

# Newsletter

**FAMILY & CONSUMER SCIENCES**

**Cooperative Extension Service**  
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January 2009

CLUB	DATE, TIME & LOCATION	CONTACT
Bluegrass Basket Guild	Jan 29, Mar 5 – 4 pm Extension Office	Nicole Hahn 477-2217
Machine Embroidery Club	Feb 2, Mar 2 – 10 am Extension Office	Pat Douglas 477-5092
Patch workers Quilt Guild	Feb 3, Mar 3 – 9:30 am Extension Office	Jean Johnson 477-2735
Gardening Association	<b>March 3, 2009 – 7 pm</b> <b>**NOTE No more meetings until March 2009**</b> Members Home	Pat Moreman 477-5910
Quilting Club	Feb 11, Mar 11 – 10 am Extension Office	Cheryl Bowling 477-2636
Aprons and Ideas	February 5 Extension Office	Allison Lewis 477-2217
Loyal Homemakers	Feb 12, Mar 12 – 10 am Extension Office	Margee Wood 232-6138
Waterford Homemakers	Jan 21, Feb 18, Mar 18 – 10 am Extension Office	Kay Greer 477-0223
Thread & Thimble	Jan 26, Feb 23, Mar 23 – 10 Extension Office	Pat Douglas 477-5092

*Living Well: Eating Right, Spending Smart,  
Enjoying Home and Sharing Time. Extension  
makes a difference in the lives of people,  
families, and communities.*

## Homemaker 's Lessons

**February 25 @ 1:30** Brain Power taught by  
Nelda Moore

**March 25 @ 6:30** Preserve Your Heirlooms  
taught by Valerie Holland

**April 29 @ 6:30** Accessories the Finishing  
Touch taught by Shelia Fawbush



Disabilities accommodated  
with prior notification.

## Homemakers Council

The next Homemakers Council meeting will be Monday April 13 at 10 am. We will be finalizing Annual Meeting.

## KEHA Annual Meeting

The KEHA annual meeting will be held this year in Northern Kentucky at the Drawbridge Inn in Fort Mitchell. I reserved 4 rooms under my name. The cost is \$84.56/ night. Please let me know if you need a room and if you will be going.

## SOS CLASSES

Be watching your mail for the SOS Flyer that will be sent out the middle of February. If you would like to help get the newsletter ready for mailing, please let Nicole know. We will be working on them around the first of February once they come back from the printers. Let Nicole know and she will put you on the list to be called when we know they are ready.

If you want to sign up for a class, please do so as soon as you receive that flyer. These classes always fill up FAST and the good classes are taken first. We will have online sign up available again this year. We have implemented a new guideline this year.

**CONTINUING THIS YEAR: You will be dropped from a class if the registration is not paid within 1 week of registration.**

## Heart Healthy Cooking and Living

Do you know the signs of a stroke? Do you know your risks for heart disease? Would you like to have some new heart-healthy recipes? These questions and more will be answered at this year's "Go Red for Heart Healthy" program at the Shelby County Extension Office.

Plan to attend this heart healthy cooking and living program at 10 am on Monday February 2. Mary Fegenbush, RN and Bonita Bobo will present updates on stroke and heart disease prevention and recognition. They are Program Coordinators for the Heart Disease and Stroke Prevention Program at the Kentucky Department for Public Health. This multi-county program will include cooking demonstrations and food sampling. Everyone will receive copies of the program recipes. *Light and Easy Recipes* cook booklets will also be available to purchase for \$5 each.

Get the truth about heart disease and know your risks. Be motivated to take action. Everyone needs this information. Please reserve your spot at this **FREE** program by calling the Shelby County

Extension Office at 502-633-4593. Be good to your heart!

## Cultural Arts

Cultural Arts is March 2, 2009 in Shelby County. If you have any items that you would like to be judged for cultural arts bring them to the Spencer County Extension Office by Thur. February 26, 2009.

