JANUARY 2025

MCCRACKEN FCS NEWSLETTER





Kelly Alsip, FCS Agent

Happy New Year from the McCracken County Extension Office! As we enter 2025, we're thrilled to unveil an exciting lineup of programs and events designed to inspire, educate, and engage our community. Whether you're a sewing enthusiast eager to explore the latest in "Gidgets, Gadgets, and Widgets," or someone looking to enhance your well-being with "Chair Yoga" and "Air Sculpt Yoga," there's something for everyone. Our innovative "Art Engines: Stomp Chi" program promises a unique blend of creativity and movement that's sure to invigorate your spirit.

But that's not all! Our monthly special activities clubs are back and better than ever, offering a variety of fun and enriching experiences. From crafting and sewing to game clubs and cooking classes, these clubs provide the perfect opportunity to learn new skills and make lasting friendships. Join us at the McCracken County Extension Office and make 2025 a year of growth, discovery, and community connection. We can't wait to see you there!





McCracken County Family and Consumer Sciences Agent kelly,alsip@uky.edu



SCHOOLS CLOSED?

Please remember that meetings/events sponsored by the McCracken County Extension Office will be cancelled if McCracken County Schools are closed due to weather.



Homemaker President



JANUARY THOUGHTS FROM THE PRESIDENT 2025

Wow, it's a NEW YEAR! Can you live it? Who would have thought when the year 2000 came, that we would be celebrating 25 years later, for 2025! Now that we know that we've made it, let's do our best to make it an adventurous year! Were there things in 2024 that you didn't get accomplished? Things that you regretted? Health that you need to reclaim? Friends or family relationships that tumbled? Guess what, we get a REDO, a DO-OVER! Believe it and go for it! Start something new.... new job, new hobby, new health journey, new friends, new class, new life of your choosing. Mend those relationships that you need to and be glad you have another day to do it.

I HOPE THIS NEW YEAR BRINGS YOU...

Courage to try again

Passion for doing what you love

Ambition to aim higher

Resilience in overcoming obstacles

Humility to learn from others

Kindness for yourself and others

Counting My Blessings, Carmela

AS WE MOVE PAST THE HOLIDAYS, PLEASE REMEMBER TO

DONATE TO

THE BLESSING BOXES

WE HAVE TWO BOXES -NON PERISABLE FOOD PERSONAL HYGIENE ITEMS

Events

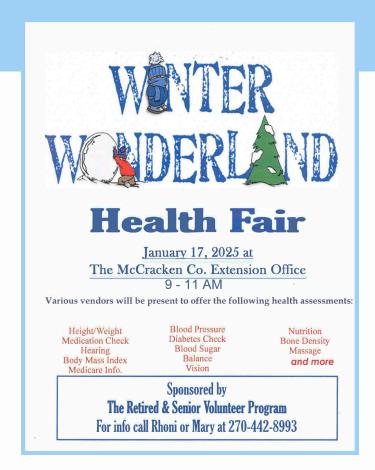


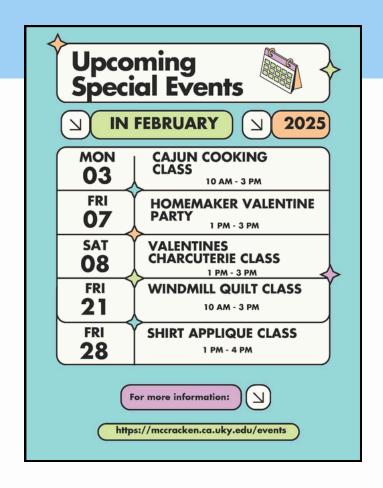






Events







BASKET WEAVING

LEARN BASKET WEAVING TECHNIQUES TO MAKE A BASIC 8 1/2 X 8 1/2 BASKET

- \$25 Class Fee (cash only)
- Includes all materials and light lunch
- Pre-registration required

