

# Family and Consumer Sciences Newsletter

## Greetings From your FCS Agent

 Cooperative  
Extension Service

Carter County  
April 2025

I'm so thankful to be writing to you on a warm sunny day in March. I've been so glad to have warmer days! I started March off with over 600 of my colleagues from across the state at our Extension Conference. I learned several valuable tools and ideas that I hope to implement to improve our programming and connections in the County. It continued to be busy with the County Extension Council, Interagency council, germ lessons in schools, the community baby shower, Kinship Care Tea, Savor the Flavor at ECHS, and Laugh and Learn. Our groups/clubs have also been busy meeting and working on projects. The new facility is allowing for so many new opportunities and the kitchen should be completely finished this month! I'm so excited to offer cooking and baking classes!

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There are many exciting opportunities to get involved with this month and many plans being made for the spring and summer months! Feel free to contact me anytime during 8-4:30 with questions or ideas for classes, programs, or partnerships. I would love to hear from you! I'm always looking for new and innovative ideas to better serve and educate the families of Carter County, but I can't do it without my councils, volunteers, community partners, and participants!



*Whitney Morrow*

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Please join us  
Tuesday, April 15, 2025  
as we celebrate the  
Career & Retirement  
of our sweet colleague  
**Alice Perry**  
We will have an  
Open-House Reception from  
11:00am - 1:00pm  
in the large meeting room  
of our new building.  
Parking is available  
in the gravel lot.

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# Mark your Calendars

- April 8th-Getting Out of a Mealtime Rut @ Prichard Elementary 4:30-5:30
  - April 12th-Community Health Fair @ Health Department 10am-2pm
  - April 15th-Alice Perry's retirement reception 11am-1pm
  - April 15th- FCS Advisory Council 12:00 noon
  - April 17th-Celebrate the Child @Prichard Elementary 5-7pm
  - April 25th-Laugh and Learn- Grayson 10am
  - April 29th-Homemaker Council Meeting 10am
- There is no Laugh and Learn in Olive Hill this Month.



**Hula into HEALTH**  
*Aloha Spirit is in the Air*  
**It's Time to Luau and to Share**

JOIN US FOR:  
**HEALTH/RESOURCE FAIR**  
GAMES, PRIZES, & FUN, FUN, FUN  
COME DRESSED FOR A LUAU.

**SAT., APRIL 12**  
**10AM - 2PM**

THERE WILL BE PRIZES AND GIVEAWAYS.  
FREE BBQ SANDWICHES WHILE SUPPLIES LAST  
OPEN TO EVERYONE  
WHERE:  
**CARTER COUNTY HEALTH DEPARTMENT**  
105 ROBERT AND MARY AVE  
GRAYSON, KY 41143



**BE YOUR OWN SUPER HERO!**  
**JOIN US!**  
Carter County FRYSC  
Prevent Child Abuse  
April 17, 2025  
5:00 p.m. - 7:00 p.m.  
Prichard Elementary School Gym  
Guest Speaker: Batman  
Batman and the Bat Mobile will be present for photos after the program.

**FREE EVENT**  
Vendors/agencies will be set up, free refreshments, and Prevent Child Abuse bags.



# Homemaker News

- Please email me your club reports each month after your meeting, so I can report your attendance numbers and lessons that you do. It's also nice for me to have an idea of what is happening with each club.
- Council Meeting- The next council meeting is April 29th.
  - Club presidents and county chairman will all have an opportunity to share updates so please come prepared if you have anything.
  - It's really important to value each others time and we keep the meetings as efficient as possible. If you have an item that you would like to add to the agenda, it must be submitted to the executive council via the office one week before the meeting. New business will not be added the day of the meeting.
- If you are attending the state meeting, we will have a meeting following the council meeting on the 29th. Please bring with you a copy of your insurance card and emergency contact information.
- Save the Date for the Annual Meeting May 29th at 5pm at the Extension office. Registration will be \$15. Menu and details will be in next month's newsletter.
- Please send Club of the year application, scholarship application, and list of deceased members to the office by May 2nd.
- Each club is responsible for bringing one item valued at \$25 for the silent auction and all members are encouraged to bring any other items of any value. The proceeds of these go to camp and homemaker scholarships.



