



April 2025 FCS Newsletter

VOL. 2025-04

Cooperative Extension Service

Wayne County
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Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison,
NEP Assistant

Recipe from the
April 2025
Food and Nutrition
Calendar

Lemon Broccoli Pasta



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
- 1 package (12 to 14 ounces) frozen broccoli
- Zest of one lemon
- Juice of one lemon (about 2 tablespoons of lemon juice)
- 2 tablespoons olive oil
- 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
- 2 cups spinach
- 1 cup grated parmesan cheese
- 1 cup reserved pasta water
- Salt and pepper, to taste

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts

per serving:
320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



Make a Salad a Meal

Mix: Greens, Grain,
Protein, Veggie and Fruit



Directions:

Step 1: Select some greens

- Spinach
- Iceberg Lettuce
- Kale
- Romaine Lettuce
- Cabbage
- Mixed Greens
- Butter Lettuce
- Bibb Lettuce
- Red Leaf Lettuce

Step 2: Choose a grain

- White rice
- Brown rice
- Wild rice
- Quinoa
- Barley
- Couscous
- Whole-Grain Pasta
- Granola

Step 3: Pick a protein

- Chicken
- Tofu
- Beef
- Eggs
- Tuna Fish
- Hummus
- Nuts (almonds, walnuts, etc.)

Step 3: Pick a protein (Contd.)

- Beans (black, kidney, etc.)
- Pork
- Shrimp
- Lentils

Step 4: Add some veggies and/or fruit

- Tomatoes
- Carrots
- Mushrooms
- Cucumbers
- Peas
- Onions
- Peppers
- Celery
- Broccoli
- Peas
- Corn
- Green beans
- Apples
- Dried cranberries
- Raisins
- Pears
- Berries
- Avocado
- Mandarin oranges

Step 5: Add some flavor

- Olives
- Fresh herbs
- Shredded cheese
- Pickled vegetables
- Salad seasoning mix
- Black pepper

Step 6: Dress it up

- Creamy dressings
- Vinegar and oil
- Vinaigrette dressings
- Salsa

Step 7: Top with some crunch

- Croutons
- Sunflower seeds
- Sesame sticks
- Pepitas
- Tortilla chips
- Crackers



Extension Homemaker Club Meetings 2025



Busy Bees - April 3rd @ 1:00 p.m. - Downstairs Meeting Room
Country Charmers - April 3rd @ 5:30 p.m. - Downstairs Meeting Room
Sunnybrook - April 3rd @ 6:30 p.m. - Downstairs Meeting Room
Charity - April 8th @ 5:00 p.m. - New Charity Baptist Church
Crafter's Anonymous - April 9th @ 1:30 p.m. - Downstairs Meeting Room
Odds 'N Ends - April 10th @ 12 noon - Downstairs Meeting Room
Pots & Pans - April 14th @ 6:00 p.m. - Downstairs Meeting Room
Creative Characters - April 15th @ 12:30 p.m. - Downstairs Meeting Room
Happy Chippers - April 17th @ 12:30 p.m. - Downstairs Meeting Room
Mudslingers - April 21st - Assigned Appointments Only-Contact Seth Hart
Mudslingers - April 22nd @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!

KEHA ~ Roll Call & Thought for the Day

April 2025

Thought for the Day:

"A-we gonna do what they say can't be done
We've got a long way to go, and a short time to get there"

East Bound and Down (from Smokey and the Bandit)

Jerry Reed and Deena Kaye Rose 1977

Roll Call: April is National Volunteer Month.

What is your favorite way to volunteer?



NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.



Blood Drive!

April 22, 2025

Aspire Center

Odds 'N Ends ~ 12:30-3:00 p.m.

Country Charmers ~ 3:00-5:30 p.m.



EVENTS FOR APRIL

APRIL 18 ~ 8:30 AM

*Intermediate
Photography Class
Adair County*

APRIL 25 ~ 10 AM

*In-Stitches Quilt Class
(Downstairs)*

APRIL 23 ~ 10 AM

*Gardening Safely
(Downstairs)*

APRIL 28-MAY 1

*Jabez Quilt Seminar
Cave City*

APRIL 20



*“Our spring has come at last
with the soft laughter of April
suns and shadow of April
showers.”*

~ Byron Caldwell Smith

UPCOMING EVENTS

MAY EVENTS

May 5-8 - KEHA State Meeting - Hyatt Regency in Lexington

May 15 - Lake Cumberland Area HM Annual Meeting - Clinton Co.

