

CUMBERLAND COUNTY HOMEMAKER NEWSLETTER



Cumberland County Cultural Arts Competition

The Cumberland County Cultural Arts competition was held on February 26th, 2025. A total of forty-three entries were showcased, resulting in 29 blue ribbons awarded.

Those who received blue ribbons will move on to the Area Cultural Arts competition. Blue ribbon winners must bring their projects to the Cumberland County Extension Office by noon on March 10th, 2025.

A BIG congratulations to all ribbon recipients and a heartfelt thank you to all participants for their remarkable projects that were entered.

Additionally, a huge thank you goes out to the volunteers who contributed their time and effort on the day of the event!

Check out the Cumberland County Homemaker Facebook page for more pictures!



Cumberland County
Cooperative Extension Service
90 Smith Grove Rd.
Burkesville, KY 42717
(270) 433-7700
Website: cumberland.ca.uky.edu

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Cumberland County Cultural Arts Competition

Sewing (Basic Garment Apparel)

- Sharon Pickens, Blue

Sewing (Accessory Apparel)

- Tammy Pitcock, Blue

Sewing (Specialty Home Decor)

- Tammy Pitcock, Blue

Art, Natural (Wood)

- Sharon Pickens, Blue

Art, Recycled (Household)

- Kay Kass, Blue

Art, Recycled (Other)

- Wanda Gilbert, Blue

Basketry (Cane)

- Kay Kass, Blue

Basketry (Dyed Material)

- Tammy Pitcock, Blue

Basketry (Minatare under 4 inch)

- Wanda Gilbert, Blue

Basketry (Novelty)

- Kay Kass, Blue

Basketry (Plain)

- Kay Kass, Blue

Beading (Miscellaneous)

- Judy Hurt, Blue

Crochet(Accessories)

- Kathy Rush, Blue

Crochet (Home Decor and Afghans)

- Kathy Rush, Blue

Doll/Toy Making (Cloth)

- Joyce Howlett, Blue

Doll/Toy Making (Handmade Toy Other Than

Porcelain/China or Cloth)

- Patty Shaw, Blue & Viewer's Choice

Drawing (Pen and Ink)

- Dottie Tingen, Blue

Holiday Decorations (Autumn)

- Dottie Tingen, Blue
- Kathy Rush, Red
- Wanda Gilbert, White
- Tammy Pitcock

Holiday Decorations (Spring)

- Joyce Howlett, Blue

Holiday Decorations (Winter)

- Tammy Pitcock, Blue

Painting, Art (Acrylic)

- Kay Kass, Blue

Painting, Decorative (Wood)

- Tammy Pitcock, Blue
- Joyce Howlett, Red

Photography (Black and White)

- Sharon Pickens, Blue
- Wanda Gilbert, Red
- Kay Kass, White
- Sharon Lewis

Photography (Color)

- Sharon Lewis, Blue
- Judy Hurt, Red
- Wanda Gilbert, White
- Sharon Pickens

Quilts (Miscellaneous, Hand or machine quilted)

- Kathy Rush, Blue

Paper Crafting (Card Making)

- Sharon Pickens, Blue

Paper Crafting (Scrapbooking)

- Sharon Pickens, Blue

Wall or Door Hanging (Other)

- Tammy Pitcock, Blue
- Dottie Tingen, Red
- Joyce Howlett, White
- Wanda Gilbert

Miscellaneous

- Sharon Pickens, Blue
- Tammy Pitcock, Red

Congratulations

to all ribbon winners & a
big thank you to all who
entered items!

Upcoming Events

Walking Club:

The indoor walking class is a wonderful opportunity to stay active, connect with others, and improve your fitness in a supportive and friendly environment. Whether you're looking to start your day with some light exercise or just want to enjoy the company of fellow walkers, this club welcomes participants of all fitness levels.

Class Details:

Join us each Monday, Wednesday, and Friday at 8am-9am at the Cumberland County Extension Office.

Friends of Burkesville Manor:

The Extension Office will be collecting the following items this month:

- Microwave Bacon

Items are due March 14th, to the Cumberland County Extension Office.

Homemaker Advisory

Council Meeting:

March 21st, 2025 | at 11:30am
at the Cumberland County Extension Office

Lunch will be provided. Please register by calling the Extension Office at (270)433-7700.

Wits Workout:

Wits Workout is like a gym session for your brain and body—where fun, brain-boosting exercises collide with simple body movements to enhance flexibility! Perfect for all ages, this program invites you to flex your noggin and move your body. Whether you want to sharpen your memory, crank up your focus, or improve range of motion, Wits Workout has got your back and your brain!

Next Meeting Dates:

- March 17th and 24th, 2025 at 10am at the Cumberland County Extension Office
-

The Cumberland County Cooperative Extension Service presents the

HOME & GARDEN EXPO



March 20, 2025

Drop-in Between 10am & 2pm
at the Veterans Memorial Community Center
124 Upper River Street, Burkesville, Kentucky 42717

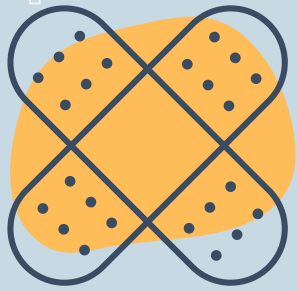
Visitors have the opportunity to engage with interactive displays, take part in hands-on demonstrations, and gather informative materials related to gardening, nutrition, and creating healthy homes!

