

Family & Consumer Sciences

Madison County Extension Homemakers Newsletter

Making A Difference!



**Cooperative
Extension Service**
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December, 2011-January, 2012

Dear Extension Homemaker,

It is better to give than to receive. Madison County Extension Homemakers certainly live this quote. Consider what Extension Homemakers have done in just the last month.

838 Care Bears and puppies were given to the Emergency Rooms at Pattie A. Clay Regional Medical Center and St. Joseph, Berea.

\$573.43 was raised for Ovarian Cancer Research at the University of Kentucky through the Extension Homemaker Cooking School.

Over 70 pillowslips have been made for Madison County Foster Children.

The Happy Hands Quilters and the Madison County Quilt Trail committee celebrated the hanging of over 70 quilt blocks on the Madison County Quilt Trail.

These are just the county wide projects, several of the clubs have sponsored their own holiday community service projects.

Although we are celebrating the season of giving, Extension Homemakers give all year long. I never cease to be amazed at all you do for Madison County. You are a powerful, influential, talented, and caring group. I am very aware of how lucky I am to work with such wonderful people.

If you have not renewed your membership for Extension Homemakers this will be your last newsletter.

*Have a Happy and Safe Holiday! See you in 2012.**

Gina Noe
Gina Noe

Madison County Family & Consumer Sciences Agent



New Baking Group Forming!

Are you tired of not knowing what is in the baked products you buy in the store? Would like to learn how to make your own nutritious and delicious baked products? Then come to the organizational meeting of the new baking group on **Thursday, January 26th, at 6:00pm** at the Extension Center.



The first lesson will be on how to make and understand the basic yeast breads. We will be teaching about the baking of wheat products, yeast rolls and pizza crust.

Future lessons already on the agenda include: **Pepperoni rolls, Kolaches, doughnuts, hearth breads, quick breads, Petit-fours, Italian pockets, sour dough breads** and many more.

Here are some facts about American baking habits:

- 59% always or mostly bake with whole grain
- 41% want to start adding whole grains
- 18% bake at least once a month
- 32% bake weekly
- 68% bake from scratch and with mixes

The most popular items to bake:

- 86% cookies and bars
- 73% cakes/cupcakes
- 64% meals
- 62% quick breads
- 50% yeast breads and pies/pastries

Holiday Schedule: Extension Center will be closed for Winter Holiday, **December 26 through and including January 2** and for Martin Luther King Birthday, **Monday, January 16th.**

Specialty Club Notes

All Specialty Clubs meet at the Extension Education Center, unless otherwise noted.

Gardeners of Madison County

Monday, January 23 at 6:30— (**NOTE**—January meeting will be held 1 week later than usual.) The Gardeners of Madison County will meet to plan the 2012 programs, field trips and events. Members and guests are encouraged to bring program ideas and suggestions. All area gardeners are welcome.

Mark your calendars! **February 20th**, artist-member, **Judy Isaacs**, will lead the popular clay garden items program. Watch for details in January's newsletter.

Madison County Herb Club

The Madison County Herb Club will be on winter break through March. Watch the newsletter for future updates.

Nifty Needlers

Nifty Needlers meet **every Monday at 5:30 pm**. The Nifty Needlers met at R.T.'s for a Christmas social and gift exchange on December 8th. We wish everyone a wonderful Christmas and a Happy New Year! We'd like to remind you that guests and would-be members are always welcome. Meetings are held at the Richmond Branch of the Madison County Library, Mondays at 5:30p.m..

Paper Kutz Card Club

Thursday, January 19, 6:00-8:00pm—Paper & Card Crafting: Paper Kutz meets the **third Thursday of each month** at the Extension office from **6:00 - 8:00 pm**. Guests are welcome. If you are interested in coming to a meeting please call Ellen Willis, President, 625-0462 or Donna Allen-Sewell, VP, 369-5590 to sign up so enough supplies will be available.

