

McCracken County

Family and Consumer Sciences Newsletter

February 2024

 Cooperative
Extension Service

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

(270) 554-9520
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Upcoming February Events

Adult Sewing - Weekly on Tuesdays 9 - Noon

1st REGISTRATION FOR BIG BLUE
BOOK CLUB BEGINS

1st & 15th Needlework, 10 am - Noon

1st & 15th Crochet Alley and Knitting Row, 1 - 3 pm

6th & 15th Game Day, 9 am - Noon

7th & 21st Paint Fan Dance, 11 am - Noon

8th & 22nd Beading Circle, 1 - 3 pm

9th International Day "Tour of Thailand",
9:30 - 11 am

12th Quilting Club, 10 am

13th King Cake Class, 9 am - 1:00 pm
(Pre-registration Required)

14th Tech Class (Basics Google Docs), 10 am

16th Arts and Crafts, Sashiko, 9:30 am

16th CPR Course, 5 pm (Pre-Reg required)

19th Heirloom Sewing, Part 2, 9 am - Noon

19th Basic Sewing, Part 2, 1:30 - 4 pm

20th Bags of Love, 9:30 am

20th Laugh and Learn @ MCPL (Library), 11:00 am

21st Scrapbooking, 9:00 am

29th Homemaker Lesson, 10 am

 BIG BLUE
BOOK CLUB

 College of Agriculture,
Food and Environment
Family and Consumer
Sciences Extension



Big Blue Book Club is back with *Heartland: A Memoir of Working Hard and Being Broke in the Richest Country on Earth* by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. *Heartland* is a descriptive and emotion-packed retelling of the author and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for 2024 will be held on **April 11, 18, and 25**. Each **Thursday morning session will be presented via Zoom at 10:00 am CST**. Each session will be recorded, so if you aren't available during the day, you are welcome to participate via the recording.

Registration will open on February 1st at 9:00 am EST via <https://ukfcs.net/BBBC24book1>. The link will not be active until registration opens. **The first 200 registered participants will receive a free copy of the book.** Free books must be picked up at your local Extension office after you receive notification that you are one of the book recipients. The extension office will provide books if needed.

Reflections from Homemaker President Diane Shrewsberry...

It's leap year! So we gain an extra day in 2024. I had to research to be sure I understand why having leap year every 4 years is necessary. An astronomical year is the time it takes earth to complete an orbit around the sun. That takes 364.25 days, while a calendar year is 365 days. Leap year started with the idea of adding time to a calendar through a "leap day." In 46 BCE the Julian calendar introduced a leap day every 4 years, but a problem with the measurement that was used led to discrepancy over several centuries. The Gregorian calendar refined the idea in 1582, by eliminating leap years in century years that were not exactly divisible by 400. This is why years in the 1600 and 2000 were leap years but 1700, 1800 and 1900 were not and why 2400 will be a leap year.

In Greece they believe it's bad luck to get married in a leap year or especially on leap day. Another "tradition" is akin to Sadie Hawkins dances. A woman can propose marriage to a man in a leap year instead of waiting for the man to propose.

I always think of the twins in our church who were born on 2/29. They happily (as they get older) will love being so young!! So John and Ella, enjoy the cake and ice cream this year!

Happy Valentine Day!

Diane



May 7-9, 2024

Bowling Green KY

Holiday Inn University Plaza



Jeanne Grief, a member of Golden Days Homemakers, served as club president for 7 years and is currently treasurer of Purchase Area Homemakers.

Jeanne was an active member of Clayshire Homemakers in 1966-78 before moving to Michigan. She joined Golden Days in 2015.

Always a do-it-yourselfer and specialty seamstress, Jeanne is involved in Cultural Arts, Arts & Crafts, Needlework, Crochet, and Beaded Embellishments here at the Extension.

She has 4 daughters, 13 grandchildren and 6 great-grandchildren. Always busy, Jeanne is a member of Church Women United, Daughters of Isabella and St. Francis de sales Catholic Church.

**Homemaker Clubs always welcome
new members and have educational
activities for everyone!**

FEBRUARY TECH CLASS: GOOGLE DOCS



WEDNESDAY, FEBRUARY 14 | 10:00 A.M.

Get ready for our upcoming Tech Class and learn the basics of Google Docs (word processing, like typing a letter). Google Docs makes it easy to collaborate with others. Create your first Google Doc, share it with others, and learn to use editing and suggestion mode, and leave comments. This workshop is designed for learners who are new to digital tools.

If you can, bring your own laptop, tablet, etc. for hands on instruction.

LEARN THE ART OF SASHIKO

*Japanese
Embroidery*



Time

9.30 AM

*Bring a sack lunch if you
would like to stay for
the day*

Date

Friday, February 16, 2024

2025 New Holt Rd
Paducah, KY 42001

REGISTER BY 2/14

COST \$6.00

(270)554-9520

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



American Heart Association Heart saver CPR/AED Class

Join us for an exciting **CPR/AED class** at the McCracken County Extension Office. Learn life-saving techniques and gain the confidence to handle emergency situations. Our experienced instructors will guide you through hands-on training and provide valuable tips to keep you prepared. Whether you're a concerned parent, a caregiver, or simply interested in acquiring essential skills, this **in-person event** is perfect for you. Don't miss this opportunity to become a hero in your community. Sign up now! Two class times to choose from.

2/16/24 5:30 pm - 9 pm

OR

3/29/24 1:00 pm - 4 pm

Register by going to:

[https://www.kyemt.com/collections/
frontpage](https://www.kyemt.com/collections/frontpage)

This class is open to the public free of charge!
Only pay if you need a CPR card certification.