### *CATEGORIES*

1. APPAREL

2. ART, 3-DIMENSIONAL

3. ART, NATURAL

4. BASKETRY

5. BEADING

6. CERAMICS

7. COUNTED CROSS STITCH

8. CROCHET

9. DOLL/TOY MAKING

10. DRAWING

### *SUBCATEGORIES*

Novelty

Quilted

Pieced

Appliquéd

Accessory

Carving

Sculpture

Wood

Other

Plain

Dyed Material

Novelty

Miniature (under 4 inch)

Cane

Non-jewelry

Item/Wearable

Knitting or Crochet with Beads

Bead-weaving

Miscellaneous

Hand-formed

Molded

Pre-made

14 Count & Under

16 - 22 Count

Specialty Cloth (linens, etc.)

Yarn

Thread

Porcelain/China

Cloth

Handmade Toy

other than

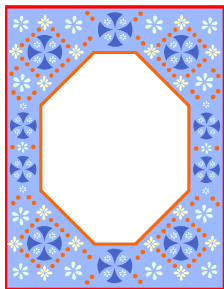
Porcelain/China or

Cloth

Pastels

Pen & Ink

11. EMBROIDERY	Pen & Ink with Oil Roughing Pencil-Black Pencil-Color Basic Embroidery Crewel Candle Wicking Smocking Ribbon Machine Embroidery Swedish Tatting/Lace Making Miscellaneous Wet Method Needle Method	Machine Pieced (hand quilted) Machine Pieced (machine quilted) Novelty (stenciled, embroidered, miniature, etc.) (hand quilted) Novelty (stenciled, embroidered, miniature, etc.) (machine quilted) Baby or Lap (hand quilted) Technology Based (hand or machine quilted)
12. FELTING*		
13. HOLIDAY DECORATIONS	Spring Summer Autumn Winter	23. RECYCLED ART (Include a before and after picture) Clothing Household Other
14. JEWELRY	Original Design Beaded Mixed Media (wire, chain maille, mixed with beads)	24. RUG MAKING 25. SCRAPBOOKING**** Heritage Layout Family Layout Miscellaneous Layout
15. KNITTING	Hand	26. WALL or DOOR HANGING Fabric Other
16. NEEDLEPOINT	Cloth Canvas Plastic	27. WEAVING Loom Hand (macramé, caning)
17. PAINTING, ART	Oil Acrylic Water Color	28. MISCELLANEOUS .. Items not included in other categories listed, otherwise they will be disqualified
18. PAINTING, CHINA		
19. PAINTING, DECORATIVE	Wood Metal Other	
20. PHOTOGRAPHY	Black & White (mounted & framed) Color (mounted & framed)	
21. PILLOWS**		
22. QUILTS	Machine Appliqué (machine quilted) Hand Appliqué (hand quilted) Hand Pieced (hand quilted)	



\* 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.

**The following category changes/additions/explanations have been made for the 2009 KEHA Cultural Arts Exhibit:**

1. **Apparel** category – the **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.

2. **Drawing – Pen & Ink with Oil Rouging** sub-category has been added. Items entered should be original designs. Copying another person’s drawing excludes it from being an original design.

3. **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.

4. **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.

5. **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. Sub-category addition: **Novelty/Machine Quilted** to include stenciled, embroidered, miniature, etc.

b. Sub-category deleted: **Whole Cloth/ Hand Quilted**, entries may be entered in the **Miscellaneous Category**

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?

## **Homemaker Lesson Ballots**

*Please vote for six programs and return to your Extension Office by January 28, 2009*

**Hazardous Chemicals and Your body-Eating Right for a Healthier You:** It is no secret that good nutrition can have a positive impact on health. Environmental contaminants, such as persistent organic pollutants, may contribute to an increased risk for chronic disease. The good news is that certain dietary strategies may provide a defense for combating the effects of these contaminants while improving your overall health.

