

Homemaker Happenings

2009-2010 Annual Awards Night

September 2010

Cooperative
Extension Service

Monroe County
1194 Columbia Avenue
Tompkinsville, KY 42167
(270) 487-5504
Fax: (270) 487-6176
www.ca.uky.edu/ces

A special thank you goes to Old Rocky Hill, Rockbridge & Sunshine Clubs for hosting Annual Night! Great Job!



Club of the Year—Community Homemakers

'09-'10 Annual Night Winners

- Pennies for Friendship—Community
- Aluminum Tab Collection—Community
- Scrapbook—Flippin
- KEHA Book List—Suzie Harlin
- Most Books Read—Joyce Heinzlmeir
- Volunteer Service Club Award—Neighborhood
- Volunteer of the Year—Brenda Turner
- Attendance Awards—
1st Place Flippin 67%
2nd Place Community 64%
3rd Place Sunshine 58%
- Presidential Award—Gamaliel
- Club of the Year—Community
- Notebook Drive Club—Around N About
- Notebook Drive Member at Large—Anna Ritter



**Presidential Award Winner
Gamaliel Homemakers**

'10-'11 Monroe Co. Extension Homemaker Officers

President
Vice President
Second Vice President
Secretary
Treasurer
Chairmanships
Family Resource Development
Housing Energy Environment
Cultural Arts & Heritage
Food Nutrition & Health
4-H Youth Development
Leadership
Management Safety

Connie Brown
Sandy Strode
Jo Ann Hughes
Mary Rich
Dawn Scott

Susan Clarkson
Elizabeth Copas
Rendi Ferguson
Charolette Arnett
Frances Stoops
Shirley Wilson
Janice Short



Notebook Drive Donations Thank You Homemakers 781 Notebooks Collected!

Homemaker Clubs	Flippin	30
Around N About	259	Member at Large
Old Rocky Hill	100	Anna Ritter 22
Community	99	Carolyn Cornwell 10
Gamaliel	64	Other donation
Sunshine	50	Garden Club 100
Rockbridge	47	

A Note for the Desk of Lara

The Kentucky State Fair, Watermelon Festival, and Annual Homemaker Awards Night are all behind us now. The next few weeks are busy ones in my life, but I've come to believe that will always be the case with my life being an extension agent:) I'm excited about all the things that are taking place in my life currently! I've officially been with Extension 4 years in October (counting my work in Tennessee)! I'll be attending my national professional association meeting Sept. 17-24 in Portland, Maine. I started my masters degree program with Western KY University. And Homemaker Week is coming up soon! This newsletter is packed in information about upcoming events and occurrences around town. Read it closely and don't hesitate to ask questions if something doesn't make sense.

Sincerely,

Lara Savage

County Agent
Family and Consumer Sciences

Watermelon Festival Quilt Show

Thank You Extension Homemakers for helping with the Watermelon Festival Quilt Show! Pictured here are the 1st place winners of the Quilt Show.



Save-The-Date (December 10 & 11)

We're taking a Extension Homemaker Trip December 10th & 11th. Our destination is Edinburg, IN for holiday shopping with educational excursions included. More details to follow soon. Please let us know if you're interested in the trip! This will be an overnight trip leaving Friday and returning Saturday night and should cost in the neighborhood of around \$150 for transportation, hotel & fun!

Community Education Upcoming Enrichment Classes

Schedule and Fees

Class	Dates	Time	Fee	Location
Computer Basics	Sept 18; Oct 2, 16, 30	9 a.m. - 11 a.m.	\$10	Old High School
Microsoft Word	Sept 18; Oct 2, 16, 30	1 p.m. - 3 p.m.	\$10	Old High School
Microsoft Excel	Sept 9, 16, 23, 30	5:30-7:30 p.m.	\$40	Monroe County ATC
Cancelled				
Acrylic Painting (Repeated every six weeks)	Morning: Sept 14, 21, 28; Oct 5, 12 ,19 Evening: Sept 16, 23, 30; Oct 7, 14, 21	Morning: 9:30a.m.- 11:30 a.m. Evening: 5:00p.m.- 7:00 p.m.	\$40	Old High School
*Sewing	TBA			
Mechanics Her Way	Evening Oct. 21	Time: 5:30-8:30	\$15.00	D&S Car & Truck Repair 508 1/2 4 th St. Bld.
Digital Photography	Nov. 8,15,22,29	5:00-7:00	\$40.	Old High School
Spanish Classes	Oct. 12,19,26 Nov. 9,16,23	5:00-7:00	\$35.	Old High School
*Floral	TBA			

