



McCracken County Extension Homemaker Newsletter

Family and Consumer Sciences

MAY 2023



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

Cooperative Extension Service

McCracken County
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Reflections from President Diane Shrewsberry...

"While strolling through the park one day, it was in the merry month of May" This song was written by Ed Haley and published in 1884. Wow. My mom sang this song a lot as I grew up. She had that beautiful alto voice I did not inherit, nor did I inherit her talent for painting or playing the piano. I was the one child who hated bows, loved mud, hated dresses, loved jeans. I despised curls and cut them off to my scalp at the ripe old age of 6 while dad snored and mom attended an Eastern Star meeting.

But on that note, May. My favorite month. Usually the flowers are in full bloom. We get those perfect days that you can stroll in a park, or your own yard and examine what may and may not emerge from the yard this year.

And then there is the Kentucky Derby. I have always loved horses and recounted only recently my horseback riding days with my cousin. We rode every creek, cemetery, and any park we could find in those "tween" years. Our parents did not worry. No one would kidnap us. They would send us back for sure if that were ever a thought. Should one of us fall from our horses, get kicked or whatever else may happen, (a tombstone lick to the head), the other would ride back for help. These wonderful childhood memories flood back to me as I grieve the loss of this childhood friend and cousin. He passed too soon in the month of March.

May the month of May bring you peace, joy and happiness as we enter into a new season. May your gardens flourish, your flowers bloom and the bluebirds sing in your trees. It's a beautiful time of year.

Diane Shrewsberry

Recipe from Diane

Granny Cake, by Roger Ann Gardner. Published in the Paducah Sun in December 1983

1 20 oz can crushed pineapple undrained

2 whole eggs

1 1/2 cups white sugar

1 Teaspoon salt

1 Teaspoon soda

2 cups plain flour

Mix all ingredients and bake in a 9 x 13 pan. Sprinkle the following topping over mixture.

Topping 1. Mix 1/2 cup brown sugar, 1 cup of chopped nuts. Sprinkle on batter. bake 35-40 minutes at 350* (325* if a glass pan)

While cake bakes prepare topping #2.

1 cup of evaporated milk.

1 stick butter

1 1/2 cups white sugar

1 teaspoon vanilla extract

Mix all ingredients and bring to a boil. Boil a minute then lower heat and simmer 10 minutes. Cool enough to allow topping to soak in cake prior to serving.

ATTENTION CLUB PRESIDENTS

It's that time of year! Please start filling out the necessary year end forms and compiling VSU hours. All presidents need to compile their clubs hours and forms onto one for each club rather than submitting every members information separately.

If each club turns in stacks of individual forms, it takes a LONG time to add all that up. Compiling the information helps out so much when sending the information to the state.

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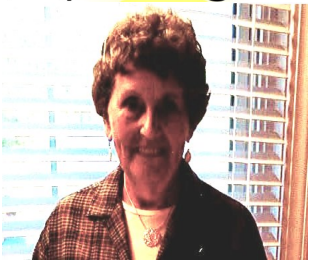
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

In the Spotlight



Mary Lou Hall is a member of Grahamville Homemaker Club and President of Extension Homemaker Garden Club. She joined Homemakers in 1999 soon after retiring from Western Baptist Hospital.

She loves to do work at her church and volunteers for *Made to Stay* and *Family Kitchen*. Mary Lou likes to travel, most of all to Florida for the month of October with her family. She is proud of her 2 sons and wives, 3 grandchildren and 2 great granddaughters.

Although she is 86 years young she still does most of the yard work and enjoys mowing with her new zero turn lawn mower. Her advice to fellow Homemaker's is to "Love the Lord, and each other, and keep moving!"

GAME DAY IS BACK!!!

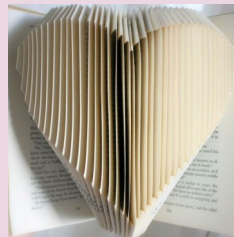
Like to play games? Socialize with others?
Come on out to the extension office on the first Monday of the month!

WHEN: 1st Monday of every month
beginning May 1st.

TIME: 10:00 a.m - 12:00 p.m.



ARTS AND CRAFTS



THE ART OF BOOK FOLDING

FRIDAY, MAY 12TH
10:00 AM
No Cost

For those that don't know, book folding is the art of folding the pages within books to create 3D shapes.

Cindy Shelby will be instructing this interesting art class.

Please call the office at (270) 554-9520 by Wednesday, May 10th to register.



April Tech Class:

Protect Yourself from Online Scams

Wednesday, May 10th
10:00 a.m.