Door Prizes

Raised Garden Bed
O-Cedar Spin Mop & Bucket
8-Piece Cookware Set



FOR MORE INFORMATION -
Cumberland County Cooperative Extension Service (270) 433-7700



Community HEALTH FAIR

April 1st, 2025

Drop-In Between 9am & Noon

At the **Burkesville First Methodist Church**
126 S Main St, Burkesville, KY 42717

Explore the Community Health Fair and check out booths featuring valuable health information. Engage with local health professionals and discover resources that can help you lead a healthier lifestyle. Bring your family and friends for a morning of education and fun!

For more information:
Cumberland County
Extension Office (270) 433-7700





In celebration of people in recovery.

In support of people struggling with substance use.

In memory of people who lost their life because of alcohol or drugs.

NIGHT of HOPE

MARCH 27TH, 2025 | AT 6PM

AT THE JUSTICE CENTER COURTYARD

112 Courthouse Sq, Burkesville, KY 42717

For more information, please contact the Cumberland County Extension Office at the following:
(270)433-7700 | debbie.messenger@uky.edu

Dottie's Designs

In order to create your own beautiful wall hanging, on a wooden cut out, we will layer a variety of multi-media papers, stickers, ribbons, and embellishments to create just the look you desire. Nothing is too fancy or plain. You are the creative genius. If you don't like something, you can cover it up until you love it. Join us for the fun.

MARCH 29TH, 2025

11AM-2PM

**AT THE CUMBERLAND
COUNTY EXTENSION OFFICE**



Registration

Please contact the Cumberland County Extension Office at (270) 433-7700 to register.

Deadline to register is March 22nd, 2025.

Cost

There is a \$20.00 supply fee due at the beginning of class.

BRINGING THE BASICS BACK



Bringing the Basics Back is a hands-on workshops designed to reconnect you with traditional skills that have stood the test of time. These workshops are perfect for anyone interested in sustainable living, self-sufficiency, and the joy of crafting everyday essentials with their own hands. Whether you're a seasoned homesteader or just beginning your journey, you'll find valuable insights and practical techniques in each session. Join us to learn, create, and connect with a community of like-minded individuals.

Don't miss this chance to expand your knowledge and skills—register now and embark on your homesteading adventure!

Spring Cleaning Home Edition
Green Cleaners & Garden Spaces
March 17, 2025

Hold the dates for the upcoming sessions. Topics will be announced closer to time.

- April 23, 2025
- August 27, 2025
- September 24, 2025

All sessions are scheduled to begin at 1 PM at the Cumberland County Extension Office.



REGISTRATION REQUIRED

To register, please contact the Cumberland County Extension Office at (270) 433-7700.



Sewing Class

ZIPPERED POUCH

Join us for a hands-on sewing class where you'll learn the skills to craft a stylish and functional zippered pouch. Whether you're a beginner eager to learn or an experienced sewer looking to refine your techniques, this class offers something for everyone. Don't miss out on this opportunity to enhance your sewing skills and make something truly special!

Instructor: Katelyn Squires,
Green County Extension Agent for Family and Consumer
Sciences



MARCH 10AM
14TH, 2025 AT THE CUMBERLAND
COUNTY EXTENSION OFFICE

REGISTRATION REQUIRED:
(270) 433-7700

Materials Needed:

- 12-inch zipper
- 2 fat quarters - two different colors/patterns of coordinating fabric

Cumberland County Homemakers

Open Weave Basket Classes

Time - 2:00 pm - 8:00 pm cst

Dates - March 10th, April 21st - 2025

Each month 3 different baskets will be offered and you pick your kit and come weave.

You can also pick kits from previous months.

Register at - <https://form.jotform.com/232815259569165>

Deadline to register for January Class is March 3, 2025



6" Utensil Basket - \$30.00

Asst. colors to choice from



8" Utensil Basket - \$40.00

Asst. colors to choice from

Make it a Lazy Susan for an additional \$10.00



8" Easter Basket - \$45.00

Asst. colors to choice from

Third

Friday ACTIVITY

FUN WITH BUTTONS

MARCH 21ST, 2025 | AT 1PM

*at the Cumberland County Extension Office
90 Smith Grove Rd. Burkesville, KY 42717*



*Make a
button craft
similar to
this one!*

REGISTRATION REQUIRED
CUMBERLAND COUNTY EXTENSION OFFICE
(270) 433-7700



Blackberry Coffee Cake

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 1/2 cups white sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1/3 cup margarine
- 1/3 cup applesauce
- 1/2 teaspoon cinnamon
- 2 tablespoons brown sugar
- 2 eggs
- 1 teaspoon vanilla
- 2/3 cup 1% milk
- 2 cups blackberries, washed

Directions:

Preheat oven to 350 degrees F. Grease and flour a 9-by-13- inch baking pan. In a large bowl, combine flours, sugar, baking powder and salt. Using a pastry blender, cut margarine and applesauce into the mixture until it resembles coarse crumbs. Stir in the cinnamon and brown sugar. Set aside 3/4 cup of crumb mixture to be used as a topping for the cake. In a medium bowl, mix together eggs, vanilla and milk. Blend into remaining flour mixture. Spread batter into prepared pan. Sprinkle blackberries evenly over the batter. Gently press blackberries into the batter. Sprinkle reserved crumb mixture over fruit and gently pat down. Bake in preheated oven 25-30 minutes or until a toothpick inserted into the center of the cake comes out clean.

Yield: 15 servings

Nutritional Analysis:

170 calories, 5 g fat, 1 g saturated fat, 1 g trans fat, 30 mg cholesterol, 280 mg sodium, 32 g carbohydrate, 2 g fiber, 18 g sugars, 3 g protein

Source: Plate It Up Kentucky Proud Recipes (Kentucky Proud Project County Extension Agents for Family and Consumer Sciences University of Kentucky, Dietetics and Human Nutrition Students, September, 2018)

Cooperative Extension Service

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Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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with prior notification.