Monroe Co. Health Department Offers Discounted Vaccines for Young Adults

The Kentucky Department for Public Health and the Kentucky Vaccine Program currently has funding to enhance vaccine efforts in young adults (aged 19 through 26 years). As a result of this special program, the Monroe Co. Health Department will be offering these “catch up” vaccines at a discounted rate to young adults who are uninsured (no insurance) or underinsured (insurance does not cover vaccines).

Vaccines available in this program help to protect against the following vaccine preventable diseases: Hepatitis A, Chickenpox, Meningitis, Human Papillomavirus (HPV), Tetanus, Diphtheria and “Whooping Cough”. Vaccines help prevent many serious diseases and thus, improve the health and well-being of our community.

These vaccines will be administered by appointment and at low or no cost, depending on income. For further information or to make an appointment, call the health department at 270-487-6782.

Did you know ... under the Credit Card Accountability, Responsibility, and Disclosure (CARD) Act of 2009 that, as of August 22, 2010, new gift card balances cannot expire for at least five years from the date of purchase. Also, if a gift card holder adds new funds to the new card, the total balance of the gift card would be safe for at least another five years. However, if the gift card holder does not use the card for twelve months, he or she will be charged a monthly fee. This act protects consumers who, in the past, could not count on gift cards to be still valid when they were ready to use them.

**Old Mulkey Meetinghouse
State Historic Site
Needs YOUR Help
Saturday, September 25th!**

“Let’s Paint the Park”

Old Mulkey will be participating in National Public Lands Day this year. Shelia Rush at the park needs YOUR help homemakers!

Wanted: Painters (Any Experience Level)

Shelia hopes to paint grills, picnic tables, and the new dumpster enclosure.

Call Shelia at the park @ 487-8481 for more details.

Area Annual Day—October 21, 2010

Please don’t forget to sign-up for Area Annual Day. The sign-up information is included in this newsletter. Should be a fun day in Glasgow, KY. Deadline to sign-up is October 1, 2010.

Homemaker Leader Lesson

- ◆ September 27th at 2:00 p.m.
- ◆ Topic: Fishy Business: Selecting and Cooking Fish & Seafood
- ◆ Instructor: Rachel Hance of Logan County Cooperative Extension Service
- ◆ Come and learn all about fish plus sample a new recipe.
- ◆ Open to all homemakers, especially those teaching the October Extension Homemaker Leader Lesson

Attention: Club Officers

September 28th @ 6:00 p.m.

Club Officer Training “Update” will be **September 28th** 6:00 p.m. at the Monroe County EDC building. This training is for ALL Club Presidents, Vice Presidents, Secretaries, and Treasurers. Please make plans on attending to get latest information about Homemakers and you’re club.

Attention: Extension Homemaker Council CHAIRMEN

♦ Training—September 28th

Immediately following the club officer training (Around 7:15 p.m.) please stick around, so you can better understand your role at a Chairmen in Extension Homemakers. We’ll also be planning events for the year!

Extension Homemaker Council—September 13th

We’ll be having our regular Extension Homemaker Council meeting **September 13th** at 12:00 p.m. Feel free to bring your own lunch to the meeting. Please note you can bring your Homemaker Cultural Arts entries that day too.

Pecan Orders

Homemaker Clubs please be thinking of our Annual Pecan Fundraiser. The price will be determined at the Homemaker County Council Meeting in September. Orders will be due in October.

Extension Homemaker Week—October 10-16

More details to follow soon!

