



April 2023 FCS Newsletter

VOL. 23-04

Cooperative Extension Service

Wayne County

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IN THIS ISSUE

Nutrition Notes, Gaye Hutchison, EFNEP Assistant.....	Page 2-3
Extension Homemaker Clubs & Blood Drive.....	Page 4
Club Officer Elections.....	Page 5
Leader Training, Bingocize, & Garden Event.....	Page 6
Extension Homemaker Information.....	Page 7
Country Charmers Homemaker Club.....	Page 8
Crafter's Anonymous, Painting Class, & In-Stitches Class.....	Page 9
Yard Sale Fundraiser.....	Page 10
Lake Cumberland Area Extension Homemaker Annual Meeting.....	Page 11
Therapeutic Venues - Seth Hart, Community Art Assistant.....	Page 12-13
Joy McGinnis, FCS Program Assistant-Spring Cleaning.....	Page 14-15
Book Towers, Quilts for Courageous Kids, & KEHA State Meeting.....	Page 16
Creative Writing Class & Fabric-Folded Star Class.....	Page 17
County Extension Homemaker Annual Meeting.....	Page 18
Lake Cumberland Arts Cultural Arts Winners.....	Page 19
Enclosures: 2023-2024 Homemaker Enrollment Form & 2023 Calendar	



"Easter is meant to be a symbol of hope, renewal, and new life." - Janine di Giovanni



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
EFNEP Assistant

(Expanded Food and Nutrition Education Program)

April 2023

Nutrition

Education

Program Calendar

Recipe

Rainbow Pasta Salad



Note: Add grilled chicken to make this an entrée salad.

Makes: 7 servings

Serving Size: 1 1/2 cups

Cost per recipe: \$12.87

Cost per serving: \$1.84

- 8 ounces small whole-wheat pasta (shells, mini bowties, elbow macaroni, rotini, etc.)
- 6 ounces (or 4 cups, packed) fresh baby spinach leaves, roughly chopped
- 2 cups sliced strawberries
- 1 can (15 ounces) mandarin oranges in 100% juice or water, drained
- 1 can (10 ounces) pineapple tidbits in 100% juice, drained with juice reserved
- 1 cup chopped pecans, cashews, almonds (optional)

Salad dressing:

- 1/4 cup olive oil
- 1/3 cup apple cider vinegar
- Reserved pineapple juice
- 1/2 teaspoon onion powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon salt

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Cook pasta according to package directions. Drain and rinse under cold running water to cool. Set aside to continue draining.
3. Wash fresh produce under cool running water and dry. Cut to prepare for the recipe.
4. In a large bowl, combine the cooked pasta, spinach, strawberries, oranges, and pineapple.
5. Top with chopped nuts, if using.
6. Combine the salad dressing ingredients in a separate small bowl or jar with a lid. Whisk or shake to combine. Add salad dressing to the pasta salad right before serving and toss. Or, serve dressing on the side to keep salad crisp for several days.
7. Refrigerate leftovers within 2 hours.

Nutrition facts per serving:

250 calories; 9g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 190mg sodium; 41g total carbohydrate; 5g dietary fiber; 14g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium.

Source:

Brooke Jenkins,
Extension Specialist,
University
of Kentucky
Cooperative
Extension Service

Say Yes to Cancer Prevention!

Excerpts from FCS3– 616, written by Heather Norman-Burgdolf, Dietetics and Human Nutrition

In the United States, cancer is the second leading cause of death each year. Fortunately, cancer prevention and treatments are improving in order to fight the high number of cancer cases.



Why is nutrition important in cancer prevention?

Eating certain foods frequently have been linked to increased cancer risk. These include processed meats, like hotdogs and lunch meat, red meat, and sugary foods and beverages, such as ice cream, cookies, and sugar-sweetened beverages.

It is important to note that it is difficult for researchers to determine what foods actually cause cancer. More research needs to be done.

As a general rule, choose healthy foods that make it easier for your body to work and function the right way. Replace unhealthy foods with highly nutritious foods like fruits, vegetables, and whole grains. When healthy foods replace unhealthy foods in the diet, our bodies receive several helpful nutrients that can fight off the development of cancer. Antioxidants are a nutrient that can help keep our DNA healthy and keep cell growth and division controlled. Usually antioxidants are the reason that fruits and vegetables have bright colors. For example, blueberries are a great source of antioxidants. Other healthy antioxidants found in fruits and vegetables can help fight inflammation and reduce how hard our body has to work to function.

Finally, a healthy diet is an important part of maintaining a healthy weight. As previously mentioned, being overweight or obese increases the risk of certain cancers. Choosing healthy foods and being a healthy weight for your height, age, and gender is a great step in the right direction toward cancer prevention.





