

FAMILY & CONSUMER SCIENCES

Madison County Extension Homemakers Newsletter

MAKING A DIFFERENCE!

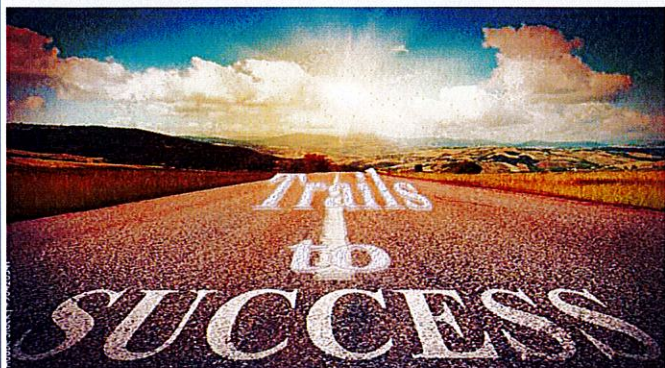


University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Cooperative Extension Service
Madison County
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
Fax: (859) 624-9510
extension.ca.uky.edu

March 2024



Come celebrate our **TRAILS TO SUCCESS!**

The Madison County Extension Homemakers' Annual Meeting has been set for **Tuesday, April 30, 2024, 10:00 am**, (registration starts at 9 am) and will be held at the Extension Office. This is a time of fellowship and celebration of the past years' accomplishments. Your board has planned a special event, thanks particularly to the participation of so many clubs and members.

You do not need to belong to a club to attend, and we encourage all our Mailbox members to come as well.

This year our meal will be provided and served by **Ignite Academy Culinary Students**. You will select your main entrée and choice of dessert: Pulled Pork, Chicken Salad, Pasta Salad with Cheese Tortellini (vegetarian), or Kentucky Hot Brown sliders; Desserts: Texas Sheet Cake, or Chocolate Chip Cookie. Beverages will also be provided.

We are very excited about our entertainment — local musician, **Wanda Barnett**. Wanda is a native of Floyds Knobs, Indiana, and resides in Richmond, KY. She attended EKU, where she received her Bachelors and Masters in Music Education, and a violin major. She plays fiddle and sings with "The Squirrel Band" in Lexington, KY. Also, guitar, fiddle, and vocals with "The New Coon Creek Girls". She has also worked at Renfro Valley Entertainment Center. She is currently a self-employed Musician and Music Teacher. Her many students like her very much.



Along with door prizes, cultural arts items will be available for viewing before and after the meeting. Registration starts at 9 am; meeting starts at 10 am. The cost of the meeting is \$15. Tickets are not issued for this event, but you will be registered as soon as we receive your reservation form and check. **Deadline for reservation is April 12th. No refunds will be made after April 1st.**

You will find the registration form located on the last page. More information pertaining to Annual Meeting continues on page 12. **Hope to see you there!**

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.

SPECIALTY CLUBS & GROUPS

December 1 through April 1 is considered “Winter months” for Extension. **What does that mean for you? No meeting shall start before 10:00 am-** this includes club members setting up ahead of time. Starting December 1st, clubs/groups that have a regular starting time of 9 am, will move to 10 am. Also, please review **SNOW POLICY**.

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, Room 3. Questions call Sarah Hart, 859-314-7626. **JOIN US 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, 10am-1pm**, Room 3, annex bldg.

GIFTS FROM THE HEART (sewing; community projects), **2nd and 4th Tuesdays, 12-3pm**, Room 3, annex bldg., following Sew Much or Sew Little. Also every Wednesday, 10-4 at Southside Church on Lancaster Road in Richmond. Questions: Chris Hannah, 859-779-5761.

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 10-1pm**, Room 3, annex bldg. **(NOTE: No meeting March 21 due to conflict!)** 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, 2-4pm**, at Southside Church on Lancaster Road. Questions: Terri Cooper, 859-866-4380.

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, check board for room assignment. Questions: Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm**, check board for room

assignment, main office bldg. Questions: Connie Lawson, 859-582-5505, clawson123@roadrunner.com.

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, 859-756-3288.

