


FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

 Cooperative Extension Service

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

March, 2025

MADISON COUNTY HOMEMAKERS ANNUAL CRAFT FAIR



Saturday, March 29, 2025

10am - 2pm—Rain or Shine!

Handcrafted wood products, windchimes, 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, and much, much more!

 (859) 623-4072

 230 Duncannon Lane
Richmond KY 40475

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

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, 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.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506




Disabilities
accommodated
with prior notification.

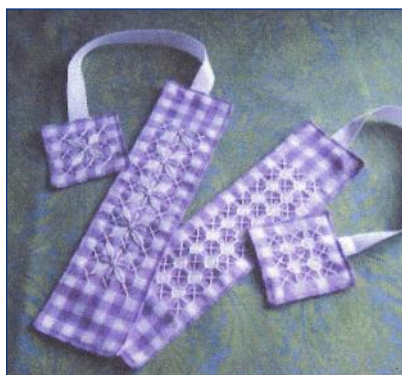
SPECIALTY CLUBS/GROUPS/CLASSES

March is our last Winter Month! No meeting shall start before **10:00 am** (*this includes club members setting up food, etc., ahead of time.*) **Please see Notice on this page and review inclement weather policy.**

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, check board for room assignment. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081.

SEW MUCH OR SEW LITTLE) **2nd and 4th Tuesdays, 10am-1pm**, Room 3, annex bldg.

Chicken Scratch Embroidery Bookmark, March 11 at 10am: FREE CLASS, bring white embroidery floss, small embroidery hoop, needle, and scissors. Fabric, interfacing and ribbon will be provided. Please RSVP to Terri Cooper, 859-866-4380.



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

CREATIVE HANDS (quilting) **1st and 3rd Thursday @ month, 10am-1pm**, Room 3, annex bldg. Bring your sewing machine and a sandwich and quilt along with us. Questions, call Linda Calico, 859-582-2252.

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**, check board for room assignment. **March 12:** David Rice will talk about local bees. No need to bring anything! All are welcome! For questions, call Kathryn Bowers, 859-619-0166.

PAPER KUTZ (paper crafting, cards, etc.) **3rd Thursday @ month, 6-7:45pm**, check board for room assignment. Questions, call Connie Lawson, 859-582-5505.

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, check board for room assignment. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640.

EVONNE KINCER CARD CLASS: March __, **10-noon or 5:30-7:30pm**. Please bring your supply kit including a tape runner and liquid glue. Class fee is \$10. To attend email Evonne evkaykin@yahoo.com and specify preferred class time.

Jessica Hunley

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

ATTENTION • NOTICE

IMPORTANT REMINDER
DUE TO UPCOMING BUILDING RENOVATIONS:

STAFF WILL BE REMODELING THE ROOM SCHEDULE AS NEEDED. PLEASE BE AWARE THAT EXTENSION PROGRAMMING IS THE PRIORITY. YOUR GROUP MAY BE ASKED TO CANCEL OR RESCHEDULE THROUGHOUT THIS PROCESS.

THANKS FOR UNDERSTANDING!

INCLEMENT WEATHER POLICY:



If Madison County schools are closed due to inclement weather, all homemaker, 4-H and horticulture meetings, clubs and workshops are cancelled for that day and evening. In some cases, these events may be rescheduled. If in doubt, please call **859-623-4072**. School closings are broadcast on TV, radio, and we always try to post our closures or delayed openings on our Facebook pages.

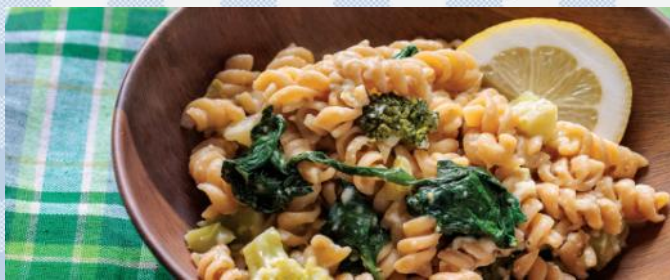
Cook with Cheri Cooking for 1 or 2

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

Fridays, April 4, 11, 18 and 25, 2025, 11am-1pm, seating is limited, and you must be able to attend the full series.