<u>FRIDAY, JANUARY 10TH</u> 9:30 AM - 1:30 PM



TECH CLASS: Organizing Your Inbox

FOUR-STEP PROCESS TO ORGANIZE YOUR INBOX

- Batch delating to automatic rules
- Free class
- Call to sign-up

WED, JANUARY 8TH

10 AM - 12 PM



LAUGH AND LEARN

PLAY DATE AT THE MCCRACKEN COUNTY LIBRARY

- For Children Ages 3 5
- Kindergarten Readiness Skills
- Theme is "Winter"

TUESDAY, JANUARY 21ST

11 AM - 12 PM

MEMBER SPOTLIGHT

TERESA VINCENT

PRESIDENT OF GOLDEN DAYS CLUB



TERESA VINCENT, PRESIDENT OF GOLDEN DAYS CLUB IN HER 2ND YEAR. SHE RETIRED FROM THE DEPARTMENT FOR COMMUNITY-BASED SERVICES IN SEVERAL COUNTIES, WITH 38 YEARS OF SERVICE. SALUTE! TERESA IS THE 4-H EDUCATIONAL CHAIR IN HER CLUB AND NOW ON THE COUNTY LEVEL.

SHE WENT TO 4-H CAMP THIS PAST SUMMER AND LOVED IT SO MUCH. SHE IS GOING AGAIN THIS YEAR AND TRYING TO RECRUIT ALL ADULTS TO GO SO THAT WE CAN ALLOW ALL THE BOYS AND GIRLS IN MCCRACKEN COUNTY TO ATTEND. TERESA TAUGHT CRAFTS AT CAMP AND LOVES SHARING HER INTEREST IN CRAFTS WITH OTHERS.

SCRAPBOOKING IS ALSO HIGH ON HER LIST OF HOBBIES. SHE ATTENDS AND HELPS WITH ALL THINGS FOR THE SCRAPBOOKING EVENTS. TERESA'S SISTER HAS A LOVE OF SCRAPBOOKING ALSO AND THEY ENJOY DOING THIS TOGETHER.

KYLE LOVETT IS HER GROWN SON AND SHE HAS A SWEET, SPECIAL GREAT, GREAT NEPHEW, KOLLYN, WHO STEALS HER HEART AWAY!

TERESA, WE ARE SO PROUD TO HAVE YOU IN MCCRACKEN COUNTY HOMEMAKERS!

GOLDEN DAYS - GARDEN CLUB HOLIDAY PARTY 2025

FROM THE OFFICERS OF GOLDEN DAYS...

We met at Liberty Point Clubhouse to hold a meeting and enjoy an appetizer potluck. The table was full of wonderful sweet and savory dishes. The group played games with some fun prizes! Everyone took home a treat. The group also donated toys to the WPSD Toy Drive at Regions Bank.

Our club has many new adventures planned for next year. We are great friends who enjoy the fellowship, laughter, conversations, lessons, and ability to help others through homemakers. We are increasing our membership by challenging each member to invite a friend from the community to join us.





TOYS WERE DONATED TO THE WPSD TOY DRIVE AT REGIONS BANK

QUEEN TERESA

UPCOMING HOMEMAKER EVENTS

COUNTY HOMEMAKER
CULTURL ARTS
DAY

FEBRUARY 21ST 10 - 2

AREA HOMEMAKER
CULTURL ARTS
DAY IN
GRAVES COUNTY

MARCH 31ST



JUANITA AMONETT SCHOLARSHIP OPPORTUNITY

TO BE ELIGIBLE FOR THIS SCHOLARSHIP, YOU MUST BE AN ACTIVE MCCRACKEN
COUNTY EXTENSION HOMEMAKER MEMBER FOR AT LEAST ONE YEAR, OR BE THE
CHILD OR GRANDCHILD OF AN ACTIVE MCCRACKEN COUNTY EXTENSION HOMEMAKER MEMBER.

