

McCracken County Extension Homemaker Newsletter

Family and Consumer
Sciences

April 2023



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

Cooperative Extension Service
McCracken County
2025 New Holt Rd
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Reflections from President Diane Shrewsberry....

" April hath put a spirit of youth in everything" William Shakespeare.

Splendid spring. My favorite time of the year! This spring, as every spring means cleaning up the winter leaves, sticks, and working outside on days when the wind isn't blowing all of it back in my face. This harsh past December has damaged our landscape. Such is life. One cannot control the weather. One cannot control many things in this life, and we must simply go with what comes our way. Sometimes surprises knock on our door, some welcome and some, well, not so much. I had a welcome surprise recently when I stopped by the home in which I was raised. There were people in the yard, adding life to a lifeless house. I could not resist the urge, so on a whim I pulled in the driveway. So familiar yet so distant to me in a way. Two wary dogs were eyeing me as I opened the car door. Upon learning who I was, the dogs and homeowners were so happy to show the house to me. Memories flooded back. Questions asked and answered. As I was leaving they asked me what a stone structure in the side yard was. I told them it was a bird bath my grandfather built for my mother many years ago. They had opened the top to find a tiny perfume bottle inside, encapsulated was a name and date. Barely visible with age, yet I knew exactly what was written. They asked if I'd like the bird bath. Indeed a pleasant and welcome surprise for me! It now stands proudly in my yard with so many memories of helping my mom plant flowers around it's base.

We are in Easter season. I always enjoy the routine of hiding Easter eggs for the little ones. Seems my little ones are too big for Easter baskets. But we live with sweet memories as the years and seasons pass us by. Easter to me is more precious than Christmas as we celebrate a sacrifice and the promise offered to each of us. Embrace spring. Breathe in the warm air and listen to the song of birds chirping in the branches as they begin nesting season. A sign that life goes on, and each day is a gift. It's Easter. Use the good dishes!

VOLUNTEERS* Needed

June 27- 29
9 am - Noon

**SUPER STAR
CHEF CAMP**
9 - 12 year olds

(Do not have to be a great cook. Any type of helpers are needed.)

**Please call (270) 554-9520
to volunteer.**

PASTA SALAD

*16 oz pkg of bow tie pasta

Boil until tender,
and rinse under

cold water. In a separate mixing bowl add 1 cup of mayonnaise, 7 oz. sweetened condensed milk, 1 Tablespoon sugar, one small chopped red onion, finely chopped hand full of carrots, celery, cucumber, 1 large red pepper, finely chopped. Add pasta, salt and pepper to taste. Refrigerate overnight for serving the next day. Nice alternative to potato salad.



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Arts and Crafts



LEARN HOW TO PAINT A FLOWER ON CANVAS



Friday, April 14th
9:30 am
Cost \$7.00

Call (270) 554-9520
to pre-register
by April 10th

You choose the color of your flower.
Red, purple, teal, pink or whatever
color you choose!



Welcome Victoria Noe!



INTERNATIONAL DAY
was enjoyed by a nice crowd of homemakers on 2/28. Victoria Noe officered a presentation and native food from her home country, Russia.

Several dishes were prepared by her including beet soup. She now is a proud Kentuckian awaiting her citizenship papers, and a new homemaker.



GAME ON?

Discussion is being held to start a monthly gaming club. This is a fun way to socialize and make new friends! Contact the office at (270) 554-9520 if you would be interested in participating in this club. We need to know that you are interested!

If you are interested in being the homemaker contact for this club contact Kelly at (270) 554-9520 or by email at kelly.alsip@uky.edu

Denim Upcycle workshop

Sponsored by
the Master Clothing Volunteers

May 25, 2023

9:00am - 3:00pm

*Class fee \$10 (paid at the door)

*Bring a lunch

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choose from
a tote bag,
purse, hot
pad, etc



*basic sewing skills required
*Registration required
by May 19th



take home
2 projects

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April Tech Class: *Computer Basics*

Wednesday, April 12th at 10 am

This class will cover using the mouse and trackpad, file organization, settings/control panel, keyboard and typing, USB drive, and accessing the internet. If you are able, bring your own laptop. This will be a slow-paced and easy class for beginners. Calling (270) 554-9520 to reserve a spot is preferred.

In the Spotlight

Brenda Johnson is a McCracken County native, married with 2 children, 4 granddaughters, a great grandson and a great granddaughter.



Brenda lived stateside and overseas where Air Force Veteran husband was stationed and returned to McCracken County in 1970. She joined Cherokee Homemaker Club (FCS) in 1972. Later, that club merged with Morning Glory to become Morning Cherokee which after a number of years merged with small number of West End Club members to become present day Golden Days Club. Brenda has served in various offices of extension including Homemakers' Garden Club, Master Gardeners, and McCracken County Civic Beautification Board.

In addition to all of her extension related activities, Brenda enjoys gardening, arts and crafts, and travel. She traveled by motorcycle with her husband, throughout all lower 48 states and across Canada. Only 2 more to go, but Hawaii may be difficult! Brenda also enjoys cooking, and mentioned that she does more of that than anything else, just doesn't like the clean up!

