



# McCracken County Extension Homemaker Newsletter

## Family and Consumer Sciences

 Cooperative  
Extension Service

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

### DECEMBER 2023

### Merry Christmas from President Diane Shrewsberry...

December brings sweet smells from the kitchen, a cozy fire in the fireplace, and twinkling lights to delight our senses. On days after all the stirring around and dealing with traffic and shoppers, I like to find some quiet time to enjoy a magazine with beautiful Christmas trees lit and heavenly wrapped packages around. This reminds me of long-ago Christmases.

My memory of a train set surrounding the tree on Christmas morning is special to me. My brother, now long gone from this earth received one for Christmas one year. I think a Lionel set if memory serves me correctly. Just prior to Christmas day I was helping mom string lights on the tree. A cedar cut from our farm, and those of you my age remember the large red, green, blue and yellow HOT bulbs we had to sort and place on the tree yearly. My brother, riding his tricycle, ripped across the floor tangling the lights in a wheel as he drug them from the tree. I think he was lucky to get a train set that year.

The live trees always sat in a bucket of water, just waiting to spring a leak or have someone bump the bucket spilling water onto the freshly waxed hardwood floor. Or the cat, climbing up the trunk knocking ornaments to and fro. Rusty the dog racing into the forbidden house, crashed into the tree as he skidded across the floor. We started over that year.

My mom bought me an ornament at the 5 and 10 cent store one Christmas when I was about 5. It twirled under heat and worked great on those big heat laden lights. Now it sits on my tree unmoving, but the memory of those special Christmas's stays with me.

Whatever you do this holiday season, let us remember the true reason and gift that is freely given to us. Christmas blessings and MERRY CHRISTMAS!!

This recipe makes the best ginger cookies I have ever eaten. The recipe is one I got from Carolyn Roof nearly 20 years ago. It's worth the effort.

- 2 1/4 all purpose flour
- 1 1/2 teaspoon ground ginger
- 1 1/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon all spice
- 1/2 teaspoon salt
- 1/2 teaspoon ground mustard
- 1/2 teaspoon black ground pepper
- 1 1/2 sticks unsalted butter room temp
- 1/2 cup white sugar plus more for rolling cookies
- 1/4 cup light brown sugar
- 1 large egg yolk room temp
- 1 teaspoon vanilla extract
- 1/2 cup molasses
- 2 tablespoons apricot or ginger preserves

Mix flour, ginger, baking soda, cinnamon, allspice, mustard, salt, pepper in a bowl.

Beat sugars with butter, and add the egg yolk and vanilla. Add molasses and preserves. Beat and add in dry ingredients to make a soft dough. Mix and cover. Freeze 20 minutes. Scoop portion of dough and roll into balls Roll in white sugar. Place on cookie sheets, sprayed with non stick cooking spray. Bake 10-12 minutes at 375\*. Cool on a rack.

A lot of ingredients! Carolyn and I and our spouses along with Bill and Carol Baugh visited Magnolia Manor one Christmas. She made these for us to eat on the way. I could not get enough of them!!!

Recipe compliments of Carolyn Roof.

**HOMEMAKER**  
*spotlight of the month*

Joyce Ripley is a member of St. John Homemakers and currently serves as secretary. She joined the club in 1989 for the camaraderie and opportunity to learn new things. After more than 30 years, she still enjoys the fellowship, lessons, and community service.

Joyce retired from Petter Supply Company in 2015. She worked in industrial sales, earning a number of awards as one of the company's top performers. Her career spanned 41 years. Many of the friendships she built along the way are still going strong.

Joyce and her husband, Joey, will soon celebrate their 50th wedding anniversary. They have two daughters, three grandchildren and two grand dogs. Joyce enjoys a variety of hobbies, including gardening, card playing, pickleball, traveling (the beach is her favorite!) and reading. She is a proud, active, lifetime member of St. John Catholic Church.

**A Note from  
Jean  
Abanatha...**

Our Community Project for family life this year is helping the ladies at Lifeline Recovery Center (a drug and alcohol rehab program) here in Paducah.

Clubs are collecting personal items such as personal hygiene items as well as books and puzzles, etc. Homemakers contributed makeup bags for each women filled with person needs. Plus our Advisory Council has donated \$275 for purchasing bras and underwear for the ladies at the center.

In addition to all the donations, a bible study class has been set up and will be starting soon.

