

FAMILY & CONSUMER SCIENCES

COOPERATIVE EXTENSION



February 2023
Newsletter

VOL. 23-02

Cooperative Extension Service

Wayne County
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"All you need is love. But a little chocolate now and then doesn't hurt." - Charles M. Schulz



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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

February 2023

Nutrition

Education

Program Calendar

Recipe

Cajun Seasoned Fish with Rice

- 1 tablespoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon garlic powder
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 1 tablespoon butter
- 1 package (10 ounces) frozen vegetable blend with onions, celery, peppers, and parsley
- 3 cups cooked brown rice
- Nonstick cooking spray
- 1 1/2 pounds thawed fish fillets, any type
- 1 lime (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Combine paprika, oregano, garlic powder, pepper, and salt in a small bowl. Set aside.
3. Melt butter in a medium saucepan.
4. Add frozen vegetable blend.
5. Cook and stir over medium heat for 5 to 8 minutes or until vegetables are tender.
6. Add cooked rice and 1 teaspoon of prepared seasoning mix. Cook and stir until rice is heated through, about 3 to 5 minutes.
7. Reduce heat to very low. Cover rice mixture and keep warm while preparing fish.
8. Spray fish fillets on all sides with cooking spray and coat with seasoning mix. Remember to wash your hands after handling raw fish.
9. Place a large cast iron skillet or other heavy, nonstick skillet on the stovetop over medium high heat. Let the pan preheat until it's very hot but not smoking.
10. Place fish fillets in a single layer in the pan. The pan will smoke a little.



11. Cook fish over medium-high heat for 3 minutes. Use a spatula to carefully turn the fish over. The seasoning mixture will make a dark brown crust on the fish.
12. Cook the fish on the other side for 3 more minutes, or until it is solid white and flakes easily with a fork, or registers at least 145 degrees F when tested in the thickest part.
13. Divide fish into six portions and serve each piece over 1/2 cup of cooked rice.
14. Optional: Sprinkle fish with juice from one lime.
15. Refrigerate leftovers within 2 hours.

Variations: Add 1/4 teaspoon cayenne pepper or chili powder for a spicier mix.

Makes 6 servings

Serving size: 1 fish fillet and 1/2 cup rice

Cost per recipe: \$11.44

Cost per serving: \$1.91

Nutrition facts per serving:

260 calories; 5g total fat; 2g saturated fat; 0g trans fat; 60mg cholesterol; 460mg sodium; 28g total carbohydrate; 3g dietary fiber; 2g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source:

Martha Yount,
Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

Slow Cooker Smoky Black-Eyed Peas



Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.69
Cost per serving: \$0.56

**Nutrition facts
per serving:**
180 calories;
3g total fat; 1g
saturated fat; 0g
trans fat; 20mg
cholesterol; 240mg
sodium; 26g total
carbohydrate; 4g
dietary fiber; 4g total
sugars; 0g added
sugars; 13g protein;
0% Daily Value of
vitamin D; 4% Daily
Value of calcium;
20% Daily Value of
iron; 10% Daily Value
of potassium.

- 1 medium onion, chopped
- 1/2 medium bell pepper, chopped
- 2 cloves minced garlic,
or 1/2 teaspoon garlic powder
- 2 small or 1 large jalapeno pepper,
ribs and seeds removed and
finely chopped (optional)
- 1 pound dried black-eyed
peas, sorted and rinsed
- 1 package (12 ounces) smoked
turkey sausage, cubed
- 1/2 teaspoon Cajun seasoning
- 1/4 teaspoon ground black
pepper, or to taste
- 2 small bay leaves
- 7 cups water

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse produce under cool running water and gently scrub using a clean vegetable brush before chopping.

3. Add all ingredients to a 6-quart or larger slow cooker.
4. Cook on high for 5 hours or until peas are tender, adding more water if needed.
5. Remove bay leaves.
6. Serve over hot, cooked brown rice, if desired.
7. Refrigerate leftovers within 2 hours.

