



# FAMILY & CONSUMER SCIENCES



*Creating Healthy & Sustainable Families*

**VOL. 2023-07**

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello, KY 42633

Phone: (606) 348-8453

Fax: (606) 348-8460

[extension.ca.uky.edu](http://extension.ca.uky.edu)

[debbie.shepherd@uky.edu](mailto:debbie.shepherd@uky.edu)

Facebook: Wayne County Cooperative

Extension Family and

Consumer Sciences



## July 2023 In-Stitches Newsletter

### *What's New*

HELLO FROM FCS AGENT,  
DEBBIE SHEPHERD - PAGE 1



QUILTS FROM EL'S  
KITCHEN! - PAGE 2



UPCOMING EVENTS - PAGE 3



MOUNTAIN QUILTFEST  
TRIP PHOTOS - PAGE 4



2023-2024 CLASSES -  
PAGE 5 & 6

Hello - Our July In-Stitches quilt class has been scheduled for Wednesday, July 19th, at 10 a.m. Please let us know if you will be attending. We have a new phone system. You should be able to leave a message on our voicemail now. You can also email Joy, Vicki, or me.

Happy Stitching! Debbie

[Debbie.Shepherd@uky.edu](mailto:Debbie.Shepherd@uky.edu)

[Joy.McGinnis@uky.edu](mailto:Joy.McGinnis@uky.edu)

[Vicki.McDonald@uky.edu](mailto:Vicki.McDonald@uky.edu)





# Quilts from El's Kitchen!

Wednesday, July 19th @ 10:00 a.m.

Wayne County Extension Office  
Downstairs Meeting Room

**Please arrive by 9:30 a.m. to start setting up your sewing station.**  
**Class will begin at 10:00 a.m. prompt!**

## July 19th Class - Sit & Sew

We will be wrapping up El's Kitchen! This will be a time to finish up your blocks, get help with set-up and borders, or any other unfinished project you'd like to bring to work on. Come dressed comfy and ready for a relaxed fun day of sewing!

If you have had the safe food handling class, please feel free to bring a dish to share. If you haven't, please feel free to bring something pre-packaged or prepared. You are also very welcome to bring your own lunch. We will provide drinks.

Recipes from the last meeting: If you have the recipe for the dish that you brought, please bring it and give it to Vicki so we can share it in the newsletter.

**Please register so we can be prepared for you. Thank you!**



*Don't forget your items for Show & Tell!*





# UPCOMING EVENTS

## WAYNE COUNTY FAIR EXPO

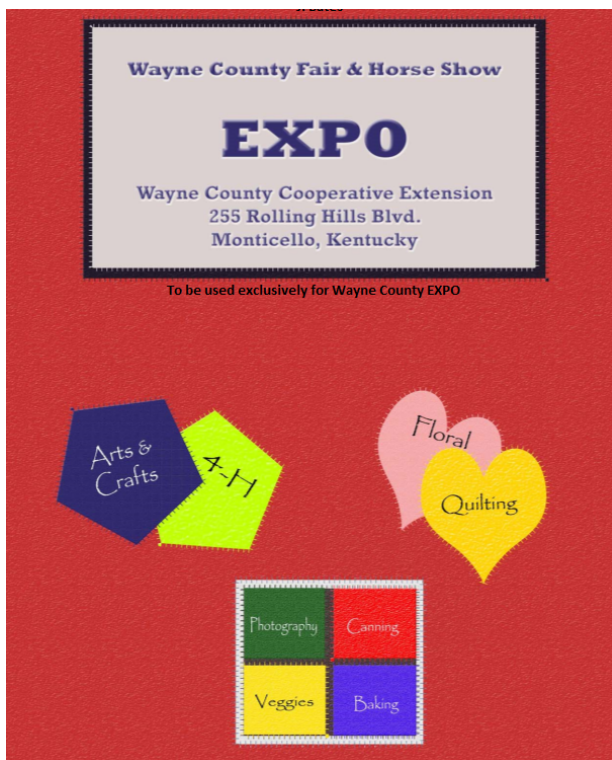
GET YOUR ITEMS READY TO DISPLAY  
AT THE WAYNE COUNTY FAIR EXPO  
ENTRY DAY IS JULY 3, 2023  
8:30 A.M.-1:00 P.M. EST  
WAYNE CO. EXTENSION OFFICE

## OFFICE CLOSING

THE EXTENSION OFFICE WILL  
BE CLOSED ON TUESDAY, JULY 4TH  
FOR INDEPENDENCE DAY.



NOTE: THE OFFICE WILL OPEN FROM  
10:00 A.M.-2:00 P.M. ON JULY 4TH  
FOR VIEWING OF EXPO EXHIBITS.



*EXPO catalogs are available for pick up  
at the Extension Office.*

## THE QUILT SHOW OF THE LITTLE MOUNTAINS

SEPTEMBER 1 - 9:00 A.M.-5:00 P.M.  
SEPTEMBER 2 - 9:00 A.M.-4:00 P.M.  
ASPIRE CENTER, MONTICELLO, KY  
ADMISSION: \$5 PER PERSON  
CHILDREN UNDER 12: FREE



# Mountain Quiltfest - Pigeon Forge

Members of the In-Stitches Quilt Class, Quilt Guild, and Extension Homemakers attended the 30th Annual Mountain Quiltfest in Pigeon Forge.





# In-Stitches 2023-2024

Mark your calendars for the new 2023-2024 program year for In-Stitches. Sneak peek--tentative schedule. Needed books, rulers, etc. will be offered at classroom discounted price if you don't already have them and would like to purchase. We are VERY excited about our line up of classes for this new program year.



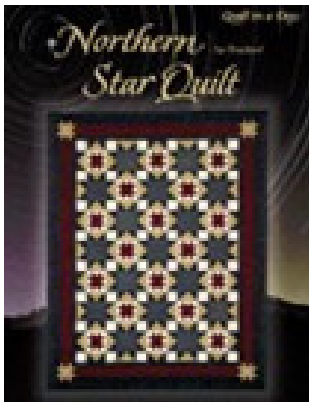
## Unwinding Binding – August 16, 2023

We will be demonstrating and sharing samples of a variety of types of binding styles and techniques.



## Blended Braid Part I – September 20, 2023

## Blended Braid Part 2 – October 18, 2023



## Northern Star – November 1, 2023

## Sit & Sew – November 29, 2023

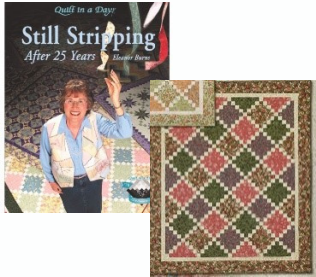


## Still Stripping – Love the Log Cabin – January 24, 2024





**Still Stripping – Nine Patch Party  
February 21, 2024**



**Still Stripping – Cornerstones  
March 20, 2024  
Sit & Sew – March 22, 2024**

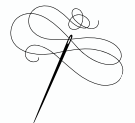


**Radiant Star Quilt Week – April 8–12, 2024**  
A week dedicated to the Radiant Star.



**Still Stripping – Nine Patch & Stripe – Part I  
May 15, 2024**  
One pattern, two quilts.

**"May all your ups and downs in life be with a needle and thread." - Anonymous**



*Debbie Shepherd*

Debbie Shepherd  
Wayne County Extension Agent  
for Family & Consumer Sciences  
DS/vm



**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

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.  
LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.