

GREENUP COUNTY FAMILY AND CONSUMER SCIENCES NEWSLETTER

Cooperative Extension Service
Greenup County
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Lora Pullin, Greenup County Family & Consumer Sciences Agent

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COUNTY ANNUAL MEETING CULTURAL ARTS CHECK-IN

If you plan to enter a Cultural Arts exhibit for the County Annual Meeting, please read this article carefully:

CULTURAL ARTS ENTRIES ARE DUE AT THE EXTENSION OFFICE BETWEEN 11:00AM-1:00PM ON THURSDAY, APRIL 27, 2023.

Entries will not be accepted after this date and time. All entries will be judged on Thursday, April 27, 2023.

COUNTY ANNUAL MEETING GREENBO LAKE STATE RESORT PARK FRIDAY, APRIL 28, 2023

Registration: 9:00 a.m. to 10:00 a.m.

Cost: \$20

Deadline: April 14

Entertainment: Anne Stephens

Cultural Arts Judging: Thursday, April 27, 2023

ANNUAL MEETING ATTENDANCE RESPONSES DUE APRIL 14

Deadline for your County Annual Meeting attendance response is Friday, April 14. Make sure you let the Extension Office know who plans to attend and payment of \$20 per person. Please, send one (1) check per club to the Extension Office with a roster of names for nametags.



April 2023

SCHEDULE OF EVENTS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24	25	26	27	28	29

- April 9: Easter
- April 12: Quilt Guild Sit-N-Sew —9:00am at Extension Office
- April 15 & 16— Handcrafted Weekend— Greenbo Lake State Resort Park
- April 22- Kite Day— McKell Football Field
- April 26: Quilt Guild meeting— 10:00am at Extension Office
- April 27: County Cultural Arts check-in—11AM-1PM
- April 28: County Homemakers Annual Meeting at Greenbo Lake State Resort Park

ROLL CALL

April is National Volunteer Month. What is your favorite way to volunteer?



THOUGHT FOR THE MONTH

“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”

- Sherry Anderson

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SCHEDULE OF EVENTS

- May 6— Spring Market— Greenup County Extension Office
- May 10: Quilt Guild Sit-N-Sew— 9am at Extension Office
- May 9-11: KEHA Annual Meeting— Louisville, KY
- May 24: Quilt Guild Meeting — 10:00am at Extension Office
- May 29: Memorial Day—

ROLL CALL

In May, we celebrate mothers. Share a favorite Mother’s Day memory.

THOUGHT FOR THE MONTH

“Motherhood is the biggest gamble in the world. It is the glorious life force. It’s huge and scary– it’s an act of infinite optimism.”

- Gilda Radner



NORTHEAST AREA ANNUAL MEETING

The Northeast Area Homemakers Annual Meeting will be held on Saturday, October 14, 2023, at the Lawrence County Extension Office in Louisa, KY.

Registrations will be mailed sometime this summer once all plans are finalized.

Save the date.

2023 COUNTY FAIR

The Harold Rice Ag/Home Economics building will be depending on Homemakers to serve as workers. If you are will to serve as a volunteer, please let us know and start thinking of things you can enter!

This year's County Fair theme is "Honoring First Responders." Please contact Claudine in advance if your club wishes to decorate a booth in the building. Booth set up will be Monday, August 28th and entries will be taken on Tuesday, August 29th.

NORTHEAST AREA HOMEMAKERS ENRICHMENT CAMP ON SEPTEMBER 19-21, 2023

The NEA Homemakers Enrichment Camp will be held at Camp Caleb on September 19-21, 2023. Registration packets will be available at the Extension Office beginning Thursday, June 1, 2023. Please stop by the Extension Office to pick one up or contact us if you would like one mailed/emailed to you.

KEHA CULTURAL ARTS AWARDS

If you had an article that received 1st place at the Northeast Area Annual Meeting, please bring the article to the County Extension Office and it will be taken to the KEHA Annual Meeting at the Crowne Plaza in Louisville on May 9, 2023. Have your article at the Extension Office by **May 5 2023**; and have it properly labeled.

