

# Calloway County Family & Consumer Sciences **FEBRUARY 2024 NEWSLETTER**

Hello friends! As we embrace the cold February weather we look forward to the warmth of the month of love. We hope your Valentine's Day is filled with love for your special someone and family members.

There are many new and exciting things happening this month. Check out the new card making class taught by Liz Williams and the quilting event on Super Bowl Sunday.

I want to remind everyone, if school is canceled because of inclement weather then all activities at the Extension office will be canceled also.

Sending love to all!  
Debbie Hixon FCS agent

*Debbie Hixon*

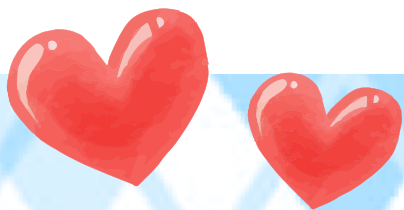


# Calendar of Events

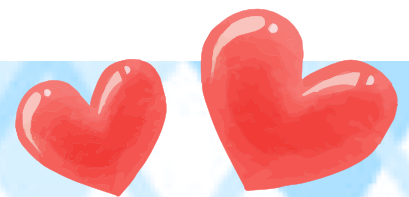
Feb 1	Cultural Arts Entries due		
Feb 2	Potpourri Meeting	TBD	
Feb 6	Cooking Through the Calendar	10:30 am	CCPL
Feb 7	Homemakers Committee Meeting	9:30 am	MH
Feb 10	Second Saturday Sewing Studio	9:00 am	Sewing Cabin
Feb 11	Quilt Lovers Souper Bowl Sew Day	10-5	MH
Feb 12	Modern Homesteading Meeting	6:00 pm	MH
Feb 13	Cooperative Exten. Council meeting	5:00 pm	MH
Feb 14	Town and Country Meeting	11:00 am	Pagliai's
Feb 15	Beginning Card Making	1-3 pm	MH
Feb 16	Pita and Pizza Bread Making	10:00 am	MH
Feb 20	Quilt Lovers Meeting	6:00 pm	MH
Feb 22	Happy Hearts Meeting	11:00 am	MH
Feb 27	Friendship Meeting	6:30 pm	Jo Ann Harris home
Feb 29	Set up for Cultural Arts Fair	2:00 pm	Graves Co.

MH stands for meeting hall

February is also Chinese New Year, Black History month  
and President's Day.



*February*



# Calloway County Homemakers Corner

## Calloway Club News:

### Potpourri Club

The Potpourri Club will be going out for lunch on Thursday, February 1st.

### Modern Homesteading Club

After getting snowed out in January, the club will meet on Monday, February 12th in the Meeting Hall at 6:30 pm. Amanda will give the lesson on Making Your Own Cleaning Products. Members are asked to bring 2 containers with lids to take home the samples you will be making. A \$2 charge per person will cover the expenses.

### Town and Country Club

Town and Country Club will be meeting on Valentine's Day at 11:00 am at Pagliai's.

### Quilt Lovers Club

The Quilt Lovers Club will meet on Tuesday, February 20th in the meeting hall at 6:00 pm. Vicki Jost will be presenting the program on Bobbin Case Maintenance. The club will be hosting a sewing workday on Super Bowl Sunday from 10-5 pm. All members are asked to bring a can of soup to be donated to Need Line and bring snacks to share. The Souper Bowl Sew Day is open to nonmembers as well.

### Happy Hearts Club

Happy Hearts Club will meet on Thursday, February 22nd at 11:00 am in the Meeting Hall. Members are encouraged to wear pink or red and the theme for the potluck lunch is soup and sandwiches. Members are asked to bring food to accompany the theme and dessert should emphasize chocolate.

### Friendship Club

Jo Anne Harris will host the February meeting at her home on Tuesday, February 27th, at 6:30 pm for a meeting and dinner. Jo Ann will be presenting the monthly lesson.

## Area Homemaker News

We need one more volunteer for the Cultural Arts event on March 1st in Graves County. Please contact Alison Geurin (270-832-1988) if you can help out that day.

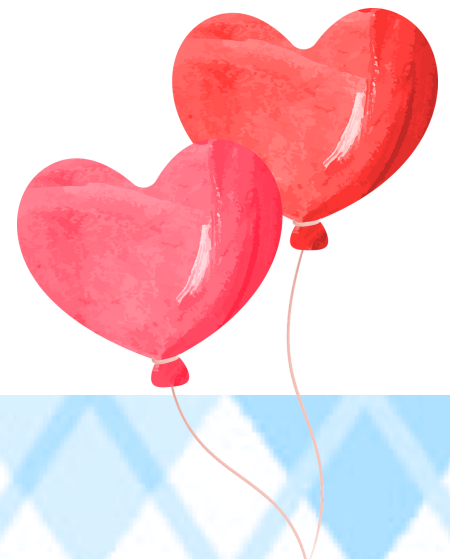
# Calloway County Homemakers Corner

## State News

The KEHA News and notes will be posted soon. The link for that is <http://www.keha.org>.

