

HOMEMAKER HORIZONS



Warren County

Volume 5, Issue 3

August / September 2008

THEY ARE IN



Each club can pick up their copy of the 2008-2009 club materials: Inspirational Programs, Recreation, and Book List. If your club is interested in having multiple copies of the Book List, the Club Cultural Arts & Heritage Chairman must call the extension office by August 13th to request those. If your club does request these additional books, you can come pick-up materials **AFTER** August 18th, otherwise materials may be picked up at anytime. They are also available online at www.keha.org.

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A Word From the President

Greetings Homemakers,

Our new year is off and running! There are lots of exciting and fun things planned through out the year. You will find the dates for some of these events in this newsletter. Be sure to put them on your calendar and on your list of things to do. I hope to see good participation from all of our clubs. Working together we can strengthen the homemaker organization and reach more people in our communities, as well as support the area and state projects. I'm looking forward to working with everyone and having a wonderful 2008-2009 Warren County Extension Homemaker year!

Your County President,
Ernestine Grimes

Family Photos: Presentation, Care & Display September Leader Training

When: Friday, August 29, 2008

Time: 10:00 AM



Place: Warren County Extension Office

Instructor: Tracy Thornton
Butler County Extension Agent For Family and
Consumer Sciences

Hostess: Jeanette Miller
County Family, Individual, & Leadership
Development Chairman

Homemaker Sewing Machine Collection

From September 8-29, our very own Nancy Davis, County Cultural Arts & Heritage Chairman, will have her sewing machine collection on display at the Main Branch of the Bowling Green Public Library. She has been collecting sewing machines for the past 25 years from all over the world including Spain, Hawaii, & Japan. Her extensive collection consists of over 150 plus pieces and she is happy to share them with the Warren County Community. We hope everyone will stop by to check out this display in September! Thanks Nancy for displaying your collection and your leadership as a Homemaker!



Nature Walk & Flower Press

When: Friday, September 19, 2008

Time: 10:00am



Where: Romanza Johnson Park



Who: You

**Leaders: Nancy Davis
County Cultural Arts & Heritage Chairman
Romanza Johnson
County Management & Safety Chairman**

**Bring: Sack Lunch,
Fresh Picked
Flowers and
Greenery for
Pressing**



It Is Not If But When PANDEMIC FLU

**October Leader Training
September 25, 2008**

10:00am

Warren County Extension Office

**Amanda Bogard, Barren River District
Health Department**

**Amanda will be sharing
her expertise on
Pandemic Flu and how
we can prepare for a
disease such as this.**



What's Eating You

Many people have a fair working knowledge of what they should eat for better health, but will also confess that knowing what to do and actually doing it are two different things. Healthy people tend to go grocery shopping regularly and to prepare food at home. They have found physical activities - like walking, biking, or gardening - that they enjoy doing and therefore will do on a regular basis. In today's world of information overload, most people have heard plenty of advice about eating and exercise. The tricky part is finding what works for you. Begin by examining why you eat or why you don't exercise. Try to identify another coping mechanism besides eating and sitting on the couch. This is the first step toward successfully moving to a new way of doing things, because the best place to start is where you are now.

Source: Janet Tietzen, Extension Food and Nutrition Specialist, University of Kentucky, College of Agriculture

LONG OVERDUE

Club Vice Presidents will be picking up a packet of enrollment forms at the next county membership committee meeting on August 18th. These packets will include a NEW enrollment form that EVERY homemaker must complete. These forms have been created to replace the old enrollment cards that existed (20+) years ago. All information on this form is important, however the "Year Joined Homemakers" is one of the main points we are looking for. So we hope everyone will take the time to figure out EXACTLY what year they joined homemakers to help secure accuracy of our office records. This can include out of state membership and members at large membership. This will help reduce some yearly forms (i.e. Annual meeting 50 Year Form) by having this information on file. We will only ask homemakers to complete this form once, however everyone is welcome to come in and update as often as they feel necessary. Extra copies of this form will be sent to the club Vice President and all new homemakers will fill these out.