Stovetop option: Sauté chopped vegetables in 1 tablespoon vegetable oil in a large pot over medium heat. Cook for 5 minutes or until tender. Add all remaining ingredients, increasing water to 8 cups. Bring mixture to a full boil. Reduce heat to low, cover, and cook for 1 hour or until peas are tender.

Taken from: January 2023 Nutrition Education Program Calendar
Anita Boyd, Mason County SNAP-Ed Program Assistant Senior



Extension Homemaker Club Meetings

- Sunnybrook** - February 2nd @ 6:30 p.m. - Downstairs Meeting Room
- Crafter's Anonymous** - February 8th @ 2:00 p.m. - Downstairs Meeting Room
- Odds 'N Ends** - February 9th @ 12 noon - Downstairs Meeting Room
- Country Charmers** - February 13th @ 6:00 p.m. - Downstairs Meeting Room
- Pots & Pans** - February 13th @ 6:00 p.m. - Upstairs Meeting Room
- Charity** - February 14th @ 5:00 p.m. - New Charity Baptist Church
- Happy Chippers** - February 16 @ 12 noon - Downstairs Meeting Room
- Creative Characters** - February 21st @ 1:00 p.m. - Downstairs Meeting Room
- Mudslingers** - February 27th & 28th @ 12 noon - Downstairs Meeting Room

Clubs - Your Christmas Village tree ornaments are ready for pick up!

Please come get them! Thank you.

Reminder: PLEASE turn in your monthly reports!



Roll Call & Thought of the Day for KEHA Monthly Club Meetings February 2023



Thought for the Day: "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?

Blood Drive!

Tuesday, February 14, 2023

Aspire Center

Sunnybrook 11:45 a.m.-3:00 p.m.

Charity 3:00 p.m.-6:15 p.m.

Donate Blood - Save a Life!



Thank you, Wayne County Community!

Thank you for the 35 volunteer donors who gave blood on December 13th and helped save a life!

Our Adventures Await!!
Leader Training Schedule
Wayne County Extension Office

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you.

Upcoming Lessons:

February 28th @ 5:30 p.m. - Savor the Flavor

- We will be engaging in Savor the Flavor! How to add flavor and excitement to our food! It's not just the food....it's a FLAVOR experience!

March 28th @ 5:30 p.m. - Making the Most of Meals While Traveling

April 25th @ 5:30 p.m. - Healthy Outdoor Cooking

Upcoming Meetings

February 2, 2023 - Area Annual Meeting Planning Committee @ 5 p.m.

- County Officers & Club Presidents (If President cannot attend, PLEASE send one of your officers.) Theme is "**Baskets of Blessings.**"

February 9, 2023 - Yard Sale Extravaganza Planning Committee @ 5 p.m.

- County Officers & Chairperson from each club.

February 16, 2023 - County Annual Meeting Planning Committee @ 5 p.m.

- County Officers & Chairperson from each club.

March 9, 2023 - Christmas Village Planning Committee @ 5 p.m.

- County Officers & Chairperson from each club.



Passport Program

Wayne County Extension Homemakers

Your "Adventures Await"

Passports are ready for pick up.

Ask us for more information.

Remember your Passports can earn you points for rewards and prizes at the County Annual Meeting.



Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

February 2023 - Charity

March 2023 - Creative Characters

April 2023 - Country Charmers



May 2023 - Happy Chippers

June 2023 - Pots & Pans

July 2023 - Crafters Anonymous

****Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.

Charity Homemakers Club

The Charity Extension Homemakers Club was formed in 1986. Most of our members are children or grandchildren of the original members. We also have some members that have not been with us as long.

We meet at the New Charity Baptist Church located on the Greenbriar Road. Since many of our members work, we meet on the second Tuesday of each month at 5:00 p.m. The members of the Charity Club enjoy making crafts, eating, and enjoying each others company. We usually try to go out to eat two or three times a year and include our family members. We are all like one big family.

The club's goals for this year are to continue learning new crafts, being more creative, and recruiting more members. We would like to invite anyone interested to come and join us at anytime.



