

**JANUARY
2025**

MCCRACKEN FCS NEWSLETTER

KENTUCKY 
COOPERATIVE EXTENSION



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!



Kelly Alsip

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



**BAD WEATHER?
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.



**Carmela Ballard,
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

KENTUCKY COOPERATIVE EXTENSION



CHAIR YOGA CLASS

EVERY WEDNESDAY BEGINNING
JANUARY 15TH

10 AM -10:45 AM

\$3 PER SESSION (PAY AT DOOR)

ALL EXPERIENCE LEVELS WELCOME
LEAD BY CERTIFIED INSTRUCTOR, SUZI RENAUD

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 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

KENTUCKY COOPERATIVE EXTENSION

ATTENTION ALL SEWERS!

GIDGETS, GADGETS, AND WIDGETS



MAKE A SMALL BAG, BOBBIN BOAT, CHAIN PIECING THREAD CUTTER, SCISSOR PROTECTOR, MAGNETIC PIN BOX/PIN CUSHION, AND ADDITIONAL ITEMS

MUST PRE-REGISTER BY 1/28.
CALL (270) 554-9520
SPACE IS LIMITED

CLASS FEE **\$25** FOR SUPPLIES

Students can bring one fat quarter if they want gadgets to match

DATE AND TIME:
01.31.2025
FRIDAY, 1 - 4 PM

Optional purchase will be available from instructor including McCall's Quilting Magazines with copyrighted patterns from Instructor, Pat Annett.

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

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LEXINGTON, KY 40506

CREATE Valentine CARDS

\$10 CLASS FEE

Craft two stunning Valentine or love-themed cards using premium, color-coordinating Stampin' Up! products from the Marbled Elegance Suite.

SPACE IS LIMITED. RESERVE YOUR SEAT BY CALLING THE EXTENSION OFFICE AT 270-554-9520.
DEADLINE: WEDNESDAY, JANUARY 22, 2025

LOCATION
MCCRACKEN COUNTY EXTENSION OFFICE
2025 NEW HOLT ROAD, PADUCAH, KY

YOUR OPTIONS
MONDAY, JANUARY 27, 2025
AFTERNOON SESSION: 1:00 PM – 3:00 PM
EVENING SESSION: 6:00 PM – 8:00 PM
PICTURES AVAILABLE ON WEBSITE
[HTTPS://MCCRACKEN.CA.UKY.EDU/EVENTS/STAMPIN](https://mccracken.ca.uky.edu/events/stampin)

 Ami Wilson, Independent Stampin' Up! Demonstrator
(931) 303-2695
amiwilson.stampin@gmail.com
amiwilson.stampinup.net

KENTUCKY COOPERATIVE EXTENSION

Upcoming Events with Lady Van Tiger

Register Now

AIR SCULPT YOGA - SEAHORSE HANGING PLANTER

WEDNESDAY, JANUARY 8TH
1 - 3 PM

ART ENIGMS STOMP CHI-YIN AND YANG CLOUDSCAPE

WEDNESDAY, JANUARY 22ND
1 - 3 PM

A COMBO OF ART AND MOVEMENT

CALL (270) 554-9520 TO REGISTER

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

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LEXINGTON, KY 40506

Events



Health Fair

January 17, 2025 at
The McCracken Co. Extension Office
9 - 11 AM

Various vendors will be present to offer the following health assessments:

Height/Weight
Medication Check
Hearing
Body Mass Index
Medicare Info.

Blood Pressure
Diabetes Check
Blood Sugar
Balance
Vision

Nutrition
Bone Density
Massage
and more

Sponsored by
The Retired & Senior Volunteer Program
For info call Rhoni or Mary at 270-442-8993

Upcoming Special Events



IN FEBRUARY

2025

MON
03

CAJUN COOKING
CLASS
10 AM - 3 PM

FRI
07

HOMEMAKER VALENTINE
PARTY
1 PM - 3 PM

SAT
08

VALENTINES
CHARCUTERIE CLASS
1 PM - 3 PM

FRI
21

WINDMILL QUILT CLASS
10 AM - 3 PM

FRI
28

SHIRT APPLIQUE CLASS
1 PM - 4 PM

For more information:



<https://mccracken.ca.uky.edu/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

FRIDAY, JANUARY 10TH

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



QUEEN TERESA



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!

UPCOMING HOMEMAKER EVENTS

COUNTY HOMEMAKER CULTURAL ARTS DAY

FEBRUARY 21ST
10 - 2

AREA HOMEMAKER CULTURAL ARTS DAY IN GRAVES COUNTY

MARCH 31ST

Happy New Year

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

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](https://mccracken.ca.uky.edu/sites/mccracken.ca.uky.edu/files/hmkr.2425.scholarshipform.pdf)

DEADLINE TO SUBMIT SCHOLARSHIP FORM IS APRIL 30TH

Calendar

JANUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
				Needlework Circle 10 am - 12 pm Crochet Alley & Knitting Row 1 pm - 3 pm		
5	6	7	8	9	10	11
		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	Basket Weaving 9:30 - 1:30	
12	13	14	15	16	17	18
	Homeschool Homemaker's Mom Club 6 - 8 pm	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	
19	20	21	22	23	24	25
	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			
26	27	28	29	30	31	1
	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	

LOOK FOR UPCOMING EVENTS ON OUR WEBSITE MCCRACKEN.CA.UKY.EDU OR FOLLOW US ON FACEBOOK



Broccoli Chowder

2 tablespoons canola oil	3 cups broccoli florets	all-purpose flour
½ cup chopped onion	½ teaspoon dried Italian seasoning	3½ cups low sodium chicken broth
3 cloves garlic, finely minced	½ teaspoon salt	½ cup half-and-half
½ cup chopped carrots	¼ teaspoon pepper	½ cup low-fat, shredded cheese
2 cups diced, unpeeled red potatoes	3 tablespoons	

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. Drain.

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 microwave-safe 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 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.uky.edu/fcs

COOPERATIVE
EXTENSION
SERVICE

