McCracken County

FAMILY AND CONSUMER SCIENCES NEWSLETTER MAY 2024





Cooperative Extension Service McCracken County 2025 New Holt Rd Paducah, KY 42001

(270) 554-9520 Fax: (270) 554-8283

UPCOMING EVENTS

Adult Sewing - Weekly on Tuesdays 9 - Noon

2nd & 16th Needlework, 10 am - Noon

2nd & 16th Crochet Alley and Knitting Row, 1 - 3 pm

7th & 16th Game Day, 9 am - Noon

8th & 23rd Sculpt Air Yoga, 11 am –12:30 pm

8thTech Class: Smart Phones and
Tablets, 10 am

9th & 23rd Beading Circle, 1 - 3 pm

- 10thCPR Class, Registration Required1-5 PM or 5:30-9:30 pm
- 14th Golden Days Homemaker Club, 10 am

15th Scrapbooking Club, 9 am - 3 pm

15th Spring Into Green, Pre-Registration Required, Registration 9 - 9:30 am

16th FCS Council Meeting, Noon

- 17th Global Kitchen Adventures, France Reg. Required 10 am – 12pm
- **23rd** *Global Kitchen Adventures, Poland*

Reg. Required 10 am – 12pm

24th Champion Food Volunteer Mtg, 9 am

27th MEMORIAL DAY - OFFICE CLOSED

28th Homemaker Advisory Council Meeting
9:30 am
31st Clobal Kitchen Adventures, Mexico

31st Global Kitchen Adventures, Mexico Reg. Required 10 am – 12pm



SCULPT * AIR * YOGA

Taught by Lady Van Tiger Make Art & Also Move It!

Spend 30 minutes energizing with "Air Chair Yoga" then get into a "State of Flow" creating an Air Sculpture.

> MAY 8TH AND 22ND 11:00 AM - 12:30 PM

CALL TO RESERVE SPOT (270) 554-9520 FOR ADULTS 18 +



Here's your chance to get help with your smartphone or tablet !

Join us on <u>Wednesday, May 8th</u> from <u>10 - 11 am</u> to learn about apps and device settings that will make using your phone or tablet easier. Bring your own device, or we will provide on if notified ahead of time.

Reflections from Homemaker President Diane Shrewsberry...

Beekeeping. My father-in-law used to keep bees. I have seen photos and heard tales of his experiences, but the bees were gone before I came on the scene. After the passing of my husband's parents, we sold their house next door to us.

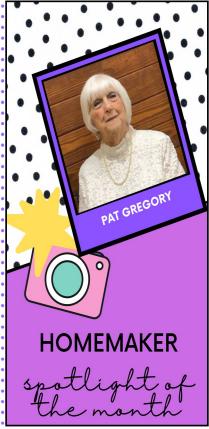
Much to my surprise, the new neighbors are beekeepers. I was pleased to see bees buzzing around pollinating my flowers and squash last season. But much to my dismay even though I keep bee food out for them, they take over my hummingbird feeders. They also take over the bird baths, making it difficult for the birds to fly in for a drink.

Ok, I know we need bees, and the importance of our survival is based on theirs. I am patient and nice. I welcome the bees to help pollinate my veggies and fruits. But can I just have one feeder for the hummingbirds? I guess not. They like their plates set out for them, but they also like the bird's food.

I can walk up to the water baths and literally put my hand out to get the drowning bees out of the water and place them on the ground with no sting. I guess they thank me. If you could stay with your own baths, and food and enjoy my garden, we would get along fine. Bee battle, however, makes me seem unkind. I just prefer everyone to just stay in their lane.

May, however, brings us the sweet pre-summer delights. Enjoy the gentle breezes and green grass, blooms of fragrant flowers, and cool nights. May brings us as Victor Hugo said," A garden to walk in and immensity to dream in, what more could he ask?"

Not to be pessimistic, but I guess we will soon have humidity and I understand Cicada as we've not seen in years. Yes, I remember numerous years ago hearing the buzzing and having a neighbor stop by to ask what the sound was. He was from the north... So here we go again. Enjoy the peace and quiet while you can!!



Pat Gregory is a remarkable individual whose life has been filled with love, compassion, and service. In 1970, she moved to Paducah with her husband, Charles, and they were married for 54 wonderful years until his passing. Pat and Charles shared a love of travel and often explored the U.S. by train, as she cherished the opportunity to see the beautiful scenery.

