

Whitley County Extension Homemakers Newsletter

Happy Times and Sunshine...

1. FCS Agent, Linda Burgard, with our New Extension Homemaker Officers; Jan Surber- President, Cheryl Owens- Vice President, Pati Sears-Burnett- Secretary, and Carolyn Falin-Treasurer. 2. Colleen Brummett, Teresa Lawson and their Youth Sewing Club members delivered hand-sewn pillowcases to Baptist Health Hospital in Corbin. Great job, girls! 3. Tasty pizzas from the Grilled Pizza Workshop, led by Carrie Byrd. 4. Kids and Grown Ups alike enjoying a Laugh and Learn Playdate. 5 & 6. Scenes from the Whitley County Fair Home and Garden Exhibit. 7. Your new Homemaker Advisory Council in action! Only great things ahead!



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities
accommodated
with prior notification.



Homemaker News



The 2025 Year is coming soon!

Homemaker Memberships make great gifts!

HELP!

KNITTERS NEEDED!

We have been notified of local Community Service Project need! If you're a knitter and would like to help, let us know ASAP!

Don't Forget!

Cultural Arts Competition is October 3rd!

Categories and Info are included in this newsletter!



Club News



Rockholds Has a "Sear-iously" Good Cookout

The Rockholds Homemakers Club recently enjoyed a cookout. Pictured is Club Member Colleen Brummett presenting a Community Service Project she is working on. We were told all Members had a great day!



Busy Bees Play with Appliqué

The Busy Bee Homemaker Club was happy to have Club Member Patsy Lawson lead a demonstration on appliqué! We saw lots of beautiful work and smiles during this class!

Daily, Healthy Lifestyle Tips to Prevent High Blood Pressure

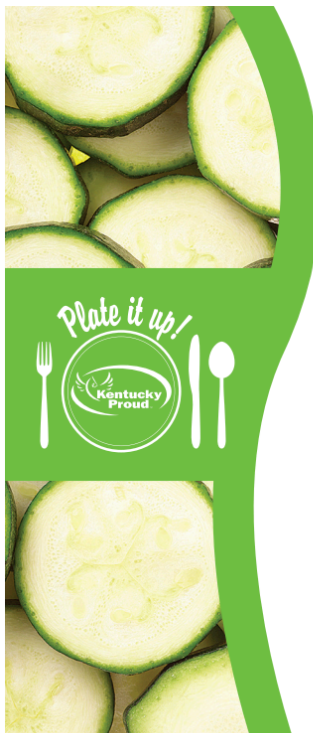
Source: Katherine Jury, Extension Specialist for Family Health

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure? You can help prevent high blood pressure, also called hypertension, by making healthy choices daily. Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.
- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin. Your local Whitley County Extension office has many resources to help you make healthy choices one small step at a time!

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Summer Garden Lasagna

5 medium zucchini	8 ounces plain Greek yogurt	1 medium yellow onion, diced $\frac{1}{4}$ inch	10 ounces fresh spinach
2 yellow summer squash	2 cups low fat cottage cheese	$\frac{1}{4}$ cup fresh chives, chopped	1 (24 ounce) jar spaghetti sauce
3 tablespoons olive oil	$\frac{1}{2}$ cup chopped fresh basil	2 garlic cloves, pressed	8 ounces shredded mozzarella cheese
2 large eggplants, sliced $\frac{1}{2}$ inch	2 teaspoons salt		Garnish with fresh basil leaves

Thinly **slice** zucchini and summer squash $\frac{1}{4}$ inch thick and **toss** with 1 tablespoon olive oil and 1 teaspoon salt. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. **Slice** eggplants, **toss** with 1 tablespoon olive oil; **place** on baking sheet. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under boiler for 5 minutes to reduce excess moisture. **Mix** together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. **Sauté** garlic in remaining olive oil until golden. **Add** spinach to pan and **cook** until wilted. **Spoon** half of roasted zucchini,

squash, and sautéed garlic into a greased 9-by-11 inch baking dish. **Coat** evenly with half of the cottage cheese and yogurt mixture. **Place** an even layer of eggplants on cottage cheese mixture. **Spread** a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. **Repeat** process for one more layer. **Bake** at 425 degrees F for 40 to 45 minutes. **Sprinkle** with chopped basil and cheese for garnish. **Yield:** 10, 1 cup servings. **Nutritional Analysis:** 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.

