

# McCracken County Extension Homemaker Newsletter Family and Consumer Sciences February 2023



## ♥ Reflections from President Diane Shrewsberry... ♥

♥ Not only is February International month, it's also heart month. Hearts take many forms from the kind that beats in your chest to the kind we like to give for Valentine's Day. American Heart association recommends we take care of the one that keeps us alive by watching our diets, getting plenty of exercise and getting regular checkups. Sometimes in the month of February, I just "set out." Meaning I am NOT cooking anything. I set out the mustard and catchup and bread. Plop down sliced turkey and call it good. I try not to set out the potato chips and cookies. That doesn't go along well with watching my weight. If my family gets tired of the "set out" routine, I might break down and bake Valentine cookies. Oh and who can forget. It's Girl Scout cookie time. So, maybe just one box.

♥ I remember as a grade school student the valentine box our teachers would make for us to drop in valentines for classmates. Some nice room mother would show up with punch and cookies in time for a party at the end of the day. As time passed, I think the boxes disappeared from the classroom. My grandchildren had to make their own box and take it to the classroom. Each child could have a theme on their box if they chose. One of my grandboys decided a toilet out of cardboard would be his choice in the second grade. I think it reappeared in the third grade before his mom decided that was enough.

♥ Enjoy your Valentine's Day however you choose to celebrate it. Stop by the extension office in the noon hour for some soup and a cookie/candy exchange if you have no plans. Weather permitting of course. And take Heart, after February we look forward to an early Spring!!

♥ Diane Shrewsberry



Scrapbooking Club members are ready for Valentine's Day! Club members created beautiful cards for their loved ones.



ROSES ARE RED,  
VIOLETS ARE BLUE,  
SCRAPBOOKING  
CLUB  
MAKES CARDS  
TOO!



## MEET BRENDA GAMBLIN.....



Brenda has been a member of the Happy Homemakers Club since 2019 and is presently serving as the treasurer of the club. Before joining homemakers Brenda became a Master Food Volunteer and continues to be active in the Master Food Volunteer program.

She has a Master's Degree in Nursing. After 48 years in the nursing field, Brenda retired at the end of 2020. Brenda is married with two children and two living grandchildren.

Her interests includes painting, basket weaving, quilting, reading, crafting, and enjoys and sharing these activities with others. By joining homemakers she is able to share ideas which not only enriches her life, but hopefully touches others in some helpful way.

## INTERNATIONAL MONTH

One of our International programs of work features Ghana. Below, you will find some follow up information on this country. Homemakers across the nation have visited this country and assisted with programs to improve the lives of families in this country.

KEHA has worked to support the Kentucky Academy Kindergarten in the village of Adjeikrom in the eastern region of Ghana, West Africa. Since 2008, KEHA has funded improvements to the facilities that include:

- Ceiling and ventilation improvements
- New floors throughout the building
- Landscaping and drainage improvements
- New furniture for classrooms
- A new well for improved water supply
- Construction of a kitchen and dining facility
- Construction of a community library building (in progress)



International program of work also encourages club members to establish goals to greet and welcome people from other countries. Our speaker in February is from **Russia**. Victoria Noe has been in the U.S. 6 years. Please make her feel welcome and happy to call McCracken County her home now. **Victoria speaks on 2/28 at 11:30 am. at the extension office. Join us!!**

## ALL HOMEMAKERS ARE INVITED TO SWEET TREATS AND SOUP FOR VALENTINES DAY

2/14 AT NOON

Please respond by 2/8 if you would like to attend. Bring your favorite sweet treat to exchange with others and enjoy a hot bowl of soup! Stay a little longer and make a melted crayon pendant necklace for only \$1.00!



## Just in time for Valentine's Day



Make a  
**Hanging Lace Heart**  
at the next  
Arts and Crafts class  
session on Friday,  
February 10th  
at 9:30 a.m.

Pre-registered participants are guaranteed supplies. Please register by Tuesday, February 7th . The cost of the class is \$3.00. Pre-payment is encouraged but payment can be made at door.

*\*Project will be similar to picture but you can add your own touches\**

## Upcoming Events

### “Finish your Project/Fun Day”

February 24th  
10:00 am

Bring a sack lunch and get your project ready to enter the Cultural Area event on the 3rd of March.

### Bingo + Exercise = Bingocize®

BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercises.