Warren County Culture Arts Contest



When: Thursday, September 25, 2008

Where: Warren County Extension Office

County Cultural Arts & Heritage Chairman, Nancy Davis encourages you to check out the new Cultural Arts exhibit categories included in this newsletter and finish up those fabulous projects to enter in the contest on September 25th. Please drop off items tagged with the following information from 8:00-9:30am.

Name-Category-Subcategory-Description

Items will be judged and can be picked up from 2-4:30pm. First place winners will go on to compete in the Mammoth Cave Area Cultural Arts Contest on Wednesday, October 1st. If you have any questions, please call Nancy Davis at 270-843-4976.

Each article must be the work of a homemaker member and must have been completed during the past two years.



Notes of Interest

- Club Family, Individual, and Leadership Development Chairman should be collecting (blue) VSU Hour Forms from homemaker members and mail individual and club total hours to County Chairman Jeanette Miller at 283 Matlock Rd. Bowling Green, KY 42104
- Evaluations from July lesson "How to Teach A Lesson Well" need to be submitted to the Office by August 29, 2008.
- If you are interested in being a nominee for one of the following Mammoth Cave Area Homemaker positions, please contact Betsy Ann by September 10th.
 - President-Elect
 - Cultural Arts & Heritage Chairman
 - 4-H / Youth Development Chairman
 - Food, Nutrition & Health Chairman
- Check out www.keha.org for new manual updates, club materials and state chairmen updates.

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2009

CATEGORIES

SUBCATEGORIES

- | | |
|------------------------------|---|
| 1. APPAREL..... | Novelty
Quilted
Pieced
Appliquéd
Accessory |
| 2. ART, 3-DIMENSIONAL..... | Carving
Sculpture |
| 3. ART, NATURAL..... | Wood
Other |
| 4. BASKETRY..... | Plain
Dyed Material
Novelty
Miniature (under 4 inch)
Cane |
| 5. BEADING..... | Non-jewelry item/wearable
Knitting or crochet with beads
Bead-weaving
Miscellaneous |
| 6. CERAMICS..... | Hand-formed
Molded
Pre-made |
| 7. COUNTED CROSS STITCH..... | 14 Count & Under
16 – 22 Count
Specialty Cloth (linens, etc.) |
| 8. CROCHET..... | Yarn
Thread |
| 9. DOLL/TOY MAKING..... | Porcelain/China
Cloth
Handmade Toy other than Porcelain/China or Cloth |
| 10. DRAWING..... | Pastels
Pen & Ink
Pen & Ink with Oil Rouging
Pencil-Black
Pencil-Color |
| 11. EMBROIDERY..... | Basic Embroidery
Crewel
Candle Wicking
Smocking
Ribbon
Machine Embroidery
Swedish
Tatting/Lace Making
Miscellaneous |
| 12. FELTING*..... | Wet Method
Needle Method |
| 13. HOLIDAY DECORATIONS..... | Spring
Summer
Autumn
Winter |

CULTURAL ARTS EXHIBIT CATEGORIES ~ 2009 Continued

14. JEWELRY.....Original
Design
Beaded
Mixed Media (wire, chain maille, mixed with beads)
15. KNITTING.....Hand
16. NEEDLEPOINT.....Cloth Canvas
Plastic
17. PAINTING, ART.....Oil
Acrylic
Water Color
18. PAINTING, CHINA
19. PAINTING, DECORATIVE.....Wood
Metal
Other
20. PHOTOGRAPHY.....Black & White (mounted & framed)
Color (mounted & framed)
21. PILLOWS **
22. QUILTSMachine Appliqué (machine quilted)
Hand Appliqué (hand quilted)
Hand Pieced (hand quilted)
Machine Pieced (hand quilted)
Machine Pieced (machine quilted)
Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
Baby or Lap (hand quilted)
Technology Based (hand or machine quilted)
23. RECYCLED ART (Include a before and after picture).....Clothing
Household
Other
24. RUG MAKING
25. SCRAPBOOKING***.....Heritage Layout
Family Layout
Miscellaneous Layout
26. WALL or DOOR HANGING.....Fabric
Other
27. WEAVING.....Loom
Hand (macramé, caning)
28. 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.