Helen Massengale



Teresa Bennett, Jena Denney, Helen Neal,
Anita Stephens, Geraldine Shelton,
Danielle Shelton, Maxine Stephens



Ruby Key

PHOTO CONTEST

THEME: Wayne County Winter Scenes

- **Submit Photos - February 1st-5th**
- **Voting will begin February 7th until midnight February 13th via Facebook: Wayne County Cooperative Extension Family and Consumer Sciences**
- **Winners will be announced February 14th.**
- **Winners will be determined by the number of "Likes" the photo receives before midnight EST on February 13th.**

Photos are limited to:

- **Pictures MUST fit theme.**
- **Pictures may include animals, landscape scenery, and/or buildings (NOT People- NO recognizable faces!)**
- **Day/nighttime settings.**
- **Non-professional work.**
- **Pictures ONLY taken by submitter.**
- **1 Picture per person.**
- **One high resolution digital copy.**
- **Pictures may be used in a calendar or other Wayne County Extension Homemaker promotions. Pictures will become property of Wayne County Extension Office once entered and can be used in any Extension or county promotion.**
- **Please email photo entry to Vicki McDonald at vicki.mcdonald@uky.edu or stop by the Extension Office from 8:00 a.m.-4:30 p.m. to have your photo scanned if you don't have a digital copy.**

We look forward to seeing all the beautiful photos!



Prizes:

1st Place - \$25

2nd Place - \$15

3rd Place - \$10

Participants will make the \$50 payment to the Wayne County Extension Office BEFORE the class.

Homebased Microprocessing Workshop



Tuesday, February 28, 2023
9:30 a.m. - 2:30 p.m. EST
Wayne County Extension Office
255 Rolling Hills Blvd., Monticello, KY
In-Person Meeting. Lunch will be provided.



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

For more information & to register:

[fcs-hes.ca.uky.edu/
homebased_processing_microprocessing](https://fcs-hes.ca.uky.edu/homebased_processing_microprocessing)
or call (606) 348-8453

Join our workshop!
Homebased microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.
The cost of the workshop is \$50.00.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



**For the Love of Chocolate Class
Tuesday, February 7, 2023 @ 10:00 a.m.**

Wayne County Extension Office

Upstairs Meeting Room

Get ready for Valentine's Day!

We will be learning how to make Chocolate Bombs!

YUMMMM...Delicious!

Please register by February 6, 2023.

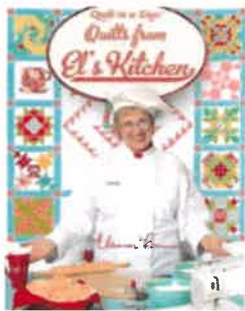
**Crafter's Anonymous Homemaker Club
Wednesday, February 8, 2023 @ 2 p.m.
Downstairs Meeting Room**

Crafting Corner Project - St. Patrick's Day Gnome
Fee: \$3.00 - Make checks payable to Wayne Co. Extension Office (Memo: Crafters Anonymous)

All supplies provided. Make a 6"-10" green St. Patty's Day Gnome to use as a shelf decoration or centerpiece.

Registration Deadline: March 3rd

Please call and let us know if you will be attending, so we can have your craft kit prepared for you.



In-Stitches Class

Wednesday, February 15th @ 10 a.m.

Downstairs Meeting Room at the Extension Office.

We will be working on the Sugar Cone and Sugar Loaf Blocks.

Calligraphy Workshop

Tuesday, March 7, 2023 @ 4:30 p.m.

Wayne County Extension Office

Downstairs Meeting Room

Cost: \$15 Per Person (Prepayment Required)

Skill Level: Beginner/Introduction

Please register by February 17, 2023.



Creative Writing Contest

State Homemakers have a creative writing contest each year. If you write memoirs, short stories, or audio of an original musical competition, please submit those to our office no later than February 24, 2023. Ask your President or Extension Office for details. **See enclosed Guidelines for Creative Writing Contests.**



Wayne County Cultural Arts Contest

March 1-3, 2023

Wayne County Extension Office

Upstairs Meeting Room

Wednesday, March 1, 2023 - Entry Day - 9:00 a.m.-1:00 p.m.

Thursday, March 2, 2023 - Viewing Day - 8:00 a.m.-4:30 p.m.