Happy Hands Quilt Club

The Happy Hands Quilt Club meets each **Thursday, 10:00-2:00 pm**. Join the group on **January 5th** for a lesson on making a **Necktie Quilt** presented by club member, **Joan Hurt**. Everyone is welcome—please feel free to bring your works in progress and join the quilters each and every Thursday.

Quilt Block Painting

Quilt block painting continues on **Tuesdays at 10:00am**. Painting will be in the basement of Fire Station #5 across from the Bluegrass Army Depot on Hwy. 421. If you can paint by number you can be a quilt painter.

Secret Ingredient Cooking Club

Tuesday, January 10, at 5:30pm. At time of printing, we did not receive the details for this meeting, but there is a scheduled meeting for this evening.

Don't forget our *Show and Tell* segment where you or other attendees might share their tasty tips and foods, interesting gadgets and handy tricks to create a great dish. Bring your ideas to share. We hope to see you there.

Sew Much or Sew Little

SM/SL meets weekly **every Tuesday through January, 9:00—12:00pm**. Bring your UFO's (unfinished projects) or new ideas for sewing, knitting, crochet, quilting, or any other fiber arts you may be working on. This group includes two Master Clothing Volunteers as well as lots of other talented Extension Homemakers who can help you complete your project.

Evening Sewing Club

2nd Monday @ month — January 9, at 5:00-8:30 pm—
Changes for the New Year in the Evening Sewing Club!

The sewing club will be a salon-type setup for the Spring of 2012. What this means is, bring whatever you're working on and receive help, inspiration, and companionship as you complete it. We will have Master Sewists available for advice, and using the extension office machines means you no longer have to tote the heavy load. In addition, we will try to complete the duffel bags and stuffed animals for foster children in January. Come on out, help with the bags and toys, and talk about what you might want to tackle and share. Time is still 5:00 to 8:30 pm. Let's enjoy this craft called sewing. (PS: Beginning sewists—this is the best place to tackle the next step after the Sewing 101 class and receive personalized help!)

Just for Fun Zumba

January 9th will be the last regularly scheduled Zumba class, and then classes will take a winter break for the remainder of January, February and March. Watch the newsletter for future updates.

Snow Policy: If the Madison County Schools are closed due to inclement weather, Leader Lessons, club meetings and other workshops will be cancelled. In some cases, these events may be rescheduled. If in doubt, please call 623-4072.

Notes from Your Educational Chairmen:

4-H & Youth Chair, Jan Choate:

As a part of our initiative of donating handmade pillowcases, we are trying to meet a request for the foster care program of 135 pillowcases. I have 60 collected and need 75 more. Major need is for **boy themed fabrics**, girl theme only needs a few more. Our goal was to make donation by Christmas but that was a little too aggressive so we are hoping to complete the donation in total in January. Please remember all pillowcases will be accepted and we have other charities selected to donate to as well. Your club can donate to a charity of your choice also. It is very important to turn in your club totals to me on the form I sent out to your club's 4-H Chair. Feel free to call me with any questions - **Jan Choate 859-200-2602**. Thanks to everyone who is contributing to this effort!!!

Leadership, Development & Citizenship, Michele Spangler:

Volunteer hours are due by January 1st.

Please send your reports to Michele Spangler, 100 Susan Way Drive, Richmond, KY 40475. Take this opportunity to blow your own horn.

Family and Individual Development, Missy Stinson:

Don't forget the **"For the Love of Literacy" contest**. Each club member earns points related to literacy activities. The club with the most points receives \$5.00 at the annual meeting. If you need individual or club record sheets, or more information, contact **Missy, 624-2999**.

Book Discussion: Are you interested in joining a book discussion? **"Animal, Vegetable, Miracle: A Year of Food Life"** by **Barbara Kingsolver**, a Kentucky native, and a

book on the KEHA booklist, will be the topic on **Monday, January 30th at 6:30 pm**. This book is a true story of a family's year long adventure in eating only locally produced food. If you would like to attend, please call the extension office to

register, **623-4072**. The book is available at the public library.

