

Homemaker Newsletter

February 2023

UPDATES FROM THE HOMEMAKER COUNCIL

Thought of the Month:

"No bird soars too high if he soars with his own wings." -William Blake

Roll Call:

February is National bird feeding month. What is your favorite bird?

February Make & Take: Simple Basket

Melonie will be offering a FREE Homemaker Make & Take Basket Making workshop on February 20th from 5-7 PM at the Russell County Extension Office.



Homemaker Game Day Fun

Tuesday, January 31st, join the homemakers in some game day fun! Bunco will be offered at 2 PM and 6 PM. Door prizes will be given away at the bottom of the hour (must be present to win).

February Homemaker Leader Lesson: Cooking with Vinegars & Oils

SAVE THE DATE: FEBRUARY 27TH @ 4 PM

Please plan to attend the February Homemaker Leader Lesson and the Council Meeting on February 27th.



Nursing Home Bird Feeder Community Service Project

Homemakers are filling bird feeders to entice local birds to brighten the windows of the local nursing home for its residents.

Contact your Homemaker president if you would like to help!

Homemaker Cultural Arts Competition Submissions

February 23rd- March 1st

Russell County Cultural Arts Competition Entries should be turned in between 2/23-3/1. Entry judging will occur on March 2nd.

Save the Date: Homemaker Area Meeting

APRIL 27TH: REGISTRATION STARTS AT 5:30 EST

Save the date for the Lake Cumberland Area Homemaker Meeting. This meeting will occur at the Aspire Center in Monticello, KY.

Smoothie Basics

SOURCE: HEATHER NORMAN-BURGDOLF, PHD, EXTENSION SPECIALIST FOR FOOD AND NUTRITION

There are many benefits of choosing smoothies for a refreshing snack or beverage. Often, smoothies have multiple food groups, which provide a variety of nutrients and energy. Depending on the ingredients, smoothies may serve as a meal, snack, or even dessert. Most smoothies have at least two fruits or vegetables. So, they are a great way to reach the recommended intake of five servings a day of fruits and vegetables. Smoothies are often higher in calories, which is a great way to help individuals add calories to their diet if they are sick or have difficulty chewing or swallowing. You can easily change smoothies based on available foods, taste preferences, and nutrients. They are typically prepared in a blender, but you could also make one in a food processor.

Smoothies typically start with a base or liquid, such as water, any type of milk or juice, or yogurt. For a more balanced smoothie, add at least one fruit and one vegetable. Common fruits and vegetables to include are bananas, berries, peaches, melons, spinach, avocado, cucumber, and carrots. The great thing about smoothies is they allow you to be creative and use whatever produce you have on hand whether it's canned, fresh, or frozen. You can add more nutrients and flavor by incorporating other items such as nut butters, oatmeal, nuts, seeds, or cinnamon. Adding ice or using frozen produce will thicken the smoothie. Blend until your desired thickness and texture. If the smoothie is too thick, simply add more base or liquid. Harder raw fruits and vegetables may require more time blending.

Compared to juices, smoothies use the entire product which leaves the fiber and all the nutrients. It also allows you to add other food groups to the smoothie. For example, a smoothie made with yogurt, peanut butter, bananas, and spinach provides a serving of fruit, vegetable, dairy, and protein which helps you feel full longer. Because of the ingredients used in smoothies and the entire fruit and vegetable, smoothies give you a more nutritional bang for your buck.

Resource: FS1245: Build a Better Smoothie (Rutgers NJAES). (2022). Retrieved 29 September 2022, from <https://njaes.rutgers.edu/fs1245/>

Power-Up Berry Smoothie

MAKES 4 SERVINGS , SERVING SIZE 1 CUP SOURCE: EAT SMART TO PLAY HARD:
KRISTI SHIVE, WARREN COUNTY EXTENSION AGENT FOR FAMILY AND CONSUMER
SCIENCES, UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE

Ingredients

- 1 cup fresh spinach
- 1 very ripe banana
- 1 cup orange juice
- 1 cup fresh or frozen mixed berries
- 1 cup ice (optional)

Directions

1. In a blender, add spinach, banana, and orange juice. Blend until smooth.
2. Add berries. Blend until smooth.
3. For a cooler treat, add ice and blend until smooth.
4. Serve immediately



Nutrition Information

80 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0 mg cholesterol; 10mg sodium; 18g total carbohydrate; 3g total fiber; 11g total sugars; 0g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium



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MEGAN GULLETT
CEA FOR FAMILY & CONSUMER SCIENCES

February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		31 HM Game Day @ 1 PM All Welcome to Join	1	2	3	4
5	6 Charcuterie Board Workshop 5 PM	7 Cooking Through the Calendar @ 5 PM	8 Homemakers on the Go Meeting @ 10 AM	9	10	11
12	13 Sit & Sew 1:00 PM Charcuterie Board Workshop 5 PM	14 Sunset Club Meeting at 6 PM	15	16	17	18
19	20	21	22	23 Start of Cultural Arts Competition Submissions	24	25
26	27 Sit & Sew 1 PM	28	1 End of Submis- sions	2 Judging		

Russell County Homemakers

Game Day

Come join the fun!