## INSPIRING GRANDCHILDREN TO BECOME GRAND COOKS

**Courtney Luecking, PhD, MPH, RDN**

Assistant Extension Professor for Dietetics and Human Nutrition

**Cathy Fellows**

4-H Youth Development Agent, Boone County

**Introduction**

Cooking calls for a variety of skills. Cooking involves planning and organization so that all dishes are ready at the same time. Cooking requires understanding how to safely handle food. It also involves judgment about when food has been cooked enough or how to adapt recipes. Cooking allows for creativity of combining flavors and textures. It also builds technical skills like slicing, dicing, and mixing.

Getting children involved with cooking supports their development in many ways. Cooking helps children develop fine and gross motor skills. It inspires creativity and problem solving. Cooking can also help children practice following directions and gain independence. Language and literacy can develop through talking and reading about what they are cooking. Cooking increases children's confidence and can increase their willingness to try and ultimately eat more fruits and vegetables. Learning cooking skills at an early age has lasting impact on attitudes about cooking, skills, diet quality, and health in adulthood.

**Children need more time in the kitchen**

Parents, usually mothers, are the primary source for teaching children how to cook. However, changes in culture, family structure, and food costs have led to changes in cooking at home. Between 1965 and



the early 2000s, cooking at home decreased. Even though cooking at home is on the rise, children are not usually helping.

Mothers report extra stress when children are in the kitchen because they feel a lack of control and that children are a distraction. They also report safety concerns and not wanting to clean up messes. In the past, school programs taught cooking skills, but fewer people report learning to cook in school. Research shows transportation, cost, and disability can prevent children from taking cooking classes outside of school. With fewer occasions to learn and practice cooking, there are concerns that cooking skills will be lost in younger generations.

**Grandparents can teach cooking skills**

Grandparents have ever more important and varied roles in the lives of their grandchildren.

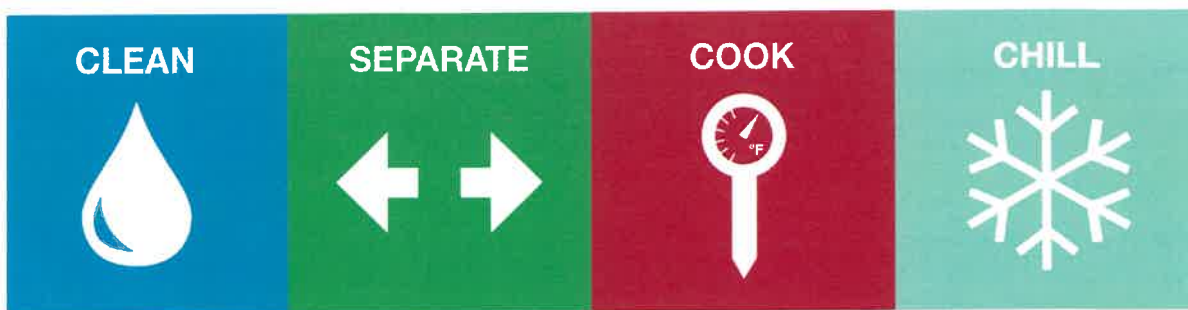


Figure 1. Food Safety Basics

- **CLEAN** - Wash hands and all work surfaces often.
- **SEPARATE** - Keep raw meat, eggs, seafood, and poultry separate from ready-to-eat foods.
- **COOK** - Cook food to the right temperature.
- **CHILL** - Refrigerate leftovers within 2 hours.

