

# CALLOWAY COUNTY COOPERATIVE EXTENSION

## FAMILY & CONSUMER SCIENCES

January 2025

### Happy January!

#### New year, new look!

January- a month of new beginnings, resolutions, and opportunities for growth. It's a season for reflecting on the past year, setting ambitious goals, and embracing the excitement of what lies ahead. Some possibilities might include resolving to eat more healthily, getting more exercise, learning a new skill, saving money, traveling more, or reading more books.

Whether you choose to make changes or stay the course, that's perfectly okay. After the hustle and bustle of the holiday season, we all need a moment to reset and recharge. Be kind to yourself- you deserve it.

Let our Extension office know what programming you would like to see in the upcoming year. We may be able to help you achieve some of your goals. Together, we can make 2025 a year of learning, growth, and success. Stay safe!

### Reminders

- RSVP to the Extension Office for Creative Card Transformations by January 21
- RSVP for Barn Quilt Painting Class

### Upcoming Events

JAN

27

Creative Card Transformations Class

FEB

28

King Cake Baking Class

### Office Info

93 Extension Way

Murray, KY 42071

270-753-1452

8:00am-4:30pm

[calloway.ca.uky.edu](http://calloway.ca.uky.edu)

FCS Agent: Debbie Hixon

[debra.hixon@uky.edu](mailto: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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Disabilities accommodated with prior notification.

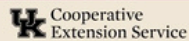




# Calendar of Events

|            |  |             |               |
|------------|--|-------------|---------------|
| January 4  | <b>Shooting Sports Homemakers</b>      | 9-11 am     | Meeting Hall  |
| January 4  | <b>Creative Crafts Workshop</b>        | 1-3         | Meeting Hall  |
| January 7  | Cooking Through the Calendar           | 10:30 am    | CCPL          |
| January 8  | Quilt Lovers Charity Sew               | 9am-4pm     | Meeting Hall  |
| January 8  | <b>Town and Country Homemakers</b>     | 11am        |               |
| January 10 | Wits Workout                           | 10am        | Senior Center |
| January 10 | Focaccia Bread class                   | 1pm         | Meeting Hall  |
| January 13 | Extension District Board meeting       | 6pm         | Meeting Hall  |
| January 14 | <b>Modern Homesteaders meeting</b>     | 6:30pm      | Meeting Hall  |
| January 16 | CEC meeting (rsvp)                     | 5:30pm      | Meeting Hall  |
| January 20 | Office closed ML King Day              |             |               |
| January 21 | <b>Quilt Lovers Homemakers meeting</b> | 5pm social  | Meeting Hall  |
|            |  | 6pm meeting | Meeting Hall  |
| January 22 | Homemaker's Advisory Council           | 9:30am      | Meeting Hall  |
| January 23 | <b>Happy Hearts Homemaker</b>          | 11am        | Meeting Hall  |
| January 24 | Wits Workout                           | 10am        | Senior Center |
| January 24 | Quilt Lovers Retreat                   | 9am-4pm     | Meeting Hall  |
| January 25 | Quilt Lovers Retreat                   | 9am-4pm     | Meeting Hall  |
| January 26 | Quilt Lovers Retreat                   | 9am-4pm     | Meeting Hall  |
| January 27 | Creative Card Transformation           | 10am-12pm   | Meeting Hall  |
| February 1 | Shooting Sports                        | 9-11am      | Meeting Hall  |
| February 1 | Creative Crafts Workshop               | 1-3pm       | Meeting Hall  |
| February 4 | Cooking Through the Calendar           | 10:30 am    | CCPL          |





Family & Consumer Sciences

ALLOWAY COUNTY FAMILY & CONSUMER SCIENCES PRESENTS

# Creative Card Transformations

WITH MITZI MCGINNIS

MONDAY, JANUARY 27, 2025  
10 AM - 12 PM

\$10  
ADULTS ONLY

PLEASE RSVP TO THE  
ALLOWAY COUNTY EXTENSION  
OFFICE BY JANUARY 21  
270-753-1452

WHITE MEETING HALL  
93 EXTENSION WAY  
MURRAY, KY



Bring any greeting or  
Christmas cards!

