

**McCracken County
Extension Homemaker
Newsletter**

Family and Consumer Sciences

JANUARY 2024

 **Cooperative
Extension Service**

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

(270) 554-9520



Adobe Stock | #284826324

**Happy New Year
President Diane Shrewsberry...**

The book of life. It's time to refresh, renew and prepare for the new year.

Our book of life is divided into chapters. Chapters make up your whole book of life. Just because there's a few chapters in your book that you do not feel were worthy, they all mean something. Some chapters are beautifully executed and written.

When that chapter closes you can look back and think wow, what a great season in my life that was!

Then there are the ugly chapters. It may be sickness, death, struggles you do not understand.

We all have them. My pastor says we ALL are either going into a storm, in a storm, or coming out of a storm. They all mean something in the book of life.

You can close ugly chapters, and move on to a better chapter for your book.

Here's to great chapters in your book for 2024!



COMMUNITY PANTRY BOXES

On behalf of Diane Shrewsberry,...

Please remember to take care of our two boxes at the extension office. Donations can be put directly in boxes. It's the time of year people are particularly struggling to buy food and supplies. I went today to find the personal item box empty. I added toothpaste, toothbrush, toilet paper, sanitary napkins, dental floss, shampoo, conditioner, and lotions. The food pantry had very little in it. If you place a tuna mix in the box, please place a can of tuna. Ready to eat meals are very important. Canned soups, microwave rice and fruit cups are going to be important for children to have food with school turning out for the holidays. Families in our area are in need. We can pull together and place food in the box so our neighbors without can have something to eat.

INTERNATIONAL DAY

Save the date

Join us on February 9th at 9:30 at the extension office for our International Day. Our guest speaker will be from Thailand, and her name is Mayuree Chetawatee. She goes by "Uri". She will discuss numerous things about her country and it's foods. Uri will also prepare a few dishes for sampling. Please write this date on your calendar and make an effort to attend!

There is no charge, just come and enjoy the "Tour of Thailand!" Please call the office by February 2nd to let us know you plan to come.

DEBBIE STROOT

HOMEMAKER
spotlight of the month

Debbie joined the Golden Days Homemaker Club 2 years ago and is serving as Vice President this year. She is also involved in the Scrapbooking Club and was instrumental in restarting the Games Club this year. Debbie has participated in many of the Arts and Crafts activities and helps out when needed projects.

Debbie and her husband have been married for 48 years and have 5 grandchildren. When they both retired, they moved to Paducah from St. Louis, MO to be closer to their daughter and her family. So close, they live across the street from them! They also have a vacation home in Bull Shoals, AR where they live next door to their son and his family.

She has always loved crafting. Her grandmother and mom were in a club called the Busy Bees. As a child, she remembers making things with them. Debbie loves that she is carrying on the tradition by being involved at the extension office. Her husband knows if she is missing, she is probably there!

Sign up for our Basic Sewing Class:

Pillowcase Edition

January 29 & Feb. 19

1:30 - 4:00

Taught by Cheryl Sleboda, Muppin's Sewing Emporium

This hands-on workshop is designed for beginners who are eager to dive into the world of sewing and create something functional and beautiful. In this class, you'll learn the fundamental skills needed to make a standard pillowcase with contrasting trim, adding a personal touch to your home decor.

REGISTRATION REQUIRED (270) 554-9520



HIERLOOM HAND SEWING CLASS

Jan. 29 & Feb. 19

9:00 - Noon

Taught by Cheryl Sleboda, Muppin's Sewing Emporium

In this immersive workshop, participants will delve into the world of heirloom sewing, exploring techniques such as smocking, gathers, pleats, and other fabric manipulations that have been cherished for generations.

REGISTRATION REQUIRED—MUST HAVE BASIC SEWING SKILLS

Call office at (270) 554-9520



ARTS AND CRAFTS CLASS

FRIDAY, JANUARY 12TH

9:30 - 11:30

Assemble a Potpourri pie and let the aroma fill your home!

Please RSVP by January 10th. Cost is \$5.00

AREA CULTURAL ARTS DAY

MARCH 1

GRAVES COUNTY

DEADLINE TO REGISTER FEBRUARY 1

More information coming soon

SIGN UP NOW!