MASTER GARDENER TOOLBOX

Information
about

ELECTRIC CANNING

Not a
Canning Class



FCS Agent, Kelly Alsip and Master Gardener,
Michael Vessells will be educating the public on
electric canning

FEBRUARY 6TH

5PM-6PM CST

KING CAKE CLASS

MAKE YOUR OWN KING CAKES

TUESDAY, FEBRUARY 13TH
FROM 9:00 AM TO ABOUT 1:00 PM

TRADITIONAL KING CAKES WITH KELLY & GRACEY

BRING A PARTNER AND MAKE YOUR OWN TRADITIONAL MARDI GRAS KING CAKES FROM SCRATCH FOR A TAKE HOME TREAT! IT'S A HANDS-ON AUTHENTIC EXPERIENCE WHERE YOU CAN IMMERSE YOURSELF IN THE RICH NEW ORLEANS HISTORY. LUNCH WILL BE PROVIDED

SECURE YOUR SPOT NOW BY CALLING THE MCCRACKEN COUNTY COOPERATIVE EXTENSION OFFICE AT 270-554-9520. SPOTS ARE LIMITED, SO CALL NOW!

The McCracken County Library has asked us to provide quilts to display during the month of April. These can be wall hangings, placemats, quilts or anything quilted.

If you have any of these items that they can borrow please drop them off at the office between March 1st and 15th. Please be sure to pin a tag on the back of the item with your name on it.

Thank you for your help!

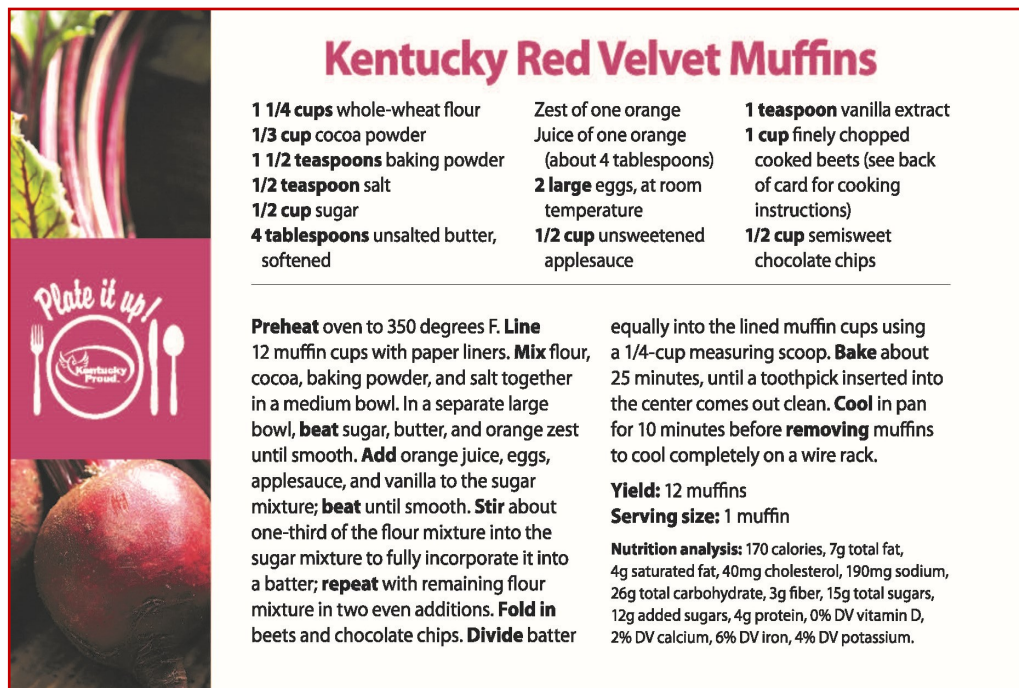
Elaine Stevens

REMINDER

JUANITA AMONETT

EXTENSION HOMEMAKER SCHOLARSHIP

APPLICATION DEADLINE IS FEBRUARY 28TH



Kentucky Red Velvet Muffins

1 1/4 cups whole-wheat flour	Zest of one orange	1 teaspoon vanilla extract
1/3 cup cocoa powder	Juice of one orange	1 cup finely chopped cooked beets (see back of card for cooking instructions)
1 1/2 teaspoons baking powder	(about 4 tablespoons)	
1/2 teaspoon salt	2 large eggs, at room temperature	1/2 cup semisweet chocolate chips
1/2 cup sugar	1/2 cup unsweetened applesauce	
4 tablespoons unsalted butter, softened		

Preheat oven to 350 degrees F. **Line** 12 muffin cups with paper liners. **Mix** flour, cocoa, baking powder, and salt together in a medium bowl. In a separate large bowl, **beat** sugar, butter, and orange zest until smooth. **Add** orange juice, eggs, applesauce, and vanilla to the sugar mixture; **beat** until smooth. **Stir** about one-third of the flour mixture into the sugar mixture to fully incorporate it into a batter; **repeat** with remaining flour mixture in two even additions. **Fold in** beets and chocolate chips. **Divide** batter

equally into the lined muffin cups using a 1/4-cup measuring scoop. **Bake** about 25 minutes, until a toothpick inserted into the center comes out clean. **Cool** in pan for 10 minutes before **removing** muffins to cool completely on a wire rack.

Yield: 12 muffins
Serving size: 1 muffin

Nutrition analysis: 170 calories, 7g total fat, 4g saturated fat, 40mg cholesterol, 190mg sodium, 26g total carbohydrate, 3g fiber, 15g total sugars, 12g added sugars, 4g protein, 0% DV vitamin D, 2% DV calcium, 6% DV iron, 4% DV potassium.

Reminder that if schools are closed due to weather, programs will be cancelled.



Kelley Alsip

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McCracken County
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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

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