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

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



LEADER LESSON

AIR FRYERS



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.

Join us to learn more about air fryers, pickup some cooking tips and recipes!

This is a free presentation held at the Madison County Extension Service, all are welcome!

Call 859-623-4072 to register for this lesson.



DATE: Tuesday, March 25, 2025

TIME: 11:00 am

CALL TO REGISTER: 859-623-4072

LOCATION: Madison County Extension Service, 230 Duncannon Lane, Richmond

PICKLEBALL



First Come First Serve-
Bring Your Own Paddle

Open-Court!

**WEEKENDS
(FRIDAYS- SUNDAYS)
APRIL 4TH THROUGH
NOVEMBER 2ND**

Classes!

**LAST FRIDAY
OF THE MONTH
APRIL - OCTOBER
9AM- 11AM**

MADISON COUNTY EXTENSION OFFICE
230 Duncannon Lane Richmond KY 40475

More Information :
hunley.jessica@uky.edu



SAVE THE DATE!
GARDEN PARTY
BENEFIT FOR OVARIAN CANCER
MORE INFO COMING SOON!

230 DUNCANNON LANE
RICHMOND KY 40475

June 3rd, 2025

More details to be announced!



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

Crunchy Air Fryer Fish

Prep time: 10 minutes

Rest 10 minutes

Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:

230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

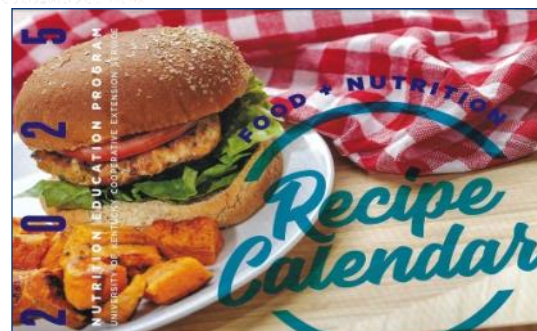
Source:

Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service



Recipes from the 2025 Food and Nutrition

Recipe Calendar



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): March 5, 11am-1pm @ the Richmond Library, Room 138. Please call for set up and supplies. Guests, Sally Dannenburg, with Mind in the Making.

SMALL FRIENDS: March 18, 11am to 1 pm at the Extension Office. Come for a great time of fun and fellowship, giggles and parenting tips. Reservations are needed for supplies and set up for you and your little ones, prenatal to 5 years of age. It is a great place to make new friends. Small Friends learn about friendship, fun crafts, healthy snacks, and story times.

PARENT MATTER (Parenting Encouragement): These are parent only meetings; new members are welcome; coffee and tea provided. Our meeting locations are at both Madison County Public Libraries as follows:

- **Richmond Library on March 5, 3pm to 4:30pm in Room 136.** Please call for set up and supplies.
- **Berea Library on March 11, 11:30am to 1pm.** Please call for setup and supplies.

KEYS TO GREAT PARENTING (KGP): KGP is an informal, FREE 10-week course designed for parents, (grands, expecting, caregivers, relatives, teens, singles and fosters). This is an informal gathering of parents to learn and grow in a supportive and encouraging community. Children do not attend classes and childcare is not provided. Referrals are welcome.

21st Annual Bluegrass Regional

Grandparents Raising Grandchildren Conference

Featured Speaker:
Dr. Clarissa Roan-Belle
Licensed Psychologist
Higher Horizons





Grandparents As Parents of Kentucky

March 19, 2025
8:00 AM - 3:30 PM

Clarion Hotel,
1950 Newtown Pike
Lexington, KY

Register: <https://sites.google.com/view/gapofky/home>

Laugh & learn Playdates



MARCH
14TH @
WACO
ELEMENTARY
1:30 PM

FREE

APRIL
18TH
SJE @ 10:00AM
WACO@1:30 PM



FUN & CREATIVE ACTIVITIES
AGES 5 AND UNDER!

games, music time, story telling, healthy snacks, positive interactions, new friends, lots of fun!

MAY
16TH @
WACO
ELEMENTARY
1:30 PM

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable Families



hunleyjessica@uky.edu for questions or info

Cook with Me

Family Cooking series
Children ages 4 and up!

At 5:30 PM
March 19th & 26th
April 23rd & 30th
May 20th & 28th

FREE!