INTERNATIONAL DRESS SEWING DAY, March 19, 10am—3pm (Annex Bldg.) We will be sewing dresses for girls in Africa. All materials and instructions are provided and all fabrics are pre-cut and ready to assemble. Rita Hardman, from Fayette County, will lead this program, we just need your sewing skills! If possible, bring your own sewing machine and essentials (thread, scissors, seam ripper, needles and pins). If you do not have a swing machine, it will be provided. We will also receive information on how to make little boys’ pants and sanitary napkins. Bring your lunch. **Please call if you plan to come, 859-623-4072.**

EVONNE KINCER CARD CLASSES: March 12 - Tea-rrific All Occasion Cards will focus on stamping techniques including inking, embossing and masking. (Note: this class is a makeup class rescheduled from January.) **March 26 - Interactive Cards.** Two class times available: 10 am –noon or 5:30-7:30 pm., room 1, annex bldg. Class fee is \$10. For additional information and to register, email Evonne evkaykin@yahoo.com.

SNOW/INCLEMENT WEATHER POLICY

If inclement weather closes the Madison County Schools, then all Homemaker clubs, 4-H clubs, horticulture classes, Leader Lessons, and other workshops will be cancelled. If in doubt, call **859-623-4072**. Tune into local news broadcasts and radio stations for school cancellations. We will also try to post closures and delays on our Facebook page,



Dear Extension Homemaker,

We are finally getting those extra hours of daylight and have Spring waiting on us right around the corner! Let me just tell you, that is something that excites me so much! I love having every extra minute of daylight I can get to do things with my family outdoors!

With better weather and daylight, comes all the fun activities that Spring allows us to have! Our annual Craft Fair is coming up quickly, and we are slated for an amazing turnout of fun and unique vendors, so be sure to stop by that day (see page 10)! Tell your friends!!!

Don't forget to sign up for the annual meeting and get your items in for the Cultural Arts competition this year! We love seeing all the new things you create over the course of a year. You all always do such a good job representing Madison County at the area and state levels!

We are gearing up for camp season, fair, gardening season which brings food preservation, and all the things in between. Such a busy time but I prefer it to the cold winter.

We are changing things up a little within FCS at the office as well, so be sure to check in each month for new ideas and class offerings! As always, if anyone has a class they are interested in teaching or leading please reach out to me and I am happy to investigate it with you!

Hope to see you all out and about soon!

Best,



Jessica Hunley,
Family & Consumer Sciences Agent For
Madison County
Hunley.jessica@uky.edu

Quilters' Guild of the Bluegrass
presents...

**Saturday
March 16**

9:00 a.m.-3:00 p.m

Tickets \$5

Fayette County Cooperative Extension

1140 Harry Sykes Way Lexington

Light breakfast snacks provided

Catered Box Lunch \$10

**Quilters'
Day Out**



Featured speaker: Cheryl Sleboda
"Heirloom Textures to Modern Quilts"

Day Out is held at the Fayette County Cooperative Extension office. Shop vendors, sharpen shears, view quilts, gift bags (first 175), bring a fat quarter-may win the lot, door prizes and more! *Cheryl Sleboda will teach a class on Sun., March 17, from 10-4. "Heirloom Sewing for Modern Quilters", \$50 class + \$25 kit. Class info email: QGBG.commteam@gmail.com

Civil Rights Act-Compliant:

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, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. 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.

LEADER LESSON

A beginner's guide to Meal Prepping and Meal Planning



Planning meals is one of the best ways to save money and eat healthy meals. Learn some tips and tricks that will help to remove the stress of putting healthy meals on the table every night.

Join us, **Wednesday, March 28th at 10am** for this lesson. Call 859-623-4072 to reserve your space.



Let's Cook With Herbs! April 18, 10am-12 noon

Ever wonder which is the best herb to use or when to add it to a dish? Are there herbs you don't regularly use you'd like to taste? Do you want to know which herbs to buy fresh? Are you interested in growing your own herbs? Would you like some recipes for herbs you already have or are already growing?

Victoria Faoro's presentation will cover everything from shopping for herbs to growing and preserving them to using them in a range of dishes. And you will have a chance to sample some of the results. Full recipes will be provided along with many helpful tips for making the most of herbs. Space is limited, **call for reservation: 859-623-4072.**

Cook with Cheri

Next class: Thursday, March 28th

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

Two sessions available, 4th Thursday of the month (Jan-July): 11am-1pm or 5-7pm, 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



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!