3 items will be made



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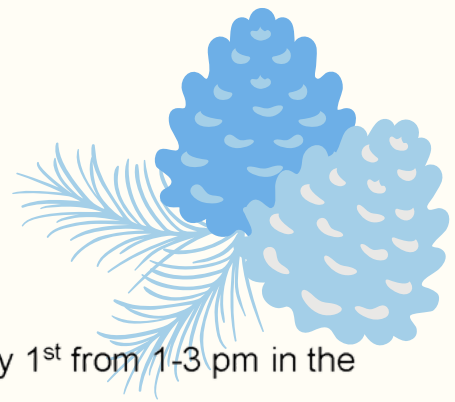


## Join Mitzi for this creative class!



**BARN QUILT PAINTING CLASS IN THE MEETING HALL ON FEBRUARY 22ND @ 9:00 AM WITH NAN ROGERS. RSVP TO MURRAY KY BARN QUILT CLASS FACEBOOK TO SECURE YOUR SPOT**

# HOMEMAKERS CORNER



**Creative Crafts Workshop:** will meet on Saturday, February 1<sup>st</sup> from 1-3 pm in the meeting hall.

**Friendship Homemakers:** will not be meeting in January.

**Happy Hearts Homemakers:** will meet on Thursday, January 23, at 11 am in the meeting hall. Sharon Hogue will present the lesson/activity on "Elements & Principles of Art II". The potluck meal theme is "Soups, sandwiches, and fixin's". We have 2 soups, we need sandwiches, desserts, crackers, etc. to complete our luncheon meal. Guests are encouraged to attend.

**Modern Homesteaders:** will meet Tuesday, January 14<sup>th</sup> at 6:30 pm in the meeting hall. Sandy Snarr will present the lesson on making your own soap.

**Quilt Lovers Homemakers:** will meet for their monthly meeting on Tuesday, January 21<sup>st</sup> for social hour at 5pm and meeting at 6pm.

**Shooting Sports Homemakers:** will meet Saturday, February 1<sup>st</sup> at the meeting hall from 9-11am, for target practice and safety lesson.

**Town and Country:** will meet Wednesday, January 15 at Pagliai's at 11:00 am.

|               |                                      | Graves | Hickman | Marshall | McCracken |
|---------------|--------------------------------------|--------|---------|----------|-----------|
| <b>Lesson</b> | Move Your Way: Exercise for Everyone |        |         |          |           |
| <b>FEB</b>    | Kelly Alsip                          | 1/29   | 1/31    | 1/28     | 1/30      |
| <b>Lesson</b> | Indoor Air Quality                   |        |         |          |           |
| <b>MAR</b>    | Mike Keller                          | 2/26   | 2/24    | 2/27     | 2/28      |

Graves- 270-257-2334  
 Hickman- 270-653-2231  
 McCracken- 270-544-9520  
 Marshall- 270-527-3285



# Calloway County Homemaker News

2024 was an eventful year for Calloway County Homemakers! Our membership continues to grow, and we now have seven thriving clubs. The Potpourri Club has transitioned into the Creative Crafts Workshop, which meets monthly on the first Saturday in the afternoon. Shooting Sports, which also meets monthly on the first Saturday but in the morning, remains the only Homemaker club in Kentucky focused on shooting sports. Our members and clubs actively contribute to numerous worthy organizations within our community. Together, we truly make a difference! Recently, I read an article with 40 "life lessons". These are six lessons that really made an impression that I would like to share with you as we travel through 2025.

1. Life isn't fair, but it's still good.
2. When it comes to chocolate, resistance is futile.
3. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
4. No one is in charge of your happiness except you.
5. All that truly matters in the end is that you loved.
6. Life isn't tied with a bow, but it's still a gift.

I hope everyone has a wonderful January! Alison Geurin





# Let the Good Times Roll

Easter can fall on any Sunday between March 23 and April 25, with Mardi Gras always occurring 47 days before Easter. Many Mardi Gras celebrations are held during the weeks leading up to this day.

Join us for a **King Cake Class on Friday, February 28th** from 10am-12pm and learn to create this iconic treat! The cost for the class will be \$10.

