

# GREEN COUNTY FCS EXTENSION

## February 2024

# NEWSLETTER



*Three Day Sewing Series with Green County High School FCS Students. Debbie M from Cumberland County also helped during this series ensuring everything went smoothly. She was a great help!*



*FCS Retreat to Lodge  
Cast Iron Museum in  
South Pittsburg TN*



## ***December & January Recap***

I hope that everyone enjoyed their holiday season. December and January were some fun months and it's been slower getting back into the new year routine after some much needed time off!

During December, I was given the opportunity to teach a basic sewing series to high school students; more specifically the FCS students. This was a three-day sewing series where students got to learn about hand sewing skills, machine sewing skills, basic clothing repair, and they got to complete multiple activities.

During January, Lake Cumberland FCS Agents were able to take a small retreat to Chattanooga, TN to visit the Lodge Cast Iron Museum and participate in other team building activities. Visiting the Lodge Cast Iron Museum allows us (FCS Agents) to have more knowledge to teach cast iron and outdoor cooking related programs. Keep an eye out over the year for these programs appearing in the area.

Sincerely, *Katelyn Squires*

### ***What else has Katelyn done in Dec & Jan?***

- Cooking from the Calendar
- Senior Center
- Just Family Adult Day Care
- LEAP with Head Start and Little Lambs
- Arts Council Meetings
- In person and Zoom Trainings
- Practiced my sewing skills during Snow Days!



***Made a baby blanket during our snowy days!***



***Senior Center and Just Family Adult Day got to make fruit wreaths during December. They turned out great!***

# Save the Date

**LESSON LEADER TRAINING**

**CULTURAL ARTS PREP**

**FEBRUARY 1ST AT 12PM CST**

**COOKING FROM THE CALENDAR**

Everything Tuna Melts

February 8th, 2024 at 12pm CST

Call the Extension Office at 270-932-5311 to register

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.

**"Love of Chocolate"**

Did you know chocolate has health benefits?  
Want to create some chocolatey treats?  
Need to prepare for Valentine's Day?  
Love chocolate?

Join us on February 9th from 10a-12p CST for the "Love of Chocolate" class!

No class fee but spots are limited so registration is required by February 5th!

Call Green County Extension Office to register at 270-932-5311 or visit at 298 Happyville Rd Greensburg KY

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**2024 Cultural Arts Competition**

**Mark Your Calendars**

February 28th 9am-1pm: Entries are being accepted  
February 28th 2pm: Judging  
March 6th Area Competition  
May 6th State Competition

**Location:**  
Green County Cooperative Extension  
298 Happyville Rd Greensburg KY 42743

Past Entry Winners from 2022 and 2023

For more information, call 270-932-5311 or email [katelyn.squires@uky.edu](mailto:katelyn.squires@uky.edu)

Categories are listed on the following pages!

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# 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 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.

# February

2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

			1 Lesson Leader Training- All About Cultural Arts 12p  Help Hope Hands 9am	2	3	4
5	6	7	8 Cooking from the Calendar 12pm  Help Hope Hands 9am	9 "Love of Chocolate" class 10a-12p	10	11
12	13 Homemaker Council Meeting 3:30p Summersville 5:30pm	14	15  Help Hope Hands 9am	16	17	18
19 Town & Country at Susan Vidals- meet at old IGA parking lot at 1:30p	20	21	22  Help Hope Hands 9am	23	24	25
26	27  Circle of Friends 4:30pm	28  County Cultural Arts Competition 9a- 1p	29  Help Hope Hands 9am			

**UK CES Green County  
298 Happyville Road  
Greensburg KY 42743-9498**

**RETURN SERVICE REQUESTED**



## Kentucky Red Velvet Muffins

- |                                       |                              |                                   |
|---------------------------------------|------------------------------|-----------------------------------|
| <b>1 1/4 cups</b> whole-wheat flour   | Zest of one orange           | <b>1 teaspoon</b> vanilla extract |
| <b>1/3 cup</b> cocoa powder           | Juice of one orange          | <b>1 cup</b> finely chopped       |
| <b>1 1/2 teaspoons</b> baking powder  | (about 4 tablespoons)        | cooked beets (see back            |
| <b>1/2 teaspoon</b> salt              | <b>2 large</b> eggs, at room | of card for cooking               |
| <b>1/2 cup</b> sugar                  | temperature                  | instructions)                     |
| <b>4 tablespoons</b> unsalted butter, | <b>1/2 cup</b> unsweetened   | <b>1/2 cup</b> semisweet          |
| softened                              | applesauce                   | chocolate chips                   |

**Preheat** oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

**Yield:** 12 muffins  
**Serving size:** 1 muffin  
**Nutrition analysis:** 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.