

# Family & Consumer Sciences

## Extension Homemaker Newsletter



College of Agriculture,  
Food and Environment

### March 2022

### Upcoming Events

Adult Sewing – Tuesdays in March 9-11am

Mar. 4 Area Cultural Arts Exhibits, ????

Mar. 3 Crochet Club, 1pm

Mar. 13 Daylight Savings Time

Mar. 14 Quilt Club, 10am

Mar. 15 Bags of Love, 9:30am

Mar. 16 Scrapbooking, 9am

Mar. 17 Crochet Club, 1pm

Mar. 22 Board meeting, 9:30am

Oct. 11 SAVE THE DATE: Area Annual Day

### Showcase Homemakers

We are asking all clubs and specialty clubs to take pictures during their meetings and activities.

We will be compiling these pictures to make a display for the state meeting in May. We can also use this display as part of a membership drive.

Deadline to submit photos is April 1, 2022.

Submit to: [nancy.williams@uky.edu](mailto:nancy.williams@uky.edu)

### Who Attends Board & Advisory Council Meetings?

Homemaker Board members are all county officers, educational chairman, as well as others listed in the yearbook on pg. 6 (Arts & Crafts, Bazaar, Scholarship, etc.).

**Advisory Council members are all of the above plus club presidents.**



# News



## Scrapbooking Club

March 16

9am to 4pm

All skill levels welcome. Supplies provided.

Call Extension office to find our more!

# SAVE THE DATE

October 11

Area Annual Day



## Homemaker Lesson

### Sensational Salads

March 30, 10:00am

RSVP by: March 22

With an increase in popularity, salads are taking mainstage during mealtimes. Salads are a great option for individuals who want to consume more fruits and vegetables and reach or maintain a healthy body weight. The addition of proteins and whole grains make salads an even better option for a well-balanced, nutritious meal. This lesson will talk about benefits of incorporating salads into the diet and provide guidance on how to create salads with a variety of ingredients from all food groups.



## Scam Red Flags & Avoiding Fraud

April 25 10 a.m.

RSVP by: April 15

Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud.

**\*Please note: The area FCS agents are giving in-person lessons for your club representatives. The lessons will be copied and laid out in the meeting room for each of your club members with the facilitator's materials. Please pick up your club's lesson materials to take to your club meeting.**

**Mailbox members will still receive their copies as usual.**

# AREA CULTURAL ARTS DAY AGENDA

McCracken County Extension Office

March 4, 2022

9:00-2:00

The registration deadline has passed, however, you can still enter your items in the cultural arts contest. Everyone is invited to come & browse the entries and congratulate the winners! Don't forget to vote on the Viewer's Choice Award!

9:00-10:00	Check in Silent Auction items, main hallway	<b>11:00</b>	<b>Classroom D: Monogram Door Hanger</b> <b>Classroom C: Fabric Bunnies</b>
9:00	Ballard, McCracken, Carlisle, Graves		
9:30	Calloway, Fulton, Hickman, Marshall	12:00-1:00	Lunch, Classroom B View entries and vote on Viewer's Choice Award. Bid on Silent Auction items
10:00	Classroom D: Monogram Door Hanger Classroom C: Fabric Bunnies		
11:00	Classroom D: Monogram Door Hanger Classroom C: Fabric Bunnies	1:15	Announcements, Classroom B
		1:30	Pick up and pay Silent Auction Pick up entries

## CLUB HIGHLIGHTS

### Needlework Club

Do you enjoy embroidery, cross stitch, candlewicking or another type of needlework? Here's the group for you!

Bring your project and while we work, we share in fellowship, ideas and get help if you need it. All are welcome at any time.

We meet on the 1st and 3rd Thursdays each month, 10:00-12:00.

Any questions? Call Jeanne Grief, 270-554-4571 and leave a message for a return call.

# HELP WANTED

At the last advisory council meeting a few activities were brought before the council that would serve Homemakers in many ways.

**Homemakers Expo** – Have specialty clubs and homemaker clubs set up to give demos or mini lessons. Length for each session 45 minutes. This would serve as a membership drive event. Help needed in planning and organizing. Contact Elaine Stevens.

**Men's group** – During the bazaar I was asked by a few different men if we offered anything for the guys. I brought this up a few years ago and it didn't get very far. I would like to explore this again and need your help. Contact Elaine Stevens to help with this committee.

**Summer Sewing Camp** – for ages 9 to 13. Using the 4-H curriculum, we could offer a 3-, 4- or 5-day camp from 3 or 4 hours each day for 1 week. This would require lots of help. Contact Elaine Stevens

**Area Annual Day 2023** – It is our turn to host the Area Annual Day in 2023. We will need a representative from each club to serve on this committee. Please let Elaine Stevens know who your club's contact will be. We don't want to wait until the last minute to plan this one.

If you have any suggestions, please send them in. We need to revive homemakers and by planning events and getting people to come and see what we have to offer is the only way.

## RADA Cutlery



If you would like to order RADA Cutlery and have it mailed right to your door, then click the link below to have access to the entire catalog. This link has been personalized just for McCracken County Homemakers to have online sales and still receive the profit while providing you with the convenience of ordering from home.

Anyone can use the link to purchase merchandise and have it mailed directly to their home.

You know you need a new tomato knife! Order one or more today!

Shop today by using our link. Just <https://bit.ly/3eua1n3>

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