

McCracken County Extension Homemaker Newsletter

Family and Consumer Sciences

AUGUST 2023



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

Cooperative Extension Service

McCracken County
2025 New Holt Rd
Paducah, KY 42001
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Reflections From President Diane Shrewsberry...

As we round the corner on Summer, the dog days of August blasts heat in our faces. We truly hope the dog days don't bring us the humidity, mad dogs and bad luck! Lets all think positively so that part of the astrology is wrong this year.

Walking through the yard, the decade old oak cast it's dappled sunlight across the weather worn swing. After this summer rain, the clouds appear white and puffy, and quickly give way to a deep blue sky. The wispy wind ruffles the oak tree leaves turning green into the whitish undersides as the storm blows north. My windchimes play a melody to remind me life is a gift. The air has a bit of that pleasant after rain smell. I know fall isn't far away. I love all seasons, with winter being my least favorite. But we take all four as here in our area we do have the pleasure many never have of the true four seasons. I think I would miss fall. I would miss a spring day with the perfume of the lilac bush and the Verbenia. I would miss summer with its lazy sounds of bugs buzzing through the air, fire flies that light up the early evening sky. I would miss the night sounds of bats that softly flap their wings through the quietness. And fall. The anticipation of watching the first leaves turn gold and red and the crisp less humid air on a bright autumn day. I would miss how the sun slants it's rays through the trees, as another yellow leaf looses its place on a limb. I would miss that first pumpkin so bright and cheerful that waits to have a face carved. I would miss winter. I would miss that first snow. I would miss the brightness of the sun reflecting merrily off the dripping icicles. I would miss the whirling misty fog as it dances across the pond bank. So I will stay firmly planted here in this western part of Kentucky, enjoying life as it floats by a month at a time.

August, you hold a special place in our lives. You will slide lazily into September. We will begin our journey toward fall. One day at a time. I am learning as I age to take life just like that. One day at a time. I no longer stumble on things behind me. Tomorrow will take care of itself, so I enjoy today.



Recipe to share

GAIL'S POTATO SOUP

- * 1 bag of frozen simply potatoes, hash brown variety
- * One carton of low sodium chicken broth
- * 1 finely chopped medium sweet onion
- * 1 can cream of chicken soup, one can of cream of celery soup. Dilute with 1 can cream or milk
- * 1 block of cream cheese
- * 4 oz butter
- * shredded cheddar cheese
- * 1 teaspoon chopped garlic
- * scallions

Add the first 3 ingredients and bring to a boil. After onion is cooked and potatoes are soft, add cream of celery and cream of chicken soup, diluted with one can of milk or cream. Blend in unsalted butter and finely chopped garlic. Remove from heat after well blended. Melt in this mixture the cream cheese. Serve with shredded cheddar cheese and chopped scallions.



In the Spotlight



This month's Spotlight features Susan Seay of Hearthside Homemakers. Susan has served in many rolls with Extension Homemakers since 1980s. She was the founding member of Hearthside Homemakers in which she served as Secretary. In her years of service, she has presided as Club President, held County

Chairman positions, County 2nd Vice President and County President. Susan has written and taught special lessons in window fashions, no-sew pillow and cushions, Feng Shui, basics of crochet techniques and decorating on a budget tips. She has written quick-tip decorating articles for the newsletters.

Susan loves to be outdoors, sitting on her front porch or back patio taking in the sounds of Summer, listening to "God's Orchestra." (Quote from Bob White, past Preacher for FBC-Paducah). She loves to sew, craft, use her creativeness for home and hobby, and loves to read her Bible. She is presently a Lighting Consultant with Southfork Lighting in Paducah.

CARDS
& BOARD
GAMES

GAME DAY

JOIN THE PARTY

FUN, FRIENDS AND
LAUGHTER



AUG 17
9:00 AM

THIRD
WEDNESDAY
OF EVERY
MONTH

MCCRACKEN COUNTY
EXTENSION OFFICE

GAMES PROVIDED
OR BRING YOUR
OWN!



OPEN SPOTS AVAILABLE
IT'S NOT TOO LATE TO
JOIN THE FUN!

TWO DAY SCRAPBOOKING CROP WITH SUE CASH
TO BENEFIT JUANITA AMONETT SCHOLARSHIP FUND
(Two Higher Education Scholarships awarded yearly)

Who: Anyone 18 years or older

When: Friday, August 18, 2023 9:00 a.m. to 9:00 p.m.
Doors open 8:45 a.m.
Saturday, August 19, 2023 9:00 a.m. to 6:00 p.m.
Doors open 8:45 a.m.

Where: McCracken County Extension Office
2025 New Holt Road
Paducah, KY 42001

Fee: \$45.00 Includes: Brunch, Dinner both days.