Linda P. Burgard

Linda Burgard
Whitley County Extension Agent
for Family and Consumer Sciences



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**For Info or
To Register**



Call
606-549-1430

Go To
www.tinyurl.com/WCPACE

Upcoming FCS Events

*Unless specified, all classes held at the
Whitley County Extension Office, 4275
N. Hwy 25W, Williamsburg, KY*

Registration required for all classes.

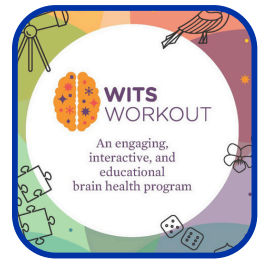


Acrylic Painting - Scarecrow August 6 | 1 PM | \$15

Join us for a fun afternoon as we paint this delightful Scarecrow. Stretch your creativity, enjoy a little social interaction, and practice relaxation while our instructor, Kathy Lay, walks us through basic drawing and acrylic painting techniques. The class fee of \$15 includes all project supplies needed for this hands-on class. Wearing painting clothes or an art apron is recommended. Registration is required. This class is intended for ages 18 and up.

Wits Workout August 8 | 9:30 AM | Free

Maintaining a healthy brain throughout life is important for its long-term function. Join our Wits Workout class as we challenge our brains while having fun and engaging with others both intellectually and socially. After giving your brain a workout, you may be almost ready for lunch. Let's make it a party as we transition from Wits Workout to our monthly cooking demonstration class at 11 AM. During our Cooking Through the Calendar attendees will have the opportunity to discuss and sample the recipe of the month. This month's recipe - Peanut Butter Oatmeal Bites!



Cooking Through The Calendar August 8 | 11 AM | Free

Join us as we explore the recipes in the University of Kentucky NEP 2024 Calendar in this fun class. Recipes are demonstrated and then sampled. Expect class to last between 1 - 1 1/2 hours. The August recipe is Peanut Butter Oatmeal Bites.

Healthy Bladder Habits August 9 | 6 PM | \$5.00

Don't be embarrassed: An estimated 13 million people in the United States suffer from regular urine leaks. Our featured speaker, Stacy Moses, a local Occupational Therapist with PT Solutions specializing in pelvic floor health will share exercises that strengthen the pelvic floor and can help prevent leakage and will discuss how foods and beverages can impact bladder health. We will also learn how urinary incontinence can impact your life, the parts of your body that play a role in urination, types of common bladder issues and bad habits, and when to seek help.



Quick & Soft English Muffins August 10 | 10 AM | \$5

Students will learn to make a quick and delicious English muffin recipe. English muffins cook on the stove top or griddle, so there is no need to heat the house up turning the oven on. This hands-on class will teach students to make this brunch staple for themselves. Students will need to bring a mixing bowl and a dough whisk or sturdy spoon for mixing. This class is intended for adults 18+ only and space is limited.



Leadership Training & Homemaker Kick-Off August 15 | 3 PM & 5-7 PM | Free

Annual Kick-Off to start the 2024-2025 Homemaker Year! Our theme is Blazing the Way with KEHA! For more info on the Leadership Training at 3 PM, see the flyer in this newsletter.

Canning Pickles - Canning Demonstration at WD Bryant August 17 | 10 AM | Free

Water bath canning is the food preservation process used to can high acid foods such as pickles and jams. In this demonstration class we will be making Hamburger Dill pickles while discussing the importance of following an approved recipe and learning the basics of water bath canning. This class is part of the Whitley County Homesteading series and is free of charge. Located at WD Bryant Hardware store, Corbin, KY. Registration is appreciated.



Quilted Jacket Two Session Workshop August 19 & 20 | 10 AM - 3 PM | Free

Students will transform an ordinary sweatshirt into a beautiful quilted jacket during this two-session workshop. Students will need to have basic sewing machine skills to participate. Sewing machines are available for use upon request. Please register to receive the supply list.

Laugh and Learn August 22 | 10:30 AM | Free

Laugh and Learn Playdates are for you and your child(ren) to engage in playful activities designed to prepare them for kindergarten. Hear stories, sing songs, make crafts, play games, and enjoy a healthy snack. For children ages 3-5. Younger siblings are welcome to attend and participate as able. Playdates are held bi-monthly. August's playdate is all about Camping!