**Thank you for all of the donations!**

**\* Disaster Preparedness  
2 Part Workshop**  
January 24th & 31st 2 - 4 pm

**\* Micro Processing  
Certification**  
For Commercial Sellers  
March 22nd

BOTH REQUIRE  
REGISTRATION  
MORE INFO TO FOLLOW

The Garden Club met on November 27 at President Mary Lou Hall's home. Everyone enjoyed delicious food and unforgettable fun & fellowship, making memories.

Front row: Linda Riley, Sue Cash, Teresa Vincent, VP, Rebecca Harned. Back row: Amanda Ford, Mary Lou Hall, Brenda Johnson, Secretary, and Norma Selby.

# SELF DEFENSE WORKSHOP

Taught by Mike Keller, FSC Agent in Hickman County



**TUESDAY, JAN 23RD, 2024**

**2 PM - 4:30 PM**  
**McCracken County**  
**Extension Office**

**Space is limited!!**

Last day to register is  
Monday January 20th

## WHAT IS SELF DEFENSE?

Join us Tuesday evening for a brief in depth look at what self defense actually is and why it is important. A brief hands on workshop will follow to demonstrate some basic maneuvers Participants must be 18 or older, or 16 with a parent or guardian. Cost is \$5.00 per participant in the active portion, no charge for the speaking portion.



- Basic introductory moves
- Moves will be applicable for anyone
- Recommend bringing a friend to pair up with

**FRIDAY, DECEMBER 15 | 11:00 A.M.**



**JOIN US FOR PAINT FAN DANCE!**

Paint Fan Dance is a free combination art/exercise class taught by artist Lady Van Tiger. The first class will be held on December 15th from 11:00 a.m. until noon. Starting in January, classes will be on the 1st and 3rd Wednesday of the month through April.

Please call the office at (270) 554-9520 to register. All art materials for the class will be provided, free of charge. This class is open to adults 18+.



## UPCOMING SEWING CLASSES

**JANUARY 24 & FEBRUARY 19**

Taught by Sheryl Mullins, Muppins Sewing Emporium

**HEIRLOOM SEWING - 9 - NOON (LIMIT 20)**

Heirloom Sewing, also known as French Hand Sewing, is traditionally sewn with fine fabrics.

**(Must have beginner sewing skills)**

**BASIC SEWING - 1:30 - 4:00 (LIMIT 10)**

Learn basic sewing techniques in this beginner sewing class.

**REQUIRES REGISTRATION**



**TECH CLASS**

**Wednesday, December 13th**

**10:00 am**

Seeking reliable health info? Join us for our December Tech Class: "Consumer Health Research"! Discover how to navigate the treasure trove of free medical resources offered by the Kentucky Virtual Library. From trusted medical insights to up-to-date research, we've got you covered. Don't miss this chance to empower yourself with knowledge.



## UPCOMING EVENTS

**Adult Sewing - Weekly on Tuesdays 9 - 12**

**Dec. 5 & 21 Game Day, 9 - Noon**

**Dec. 7 & 21 Needlework Club, 10 am - 12 pm**

**Dec. 7 & 21 Crochet Alley & Knitting Row Club, 1 - 3 pm**

**Dec. 8 Arts and Crafts/Cookie Exchange 9:30**

**Dec. 13 Tech Class (Consumer Health Research), 10 am**

**Dec. 14 Beading Circle , 1 - 3 pm**

**Dec. 15 Paint Fan Dance, 11 am - 12 pm**

**Dec. 20 Scrapbooking Club , 9 am - 3 pm**

**December 23 -January 1**

**Office Closed**

**MERRY CHRISTMAS!**

Hello All,

I wanted to wish all of you the Happiest of Holidays!

Each and everyone of you are all special to our Extension Family.

Thank you to all our volunteers, without you the McCracken County Extension would be nothing!

Be on the lookout, we have a lot of new programs already booked for the upcoming New Year! If you would like to help with a program you see being offered, call the extension office, the more hands helping the larger and more successful the program will be.

I look forward to seeing your faces more and more. From the bottom of my heart, I appreciate all of you and hope you have the most wonderfully fun and memorable Holidays!

Kelly Alsip



DECEMBER ARTS & CRAFTS

### Christmas Cookie Exchange

AND MAKE AN ORNAMENT FOR \$5.00

📅 December 8th, 9:30 am

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

✉️ RSVP to  
sue.rice@uky.edu or  
call (270) 554-9520  
by 12/6/23

Bring your best cookies!

*Kelly Alsip*

Agent for Family and Consumer Sciences

McCracken County

### Cooperative Extension Service

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