

# Nifty Needles Quilt Guild Newsletter



January 2023



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

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FAMILY & CONSUMER SCIENCES

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## DATES TO REMEMBER

- |                |   |
|----------------|---|
| January 20-21  | Quilt Retreat, Bourbon County Extension Office  |
| January 31     | Guild meeting, 6:30 p.m. at Extension Office  |
| February 17-18 | Quilt Retreat and Ornament Class with Levana Spencer, Bourbon County Extension Office |
| February 28    | Guild meeting, 6:30 p.m. at Extension Office  |

## JANUARY PROGRAM

This month our guest speaker will be Chana from Quilters Square, Lexington. She will share tips about planning borders and binding to finish your quilts. Chana will be bringing some items to sell, and also show us what's new in their shop. If there is anything you are needing, she will be happy to bring that as well. Contact Chana at 859-278-5010.

### Show and Tell

Let's get inspired as we move into our new project for the coming year. Please bring your Log Cabin quilts, from Courthouse Steps to Improvisations, and everything in between.

## Refreshment Hostesses

It seems like socializing and food go hand-in-hand. If you wish to continue having snacks prior to our meetings, please be prepared to sign up to bring refreshments at least once during the coming year, hopefully twice. We will have a sign-up sheet at the January meeting.

For the January meeting Shirley will bring some sweets. Anyone want to take on drinks or savory snacks?

Kay Denniston

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

## Nifty Needles Quilt Guild Meeting Minutes, November 29, 2022

The meeting was called to order by Shirley Gentry.

There were 7 members present.

Treasurer's Report from Cheryl Royalty. Bank balance as of 11-16-2022: \$1854.40. Door prize balance as of 11-29-22 was \$84.00.

This month's door prize of chocolate, Christmas panel and lighted magnetic extension was won by Sharon Crump.

No corrections need to be made to last month minutes.

Work was done for our raffle quilt and include the following: The pattern will be Log Cabin Block. Brown shall be the backing.

The 2-1/2 inch center block will be the same color on all blocks. Rust with flowers will be the border.

Please think about programs for our group, what would you like to see or do?

Respectfully submitted,

*Sharon Crump,*

Secretary

### New Guild Project

Many of you remember a large box of lovely brown, tan and pink fabric Becky Winburn brought in last year. OK, it was only a few months ago. In any case, Becky is donating the fabric to the Guild for a group project, such as a raffle quilt.

At the November meeting, it was decided that the quilt we make will be a Log Cabin pattern, using Eleanor Burns & Sue Bouchard's instructions for the block from their "Underground Railroad Sampler" book. Many members have a copy of the book, and the Extension staff printed extra copies of the pattern for our use. We will discuss the project at the January meeting, but if you want to get started, the fabric is being stored at our locker for use during retreat, and Dani d'Arge has already made a sample block. Dani will be at the January Retreat to provide guidance, if desired.



## A NOTE FROM THE PRESIDENT

Dear Fellow Quilters,

Each year begins for many with a review of the past, and reflections on things you would like to do differently. Mymodernmet.com published a list of New Year's resolutions for creative people designed to help us focus on what we hope to accomplish in the coming year. Here they are, with some editing:

1. Make a list and keep track of your goals. This is considered to be the most important suggestion on their list.
2. Make more time for your quilting.
3. Finish a small project.
4. Network with other quilters in real life. Such as a guild meeting or retreat!
5. Explore a new technique or different approach.
6. Make a dedicated space for you to work in.
7. Attend more quilt shows, exhibitions, etc. to see what others are making and doing.
8. Show your work to someone. This is why we love show-and-tell!
9. Look for inspiration offline. Notice what catches your eye and think about how it can inspire your work.
10. Get a new hobby. Other creative outlets can infuse your work with new life.
11. Read more books, related or unrelated to quilting.
12. Join a Facebook group for quilters.
13. Attend a conference.
14. Find ways to give back to your community through creativity.
15. Take care of your body and mental health.
16. Be afraid and do it anyway!

*This is your Guild. What would you like to do in the coming year?*

Regards,

*Shirley*

### Lost and Found

Shirley is looking for her vintage cake server with yellow Bakelite handle. Last seen in a bag of chicken pieces following the Christmas party. Has it shown up at your home?

### 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; Dr. Sonja Feist-Price or Terry Allen, 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 (866) 632-9992.



## Levana Spencer Ornament Class

There is always one ornament that attracts the most attention at our Guild Christmas party. This year it was the folded fabric star Levana Spencer made and brought for the gift exchange. She has kindly offered to lead a class on Friday, February 17 at our Retreat, so we can all create our own. Below is the supply list for the class. We will share the pattern then.