Leader Lesson Training at Laurel County Extension August 27 | 10 AM | Free

Club Lesson Leaders should attend this meeting, but it is also open to ANY and ALL Extension Homemakers. This is a "teach the teacher" session for September, October, and November Homemaker lessons. Register to attend by August 16th by contacting the office. Lunch and a craft activity will be included.

Additional Dates to Remember

Old Fashioned Trading Days - September 5-7th

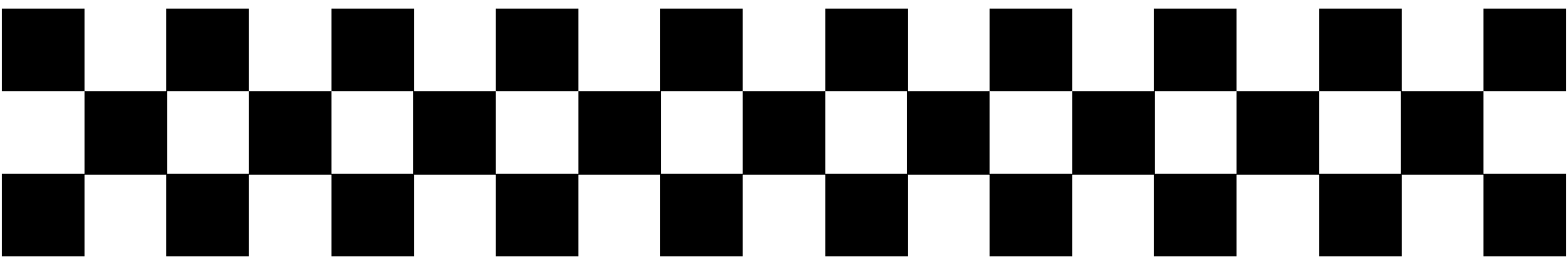
Cultural Arts Competition - October 3rd, 9 AM

Holiday Ideas - October 17th, 5 PM

WTA Annual Meeting, Bell County - October 19th

Holiday Cooking School - November 7th, London, KY (more info coming soon!)

International Event "Experience Chile" - November 19th, 5:30-7:30 PM



Whitley County Extension Homemaker



KICK - OFF



REGISTER BY: August 12th

Blaze into the new Homemaker Year with us!

Thursday, August 15th

Sign In at 5:00 PM, Dinner at 5:30 PM

Whitley County Cooperative Extension
4275 N Hwy 25 W, Williamsburg



Whitley County **Extension Homemaker Leadership Training**



Join us at 3 PM on August 15th (just before the Homemaker Kick-Off) for our Annual Homemaker Leadership Training. All officers and homemakers in leadership positions (or homemakers who are thinking about taking on a leadership position) – this is for you! We will be sharing information on role duties and responsibilities as well as passing out forms and documents that you will use throughout the year.



2023-2024 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

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY

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

16. KNITTING (HAND – with knitting needles)

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

17. KNITTING (OTHER – machine / loom)

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 (mounted or framed) **

- a. Black & White
- b. Color

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)

22. QUILTS*** (continued)

- 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 (includes pin weaving)

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.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***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.

BLUE Ribbon and PURPLE Ribbon winners 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 2023-2024).

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.



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

Whitley County
 P.O. Box 328
 4275 N Hwy 25W
 Williamsburg, KY 40769

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August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DATES TO REMEMBER:

- 3rd- Farmer's Market at Goldbug
- 6th- Acrylic Painting - Scarecrow
- 8th- Wits Workout
- 8th- Cooking Through The Calendar
- 9th- Healthy Bladder Habits
- 10th- Quick and Soft English Muffins
- 10th- Farmer's Market at Goldbug
- 15th- Leadership Training
- 15th- Homemaker Kick-Off
- 17th- Farmer's Market at Goldbug
- 19th- Quilted Jacket Class
- 20th- Quilted Jacket Class, contd.
- 22nd- Laugh & Learn Playdate
- 24th- Farmer's Market at Goldbug
- 27th- Leader Lesson in Laurel Co
- 30th- Farm Field Day at Fairgrounds