SELF DEFENSE WORKSHOP

Taught by Mike Keller, FSC Agent in Hickman County



TUESDAY, JAN 23RD, 2024

2 PM - 4:30 PM
McCracken County
Extension Office

Space is limited!!

Last day to register is
Monday January 20th

WHAT IS SELF DEFENSE?

Join us Tuesday evening for a brief in depth look at what self defense actually is and why it is important. A brief hands on workshop will follow to demonstrate some basic maneuvers Participants must be 18 or older, or 16 with a parent or guardian. Cost is \$5.00 per participant in the active portion, no charge for the speaking portion.



- Basic introductory moves
- Moves will be applicable for anyone
- Recommend bringing a friend to pair up with

HERITAGE QUEST



January's Tech Class

January 10th at 10:00 a.m.

Did you know that Heritage Quest is a way to search family history? Emily Steele, from the McCracken County Library, will demonstrate how to do a search on the database.

The most-used resource in the database is the census search. You can type in a grandparent's name and place of birth and start tracing your family tree. There are also other resources, such as the U.S. Indian Census Rolls, the U.S. Freedman's Bank Record, and a Revolutionary War records search.



Disaster Preparedness Workshop Two-Part Series

January 24th and 31st
2 p.m. - 4 p.m.

RSVP Required
(270) 554-9520

Prepare for the unexpected with our Disaster Preparedness Workshop!

Join us for a 2-part series presented by our local Emergency Response organizations. You'll learn valuable skills and strategies to keep you and your loved ones safe in times of crisis.

Registration is required, so be sure to secure your spot today. For more information and to register, please give us a call at (270) 554 - 9520.



EXPRESS YOURSELF! TRY SOMETHING NEW!

Paint Fan Dance is an expressive story dance/art class taught by artist Lady Van Tiger. Lady encourages people with limited mobility to join the class. This unique class will be held on January 3rd and 24th from 11:00 a.m. until noon. Starting in February the class will meet continue on the 1st and 3rd Wednesday of the month through April.

Please call the office at (270) 554-9520 to register. All art materials for the class will be provided, free of charge. This class is open to adults 18+.



A message from
LIFELINE
RECOVERY CENTER

Thank you so much for your gift of \$300.00 on 11/15/2023 to Lifeline Recovery Center. Your support is fueling a life-changing investment in the lives of men and women at Lifeline. A team of committed staff, board, volunteers, and donors like you are also fueling a pursuit of program excellence. We believe in the power of Christ-centered solutions to drug and alcohol addiction and are therefore investing like never before in our client-centered program, staffing, and our campus facilities. As a result, clients are graduating, remaining sober, and reinvesting in their families and your community.

Without your support, Lifeline could not support over 200 men and women annually fighting addiction. And, with your support, we envision reaching even more clients annually. If you ever have any questions about our vision, our program, or would enjoy a visit to one of our campuses, it would be an honor to connect with you. Thank you for entrusting us with your treasures as we journey together to save lives and give our clients renewed hope and tools to succeed.

Sincerely,
Ashley Miller, Executive Director

happy new year

Adult Sewing - Weekly on Tuesdays 9 - 12

- Jan. 2 & 18 Game Day, 9 - Noon**
 - Jan. 3 & 24 Paint Fan Dance 11 - Noon**
 - Jan. 4 & 18 Needlework Club, 10 am - 12 pm**
 - Jan. 8 Quilting Club, 10 am**
 - Jan. 9 Golden Days Club, 10 am**
 - Jan. 10 Tech Class (Heritage Quest), 10 am**
 - Jan. 11 & 25 Beading Circle , 1 - 3 pm**
 - Jan. 12 Arts and Crafts, Potpourri Pie, 9:30**
 - Jan. 17 Scrapbooking Club , 9 - 3 pm**
 - Jan. 23 Intro to Self Defense, 2 - 4:30**
 - Jan. 24 Part 1, Disaster Preparedness, 2 pm**
 - Jan. 29 Heirloom Sewing, 9 - Noon**
 - Jan. 29 Basic Sewing, 1:30 - 4:00**
 - Jan. 31 Part 2, Disaster Preparedness, 2 pm**
 - Jan. 31 Homemaker Lesson, 10 am**
- OFFICE CLOSED DECEMBER 23 - JANUARY 1**



Kelley Alsip

Kelly Alsip
Agent for Family
and Consumer Sciences
McCracken County
kelly.alsip@uky.edu

**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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.