May 16 - In-Stitches Class @ 10 a.m. - Downstairs Meeting Room

May 19 - Feather Weight Class @ 10 a.m. or 6 p.m. - Downstairs Meeting Room

May 22 - Drop off cakes, cookies, & candies for Homemaker Bake Sale @ Extension Office

May 23 - Homemaker Bake Sale (9 a.m.-1 p.m.)

May 26 - Office Closed for Memorial Day

May 28 - Using Your Air Fryer @ 10 a.m. - Downstairs Meeting Room

May 29 - Homemaker Spring Council Meeting @ 6 p.m. - Downstairs Meeting Room



In-Stitches Quilt Class “Love Spools” (Part 2)

The next class has been scheduled for Friday, April 25, 2025, at 10:00 a.m. ET in the Downstairs Meeting Room. We will be working on Part 2 of “Love Spools.”



KEHA State Meeting Cultural Arts Competition

Extension Homemakers: This is a reminder if you had items that placed first at the Lake Cumberland Area Cultural Arts Competition, please bring your items back to the Wayne County Extension Office by April 30th if you would like for it to go to the state competition in May.

Extension Homemakers Bake Sale May 23, 2025



We will be having a bake sale at these locations: Monticello Medical, Wayne County Extension Parking Lot, & Downtown Area from 9 a.m.-1 p.m.

If you would like to volunteer to work at one of these locations, please contact the Extension Office. We also need volunteers to make cakes, cookies, and candies, which can be dropped off at the Extension Office on May 22nd.

GARDENING SAFELY & OTHER FUN GARDEN STUFF

Join us as we learn to keep the FUN in gardening!
This workshop will teach you the many potential health benefits of
gardening & how to reduce injuries while gardening. Small goodie
bags to participants signed up first, while supplies last.



**Wednesday, April 23, 2025
10:00 a.m.**

**Wayne County Extension Office
Downstairs Meeting Room**

**RSVP by: April 18, 2025
(606) 348-8453**

An Equal Opportunity Organization.

2025 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the tenth year at the KEHA State Meeting.

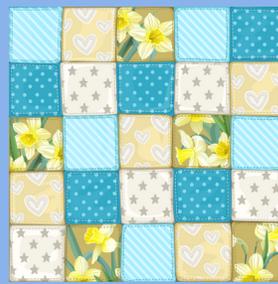
Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares also are eligible.)

This special showcase is an opportunity to highlight quality work from KEHA members across the state.

As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Lexington. Please write your name and county on a small slip of paper and attach to the back of the square.



If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter, KEHA 1st Vice President, 606-584-2510 or annsporter42@gmail.com



Active Homemaker Club Members
& Mailbox Members:

Please bring your finished
12" square to the
Wayne County Extension Office
by 4:30 p.m. on May 2, 2025.



 Cooperative
Extension Service

Intermediate Photography Class: Portrait Photography

This is a free hands-on learning experience class. It's highly recommended to bring a physical camera. You can use your phone camera if you don't have a physical camera.

Spots are limited. Register Now!
Call 606-348-8453

Friday, April 18, 2025
Adair County
Leaving Wayne
County Extension
Office at 8:30 a.m.

We will be stopping
for lunch before
returning to
Wayne County.
Lunch is on your own.



An Equal Opportunity Organization.

*Get in Tune with
Homemakers*

**Lake Cumberland Area
Extension Homemakers
Annual Meeting**

May 15, 2025
**Clinton County
Fairgrounds**

Registration 4:30 pm CST
Program 5:00 pm CST

\$15 Registration
*Due to your Extension Office May 1st





Seth Hart

Program Assistant
for Community Arts

PAINTING

OUTDOOR SIGNAGE

MATERIAL - WOOD

METHOD - GRAPHITE TRANSFER



KENTUCKY STATE FAIR CURRICULUM

IF COMPLETED BY 4-H STUDENTS

~ 4-H HOME ENVIRONMENT ~

UNIT II EXHIBITS

894 DECORATIVE ITEM FOR THE HOME & PHOTO

Instructed by:

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Office

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu

KENTUCKY COOPERATIVE EXTENSION

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

SUPPLIER: POTTER'S ACE HARDWARE OR LOWE'S

LUMBER (OPTIONAL): 2" X 6" TREATED

SIZE OF CHOICE

SUPPLIER: HOBBY LOBBY

ASSORTED PAINT BRUSHES

SOFT BRISTLE - FINE POINT & LARGER

WOODEN PLAQUE (OPTIONAL)

