

Hi-Lite Newsletter

FAMILY & CONSUMER SCIENCES

Cooperative Extension Service

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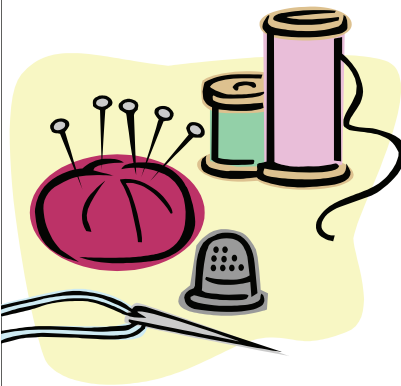
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February, 2009 GRANT COUNTY

It's Sew Fine: For Home and Family

Sewing Expo will be held at General Butler State Resort Park in Carrollton, Kentucky on Tuesday, April 14th and Wednesday, April 15th, 2009. The 2009 Sewing Expo schedule includes registration starting at 10 am on Tuesday, April 14th followed by Make-it and Take-It sessions until noon with an educational venue to expand your sewing knowledge and skills. Tuesday afternoon will allow participants to take a half day class offering a variety of options including: handwork or corded pillow, table runner, crazy quilt today, window topper, machine ribbon embroidery and quilted shoulder bag. The first evening ends with a banquet and a keynote presentation by Sheila Reinke, Senior Marketing Manager for Hancock Fabrics, Omaha, Nebraska. Reinke's program, "The Heart of Sewing" outlines her love of teaching people to find enjoyment in sewing and creating with fabrics. At the conclusion of the evening banquet, there will be an instructor showcase. At this time Expo instructors will show and sell their wares and provide educational demonstrations.



Wednesday will be full day including classes on textile surface design, several quilt class options, thread painting, one seam pants, paper-pieced table runner and much more. The Sewing Expo concludes on Wednesday evening April 15th at 5 pm. Applications are now available online at <http://ces.ca.uky.edu/owen/fcs>.

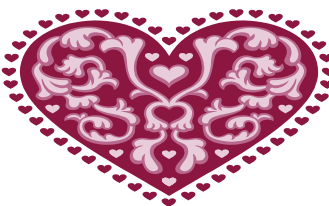
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CONGRATULATIONS!

**Robin Arnold, Jean Huff,
And Wilda Lawrence**

For winning the Membership
Drive Drawing

Each lady received a \$10 gift
Certificate to Wal-Mart!



Happy Valentine's Day

February 14



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Bad Weather Policy

If the Grant County Schools are closed due to snow, most Extension programs and meetings scheduled that day are also cancelled. Please call the Extension Office to see if the activity has been rescheduled.

KEHA International Project

Over the next three years, KEHA International county projects will focus on the Kentucky Academy, a kindergarten in Adjeikrom, Ghana. The Academy was founded by UK Department of Nutrition and Food Science professor, Dr. Kwaku Addo, a native Ghanaian.

It is a two classroom building with a small teacher's office, storage space and recently added restrooms.



The kindergarten has about 80 students and three teachers.

For 2008-2009, KEHA challenges Homemakers to make a difference for this school and these children. The thing most needed by the

Academy is money. Money is used for furniture, windows, equipment, and electricity.

The money will be taken to Ghana by Dr. Addo. A full report on how the funds are used will be provided by Dr. Addo. The Grant County Homemakers Council met on January 12, 2009 and voted to send \$200 to the International Ghana Project. If you club wishes to add to this total, that is great!!

International Education. . . .Come Learn With Us --

The following information is included in your newsletter. This information is your club's mail out lesson for February. Additional information on this lesson can be located by calling the office at 824-3355.

GHANA LESSON & ACTIVITIES

- "Facts About the Kentucky Academy"
- "Ghana Puzzle (w/solution)"
- "Recipes from Ghana"

Kentucky Extension Homemakers Association State Meeting

Our area will be the primary hostesses for the state meeting when it meets April 20-23 at the Drawbridge Inn in Ft. Mitchell. Let's show our support by planning to attend the conference and help as needed.

Our area is responsible for Monday evening "Make It, Take It Projects", Trade Show, and Tours. Volunteer to help with the "Make It, Take It" projects. On March 9th at 9:30 am at the Boone County Extension Office there will be a

"Train the Trainer" for the make and take projects. Call the office if you are interested in attending!