Check with Jessica for class availability!







All materials provided

 230 Duncannon Lane
Richmond KY 40475

FOR QUESTIONS/ SINGUPS: EMAIL
HUNLEY.JESSICA@UKY.EDU

Please choose the top 8 lessons you would like taught in the 2025-2026 homemaker lesson year.

Return to the Extension Office no later than March 31, 2025.

Mental Health Matters

Mental health is important for overall health at every life stage—from childhood through older adulthood. It includes emotional, psychological, and social well-being and affects how a person thinks, feels, and behaves. This lesson will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being.

Mastering Mindfulness

Mindfulness is a practice that involves being in the present moment. It involves being aware of your thoughts, feelings, and the area surrounding you. There are various mindfulness activities that individuals can participate in to improve their overall mental health and well-being. This lesson will introduce mindfulness and a few techniques that individuals can use to bring themselves back to the present moment, ease stress, and increase their sense of peace.

Yoga Try This

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There also are many health benefits of doing yoga beyond physical activity. This lesson introduces yoga – what it is, why you might be interested in trying it, and some poses.

Building A Better Bowl

Often, we think about building a balanced meal on a plate. We have resources to serve as a visual guide for building a balanced plate. But how does that translate when we use a different dish? Building a Better Bowl serves as a guide for building a balanced meal that fits inside of a bowl – ranging from sweet bowls, with oatmeal or yogurt as a base, to savory dinner ideas using grains, greens, and more as a base.

Building A Better Smoothie

Smoothies are a refreshing meal, snack, or treat that come together in a matter of minutes, are flavorful, and can be packed with important nutrients. This lesson takes you through the basic steps for building a smoothie without a recipe and with ingredients you may have on hand in your home.

Making Friends With Food: The Power of Positive Food Talk

Can you think of a time that you labeled specific foods as “good” or “bad”? Or called yourself or someone else a member of the “clean plate club” or a “picky eater”? The way we talk about food and eating behaviors can have a lasting imprint, for better or for worse. Small changes might just have a big impact on a child’s mental and physical health, and yours too. This lesson discusses the importance of and provides opportunity to practice reframing how we talk about food.

Stretching Your Dollars: What To Do When Your Ends Don't Meet

“Making ends meet” is getting harder in today’s economy. This lesson will cover how to make your dollars and resources go farther. The lesson will provide tips for managing your money in financially tough times and offer strategies for saving on groceries, gas, utilities, clothing, and other household essentials. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight.

Sharing Your KEHA Message

Have you ever been asked “What does your group do?” KEHA members are so vibrant, sometimes it can be hard to include everything in a brief statement. This lesson will help you prepare an “elevator speech” that can quickly summarize what your club or council has to offer! In addition, you will prepare responses to have ready when barriers might get in the way of inviting others to join in active membership.

Blackstone Grilling

This Blackstone Grilling Class is a hands-on cooking experience that teaches participants how to properly heat, clean, and maintain your griddle while cooking a variety of dishes, from smash burgers to stir-fry. Perfect for anyone looking to enhance their outdoor cooking skills!

Hunger In Kentucky: Know More Do More

Learn more about the realities of Hunger in Kentucky through an interactive simulation appropriate for Extension Homemaker Club meetings in person or through virtual platforms. Increase your odds of succeeding at the simulation by identifying service projects appropriate for KEHA members in all 120 Kentucky counties.

The Big Freeze

Freezing is the easiest, most convenient, and least time-consuming method of preserving foods. It is a great way to extend the shelf life of many foods, including leftovers. When done correctly, freezing preserves nutrients and maintains quality. This lesson will help you get the most out of your freezer by teaching good freezing techniques for a variety of foods. You will be able to minimize food waste, save money, and save time.

Laughter Is A Must in Marriage

Did you know laughter serves as a powerful tool for building and maintaining a healthy, happy marriage? It cultivates a positive atmosphere, strengthens emotional bonds, and helps couples navigate the challenges of married life with resilience and grace. This lesson will test your knowledge on laughter, identify the short- and long-term benefits of laughter, explore what keeps you from laughing with your spouse, and share ways to increase laughter in your relationship.

Please select 8 lessons and return by **MARCH 31, 2025.**

Thank you!