Registration: Call or stop by office for registration form

Payment: Bring or mail payment to office:
McCracken County CES
Attn: Sue Rice
2025 New Holt Rd
Paducah, KY 42001

Need more information? Contact Sue Cash at
(270) 210-1501 - call, text, email
cscash@comcast.net

MUSHROOMS
&
MICROGREENS

**MASTER
GARDENER**

TOOLBOX SERIES

AUGUST 1ST, 2023
5PM CST

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

KENTUCKY
MASTER GARDENER

FREE
EVENT

Join the Master Gardeners in welcoming Marina Narloch, from Wild Love Farm. She will be educating the public on all things mushrooms and microgreens. Such as growing them and their benefits. This event is open to the public.

Contact the McCracken County Cooperative Extension Service at (270)-554-9520 to learn more

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Cooperative Extension Service

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Mary Hank
Agent for Horticulture
Mkha270@uky.edu

If inclement weather closes McCracken County Schools, programs are canceled

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Disabilities
accommodated
with prior notification.



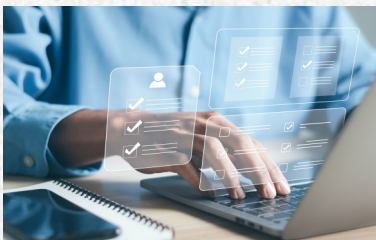
superstar
chef



Thank You
Volunteers



AUGUST TECH CLASS:
Digital Skills Checklist for
Beginners



Wednesday,
August 9th
10:00 a.m.

There are many free resources online designed to help you learn digital skills, but there are so many that it can be overwhelming. This checklist makes it easier by showing you skills or knowledge matched to the free online resource to teach you.

Calling (270) 554-9520 to reserve a spot is preferred.

Save the Date

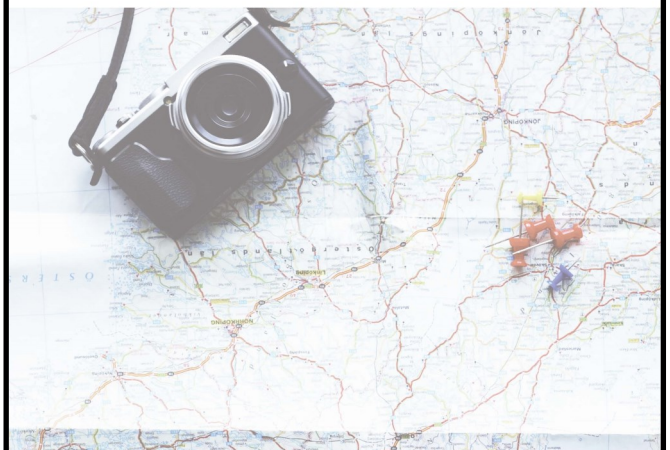
PURCHASE AREA ANNUAL DAY
Road Trip Thru the Purchase

September 19th, 2023

LaCenter First Baptist Church

10:00 AM

Hosted by the Ballard County Homemakers



Traveling
through
Times

County
Homemaker
Annual
Meeting

Join us for an evening of
fellowship & fun

MCCRACKEN COUNTY
EXTENSION SERVICE
AUGUST 22
REGISTRATION 5:30 P.M.
MEETING 6:00 P.M.
\$15.00

MENU:
FRIED CHICKEN
PORK TENDERLOIN
GREEN BEANS
MASHED POTATOES &
GRAVY
PRETZEL SALAD
DINNER ROLL
DESSERT
TEA/LEMONADE



SPECIAL
DIETARY
REQUESTS AT
TIME OF
PURCHASE

GUEST SPEAKER
KATHY O'NAN,
MAYOR OF
MAYFIELD

TICKETS
ON SALE
UNITL
AUGUST
8TH

CATERED BY CINDY'S
TICKETS NON-REFUNDABLE

Enclosed are the 2022 Annual Day minutes. Please
read the minutes before this year's Annual Day.



If you are an Officer or Educational Chairman,
make plans to attend training on **Monday,
August 28th at 1:00 p.m.** You will be reviewing
& receiving program materials detailing
chairmanship or officer responsibilities.

**REGISTER FOR TRAINING BY AUGUST 24TH
(270) 554-9520**

UPCOMING EVENTS

Adult Sewing - Cancelled for August

August 3 & 17 Needlework Club, 10 am

August 3 & 17 Crochet & Knit Club, @
1 pm- 3 pm

August 7 Purchase Area Advisory
Council Meeting-Marshall County 10 am

August 9 Tech Class, 10 am

August 14 Quilting Club, 10 am

August 15 Bags of Love, 9:30 am

August 16 Scrapbooking 9 am-3 pm

August 17 Game Day, 9 am

August 18 Two Day Scrapbooking Crop
9 am - 9 pm

August 19 Two Day Scrapbooking Crop
9 am - 6 pm

August 22 Homemaker Annual Day
Registration 5:30 pm / Program 6:00 pm

August 28 Office and Educational
Chairman Training 1 pm - 3 pm

August 31 Homemaker Lesson:
Cosmetics for Now 10 am

Kelly Alsip
Agent for
Family & Consumer

Questions?
Call 270-554-9520 or
email Kelly at
kelly.alsip@uky.edu

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.