



**Kelly Alsip,  
Family and Consumer  
Sciences Agent**

I hope you all have had a stress-free Thanksgiving. Ha Ha! We had a very successful Harvest Fest. Thank you to all who volunteered to help with stations, and to everyone who provided cookies. Now onto Christmas!

We have several new programs headed your way. One big event is coming up on December 14th: "A Morning with Mrs. Claus." The children will leave with a festive holiday picture with Mrs. Claus, which will be Christmas card-worthy! All hands-on deck! Please call the office if you would like to volunteer to help man a station or set up and clean up. If you have any teenage contacts, we would also love them to volunteer. It will be a fun, free, family event.

Watch for the next newsletter with 2025's exciting new events and classes.

The warmest holiday wishes for a safe and joyful holiday season!



**Carmela Ballard,  
Homemaker President**

December, It's the most wonderful time of the year! Awe, but is it? So much family, friends, expectations, gifts, travels, food, decorating.... we could go on and on. Have you gotten tangled up in all the hustle and bustle or have you learned to simplify this, slow it down and make it your own celebration? We love the holidays at the Ballard house! I have to start decorating early because there are things that I want to do that take time. I used to wait until very late because I thought if I decorated too early, it made me look very materialistic and commercialized. I have learned that I like to celebrate long, I start early and leave it up late. Guess what? I'm happy with it! The comments of others do not matter to me on this subject now, because I have settled, finally, into my own way. From the decorating, to the gift buying, to the food, and celebrations, I have, after many years of making others happy, finally carved out what a Ballard Christmas looks like in my home. This has taken many years and building of confidence. I bet I am speaking to many of you. So, what does this mean? Downsize where you want, emphasize what makes you happy. Say "no" more, no guilt. Buy less, no guilt. I can look back and know that there are few gifts that are remembered, but the time well spent and how you made others feel that are the most memorable. Take a bit, friends, breathe this in, there won't be another December 2024. Don't miss it. Remember whose birthday we are celebrating? Jesus Christ, Our Savior, he is the reason for the season.

*"Christmas is most truly Christmas when we celebrate it by giving the light of love to those who need it most." — Ruth Carter Stapleton*

From our house to yours, Merry Christmas!

Carmela

**CARMELA'S FAMILY**



**Welcome**

**TO THE TWO NEWEST MCCRACKEN  
COUNTY HOMEMAKER CLUBS:**

**PADUCAH STITCH N QUILT GUILD  
EXTENSION HOMEMAKER CLUB**

**&**

**HOMESCHOOL HOMEMAKER MOM'S CLUB**

# Events

JOIN US FOR THE

## Merry & Bright Brunch & Bingo

JOIN US FOR THIS FUN EVENT WITH  
TONS OF GIVEAWAYS, RESOURCE  
INFORMATION, BRUNCH, AND OF  
COURSE BINGO WITH AMAZING PRIZES!

DECEMBER 12, 2024  
10:00 AM - 12:00 PM

MCCRACKEN COUNTY COOPERATIVE EXTENSION  
2025 NEW HOLT RD. PADUCAH, KY 42001

HOSTED BY  
PURCHASE AREA MENTAL HEALTH & AGING COALITION

BAGS SPONSORED BY CHARTER OF MURRAY

ONLY 150 SPOTS AVAILABLE. YOU MUST RSVP!  
CONTACT KRISTA CURLIN @ 270.562.1967 TO RESERVE YOUR SPOT!

McCracken County Cooperative Extension Presents:

## A MORNING WITH MRS. CLAUS

SAT 14 DEC

From 9 AM Until 11 AM

Join us to celebrate the holiday season  
with a Christmas Story Walk, Cookie  
Decorating, Holiday Crafts and Activities,  
and pictures with Mrs. Claus!

The first 100 families  
receive a  
free  
Christmas  
Book from  
the Story  
Walk!

2025 New Holt Rd, Paducah, KY  
Call 270-554-9520 for more information



## ARTS & CRAFTS

CANDY EXCHANGE AND FELT  
SNOWMAN ORNAMENT (WILL  
MAKE ONE SNOWMAN)

- \$5.00 Pay at door
- *Pre-registration* required
- Bring favorite candy to share

**FRIDAY, DECEMBER 13**

**9:30 AM**



## TECH CLASS:

### FACEBOOK

- New and current users
- Learn how to:
  - *build profile, add friends, and share contacts*
  - *Settings and notifications*
- Call to **register**

**WED, DECEMBER 11**

**10 AM - 11 AM**



## UPCYCLED

### SHRINK PLASTIC ORNAMENTS

- All skill levels
- Create tiny ornaments or figures
- Trace basic shapes on plastic containers
- Free class
- Call to **register**

**MONDAY, DECEMBER 16**

**10 AM - 12 PM**

# CLUB SPOTLIGHT

## St. John Homemakers Club

*PRESIDENT, BEVERLY LARGENT*

St. John Homemakers Club has a long and rich history. Current members have relatives who were the founding members, thought to be in the early 1970's. Two current member's mothers and grandmothers were early members. Most club members are members of the St. John Catholic Church, and the club's focus has been and continues to be charitable work.