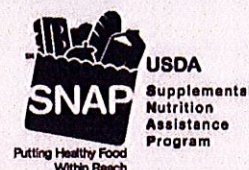
THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior



Recipes from the 2024 Food and Nutrition

Recipe Calendar

Veggie Egg Rings



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

- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- **Optional ingredients:** tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
3. Preheat a large skillet over medium-high heat and spray

- with nonstick cooking spray.
4. Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
7. Sprinkle with salt and pepper and cover.
8. Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
9. Top with optional ingredients of your choice, add cheese, and let melt.
10. Serve while hot and enjoy!
11. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 Veggie Egg Ring
Cost per recipe: \$1.94
Cost per serving: \$0.49

Nutrition facts per serving:

60 calories;
 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant

March is National Nutrition Month

National Nutrition Month[®] is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, **everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.** Here you can find some good resources and fun activities as well: <https://www.eatright.org/national-nutrition-month-2023/resources>

ADULT HEALTH BULLETIN



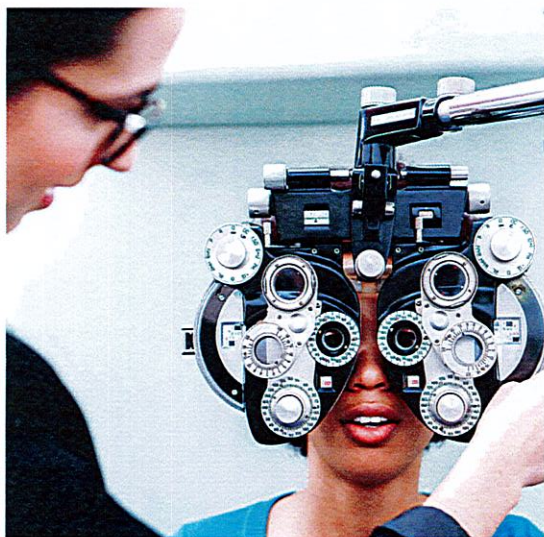
MARCH 2024

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

Madison County Extension Svc.
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072
<https://madison.ca.uky.edu>

THIS MONTH'S TOPIC

SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

Continued on the next page ➔

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



➔ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:
<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

ADULT HEALTH BULLETIN

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Disabilities accommodated with prior notification.

Please choose the top 8 lessons you would like taught in the 2024-2025 homemaker lesson year.

Return to the Extension Office no later than April 8, 2024.

— Inspiring Grandchildren to Become Grand Cooks

Learning cooking skills early in life improves skills and confidence in the kitchen, which can lead to higher diet quality to support health later in life. The decrease in kitchen skills over generations means grandparents are an important resource for helping grandchildren navigate the kitchen. We'll have ideas for bringing different generations together in the kitchen in ways that build confidence, share knowledge and traditions, and create lasting memories.

— Creating Welcoming Communities

All societies experience shifts in culture and modern America is no exception. Have you wished to be more confident in navigating unfamiliar cultural experiences? With this lesson, become a more prepared community volunteer by understanding how culture makes all of us unique. We will examine our own culture, understand culturally related strengths of both ourselves and of others, and gain an understanding of oppressive experiences and their effects. As we seek to build a stronger Kentucky, KEHA volunteers can lead the way in making the state more welcoming to all newcomers in the Commonwealth.

— Gardening Safely

Gardening is a great way to be physically active, enjoy the outdoors, and beautify your home or yard. There are added health benefits to growing your own vegetables, fruit, and herbs, as well. As with any activity though, it is important to know how to move prudently, use equipment properly, and interact with nature responsibly. This lesson focuses on the health benefits of gardening, using proper motions for repetitive movement, and appropriate tools for the job at hand. If this lesson does not sound exciting at first, maybe it will grow on you!

— Using Your Air Fryer

The air fryer has increased in popularity over the last few years and has become a staple in many kitchens. This small countertop appliance offers a healthier alternative to frying food and also is popular for reheating leftovers. This lesson will focus on what air fryers are and how they work. We'll discuss the pros and cons, and consumers will feel informed when purchasing an air fryer.

— Composition in Photography

Looking to take photographs that not only capture the memory, but also enhance it? Participants will receive a handout with suggestions for successful composition in photography.

