

# AUGUST 2025

## In-Stitches Newsletter

Volume 2025-08



### HELLO FROM FCS AGENT, DEBBIE SHEPHERD

Our next class has been scheduled for Friday, August 15, 2025, at 10:00 a.m. ET. The project for this class is "Sweet Dreams" taught by Sheryl Bowling. Please let us know if you will be attending by contacting the Wayne County Extension Office at 606-348-8453. You can also email Joy, Vicki, or me.

*Happy Stitching!*

[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)

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KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

### Cooperative Extension Service

Wayne County

Debbie Shepherd, CEA FCS

255 Rolling Hills Blvd.

Monticello, KY 42633

Phone: (606) 348-8453

Fax: (606) 348-8460

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

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

Facebook: Wayne County Cooperative  
Extension Family and  
Consumer Sciences

### Newsletter Highlights

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**FAMILY &  
CONSUMER  
SCIENCES**   
*Creating Healthy & Sustainable Families*

**August's Class ~ "Sweet Dreams" - Friday, August 15, 2025 @ 10 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! Please register so we can be prepared for you.**


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




## "SWEET DREAMS" QUILT CLASS

### INSTRUCTOR: SHERYL BOWLING






*Date*  
**August 15, 2025**



*Start At*  
**10:00 AM ~ Arrive by 9:30 AM to set up.**



*Address*  
**Wayne County Extension Office  
255 Rolling Hills Blvd., Monticello  
Downstairs Meeting Room**

Fabric Requirements & Cutting Instructions Enclosed  
Lunch will be provided!

**CLASS FEE: \$25  
(PREPAID)**

**REGISTRATION  
REQUIRED!**

**PHONE: 606-348-8453**

*Quilt is on display  
at the Wayne County  
Extension Office.*



**Stop by the Wayne County Extension Office to view this quilt.  
The quilt is even more beautiful when you see it in person!**



**As always, if this isn't the class for you, bring any project to work on and come join the fun & fellowship!**

**Lunch - We will be providing BBQ & drinks. Please bring: Sides and/or Desserts**

**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/prepared! You are also welcome to bring your own lunch. Please share your recipe with us if you bring a homemade item so we can put it in the next newsletter.**

## Sweet Dreams

### **Fabric requirements:**

12 fat quarters

Background: 1  $\frac{3}{4}$  yards

Yellow plaid (or accent): 2  $\frac{1}{2}$  yards for blocks and border

Blue dot: 1  $\frac{1}{3}$  yards for inner border and binding

Sweet Dreams pattern by Heather Mulder Peterson

### **Cutting:**

- From Fat Quarters cut:
  - 20 – 6  $\frac{1}{2}$ " squares for **Step 1**
  - 20 sets of 4 – 2  $\frac{1}{4}$ " squares (80 total) for **Step 1**
  - 20 sets of 4 – 2  $\frac{1}{4}$ " x 6  $\frac{1}{2}$ " rectangles (80 total) for **Step 1**
  - 12 sets of 4 – 2  $\frac{1}{4}$ " squares (48 total) for **Step 2**
  - 14 – 2  $\frac{1}{4}$ " squares for Step 3
- From Background/Cream cut:
  - 48 – 3  $\frac{7}{8}$ " squares and cut each in half once on the diagonal
  - 4 – 12  $\frac{1}{4}$ " squares and cut each in half diagonally twice
  - 2 – 7  $\frac{5}{8}$ " squares and cut each in half diagonally once
  - 4 – 2  $\frac{1}{4}$ " x WOF strips
    - and subcut into 14 – 2  $\frac{1}{4}$ " x 9" rectangles
- From Yellow Plaid (or accent) cut:
  - 11 – 7  $\frac{1}{4}$ " x WOF strips
    - Set 8 aside for borders
    - Subcut 3 into: 14 – 7  $\frac{1}{4}$ " squares



# Feather Weight Workshop!

Wednesday, August 27, 2025



10 a.m. or 6 p.m.

(Please indicate which time you are attending when you register.)

Wayne County Extension Office

Downstairs Meeting Room

Registration Required: \$25

Class size limited: Registration is held when payment is received.

Make checks payable to: Wayne County Extension Office

Memo: Feather Weight Workshop

Class will be approximately two hours long.

