



FOCUS ON CREATIVE ARTS IN MADISON COUNTY

Pam Francis, Parent Educator, has worked hard to put together a variety of creative art talks, classes and adventures for you at the Madison County Extension Office! The first program in our 3-part Creative Art series is:

OUT OF THE ART: THE HEART SPEAKS

We will be hearing from local artists and what has led them to specialize in various forms of art and the choice of materials used. This is a quarterly event, with our first guest, **Pat Banks**, a local watercolor artist. She will be presenting details about herself and the beauty she brings through painting. Pat will be with us on **May 29, at 6-8pm** in Room B of the Madison County Extension Office. These presentations are free but seating is limited. Please reserve your seat by calling the Extension Office, 859-623-4072.

Our future speakers include:

- ◆ **Renee Ray: Photographer & Technician: 8/28/24 @ 6pm**
- ◆ **Obiora Embry: Photographer & Farm 2 Table Foodie: 11/20/24 @ 6pm**
- ◆ **L. Alvis Agee: Demonstration & Conversation: 2/26/25 @ 6pm**



All speaker/presenters are part of Gallery on Main in Richmond. Their mission is to support and cultivate artists and the arts as vital resources for education and our community.

CRAFTING WITH THE BEST

Crafting With the Best is our second program in the Creative Art Series. Each year the Madison County Fair displays much fineries in Cultural Arts and Crafts. Entries are going for a blue ribbon and “bragging rights.” Each month we will have a guest Homemaker teach a skill or project in Arts and Crafts. These classes are free but space is limited. To register, call Pam Francis at 859-623-4072, by deadline date. Brunch snacks to share would be welcomed.

- ◆ **June 7, 10am-noon: Button Rings with Gina Noe.** Bring a shank button to work with, along with a round needle nose pliers, wire cutters, chain nose pliers. We will have a few extras on hand. Seating is limited to 10. *Reserve your seat by June 3.



- ◆ **July 8, 10am-noon: Memory Angel Tie with Jennifer (Howard) Skaggs.** Bring a favorite necktie. There will be a few on hand if you don't have one. *Reserve your seat by July 1. Seating is limited to 20.



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The Madison County Cooperative Extension Service will be **closed** for **Memorial Day, Monday, May 27, and Juneteenth, Wednesday, June 19.**



TRAILS TO SUCCESS ANNUAL MEETING IN REVIEW

What a fabulous turnout for the Annual Meeting for Madison County Extension Homemakers! **Thank you to all our board members, chairs, and club members who helped make it a huge success!**

New Board Installation: Connie Vaughn, Bluegrass Area President, sworn in **Robin Harris** as President, **Evonne Kincer**, Vice President, and **Marylene LeFurgy**, as Secretary (*pictured right*). New Chairs are **Linda Calico**, Cultural Arts, **Terry Griffin**, International, and **Helen Eden**, Food, Nutrition & Health.



Homemaker of the Year: Marylene LeFurgy! Chris Hannah and Marjorie Cummings honored Marylene (*pictured center, left*) as Homemaker of the Year. **Congratulations Marylene, you deserve it for all the hard work you've done over the past years and continue to do!**

Years of Service Recognition: We would like to congratulate and honor the following members for their years of service:

- 55 Years: **Carol Kinelski**
- 40 Years: **Gwendolyn Gray, Maxine Hinton, and Ava Eaves**
- 30 Years: **Pam Lakes** (*pictured right*) and **Michele Spangler**
- 25 Years: **Anne Poulter**

Note: If you were unable to attend the Annual Meeting and would like to receive your pin, please come by the office to pick it up.



Madison County Homemaker Scholarship Winner: This year's scholarship recipient is **Nancy Ann Webb** (*pictured left with Chris Hannah, Leadership Dev & Citizenship Chair*). Nancy is a Madison



Central High School Senior, and will attend EKU in the fall with an emphasis on agricultural business. She is a member of FFA serving as secretary and currently as president. Nancy has volunteered at 4-H Farm Day the last two years and enjoys working in her school's greenhouse and on the family farm. Nancy is a wonderful young woman with a clear vision of what she plans to accomplish in life. It is with honor that we present this \$1,000 Madison County Extension Homemakers' Association Scholarship award to Nancy - **Congratulations!**

Cultural Arts: Congratulations to the blue ribbon winners: **Marylene LeFurgy**, Apparel/Accessory; **Linda Calico**, Art/Natural/Wood; **Gina Noe**, Art/Recycled/Household; **Gina Noe**, Counted Cross Stitch/14ct; **Gina Noe**, Crochet/Home Décor; **Betty Scheiderman**, Embroidery/Basic; **Betty Eberle**, Embroidery/Machine; **Betty Eberle**, Holiday Décor/Spring; **Betty Scheiderman**, Holiday Decor/Winter;