Extension Homemaker Club Meetings

- Sunnybrook** - April 6th @ 6:30 p.m. - Downstairs Meeting Room
Country Charmers - April 10th @ 6:00 p.m. - Downstairs Meeting Room
Pots & Pans - April 10th @ 6:00 p.m. - Upstairs Meeting Room
Charity - April 11th @ 5:00 p.m. - New Charity Baptist Church
Crafter's Anonymous - April 12th @ 1:30 p.m. - Downstairs Meeting Room
Odds 'N Ends - April 13th @ 12 noon - Downstairs Meeting Room
Creative Characters - April 18th @ 12:30 p.m. - Downstairs Meeting Room
Happy Chippers - April 20th @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - April 24th - Assigned Appointments Only - Contact Seth Hart
Mudslingers - April 25th @ 12 noon - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!



Roll Call & Thought of the Day for KEHA Monthly Club Meetings April 2023



Thought for the Day: "Volunteers don't get paid, not because they're worthless, but because they're priceless." - Sherry Anderson

Roll Call: April is National Volunteer Month. What is your favorite way to volunteer?

Blood Drive!

Tuesday, April 11, 2023

Aspire Center

Creative Characters/Mudslingers

11:45 a.m.-3:00 p.m.

Country Charmers 3:00 p.m.-6:15 p.m.



Donate Blood - Save a Life!

**Thank you,
Wayne County Community!**

**Thank you for the 37
volunteer donors who
gave blood on
February 14th
and helped save a life!**

ELECTION

Extension Homemaker Clubs

April is the month to start thinking about CLUB OFFICER ELECTIONS and Membership Recruitment!

Our NEW 2023-2024 program year is quickly approaching! Membership Drive begins in MAY. Membership dues are \$10 per year. Our NEW program year begins JULY 1st. Membership forms with PAID dues are due to the Extension Office by June 30th.

All Extension Homemakers are asked to begin Membership recruitment in MAY & JUNE. We want the majority of our Homemakers to be active members by JULY 1st so they don't miss out on our new program year activities.

Everyone who has their paid dues and membership form in by June 30th will receive a special Extension Homemaker incentive. Anyone who recruits a NEW member will receive an additional special membership recruitment incentive. Their NEW member will also receive it.

The 2023-2024 membership form is enclosed with this newsletter. ONLY use this BLUE form. We will print you as many as you like. Also, remember we have available Membership Gift Certificates if you'd like to support a new Homemaker by paying their dues. Please let us know if you any questions.



Club Officer Elections & Chairperson Appointments

Our NEW program year begins JULY 1st. ALL County & Club Officer forms for the 2023-2024 program year need to be turned into the Extension Office no later than JUNE 1st so we can have program books ready to hand out on JULY 1st.

For clubs that do not meet throughout the summer, you will need to have your Officer Elections BEFORE your break for the summer and your paperwork turned into the Extension Office. NEW Officers & Chairpersons take office as of JULY 1st.

Our Adventures Await!!

Leader Training Schedule

Wayne County Extension Office

Everyone is welcome. Invite a friend or neighbor. You do not have to be an Extension Homemaker to attend. Please register to attend so we can be prepared for you.

Upcoming Lesson:

April 25th @ 5:30 p.m. - Healthy Outdoor Cooking



Passport Program

Wayne County Extension Homemakers
Your "Adventures Await"

Passports are ready for pick up.
Ask us for more information.

Remember your Passports can earn you points for rewards and prizes at the County Annual Meeting.

SAY YES
to new
ADVENTURE



Bingocize is a multi-week program. All times 10 a.m.

Session II is March 30th, April 6th, 11th, 13th, 18th, 20th

Come Join the FUN!
Session II Begins
March 30th
10 a.m.
Upstairs Meeting Room Wayne Co. Extension Office

Registration Required so we can be prepared for you!
606-348-8453

Free prizes
Open to everyone!

LOOKING FOR A FUN WAY TO BE MORE ACTIVE?

Bingo + Gentle Exercises = BINGOCIZE®
Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit.



JOIN THE FUN!!

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

GROW YOUR GARDEN, GROW YOUR MIND

April 5, 2023
10:00 am-2:00 pm EST
Registration begins 9:30 am EST

Wayne County Extension Office
255 Rolling Hills Blvd, Monticello

Lessons & Take Home Ideas for

- Raised Bed Gardens
- Succulents
- Flower Pressing
- Stake Out Your Garden
- Rock Gardens
- Keeping Yourself in Berries All Year
- Recipe Demonstration & Sampling

\$10 Registration Fee
includes lunch & take home educational materials

Register with your local County Extension Office & pay registration fee by March 31st

Share Your News with Other Homemakers

Our Homemaker Clubs do so much in our community. If your club has sponsored a 4-H camp scholarship, taken food to shut-ins, done community trash pickup, helped a needy family or any community service project, please share that information with us. We will share with other homemakers in the Homemaker Newsletter. We can also share if a club member has won a community, area, or state award, graduated from trade school or college, had a silver or golden anniversary, new baby or grandbaby, etc. Information will need to be turned in to the office by the 10th of each month so we will have time to get it in the next newsletter.