Held at the Paducah Sr. Center  
Beginning Thursday, March 2nd  
10:45 - 11:00 am

Dates through April: March 2,9, and 23rd, April 6,13, and 27th

### IS BUTTER A CARB?

UNPICKING FACT FROM FICTION IN THE WORLD OF NUTRITION

MARCH 2023

March 2  
Intro - Chapter 3

March 9  
Chapters 4-7

March 16  
Chapters 8-11

March 23  
Chapters 12-14

BIG BLUE BOOK CLUB

Cooperative Extension Service



MORE INFO  
ukfcoext@uky.edu

Book viewings to be held at extension office

This practical book is the

modern must-have nutrition book for everybody interested in food, health, and pop science. The first 5 people to sign up will receive a free book.

The viewing will be held via Zoom at the extension office. Led by Dr. Heather Norman-Burgdorf, Extension Specialist for Food and Nutrition, *this series will be held on Thursdays March 2, 9, 16, and 23 at 9:00 am.*

### INTERESTED IN A GAMING CLUB?

Board games, cards, etc. Please contact your club president or the office if you would be interested in participating in a monthly gaming club.

Don't forget to make your reservations for the 2023 KEHA State Meeting



May 9 - 11, 2023  
Crown Plaza  
Louisville, KY

### LEARN THE BASICS OF GOOGLE DOCS

Wednesday, February 8th  
10 - 12

This workshop is designed for learners who are new to digital tools. Google Docs is similar to Microsoft Word and makes it easy to collaborate with others. Create your first Google Doc, share it with others, and learn to use editing and suggestions mode, and leave comments.

You can bring your own device.

Please call (270) 554-9520 to register as class size is limited.

### COOKING THROUGH THE CALENDAR

A *pre-recorded* cooking demo with Kelly and Stephanie preparing recipes from the 2023 SNAP-ED Calendar. Available after the last Monday of the month beginning in February. The link will be sent out via email and posted on website.

### Cast Iron Skillet Cooking

with Paducah Native  
Brad Edwards



March 24th  
11:00 - 12:00

Free: Register by calling (270) 554-9520 for food head count



### HELP US SPREAD THE WORD

#### “Helping Parents Help Children”

This one hour laugh and learn playdate is designed to help parents prepare their 3 - 5 year old children for kindergarten.

The next playdate will be held on **February 15th** and will continue to meet on the 3rd Monday of the month at the McCracken County Library from 11-12 a.m. Call 270-554-9520 to register.

## UPCOMING EVENTS AT OFFICE

Adult Sewing – Tuesdays in February @ 9 am – 12 pm

Feb. 2 & 16 Needlework Club, 10 am

Feb. 2 & 16 Knitting & Crochet Club, 1 pm

Feb. 8 Tech Class (Google Docs) 10 am – 12 pm (Limited Class Size)

Feb. 9 Concord Club, 10 am

Feb. 10 Arts and Crafts, 9:30 am

Feb. 13 Quilting Club, 10 am

Feb. 14 Golden Days Club, 9:30 am

Feb. 14 Sweet Treats and Soup – Noon (Please call to sign up by 2/8)

Feb. 15 Scrapbook Club, 9 am – 3 pm

Feb. 21 Bags of Love, 9:30 am

Feb. 24 Project Fun Day for Cultural Arts Projects, 10 am

Feb. 27 Garden Club, Meeting at Innovations Hub @PTHS, 9:30 am

Feb. 28 Homemaker Board Meeting, 9:30 am

Mar. 1 Homemaker Lesson–Transferring Cherished Possessions, 10 am



Who has excess craft items, sewing stuff, material, yarn, etc. laying around that you have no idea what or why you bought it? I know I have more than I will ever get around to using.

**DROP OFF DATE is April 24th from 3pm - 6pm.** Start gathering your extra stuff and you can drop it off at the extension office for a Homemakers Craft Spring Cleaning Yard Sale. **The yard sale will be April 25th and 26th.**



We are still working logistics and will send out more information as we finalize everything.

All proceeds will be donated to the Juanita Amonett Scholarship fund.

Contact Elaine Stevens if you have any questions: (270) 210-4013 or [mesteven@comcast.net](mailto:mesteven@comcast.net)

♥ HAPPY  
Valentine's  
DAY ♥



**Kelly Alsip**  
Agent for Family &  
Consumer Sciences

Questions?  
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