Flag Etiquette: In the November President's notes was a brochure entitled "Flag Etiquette." This is part of the program of work so I hope you were able to share this with your club or are planning to some time in the future.



Cultural Arts:

**Bluegrass/ Lake Cumberland Heritage Skills Retreat
September 20th- 22nd, Lake Cumberland 4-H
Educational Center:**



Extension Homemaker's from both the Bluegrass and Lake Cumberland Areas are invited to enjoy a relaxing weekend of skill building, networking, and

fun at Lake Cumberland this fall. We are in the process of recruiting instructors for the classes that will be offered. If you have a craft you would like to share please call, 623-4072, for a class description form. The forms and a sample of your craft are due to the Extension Office no later than **Tuesday, February 28th**. If you have questions about the retreat call **Ellen Willis, 625-0462** or **Jeannette Heindel, 623-4729**, Cultural Arts Chairs.

Chair Notes continue on page 7.

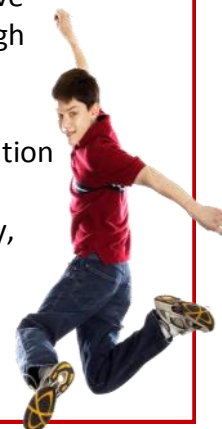
Raising Children and Adolescents with Attention Deficit Hyperactivity Disorder Workshop:

On **January 10th, at 6:30 pm**, **Dr. Dan Florell**, from Eastern Kentucky University's Psychology Department, will be sharing tips and strategies for raising children and adolescents with attention deficit hyperactivity disorder. This workshop is appropriate for **anyone** raising or supporting a child with ADHD.

There is no cost to attend. The workshop will be held at the Madison County Cooperative Extension Office. Refreshments will be served. Please call **623-4072** to reserve your space and ensure we have enough handouts.

(Please note—in the event of cancellation due to inclement weather, the snow date for this program will be Thursday, January 12, at 6:30pm.)

Professional development certificates will be given.





Message from Mary We're winding down another year and Madison County Extension Homemakers have been VERY busy.

Sandy Conkin and her helpful elves made 838 bears and dogs this year. These were delivered to the two Madison County Hospital Emergency rooms. Brenda Hill and her creative team, hosted a sell-out Cooking School. This event was enjoyed by many and raised \$573 for Ovarian Cancer research. We also gained 35 new Homemaker members....keeping our total membership at 475.

I KNOW there are lots of other activities going on out there and we appreciate the great work and volunteerism that exists in our organization.

Go out and "tie one on" for a Homemaker event.

Regards,

*Mary McCurdy, President
Madison County Extension Homemakers*



L to R: Mary McCurdy, Gina Noe, Sandy Conkin and Brenda Parke deliver Care Bears and Puppies to St. Joseph Berea. Brenda made 263 of the 2011 bears.



Mountain of Bears & Puppies



Coetta Combs was named the Best Cook in Madison County for her recipe - "Henry's Pumpkin Crunch."



Diana Thacker shared some of her many talents by not only demonstrating her quiche but sharing her gift of singing at the cooking school.



Evonne Kincer made a delicious cheese ball for the Fall Brunch Cooking School.



The **Blue Grass Energy crew** was recognized for their work on the Madison County Quilt Trail Project at the annual Happy Hands Quilter's Thanksgiving Dinner, with **Don and Sara Hart**.

Hot Women and Health



Take your Health to Heart
Thursday, February 2nd, 6:00 p.m.
Pattie A. Clay Education Center
Harper Square, Richmond

"Take Heart" will be the topic presented by **Rudy Wilson Galdonik**. Hailed as the Erma Bombeck for the 21st Century, Rudy is a menopausal mom with an attitude. A tad shy of bionic, she is a lifelong heart patient with \$40,000 worth of "stuff" in her chest (that's the uninstalled price of two mechanical heart valves, a pacemaker, assorted leads, wires, and a pacer wire named "Emily").