Extension Homemakers - Volunteer Hours

Homemakers - Thank you so much for all you do in our community. Your time is needed and appreciated! Please keep up with your Volunteer Hours through June 30, 2023, and turn them in to your club chairperson or to our office before July 15, 2023.



Let Your Light Shine!

Each month we will "feature" a Homemaker Club. Your club will be asked to send us information about your club. Where have you been? Any special projects? Community service? A club outing? etc. We like pictures too!

Your club will be spotlighted in the FCS Newsletter, Facebook, the Z93 Daily, and the Wayne Weekly. The month that your club has been assigned, you will be asked to do an article about your club, with a picture, or you can have a picture and a small write-up each week of your featured month. It is your choice.

This will be **FUN**, and we need to let others know how much fun it is to be a Wayne County Extension Homemaker.

February 2023 - Charity

March 2023 - Creative Characters

April 2023 - Country Charmers



May 2023 - Happy Chippers

June 2023 - Pots & Pans

July 2023 - Crafters Anonymous

****Remember:** You are welcome and encouraged to share your club happenings **anytime** and not just in your featured month. Please share your homemaker experience with others.

Country Charmers Homemaker Club

Country Charmers is a small homemaker group which means a member may be an officer, serve on several committees, and wear several hats at the same time.

Members stay busy but are always ready to step up and contribute. This dedication makes our small club a valuable asset to Homemakers and to this community.

Country Charmers' members are always willing to help and have donated their time and money to many local community projects and organizations, such as House of Blessings, The Hope Center, HELP Pregnancy Center, and Dolly Partin's Imagination Library. Country Charmers have also contributed to Touching Lives; a local effort to provide cancer patients undergoing treatment with a comfort bag. The bag includes a bible, a lap quilt, and a pillow.

Our club has a wide age range of members which blends wisdom and energy to create lots of great ideas. We have three generations represented in our club and have another fourth generation playing in the floor, which we hope will soon join in club activities.

Monthly meetings start with the business part of the meeting. After the business has been taken care of, we take time to share and catch up with each other. The meetings always end with games, fun, and laughter. We love our meetings!

Our club meetings are held on the 2nd Monday of the month (September through May) at 6:00 p.m. in the Downstairs Meeting Room at the Wayne County Extension Office.



Crafter's Anonymous Extension Homemaker Club

Wednesday, April 12, 2023 @ 1:30 p.m.

Downstairs Meeting Room

Crafting Corner Project - Salt Dough Art

All supplies provided (there will be no cost for the supplies). We will be making salt dough art (refrigerator magnets or ornaments). In the April meeting, we will be crafting and learning how to make salt dough. We will be sharing our talents and ideas for fun crafting! In our May meeting (May 10th), we will be painting and learning how to seal our salt dough art.

Happy Crafting!

Registration Deadline: April 7, 2023

To receive a craft kit, PLEASE call and let us know if you will be attending.



Signs of Summer Painting Class with Suzanne Pogue

Monday, April 17th @ 6 p.m.

Downstairs Meeting Room at the Extension Office.

Deadline to Register: April 12th

Registration Fee: \$30 (Prepaid)

Participants can personalize the signs.

All supplies will be provided.

The paint is permanent on fabric.

Please bring a smock or apron to wear.

In-Stitches Class

Wednesday, April 19th @ 10 a.m.

Downstairs Meeting Room at the
Extension Office.

We will be working on the
Melon Patch & Cheese Box!



We are looking for anyone willing to
share their talents!

If you need a "Get Creative
Teacher's Form," please let us know.
Thanks so very much for helping us to
broaden the creative experiences and
opportunities to our community.

Yard Sale Extravaganza

Hosted by Wayne County Extension Homemakers

Event Date: Saturday, April 1, 2023

Time: Open at 7:00 a.m. - Close at 3:00 p.m.

Event Set-up: Thursday, March 30th @ 2 p.m. & Friday, March 31st @ 1 p.m.-7 p.m.