4-H Volunteers Needed

Do you have a special talent? Have you ever shared it with someone? 4-H is always in need of volunteers with special talents! To be a 4-H Volunteer please contact Susan Turner at the Monroe County Cooperative Extension Office.

AARP Driving Class

Are you over the age of 50? Want a discount on your car insurance? On **October 5th @ 9:00 a.m.—1:00 p.m.** you can attend an AARP Driving Class at the Extension Office. To sign-up please contact the Monroe County Cooperative Extension Service at 487-5504.

Cost:

AARP Members \$12.00

Non-AARP Members \$14.00

Candidate Forum

October 14th from 6:00 p.m.—9:00 p.m. the Monroe County Chamber of Commerce will be hosting a candidate forum for the candidates for County Judge Executive, Tompkinsville Mayor, Tompkinsville City Commission, Monroe County Sheriff, and District Judge.

Location: Monroe County High School Commons Area.

It’s your right to vote, so please come and hear what the candidates each stand for, so you can make an educated decision at the polls in November.

Crafts...Crafts...Crafts

We’re getting crafty at the Extension Office. On October 18th come and make a decorated tile with us at 6:30 p.m.! See picture below.



Some Extension Homemakers have shown interest in having a craft club and exploring how to make different crafts. So on October

18th we’ll be making a craft plus having an organizational meeting to see who is interested in being in a craft club. Please RSVP to 487-5504 if you want to make the craft, so we know how many to prepare for. Cost \$6.00

Ovarian Cancer Screening

Date: December 14th

What is this all about?

- We have 13 spots available to get a free screening for ovarian cancer!
- Screenings are sponsored through The University of Kentucky Ovarian Cancer Screening Program.
- In order to hold a spot you must sign up and pay the travel fee. The actual ovarian cancer screening is free. You will not be put on our official list until you pay the travel fee. Sorry for inconvenience.
- Please note your payment is nonrefundable unless we are able to fill your spot with someone else on a waiting list.
- Things to bring: yourself and shopping & meal money.

Who's Eligible to Get Screened through the FREE UK Ovarian Cancer Screening Program?

- All women over the age of 50 (including those who have no symptoms and no personal history of ovarian cancer).
- Women over the age of 25 who have a family history of ovarian cancer.
- See this month's Adult Health Bulletin for more information on Ovarian Cancer.

Travel Agenda: Depart Extension Office 7:00 a.m. CST, arrive in Lexington 10:30 a.m. EST. Last minute holiday shopping 10:30 a.m. -12:30 p.m. Lunch 12:30 p.m.– 1:30 p.m. Ovarian Cancer Screenings 2:00-3:30 p.m. More shopping, & travel home. Expected arrival home around 6:30 p.m.

Where & How do I sign up?

- Sign up today at the Monroe County Cooperative Extension Service
- Detach the form below and bring with payment when you stop by the Extension Office today! Must pay to sign-up for Ovarian Cancer Trip to reserve spot. The cost has yet to be determined on the day of printing this newsletter, but the cost should be around \$25.00-\$30.00 and we'll inform you of this upon signing up for the trip.

Ovarian Cancer Screening

Name: _____

Home Phone Number: _____

Cell Phone Number: _____

Estimated Cost: \$ 25.00-\$30.00

Payment (Please Circle)

Cash

Check #

Monroe County Extension Homemakers Cultural Arts Contest

September 13, 2010 1:00 p.m.— 4:30 p.m. Enter Exhibits

September 14, 2010 10:00-11:00 a.m.— Open Public Viewing

September 14, 2010 11:00 a.m.—1:00 p.m. Pick-up Exhibits

CULTURAL ARTS EXHIBIT RULES

All Extension Homemakers are encouraged to submit "original" items for competition in state exhibits.

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

Champion (purple ribbon) entries from previous years in each category or subcategory are not eligible for in another KEHA cultural arts contest.

Areas may exhibit one item from each category and /or subcategory. Maximum number 80.

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.**

Extreme care should be taken at the county and area level to place entries in the correct category. Entries entered in the wrong category will be moved to the correct category, if possible. Entries entered in the wrong category, where there is no correct category available or where there is already another entry, will be disqualified.