Rudy's writing career began in the third grade when, filled with a passion to write, she began her Great American Novel. By page 4 she was bored to tears and her masterpiece was eventually thrown out along with Rudy's extensive collection of airline throw-up bags by her mother, whose own passion was cleaning.

The event will be co-sponsored by Pattie A. Clay and Central Baptist Hospital, and a meal is included. **To make reservations, call Sara Rogers at 625-3156.** Reservation deadline will be **Monday, Jan. 30th**. This event will fill up quickly, so call soon.

Upcoming Leader Lesson

Couponing 101:
Surviving the Economic Crunch
Tuesday, January 31st
1:00 and 6:30pm



You've heard the arguments:
"Coupon clipping and organizing are too complicated and time consuming" or "If I use coupons I buy things I don't need or want."

But face it – coupons are essentially free money. With a little time, effort and self control you can reap substantial savings by using coupons.

Gina Noe, Family and Consumer Sciences Agent in Madison County, will share pointers on finding coupons, getting organized, coupon lingo, and coupon etiquette. This program will be presented as the first session of the new **Kentucky Saves** series, see page 4 for further details.

Bring your unused/not expired coupons for a coupon swap during the lesson and be prepared to share your best coupon tips. **Please call ahead and register 623-4072, so we'll be sure to have plenty of handouts.**

KEYS TO GREAT PARENTING:

The next 'Keys to Great Parenting' class will start **January 12, 2012**. Anyone interested, please call **Pam Francis, 623-4072**, for more information and registration.

GAP:

Our next Grandparents As Parents (GAP) meeting will be **January 4, 2012** from **10:00 a.m. to noon** at the Madison County Cooperative Extension Office. Please bring something for our snack table. Due to subject matter, please do not bring children. We have had a great turnout from Richmond, Berea, and Waco. We are looking forward to the upcoming GAP conference in Lexington on **March 15, 2012**.

MILITARY FAMILY CARE GROUP:

The next Madison County Military Family Care Group will be meeting at the Madison County Cooperative Extension Center on **January 5, 2012** from **6:00 to 8:00 pm**. The troops will be home soon and we want to be available to give support and encouragement. If you have any questions, please call **Pam Francis, 623-4072**.

Bluegrass Area Basket Seminar

Jabez, KY

June 18-22, 2012



Many of the teachers and basket makers who come to this seminar love it so much that they say *"If I ever have to cut back on my basket making this will be the last thing I give up."* We have 18 of the best teachers from across the nation coming to teach in 2012. Recently, we selected the teachers and 130 baskets to be made. There is a wide variety of materials from pine needle, cane, reed, antlers and gourds to choose from to learn new techniques and skills. We have all new baskets. Our teachers are required to not submit baskets that are being taught somewhere else in Kentucky in the past year. Vendors are available with quality materials and kits. Classes are rated from beginners to advanced skill levels. The classes are limited to 12 so each student gets personalized attention. Booklets will be mailed January 1, 2012. It will be posted on our website

www.babasketmakers.org in late November so take a minute to look and check it out.



Just as our Kentucky quilters, we are trying to preserve the heritage skill of basket making to pass on to future generations.

Thank you for helping us promote this statewide educational seminar.

Save the Date...

- ◆ **Madison County Extension Homemaker Board Meeting, January 17, 5:30 p.m.**, at the Extension Center (snow date—January 24th)
- ◆ **International Tea, Wednesday, February 15—EKU** (see details, page. 7)
- ◆ **International Tasting, Saturday, March 17—Madison County Extension Center** (details on page 7).
- ◆ **Alzheimer's Caregiver Workshop, Wednesday, March 28, 10:00-4:00 p.m.** Watch newsletter for further details.
- ◆ **KEHA Meeting , Lexington, May 14-17, 2012**
- ◆ **Antiques Classes** return to Madison County Extension Education Center —**May 7th through July 2nd**—watch your newsletter or details.