WINTER CRISP

Filling:

- | | |
|--------------------------------|--------------------------|
| 1/2 cup sugar | 3 Tbsp all purpose flour |
| 1 tsp grated lemon peel | 3/4 tsp. lemon juice |
| 5 cups unpeeled, sliced apples | |
| 1 cup cranberries | |

Topping:

- | | |
|---------------------------|------------------------------|
| 2/3 cup rolled oats | 1/3 cup packed brown sugar |
| 1/4 cup whole wheat flour | |
| 2 tsp ground cinnamon | 1 Tbsp melted soft margarine |

1. To prepare filling, in a medium bowl combine sugar, flour, and lemon peel; mix well. Add lemon juice, apples, and cranberries, stir to mix. Spoon into a 6 cup baking dish.
2. To prepare topping, in a small bowl, combine oats, brown sugar, flour, and cinnamon. Add melted margarine; stir to mix.
3. Sprinkle topping over filling. Bake in a 375 degree F oven for approximately 40-50 minutes or until filling is bubbly and top is brown. Serve warm or a room temperature.

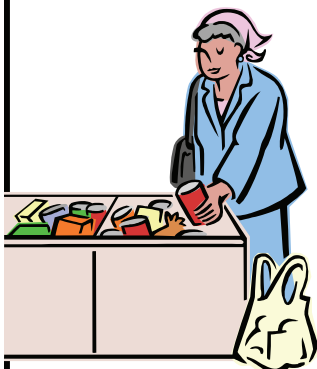
Calories: 284; Total fat: 6 g; Saturated fat: 1 g; Cholesterol: 0 mg; Sodium: 56 mg

Patty's Notes.....

The winter weather is here!! It's cold, snowy, and icy, but, spring is just around the corner!! We have several programs and meetings ahead of us in the next few months. Our County Annual Meeting "Hats Off to Homemakers" will be Tuesday, May 5th.

The council decided to hold a food drive. Please take your canned goods and non-perishable items

to Helping Hands or food pantry or a charity of your choice by February 28th. Call the office and tell us how many items you donated. The club and individual donating the most items will be recognized at the annual meeting.



It would be wonderful if some of you could help sell cookbooks at basketball games later in February. Please give me call if interested.

We need volunteers to help with the KEHA state meeting packets. The dates that we will be putting the packets together are March 9th and March 16th at the Boone County Office. Please call the office if interested. We also need volunteers to help prepare the meal for the area homemaker council meeting at 6:30 pm on March 31st. Grant County is the host.

There will be a KEHA tour to the Quilt Box and lunch at the new Extension Building on Monday, April 20th. We need volunteers to help with building tours, refreshments, etc. Would appreciate any and all help!!

I hope that you enjoy the February lesson "Ghana". It is always interesting to learn new facts about another country and its people. Try some of the recipes too. I'm sure that they are delicious! I sent complete lesson plans to each club president; you will find that the plans are concise and detailed. If you need copies of the lessons, please call the office (824-3355) and Nancy will be glad to run those for you.

Dates to Remember

| | |
|----------------|---|
| Feb. 2 | Quilting Club |
| Friday, Feb. 6 | Heart Awareness Month Wear Red |
| Feb. 16 | Presidents Day (Office is open) |
| Feb. 16 | Quilting Club |
| Feb. 24 | " <i>The China Closet</i> " Grant County Library 1 pm (See flyer) |
| Feb. 24 | Lunch & Learn (Noon) |
| Feb. 25 | Canned Food Drive Ends |
| March 2 | Quilting Club |
| March 9 | Homemaker Council at 6:30 pm |
| Mar. 19 | Stop Elder Abuse Noon at Grant Co. Library (See Flyer) |
| Mar. 31 | Induction & Convection Cooking at Noon |
| March 31 | Area Homemaker Council Meeting at Grant County |

Looking Ahead:

| | |
|-------------|----------------------------|
| April 14-15 | It's Sew Fine: Sewing Expo |
| April 20-23 | State KEHA Meeting |
| May 2 | Derby Day Bake Sale |

Plan to Enter KEHA Contests

It's time to get your creative juice flowing for the Cultural Arts Writing Contest.....

Poetry - Must be original. No longer than 30 lines.

Memoirs - Written in first person. One memory/memoir.

Short Story - Must be original. No longer than 3,000 words. Should contain a plot, rising action and a climax. May be written in first or third person.

Release form must be signed so KEHA can print entries in a booklet. Entries must be typed and copied as they will not be returned. Call the office if you have additional questions.