— How to Get Out of a Mealtime Rut

When you or a family member find out what is on the menu for dinner, is the typical response "Again?" If you dread the thought of cleaning another dish or you just can't think of the last time you were excited by your own cooking, you may be in a cooking rut. The goal of this lesson is to share creative strategies that can be used to overcome mealtime ruts and prepare meals at home. Participants will be able to explain why it is important to prepare home-cooked meals, describe several creative strategies to come up with meal ideas, and identify ways to reduce barriers related to preparing meals at home.

— Understanding Your Credit Scores

Does one number define you? Find out about the meaning behind credit scores, what makes a good one, and how you can improve yours.

— Understanding Medicare and Medicaid

Understanding the in and outs of government health insurance plans can be difficult. With this lesson, we hope to help you navigate details and answer any questions you may have regarding these programs and make the best informed decision of what is the best option and plan for you.

— Savy Online Grocery

You can buy food from a variety of locations – grocery stores, convenience stores, discount stores, and restaurants. A quickly growing option for food shopping is the online marketplace. Although online grocery shopping has been around for decades, it is gaining momentum with more online options and more technology in our everyday lives. Consumers are interested in or choosing online grocery shopping, but may not understand benefits, drawbacks, or important considerations of buying food this way. This lesson will help consumers feel informed when using online grocery shopping platforms or deciding if online grocery shopping meets their personal needs.

— Nutrients: Supplements and Macronutrients

Macronutrients are the foundation of our diet. However, information about macronutrients and their role in a balanced diet can be confusing. By establishing a basis of nutrition knowledge about macronutrients, you can better understand their impact on health and wellbeing. Come learn the educational gaps related to macronutrients and their role in a balanced and nutritious diet.

— A Bad Deal in Disguise: Types of Scams

Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams.

— Movement Breaks

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being. This lesson focuses on modified movement to help improve balance, posture, muscular strength, and ability to perform daily living activities.



W. Martin Garton
College of Agriculture,
Food and Environment
University of Kentucky

Madison County Extension Homemakers ART & CRAFT MARKET



230 DUNCANNON LANE RICHMOND KY
40475

SATURDAY
MARCH 23RD
10AM TO 4PM

Handcrafted wood products, bird houses, and natural stone jewelry, fabric textile art, hand-carved items, papercrafts, natural bath products, homemade sweets and baked goods, candles, craft supplies, totes, bags, wallets, baskets, tumblers, cards, journals, painted art, knitted, crocheted and sewn items, kitchen and home décor, embroidered t-shirts, raincoats & hoodies, and much, much more!

There's something for everybody!



(859) 623-4072

PARENTS PLACE

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

NOTE: See [Snow Policy](#) on page 2.

GAP - Grandparents As Parents: Our GAP meeting on **March 6th** will be at the Richmond Library in Room 138, 11am-1pm. We are working through "Mind in the Making" for Grandparents As Parents again. If interested, please give Pam a call for reservations and meeting information. Due to discussions, children do not attend GAP during the school year. We share parenting tips, resources. Our lunch is provided but potluck desserts are welcomed. New members are always welcome to join us. For more information, please contact Pam @ 859.623.4072.

SMALL FRIENDS: Our Small Friends meeting will be on **March 19th** at the Madison County Cooperative Extension Office in Room 1. Our meeting time is from 10:30 AM to Noon. Every month is a celebration with Small Friends. 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 all the fun and giggles, there is time for adults to have conversations to build relationships. Any questions or to RSVP for set up and supplies contact Pam.

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. Contact Pam for questions and reservations, 859-623-4072.

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. If interested or to sign up call Pam Francis, 859-623-4072.

LAUGH & LEARN PLAYDATES: Just a few more left for this season—for information, email Jessica at hunley.jessica@uky.edu

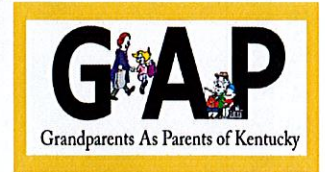
- **March 8:** Whitehall @ 10am
- **March 22:** Waco @ 1:30pm
- **April 12:** Whitehall @ 10am
- **April 19:** Shannon Johnson @ 10:30am
- **April 19:** Waco @ 1:30pm

