



# FEBRUARY

## 2023 NEWSLETTER



Jessamine County  
95 Park Drive  
Nicholasville, KY 40356  
(859) 885-4811  
jessamine.ca.uky.edu



### Annual Notice

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).

### Weather Policy

If Jessamine County schools are closed due to inclement weather, then Jessamine County FCS Extension programs are also canceled. Be sure to follow us on Facebook at Jessamine County Family and Consumer Sciences to stay up to date with closures. Also, be sure to RSVP for all programs you attend, so we have your information if a cancellation occurs.

Karli Giles  
*Karli Giles*

County Extension Agent  
Family & Consumer Sciences



### Calendar of Events

- Feb 11 10 a.m.- 12 p.m. Cultural Arts Contest
- Feb 11 10 a.m. Arm Confetti: Mini+Me Galentine
- Feb 13 10 a.m. Laugh and Learn
- Feb 13 5:30 p.m. Homemaker Council
- Feb 15 12 p.m. Lunch N' Learn
- Feb 18 10 a.m. -12 p.m. Cultural Arts Contest Snow Date
- Feb 28 10 a.m. Self-Care Lesson
- Mar 2, 9, 16, and 23 10 a.m. Big Blue Book Club



### Follow us Online!

\*\*We post all classes on our Facebook page and website! Following us online is an easy way to stay "in the know" with Jessamine County FCS Extension.



Jessamine County Family and Consumer Sciences on Facebook: <https://www.facebook.com/JessamineCountyFCS/>



University of Kentucky Family and Consumer Sciences Extension Podcast: <https://ukfcsext.podbean.com/>



Check out our county website for information on all program areas: <http://jessamine.ca.uky.edu/>



## Upcoming Leader Lesson Schedule

### Self-Care: Taking Care of Your Mental and Physical Health

February 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Tara Duty, Mercer Co. FCS Agent

### Sweet Swaps

March 23rd @ 10 a.m.

Jessamine County Extension Office

### Living with Loss

April 28th @ 10 a.m.

Jessamine County Extension Office

Taught by Kayla Lunsford, Garrard County FCS Agent

## Homemaker Council Meeting

February 13th at 5:30 p.m.  
John Nickell Room.

## KEHA State Meeting

The next KEHA State Meeting will occur May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is "Let's Take a Hike with KEHA." Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124 per night. Because of rising prices, the registration pricing structure for 2023 has changed. Details for planning can be found on the State Meeting webpage. Full details and registration forms will be available in February when the state newsletter is issued.

## Jessamine County Extension Homemaker Clubs

### Hearts N' Hands

First Tuesday of the month, 10 a.m. at the Extension Office

### Town N' Country

First Tuesday of the month, 6 p.m. at the Extension Office

### Happy

Second Tuesday of the month, 6:00 p.m. in a member's home

### 4-H Mothers

Third Wednesday of the month, 9:30 a.m. in a member's home

### Edgewood Evening

Fourth Monday of the month, 6:00 p.m. at the Extension Office

### Piece Quilters

Every Tuesday, 9:30 a.m., Ag Center Room A

## Cultural Arts Contest



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## JESSAMINE COUNTY HOMEMAKER CULTURAL ARTS CONTEST

Show off your talent at the 2023 Cultural Arts Contest! The contest is open to all Jessamine County Extension Homemakers.

### ENTRY TIME:

February 11th  
10 a.m. - 12 p.m.



### PICK-UP TIME:

February 13th  
2 p.m. - 6 p.m.

Jessamine County Extension Office  
95 Park Dr. Nicholasville

To view the list of categories and rules, visit  
<https://tinyurl.com/wds8mxt5>

Items that receive a blue ribbon will advance to the Fort Harrod Area Cultural Arts Contest in April and compete against seven other counties.

The lists of categories and rules are attached to this newsletter.

\*The snow date will be February 18th.

# Homemakers' Christmas Baskets

Our Extension Homemakers made 40 Christmas baskets to support our Homemaker Extension Scholarship. The baskets turned out beautifully! Thanks to all who donated items and helped assemble the baskets to make this fundraiser event a success!



# Arm Confetti: Mini+ Me Galentine Event

February 11th, 10 a.m. - 12 p.m.  
Jessamine County Extension Office  
Must RSVP by February 8th



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

*arm confetti*

**MINI + ME**

**GALENTINE EVENT**

SATURDAY  
**Feb. 11**

10:00 AM - 12:00 PM  
JESSAMINE CO EXTENSION  
OFFICE, 95 PARK DR.  
NICHOLASVILLE

JOIN ARM CONFETTI FOUNDER  
+ DESIGNER FOR SWEET  
TREATS AND BRACELET  
MAKING. EACH PARTICIPANT  
WILL CREATE TWO BRACELETS  
TO TAKE HOME.

**COST IS \$30 FOR PAIR**

RSVP TO KARLI GILES  
859-885-4811 OR [KARLI.GILES@UKY.EDU](mailto:KARLI.GILES@UKY.EDU)

# Laugh and Learn

 University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

## LAUGH AND LEARN

A free playdate that engages your child(ren) in playful activities that are designed to prepare them for kindergarten. At the program, your child(ren) will listen to a story, sing songs, make crafts, play games, and enjoy a healthy snack.

**February 13th, 10 a.m.- 11 a.m.**  
**Theme: ICE**

**Jessamine County Extension Office**

95 Park Drive, Nicholasville, KY 40356

To register for the February Laugh and Learn play date,  
call 859-885-4811 or email [karli.giles@uky.edu](mailto:karli.giles@uky.edu)

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

Educational programs of Kentucky Cooperative Extension serve all people regardless of race,  
color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State  
University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



 Disabilities  
accommodated  
with prior notification.