SCHOLARSHIP FORMS ARE AVAILABLE AT THE OFFICE OR ON THE WEBSITE @
HTTPS://MCCRACKEN.CA.UKY.EDU/SITES/MCCRACKEN.CA.UKY.EDU/FILES/HMKR.2425.SCHOLARSHIPFORM.PDF

DEADLINE TO SUBMIT SCHOLARSHIP FORM IS APRIL 30TH



2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	Needlework Circle 10 am - 12 pm Crochet Alley & Knitting Row 1 pm - 3 pm	3	4
5	6 —	7 Adult Sewing 9 am - 12 pm Game Day, Come Play! 9 am - 12 pm	Tech Class 10 am - 11 am Air Sculpt Yoga 1 pm - 3 pm	Concord Homemaker Club 11 am	10 Basket Weaving 9:30 - 1:30	11
12	Homeschool Homemaker's Mom Club 6 - 8 pm	14 Adult Sewing 9 am - 12 pm Golden Days Club 10 am Happy Club 10 am	Scrapbooking Club 9 am - 3 pm Chair Yoga 10 - 10:45 am	Game Day, Come Play! 9 am - 12 pm Needlework Circle 10 am - 12 pm Crochet Alley & Knitting Row 1 pm - 3 pm	RSVP Health Fair 9 - 11 am	18
19	Office Closed	Bags of Love 9:30 am - 1:30 pm Homemaker Advisory Council Meeting 1:30 pm	Chair Yoga 10 - 10:45 am Art Engines: Stomp Chi 1 - 3 pm	23	24	25
26	Stampin' Up! Card Making Class 1 - 3 pm or 6 - 8 pm Homemaker Garden Club 10am	Adult Sewing 9 am - 12 pm Extension Quilt Club 10 am - 4 pm	Extension Quilt Club 10 am - 4 pm Chair Yoga 10 - 10:45 am	Extension Quilt Club 10 am - 4 pm Homemaker Lesson 10 am - 11 am	Gadgets, Gizmos, and Widgets 1 - 4 pm	1











Broccoli Chowder

2 tablespoons canola oil ½ cup chopped onion 3 cloves garlic, finely minced

1/2 cup chopped carrots 2 cups diced, unpeeled red potatoes

1/4 teaspoon pepper 3 tablespoons

3 cups broccoli florets all-purpose flour 1/2 teaspoon dried Italian 31/2 cups low sodium seasoning 1/2 teaspoon salt

chicken broth 1/2 cup half-and-half 1/2 cup low-fat, shredded cheese

In a large heavy pot, heat the oil over medium heat. Add the onion and garlic and sauté 2-3 minutes. Add the carrots, red potatoes and broccoli one at a time; sauté each about 2 minutes. Add the Italian seasoning, salt, pepper and flour and **toss** until vegetables are coated. Cook 1-2 minutes. Add the chicken broth and bring to a boil. Reduce heat to low, cover pot and simmer for 15

minutes. Remove lid and stir in the half-and-half. Bring back to a simmer and remove from heat. Ladle into bowls and top with cheese to serve.

Yield: 8,1cup servings

Nutritional Analysis: 180 calories; 8g total fat; 2.5 g saturated fat; 15 mg cholesterol; 340 mg sodium; 18 g total carbohydrate; 3 g dietary fiber; 4 g sugar; 8 g protein.



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

Kentucky Broccoli

SEASON: May through early July; October through mid-November

NUTRITION FACTS: Broccoli is a good source of vitamin A, vitamin C and phytochemicals, all of which have health benefits.

SELECTION: Choose tender young, dark green stalks with tightly closed buds. One and one-half pounds of broccoli will yield 4 half-cup servings.

STORAGE: Store broccoli, unwashed, no more than 3 to 5 days, in a perforated plastic bag in the refrigerator. Wash broccoli just before using.

PREPARATION: Wash broccoli under cold running water. Trim the leaves and peel the stalk.

To Steam: Place on a rack above boiling water and steam 6-8 minutes. Rinse with cold water.

Source: www.fruitsandveggiesmatter.gov

To Boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5-7 minutes.

To Microwave: Place broccoli in a microwavesafe dish. Add 1 inch of water and cover with a glass lid or plastic wrap. Microwave 3-4 minutes or until crisp-tender.

KENTUCKY BROCCOLI

Kentucky Proud Project
County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students October 2014

Educational programs of Kentucky Cooperati 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 <u>www.uky.ag/fcs</u>

COOPERATIVE EXTENSION SERVICE