** The pillow category is for pillows made using techniques not included in other categories. Patchwork and quilted pillows are examples that may be entered in this category; however, needlepoint and embroidered pillows should be entered in their respective categories.

***Scrapbooking entries are limited to 1 or 2 pages. If the entire Scrapbook is sent, please designate pages to be judged.

Calendar

August

- | | | |
|----|---------|---|
| 18 | 6:00pm | Membership Committee |
| 25 | 6:00pm | County Homemaker Advisory Council |
| 29 | 10:00am | “Family Photos: Presentation, Care, & Display”
September Leader Training |

September

- | | | |
|----|-----------------------------------|--|
| 1 | | Extension Office Closed for Labor Day |
| 9 | | Extension Office Closed for District 6 Staff Meeting |
| 19 | 10:00am | Nature Walk & Flower Press Workshop, Romanza Johnson Park |
| 25 | 8-9:30 Drop Off
2-4:30 Pick Up | County Cultural Arts Contest |
| 25 | 10:00am | “It Is Not If But When - Pandemic Flu,”
October Leader Training |

October

- | | | |
|----|------------------------------------|--|
| 1 | 9-10:30 Drop Off
2-4-30 Pick Up | Mammoth Cave Area Cultural Arts Contest |
| 16 | 9:00am | Mammoth Cave Area Annual Day,
Carroll Knicely Conference Center |
| 17 | | Extension Office Closed Staff Retreat |
| 23 | 10:00am | Gingerbread House Workshop |
| 28 | 1:00pm | “How to Make Your Money Go Further”
November Leader Training |

November

- | | | |
|----|---------|-----------------------------------|
| 17 | 10:00am | County Homemaker Advisory Council |
|----|---------|-----------------------------------|

December

- | | | |
|----|---------|--|
| 11 | | WRECC Open House-WRECC Office |
| 12 | 10:00am | Homemaker Santa’s Workshop & Holiday Party |



Cooperative Extension Service

University of Kentucky
Warren County
3132 Nashville Road
Bowling Green, KY 42101

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Summer Greetings Fellow Homemakers

I thoroughly enjoyed my stint as Warren County Homemakers President. Thank you so much for the opportunity and learning experience. Thanks also for the engraved trays for Master Homemaker (2007) and for President. These are awesome, humbling experiences.

I will continue to be as active as ever—both in my club as well as county.

Please give Ernestine all the encouragement and support that you did me. She is a very good friend and will make a wonderful President for our county. Set your goals and get movin' Warren County.

Wishing you mouthfuls of cold juicy watermelon,

Rebecca Saalwaechter

KENTUCKY STATE FAIR KENTUCKY STATE FAIR KENTUCKY STATE FAIR



August 14 - 24

Tickets are \$8

Offering all-day adventures for more than 100 years, the annual celebration of summertime fun is America's Largest air-conditioned fair, filling all 1.2 million square feet of the massive Kentucky Exposition Center in Louisville each August. Acres of additional outdoor activities also give fairgoers plenty of open-air entertainment and exhibits.

For more information go to www.kystatefair.org
or call 502-367-5002

For More Information On Homemakers Contact



Betsy Ann Tracy *Betsy Ann Tracy*
Warren County Extension Agent for Family and
Consumer Sciences
3132 Nashville Rd.
Bowling Green, KY 42101
Phone: 270-842-1681
Email: betsy.ann.tracy@uky.edu

Answering your questions about nutrition, finances, clothing, household, and family skills and abilities.