**Contests, Scholarships, and Grants** – March 1 is the deadline for most KEHA contests, scholarships, and grants. Please see the KEHA Manual Appendix page 2-3 for a summary chart listing where to get more information. KEHA development grant proposals and mini-grant applications can be found in the KEHA Manual, pages 104-111. Be sure to turn in your entries on time and to the correct person's address or email. For questions regarding any of these opportunities, contact the officer or chairperson listed in the Manual. **The manual is available on the website.**

**State Newsletter Coming Soon!** – Watch for the 2024 State Newsletter, which will be mailed to KEHA member households in February. It will be posted online at [www.keha.org](http://www.keha.org) once the mailing has gone out. The state newsletter has the registration form and details about State Meeting in May. It also has information about upcoming deadlines, state officer elections, and more.



# Homemakers

## PURCHASE LESSON SCHEDULE 2023-2024

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
<b>Lesson</b>	Cosmetics and Skin Care				
<b>SEPT</b>	Sarah Drysdale	8/30	8/29	9/1	8/31
<b>Lesson</b>	Planning Thrifty and Healthy Holiday Meals				
<b>OCT</b>	Kelly Alsip	9/26	9/27	9/28	9/29
<b>Lesson</b>	Self-Care and Self-Pampering				
<b>NOV</b>	Brooke Hogancamp	10/25	10/24	10/27	10/26
<b>Lesson</b>	Time Well Spent: Organizing Tips for Increased Productivity				
<b>JAN</b>	Denise Wooley	12/1	11/28	11/29	11/30
<b>Lesson</b>	Elements and Principles of Art				
<b>FEB</b>	Vicki Wynn	1/30	1/29	2/1	1/31
<b>Lesson</b>	Handy to Have: Emergency Health Information Cards				
<b>MAR</b>	Debbie Hixon	2/26	2/27	2/28	2/29
<b>Lesson</b>	Savor the Flavor: Seasoning with Spices				
<b>APR</b>	Mike Keller	3/26	3/25	3/27	3/29
<b>Lesson</b>	Strong Bones for Life: Prevent Osteoporosis				
<b>MAY</b>	Anna Morgan	5/1	4/30	5/2	5/3
<b>Lesson</b>	Radon: A Silent Killer				
<b>JUNE</b>	Mail Out				

# Recipes

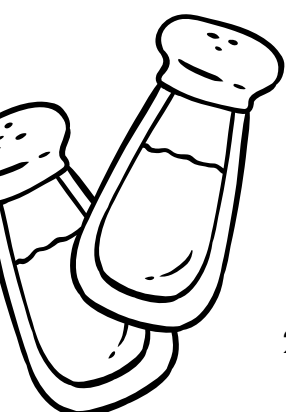
## Mardi Gras

Have you ever wondered about the difference between Cajun and creole food? Since Mardi Gras Day is February 13th this year, why not try out some new recipes for you and your family?

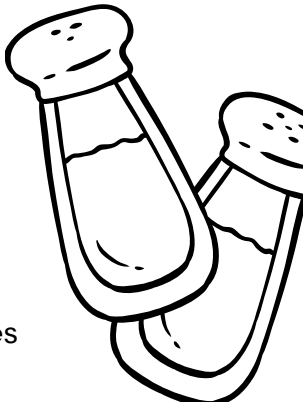
Both seasoning mixes hail from Louisiana. Creole is a mixture of African, Italian, French, Portuguese, and Spanish cooking styles, usually incorporates tomatoes and is considered more refined than Cajun. Cajun seasonings come from Native American, West African, Caribbean and French cooking styles and have a spicy, earthy, and sometimes smoky flavor. Usually, Cajun dishes are brown and tomato-free.

Mardi Gras Day, also known as Fat Tuesday, is a vibrant and festive celebration that marks the culmination of the Carnival season, leading up to the Christian observance of Lent. Fat Tuesday is known for the displays of purple, green and gold and later was given meanings: purple for justice, gold for power and green for faith. These colors are used in all decorations and on the King cake, which is a pastry where a small baby is hidden inside the cake. The baby is to symbolize baby Jesus and whoever finds it is said to have luck and prosperity. If you want to try some gumbo or jambalaya, here are some spice mixes for you.