We have the state required registration cards at the office, contact the Extension Office at 606-836-0201.

2022 GREENBO OPEN HOUSE

Greenbo Open House will be held

The theme is "I'm Dreaming of a White Christmas"

Dates of the Open House are:

- November 28—Decorating of Lodge
- December 2 & 3—Open House
- January 3—Removal of decorating items





MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

BEING A RESPECTFUL GIVER: HOW TO HELP AFTER A NATURAL DISASTER

After a natural disaster or emergency, there is often widespread need. The desire to help those most affected is a normal and often well-intended response from those not affected. However, despite the best of intentions, most aid and donations after a disaster do not best help those in need. Many areas are overwhelmed with unusable in-kind donations that need to be sorted, distributed, and even discarded. This adds to the chaos that often engulfs communities after a disaster strikes. Instead, learn tips for how to help after a natural disaster by being a respectful giver.

SO. MUCH. STUFF.

When a natural disaster hits a neighboring community, a knee-jerk reaction is to go through your home and gather things your family no longer wears, wants, or needs to give to storm survivors. When hundreds or thousands of people do this, however, disaster-affected areas can quickly become overwhelmed with stuff. Most often the stuff is not needed; rather it is tattered, dirty, or broken – or the donated items are irrelevant. Used clothing is one of the most-donated but least-needed items after an emergency. Unless an organization specifically requests clothing (for example, winter coats after an ice storm), wait to donate clothing.



DONATE MOST-NEEDED ITEMS

If you choose to donate goods or items after a natural disaster, confirm that your items are needed. Reach out to the county Cooperative Extension Office, a local community center (like the YMCA or Red Cross), or a local place of worship, for example, which will be familiar with the specific needs of community members.

Also, consider providing new items that support common donations. An example of this would be manual can openers (as canned goods are frequently donated), or new baby bottles along with canisters of unopened, non-expired baby formula. Dry shampoo, baby wipes, diapers, feminine hygiene products, and work gloves are other examples of needed items that go overlooked after a large-scale disaster.



CONTACT RECOGNIZED AND TRUSTED ORGANIZATIONS WHO KNOW IF AND WHERE VOLUNTEERS ARE NEEDED



DONATE TIME, ENERGY, MONEY, OR GIFT CARDS

According to FEMA, financial contributions are the most flexible and most effective method of donating. Contact recognized charitable organizations who are on the ground in an affected area. They know what items and quantities are needed – and who needs them. Your time and energy may also be helpful in the days, weeks, and months after a disaster. However, never “self-deploy” to disaster areas. Again, contact recognized and trusted organizations who know if and where volunteers are needed. Disaster response and recovery efforts must be well-coordinated within a local community to be safe and effective.

BE WARY OF SCAMS

Finally, be wary of donation-related scams after an emergency. Unfortunately, scammers prey on generosity and compassion during times of widespread need. Before donating – especially cash or gift cards – research the charity. Also, be careful of crowdfunding scams. These happen when a person asks for help through a crowdfunding

website, which is an online site where you can make financial contributions to an individual, family, or personal cause. Some crowdfunding sites do little to make sure the money goes where the organizer says it will.

Contact your local County Extension Office for suggestions of community organizations collecting money or in-kind donations.

REFERENCES:

<https://www.fema.gov/disaster/recover/volunteer-donate>

Huff, N. (2023). *Financial Management After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FRM-IFD.002. https://fcs-hes.ca.uky.edu/files/frm-ifd.002_financesafterdisaster.pdf

Norman-Burgdolf, H., & Norris, A. (2023). *Keeping Food and Water Safe After a Natural Disaster*. University of Kentucky Cooperative Extension Service, Family and Consumer Sciences, #FIN-IFD.002. https://fcs-hes.ca.uky.edu/files/fn-ifd.002_foodwaterafterdisaster.pdf

Written by: Nichole Huff | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



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Greenbo Lake State Resort Park
Presents



APRIL 15/16, 2023

Classes | Demonstrations | Displays
Supply Vendors



Quilt Show
Baskets
Woodcarving
Clay Art/Ceramics
Cross Stitch
Luthiers
Knitting/Crochet
Macrame
Weaving



University of Kentucky
College of Agriculture,
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Cooperative Extension Service
Community Arts



KENTUCKY STATE PARKS
"the nation's finest"

Kite Day!

