

# COOPERATIVE EXTENSION



## FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

VOL. 2022-8

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

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

Facebook: Wayne County Cooperative Extension Family and Consumer Sciences



# August 2022 In-Stitches Newsletter

### What's New

HELLO FROM FCS  
AGENT, DEBBIE  
SHEPHERD - PAGE 1

.....

INTRODUCING EL'S  
KITCHEN! - PAGE 2

.....

IN STITCHES ROAD  
TRIP - PAGE 3

.....

ROCK THE CLOCK  
- PAGE 4

Hello - We are SO EXCITED about our 2022-2023 new program year. Our next In Stitches class has been scheduled for Wednesday, August 17th, at 10 a.m. Please let us know if you will be attending. We are still experiencing phone issues. DO NOT leave a message on the voice mail system because we probably won't get it. Keep calling back until you get a live person! You can also email Joy, Vicki, or me.

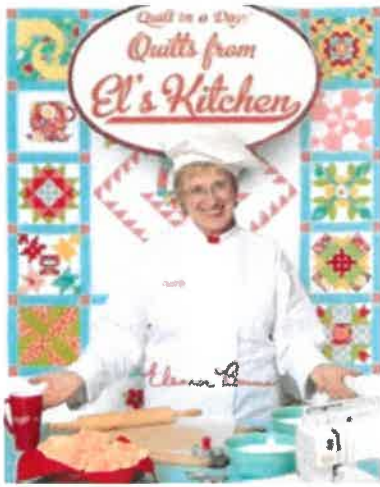
Happy Stitching! Debbie

[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)





# Introducing El's Kitchen!

Wednesday, August 17th @ 10:00 a.m.

Wayne County Extension Office

Downstairs Meeting Room

Please see Informational Brochure

Pattern Book: \$15.00

We will be utilizing this pattern book for the 2022-2023 program year of In-Stitches classes. This book is VERY versatile! Students will have the opportunity to do a sampler quilt or just the blocks they like. At the end of the book, we will have classes on how to set up a quilt, borders, bindings, machine quilting, hand quilting, and tacking quilts. A year-long full of learning opportunities. The book is great because participants can start at the beginning or join in at any time during the program year. It works great for all skill levels from beginners to experienced and everyone in between! And as always, if this isn't the project for you, we encourage you to bring your own projects and join in the fun!

We have had several requests for the Safe Food Handling Class so participants can make and bring items for potluck. We will have a quick class at the August meeting for anyone interested.

We will also do 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, you are welcome to bring store packaged items. We will also provide drinks.

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



## In-Stitches Road Trip

August 30, 2022

Deadline to register: August 17, 2022

- South Central Kentucky Cultural Center "Museum of the Barrens" - entrance fee - donation (suggested at least \$1.00)
- Gondolier for lunch - cost will be \$28.85. Includes your choice of salad, main dish, dessert, & drink - *menu will be available before event*. This is a special discount group rate for lunch.
- Whittles to shop for fabric! - \$\$ what YOU feel your pocketbook can afford!

Limit of 20 - In Stitches Quilt Class members have first priority for sign-up.

Please contact the Wayne County Extension Office at 606-348-8453 to sign up.

Participants are required to be at the Wayne County Extension Office by 8:00 a.m. prompt! You will be asked to sign the Risk Management Plan, provide your cell number, and an emergency contact name & phone number. We will return at approximately 6:00 p.m.







# Hold the Date!

Rock the Clock!!

Saturday, October 15th

9 a.m.-9 p.m.

Bring your unfinished projects.

Wear comfy clothes.

Bring a potluck dish.

More details coming soon!

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic 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. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.



## 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.



Sample from Quilts from El's Kitchen.

Ever set up your sewing machine  
on the dining room table?  
Who hasn't?

Get ready,  
wherever you're stitchin',  
for this fun project  
inspired by the kitchen!



Sample of  
My Mother's Apron from  
Quilts from El's Kitchen.

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

Facebook: Wayne County Cooperative  
Extension Family and  
Consumer Sciences



*Debbie Shepherd*

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



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

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, gender,  
religion, political belief, age, sexual orientation, gender identity, gender expression, pregnancy, marital  
status, parental status, genetic information, disability, or national origin. University of Kentucky  
and the U.S. Department of Agriculture are equal opportunity providers. Cooperation  
KENTUCKY STATE UNIVERSITY, U.S. Department of Agriculture, and Kentucky Cooperative Extension  
LEBANON, KY 40546



accommodated  
with prior notification.



# IN STITCHES

A yummy new quilt  
project beginning  
August 17, 2022!





Sample from Quilts from El's Kitchen.

## Quilts from

## El's Kitchen is...

### 208 pages of full color quilt inspiration – sampler style!

It's also our quilt class "textbook" for months to come. We will build our skills with sixteen traditional blocks in both 12" and 6" sizes. This sampler layout includes a cherry basket centerpiece

with appliqué blooms. Our book and lesson plans for this class series include many border options, quilting techniques, scalloped edges, and binding.



P. S. Inspired by the kitchen theme, your book includes recipes too! Yum! What fun!

Quilts from El's Kitchen by Eleanor Burns will be required for this class series. This book will be available to you for \$15 each (regular retail \$28).

### Here's the basic plan...

Each class will be the third Wednesday of the month from 10 am – 3 pm at the Wayne Co Extension Office, lower level.

This will be a continuing series of classes BUT you may participate **as it works for you!** For example...

- Are there blocks that you don't like? That's okay! As with a favorite recipe, you're encouraged to make substitutions based on **your** taste! Each class plan will be shared the month before so you can adapt as you wish.
- Not interested in doing a large quilt? You're welcome to create blocks as you're inspired and build your skills.
- If this series doesn't interest you at all, bring your own project and sit and sew with friends. *You're welcome!*
- Missed some of the classes in the series? That's okay! Join us as you can! We'll fill in the blanks as needed!



Another colorway without embellishment.

### "Ingredients" for our August class...

- We will familiarize ourselves with the book's layout and the many options it offers for **your** quilt's design.
- We'll preview quilt samples, colorways, and the corresponding fabric requirements. Whenever you're ready, we will begin your individual quilt plans. Project planning pages will be provided.
- We'll preview tools and notions that will be needed throughout the project and share how they'll be available for you.
- We will share a tentative class schedule to take us through the entire class series. Expect to discover and create two sampler blocks per class – on average.