

COOPERATIVE EXTENSION



Cooperative Extension Service

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

debbie.shepherd@uky.edu

Facebook: Wayne County Cooperative
Extension Family and
Consumer Sciences

FAMILY & CONSUMER SCIENCES



VOL. 2023-03

Creating Healthy & Sustainable Families



What's New

HELLO FROM FCS AGENT,
DEBBIE SHEPHERD - PAGE 1

.....

QUILTS FROM EL'S
KITCHEN! - PAGE 2

.....

RECIPES - PAGE 3

.....

PROJECT HELPING HANDS
& SIT & SEW - PAGE 4

.....

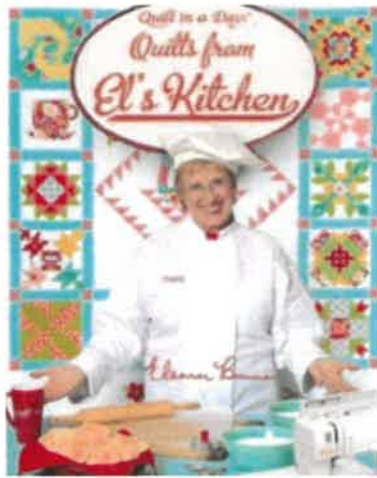
UPCOMING EVENTS -
PAGE 5

Hello - Our March In-Stitches class has been scheduled for Wednesday, March 15th, 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
Joy.McGinnis@uky.edu
Vicki.McDonald@uky.edu





Quilts from El's Kitchen!

Wednesday, March 15th @ 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!

We will be doing the Melon Patch & Cheese Box blocks. We will also be available for those who may still need some assistance or have questions from last month's blocks.

Reminder: If you do not particularly care for a block, ANY 12-1/2 inch unfinished (12 inch finished) block can be used. **Don't forget your items for Show & Tell!**

We will have a potluck lunch. 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: If you have the recipe for the dish you bring, please bring it with you and give it to Debbie, Joy, or Vicki so we can share in our newsletter.

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





Pineapple Crunch

Submitted by: Diane Cushman

Ingredients

- 2 (20 oz.) cans pineapple chunks (drained)
- 2 cups shredded cheese (mild)
- 1 cup sugar
- 1/4 cup flour
- 1/2 cup pineapple juice

Mix all ingredients together and pour in baking dish.

Topping

- 1 stick butter (melted)
- 28 Ritz crackers (broken)

Directions

Bake at 350 degrees for 20-30 minutes.



Pasta Salad

Submitted by: Linda Scott

Ingredients

- 1 (12 oz.) box spiral Rotini pasta
- 1/2 medium sweet onion
- 2 stalks celery
- 1/2 medium bell pepper
- 1 small cucumber
- radishes
- cherry tomatoes
- pepperoni
- ham
- 1 large bottle Kraft Zesty Italian Dressing

Directions

- Cook pasta until tender. Drain and put in large bowl.
- Add about 1/2 bottle of Zesty Dressing. Stir & set aside.
- Cut and dice all other ingredients to desired size. Add to pasta.
- Add more dressing. Save about 1/2 if you want to add in before serving.
- This salad is best when it is made and left setting for several hours or the day before serving.

Note: Add as much ingredients you want for your own taste.



Project Helping Hands

March is **NUTRITION** month! Reach out to a neighbor, friend, shut-in, local family, someone hungry, etc. Take them a sandwich or meal. Perhaps a freezer meal they could heat up for later or a bag of groceries. Do something this month that will feed the belly and the soul!

Project Linus Quilts - We are collecting "Linus Quilts" for children in need in our community. Most everyone knows of Linus (from Peanuts) and his comfort blanket. Everyone enjoys a comforting quilt! Children especially need a source of warmth and comfort. There is no set dimensions for these quilts. They can be from crib/baby size to twin size. Quilts can be tacked, machine or hand quilted (your choice). We will have labels that we will place on the back of the quilts. Please let us know if you have any questions.

Comfort Caps - Thank you to Grace Rogers for making comfort caps.



Sit & Sew

Friday, March 17, 2023 - 10:00 a.m. - 6:00 p.m.



Bring your unfinished projects or something new, your sewing machine, and supplies and enjoy the fun, food, and fellowship of our Sit & Sew class! Wear comfy clothes (layers for when you get hot or cold). We will have coffee, tea, hot chocolate, water, and sodas. If you have had the safe food handling class, please feel to bring a dish/snack to share. If you haven't, please feel free to bring something pre-packaged/prepared. You are also welcome to bring your own lunch/snacks. Please call to register so we can be prepared for you.



We are looking for anyone willing to share their talents! Please let us know if you need a "Get Creative Teacher's Form." Please fill it out and return it to the Extension Office, and we will schedule and advertise the classes. Thanks so very much for helping us to broaden the creative experiences and opportunities to our community.