Mardi Gras, also known as "Fat Tuesday," marks the final day before the Christian season of Lent begins. Famous for its vibrant parades, colorful masks, and lively music - especially in cities like New Orleans - this festive occasion also features the cherished tradition of king cake.

King cake is a sweet, circular pastry decorated with purple, green, and gold sugar - the traditional Mardi Gras colors symbolizing justice, faith, and power. Hidden within each cake is a small figurine, often a baby, representing luck and prosperity. The lucky person who finds the figurine is honored with hosting the next celebration!



*Calloway County FCS Presents:*

## KING CAKE

*Baking Class*

### FRIDAY, FEBRUARY 28

10 am - 12 pm

|   |  |
|---|--|
| <b>\$10</b><br><b>BRING YOUR OWN BOWL</b> | White Meeting Hall<br>93 Extension Way<br>Murray, KY 42071 |
|---|--|

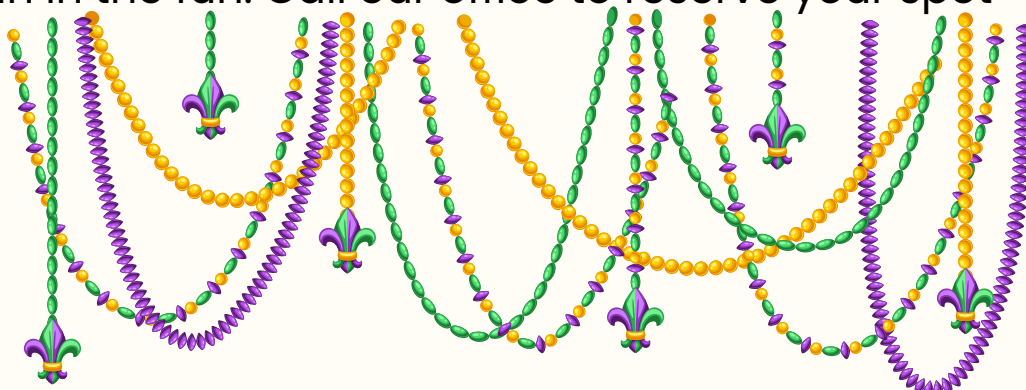
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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Disabilities accommodated with prior notification.

Come join in the fun. Call our office to reserve your spot



# *Calloway County Homemakers Showcase Your Talent at the Cultural Arts Event!*

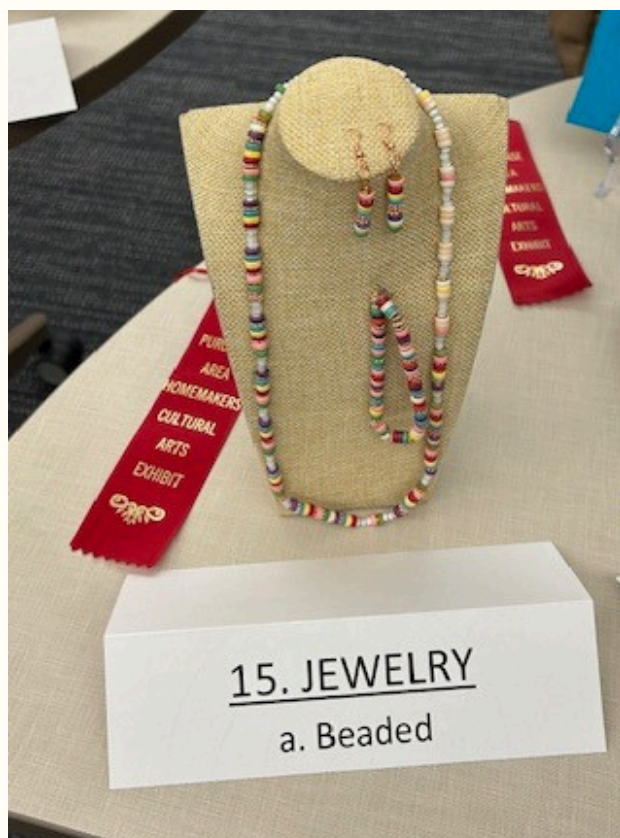
**Wednesday, February 26, 2025  
9 am @ the Meeting Hall**

Calling all Calloway County Homemakers! It's time to dust off your creative projects, let your imagination shine, and share your talents with the community. The Calloway County Cultural Arts competition is right around the corner, and we encourage every Homemaker to participate in this exciting event.

