon, Dec. 5<sup>th</sup>
4. Attending the store the next day and helping with the clean up afterwards.

The Holiday Store is a wonderful event for children, their parents and club volunteers. Please consider serving as chair or co-chair.

Contact: Barbara Sonnen

## Sewing Machines: Sew Back in Style

Source: Marjorie Baker, extension associate for clothing and textiles

Interest in sewing has skyrocketed over the past several years, but it's not because baby boomers are nearing retirement. Sewing has become a trendy hobby for teenagers and women in their 20s. Not since the 1950s has sewing attracted this much attention from a younger generation. With a popular culture focused on being different, young girls are learning that the needle and thread are keys to individualism.

These new sewers are finding sewing to be much easier than it was for their grandmothers because sewing machine companies have used advances in technology to develop easy to use, electronic sewing machines. Attracted by the new technology, their grandmothers are looking to upgrade their machines too.

Electronic sewing machines offer extensive stitch capabilities and have experienced enormous improvements during the past 20 years, evolving as technology breakthroughs occurred. Many of the modern sewing machines could be considered stand alone computers. Some beneficial features of these machines include speed control and automatic needle stop.

The electronic, or computerized, machines offer on screen "advisors" that tell the operator which thread and needle would be most appropriate for the fabric the operator selected.

An electronic sewing machine can ease the learning process for beginners. Experienced sewers may not need to upgrade to the latest technology but will appreciate the speed and ease of tasks that took them years to manually master.

There are sewing machines for any skill level or purpose. New sewing machines can range from a couple hundred dollars to over \$8,000 for those that include embroidery modules. Embroidery software is often an additional cost on top of the machine purchase. People interested in buying one of these machines should make sure the machine's software is compatible with their home computer before purchasing one.

When choosing a sewing machine, it is important to find a machine that matches your needs. Some may have additional components that are not necessary for certain types of sewers. For basic repair purposes, a good quality mechanical sewing machine makes a stitch comparable to a high end electronic sewing machine. It's a good idea to bring sample pieces of fabric and threads with you when purchasing a new sewing machine to ensure the sewing machine has the capabilities you need. Find out the details of the machine's warranty. Some dealers can repair the machines locally, but some require the machine to be sent off if problems occur.

Sewing can be a fun and rewarding hobby. Many county extension offices offer basic classes in sewing and quilting. "Come Sew With Us" programs were designed to teach basic sewing skills. For more information about sewing or selecting sewing machines, contact the Franklin Co. Office.

Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability or national origin.

## Upcoming Sewing Events

### It's Sew Fine: For Home & Family Sewing Expo 2008

Plan to attend the third annual Sewing Expo at General Butler State Park, April 15 to 16, in Carrollton, Kentucky. This event is a multistate event, sponsored by the Louisville and Northern Kentucky Cooperative Extension areas, Kentucky State University Extension, and Purdue University. In addition to classes a number of vendors will be available for your sewing needs.

For more information, contact the Extension Office at 695-9035 and ask for Judith Ricks .

### Come Sew with Us – 2008 Feb 26, 6p.m.-9p.m. Mercer Co. Extension Office

Perfect Posh Pillows  
Sergers Know-How  
Sewing Machine Know-How  
Panel or Shower Curtain

### March 7<sup>th</sup> 9:00a.m – 4:00p.m. Jessamine County Ag Learning Center in Nicholasville.

Sewing for Children (all day)  
Beginner II  
Fat Quarter Jacket (all day)  
Beginner II  
Sergers How-How  
Sewing Machine Know-How  
Purse, Pouch or Pocket  
Perfect Posh Pillowcase

Contact: Woodford Co. Office 184 Beasley Road, Versailles, KY 40383-9558  
(859) 873-4601

## Central KY Homemakers Quilt Guild

QUILTER's DAY OUT – March 15, 2008  
Franklin Co. Extension Office

For Information Contact: Bonnie Williams  
(502) 223-3743 or e-mail at [lavenderway@aol.com](mailto:lavenderway@aol.com)

## Special Interest Classes

### February 19, 2008

Cost: \$10.00

Quick Granny Flower Garden Block. Using strips of fabric showcase your center to make a larger block. It would be a great way to use up the "worms or scraps from other projects in this quilt.

Instructor: Judith Ricks

### February 23, 2008

T-Shirt Memory Quilt

Cost: \$15.00

Make a memory quilt from your collections of T-Shirts. This will be a great keepsake gift for a special person. You will learn a new technique for making this quilt. Bring your sewing machine and regular sewing kit items. Don't forget your rotary cutter and mat.

### You will need:

T-shirt (3-36), pre-washed  
Sashing material, cotton or blend  
Woven-fusible interfacing  
Material for borders and binding  
Batting  
Backing  
Instructor: Judith Ricks

**February 21, 2008 9:00 a.m. – 5:00 p.m.**  
**Napkin Bow Basketmaking Class**  
Basket 6 ½ x 6 x ½  
Cost: \$26.00 (Materials supplied)  
Instructor: Kay Ragland

**Weight the Reality Series – Franklin Co.**  
**Health Dept./FCCE**  
**February 14-April 21 (Every Thursday)**  
**11:30 a.m.-12:30 p.m.**  
Cost: Free

Pre-registration is required for all special interest classes.

## For Your Information

1. 2008 Club Lesson ballots are due Monday, February 20.
2. **FREE OVARIAN CANCER SCREENING**, Call 1-800-766-8279 to schedule your appointment in Lexington. For more information see <http://clik.to/ovary>.
3. Fort Harrod Area **Homemakers Trip**

Nashville, TN – Music City USA  
Date: September 11-13, 2008  
Cost: \$339.00 per person double  
332.00 per person triple  
325.00 per person quad  
Call Martin Tours 606-365-2542.

## February's Recipe

### Fruited Wild Rice with Pecans

1 Tablespoon butter or margarine  
½ cup onion, chopped  
1 package (6 ounce) package original flavor long grain and wild rice mix  
1½ cups water  
2/3 cup apple juice or cider

1 small red apple, chopped  
1 small green apple, chopped  
¼ cup pecans, coarsely chopped and toasted

In medium saucepan, heat butter over medium-high heat until melted. Add onion, cook and stir 2-3 minutes. Stir in rice, seasoning packet, water and apple cider. Bring to a boil; reduce heat to medium-low. Cover tightly and simmer 20-25 minutes until rice is tender.

Note: To toast pecans, spread in single layer on baking sheet. Bake in 325 degree over 8-10 minutes, or until lightly browned.



Sincerely,

*Tamera Thomas*

Tamera Thomas  
CEA for Family and Consumer Sciences



COOPERATIVE  
EXTENSION  
SERVICE



UNIVERSITY OF KENTUCKY  
College of Agriculture

**Cooperative Extension Service**

*University of Kentucky*

*Franklin County*

*101 Lakeview Court*

*Frankfort, KY 40601-8750*

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Contact: Barbara Sonnen