The **20th Annual Bluegrass Regional Grandparents Raising Grandchildren Conference** is just around the corner. In addition to the featured speaker, Allison Davis Maxon, MS, LMFT workshops focusing on trauma, social media use, stress management, crucial conversations, and substance use will be offered. Ms. Maxon will kick-off the conference with "Kinship Families: Supporting Inter-generational Healing" and wrap up with "Seven Core Issues in Kinship Families." For more information and to register visit <http://gapofky.org>. Follow us on Facebook—[Grandparents Raising Grandchildren Conference](#)

20th Annual Bluegrass Regional

Grandparents
Raising
Grandchildren
Conference

March 21, 2024
8:00 AM - 3:30 PM
Clarion Hotel



Grandparents As Parents of Kentucky



Featured Speaker:
Allison Davis Maxon
Executive Director,
National Center on
Adoption & Permanency

Be one of the first 100
registered participants
to receive a free gift.

Register online:
<http://gapofky.org>
(859) 257-5582



SAVE THE DATE . . .

- ◆ Madison Co. Extension Homemakers Board Meeting, Monday, April 8.
- ◆ Madison Co. Extension Homemakers Annual Meeting, Tuesday, April 30 (luncheon); Cultural Arts competition, Monday, April 29, see details.
- ◆ KEHA State Meeting will take place May 7-9, 2024, at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA." Fort Harrod is the host area. Details are at this link: <https://keha.ca.uky.edu/content/state-meeting-information>. Hotel rooms can be reserved now and registration is coming soon in the KEHA State Newsletter.
- ◆ Madison Co. 4-H Camp, June 24-27.
- ◆ Madison Co. Fair, July 27-August 3rd. Details TBA.
- ◆ Madison Co. Extension Presents: Farm, Home & Garden Expo, September 28, 9-2 at the Fairgrounds. Details TBA.

THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. "Do I buy what I can afford today, or do I wait and save more money for the nicer option?" This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child's understanding of others' needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

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- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES

Categories and Subcategories

1. APPAREL
 - a. Accessory
 - b. Appliqued
 - c. Basic Sewing
 - d. Quilted
 - e. Specialty
2. ART, 3-Dimensional
 - a. Carving
 - b. Sculpture
3. ART, NATURAL
 - a. Wood
 - b. Other
4. ART, RECYCLED (Include a before picture)
 - a. Clothing
 - b. Household
 - c. Other
5. BASKETRY
 - a. Cane
 - b. Dyed Material
 - c. Miniature (under 4 inch)
 - d. Novelty
 - e. Plain
6. BEADING
 - a. Bead Weaving
 - b. Non-jewelry Item/Wearable
 - c. Miscellaneous
7. CERAMICS
 - a. Hand-formed
 - b. Molded
 - c. Pre-made
8. COUNTED CROSS STITCH
 - a. 14 Count & Under
 - b. 16-22 Count
 - c. Specialty Cloth (linens, etc.)
9. CROCHET
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
 - d. Thread
10. DOLL/TOY MAKING
 - a. Cloth
 - b. Handmade Toy other than Porcelain/China or Cloth
 - c. Porcelain/China
11. DRAWING
 - a. Pastels
 - b. Pen and Ink
 - c. Pen and Ink with Oil Roughing
 - d. Pencil or Charcoal-Black
 - e. Pencil-Color
12. EMBROIDERY
 - a. Basic
 - b. Candle Wicking
 - c. Crewel
 - d. Machine
 - e. Ribbon
 - f. Smocking
 - g. Swedish
 - h. Tatting/Lace Making
 - i. Miscellaneous
13. FELTING*
 - a. Needle Method
 - b. Wet Method
14. HOLIDAY DECORATIONS
 - a. Autumn
 - b. Spring
 - c. Summer
 - d. Winter

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Source: https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/2023_CAH_Cultural_Arts_Exhibit_Categories_and_Rules.pdf