This judged competition celebrates the incredible arts and crafts talents of our members. Blue ribbon winners at the county level will advance to the Area Cultural Arts competition, (March 7, 2025, McCracken County) with a chance to represent our county at the state level. Whether you're a seasoned crafter or a beginner looking to share your first masterpiece, this is the perfect opportunity to showcase your skills and creativity.

The competition includes a wide variety of arts and crafts categories to ensure every talent has a place to shine. The list of classes is included in this newsletter and on our website:

[calloway.ca.uky.edu](http://calloway.ca.uky.edu)





## 2024-2025 CULTURAL ARTS EXHIBIT CATEGORIES

### *Categories and Subcategories*

#### **1. SEWING (Apparel & Home Decor)**

- a. Basic Garment APPAREL
- b. Specialty<sup>1</sup> Garment APPAREL
- c. Accessory APPAREL
- d. Basic HOME DECOR
- e. Specialty<sup>1</sup> HOME DÉCOR

<sup>1</sup> b. and e. "Specialty" may include *applied and quilted*.

#### **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. Chicken Scratch
- j. Punch Needle (under 60" perimeter)
- k. Miscellaneous

#### **13. FELTING\***

- a. Needle Method
- b. Wet Method

#### **14. HOLIDAY DECORATIONS**

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

## 2024-2025 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)
- e. Machine Appliqué (machine quilted)

### 22. QUILTS\*\*\* (continued)

- 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, rug (over 60” perimeter)
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other
- c. Diamond Art Mosaic

### 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

KEHA Cultural Arts & Heritage  
Clarifications to Cultural Arts Exhibit RIBBON Procedures

**2024 – 2025 CATEGORIES and SUBCATEGORIES**

- There are 27 CATEGORIES (for 2024 – 2025)
  - 25 of the 27 Categories also include Subcategories
    - **TOTAL of 97 Category/Subcategory designations**
- Qualified entries should be placed in the *most appropriate* Category/Subcategory
  - Entries advancing to the next level (County to Area; Area to State) should remain in the same, appropriate Category/Subcategory the entire time

**RIBBONS (suggested recognitions)**

- Blue = 1st Place
- Red = 2nd place (*optional at the County and Area levels; not used at the State level*)
- White = 3rd place (*optional at the County and Area levels; not used at the State level*)
- Purple = “Best of” (*optional at the County and Area levels; 27 awarded at the State level*)

**At the COUNTY LEVEL**

- COUNTIES may award ribbons in Categories/Subcategories AS THEY SEE FIT
- County Judges should select only **ONE** top-winning entry from **EACH** of the **97** Categories/Subcategories at the **COUNTY** Level to advance to the **AREA LEVEL** Cultural Arts Exhibit
  - Only **ONE** item from each of the **97** Subcategories advances from the COUNTY Level to the AREA Level

**At the AREA LEVEL**

- AREAS may award ribbons in Categories/Subcategories AS THEY SEE FIT
- Area Judges should select only **ONE** top-winning entry from **EACH** of the **97** Categories/Subcategories at the **AREA** Level to advance to the **STATE LEVEL** Cultural Arts Exhibit
  - Only **ONE** item from each of the **97** Subcategories advances from the AREA Level to the STATE Level

**At the STATE LEVEL**

- State Exhibit receives up to 97 items from each of the 14 Areas (up to 1,372 entries)
- State Judges award **BLUE RIBBONS** for what they deem the highest quality work
  - may award as many Blue Ribbons per Category/Subcategory as they see fit
  - *Red Ribbons and White Ribbons are not awarded at the State Level*
- **PURPLE RIBBONS** are awarded to **ONE ITEM** within each the **27 Categories**
  - A State Purple Ribbon item is chosen from a State Blue Ribbon winner
  - Purple Ribbons are *not awarded by Subcategory* at the STATE LEVEL

## 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.

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Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546,

the UK Office of 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.