Dave & Sue Kinnaird of Dave's Feather Weights will be our instructors for this informative workshop!

They really enjoyed their time in Monticello during the Little Mountain Quilt Show and are excited to return to teach this class!

Participants will learn all about the workings of their Feather Weight machine. This is a hands-on learning skills class set at the pace of the individual participant.

Dave & Sue will have LED light bulbs, belts, etc. available for sale, for those who need items for their Feather Weight machines.

In addition, if there is a particular Feather Weight year or style you are looking for, please let us know and we will share it forward.

We are very excited to be offering this long-awaited workshop!

Register soon for your spot!

# **“Seasonal Placemats”**

**Friday, September 19, 2025**  
**10:00 a.m. - Downstairs Meeting Room**

These fun and easy to make placemats will have you all set for the year! Cute seasonal designs! Easy beginner machine applique and basic sewing techniques make this a quick fun project. You will receive patterns for all four designs. You will only make one in class.

## **Fabric Requirements:**

**1 fat quarter for background behind applique**

**12 – 2 ½ inch squares for patch work**

**1 – 6 ½ inch X 16 inch rectangle for pocket**

**1 fat quarter for backing (includes enough for binding)**

**Various scraps for applique (Larger scrap pieces for snowman & pumpkin)**

**1 – fat quarter size batting (Pellon plus recommended)**

**1 – fat quarter size fusible interfacing (will be provided in class for one placemat)**

## **Supplies needed:**

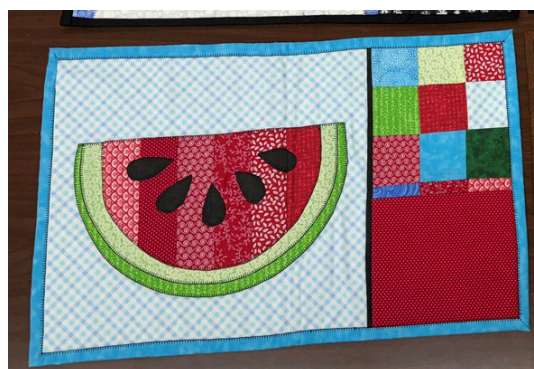
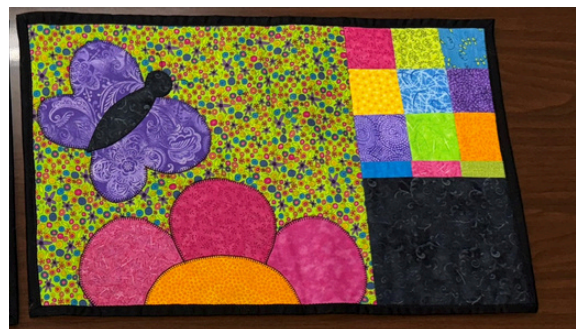
**Coordinating thread for stitching**

**Black or your choice for applique**

**Machine that has blanket or decorative stitch of your choice option**

**Machine applique foot (if you have one)**

**Sewing machine & basic sewing supplies**





# **“Call Me Bag”**

**September 26, 2025 @ 10 a.m.**

**Downstairs Meeting Room**

**Class Fee \$15  
(Prepaid)  
All Supplies  
Provided.**

## **Beginner Level Class**

This super cute bag is very versatile and easy to make! You can carry it cross-body like a purse, around your neck as a badge display and items for retreats or looped on your belt/waist. Once you make one, you will want to make lots more! They are FUN!

Please register so we can be prepared for you.

Kit includes: Pre-quilted fabric, zipper, vinyl, mesh, fold-over elastic, fabric for binding/strap and full printed instructions. A variety of fabric colors and styles to choose from.

Techniques participants will learn:

- Sewing zipper to quilted fabric
- Sewing with vinyl
- Sewing with mesh
- Sewing with fold-over elastic
- Making and sewing binding will all be demonstrated in detail during class.

# “Call Me Bag”

Participants need to bring:

- Sewing machine in good working order
- Sewing supplies (scissors, seam ripper, etc.)
- Thread: neutrals, (light grey is a good neutral), black & white ~ bring your favorite color too. Thread is for sewing and top stitching.