(United States government, 2023)

It is common for grandparents to provide regular child care, live in multiple-generation households, or have custodial care. In Kentucky, approximately 58,000 children live with their grandparents. The increased presence of grandparents makes them an important resource for cooking skills. While grandmothers are more likely than grandfathers to report cooking for or with grandchildren, grandfathers have shown greater comfort with food preparation than grandchildren, particularly grilling. Grandparents do not need to be expert chefs. They just need to share time, patience, and experience with grandchildren.

#### **Benefits of cooking together**

The shared experience of cooking benefits grandchildren and grandparents. Working together in the kitchen provides time for meaningful conversation and builds trust. Grandchildren and grandparents can learn more about one another. They can share knowledge and traditions from one generation to the next and create lasting memories. Learning about nutritious foods together can help families change routines in ways that support healthier eating habits.

Cooking together can strengthen relationships and enhance well-being. Grandchildren can learn about family history and benefit from receiving love, support, acceptance, patience, and wisdom. Grandparents can have boosts in brain function and protection against depression. Additionally, sharing cooking skills can provide opportunities that protect against social isolation and help maintain skills for longer independent living.

#### **Ideas for guiding grandchildren through the cooking process**

Create ground rules around safety. Children need supervision. Start by checking with parents about safety concerns and boundaries in the kitchen. This ensures everyone is on the same page. Next, teach or review basic food safety rules throughout the cooking process. Figure 1 shows the four steps to food safety – clean, separate, cook, and chill. Grandparents are an important role model for showing and explaining food safety practices like correct hand-washing techniques and checking the temperature of food with a food thermometer. Encourage tasting while cooking but have rules

about no double dipping. Have everyone pull back long hair and wash their hands. Be sure to clean all work surface areas and work with children to clean up along the way. If children put fingers in their nose or mouth, remind them to wash their hands. Finally, keep in mind safety risks related to heat, sharp knives or peelers, and electric cooking utensils. Set expectations about tasks children can complete independently and those that require help or supervision.

Set them up for success. Children of all ages can help with food preparation, table setup, and cleanup. With very young children, the experience is all about senses and teaching safe kitchen practices. Over time, children will gain skills and independence. Table 1 shows a general idea of age-appropriate skills. This can be particularly helpful if it has been a while since grandparents were in the kitchen with grandchildren. Skills in Table 1 are organized by age group and build upon one another. A 6-year-old child can try everything listed on that level and above. Selecting tasks that match a child's skill level can build confidence and limit frustration. It is important to remember each child develops at their own pace.

Engage in conversation. Focus on listening as well as talking. Describe what you are doing. Talk about where the food or recipe came from. Ask children questions and help them problem solve. Teach them about safety in the kitchen. Share observations throughout each food preparation step. Telling stories can create and build strong bonds.

Work through the mess. It is important to remember, children need help learning new skills. One can expect some messy moments during the learning process. Doing things together over and over will supply the practice and guidance needed to master a skill. As cooking skills improve, there should be less mess. Learning how to clean up messes is also an important life skill for children to learn. The willingness and time to work through messes in the kitchen is an opportunity for grandparents to jump in and help parents.



Make it a habit. Any amount of cooking together is helpful, but more is better. Regular opportunities to prepare meals together allow children to learn and practice the variety of skills needed to confidently. Schedule and plan daily, weekly, or monthly times to cook with grandchildren. This can be in person, or with a little preparation, through a video call. Writing down notes about the recipes made together can create a record of memories of the process for favorite dishes. Consider a special notebook or shared electronic file to record who was present during the cooking process, changes made to the recipe, where the recipe came from, what was most enjoyable about making or eating the dish, and any other memorable moments of the cooking process.

### **Conclusion**

Children need more time and guidance in the kitchen to reap the lifelong benefits of knowing how to cook. Grandparents are a valuable resource for teaching cooking skills. The special moments that occur when cooking together can supply benefits for both grandparents and grandchildren. Sharing stories about family recipes exercises memory, gives children a sense of connection, and passes family heritage from generation to generation. Most of all, giving children time, space, and support to gain confidence in the kitchen yields priceless experiences that will last a lifetime.