### Creole Spice Mix

- 
- ½ cup brown sugar
  - 2 tablespoons ground cumin
  - 1 tablespoon granulated garlic
  - 1 tablespoon onion powder
  - 1 tablespoon dried oregano
  - 1 tablespoon thyme leaves
  - 1 tablespoon chili powder
  - 1 tablespoon ground paprika
  - 2 teaspoons ground celery seed
  - 2 teaspoons cayenne pepper
  - 1 tablespoon ground black pepper

### Cajun Spice Mix

- 
- 2 ½ teaspoons paprika
  - 2 teaspoons salt
  - 2 teaspoons garlic powder
  - 1 ¼ teaspoon dried oregano
  - 1 ¼ teaspoon dried thyme
  - 1 teaspoon black pepper
  - 1 teaspoon onion powder
  - 1 teaspoon cayenne pepper
  - ½ teaspoon red pepper flakes (optional)

For both: Mix and store in an airtight container



# Events

## Souper Bowl LVIII Sew Day

On Super Bowl Sunday, February 11, our homemakers club will be hosting our very own Soup-er Bowl Sew Day. Here are the details:

**Time:** 10 am to 5 pm

**Place:** Meeting Hall @ Calloway County Extension

**Food:** Soup-er Bowl Food such as soup, crackers, finger food, etc.

Vicki is bringing baked potatoes so we will need fixings for the potatoes.

**Sewing Supplies:** sewing machine, fabric, etc.

We have purchased a new cutting mat but please bring your own rulers and rotary cutters.

Additional information: Please bring a can of soup to be donated to the Calloway County Food Need Line.

We welcome other Calloway County homemakers who may want to come sew with us or just visit to see what we have going on. Anyone who wants to join and become a member may do so by completing the registration card and paying \$15. Membership cards will be available that day.

Any questions may be directed to me, email me [quiltlovers@gmail.com](mailto:quiltlovers@gmail.com) or call at 660-351-0196. Information about this day will also be on Facebook.

We hope to see you Super Bowl Sunday!

Judy Biggerstaff, Treasurer Quilt Lovers Homemaker

UK Cooperative Extension Service

QUILT LOVERS HOMEMAKER CLUB PRESENTS

# SOUPER BOWL LVIII SEW DAY

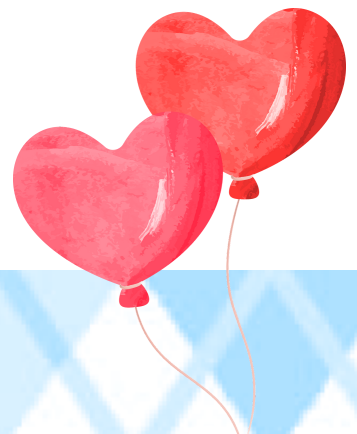
**FEBRUARY 11TH; 10AM-5PM**

OPEN TO ALL HOMEMAKERS OR ANYONE INTERESTED IN JOINING CALLOWAY HOMEMAKERS

ENJOY VARIOUS SOUPS & SNACKS WHILE SEWING WITH FRIENDS.

FREE TO JOIN, NO SIGN UP! BRING YOUR OWN SEWING MATERIALS. ACCEPTING CANNED SOUP DONATIONS FOR CALLOWAY COUNTY NEED LINE.

**CALLOWAY EXT. MEETING HALL  
93 EXTENSION WAY  
MURRAY, KY 42071**



# Events

 Cooperative Extension Service

## EMERGENCY HEALTH INFORMATION CARD

HELP EMERGENCY WORKERS SERVE YOU BETTER WITH AN EHI CARD, LEARN MORE ABOUT THESE IN THIS MONTH'S LESSON



AT THE FOLLOWING COUNTY EXTENSION OFFICES

@ 10A.M.

Graves - February 26th  
270-247-2334  
Hickman - February 27th  
270-653-2231

Marshall - February 28th  
270-527-3285  
McCracken - February 29th  
270-554-9520

RSVP AT THE OFFICE YOU WISH TO ATTEND

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

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, physical or mental disability or receipt or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.



Disabilities accommodated with prior notification.



Calloway County FCS Presents:

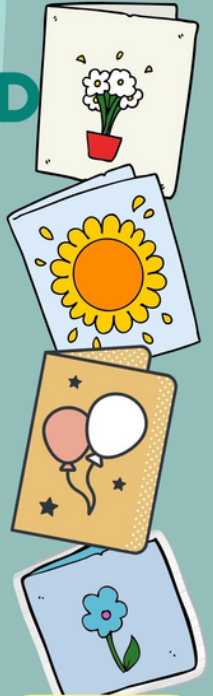
## BEGINNER GREETING CARD CLASS

JOIN CALLOWAY COUNTY EXTENSION HOMEMAKER LIZ WILLIAM AS SHE TEACHES HOW TO MAKE GREETING CARDS

\$5 PER PERSON  
2 CARDS

Thursday  
February 15th  
1:00-3:00pm

Calloway Extension Meeting Hall  
93 Extension Way  
Murray, KY 42071



CALL TODAY TO REGISTER  
270-753-1452  
\*LIMITED SPOTS AVAILABLE\*

Cooperative Extension Service

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

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Disabilities accommodated with prior notification.



# OFFICE INFORMATION

93 Extension Way  
Murray, KY 42071  
270-753-1452  
8:00am - 4:30pm  
calloway.ca.uky.edu

FCS Agent: Debbie Hixon  
debra.hixon@uky.edu



Calloway  
FCS

## 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 40506



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accommodated  
with prior notification.

