

# CALDWELL COUNTY HOMEMAKERS

November - December 2024

Newsletter

 Cooperative  
Extension Service



## Save the Date!

**November 1**

Laugh & Learn

**November 5**

All Booked Book Talk  
(George Coon)

**November 7**

Homemaker Council

**November 13**

Sit N Sew

**November 14**

Homemade Rolls

**December 6**

Laugh & Learn

**December 11**

Sit N Sew

**December 9**

Wits Workout  
(Senior Center)

## Winter Weather Policy:

If Caldwell County Schools are closed due to weather, Family & Consumer Sciences and Homemakers events scheduled at the Extension Office, will also be cancelled. Homemaker clubs will not be penalized for cancelling club meetings.

## Looking Ahead in 2025

**January 3**

Indoor Air Quality

**March 14**

Cultural Arts  
Spring Seminar

**May 6-8**

KEHA Annual Meeting  
Lexington

*Ashley Board*

Caldwell County Extension Service  
1025 US HWY 62 W  
Princeton KY 42445

270-365-2787  
ashley.board@uky.edu

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

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Lexington, KY 40506



# HOMEMAKER UPDATES



## 2024-2025 Leader Lessons

Each lesson will be offered twice via Zoom. A watch party will be held at the Extension Office for the morning session. The PM session will be offered via Zoom only. Lesson leaders will receive Zoom links via email prior to the sessions. If you are not a lesson leader and would like the link, email [ashley.board@uky.edu](mailto:ashley.board@uky.edu).

### **January Lesson: Indoor Air Quality** (taught by Trigg County FCS Agent Teresa Garcia)

AM Watch Party at the Extension Office: January 3, 2025 at 10:00 am

PM Zoom Only: January 3, 2025 at 5:30 pm

*This lesson seeks to raise awareness and knowledge about indoor air quality, how it can be affected by things in our indoor spaces, how it can affect one's health, and steps for improvement.*

## Homemaker Council

The Homemaker Council will meet November 7, 2024 at 10:00 am, at the Caldwell County Extension Office. If you are unable to attend, please send a representative from your club.

## All Booked Book Talk

The All Booked Book Talk will meet November 5 at George Coon Public Library at 6:00 pm. There is no assigned reading. Join with others to discuss all things books. You might even discover your next great read.

## Sit N Sew

The Sit N Sew Sewing Club will meet November 13, 2024 from 9:00 am - 3:00 pm at the Caldwell County Extension Office. Participants bring a sewing project to work on as well as sewing supplies. Socialize with other sewing enthusiasts. Come and go as you please. Let us know you are coming. Call the Extension Office or visit <https://bit.ly/3MDJHXp>

## Cultural Arts/Spring Seminar

The Pennyrile Area Cultural Arts Contest and Spring Seminar will be held March 14, 2025 at the Christian County Extension Office. More details to come. A category list has been included in this newsletter. Take note of new categories. Remember that each entry must be the work of an Extension Homemaker members and must have been completed during the past 2 years. Also, only one entry per subcategory per person.

## KEHA Annual Meeting

The KEHA Annual Meeting will be held May 6-8, 2025 at the Hyatt Regency in Lexington. Lodging room blocks are now open for reservations. Room rate is \$149 + tax. Request group code G-KEHA for conference rate when registering by phone at 800-233-1234. Registration details will be available in the State newsletter mailed in 2025.

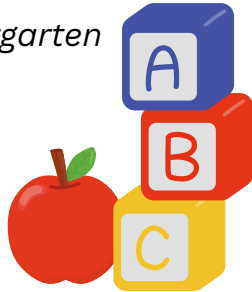
# LAUGH & LEARN

## PRESCHOOL PLAYDATES

November 1 & December 6  
10:00 am

Caldwell County Extension Office

*Laugh & Learn is for children ages 5 and under and is designed to build kindergarten readiness skills through play. Call 270-365-2787 to sign up. Children must be accompanied by an adult.*



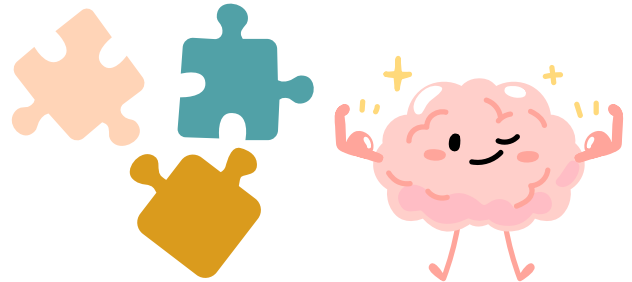
# Wits Workout

December 9

10:00 am

Frank P. Giannini Senior Center

*An engaging, interactive, and educational brain health program.*



## Support an Alzheimer's Caregiver

According to the Alzheimer's Association, 81,000 Kentuckians aged 65 and older live with Alzheimer's disease. To help them with care needs, 157,000 family caregivers spend millions of hours providing unpaid care. The Alzheimer's Association encourages ways to support an Alzheimer's caregiver. Alzheimer's care can be increasingly demanding as each stage imposes different responsibilities and stresses. Alzheimer's caregivers can commonly feel despair, fatigue, and loneliness. According to the Alzheimer's Association, you can support an Alzheimer's caregiver by doing one or more of the following suggestions.

- Learning. Learning about the disease so you know what to expect and when to appropriately offer help.
- Build a Care Team. Help organize friends, families, and neighbors who want to help.
- Provide Respite. Offer to spend time with the person with AD to give the caregiver a break.
- Check-in/Be Present. Send a text or make a call just to say hi. Feeling supported feels good and helps battle loneliness and isolation.
- Offer Specific Help. Helping a caregiver cross off items on the to-do list provides relief. It is rare that a caregiver will ask for help, so just do it! (Walk the dog, run an errand, mow the lawn.)
- Help During the Holidays or other Busy Times. Offer to help cook, clean, wrap presents, etc.
- Join the Fight. Get involved with the Alzheimer's Association, local walks, volunteer, join the Sanders-Brown Center for Aging.
- Praise a Caregiver. When a caregiver is doing a nice job, tell them!

Reference

Alzheimer's Association. (2024). Caregiving Resources. Retrieved July 15, 2024 from <https://www.alz.org/events/nadam>  
Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging

# Homemade Rolls

**NOVEMBER 14, 2024  
5:30 - 7:30 PM**

**PRESENTED BY:  
TERRIE WHITE**



**\$3 PER PERSON**

## **THINGS TO KNOW:**

- Will work together in pairs to prepare dough.
- Be prepared to bake rolls at home immediately following class.
- Fee must be paid within two days of registering.

## **THINGS TO BRING:**

- Baking sheet
- Apron (optional)

**REGISTER BY NOVEMBER 8.**

<https://bit.ly/Rolls24>

270-365-2787

**SPACE IS LIMITED  
PRE-REGISTRATION REQUIRED**

Caldwell County Extension Office  
1025 US HWY 62 W, Princeton

**UK** Cooperative  
Extension Service  
*An equal opportunity organization*

# 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.