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 blue ribbon entries in each category.

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.

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

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2011

CATEGORIES

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

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2011 Continued

SUBCATEGORIES

- 14. JEWELRY.....Original Design
Beaded
Mixed Media (wire, chain maille, mixed with beads)
- 15. KNITTING.....Hand
Cloth
Canvas
Plastic
Oil
- 16. NEEDLEPOINT.....Acrylic
Water
Color
Wood
Metal
Other
- 17. PAINTING, ART.....Black & White (mounted & framed)
Color
(mounted & framed)
- 18. PAINTING, DECORATIVE.....Machine or Hand Appliqué (hand or machine quilted)
Hand Pieced (hand quilted)
Machine Pieced (hand quilted)
Machine Pieced (machine quilted)
- 19. PHOTOGRAPHY.....Novelty (stenciled, embroidered, miniature, etc.) (hand or machine quilted)
Baby or Lap (hand or machine quilted)
Miscellaneous (hand or machine quilted)
- 20. PILLOWS**.....
- 21. QUILTS.....Machine or Hand Appliqué (hand or machine quilted)
Hand Pieced (hand quilted)
Machine Pieced (hand quilted)
Machine Pieced (machine quilted)
Novelty (stenciled, embroidered, miniature, etc.) (hand or machine quilted)
Baby or Lap (hand or machine quilted)
Miscellaneous (hand or machine quilted)
- 22. RECYCLED ART (Include a before and after picture).....Clothing
Household
Other
- 23. RUG MAKING.....Fabric
Other
- 24. SCRAPBOOKING***.....Loom
- 25. WALL or DOOR HANGING.....Hand (macramé, caning)
Items not included in other categories listed, otherwise they will be disqualified
- 26. WEAVING.....
- 27. MISCELLANEOUS.....

* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.

*** Scrapbooking entries are limited to 1 or 2 pages. If the entire Scrapbook is sent, please designate pages to be judged.

Agenda

9:00-9:30	Registration
9:30-11:30	Business Session Off-site Tour Canvas Art Class
9:30-10:15	Break-Out Session I
10:15-10:30	Exhibit Viewing
10:30-11:15	Break-Out Session II
11:15-11:30	Cultural Arts Viewing
11:30	Opening Session
12:00	Lunch and Entertainment
1:00-1:15	Exhibit Viewing
1:15	Awards Program
1:45	Installation of Officers
2:00	Depart for Home

Mammoth Cave Area Extension Homemakers

Annual Day 2010

Date: October 21, 2010
Time: 9:00 am – 2:00 pm
Where: Columbia Ave. Church of Christ Gymnasium
315 Columbia Avenue Glasgow
Cost: \$16.50 per person

This year, everyone will have the opportunity to attend either the Business Session, an onsite breakout session featuring County Sharing, a Canvas Art Class or an off-site tour of the South Central Kentucky Cultural Center. Indicate your choice on the registration form below. **Please note, voting delegates and Area Council members must attend the business session!**

Go Green Homemakers! October 21, 2010

COOPERATIVE
EXTENSION
SERVICE



UNIVERSITY OF KENTUCKY
College of Agriculture

Mammoth Cave Area Extension Homemakers Annual Day 2010

Complete Registration Form and Return along with your registration fee to your County Extension Office by **October 1, 2010**

Monroe County Extension Office

1194 Columbia Ave.
Tompkinsville, KY 42167
Phone: 270-487-5504
Fax: 270-487-6176
E-mail: tara.savage@uky.edu

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

Registration Form

Name: _____

County: _____

Please check one (if applicable):

first timer voting delegate MCA Council Member

Please select morning activity:

Business Session

Off-site Tour to the South Central Kentucky Cultural Center

I am willing to drive (about 1 mile) and have space for _____ people

I will need a ride

On site break-out sessions

Canvas Art Class - limited to 36 (**add \$18.00 to your registration fee**)

I will not be arriving until 11:30 for the Opening Session

Please return this form and registration fee to your County Extension Office by October 1, 2010!