Friday, March 3, 2023 - Pick-up Day - 8:00 a.m.-12 noon

Please let us know if you can volunteer to help.

LOTS of talent in Wayne County!!! Please bring your items to Cultural Arts. More information can be found on the KEHA website: <https://keha.ca.uky.edu> Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years.

See enclosed list of Exhibit Categories.



Area Cultural Arts Contest

March 16, 2023 - Taylor County

ALL Wayne County Blue Ribbon Winners will be eligible for the Area Cultural Arts Contest. Please bring your items to the Wayne County Extension Office by March 14th.



Sit & Sew Class

Friday, March 17, 2023

10 a.m.-6 p.m.



Bring your unfinished projects or something new, your sewing machine, and supplies and enjoy the fun, food, and fellowship of our Sit & Sew class. Wear comfy clothes (layers for when you get hot or cold). We will have coffee, tea, hot chocolate, water, and sodas. If you have had the safe food handling class, please feel free to bring a dish/snack to share. If you haven't, please feel free to bring something pre-packaged/prepared. You are also welcome to bring your own lunch/snacks. Please call to register so we can be prepared for you.




Seth Hart,
Program Assistant
for Community Arts

Snowman Sketch



DRAWING EXERCISES
GRAPHITE PENCIL



*State Fair Exhibit Options
(if completed by 4-H students)*

~ HOME ENVIRONMENT ~

UNIT II EXHIBITS

893 DECORATIVE ITEM FOR THE HOME & PHOTO

ANY DECORATIVE ITEM - INCLUDE PHOTO SHOWING
HOW THE ITEM FITS INTO HOME DÉCOR.

Designed, Provided and Instructed by
Seth Hart
Extension Program Assistant of Fine Arts
Wayne County Extension Office
255 Rolling Hills Blvd.
Monticello, KY 42633
606-348-8453
seth.hart@uky.edu

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

SUPPLIES

NO. 2 PENCIL
DRAWING/SKETCH PAPER
ERASER

TERMINOLOGY/ART ELEMENTS

LINE: A MARK(S) MOVING IN SPACE BETWEEN TWO POINTS (OUTLINE)

BACKGROUND: OBJECTS OR OTHER FORMS THAT ARE BEHIND SOMETHING IN A SCENE OR PAINTING

FOREGROUND: THE AREA OF A SCENE THAT IS OFTEN THE FOCUS OF A SCENE OR PAINTING AND IS LOCATED IN THE LOWEST PART OF THE ARTWORK

OVERLAPPING: DRAWING SHAPES ARE IN FRONT OF OTHER SHAPES.

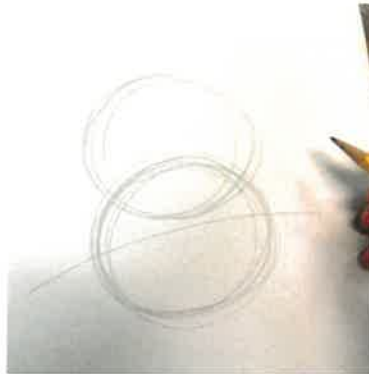
Instructions on Back





Seth Hart,
Program Assistant
for Community Arts

Snowman Sketch



To a large extent, our health and well being depend on art.

Improve your drawing skills by using this easy step by step process. In order to achieve accurate and effective results, even if you're a beginner, all black and white drawings require key importunacies that include balance and overlapping, two elements and terms that are universal to all skill levels, even in the most basic way.

FOR INSTRUCTION AND MORE INFORMATION, SEE THE TUTORIAL ON OUR YOUTUBE CHANNEL

You Tube

CHANNEL: WAYNE COUNTY COOPERATIVE EXTENSION SERVICE

PLAYLIST: FINE ARTS

VIDEO: DRAWING EXERCISES - SNOWMAN SKETCH

<https://www.youtube.com/watch?v=2SRXlxBr1P0>



Joy McGinnis,
FCS Program Assistant



February is American Heart Health Month! Heart-Healthy Food Choices

Many people are surprised that heart disease is the leading cause of death for both men and women in Kentucky and across the United States. Heart disease is used as a collective term to describe any condition that impacts the heart or blood vessels. Fortunately, many forms of heart disease can be prevented by making healthy choices, like adding heart-healthy foods into the diet. Below is a list of heart and budget-friendly foods to mix into your diet.