ACRYLIC PAINTS

SUPPLIER: WALMART

PROTECTIVE FINISH (EXTERIOR)

OTHER MATERIALS

MOUNTING OPTIONS

HAMMER & NAIL DRILL & SCREWS

PICTURE HANGING BRACKETS EYE SCREWS & PICTURE HANGING WIRE

ELECTRIC SANDER

CARBON PAPER (OPTIONAL)

SCOTCH TAPE

INSTRUCTIONS ON NEXT PAGE

ALSO FEATURED ON YOUTUBE



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Seth Hart

Program Assistant for Community Arts

- Choose a size for your sign (Have the wood precut and sanded).
- Using Microsoft Publisher (and on landscape format), choose a font for your wording. Enlarge the wording to its largest size that fits onto the page. Print it out.
- Using a graphite pencil, do a rubbing on the entire backside of printout.
- Place the printout onto the wood with backside and rubbing face down. Tape edges of the paper onto the wood to hold it in place.
- With a pencil, transfer the wording by reoutlining the letters (the graphite will be visible after applying pressure from the pencil).
- Remove the paper and with the pencil once again, redefine the transferred graphite make the wording appear more bold.
- Begin the painting process by using a fine point brush to outline the wording. Fill the largest areas with larger paint brushes.
- *Note: If you plan to leave the background natural, be even more cautious about staying in the lines. Paint will stain the natural wood and can't be cleaned. However, should mistakes like that occur, use an electric sander to remove any unwanted paint.*
- *Note: For mounting onto posts, I recommend drilling over nailing.*
- *Note: For mounting onto walls, either picture hanging brackets or eye screws with wire are effective options.*





April Is **STRESS** AWARENESS MONTH



Joy McGinnis

FCS Program Assistant

April is Stress Awareness Month

Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being and minimize exacerbation of health-related issues.

Commit to taking 10-15 minutes today to do something for yourself. Here are some ideas from the Centers for Disease Prevention and Control (CDC) to get started:

- | | | | | | |
|--|---------------------|---|----------------------|---|--------------------|
|  | Get Outside |  | Embrace Self-Care |  | Practice Gratitude |
|  | Be Active |  | Laugh |  | Try a new hobby |
|  | Practice Relaxation |  | Connect with Friends |  | Seek counseling |

FOOD FOR THOUGHT!

Do you eat enough Magnesium rich foods? Magnesium is a mineral that is responsible for over 300 reactions in our bodies that affect blood sugar, blood pressure, digestion, muscle relaxation, migraine headaches, anxiety & sleep. Here are the top 5 foods:



- Seeds (pumpkin, chia)
- Nuts (almonds, cashews)
- Greens (spinach, chard)
- Beans (lima, black)
- Soy (milk, edamame)



Source: Barnstable
County Health
Department and Cape
Cod Cooperative
Extension



Attention Centering Techniques



To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



Meditation



Breathing



Visualization

MOVE MORE!

STRETCH TO DE-STRESS!



Forward Fold



Neck Rolls



Cat-Cow Stretch



Seated Spinal Twist



Shoulder Stretch



Child's Pose

Redefining “Healthy”: The FDA’s new standards for food labels

Source: Anna Cason, Senior Extension Associate for Food and Nutrition ~ Published on March 13, 2025



When grocery shopping, you may notice food packages labeled as “healthy.” This term is meant to help buyers easily identify options that can support their health. To use “healthy” on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.

At the end of 2024, the FDA announced it would update its definition of “healthy,” which was originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition is intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

<https://exclusives.ca.uky.edu/2025/fcs/redefining-healthy-fdas-new-standards-food-labels>



Snap Pea & Red Cabbage Slaw

INGREDIENTS

- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 2 tsp. Dijon mustard
- 1/2 medium head red cabbage, shredded
- 8 oz. sugar snap peas, diced
- Salt & pepper to taste, herbs of choice

INSTRUCTIONS

- Whisk together oil, lemon juice, mustard and season with salt & pepper.
- Add the snap peas, red cabbage and any fresh herbs. Toss to combine.
- Dressing and slaw can be prepped ahead: refrigerate separately and combine just prior to serving.