Location: Wayne County Extension Office, 255 Rolling Hills Blvd., Monticello

- ALL yard sale items need to be labeled and tagged (priced) BEFORE THEY are donated to the yard sale.
 - Items MUST be CLEAN!
 - Items can be dropped off on Friday, March 31st. We do not have storage space to take items before Friday.
 - Cash only.
 - Yard sale items - food/bake sale items - special children's activities.
 - Please stop by the Extension Office and pick up flyers to post around the community.
 - Yard Sale Item Stations:
 - Clothing
 - Adult - Men & Women
 - Children - Boys & Girls
 - Baby Items
 - Household
 - Yard/Garden
 - Toys
 - Vintage/Antiques
 - Glassware
 - Purses, Shoes, & Accessories
 - Jewelry
 - Media & Electronics
 - Seasonal
 - Pet Supplies
 - Food & Baked Goods
 - Children's Activities
 - Check-Out Station
 - Food - Karen Abner is the Chairperson
 - Children's Activities - Tammy Lennex is the Chairperson
 - Any Leftover Items - Joyce Bolin is Chairperson
 - Check Out Station - Polly Sartin is Chairperson & Ruby McFarland
- We are asking everyone who is working the yard sale to wear their Wayne County Homemaker t-shirt and/or apron if you have them.
 - Items in **RED** - PLEASE, we can't do this without you, and we **REALLY** need for you to sign up, so we know who is going to help. Sign up at the front desk at the Extension Office.
 - **Setup**
 - **Cleanup**



Lake Cumberland Area Extension Homemaker Annual Meeting

April 27, 2023 @ 6:00 p.m. EST - Aspire Center

Theme: Baskets of Blessings

Time: Registration begins 5:30 p.m. EST. Program begins @ 6:00 p.m. EST

Location: Aspire Center, 90 Airport Rd., Monticello, KY 42633

Registration Deadline: April 18, 2023

Paid registration will need to be received by 4:00 p.m. EST.

Registration Fee: \$15 per Person - Checks payable to Wayne County Extension Office

Meal: Savory Stuffed Pork Tenderloin & Sumptuous Stuffed Turkey Breast

Mashed Potatoes & Gravy

Home Garden Buttered Corn

Country Seasoned Green Beans

Sweet Baby Carrots

Spring Garden Salad

Rolls

Delectable Desserts

Drinks



Entertainment: Chautauqua Speaker from KY Humanities Council

Grandpa Jones: Country Music & Comic - Portrayed by: David Hurt

Additional Information for Wayne County Homemakers:

All counties are to bring:

- \$25 door prize tagged with County name. *Committee has this covered.*
- There will be a name tag contest utilizing meeting theme "Baskets of Blessings." Prize will be awarded to winning county. Committee is working on this and your name tag will be ready for you at the registration table the night of the meeting.
- There will be a contest amongst the counties for the MOST non-perishable food items brought to the meeting. There will be a prize for the winning county. PLEASE bring your food items to the Aspire Center during set-up day on Wednesday, April 26th. PLEASE make SURE there are NO out-of-date food items! *Food items will be donated to the local House of Blessings (soup kitchen).*
- Please call or stop by the Extension Office and sign up to help with the LCS Extension Homemaker Annual Meeting. Wayne County Extension Homemakers are hosting this event. We want it to be amazing! We need you to help make it an evening to remember!!
- **We NEED to know by April 18th who is helping when & with what!**
 - Set-up
 - Clean-up
 - Food Service (IF you have had safe food handling class.)
 - Sign up at the front desk at the Extension Office to help.



Seth Hart,
Program Assistant
for Community Arts

Drawing


Theme: Gardening

Tomato Plants

DRAWING

THEME: GARDENING

TOMATO PLANTS



Designed & Instructed by:

Seth Hart
Program Assistant for Fine Arts
Wayne County Cooperative Extension Service
255 Rolling Hills Blvd.
Monticello, KY 42633
606-348-8453
seth.hart@uky.edu

THE RAPELUIIC VENUE'S FINE ARTS DEPARTMENT



MATERIALS

PENCIL

GEL INK PEN

PAPER OPTIONS

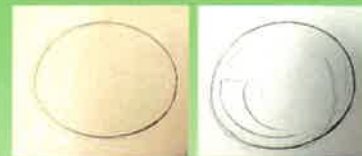
- WATERCOLOR PAPER
- ACRYLIC PAPER
- SKETCH PAPER

TERMS

- PEN & INK DRAWING
- SHAPE vs FORM
- OVERLAPPING
- FOREGROUND & BACKGROUND
- HORIZON LINE
- HATCHING/CROSS HATCHING
- AGRICULTURE