2023

SAT. APRIL 22



Artist:
Ava Brady, age 13
Russell Middle
School



Please buy
your food here.
Everything else
is free!

- **FREE kites for kids!**
- FREE hand kites for preschoolers
- FREE snow cones from Kona Ice
- FREE cotton candy
- FREE Face Painting
- FREE popcorn
- FREE balloon art
- FREE books for kids
- FREE 4-H & 21C Earth Day Themed Activities
- FREE tie-dye shirt activity
- See kite themed artwork by students
- GIANT balloon sculpture!
- Photo booth
- Animal spinners
- Wind Socks
- Paint-by-number kite art
- Live music by McKell Middle School Band
- **Dragonfly Outdoor Café**
Breakfast & Lunch
- **Chick-Fil-A trailer**

HOT AIR BALLOON RIDES 7-10AM

KITE FLYING 10AM—2PM

WHERE: McKell Middle School

129 Bulldog Ln, South Shore, KY 41175

Rain date Sunday, APRIL 23, 1:00-8PM

For more information, contact Anne Stephens at 606-836-0201.



Partners: Greenup County Tourism, McKell Middle School, Greenup County Schools Family Resource, Greenup County Schools Literacy Leadership, Greenup County Extension Service



University of Kentucky
 College of Agriculture,
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 Cooperative Extension Service
 Community Arts

GREENUP



Saturday, May 6, 2023

10:00AM—2:00PM

Outdoor Vendor Market

FREE ADMISSION!

Greenup County Extension Office

35 Wurtland Avenue

Wurtland, KY 41144

606-836-0201

All items for sale are handmade/homemade by local artisans.



Breakfast and lunch items will be available for purchase.



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

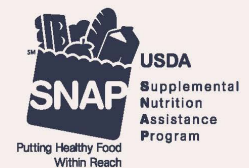
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 LEXINGTON, KY 40546



Disabilities accommodated with prior notification.



Rainbow Pasta Salad



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.

3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings
Serving Size: 1 1/2 cups
Cost per recipe: \$12.87
Cost per serving: \$1.84

Nutrition facts

per serving:
250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University of Kentucky
Cooperative Extension Service



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.

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.

Champion (purple ribbon) entries 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 2020-2021).

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.



University of Kentucky
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Greenup County Extension Services
 35 Wurtland Avenue
 Wurtland, KY 41144

RETURN SERVICE REQUESTED



**Health begins
 where we
 live, work, learn,
 and play.**

 College of Agriculture,
 Food and Environment
*Family and Consumer
 Sciences Extension*

Join us!

When: Mondays in May (1, 8, 15, & 22)
 11:00 am

Where: Greenup County Extension Office
 35 Wurtland Ave. Wurtland, KY 41144

Info: 606-836-0201 or lora.pullin@uky.edu

These action packed sessions will help you live and interact with our community in a new and vibrant way. Please plan to attend all four.

Visit the link in the post to register or stop by the Extension Office.



Sincerely,

Lora B. Pullin

Lora Pullin,
 Greenup County
 Extension Agent for
 Family and Consumer
 Sciences

PUBLIC NOTIFICATION OF PROCEDURE FOR FILING A COMPLAINT

The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, sex, religion, disability, or national origin. To file a complaint of discrimination, contact Tim West, UK College of Agriculture, 859-257-3879; Terry Allen or Patty Bender, UK Office of Institutional Equity and Equal Opportunity, 859-257-8927; or the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington, DC 20250-9410 (202-720-5964).