(Trails to Success Annual Meeting—continued from page 2)

Gina Noe, Jewelry/Original design; **Julia Adams**, Hand Knit/Accessory; **Gina Noe**, Hand Knit/Home Décor; **Donna Ricketts**, Painting-Art/Acrylic; **Fawn Conley**, Photography/Color; **Marylene LeFurgy**, Quilts/Machine Pc/Hand Quilt; **Chris Hannah**, Quilt/Machine/Machine; Quilt, **Linda Calico**, Quilt/Novelty; **Beverly Brock**, Paper Crafting/Card Making; **Evonne Kincer**, Paper Crafting/Scrapbook; **Helen Eden**, Wall & Door Hanging/Other. **Congratulations to our very talented members!**

Volunteer Service Units: The following clubs will be recognized at this year’s State meeting for their 1,000+ hours of Volunteer Service during the 2022-23 homemaker year: **Pond, Walnut Grove, Wallaceton, Concord, Green Thumb and Madison CoOp**. Also for individual hours: 1,500+ hours: **Marylene LeFurgy, Betty Eberle, Chris Hannah and Terry Griffin**; 500+ hours: **Becky Knauer, Marjorie Cummings and Betty Scheiderman**. Volunteers are vitally important to our trails to success! Thank you for all you do!

Pictured right, a couple of Extension’s fearless trailblazers, Julia Reid, 4-H, and Jessica Hunley, FCS.



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

BASIC YOGA CLASS

mindsight
BEHAVIORAL HEALTH SPECIALTY GROUP



Join us for our Yoga Class, taught by Laura Cooper, in a welcoming and inclusive environment perfect for beginners and those looking to deepen their practice.

MAY 13TH @ 1PM : BEGINNER CHAIR YOGA
JUNE 13TH @ 5:30 PM : BEGINNER YOGA
JULY 15TH @ 1PM : BEGINNER YOGA

WHY CHOOSE OUR CLASS:

- Suitable for Beginners
- Enhance Flexibility and Strength
- Calm Your Mind
- Improve Posture and Balance

FREE!

**230 DUNCANNON LANE
RICHMOND KY**

➔ Reserve your spot now by calling the Madison Co Extension Office at (859) 623-4072. For questions contact Jessica @ hunley.jessica@uky.edu

SAVE THE DATE!

Madison County Extension Presents:

FARM, HOME, & GARDEN EXPO

Saturday, September 28th, 2024 from 9-2 at the Madison County Fairgrounds

Food and Horticulture demonstrations, activities for children, opportunities to meet local farmers, and so much more!

SPECIALTY CLUBS & GROUPS

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, Room 3. **(NOTE: No meeting May 20.)** Questions call Judy Fields, (859) 623-6032.

JOIN MNSS FOR OUR SPRING FLING LINEUP!

We're sewing simple projects this spring, something different each meeting! Basic supplies needed include: sewing supplies (scissors, pins, tape measure, sewing machine, etc.) however, fabric and sewing machines can be provided. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081.

SEW MUCH OR SEW LITTLE (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 9-noon**, Room 3, annex bldg.

JOIN SM/SL FOR LUNCH MAT ("QUILT AS YOU GO") FOR BEGINNERS! With "quilt as you go" technique you can make placemats, runners, purses, and more! Join Sew Much or Sew Little **Tuesday, May 14, 9-noon. Limit 6, call 859-623-4072 to register.** BRING: Sewing machine, general sewing supplies, bobbin, needle, scissors, pins, rotary cutter and quilt ruler, if you have one. LEARN to use rotary cutter, "QAYG" techniques, and use of different stitches on your machine.

GIFTS FROM THE HEART (sewing; community projects), **2nd and 4th Tuesdays, 12-3pm**, Room 3, annex bldg., following Sew Much or Sew Little.

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 9-noon**, Room 3, annex bldg. **(NOTE: No meeting May 16.)** Bring your sewing machine and a sandwich and quilt along with us. Questions: Linda Calico, 859-582-2252.

SOUTHSIDE SLOW STITCHING (knitting, crochet, cross-stitch, English paper-piecing, embroidery or macrame) **1st and 3rd Mondays, 6-8pm (new time)**, at Southside Church on Lancaster Road. Questions: Terri Cooper, 859-866-4380.

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, For May meeting check with Kathryn Bowers, 859-619-0166 (not meeting at the Extension office.)

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm, Room B.** Questions: Connie Lawson, 859-582-5505.

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy

Langosh, 720-243-0640.

