FAMILY AND CONSUMER SCIENCES NEWSLETTER APRIL 2024

UPCOMING EVENTS

Adult Sewing - Weekly on Tuesdays 9 - Noon

2nd & 18th Game Day, 9 am - Noon

3rd & 17th Paint Fan Dance, 11 am - Noon

4th & 18th Needlework, 10 am - Noon

4th & 18th Crochet Alley and Knitting Row, 1 - 3 pm

8th Solar Eclipse Watch Party, 11am - 3pm

8th Purchase Area Homemaker Meeting,

Ballard County , 10 am

8th Quilting Club, 10 am

9th Golden Days Homemaker Club, 10 am

10th Tech Class: Computer Basics, 10 am

11th & 25th *Beading Circle, 1 - 3 pm*

11th, 18th & 25th Big Blue Book Club, 10 am

17th *Scrapbooking Club, 9:00 - 3:00 pm*

18th Homemaker Crafty Yard Sale <u>Drop off</u>, 3-6

19th Homemaker Crafty Yard Sale, 9 am−4 pm

20th Homemaker Crafty Yard Sale, 8 am−1 pm

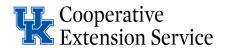
22nd Homemaker Garden Club, 10 am

22nd Baked by Caryn Cake Decorating,

1:00 - 2:30 or 5:30 - 7, Registration Required

26th Champion Food Volunteer Mtg, 9:00 am

May 3rd Homemaker Lesson, 10 am



Cooperative Extension Service McCracken County

2025 New Holt Rd Paducah, KY 42001

(270) 554-9520 Fax: (270) 554-8283 mccracken.ca.uky.edu

HOMEMAKER'S CRAFTY YARD SALE

Friday, April 19th 9 am - 4 pm Saturday, April 20th 8 am - 1 pm

Don't forget to drop off your excess craft supply items to contribute to the yard sale. The proceeds will be donated to the Juanita Amonett Scholarship Fund.

<u>Drop off Date is</u> April 18th 3 - 6 pm

QUESTIONS? Contact Elaine Stevens at (270) 210-4013 or mesteven@comcast.net



GET YOUR FAIR ENTRIES READY!

JUNE 25-29

Fair entries will be accepted on June 22nd. The 2024 Culinary, Crafts, and Textiles Division information can be picked up at the office or online at https://mccracken.ca.uky.edu/2024-culinary-crafts-and-textiles-division

Reflections from Homemaker President Diane Shrewsberry...

John Harrigan said "Happiness held is the seed. Happiness is shared in the flower." As I walk through the garden to be, I find seeds I planted last year, the year before and beyond struggling to get the toe hold and bloom again. Some I have forgotten what they are or when earlier fallen seeds may have germinated in the past. It's always such an exciting time for me to see the first blush of spring. Natures paintbrush allows us beauty like no other.

My crocus bloomed its beautiful purple, and the gorgeous jonquils which were my first love, have come and gone. Now to enjoy the tulips as long as I fight off the squirrels and moles, I will enjoy a few cut for the vase.

The hyacinth with their sweet fragrance remind me of the house of my childhood. I remember the waif of the hyacinth scent from my great grandfathers garden that perfumed all the open windows in the house. A scent that takes me back to yesteryear.

Spring always gives me the pleasure of cool breezes with the wisp of what's to come later in the season. The cloudless sky can quickly give way to a spring rain storm, quick as a wink, I am back indoors watching lightening streak across the western sky.

Ah spring. I love you. I love your tender touch on my skin, your gentle breeze that ripples through my hair. The feel of warm green grass between my toes. The chirping of nesting birds in nearby trees, singing the familiar songs from long ago. It gives me pause. It takes me back to times less busy, less stressed for a few moments. Whispering tales told long ago in the creak of a porch swing come to my memory on those early spring days. Looking back at the sweet fragrance of jonquils on a chilly spring day fills my heart and head with memories of a special childhood.

We all hope our children and grandchildren have those special memories and places in their heart to recall, and it will carry them through the ages. It keeps us going.

Hans Christian Anderson said, "Just living is not enough. One must have sunshine, freedom and a little flower."

Diane Shrewsberry

Spring 2024



Carmela Ballard, a member of St. John Club, is serving as Vice President. Carmela was a member of this club in the 80's/90's and rejoined in 2022 with her mother.