- Diets high in fiber-rich foods, like oatmeal and beans, have been linked to lower cholesterol, reduced blood pressure, and less inflammation, and can be bought in bulk.
- Heart-healthy fats found in tuna and nuts are shelf-stable, help you feel full, and have been linked to reduced risk of heart disease.
- Brightly colored fruits, like strawberries, oranges, and cantaloupe, are all rich in vitamins and minerals with few calories and can be bought in season at a lower cost.
- Vegetables like spinach and broccoli can be very budget-friendly in the freezer section and are loaded with fiber, vitamins, and minerals.

For more information or heart-healthy recipes, visit your local Cooperative Extension Office.

Source: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition; Hannah Ford-Hickey, Graduate Student

Catch the Signs of a Heart Attack Early

Don't wait to get help if you experience any heart attack warning signs. Some heart attacks are sudden and intense, but others start slowly, with mild pain or discomfort. Pay attention to your body and call 911 if you experience:

- **Chest discomfort.** Most heart attacks involved discomfort in the center of the chest that lasts more than a few minutes - or it may go away and then return. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- **Shortness of breath.** This can occur with or without chest discomfort.
- **Other signs.** Other possible signs include breaking out in a cold sweat, nausea, or lightheadedness.

Source: American Heart Association



NATIONAL WEAR RED DAY®
Wear red and be one step ahead.

FRIDAY, FEBRUARY 3, 2023

With the rising cost of eggs, many people are taking advantage of sales and buying in bulk. Eggs can be frozen safely following a few simple steps. Frozen eggs should be used within one year for best quality.

Freezing Eggs Safely

Whole eggs or yolks

- Crack and mix until blended. Don't whip in air.
- To prevent graininess and gelling of the yolks for one cup (or more) of eggs or yolks:
 - Add 1 ½ tablespoons sugar or corn syrup per cup of eggs for use in sweet dishes
 - Add ½ teaspoon salt per cup of eggs for use in savory dishes
- Pour into a freezer safe container*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date

Egg whites

- Crack and separate the whites. Gently mix.
- Pour into a freezer safe container*
- Leave ½-inch space at top
- Label and date

Using frozen eggs and egg whites

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

*For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.



Big Blue Book Club Announces the First Book of 2023

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, ***Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition***. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science. Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this series will be held on Thursdays, March 2, 9, 16, and 23 at 10:00 a.m. ET/9:00 a.m. CT

Link to register: <https://ukfcs.net/BBBC23Book1>
Building strong families. Building Kentucky. It starts with us. #UKFCSExt #BigBlueBookClub



Project Helping Hands

February is the month of **LOVE & Kindness!** Reach out to a neighbor, friend, shut-in, local family, someone hurting, etc. Give them a call, send an encouragement card or note, or go for a visit and give them the gift of a listening ear and of your time. Do something this month that is a **Gift from the Heart!**

We are building some "**Book Towers**" that will be placed here at the Extension Office and other designated community places in town. This will help support our local community with free literacy opportunities while our Public Library is undergoing repairs from flooding. We will be asking everyone to gather and donate new or very gently used books and magazines. **Book Towers** will have a shelf for the following categories: Under 5, grade school age, teens, adults, and a magazine shelf. Please begin to collect these items so when we have the **Book Towers** ready for the public, we can fill them. Please **DO NOT** bring items to the Extension Office until we let you know the **Book Towers** are ready! Let us know if you have any questions.



*** Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!*



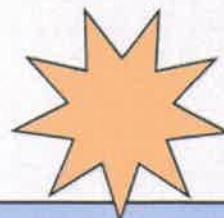
We are looking for anyone willing to share their talents!
Enclosed in this newsletter is a "Get Creative Teacher's Form."
Please fill it out and return it to the Extension Office, and we will schedule and advertise the classes! Thank you so very much for helping us to broaden the creative experiences and opportunities to our community!