Source: Barnstable County Health Department and Cape Cod Cooperative Extension



Strawberry Green Tea

- | | |
|---------------------------------|-------------------|
| 13 cups water | 1 cup honey |
| 13 green tea bags, regular size | 1 lemon, optional |
| 1 pound fresh strawberries | |

1. Wash strawberries and remove the tops.
 2. Chop the berries with a hand chopper in a large pot.
 3. Add water to the chopped berries and bring to a boil, stirring occasionally.
 4. Remove from heat and let mixture cool for 5 minutes.
 5. Add tea bags and submerge. Steep tea for 2 to 3 minutes.
 6. Strain the tea through a mesh strainer or cheesecloth lined colander into a 1 gallon pitcher.
 7. Add honey and stir until dissolved.
 8. Chill and serve.
 9. Garnish with a lemon slice or a fresh strawberry if desired.
- Yield:** 16, 8 ounce servings.
- Nutrition Analysis:** 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



SEASON: May through June.

NUTRITION FACTS:
Strawberries are low in calories and high in nutrients. One cup contains 55 calories. They are a great source of vitamin C and also contain vitamin A, iron, fiber, and folic acid.

Source:
www.fruitsandveggiesmatter.gov



Dijon Chicken Asparagus Roll Ups

3 tablespoons Dijon mustard	2 teaspoons dried thyme	4 skinless, boneless chicken breast halves (about 5 ounces each)
½ cup low fat mayonnaise	2 teaspoons black pepper	4 slices skimmed mozzarella cheese
1 lemon, juiced (approximately 3 tablespoons)	½ teaspoon salt	1 cup panko bread crumbs
	16 spears fresh asparagus, trimmed	



Preheat oven to 400 degrees F. **Grease** an 11-by-7-inch baking dish. In a bowl, **mix** together the mustard, mayonnaise, lemon juice, thyme, salt and pepper; set aside. **Place** asparagus in a microwave safe dish and **microwave** on high 1-1½ minutes. **Place** chicken breasts between two sheets of heavy plastic (a re-sealable freezer bag works well) on a firm surface. **Pound** the chicken breasts with the smooth side of a meat mallet to thickness of ¼ inch. **Place** one slice of cheese and four asparagus spears on each breast. Tightly **roll** the chicken breasts around the asparagus

and cheese. **Place** each, seam side down, in the prepared baking dish. **Apply** a coating of the mustard mixture to each chicken breast and **sprinkle** each with the panko crumbs, **pressing** the crumbs into the chicken to secure. **Bake** 35 minutes or until the chicken temperature is 165 degrees F. For crisper chicken, **place** roll-ups under the broiler for 1-2 minutes on high. **Yield:** 4 servings
Nutritional Analysis:
 370 calories, 10 g fat, 3.5 g saturated fat, 115 mg cholesterol, 1060 mg sodium, 2 g fiber, 2 g sugars, 41 g protein.

SEASON: April through May.

NUTRITION FACTS: Asparagus is a good source of vitamin A and folate. One-half cup of fresh asparagus has 22 calories, 2 grams of protein and 4 grams of carbohydrate.

Source: www.fruitsandveggiesmatter.gov

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
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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**



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4-H Youth Development
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Wayne County Extension Homemakers 2025-2026 Program Year Membership Drive

Members who renew their membership no later than June 30, 2025, will receive a free Celebrating 75 Years Wayne County Extension Homemaker Commemorative T-shirt!! Members who recruit a NEW member by June 30th will receive an additional incentive. New members will receive a T-shirt & incentive as well! The member who recruits the MOST NEW Members will receive an additional extra special incentive!! A special incentive for the FIRST person to get in their membership and FIRST member to recruit a new member!!

This is going to be an EXCITING and ACTIVE year for Wayne County Extension Homemakers!! Don't miss out!!

Join today & recruit a new member!

Membership form and dues MUST be turned in at the same time!

Dues are \$10 for the 2025-2026 program year.

Make checks payable to the Wayne County Extension Homemakers.

Important! Please fill out BOTH sides of the form completely.

If you wish to give a membership to someone, please request a gift membership certificate.

Date Paid: _____ Cash: _____ Check # _____ Office Use Only: _____ Date: 2025-2026
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)

Busy Bees Country Charmers Club Creative Characters Club
Charity Club Happy Chippers Mudslingers Club
Odd 'N Ends Club Pots & Pans Club Crafter's Anonymous Club
Sunnybrook 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: _____

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information regarding the characteristics of the people we serve. The information you supply is voluntary.

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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! _____