Tuesday, January 31st
Anytime: 1:00 – 7:00 p.m.
At the Russell County Extension Office

Fun and Easy Games and Activities
Card Games, Board Games, Puzzles,
Grown Up Coloring Pages

Learn to Play
a New Game
(Bunco, Qwirkle, Five Crowns, Outburst, Apples to Apples)
or Play some Classic Games
(Sorry, Scrabble, Checkers, Connect Four, etc.)

One New Game will be taught
at the top of every hour

Door Prizes will be given out at the bottom of the hour
(must be present to win)

Bring Finger Foods or Snacks to Share

2023 KEHA State Meeting

May 9-11, 2023

Crowne Plaza

Louisville, KY

<https://keha.ca.uky.edu/content/state-meeting-information>



We are planning an exciting state meeting with all the features you know and love! Because of rising prices, we have had to change the pricing structure. We are keeping prices as low as we can to make sure you get the most bang for your buck! Below is a sneak peek at the new pricing structure and all the features it will include. Look for full details and registration information coming this February in your state newsletter!

	Early-Bird Rate (By 4/10/22)	Late Registration (By 4/24/22)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140

Full Conference Registration Includes:

- Everything!
- Two meals – Tuesday opening luncheon banquet (New!) and Thursday awards luncheon
- All three days of conference activities*
- Opportunities to register for learning seminars covering a wide variety of interesting topics
- Opportunities to register for hands-on creative classes
- Cultural Arts viewing
- Quilt square viewing and auction
- Trade show vendors and KEHA merchandise store
- Basket raffle and silent auction
- Homemaker showcase
- Business meeting
- Wednesday night choir performance
- Thursday officer trainings and educational chairman workshops – all are welcome to attend. Learn what it means to lead!

2-Day Conference Registration Includes:

- Tuesday/Wednesday registration OR Wednesday/Thursday registration
- One meal (either opening luncheon banquet (New!) or closing awards lunch)
- 2 days of conference activities*
- Opportunities to register for learning sessions and hands-on creative classes as available on the days you select

* NOTE: All sessions and classes require advanced registration and are subject to availability. Registration is first-come, first-served with payment. Hands-On Creative Classes and paid sessions *may* include an additional charge.



CAJUN SEASONED FISH WITH RICE

**FREE DEMONSTRATION
AND SAMPLING!**

Tuesday, February 7th

05.00 PM- 06:00 PM

FREE

HOSTED BY:

FCS Agent Megan Gullett

*Call by January 31st
to Reserve your Seat!*

Phone : 270-866-44770
russell.ca.uky.edu

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University of Kentucky
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Food and Environment
Cooperative Extension Service