CRAFTING WITH THE BEST:

Class dates/crafts below; class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

NOTE: March 3rd Notepad with Paulette Edster, **has been postponed.**

April 4, 10-noon: Cardmaking with Kathy Langosh.
Supplies needed: Light weight glue or double sided tape, bone paper folder (ruler), scissors.



MADISON COUNTY FCS: Our Facebook page for all the upcoming news and class information, <https://www.facebook.com/MadisonCoFCS/>
Visit our webpage to download the latest newsletters <https://madison.ca.uky.edu/>

QUILTERS' DAY OUT

MARCH 8, 2025
9:00 A.M. - 3:00 P.M.
1140 HARRY SYKES WAY, LEXINGTON

SPEAKER: Sandy Fitzpatrick
"Why Didn't I Think of That?"
www.HissyfitzDesigns.com
Applique Mug Rug Class on Mar 9

● **Theme: The Wonder Years**

- Gift Bags to first 175 Attendees!
- Fabulous Door Prizes!
- Silent Auction
- 10+ Vendors
- Demonstrations
- Box Lunch, \$10
- Admission \$5, no fat quarter



QUILTERS GUILD
of the Bluegrass

Questions: email
QGBG.commteam@gmail.com

Madison County 4-H

SUMMER CAMP

Camp Applications will be available starting March 3rd!

Camp Fees:

- Early Bird (March 3rd-14th): \$250
- Regular rate (March 15-May 16th): \$275
- Late Fee (After May 16th): \$300

Applications will only be available in paper form this year. no online registrations! If you would like an application mailed to you, please email Casey your mailing address and camper(s) age(s). casey.faulkner@uky.edu

If you would like to make a tax-deductible contribution to sponsor a child, 4-H gives out \$100 scholarships to families who need it! You can stop by and write a check, or mail one to Madison County 4-H, 230 Duncannon Lane Richmond, KY 40475! Check payable to Madison County 4-H



VOLUNTEER AT 4-H CAMP

Who can Volunteer?

Anyone ages 16-116 by the first day of camp (June 23rd, 2025).

Junior Counselors (16-17) get around 100 service hours!

Adults (18+) get a very rewarding week and an opportunity to be a good example in the lives of young people!

Contact Us

Email Julia for a camp counselor application!

5596234072

julia.reid@uky.edu

230 Duncannon Lane
Richmond, KY 40475

JULIA.REID@UKY.EDU



The Madison County Extension Homemakers' Annual Meeting has been set for **Tuesday, April 22, 2025, 6:00 pm, (registration starts at 5:30 pm)** at the Extension Office. Join us for 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 the menu features Italian, with your choice of Chicken Parmesan, Chicken Alfredo, Pasta Penne with option to choose a vegetarian sauce, together with salad, breadsticks, beverages and dessert.

Along with door prizes, cultural arts items will be available for viewing before and after the meeting.

Registration starts at 5:30 pm; meeting starts at 6 pm. The cost 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 11**. No refunds will be made after April 14.

Board Member Openings: Please consider joining our county board. This year the Treasurer position will be elected at the Annual Meeting. If you would like to be considered for Treasurer, please return your Nomination form to the Extension Office no later than **April 1**. 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: Please be sure to have the following submitted to the Extension Office **on or before April 1st:**

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

Cultural Arts: Current extension homemaker members are eligible to submit cultural arts for the annual competition, on **April 21, 2025, from 9am to noon**. Detailed categories can be found at https://keha.ca.uky.edu/sites/keha.ca.uky.edu/files/CAH_Exhibit_Categories_Rules_24-25.pdf.



TRAILS TO SUCCESS—ANNUAL MEETING
Reservation for Tuesday, April 22, 2025 @ 6 pm
(Registration starts at 5:30pm)

Name: _____ Phone: _____

Email: _____

Address: _____ City/zip: _____

Club Name: _____ OR _____ Mailbox Member _____ Guest

Select 1 Entrée: Chicken Parmesan Chicken Alfredo Pasta Penne w/ Vegetarian Sauce

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 11.

Note: Check or money order only! No refunds after April 14th.

Please make checks payable to: **Madison County Extension Homemakers**
 Return form & check to: **Annual Meeting, 230 Duncannon Lane, Richmond, KY 40475**