## Lunch N' Learn

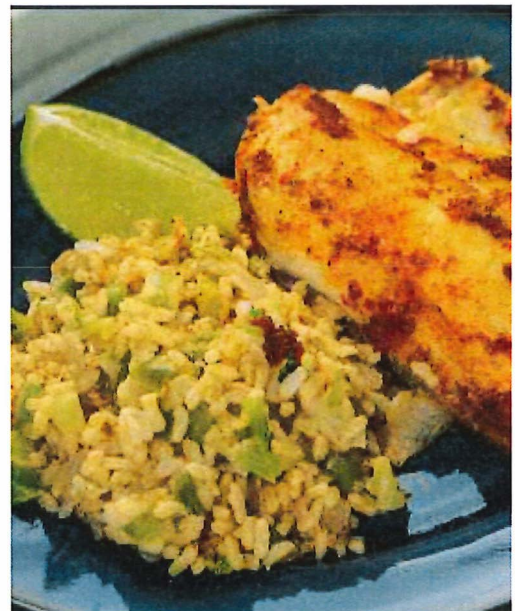
February 15th at 12 p.m.

Jessamine County Extension Office

The recipe we will be sampling is the Cajun  
Seasoned Fish with Rice.

**RSVP IS REQUIRED**

To RSVP call 859-885-4811 or email  
[karli.giles@uky.edu](mailto:karli.giles@uky.edu)



# Self-Care: Taking Care of Your Mental and Physical Health

February 28th at 10 a.m.

Jessamine County Extension Office

The global pandemic of the past few years has left us sorting through a mix of emotions and a variety of cumulative losses. To help deal with the many different types of loss individuals and families may have experienced, KEHA is addressing self-care. This lesson will help leaders and club members analyze the different types of loss, examine self-care, and create self-care survivor kits.



## Big Blue Book Club

March 2, 9, 16, & 23 at 10 a.m.

Zoom

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, *Is Butter a Carb? Unpicking Fact from Fiction in the World of Nutrition*. This book removes the moral stigma from food and breaks down the science to provide easy, accessible evidence-based advice on how to live your healthiest and happiest life. This practical book is the modern must-have nutrition book for everybody interested in food, health, and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition.

Use this link to register: <https://ukfcs.net/BBBC23Book1>



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service  
Family and Consumer Sciences

# LOGO CONTEST

Fort Harrod Area needs a logo design for KEHA State Meeting 2024! The theme is: "Blazing the way with KEHA"

## ENTRY REQUIREMENTS:

- Must say "Blazing the way with KEHA"
- Must depict Old Fort Harrod in some manner.
- Can be color but must also look good in black and white.
- Open to everyone but must be a KY resident.
- Design cannot be larger than 8 1/2 x 11 inches.
- Electronic entries must be submitted in PDF format.
- Entries must be received or postmarked by March 14, 2023.

WINNER will receive half of the 2024 Early Bird State Meeting Registration Fee or \$75.00.

# 14

**March 2023**

## SUBMIT ENTRIES TO:

**MERCER COUNTY  
EXTENSION OFFICE  
1007 LEXINGTON ROAD  
HARRODSBURG, KY, 40330  
OR: TARA.DUTY@UKY.EDU**

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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## 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.

## 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



## 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

## 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.

# Egg Substitutes when Baking and Cooking

With egg prices on the rise, many of us are looking for substitutes. But it's not as easy as you think. There is no one substitution that works for all recipes. Egg substitution will depend on the recipe and the egg's function in that recipe. Eggs serve many purposes when baking: structure, consistency, color, and flavor. You can use them to leaven, which allows the food to expand and rise when heated giving the food volume. Or they can be binders, helping to combine other ingredients and hold the food together. They can also keep food moist.

Egg whites provide leavening and moisture while the yolks help with binding. As a rule, the smaller number of eggs a recipe calls for, the easier the substitution. When using a substitution for eggs, determine the function of the egg first.

- If the recipe doesn't contain baking powder or baking soda, the eggs are used for leavening.
- If the recipe calls for only egg whites, they are providing leavening and moisture.
- If the recipe calls for only yolks, they are for binding.
- If the recipe calls for three or more eggs, assume they act in all three roles.
- If you are unsure, assume the eggs act in all three functions. More than one substitution can be used at a time.

Substitutions for leavening (Each substitution counts as one egg.)

¼ cup carbonated water

2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder

1 tablespoon vinegar + 1 teaspoon baking soda

2 tablespoons lemon juice + 1 teaspoon baking soda

Substitutions for binding (Each substitution counts as one egg.)

1 tablespoon gelatin + 1 tablespoon water, let sit 15 minutes (for gelatin-based desserts) 1

tablespoon soy lecithin

2 tablespoons mashed potato or sweet potato

2 tablespoons tomato paste

2 tablespoons starch + 3 tablespoons water

3 tablespoons nut or seed butter

¼ cup puréed soft tofu or full fat yogurt

Substitutions for moisture (Each substitution counts as one egg.)

¼ cup unsweetened applesauce or fruit puree

¼ cup mashed banana or avocado

2 tablespoons dried fruit + 2 tablespoons water, puréed

¼ cup buttermilk or milk

¼ cup sweetened condensed milk

¼ cup yogurt

Eggs are a good source of many nutrients. Please be aware that when making substitutions, the nutrient profile of recipes will be altered.

Reference: <https://uwoextension.org/uwnutrition/newsletters/egg-substitutes-in-baking-and-cooking/#:~:text=%C2%BC%20cup%20buttermilk%20or%20milk,%C2%BC%20cup%20pureed%20silken%20tofu> Source: Annhall Norris, Food Preservation and Food Safety Extension Specialist

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