**Gifts of Gratitude and Blessing:** This lesson focuses on discovering the vast untapped potential for personal satisfaction and societal renewal available through the skillful application of gratitude and blessing. It is module 10 in the Universe of Possibilities™: Skills for Creating Happiness and Blessing Others. *This lesson is part of the KEHA Family & Individual Development Program of Work.*

**Travel the Kentucky Quilt Trail:** What is the Kentucky Quilt Trail and how did it get started? Learn how to participate in the Kentucky Quilt Trail. Lesson is being written for KEHA members by Kentucky Arts Council. *This lesson is part of the KEHA Cultural Arts Program of Work.*



**Diabetes Updates:** Diabetes-Kentucky ranks 7<sup>th</sup> in the nation in the largest percentage of adults diagnosed with diabetes. This lesson will provide you with updated information on the disease. Stories will be used to provide information for individuals to manage their diabetes. In addition, individuals will learn how to make small changes in meals that they already eat so that it is appropriate for an individual with diabetes. Physical activities will be introduced in fun ways through the program. *This lesson is a part of the KEHA Foods, Nutrition, and Health Program of Work.*

**Understanding the Food Label:** People look at food labels for different reasons but whatever the reason, many consumers would like to know how to use this information more effectively and easily. It has been shown that for consumers to benefit from the label information, it is necessary to make food labels, especially serving size and percent daily values

information, easy to understand. This lesson on food labels will present the information in a simple format and use games to make food labels easier to understand. *This lesson is part of the KEHA Foods, Nutrition, and Health Program of Work.*

**Ghana and the Kentucky Academy:** The KEHA International Program includes work to support the Kentucky Academy, a kindergarten in the village of Adjeikrom in Ghana, West Africa. Lesson materials will help homemakers learn about the country of Ghana and this special kindergarten which was founded by Dr. Kwaku Addo, a UK faculty member, and his wife.

**How to Protect Nursing Home Residents: “A Guide for Action against Abuse and Neglect:** Learn Important lessons to help protect our loved ones and friends who live in nursing homes from abuse. Also, learn of a special program for nursing home residents called “Second Wind Dreams” *This lesson is part of the KEHA Management and Safety Program of Work.*

**The Successful Person's Guide to Time Management:** Learn how to better manage your time to accomplish lifetime goals. Time management steps you can take today to help you accomplish those goals. *This lesson is part of the KEHA Management and Safety Program of Work*

**Fun Family Mealtime:** Family mealtime provides opportunities to talk laugh and have fun together. Many families do not take advantage of mealtimes because they are too busy working or running the kids around to their many events. This program will help families find ways to make family mealtime possible by showing families how they could cook once and eat twice, cook meals with five or less ingredients, use make ahead meals, and plan meals in advance. Ideas and fun activities for mealtime conversations will be provided. This lesson is part of the KEHA Foods, Nutrition, and Health Program of Work.

**Say Hello to Leadership:** Merriam-Webster provides us with the definition of leadership as the capacity to lead, or the act of leading (Merriam Webster, 2008). When done well leadership is useful across all contexts and fields- the bottom line being that no matter your field of interest, learning to effectively interact with people is important to everyone. This includes you! It doesn't matter if you are an employee, leader, follower, constituent, and community member- the list goes on and on. So let's

make it safe to say that learning the basics of leadership could be the best hour you ever spent on life-long learning- and begin at the beginning! This lesson is part of the KEHA Leadership Development Program of Work.

**Greening Your Home:** Green products and practices can improve our quality of life in both our homes and our communities. Learn how to evaluate and make the best choices from the growing number of green products. Are they really as effective as advertised? How do they contribute to a healthy living environment? How green are you willing to be in your homes? This lesson is part of the KEHA Environment, Housing and Energy Program of Work.

**Home Cleaning Products...Safe, Healthy and Green:** Green cleaning products and practices provide a healthy, safe option for the everyday cleaning jobs around your home. This lesson includes information on cleaning products and supplies as well as techniques for making various housekeeping jobs easier and more effective. This lesson is part of the KEHA Environment, Housing and Energy Program of Work.

Please collect these ballots at your next club meeting or send it in to your county Extension office.

## Louisville Area Leadership Retreat

Women Leading the Way  
Jabez, KY  
April 7 & 8

Cost \$65.00- includes lodging, food, and most supplies for workshops

**\*\*Pick up registration form at extension office\*\***

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

April 14&15, 2009  
General Butler State park, Carrollton, KY  
all sewers: Home Decorator, Fashion and Quilting. For more information contact: Judy Hetterman by email: [jhetterm@uky.edu](mailto:jhetterm@uky.edu) or (502)484-5703



## Online Newsletter

The Louisville Area Family and Consumer Science Agents have an online newsletter, called take a Moment. You can subscribe to the newsletter for free and get it e-mailed to you monthly. To subscribe go to <http://www.take-a-moment.com> and fill out the online form. Take a Moment discusses things from family life, to finances, to household remedies.