Learn to identify and protect yourself and your personal information from online scammers. In this workshop, you'll learn about three real-life online scams and familiarize yourself with some of the techniques scammers commonly use to access sensitive information. Calling (270) 554-9520 to reserve a spot is preferred.

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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McCracken County Extension Master Gardeners present the 8th Annual Herb Appeal as a Fundraiser for the education of the gardening public.

Enjoy a delicious luncheon featuring the herb of the year 2023. Menu created by Master Gardeners

8th ANNUAL
"Herb Appeal"
A SUMMER SAMPLER

hear featured speaker
Ginny Hutson, Owner of Frenchtown Station
"Frenchtown Urban Garden"

NOON Luncheon
Doors Open @ 11:00 a.m.
Speaker @ 11:30 a.m.
Thursday, July 27, 2023

McCracken County Extension Office
2025 New Holt Road

Only 78 seats available
Advance registration required-
\$25.00 per person

Call the Extension Office
(270) 554-9520 for information







In Memory of Sherry Dorris,
always bright as a sunflower.

ENTOMOLOGY

MASTER GARDENER

TOOLBOX SERIES

MAY 2ND, 2023
5PM CST

The McCracken County Extension Master Gardeners are hosting Blake Newton, Extension Specialist, to discuss beneficial insects and spiders of the garden.

The beautiful spring came; and when Nature resumes her loveliness, the human soul is apt to revive also. [Harriet Ann Jacobs](#)

BINGOize

Join Kelly at the Paducah Sr. Center
For Bingoize in May

This program combines the game of bingo with fall prevention exercises.

12:30 – 1:15 pm

May Dates: 2, 4, 16, 19, 23, 25

Questions? Call (270) 443-8579.


Purchase Area FCS Agents present

University of Kentucky
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SPRING INTO GREEN:
OUTDOOR LIVING

Featuring...





Ruff Turner Martha White Lindsay Bowles

Session Topics:
--Cooking in the Outdoors
--Perennials & Woody Shrubs for Cut Flower Arrangements
--Plant Propagation

Registration required by **May 23**, may also register at your local Extension Office.

Graves Co. Extension Office
4200 US 45N,
Mayfield KY
May 31, 2023
9:30am-2pm CST
\$15 Registration

- Educational Resources
- New Ideas
- CATERED LUNCH
- Door Prizes
- Lots of Fun!



WE NEED YOU!



MCCRACKEN COUNTY FAIR

**Fair Volunteer Training and Set-Up -
Friday, June 16th**
10:00 a.m.

Fair Entries - Saturday, June 17th
7:30 a.m. at Floral Hall

At least 2 members of each club will need to help with fair entries. Please submit names by June 1st. We need numerous volunteers to make it successful. All McCracken County residents are eligible to enter the fair. There is a list of exhibit categories at <https://mccracken.ca.uky.edu/fair-exhibit-categories-rules>.



SUPER STAR CHEF CAMP

Volunteers needed

June 27 - 29

9 am to Noon

*You do not have to be a great cook.
Any type of helpers are needed.*

Questions?

Call Kelly at (270) 554-9520.

ARE YOU REALLY GOOD AT SOMETHING? SHARE YOUR TALENTS!

Teach a class at the extension office! Call (270) 554-9520 and talk to Kelly.



**McCracken County Homemakers
Annual Meeting**

Tuesday, August 22

Registration will begin at 5:30

Planning will begin in June. Each club will need to send a volunteer from their club to attend the planning meeting. Details to follow.

UPCOMING EVENTS

Adult Sewing - Tuesdays in May @ 9am - 12 pm	
May 1	Game Day, 10 am
May 4 & 18	Needlework Club, 10 am
May 4 & 18	Knitting & Crochet Club, 1 pm
May 8	Quilting Club, 10 am
May 9	Golden Days Club, 10 am
May 10	Tech Class - Online Scams 10 am - 12 pm (Limited Class Size)
May 11	Advanced Cake Decorating (9-12) Beginner Cake Decorating (1-4)
May 12	Arts & Crafts 9:30 am
May 16	Bags of Love, 9:30 am
May 17	Scrapbooking Club, 9 am - 3 am
May 22	Homemaker Garden Club Meeting, 9:30 am
May 23	Homemaker Advisory Council Meeting, 9:30 am
May 25	MCV - Denim Upcycle Workshop <i>Registration Required 9 am - 3 pm</i>
May 25	Deadline to Register for <i>Spring Into Green</i>
May 26	Master Food Volunteer Meeting 10 am - 3pm
May 29	Office Closed - Memorial Day
June Lesson	Mailout <i>Reducing the Risk of Identify Theft</i>

Kelly Alsip
Agent for
Family & Consumer
Sciences

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

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