PRE-INSTRUCTION

GET COMFORTABLE DRAWING TOMATOES



MORE INSTRUCTION ON NEXT PAGE

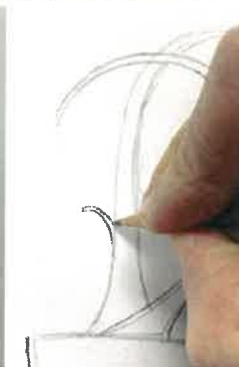
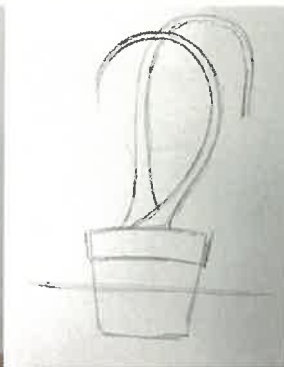
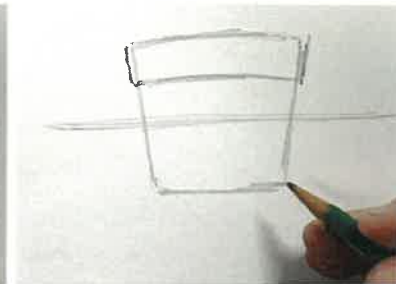
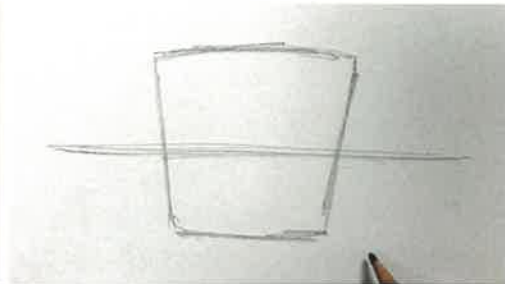
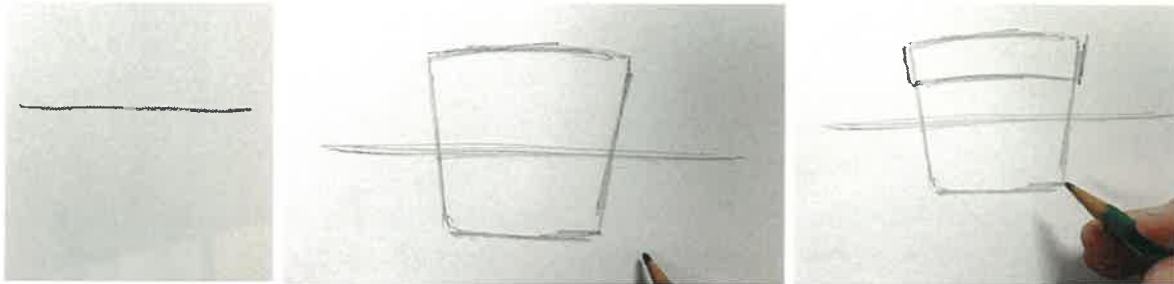


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Seth Hart,
Program Assistant
for Community Arts

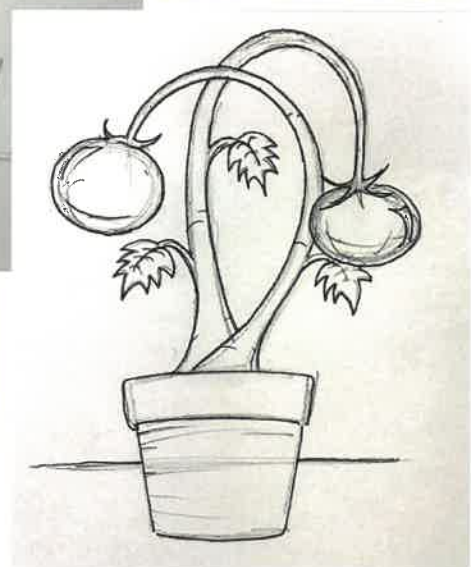
Drawing Theme: Gardening Tomato Plants



**BEGIN WITH A HORIZON LINE
IN THE CENTER OF PAGE
(AS SHOWN IN FIRST IMAGE).**

**FROM THIS POINT FORWARD,
OVERLAP EACH SHAPE AND
ERASE THE WORKING LINES THAT
WON'T BE SEEN
WHEN FINISHED.**

**WHEN FINISHED SKETCHING,
OUTLINE DESIGN WITH INK.
(ADDING COLOR IS OPTIONAL)**



VIDEO TUTORIAL

<https://www.youtube.com/watch?v=8NiAYKIJHow>

THANKS FOR WATCHING



Joy McGinnis,
FCS Program Assistant

Step Up to SPRING Cleaning!

Did you ever think about how the spring cleaning ritual developed? Before the advent of electricity and a host of other modern conveniences, homes were heated with coal, oil, and/or wood, and lit by gas or candlelight. Soot and grime were the natural companions of winter. Once spring arrived, the doors were thrown open, and everything--rugs, furniture, cupboards, curtains and more--was aired out, cleaned out, swept out, and scrubbed out. Although today's centrally heated homes don't collect that intensity of dirt, somehow the winter dinginess seems to creep inside. And this year, with challenging weather conditions keeping us indoors all too long, our instincts are to make everything look fresh and bright come that first whiff of spring. Nancy Bock, Vice-President of Consumer Education at the American Cleaning Institute, has some recommendations to get you started.