Heating Highlights—13 “Cool” Tips to Keep Warm Economically!

Use a programmable thermostat to help adjust temperatures (either up or down) when you are away from home or sleeping. For central air conditioning systems, keep the fan switch on your thermostat in the “auto” position when cooling/heating. Having the fan switch “on” continuously can cost up to \$25 extra a month on your electric bill.



Replace all filters as they become dirty.

Be certain furniture or other items do not block the return air grill inside your house; clean around warm-air registers as needed.

Do not close your air vents or block them to reduce the air going into a room. The system is designed to run with all vents open and closing may be harmful to your system.

Have your furnace and gas appliances serviced annually by a qualified contractor to ensure safety and maximum energy-efficiency.

Set your thermostat as low as is comfortable to you and your family.

Put on your favorite sweater, use throw blankets, and wear heavier socks to help keep you comfortable when you reduce the thermostat setting.

Rearrange furniture by placing it against inside walls. You're less likely to feel cool drafts if you're not sitting next to the outside walls.

Seal leaks around doors, windows and other openings, such as pipes or ducts, with caulking or weather stripping.

Purchase inexpensive, pre-cut insulation gaskets and seal out the cold air entering your home through electrical switches and outlet plates, particularly those on outside walls.

Check to see if your attic and crawlspace and/or basement have recommended levels of insulation. Use draperies, awnings, blinds, or shutters on all windows to lessen the loss of heat through the glass. In winter, on southern facing windows, keep window coverings open on sunny days to let the sun's warmth in and close them at night to insulate against cold, outside air.

(From the Consumer Energy Center of the California Energy Commission)





KY Saves week is February 20-24! To celebrate, Madison County banks and the Madison County Cooperative Extension Service are sponsoring a series of workshops to help you stuff your wallet and build your savings!

Couponing 101—Surviving the Economic Crunch Tuesday, January 31, 1:00 or 6:30 p.m.

- Finding coupons
- Getting organized
- Coupon lingo and etiquette

Presenter: Gina C. Noe, Family & Consumer Sciences Agent, Madison County (see leader lesson note, pg.5)

10 Tips for Better Credit Tuesday, February 7, 6:30 p.m.

- 10 Ways to build and keep a good credit score
- Finding the right credit for your needs

Presenter: Kelly May, Public Information Officer, Kentucky Department of Financial Institutions

Saving Money and Successful Budgeting Thursday, February 16, 6:30 p.m.

- Personal financial goals
- Determining what to spend and save
- Savings
- Investing: pros & cons of various options

Presenter: Harvey R. Little, Jr., Certified Financial Planner

Home Buying and Borrowing Tuesday, February 21, 6:30 p.m.

- Do's and don'ts of buying your first home
- What to expect from your lender and realtor
- Special loan and down payment options

Presenter: Kurt Simpson, Membership Advantage Officer, Fifth Third Bank

All Workshops will be held at the Madison County Extension Center, 230 Duncannon Lane, Richmond.

Workshops are FREE and open to all. Please pre-register by calling 623-4072 at least one week prior to the workshop.

Please Note: A snow date of Tuesday, February 28th has been scheduled as a backup date for any workshop that may have to be cancelled due to inclement weather.

Call the office, (859) 623-4072, in case of threatening weather.

International Chair, Joan Kleine:

International Tea:

It is again time to prepare for the International Tea we hold annually for international students and faculty at Eastern Kentucky University. The date has been set for Wednesday, **February 15, at 5:00 p.m.** at the **Baptist Student Center at 325 University Drive in Richmond.**

Each club is asked to supply cookies, small sandwiches, or any food item you feel would be appropriate. Many of the students are vegetarians so fruits and vegetables are always good for them. It would be especially helpful if you label the item you bring and indicate if it does or does not have meat in the item.

If each club could provide at least one member to help set up, serve, and clean up it would be most appreciated. We will be there at 4:00 p.m. to begin the set up.