The **Homemakers Garden Club** met at the Paducah Innovation Hub for a tour as part of the February meeting. Principle Steve Ybarzabell, directed a fantastic tour of the facilities and the various programs extended to the students in the city and county.



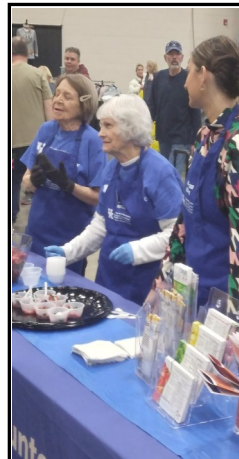
Top Row: Marilyn Wright, Linda and Ed-die Kaletch

Middle Row: Linda Riley, Mary Lou Hall, Mary Helton

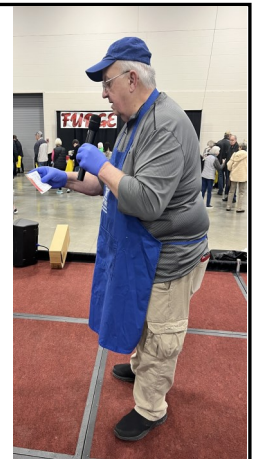
Bottom Row: Brenda Johnson, Sue Cash, Mr. Ybarzabal, Carol Fields,

COOKING THROUGH THE CALENDAR

Don't forget to check out the **pre-recorded** cooking demo with Kelly and Stephanie preparing recipes from the 2023 SNAP-ED Calendar. This will be available after the last Monday of the month. April's recipe is Rainbow Pasta Salad. The link will be sent out via email and posted on website.



Master Food Volunteers, Riff Turner, Sue Cash, Kathy Hunt, and Cynthia Turner participated in the Posh Expo that was held on Saturday, March 18th. The volunteers reported a great turnout and handed out samples of **Strawberry Salsa**.



LOOKING FOR A FUN NEW WAY TO BE ACTIVE?

It's not too late to participate!

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercises.

Held at the Paducah Sr. Center
Beginning April 4th
12:30 pm

April Dates: 4, 6, 18, 21, 25, 27
April 25th session will be at 11 am - Time Management Talk
May Dates: 2, 4, 16, 19, 23, 25

Questions? Call (270) 443-8579.



Strawberry Salsa

1 tablespoon olive oil	2 cups, coarsely chopped fresh strawberries	2 cups chopped cherry or grape tomatoes
2 tablespoons white vinegar or white balsamic vinegar	8 green onions, chopped	½ cup chopped fresh cilantro
½ teaspoon salt		

1. Whisk olive oil, vinegar, and salt in large bowl.
2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
3. Cover and chill for 1 hour.
4. Serve with tortilla or pita chips.

Yield: 7, ½ cup servings.
Nutrition Analysis: 40 calories; 2 g fat; 0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C.
Source: www.fruitsandveggiematter.gov

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





**HOMEMAKER CRAFT
SPRING CLEANING
YARD SALE**

April 25th and 26th
Drop Off Date is April 24th
from 3pm-6pm
at the extension office

Contact Elaine Stevens if you have any questions: (270) 210-4013 or mesteven@comcast.net

The proceeds will be donated to the Juanita Amonett Scholarship fund.

Please Note

Annual meeting will be a NIGHT meeting, registration begins at 5:30. The date is August 22.

President Diane Shrewsberry requests each president have someone from their club volunteer to help with the planning. If each club will participate it helps take the load off of a small group from two or three clubs. Duties will be divided up at the first meeting. We will meet in June to start the planning, and continue with as many meetings as necessary to make it a nice event. Please make note of this, and a date to plan will be announced ahead of time.

Fair is around the corner again. Elaine Stevens needs volunteers. Please offer to help work a shift, so again, this responsibility doesn't fall on a few workers. We need numerous volunteers to make it successful. Spread the word. Exhibits are not limited to homemakers. There is a list of rules and categories at the extension office. They will also be online within the next couple of weeks.

UPCOMING EVENTS	
Adult Sewing - Tuesdays in April @ 9am - 12 pm	
April 6 & 20	Needlework Club, 10 am
April 6 & 20	Knitting & Crochet Club, 1 pm
April 10	Quilting Club, 10 am
April 11	Golden Days Club, 10 am
April 12	Tech Class - Computer Basics 10 am - 12 pm (Limited Class Size)
April 13	Advanced Cake Decorating (9-12) Beginner Cake Decorating (1-4)
April 14	Arts & Crafts 9:30 am
April 18	Bags of Love, 9:30 am
April 19	Scrapbooking Club, 9 am - 3 am
April 21	Homemaker By-Laws Committee Meeting 9 am
April 24	Homemaker Garden Club Meeting, 9:30 am (Peony Farm)
April 24	Homemaker Craft Yard Sale Set Up 1 pm
April 25	Homemaker Craft Yard Sale 10 am - 3pm
April 26	Homemaker Craft Yard Sale 9 am - 6 pm
April 27	Homemaker Lesson - 10 am Learn with a Purpose - Understanding Learning Styles
April 28	MFV Meeting - 10 am



Kelly Alsip
Agent for
Family & Consumer
Sciences

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

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