2023 KEHA State Meeting May 9-11, 2023

Crowne Plaza - Louisville, KY
Theme: Let's Take a Hike with KEHA - For more information, visit the KEHA website:
keha.ca.uky.edu/content/state-meeting-information
See enclosed flyer for registration details and pricing.

UPCOMING EVENTS



FEBRUARY 27- MARCH 3	KY \$AVES WEEK & CONTEST
FEBRUARY 27 (ENTRY DATE)	<p style="text-align: center;">PIGGY BANK CONTEST</p> <p>Get creative and create a "Piggy Bank" and enter it in KY \$aves Week Contest. Submissions must be entered by 4 pm Location: Wayne County Extension Office Entries must have an entry card attached. Card enclosed. 1st, 2nd, & 3rd place prizes!</p>
APRIL 5	<p style="text-align: center;">LCA FCS PRESENTS: HOME GARDENING WORKSHOP EVENT</p> <p style="text-align: center;">Save the date. More information & registration soon!</p>
APRIL 22	<p style="text-align: center;">PRESSURE CANNING CLASS @ 9 A.M.</p> <p style="text-align: center;">MUST Register (class size limited). Class fee: \$10</p>
APRIL 27	<p style="text-align: center;">AREA ANNUAL MEETING - ASPIRE CENTER</p> <p style="text-align: center;">See "Save the Date" flyer.</p>
MAY 4	COUNTY ANNUAL MEETING



Yard Sale Extravaganza Saturday, April 1, 2023

Wayne County Extension Office

Mark your calendars and start thinking about cleaning out those closets and storage areas and buildings.

More details coming in the Spring.



The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



**Wayne County Cooperative
 Extension Family and
 Consumer Sciences**

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.

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.



Save the Date

**HOMEMAKERS AREA
ANNUAL MEETING
THEME: BASKETS OF BLESSINGS
APRIL 27, 2023**

**ASPIRE CENTER
90 AIRPORT RD.
MONTICELLO, KY 42633
REGISTRATION: 5:30 P.M. EST
MEETING: 6:00 P.M. EST
MORE DETAILS &
REGISTRATION
COMING SOON!**

Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:
Barbara Seiter, 8669 Valley Circle Drive, Florence, KY 41042
Phone: (859) 653-7655 Email: seiterbarbara@yahoo.com

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
 - Entry may be written in the first or third person
 - Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.
-

Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form

**(This cover sheet is required for each entry.
Entries with cover sheet are due March 1.)**

The Kentucky Extension Homemakers Association has my permission to print my creative writing entry in future editions of the *KEHA Inspirational*, to include my entry in a booklet of all or selected entries, or to read aloud or perform my entry at a public event, such as the KEHA annual meeting.

Indicate category of your entry:

_____ Poetry
_____ Memoirs
_____ Short Story

Title of Entry: _____

Author's name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

County: _____ Area: _____

Phone: (____) _____ Email Address: _____

Signature: _____ Date: _____

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.



Teacher Form



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



Please Print Legibly!

Name: _____ Cell: _____

Address: _____

Email: _____

Class Title: _____

Class Fee per student: _____

Class Description:

Supplies Student Needs to bring to class:

Supplies Instructor Provides:

_____ # Tables (6ft) needed _____ # Chairs

Yes No Electricity Needed

_____ Maximum # of Students _____ Minimum # of Students

_____ Class time requirements, i.e. 1hr., 2hr. 3hr., etc.

Include a quality color photo or bring item to Extension Office for us to take a photo of class project.

Days of week you are willing to teach: *circle all that apply* ~

Monday Tuesday Wednesday Thursday Friday Saturday

Times you would be willing to teach:

___ Mornings ___ Afternoons ___ Evenings

Return this form to the Wayne County Extension Office

Debbie Shepherd, CEA FCS debbie.shepherd@uky.edu (606) 348-8453

Wayne County Extension Office 255 Rolling Hills Blvd. Monticello, KY 42633

We will contact you and coordinate specific dates & times of the classes you want to teach BEFORE anything is advertised. Thanks!

Piggy Bank Contest Entry Card



Name: _____

Address: _____

Phone #: _____

What inspired your piggy bank?