Currently, there are 16 members. A typical meeting starts with prayer and continues with routine homemaker business. Members also make recommendations for greeting cards to be sent. These are typically get-well cards, but a 70th wedding anniversary was recently remembered. The club personally delivers poinsettias to approximately 20 shut-ins in the community during the Christmas Season. Plans are made in November for annual donations to Charitable organizations including St. Vincent DePaul, Community Kitchen, Cassidy's Cause, and others. Typically 5 organizations are supported. The club has supported Coats for Kids and donated 18 coats to Life Line Ministries this year. Monthly donations of canned foods are collected at meetings, and members take turns each month taking food to the box at the extension office.

Club members participate in the Homemaker's Bazaar, and Bake Sales associated with the Knights of Columbus Fish Fry's for fundraising.

St John Club has had two members named Homemaker of the year. Carmela Ballard, a St. John member is serving as McCracken County President. Other members hold offices in McCracken County, serve on boards, and as Educational Chairs.

Many things change over a 50 year time span, but the St. John Club has endured a pandemic, welcomed many new members and remained a club dedicated to its members, and the community.



ST. JOHNS CLUB LEADERS AT STATE MEETING - 1973



SOCIAL TIME WITH HOMEMAKER FRIENDS



### FROM YOUR CLUB PRESIDENTS

- **CONCORD - DIANNE DICKEY**
- **HAPPY - ELAINE STEVENS**
- **HEARTHSIDE - FELICIA STEWART**
- **HOMESCHOOLHOMEMAKER MOM'S CLUB - SAMANTHA FONTENOT**
- **GOLDEN DAYS - TERESA VINCENT**
- **PADUCAH STICH-N-QUILT GUILD CLUB - DARLENE ROGERS**
- **ST. JOHNS - BEVERLY LARGENT**

**SAVE THE DATE**

**McCracken County  
Homemaker Cultural  
Arts Day  
FEBRUARY 21ST**

**Purchase Area  
Homemaker Cultural  
Arts Day at  
GRAVES COUNTY  
MARCH 31ST**

## Still need a gift? Order now!

SUPPORT HOMEMAKERS BY SHOPPING THE  
**RADA KITCHEN STORE**

Check out the Rada Catalog for knives, utensils, mixes and so much more! Scan the QR code or go to <https://bit.ly/3eua1n3> and all orders support the McCracken County Homemakers!



## UPCOMING NEW EVENTS

JANUARY

2025

WED  
15

### CHAIR YOGA

STARTING 1/15 EVERY WEDNESDAY 10 - 11 AM

### HONOR MY DECISIONS

LIVING WILL AND HEALTH CARE DIRECTIVES  
9:30 AM - 12:30 PM (Offered again on 2/21 4:30 - 6:30)

FRI  
24

MON  
27

### STAMPIN' UP CARD MAKING CLASS

1 - 3 PM AND 6 - 8 PM

### GADGETS, GIZMOS & WIDGETS

MAKE YOUR OWN SEWING GADGETS  
10 AM - 3 PM

FRI  
31

[MORE INFO:](#)

[JANUARY NEWSLETTER](#)

Paint Fan Dance  
December 2024

ART AND DANCE



"Winter Cardinal"

by artist

Lady Van Tiger

SIGN UP TO ATTEND THIS  
UNIQUE AND FUN CLASS  
WEDNESDAY, DECEMBER 11TH  
1 - 3 PM

Artist Lady Van Tiger guides students to paint their own creative version of the "Winter Cardinal" design on the surface of a paddle style fan.

The cardinal and one poinsettia flower can also be collaged onto the fan completing the artwork. (Van Tiger provides these as decoupage-type prints on thin paper for this purpose).

The class will then dance to the "Winter Cardinal" Fan Dance choreographed by Van Tiger. All dance steps are gentle motions with some steps sitting on a chair. Meant to be inclusive to all mobility levels, the dance is enjoyable and dynamic yet simple and easy to do.

## HAVING FUN AT THE ART ENGINES: STOMP CHI CLASS



THE MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT IS AN EQUAL OPPORTUNITY ORGANIZATION WITH RESPECT TO EDUCATION AND EMPLOYMENT AND AUTHORIZATION TO PROVIDE RESEARCH, EDUCATION INFORMATION AND OTHER SERVICES ONLY TO INDIVIDUALS AND INSTITUTIONS THAT FUNCTION WITHOUT REGARD TO 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.

INQUIRIES REGARDING COMPLIANCE WITH TITLE VI AND TITLE VII OF THE CIVIL RIGHTS ACT OF 1964, TITLE IX OF THE EDUCATIONAL AMENDMENTS, SECTION 504 OF THE REHABILITATION ACT AND OTHER RELATED MATTER SHOULD BE DIRECTED TO EQUAL OPPORTUNITY OFFICE, MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT, UNIVERSITY OF KENTUCKY, ROOM S-105, AGRICULTURE SCIENCE BUILDING, NORTH LEXINGTON, KENTUCKY 40546,

THE UK OFFICE OF EQUAL OPPORTUNITY, 13 MAIN BUILDING, UNIVERSITY OF KENTUCKY, LEXINGTON, KY 40506-0032 OR

US DEPARTMENT OF AGRICULTURE, OFFICE OF THE ASSISTANT SECRETARY FOR CIVIL RIGHTS, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410.