Strategy #1:

- **Clear It Out** - Start by getting rid of the things that are needlessly filling up your home.
- **Recycle It** - Even with the availability of reading online, some people still prefer the paper versions. Gather up any newspapers and those magazines no one has ever quite gotten around to reading. If your community also recycles mixed papers, check the regulations, and then start a bin where you can toss those papers as you clean.
- **Sell It** - Garage sales, tag sales or consignment shops are a great way to get rid of items that are in excellent condition but that you no longer need. Collect them in one spot, and then once spring cleaning is done, decide how to dispose of them.
- **Donate It** - Items that are in good condition but no longer fit your lifestyle can be donated to a charity or "freecycled" away. Freecycle is a grassroots, web-based, nonprofit movement of people who are giving and getting stuff for free in their own towns. Each local group is moderated by a volunteer and membership is free. Visit www.freecycle.org for more information.

Strategy #2: Inventory Your Supplies - Before you start cleaning, make sure you have all the necessary supplies on hand. The basics should include an all-purpose spray cleaner (for small, washable areas), an all-purpose powder or liquid cleaner (for large, washable surfaces like floors and walls), an abrasive cleanser (to remove heavy amounts of soil in small areas), a nonabrasive cleanser (for gentled cleaning on easily scratched surfaces, including porcelain sinks and ceramic tile), chlorine bleach (an effective disinfectant, particularly where mold and mildew are present), glass cleaner, furniture dusting product (such as a spray and a clean cloth, or a microfiber cloth, mitt or duster), and



Joy McGinnis,
FCS Program Assistant

Step Up to SPRING Cleaning! (Continued)

toilet bowl cleaner. You may also need to add cleaners specific to your surfaces, such as metal polishes and granite cleaners, or your personal preferences, such as wipes and special purpose sprays. And don't forget to check your supply of vacuum cleaner bags and trash bags.

Strategy #3: Make a Plan

- **Decide on Your Cleaning Style** - Some people find it more effective to clean one room at a time. Others prefer to group tasks--such as cleaning windows in several rooms at once or leaving all the vacuuming until the end.
- **Prioritize** - If one room at a time is your style, decide on the order. Generally, it's best to do the rooms that need the most work or get the most traffic first. That way, if your cleaning plans get derailed, you can still be proud of what you've accomplished.
- **Consider the Big Stuff** - Do the curtains need to be laundered? What about comforters, blankets, bed skirts, slipcovers, and shower curtains? Are your area rugs and draperies due for professional cleaning? Once these items are removed from the room and on their way to getting cleaned, it will be easier to tackle the rest of the space.

Strategy #4: Recruit Help - It's not necessary to do everything yourself.

- **Enlist Family Members** - Establish a Spring-Cleaning Day. Start early. Assign tasks according to age and ability. Have lunch preplanned--maybe even delivered--so your helpers don't lose momentum. And make it fun. Hide some favorite treats in places that need to be cleaned. Play lively music that keeps everyone's energy up.
- **Pair Up With a Friend** - If you live alone or family members can't help, find a like-minded friend and clean together--your house in the morning, his/hers in the afternoon. If needed, schedule a second day.
- **Call in the Professionals** - If your budget allows, you don't have to do every bit of cleaning yourself. Someone else can come in and wash the windows...or buff the floors...or shampoo the carpets...or clean the upholstery...or even do the majority of the cleaning after you've removed the clutter.



Project Helping Hands

"Book Towers"

The **"Book Towers"** are READY!! Thanks SO VERY MUCH to Seth Hart and the clubs he works with for painting our book towers. We are ready to receive books and for the public to utilize the **"Book Towers."** There will be a shelf for: 5 & under, grade school age, teen/young adult, adult, and magazines.



Quilts can be dropped off at the Wayne County Extension Office by Wednesday, May 3rd, and we will deliver them to the KEHA State Meeting.



Calling All Quilters!
**WE NEED
100 NEW
QUILTS**
For Our Courageous Kids

Size: Twin Bed
Dimensions: 64" x 86"
Accepting: Homemade or
Store Bought

Drop Off at The Center for Courageous Kids:
1501 Burnley Rd., Scottsville, KY
-or-
Bring them to the Kentucky Homemaker State
Meeting in Louisville
Any Questions contact Joanie O'Bryan
jobryan@courageouskids.org
270-618-2900



**** Participation in these community service projects can count as volunteer service hours and earn you some double points in your passport log!**

Creative Writing Class

Instructor: Ranny Grady

April 13, 2023 @ 10:00 a.m.