Carmela and Richard have been married 42 years and live on a 70 acre farm, raising cattle and sheep. They have 6 children, 1 boy and 5 girls. All are married and she has 17 grandchildren and one on the way in September.

In younger times, she was vey involved in 4-H, going to many contests in Speech,

Demonstrations, Sewing, Fair and club events. Last year, Carmela picked back up canning. What a joy! Many years of gardening, canning, freezing and processing meat needed a little break. Glad it's back after much encouragement from daughters. She is very excited to be a part of the St. John Homemakers Club and the wonderful women in this club and is very eager to meet the

Homemakers in McCracken County and to be more involved.

APRIL ARTS AND CRAFTS

QUILT SQUARE ON CANVAS BOARD



FRIDAY, APRIL 12TH \$7.00 (Pay at Door)

CLASS SIZE IS LIMITED

MAKE SURE TO RSVP BY 4/10 CALL (270) 554-9520 This month's Tech
Class, we're
diving into the
essentials with
Computer Basics.



Whether you're new to computers or just looking to brush up on your skills, this class is perfect for beginners.

Date: Wednesday, April 10th Time: 10:00 - 11:00 am

Here's what we'll cover: Using the mouse and trackpad, file organization and management, settings and control panel navigation, keyboard shortcuts and typing tips, USB drive usage and data transfer, accessing the internet and basic browsing.

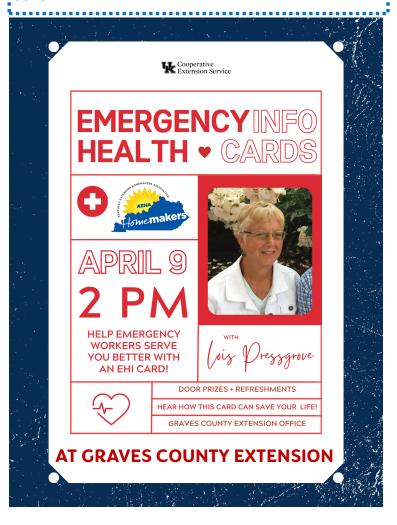
Participants are welcome to bring their own laptops, but don't worry if you don't have one! Chromebooks can be provided if requested in advance.

Don't miss this opportunity to learn at your own pace in a relaxed and supportive environment.

Reserve your spot today by contacting us at (270) 554-9520.



The McCracken County Homemaker Garden Club visited the Bee Barn for their March meeting. This club meets on the fourth Monday of the month at 10:00 at the extension office. New members are always welcome! Or just come to check it out!





McCracken County **State Cultural Arts Qualifiers**

Brenda Gamblin-

3b Art, natural, other material Gourd Bowl

5a Basketry, cane Multicolored basket

13a Felting, Needle method Bunny in a Basket

15b Jewelry, Mixed Media Silver Bracelet with Colored <u>Stones</u>

20b Painting, Décor, Wood Jonah Whale Box

Jeanne Grief-

8b Counted Cross Stitch, 16-22 count Sunflower

Liz Hudson-

Painting, Art, Oil Friends, Girl With Cat

Chelsea Stevens-

6c Beading, miscellaneous Roses Diamond Painting

Ratchel Vaughn-

6b Knitting, hand, Fashion Navy Sweate 16c Knitting, hand, Home Decor and Afghans Light Blue Sofa Décor

Teresa Vincent-

Wall or Door Hanging, other Peacock Diamond Dot



Spring Harvest Salad

1 tablespoon balsamic

11/2 teaspoons Dijon

vinegar

mustard

5 cups torn spring leaf lettuce

21/2 cups spinach leaves 21/2 tablespoons olive

11/2 cups sliced strawberries

1 cup fresh blueberries

1/2 cup thinly sliced green onions

> balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to

3. Sprinkle salad with feta cheese and sliced almonds.

4. Serve immediately.

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

Dressing: 2 teaspoons Kentucky 4 teaspoons lemon juice honey

1/2 teaspoon salt

1/4 cup feta cheese crumbles

1/2 cup unsalted sliced

almonds

Yield: 8, 1 cup servings. **Nutrition Analysis: 130** calories, 9 g fat, 1.5 g sat

fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



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

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DATES TO REMEMBER

Global Kitchen Experience -

> May 17, 23, 31 (more info coming soon)

McCracken County Fair Entries -June 21

County Annual Day -

August 20

Purchase Area Annual Day -September 10

Taste of McCracken -

September 27

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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