EVONNE KINCER CARD CLASSES: Card Class, May 7 (Rescheduled from April 22 cancellation!) Learn how to use foil on any card to add shimmer and elegance to your handmade cards. We'll explore multiple ways to use adhesive and toner foil and we'll discuss the tools that makes foiling easy. Class fee is \$10. Two sessions available: 10am - noon or 5:30-7:30 pm, Room B, main office bldg. To register or questions, email Evonne, evkaykin@yahoo.com. Be sure to mention morning or evening session.



SEWING SERVICE PROJECT

To register:

https://uky.az1.qualtrics.com/jfe/form/SV_5iGxm3wLNFecPZk



June 1st from 10a-2p at the Madison Co Extension Office

Please join Annabelle for any amount of time you can on June 1st between 10a and 2p to help sew dresses and shorts for Sew Blessed Kentuckiana. There will be jobs for sewers, non-sewers, all supplies provided, and lunch.

THANK YOU FOR ALL THE DONATIONS!

We are so grateful for all the wonderful donations! Because of your generosity everything needed was donated! Thank you!
4Her Annabelle Ramsay



Contact Info: Clarissa Ramsay, Annabelle's Mom-
clarissa.ramsay@gmail.com or
Casey Faulkner, Extension Assistant-
casey.faulkner@uky.edu



Pasta! Pasta! Pasta!

MAY 14, 2024, 10am—noon

*Have you ever wondered which type of dried pasta to purchase, or which shape would be best for a particular sauce or dish? Do you want to try making your own pasta but feel unsure how to do that? Are you looking for some new sauces or new ways to combine meat or vegetables with pasta? If so, you will enjoy this class. Instructions and recipes will be provided for mixing, shaping and filling homemade pasta and also for using various purchased pasta shapes to make delicious dishes. Instructions and recipes for appetizers, entrees, soups, salads and even a dessert will be included. **Seating is limited, call 859-623-4072 to reserve your space.***

Healthy living with Diabetes
Kentucky Department for Public Health

OUR FREE, NATIONALLY ACCREDITED AND RECOGNIZED DIABETES EDUCATION WORKSHOPS ARE NOW AVAILABLE

Get the latest information on taking care of your diabetes. Develop a healthy eating and activity plan that works for you. Get tips on taking medication and reducing your risks for short and long-term complications.

**Madison County Health Dept.
216 Boggs Lane Richmond, Ky.
To Register Call
859-228-2044**

Kentucky Public Health

ADCES DEAP DIABETES EDUCATION ACCREDITATION PROGRAM

WHITE HOUSE CLINICS

Wellness in the Woods

A day of health, wellness, community, and fun!

SATURDAY	JUNE 1 2024	10A - 2P
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BEREA PINNACLES
2047 Big Hill Road | Berea, Kentucky

Enjoy free food, health education, and interactive kids' activities, all in the beauty of the Pinnacles!

Take advantage of free health screenings, catch up on vaccines, and connect with friends.

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families

Laugh and Learn playdates

SUMMER SERIES!

- ✓ June 19th @ 2PM
- ✓ July 30th @ 10AM
- ✓ For children ages 5 and under!

Madison County Extension Office
230 Duncannon Lane
Richmond KY 40475

CALL THE OFFICE TO SIGN UP NOW!
CALL (859) 623-4072

contact Jessica Hunley: FCS Agent with questions
hunley.jessica@uky.edu

Parent's Place

If you are interested in joining any of our group(s), make reservations, or have any questions, need referrals, or just to talk, call Pam Francis at 859-623-4072, or psfr222@uky.edu.

GAP - Grandparents As Parents: May 1, Richmond Library, Room 138, 11am-1pm. Following "Mind in the Making" for Grandparents As Parents again. Due to discussions, children do not attend. We share parenting tips, resources and encouragement. Lunch is provided by 'MIND in the Making, but potluck desserts are welcomed. New members are always welcome to join us.

June 5, July 3, August 7 meetings: White Hall Park Pavilion, 11am to 1pm. Bring a picnic lunch and drinks for your family and come for a great time outdoors. Please call Pam to reserve a place and for supplies.

SMALL FRIENDS: May 21 at Madison Co. Cooperative Extension, Room 1, 10:30am-noon. Small Friends is for little ones from ages prenatal through age 5, and those who love and care for them. We share play time, a fun craft, story time, parenting tips, and a healthy snack. In the midst of the fun, there's time for adults to converse and build relationships.

June 18, July 16, August 20 meetings: White Hall Park Pavilion, 10:30am-noon. Please bring a picnic lunch and drinks for your family, and come for a great time of fun, fellowship, and giggles. Please call Pam to reserve a place and for supplies.