2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

15. JEWELRY
 - a. Beaded
 - b. Mixed Media (wire, chain maille, mixed with beads)
 - c. Original Design
16. KNITTING (HAND – with knitting needles)
 - a. Accessories
 - b. Fashion
 - c. Home Décor and Afghans
17. KNITTING (OTHER – machine / loom)
18. NEEDLEPOINT
 - a. Cloth Canvas
 - b. Plastic
19. PAINTING, ART
 - a. Acrylic
 - b. Oil
 - c. Watercolor
20. PAINTING, DECORATIVE
 - a. Metal
 - b. Wood
 - c. Other
21. PHOTOGRAPHY (mounted or framed) **
 - a. Black & White
 - b. Color
22. QUILTS***
 - a. Baby-size or Lap-size (hand quilted)
 - b. Baby-size or Lap-size (machine quilted)
 - c. Hand Appliqué (hand quilted)
 - d. Hand Pieced (hand quilted)
22. QUILTS*** (continued)
 - e. Machine Appliqué (machine quilted)
 - f. Machine Pieced (hand quilted)
 - g. Machine Pieced (machine quilted)
 - h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
 - i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
 - j. Technology Based (hand or machine quilted)
 - k. Miscellaneous (hand or machine quilted)
23. PAPER CRAFTING
 - a. Card Making
 - b. Origami
 - c. Quilling
 - d. Scrapbooking****
24. RUG MAKING
 - a. Braided
 - b. Hooked
 - c. Punch Needle
 - d. Woven
25. WALL or DOOR HANGING
 - a. Fabric
 - b. Other
26. WEAVING
 - a. Hand (macrame, caning)
 - b. Loom (includes pin weaving)
27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

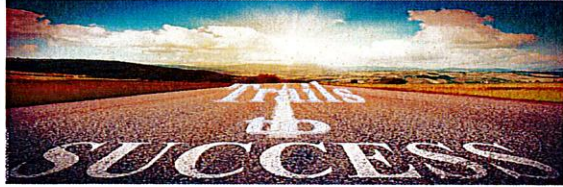
* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

** Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

***Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

**** Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

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TRAILS TO SUCCESS ANNUAL MEETING

Board Member Openings: Please consider joining our county Board. This year the President, Vice President and Secretary positions will be elected at the Annual Meeting. Additionally, we are looking to fill a few chairmen positions on the Board: International, Leadership, and Food, Nutrition & Health. If you would like to join the Board in a chairman position, please contact Marylene LeFurgy, 859-358-0185, or via email at crochetbymarylene@gmail.com. If you would like to be considered for President, Vice President or Secretary, please return your Nomination form to the Extension Office no later than **April 1st**. Call for a copy of the Nomination form, 859-623-4072, or ask your club’s President for a copy of the form from the March Presidents’ Notes.

April 1st Deadlines

The April 1st deadline fast approaches. Please be sure to have the following submitted to the Extension Office **on or before April 1st:**

- ★ Nominations for **President, Vice President and Secretary.**
- ★ Nomination for **Homemaker of the Year.**
- ★ Application for Extension Homemaker Senior Scholarship.
- ★ **Club & Individual Book Reading Lists.**
The lists are due to Evonne Kincer, Cultural Arts Chair, no later than April 1, you can drop them off at the Extension Office.

Cultural Arts

Please plan to enter your cultural arts projects (completed since May, 2023) in the Madison County Cultural Arts Competition. **You need to bring your item(s) to the Extension Office, Friday, April 26th, 9am-3pm.** The Cultural Arts competition is open to current homemaker members only. The winners are announced at the Annual Meeting on Tuesday, April 30, and the display will be available for viewing during the meeting. If you do not attend the Annual Meeting, please plan to pickup your items starting Wednesday, May 1st. First place winners are eligible for the Blue Grass Area competition which is held during the Area Annual Meeting in October. **You will find a listing of the categories on page 11.**



TRAILS TO SUCCESS—ANNUAL MEETING
Reservation for Tuesday, April 30, 2024, 10:00 am

(Registration starts at 9:00 am)

Name: _____ Phone: _____

Email: _____

Address: _____ City/zip: _____

Club Name: _____ OR _____ Mailbox Member _____ Guest

Select 1 Entrée: Pulled Pork Chicken Salad Kentucky Hot Brown Sliders Vegetarian

Select 1 Dessert: Texas Sheet Cake Chocolate Chip Cookie

Reservations are \$15 each. If reserving for more than one, please indicate all entrée selections (with name) for a total of \$_____. Please include names of guests, and any special seating requirements.

Deadline for reservations is April 12th.

Note: Check or money order only! No refunds after April 1st.

Please make checks payable to: **“Madison County Extension Homemakers”**
Send this form and check to: **Annual Meeting, PO BOX 270, Richmond, KY 40476-0270**