Wayne County Extension Office

Downstairs Meeting Room

Class Fee: FREE

Open to the Public

Everyone is welcome and encouraged to attend!

- Are you a Wordsmith?
- What is your purpose for this class?
- What do you want the world to know?
- Do you have a need you are hiding?
- Do you have a cathartic purpose for this class?
- Whom do you wish to influence?
- Do you have a specific goal?
- Do you write now?
- Are you willing to share your writing with the class?

Creative Writing Class will teach the basics of the following:

- Types of creative writing
- Fiction
- Adult
- Children
- Poetry
- Sonnets
- Non-fiction



Supplies participants to bring to class:

- Alert & active brain.
- Leave biases at home.
- 8"x11" notebook.
- Writing instrument of your choice.
- A sample of your writing if you have one.

Join us as we explore our creative side!
Please call to register.

Fun-Fabulous-Fabric-Folded Star

Instructor: Ruby McFarland

May 18, 2023 @ 2:00 p.m.

Cost \$4.00

REGISTRATION IS REQUIRED!

Class Size Limited

Did I mention that there is NO SEWING!?! This awesome little star is made by simple folding, ironing, tucking, and gluing. Make it big or make it little. Use it as a Christmas ornament, brooch, magnet, bookmark, earrings, etc. Combine them for garlands, fill a bowl with them, etc. You will go home with finished stars and the tools needed to make more!

Supplies Student needs to bring:

Sharp scissors, small if possible.

Supplies Instructor will provide:

- Cotton fabric
- Glue
- Mini clip (student takes home)
- Forceps (student takes home)
- Printed instructions & list of online resources



**County Extension Homemaker Annual Meeting
May 22, 2023 @ 6:00 p.m. EST
Wayne County Extension Office
Downstairs Meeting Room
Theme: Baskets of Blessings**

Time: Registration begins 5:30 p.m. EST. Program begins @ 6:00 p.m. EST
Registration Deadline: May 12, 2023
Entertainment & Program: Will be announced later.

All clubs are to bring:

- \$25 door prize tagged with Club name.
- Envelope with strips of paper with names of participants from their club attending the meeting. Envelope should have club name on the outside.
- The county will provide meat and bread.
- Individual clubs will bring side dishes and desserts.
- Each club will provide their own name tags.
- Each club will turn in names of members who plan to help with the meeting.
 - Set-up
 - Clean-up
 - Food Set-up (Pots & Pans Homemaker Club)

More details coming in May's FCS Newsletter.



Lake Cumberland Area Cultural Arts Competition

Congratulations to our Extension Homemakers that were first place winners at the Lake Cumberland Area Cultural Arts Competition. The first-place winners will advance to the State Cultural Arts Competition in May.

Art 3-D, Carving-Elf - Carson Payne

Art, Natural-Wooden Dancing Man - Joyce Owens

Basketry, Cane-Multicolored - Margo Couch

Ceramics, Molded-Santa - Linda Darnell

Crochet, Thread-Doily - Polly Sartin

Doll/Toy Making, Handmade Toy-Davy Crockett Marionette - Denise Grady

Quilts, Lap Size-Red Birds - Polly Sartin

Quilts, Hand Applique-Appliques Squares Fussy Cut - Marilyn Rush



Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
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 DS/vm



We Grow Families.
www.ca.uky.edu



Website:
wayne.ca.uky.edu



Wayne County Cooperative
Extension Family and
Consumer Sciences



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 40546



Disabilities
 accommodated
 with prior notification.

Date Paid: _____ Cash: _____ Check # _____

Office Use Only:

Date: 2023-2024

Database: _____ Scan: _____

Enrollment Form Wayne County Extension Homemakers Association

Name: _____ Phone: () _____ Home

Address: _____ () _____ Cell

_____ () _____ Work

_____ () _____ Fax

Email: _____ Birth: _____ (optional)

Month

Day

Name of Club: (Circle all that apply)

Charity Club

Country Charmers Club

Creative Characters Club

Odd 'N Ends Club

Happy Chippers

Mudslingers Club

Sunnybrook Club

Pots & Pans Club

Crafter's Anonymous Club

Mailbox

(Below demographic information is optional, please check)

Race: White Black or African American Asian/Pacific Islander

American Indian or Alaska Native Other

Ethnicity: Hispanic Non-Hispanic

Gender: Female Male

First Year of KEHA membership: _____ Total years of membership: _____

I, (print full name) _____ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: _____ Date: _____

Witness: _____ Date: _____

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Are you a new Wayne County member? _____ How did you hear about membership? _____