Upon moving to Paducah, Pat joined the Welcome Wagon of Paducah, a group that helps new residents feel welcome and connected

to the community. Pat made lifelong friends through this organization, and several of them remain close friends to this day. She also became a homemaker member and joined the Golden Days Homemaker Club in 2014, where she served as the treasurer. For several years, Pat and Charles were foster parents for children who were victims of a dysfunctional family unit, providing a loving and supportive home for children who needed it most. They believed that every child deserved the experience of a true family, and they worked tirelessly to make that a reality for those who came into their care. The children ranged in age from newborn to 17 years old, and Pat and Charles were a source of stability and comfort for each and every one of them.

In addition to her work as a homemaker and foster parent, Pat is an active member of St. Francis De Sales Catholic Church and is heavily involved in the St. Mary School System. She hosts two scripture study groups in her home, where she serves as the facilitator. Pat used to enjoy crocheting until arthritis made it difficult, but she never let it dampen her spirits or her willingness to help others. Pat is the proud mother of three children, with one being deceased. She also has eight grandchildren and five great-grandchildren. Pat's selflessness, kindness, and generosity have touched countless lives, and her impact on her community is immeasurable. She

is a true inspiration to us all.

Kelly Alsip, McCracken County FCS Agent and Debbie Hixon, Carlisle County FCS Agent Present....

GLOB

KITCHE

Abventure

Embark on a culinary journey around the world!

Friday, May 17 10 AM - 12 PM FRANCE French Sweet & Savory Crepes

Thursday, May 23 10 AM - 12 PM POLAND Polish Bagels

Friday, May 31 10 AM - 12 PM MEXICO Mexican Tamales

Join us for a series of cooking classes where you'll explore the flavors and techniques of different countries

Seperate registration for each class

LIMITED SPOTS CLASS FOR ADULTS 18+ CALL (270) 554- 9520

ARTS AND CRAFTS DAY

* PAINTED PINE OME ZIMMAS *



Painted zinnias to add a touch of serenity to your space!

- → FRIDAY, MAY 10TH AT 10:00 AM
- → FREE

CALL TO REGISTER BY MAY 8TH

→ For Adults 18+

WE NEED YOU! MCCRACKEN COUNTY FAIR



Fair Volunteer Training and Set-Up Friday, June 21st 2:00 PM

<u>Judges Needed-</u> Training Time TBD

Fair Entries - Saturday, June 22nd 7:30 a.m. at Carson Park-Floral Hall, 300 N. 30th Street

At least 2 members of each club are required to help with fair entries. Will take more ! Please submit names by June 3rd.

We need numerous volunteers to make it successful.



Get your fair entries ready!

All McCracken County residents are eligible to enter the fair. There is list of exhibit categories available at the office and at:

https://mccracken.ca.uky.edu/2024 -culinary-crafts-and-textilesdivision

Please share this information!



Training is **free** <u>or</u> there will be a \$55 fee if you choose to be actually certified and receive card.

> McCracken County Cooperative **Extension Service** 2025 New Holt Rd Paducah, KY 42001

1:00 PM - 5:00 PM Class

OR

5:30 PM - 9:30 PM Class

Training includes: • Learn Life Savings

- Techniques • Gain Confidence to Handle
- **Emergency Situations** • Hands on Training
- Valuable Tips

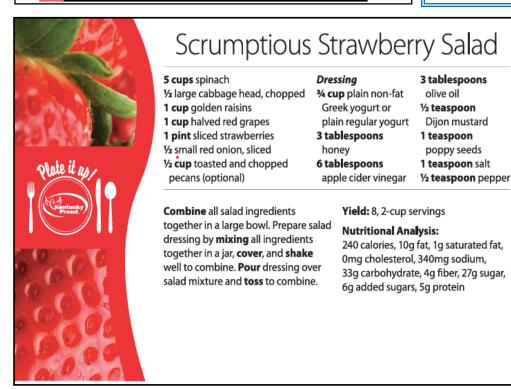
REGISTER AT: KYEMT.TICKETSPICE.COM/MCCRACKEN

Kelly's Corner...

- Be on the look out for a professional cake decorating class and a canning class this summer
- Do you have any class requests? Do you know of someone that would be good at teaching a class? We would love to have your talents on display by teaching others your skills by volunteering to lead a class. It can be one and done, or recurring. Not a leader? We always need helping hands and new ideas. Give us a call and let us know how you would like to get involved.
- Interested in new international cuisine classes? ٠ Do you or do you know someone that enjoys sharing their cultural heritage through food? If so, please contact me.

Super excited to hear from all of you! I'm expecting a lot of calls :)

As always, you can reach me at (270) 554-9520 or kelly.alsip@uky.edu



Kelly Alsip, **Agent for Family and Consumer Sciences**, **McCracken County**

kelly.alsip@uky.edu

Disabilities

accommodated

with prior notification

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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