## Fellowship Gathering for Featherweight Friends

**September 30th @ 10 AM**

DOWNSTAIRS MEETING ROOM

If you love Featherweights, bring your Featherweight and something to sew on!  
We will have fun & fellowship! We will discuss whether there is enough interest  
to meet on a regular basis for sewing, fun, fellowship, information, and  
adventure!



### **Feather Together Retreat**

**November 13-15, 2025**

**Cost: \$225 – Includes cabin and meals at the cabin.**

**Meals that are not at the cabin are on your own.**

**Registration is due by October 15th.**

**Only four spots left! Register soon!**

Bring any projects you want to work on and your trusty feather weight machine. We will Feather Together in a relaxed beautiful villa at Barren River State Park. There will be two people per bedroom (two queen beds) and bathrooms (two people per bathroom). Beautiful forest setting, working fireplace, fully equipped kitchen, and easy to access walking trails when you need to stretch and take a break from sewing.





**Joy McGinnis**

**FCS Program Assistant**

**A Stitch  
in Time:  
The  
Kentucky  
Museum**



**Gather your quilting friends and plan a fun and educational quilt day.**

**Kentucky Museum @ Western Kentucky University – Bowling Green, KY**

***Stitches in Time ~ 200 years of Kentucky Quilts ~***

**Quilt Exhibit will be on display until November 8, 2025.**

**The museum is open to the public Wednesday-Saturday – 9 a.m.-4 p.m.**

**Call 270-745-2592 to plan your visit.**

**Upcoming Exhibit:**

***Inherited Threads ~ Generations of Kentucky Quilters ~***

**Quilt Exhibit will be displayed February 4, 2026-November 30, 2027.**

**[https://www.wku.edu/kentuckymuseum/exhibits/exhibits\\_upcoming.php](https://www.wku.edu/kentuckymuseum/exhibits/exhibits_upcoming.php)**

**Celebrate quilts and the people who made them.**

**You know it's been said a quilt tells a story because  
quilters have a story to tell.**

**Podcast I enjoy listening too and thought you might also?**

**A Quilters Life-Paula Chamberlain**

**Patchwork Revival-Emily Dodd**





# QUILT

## THIS OR THAT



WHICH DO YOU PREFER? CIRCLE YOUR ANSWER.  
DO YOUR FRIENDS LIKE THE SAME THINGS YOU DO?

SEW BY HAND

OR

USE A SEWING MACHINE

FOLLOW A PATTERN

OR

CREATE YOUR OWN PATTERN

WORK ON ONE QUILT

OR

WORK ON MULTIPLE QUILTS

QUILT WITH MUSIC

OR

QUILT WITH THE TV ON

NEUTRAL COLORS

OR

BRIGHT COLORS

SAVE SCRAPS

OR

DISCARD SCRAPS

ALWAYS USE A RULER

OR

CLOSE IS GOOD ENOUGH

ANTIQUE MACHINES

OR

HIGH END MACHINES

EXPENSIVE FABRIC

OR

BARGAIN FABRIC

BUTTONS

OR

RIBBONS

INTRICATE DESIGNS

OR

EASY DESIGNS

### Quilting Word Search

G C U R V E C O N C A V E B A S  
X E M J F W R C H G R B B I C T  
S O T G V N A C P S L D S N R R  
I Y B J E Z W G G Y C A G D Y I  
R T X R M I E F M U J W A I L P  
B F R W O L D O E H K H R N I P  
K I K A M D G M G C C I T G C I  
D M A U C S E N O T G S W F R E  
C A V S H I I R I G H A I O U C  
T E Q C B H N T I H S I D O L I  
J E N P C A S G O E Z G M T E N  
Q T N U Q S R L P N P B R B R G  
A J O S S N X S C A U E R O L R  
X C B O I Q P H C X P K R Q I E  
R V R N Q O E N P C X E J S S O  
Z C A I I L N J G H D U R S E Z

THIMBLE  
CROSS-STITCH  
CURVE, CONCAVE  
BRODERIE PERSE  
RAW EDGE  
COUCHING

TENSION  
BIAS BARS  
STRIP PIECING  
BINDING FOOT  
TRACING PAPER  
ACRYLIC RULER

*Debbie Shepherd*

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

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