# December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03 ADULT SEWING 9 AM - 12 PM	04	05 NEEDLEWORK CIRCLE 10 AM - 12 PM LESSON - ART ELEMENTS 10 AM CROCHET ALLEY & KNITTING ROW 1 PM - 3 PM	06	07
08	09 HOMESCHOOL HOMEMAKERS MOM'S CLUB 5:30 PM	10 ADULT SEWING 9 AM - 12 PM HAPPY CLUB 10 AM GOLDEN DAYS CLUB OFFSITE	11 TECH CLASS: FACEBOOK 10 - 11 AM PAINT FAN DANCE 1 - 3 PM	12 MERRY & BRIGHT BRUNCH & BINGO 10 AM - 12 PM	13 ARTS AND CRAFTS 9:30 - 11:30 AM	14 A MORNING WITH MRS. CLAUS 9 AM - 11 AM
15	16 UPCYCLED SHRINK PLASTIC ORNAMENTS 10 AM - 12 PM	17 BAGS OF LOVE (CANCELLED FOR DEC) 9 AM - 12 PM PADUCAH STITCH N QUILT GUILD CLUB 10 AM - 4 PM	18 SCRAPBOOKING (OFFSITE)	19 GAME DAY, COME PLAY! 9 AM - 12 PM NEEDLEWORK CIRCLE 10 AM - 12 PM CROCHET ALLEY & KNITTING ROW 1 PM - 3 PM	20	21
22	23 HOMEMAKER GARDEN CLUB OFFSITE	24 <i>Christmas Eve</i>	25 <i>MERRY CHRISTMAS</i> 	26 	27 	28
29	30 	31 <i>New Year's Eve</i> 	01	02	03	04

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE [MCCRACKEN.CA.UKY.EDU](http://MCCRACKEN.CA.UKY.EDU) OR FOLLOW US ON FACEBOOK  
 QUESTIONS? CALL (270) 554-9520 OR EMAIL [MCCRACKEN.EXT@UKY.EDU](mailto:MCCRACKEN.EXT@UKY.EDU)



## Baked Apples and Sweet Potatoes

**5** medium sweet potatoes  
**4** medium apples  
**½ cup** margarine  
**½ cup** brown sugar  
**½ teaspoon** salt  
**1 teaspoon** nutmeg  
**¼ cup** hot water  
**2 tablespoons** honey

- 1. Boil** potatoes in 2 inches of water until almost tender.
  - 2. Cool** potatoes, peel and slice. **Peel**, core and slice apples.
  - 3. Preheat** the oven to 400°F. **Grease** a casserole dish with a small amount of margarine.
  - 4. Layer** potatoes on the bottom of the dish.
  - 5. Add** a layer of apple slices.
  - 6. Sprinkle** some sugar, salt, and tiny pieces of margarine over the apple layer.
  - 7. Repeat** layers of potatoes, apples, sugar, salt and margarine.
  - 8. Sprinkle** top with nutmeg.
  - 9. Mix** the hot water and honey together.
  - 10. Pour** over top of casserole.
  - 11. Bake** for 30 minutes.
- Yield:** 6, 1 cup servings.  
**Nutrition Analysis:** 300 calories, 8 g fat, 59 g carbohydrate, 0 mg cholesterol, 320 mg sodium.  
 Source: USDA Food Stamp Nutrition Connection, Recipe finder. June, 2008.

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



## Kentucky Apples

**SEASON:** Early summer through December.

**NUTRITION FACTS:** A medium size apple, about 2 to 2½ inches round, has about 75 calories and provides bulk in the diet, which helps the body digest food. The apple is low in sodium and high in potassium, making it a great natural snack.

**SELECTION:** Look for firm, crisp, well-colored fruit. Avoid those with shriveled skins, bruises, worm holes, and decayed spots. Always handle apples gently to avoid causing bruises, blemishes, or other defects.

**STORAGE:** Use those with bruises or skin breaks as soon as possible. Apples that are slightly under-ripe should be stored in a cool place to ripen. Once ripe, apples will keep a week or longer stored in the refrigerator vegetable drawer or in a plastic bag.

**PREPARATION:** Raw apples will darken when the cut surface is exposed to the air. Protect cut or peeled apples from darkening by mixing with ascorbic

acid such as lemon or orange juice. Only work with about five apples at a time to prevent darkening. Mix 1 teaspoon ascorbic acid with 3 tablespoons of water. Toss gently with apple slices. Apples may be preserved by several methods: freezing, drying, or canning. Please contact your county Extension office for more information.

**VARIETIES:** More than 2,500 varieties are found in the United States. The following are easily available and popular in Kentucky: Lodi, Red Delicious, Rome, Winesap, Gala, Jonathan, Cortland, and Golden Delicious.

### APPLES 1

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

Source: USDA

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EXTENSION  
SERVICE