## Office Closed

The Spencer County Extension Office will be closed Monday January 19, 2009 for Martin Luther King Day. We will reopen Tuesday January 20, 2009 at 8 am.

## \*\*\*AND JUSTICE FOR ALL\*\*\*

The U. S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and material or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).



To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14<sup>th</sup> and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## KEHA Annual Meeting

The KEHA annual meeting will be held this year in Northern Kentucky at the Drawbridge Inn in Fort Mitchell. I reserved 4 rooms under my name. The cost is \$84.56/ night. Please let me know if you need a room and if you will be going.

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

April 14&15, 2009  
General Butler State park, Carrollton, KY

For all sewers: Home Decorator, Fashion and Quilting. For more information contact: Judy Hetterman by email: [jhetterm@uky.edu](mailto:jhetterm@uky.edu) or call (502)484-5703.

**\*\*Pick up registration form at extension office\*\***

## **Switching from Analog to Digital Television**

As you may know, television will stop broadcasting in analog and only broadcast a digital signal beginning Feb. 17. If you still use an analog television that gets its service through an antenna, you will no longer be able to receive the signal.

There are many reasons for the switch. Digital broadcasting is more efficient than analog technology, and fewer broadcasting airwaves are needed to provide improved programming to consumers. Some of the airwaves will be given to the nation's firefighters and police to better communicate with each other during emergencies. Other parts of the return spectrum will be auctioned off to provide innovative wireless broadband services to consumers.

There are a few options that you can choose to maintain television reception. The easiest way to still get a signal from your current television is to get a converter box. A converter box plugs into the back of your analog television and makes it possible for the television to provide a digital broadcast. You can apply for a \$40 coupon to buy a converter box until March 31. Every household is eligible to apply and could receive up to two free coupons. Converter boxers, depending on the manufacturer, will range from \$40 to \$70. To request a coupon, call 888-388-2009 or visit <http://www.dtv.gov>.

There are other options to getting a converter box. Those include buying a new television that is digital or paying for cable, satellite or another service. While these are more expensive alternatives, they are effective.

If you already have cable or satellite service or a digital television, you have nothing to worry about; the switch will not affect you, and you do not need a converter box. If you do still have an analog television and wish to continue using it, the time to start making the change is now.

Visit our website at [www.spencerextension.com](http://www.spencerextension.com)

Allison Lewis  
CEA for Family and Consumer Sciences

## **Up Coming Programs and Events**

Cultural Arts (March 2, 2009)  
Louisville Area Homemakers Council Meeting (April 6, 2009)  
Leadership Retreat 2009 (April 7-8, 2009)  
Council Meeting (April 13, 2009)  
Sewing Expo (April 14 & 15, 2009)  
KEHA (April 20-23, 2009)  
Spencer County Homemakers Annual Meeting (April 28)

Cheryl Bowling recently made the following dish for a Waterford Homemakers Club meeting. Everyone loved it so much, that Cheryl decided to share with all the homemakers.

### **Phyllis George Brown's Carrot Soufflé' from Cave Hill**

1 lb fresh carrots	3 eggs
½ c sugar	3 TBSP flour
1 tsp vanilla	1 stick of butter melted
Dash of nutmeg	

**Topping:**  
¼ to ½ c crushed corn flakes or walnuts  
3 TBSP brown sugar  
2 tsp soft butter.

Cook carrots until tender. Place in blender container with eggs. Puree. Add sugar, flour vanilla, melted butter and nutmeg. Blend until smooth. Pour into a lightly greased 1 ½ quart, oven proof casserole or soufflé dish.

Bake in a 350 degree oven for 40 minutes. Mush all topping ingredients together. Spread topping over soufflé and bake an additional 5 to 10 minutes or until lightly browned. Serves 6



**Cooperative Extension Service**

*University of Kentucky*

*Spencer County*

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*Taylorsville, KY 40071-0368*

*Official Business*