PARENT MATTER (Parenting Encouragement):

- **Richmond Library**, Room 136 - first Tuesday @ month, 10-11:30 am
- **Berea Library**, Meeting Room - second Tuesday @ month, 10 to 11:30 am

We use research based curriculum: *Active Parenting*, by Michael H. Popkin, PhD. These are parent only meetings; new members are welcome; coffee and tea provided.

KEYS TO GREAT PARENTING (KGP): Keys is an informal a FREE 10-week course designed for all parents, grandparents, to be parents, caregivers, relatives as parents, teen parents, single parents, and foster parents. This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and child care is not provided.

KIDS CANNING CAMP



July 11th and 12th
1PM- 3PM
Madison County Extension Office

Class is designed for beginners: AGES 12 AND UP! students will be eligible to enter their products in the fair!

SIGN UP NOW! SPACE IS LIMITED
(859) 623-4072

for more info email Jessica at hunley.jessica@uky.edu

Cook with Me

Family Cooking series

FREE!

A couple spots remaining!

**Tuesdays:
May 21st
May 28th
At 5 PM**

All materials provided

230 Duncannon Lane
Richmond KY 40475

FOR QUESTIONS: EMAIL
HUNLEY.JESSICA@UKY.EDU



Call or email to sign up!

SUPER STAR CHEF Camp

July 17-19th
10 AM-2PM
Space is limited for students ages 9-12 years old

hunley.jessica@uky.edu
(859) 623-4072



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Taco Pie

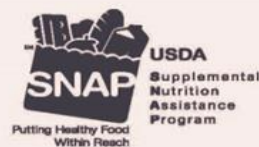
- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



- amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:
 300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:
 Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service



Recipes from the 2024 Food and Nutrition

Recipe Calendar

Cook with Cheri

Next Class: May 23—Register now!

Join Cheri for a **free** monthly lesson and healthy hands-on cooking class, then stay to enjoy your efforts!

April 25, May 23, June 27 and August 1, 11am-1pm, seating is limited.

Registration is a must for setup & supplies: Call 859-623-4072

Location: Madison County Extension Center
 230 Duncannon Lane, Richmond, KY 40475

DON'T MISS A THING! We post all classes, events and important information on our Facebook page and website! So like and follow us at:

<https://www.facebook.com/MadisonCoFCS/>

<http://madison.ca.uky.edu/>

Have a great summer!

Family & Consumer Sciences Agent,
 Madison County
 Hunley.jessica@uky.edu
 (859) 623-4072

CARE BEARS & INTERNATIONAL DRESSES

I want to thank everyone who helped complete the bears. We completed over **100**. I handed the bears over to Morgan Bray who works through the White House Clinic (pictured). Morgan told me these bears will be given to children who need comfort as a result of having a medical procedure or being placed in foster care.



She was thrilled to be able to add bears to the bags given to these children.

I also want to thank everyone who participated in the **International Dress Sewing Project**. Rita Hardman from Lexington, (pictured center bottom with Marylene LeFurgy and Terry Cooper), guided us through the sewing. She also explained why the pattern for the dresses were designed the way they were. We learned about the life of the girls and women in Africa. We're also given information and patterns for sanitary pads to be made for them. I also have a simple pattern for little boys shorts. There are patterns for all three if anyone would like to make some. If you have dresses made and have not turned them in, you can leave them in the office and I will get them to Rita.

Thank you for helping with these programs!

Submitted by Paulette Edster, Family & Individual Dev Chair, 859-985-1939



(Continued from page 1)

SUMMER DELIGHTS

Finally, our third offering is titled "Summer Delights." This set of classes will run from July 17 through September 11. These classes come with a class fee. Each class is different and requires you to register with the Artist and arrange payment with them, but you will be meeting at the Extension Office for your class.

July 17, 1-3PM: Colorful Creations with Carla Prather. Carla paints whimsical signs, and door hangings. You can find her work on her Facebook page under: <https://www.facebook.com/profile.php?id=100063546939682> The class is \$30 and all

supplies are provided. Class reservations, questions, and pattern choice, should be done by texting Carla at 859-327-4828. Class size is limited to 15, and deadline is July 10. Carla has huge assortment of patterns to choose from, check out the photos on her facebook page.



(Left, is a teapot that Pam Francis painted in one of Carla's classes.)

**2024 MADISON COUNTY FAIR
Willis Hall Fair Exhibits**

The fair catalog for Willis Hall is available online at <https://madison.ca.uky.edu/>. If you are unable to download the file, please come by to pick up a copy or call and we can mail it out to you. Non-perishable entries will be taken at the Extension office on July 22nd, and perishable at the Fairgrounds on July 24th. And for those of you with poultry, we have a new department - Eggs! Don't forget to enter your artistic endeavors at the Fair!