EVENTS

Bingocize - Begins March 9th @ 11:00 a.m. - See enclosed flyer for details.
Bingocize is a multi-week program. There will be two sessions offered.
Registration is required. Open to everyone and there will be free prizes.

Yard Sale Extravaganza - Saturday, April 1st from 7:00 a.m.-3:00 p.m.
Yard sale items, food/bake sale items, and special children's activities. See enclosed flyer for details.

It's Sew Fine Sewing Seminar - April 13-14, 2023 - See enclosed flyer for details.
Registration Fee: \$50.00 - Includes both days (plus individual class fees).
Registration Deadline: March 13, 2023

Mountain Quilt Fest Trip - Pigeon Forge, TN - June 6, 2023 - See enclosed information sheet for more details.

"To me, the beauty of a quilt or a dress lies within the stitches and the thought of the person who made them. When you spend time making something with your two hands, you impart love in a way that buying never can." - Natalie



Wayne County Cooperative Extension Family and Consumer Sciences



Debbie Shepherd

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



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.



Bingocize is a multi-week program. All times 11am

Session I is March 9th, 14th, 16th, 21st, 23rd, 28th

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

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!!

**Come Join the
FUN!**

Begins

March 9th

11 am

**Upstairs Meeting
Room Wayne Co.
Extension Office**

Registration

**Required so we can
be prepared for you!**

606-348-8453

Free prizes

Open to everyone!

Free smiles 😊

When you call tell us which session you are going to participate in, I or II.



SALE

Yard Sale Extravaganza

Hosted by Wayne County Extension Homemakers

Saturday, April 1, 2023

Open @ 7 a.m. - Close @ 3 p.m.

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

Cash Only!

Yard Sale Items, Food/Bake Sale Items,
& Special Children's Activities



It's Sew Fine Sewing Seminar

April 13-14, 2023

- Join us for classes on:
- clothing accessories
 - garment construction
 - quilting
 - home decoration

Full-day and half-day classes.

View schedule & details online:
tinyurl.com/3fvpb5vx



Register & pay online!

Held at Boyle County Extension Office
99 Corporate Drive, Danville, KY



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

For questions, contact:
Mercer County Extension Office
859-734-4378 tara.duty@uky.edu



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 race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Mountain Quilt Fest Trip
Pigeon Forge, Tennessee

Who: Active In-Stitches Members.

(Active members have first choice until April 1st. After April 1st, if there are vacant seats, registration will expand and be opened to the Contented Heart Quilt Guild members.

When: June 6, 2023

Cost \$25 per person (Your seat will not be held until your registration fee is paid.)

Seating is limited! So, register today!!

NO refunds. If you cannot attend, it is your responsibility to find someone to take your place and they will pay you directly.

Meals will be on your own (Lunch & Dinner). Breakfast to go will be provided at the Wayne County Extension Office. Any shopping/ purchases you wish to make are on your own.

We will be leaving the Wayne County Extension Office at 6:30 am EST PROMPT! You must arrive at the Extension Office NO LATER than 6:15 am EST. Doors to the Extension Office will open at 6:00 am EST. There is mandatory sign in and Risk Management paperwork to fill out. Please make sure you have contact information ready for an emergency contact person. You will be given a schedule and more details for the day. We will be taking a charter bus with Miller Transportation.

Please dress for comfort as well as bring a sweater or jacket for inclement weather. Please wear Good SUPPORTIVE walking shoes. At the Quilt Show, a limited number of scooters will be available to rent, first come first serve. You are also welcome and encouraged to bring a tote with beverages/water and personal snacks. It is also recommended so you can easily carry purchased items.

There is a restroom on the bus, however we will be making scheduled restroom stops.

When we arrive, you will be on your own to explore the Quilt Show and Trade Show. We highly recommend the buddy system, or groups of two or more. You will be on your own for lunch. There is a food court at the Quilt Fest as well as shuttle services (for a fee??) that are available to take you to certain local eateries.

DINNER: Specific details to follow.

We will return to the Wayne County Extension Office around 9:00 - 9:30 pm EST.

If you have any questions, please let me know.

SOOOO excited we can offer this trip!



YOUR DONATION

GIVE \$10 WITH EACH AG TAG

YOUR COMMUNITY

HALF OF THE FUNDS FOR 4-H AND FFA COME BACK TO YOUR LOCAL CLUBS AND CHAPTERS IN YOUR COUNTY.

OUR LEADERS

SUPPORT STATEWIDE PROGRAMS IMPACTING 274,000 STUDENTS ENROLLED IN 4-H, FFA AND KY PROUD MEMBERS.



BY MAKING A \$10 DONATION WITH YOUR AG TAG, YOU ARE CHOOSING TO INVEST DIRECTLY INTO THE FUTURE OF KENTUCKY AGRICULTURE. DONATIONS ARE DIVIDED EQUALLY BETWEEN FFA, 4-H AND KENTUCKY PROUD WITH HALF GOING DIRECTLY BACK TO YOUR COUNTY. THANK YOU FOR YOUR SUPPORT.