### Supplies

- 3" smooth foam ball
- Small box of dressmaker pins (size #17, 250-300 pins needed)
- (8) rectangles of center fabric 2" x 3" each (your choice of fabric)
- (16) rectangles of solid second color fabric 2" x 3"
- (16) rectangles of third color fabric 2" x 3"
- (1) fabric band 2 ½" x 11"
- 2 yards decorating ribbon 3/8" wide recommended
- 11" of 3/16" wide ribbon for hanging handle
- 1 or more decorative pins
- Metal thimble
- Sharp scissors





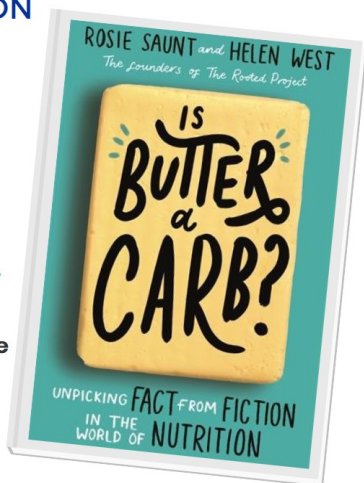
# BIG BLUE BOOK CLUB

University of Kentucky  
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## IS BUTTER A CARB?

UNPICKING FACT FROM FICTION  
IN THE WORLD OF NUTRITION

Evidence-based, body positive and practical, *Is Butter a Carb?* is the modern must-have nutrition book for everybody interested in food, health, and pop science. **This isn't a diet book or quick-fix book.** Instead, the book is an engaging way to determine fact from fiction in the world of nutrition and **helps readers feel more confident as consumers.**



BOOK CLUB WILL BE HELD  
ON THURSDAYS

**MARCH 2, 9, 16, 23 AT 10AM (ET)**

**REGISTER BY JANUARY 27, 2023**

# 2023 CALENDARS ARE HERE!



Stop by the Extension Office and  
pick up your copy today!

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**Plate it Up!**

**Kentucky Proud edition**

*Join Kacy and Kay on the 3rd Friday of each month at noon when they share a Kentucky Proud Plate It Up! Recipe on the Bourbon County Extension FCS/Homemakers Facebook page. Look forward to sharing our recipes!*



*Watch the 3rd Friday of each month on the Bourbon County Extension FCS/Homemakers Facebook page!*



## A Warm Winter Welcome

Quilters have been encouraged to display their work in the windows of downtown Paris shops as part of a Main Street quilt show. Quilt owners can contact Main Street shops and ask if they can display their quilt. The quilts can be old or new, of your creation or another.

For more information, contact Tracy Quinn of Timeless Designs, 627 Main St., Paris, 859-377-5021. Tracy is the main sponsor of the event. The removal date for the quilts is Feb. 5.

## Bad Weather Policy

If Bourbon County Schools are closed due to inclement weather, meetings will automatically be canceled. If in doubt, call 859-987-1895.

## Christmas Party Fat Quarters

We have had a request for more of the fat quarters to match those that were in your goodie bags at the party. And yes, more are available. Shirley has them, and will bring them to the retreat and meeting this month.

They will be \$1 each.

## Plate It Up! Kentucky Proud Recipe



## Sweet Potato Crisp

**3 large** fresh sweet potatoes, cooked until tender.  
**8 ounces** reduced fat cream cheese, softened  
**1 cup** brown sugar, divided

**1 teaspoon** vanilla  
**1 tablespoon** ground cinnamon  
**2 medium** apples, chopped

**½ cup** all-purpose flour  
**⅔ cup** quick cooking oats  
**3 tablespoons** butter  
**¼ cup** chopped pecans

- 1. Preheat** oven to 350° F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
- 2. Mash** sweet potatoes. Add cream cheese, ⅔ cup brown sugar, vanilla and cinnamon. Mix until smooth.
- 3. Spread** sweet potato mixture evenly into pan.
- 4. Top** sweet potatoes

- with chopped apples.
- 5. In** a small bowl, **combine** flour, oats, and ⅓ cup brown sugar. **Cut** in butter until mixture resembles coarse crumbles. **Stir** in pecans.
  - 6. Sprinkle** mixture over apples.
  - 7. Bake** uncovered for 35-40 minutes or until

topping is golden brown and fruit is tender.

**Yield:** 16, ¾ cup servings.

**Nutritional Analysis:**  
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