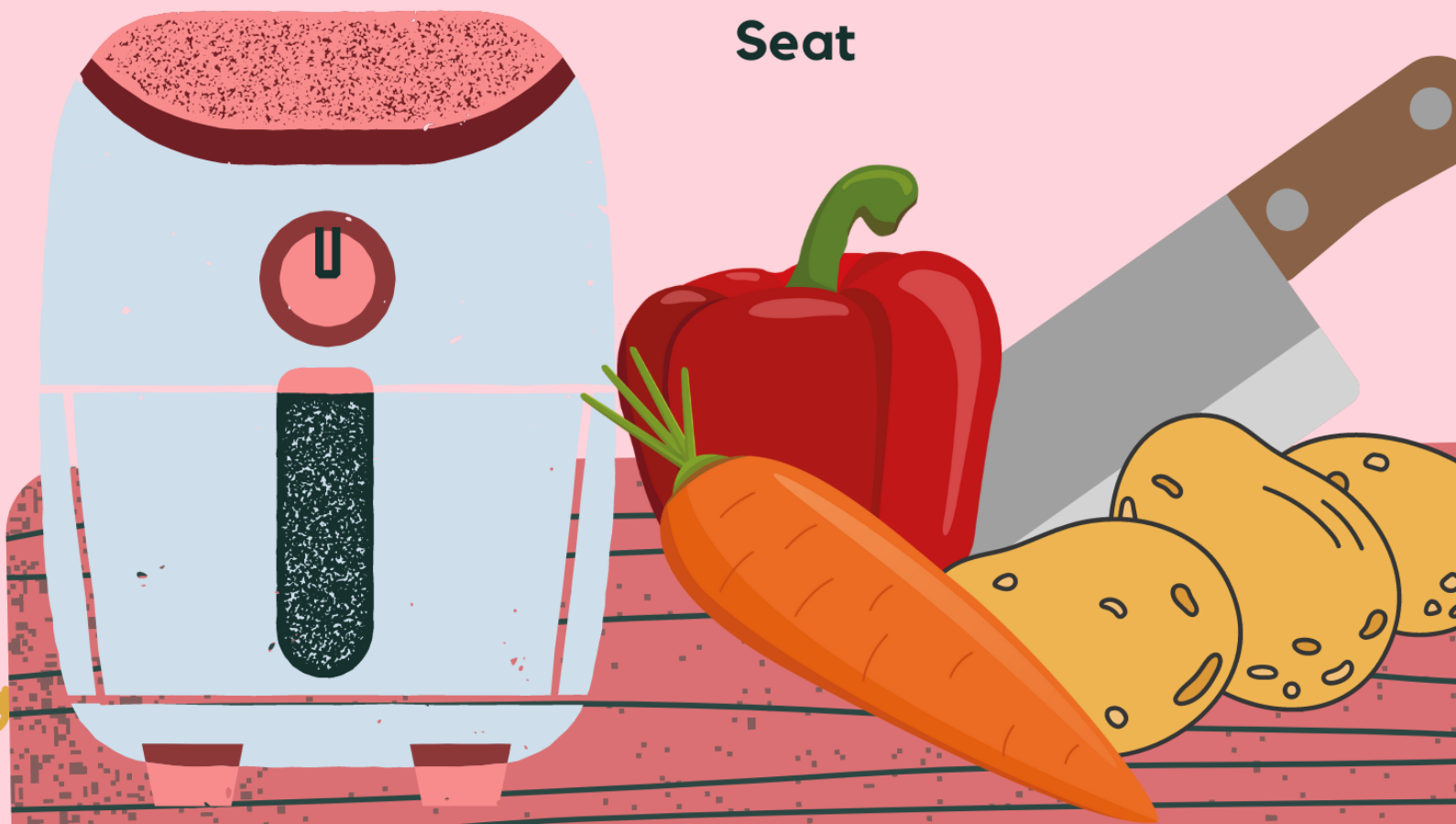


AIR FRYER 101

FREE RECIPE AND USAGE DEMONSTRATION

Monday, March 6th @ 5 PM, Cost is FREE

**Call 270-866-4477 to Reserve Your
Seat**



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Cultural Arts Competition

Russell County Homemakers, Mark Your
Calendars!

FEBRUARY 23-MARCH 1: ENTRY
MARCH 2ND: JUDGING, 9 AM
MARCH 2ND: VIEWING, 1 PM-4 PM
MARCH 3RD: ENTRY PICK UP
MARCH 16TH: AREA COMPETITION
MAY 9TH: STATE COMPETITION

Location: 2688 HWY 127, Russell Springs, KY

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2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
3. ART, NATURAL
 - a. Wood
 - b. Other
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
 - c. Other
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
9. CROCHET
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

2022-2023 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

16. KNITTING (HAND)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

17. KNITTING (OTHER)

18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

21. PHOTOGRAPHY

- a. Black & White (mounted & framed)
- b. Color (mounted & framed)

22. QUILTS**

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)
- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking***

24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

25. WALL or DOOR HANGING

- a. Fabric
- b. Other

26. WEAVING

- a. Hand (macrame, caning)
- b. Loom

27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

* 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.

**Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

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

CULTURAL ARTS AND HERITAGE

CULTURAL ARTS EXHIBIT

Criteria for Judging:

- A. Three-dimensional art, decorative painting, drawing, art painting, and ceramics.
 - 1) Originality
 - 2) Artistic promise
 - 3) Technique
 - 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 hanging, weaving, and miscellaneous.
 - 1) Originality
 - 2) Workmanship
 - 3) Color harmony
 - 4) Beauty of design
 - 5) General appearance.

- C. Photography
 - 1) Originality
 - 2) Content
 - 3) Clarity
 - 4) Technical competence
 - 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

CULTURAL ARTS EXHIBIT

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 an Extension Homemaker member and must have been completed during the past 2 years.

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

Areas may exhibit one item from each category and/or subcategory (maximum number is 94 for 2020-2021).

Identification of item should be on tag provided by state and attached to exhibit.

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

Should a KEHA member who is in good standing happen to pass away before a qualified entry can advance to the next level of judging (county to area, area to state), the deceased member’s entry will remain eligible, and the club/county will have the option to enter it at the next level.

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 an easel or means of hanging exhibit from the wall. **All items used for display should be labeled with exhibitor name.**

Entries will be exhibited by category. Entries will be judged by subcategory when indicated. **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.

All exhibits must remain displayed throughout the duration of the Cultural Arts Exhibit. In the case of an emergency, items may be removed only on approval of the state Cultural Arts Chairman.

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. Please label any easels, picture stands, hangers, or other display equipment.

The exhibits will be hosted at all times the exhibit is open. Additional security will be provided when necessary.

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