**Resources**

For more information about how children benefit from time in the kitchen, check out this fact sheet from Utah State University Extension.

- Malan, C., Bevan, S., & Savoie-Roskos, M. R. (2022). The benefits of including kids in the kitchen [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2288/](https://digitalcommons.usu.edu/extension_curall/2288/)

For more information about food safety practices, check out this website.

<b>Table 1. Suitable cooking skills by age</b>		
<b>Age Group</b>	<b>Cooking Skills</b>	<b>Kitchen Skills</b>
Under 2 years	Very young children are not quite ready to help in the kitchen. They can play nearby with pots, pans, or storage containers as well as toy foods or kitchen sets. Talk about what is going on in the kitchen.	
2-3 years	Wash fruit and vegetables Knead and mix with hands Tear or break foods into pieces Use a rolling pin Use a cookie cutter Roll mixtures into a ball Squeeze lemons and limes	Put things in the trash
3-5 years	Add ingredients to a bowl Stir and mix Mash foods Cut, chop, or slice with plastic, kid-safe knives Spread butter with a butter knife Scrape batter down a bowl Brush oils on food with a pastry brush Cut green onions and herbs with blunt kitchen scissors Peel fruits and vegetables with peeler Deseed fruits and vegetables with a spoon	Put things away Fill drink cups Help set the table Move dirty dishes to the sink Wipe tables and countertops  Explore the garden
6-7 years	Measure ingredients (with help) Crack eggs in a bowl Shuck corn Snap green beans Grease pans Peel fruit with fingers Skewer foods Bread, flour, and dip foods Sprinkle ingredients Juice lemon, lime, or orange using a juicer	Make guided menu choices  Gather ingredients Load dishwasher Wash dishes  Help dig, plant, and harvest the garden  Help find items while grocery shopping

Age Group	Cooking Skills	Kitchen Skills
8-9 years	Weigh and measure ingredients Beat eggs Open cans with can opener Use food thermometer to check temperature of food Use an oven or microwave Pound foods with a kitchen mallet Pour from a container Drain canned foods Shake liquids in a closed container Use a hand mixer	Set the table Store and refrigerate leftovers  Help plan gardens
10 years or older	Follow a recipe Cut, slice, and chop with kitchen knives Simmer ingredients on stovetop Boil pasta Bake foods in the oven	Once children show they can follow kitchen safety rules, they can begin doing things on their own.  Become the expert of a family recipe so that it passes down generations

Table adapted from Dean and colleagues (2021) and Ellis (2022).



# MONEYWISE

## VALUING PEOPLE. VALUING MONEY.

APRIL 2025

Nichole Huff, Ph.D., CFE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

### THIS MONTH'S TOPIC:

#### AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans* or *that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the **"Pareto Principle,"** otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time.** This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

#### REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity.** You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

Consider the additional tips below to avoid buyer's remorse.

#### Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)

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## IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.

- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.

- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.

- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.

- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.

- **Without knowing the return policy.**

Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

#### REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.

- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

#### REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>  
<https://www.simplypsychology.org/pareto-principle.html>

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APRIL 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-kes.ca.uky.edu/content/health-bulletins>

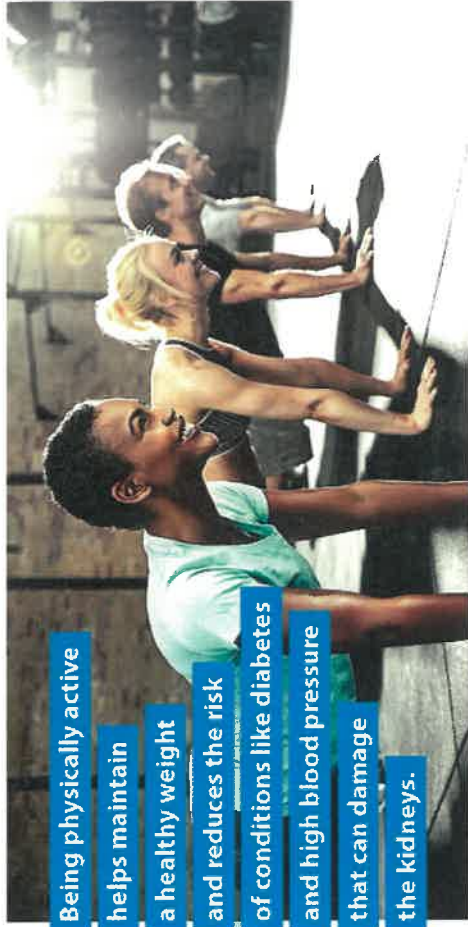
THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH

April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what the kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

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There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age. So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (eg., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:  
<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

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ADULT HEALTH BULLETIN





APRIL 2025

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC ENCOURAGE OUTDOOR PLAY

There are many reasons to look forward to spring and warmer weather. As a parent or caregiver of children, one reason can be how easy it is to get them outside to play. No more bulky snow suits or difficult gloves! Outdoor play is a great way for young people (and adults!) to burn energy, get exercise, and feel better. Children should play outside for many reasons, both physical and mental.

Here are some key benefits to outdoor play:

- 1. Physical health:** Outdoor play encourages physical activity. This helps children develop strength, coordination, and motor skills. It also helps combat childhood obesity by keeping them active and engaged in running, climbing, and playing sports.
- 2. Mental health:** Nature has been shown to lower stress, anxiety, and depression. The fresh air and natural environment promote relaxation. This helps children feel more balanced and calmer.



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Disabilities accommodated with prior notification.



Outdoor play is a great way for young people (and adults!) to burn energy, get exercise, and feel better.

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- 3. Social skills:** Playing outside often involves hanging out with peers. This helps children develop critical social skills like teamwork, communication, and conflict resolution.
- 4. Creativity and imagination:** Outdoor play sparks creativity. Kids have more freedom to explore, invent games, and use their imaginations in a less structured environment. This fosters problem-solving and independent thinking.
- 5. Connection with nature:** Spending time outdoors teaches children to appreciate and care for the environment. It also helps them understand the world around them, from observing animals to noticing seasonal changes.
- 6. Better sleep:** Exposure to natural light during the day helps our bodies establish and maintain sleep and wake cycles. This leads to better sleep patterns and overall rest.
- 7. Reduced screen time:** Playing outside offers a healthy alternative to screen-based activities, which can lead to sedentary lifestyles and impact cognitive development if overdone.

In short, playing outside supports a child's physical, emotional, and mental growth, while offering many benefits that help them thrive!



If your child struggles with getting started playing outdoors, try one of these ideas:

- **Join them!** Children are more likely to play outside if their parents or caregivers are there with them. Go on walks, bike rides, or even relax in the backyard together.
- **Make the backyard or nearby park appealing:** Set up fun play areas with swings, climbing structures, or a sandbox. Add colorful outdoor toys like balls, jump ropes, and chalk for drawing if possible. Organize and store outdoor play toys where children can see and reach them.
- **Natural play areas:** Encourage exploration with natural materials like rocks, sticks, and leaves. You could offer a play prompt, like asking them to create a nature collection. They could do an outdoor scavenger hunt. Or give them resources to help identify different kinds of plants, bugs, and other natural wonders.

REFERENCES:

Youniss, M., Garner, A., Hutchinson, J., Hirth-Pasek, K., & Golinbrot, R.M. (2018). The power of play: A pediatric role in enhancing development in young children. *Pediatrics*, 142(3). <https://doi.org/10.1542/peds.2018-2058>

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RETURN SERVICE REQUESTED

## Homemaker Annual Meeting Registration Form

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**Please mail form along with \$15 to Dian Ratcliff (Her address is in the handbook)**

Name

Club

Phone Number

Email

Dietary Restrictions

Date received by treasurer :

Cash or Check