Name of person who recruited you: _____

Getting To Know You! Name: _____

Birth day: _____ T-Shirt Size: _____
Month Day

Your favorite color : _____

Your favorite flower : _____

Your favorite book/author: _____

Your favorite quote/verse: _____

Family & Pets: _____

Hobbies : _____

Your Talents : _____

Would you consider sharing your talents with others? Yes No Maybe

About YOU! _____

2023 DATES to Book in Your Calendar!

Date	Time	Event	Meeting Room Location
April 1st	7:00 a.m.-3:00 p.m.	Yard Sale Extravaganza	Extension Office
April 5th	10:00 a.m.-2:00 p.m.	Grow Your Garden Event (\$10 Registration Fee)	Extension Office
April 6th	10:00 a.m.	Bingocize	Upstairs
April 6th	5:30 p.m.	CEC & District Board Meeting	Downstairs
April 6th	6:30 p.m.	Sunnybrook Homemaker Club Meeting	Downstairs
April 10th	6:00 p.m.	Country Charmers Homemaker Club Meeting	Downstairs
April 10th	6:00 p.m.	Pots & Pans Homemaker Club Meeting	Upstairs
April 11th	10:00 a.m.	Bingocize	Upstairs
April 11th	5:30 p.m.	County Annual Meeting Planning Committee	Small Upstairs
April 11th	11:45 a.m.-6:15 p.m.	Community Blood Drive Creative Characters/Mudslingers 11:45 a.m-3:00 p.m. Country Charmers 3:00 p.m.-6:15 p.m.	Aspire Center
April 11th	5:00 p.m.	Charity Homemaker Club Meeting	New Charity Baptist Church
April 12th	1:30 p.m.	Crafter's Anonymous Homemaker Club Meeting	Downstairs
April 13th	12 noon	Odds 'N Ends Homemaker Club Meeting	Downstairs
April 13th	10:00 a.m.	Creative Writing Class	Downstairs
April 13th	10:00 a.m.	Bingocize	Upstairs
April 17th	6:00 p.m.	Beach Signs Painting Class (\$30 Registration Fee)	Downstairs
April 18th	10:00 a.m.	Bingocize	Upstairs
April 18th	12:30 p.m.	Creative Characters Homemaker Club Meeting	Downstairs
April 19th	10:00 a.m.	In-Stitches Quilt Class	Downstairs
April 20th	10:00 a.m.	Bingocize	Upstairs
April 20th	12:30 p.m.	Happy Chippers Homemaker Club Meeting	Downstairs
April 25th	12 noon	Mudslingers Homemaker Club Meeting	Downstairs
April 25th	5:30 p.m.	Leader Lesson - Healthy Outdoor Cooking	Outside (Weather Permitting) and/or Downstairs
April 26th	All Day	Set up & Prep LCA Extension Homemaker Area Annual Meeting	Aspire Center
April 27th	All Day	Set up & Prep LCA Extension Homemaker Area Annual Meeting	Aspire Center
April 27th	5:30 p.m.	LCA Extension Homemaker Area Annual Meeting (\$15 Registration Fee)	Aspire Center
May 1st		2023-2024 Extension Homemaker Membership Drive BEGINS!	
May 2nd	5:00 p.m.	Jams & Jellies Class (\$10 Registration Fee)	Upstairs
May 4th	5:00 p.m.	Christmas Village Committee Meeting	Small Upstairs
May 8th-11th		2023 KEHA State Meeting	Louisville, Ky.
May 17th	10:00 a.m.	In-Stitches Quilt Class	Downstairs

Date	Time	Event	Meeting Room Location
May 18th	2:00 p.m.	Fabric Folded Star (\$4 Class Fee)	Upstairs
May 19th	All Day	Set up & Prep Wayne County Extension Homemaker Annual Meeting	Downstairs
May 22nd	Daytime	Set up & Prep Wayne County Extension Homemaker Annual Meeting	Downstairs
May 22nd	5:30 p.m.	Wayne County Extension Homemaker Annual Meeting	Downstairs
May 25th	11:00 a.m.	Beef Jerky Class	Downstairs
May 25th	6:00 p.m.	Hurray USA Painting Class (\$30 Registration Fee)	Downstairs
May 29th		Office Closed - Memorial Day Holiday	
June 3rd	9:00 a.m.-4:00 p.m.	Pressure Canning Class (\$10 Registration Fee)	Downstairs
June 8th	5:00 p.m.	Salsa Class-Water Bath Canning (\$10 Fee)	Upstairs
July 13th	5:00 p.m.	Freezing Basics (\$5 Registration Fee)	Upstairs
August 10th	5:00 p.m.	All Dried Out-Drying Your Foods (\$5 Fee)	Upstairs