Remember please that the ECU students can still come even if weather is bad so please contact me if you cannot get your dish there and I will try to pick it up. (I am a former Minnesota girl so have learned to drive in snow.) Thanks!!

Please call **Joni Kleine at 623-3941/582-9530** or write to me at joankleine@gmail.com if you can help or have any questions.

International Dates to Remember:

The Homemaker International activity coming in March will be an International Tasting Party (just a spoonful of each dish) to be held on **Saturday, March 17, at 12:00 noon** at the Extension office. For this event each club is requested to select a country of their choice. To avoid duplicate countries please call **Joni Kleine (623-3941 or 582-9530)** to discuss the country you wish to select.

Once your country and recipe have been selected, please get a copy of a recipe to Joni Kleine (so a cookbook of recipes can be made).

Please prepare enough of that dish to feed 20 people. Clubs might have one person fix a dish for 20, 2 people fix enough for 10 people each, or 4 people fix enough for 5 people.

There will be no charge for this event so each club is donating their dish. Please select dishes that are not expensive. We just want to have some fun together and to learn about many different cultures.

Students from ECU will provide a fashion show of costumes from their respective countries and also songs and dances to showcase their culture.

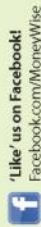
I hope everyone will come and enjoy an afternoon of good food and entertainment thanks to our local homemaker cooks and students from ECU.



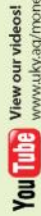
VALUING PEOPLE. VALUING MONEY.
MANAGING IN TOUGH TIMES INITIATIVE

FAMILY FINANCIAL MANAGEMENT

January 2012



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THIS MONTH'S TOPIC: Resolve to Save!

A new year is often considered a time for new beginnings or self-improvement. Frequently, this is symbolized as a New Year's resolution. Typical New Year's resolutions include weight loss, improving health, spending more time with family, and debt reduction or money management. It is estimated that nearly 50 percent of individuals make a New Year's resolution. Although many individuals find it difficult to maintain a New Year's resolution for an extended period, there are several steps to improve the likelihood of success. Establishing a New Year's Resolution gives you or your family a goal to work toward during the next twelve months.

A SMART goal or New Year's Resolution is Specific, Measurable, Attainable, Relevant, and Timed. A specific goal states exactly what you want to accomplish, such as reducing your credit card by a certain amount or percent, or saving an exact amount. A measurable resolution is one in which you can evaluate progress. An attainable goal is realistic. For example, many individuals may set a goal to win the lottery to help with debt reduction; however, winning the lottery is not attainable for most people. A relevant resolution is important to you or your family. If your goal is relevant you are more likely to achieve it. Finally, you should establish a time frame to achieve the goal. If you want to reduce debt by \$1,200 by the end of 2012, you know that you have 12 months to achieve the goal.

Once you have established your SMART New Year's Resolution, the next step is to write it down on paper. Post your resolution in a spot you will see every day. It is important to keep your resolution in front of you, so that you do not forget why you are taking steps to change a certain behavior.

Written by: Jennifer Hunter, Ph.D., Assistant Extension Professor, Family Financial Management.



WHAT YOU SHOULD KNOW ABOUT THE NATIONAL DO NOT CALL REGISTRY

scammers have been making phone calls claiming to represent the National Do Not Call Registry. The calls claim to provide an opportunity to sign up for the Registry. These calls are not coming from the Registry or the Federal Trade Commission, and you should not respond to these calls. The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls at home. Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you can file a complaint at this Website - www.donotcall.gov. You can register your home or mobile phone for free, online or call 1-888-382-1222 from the phone you wish to register. Your registration will not expire. Telephone numbers placed on the National Do Not Call Registry will remain on it permanently due to the Do-Not-Call Improvement Act of 2007, which became law in February 2008. Read more about it at <http://www.ftc.gov/opa/2008/04/dnctyi.shtml>.



Nearly 50 percent of individuals make a New Year's resolution.

Youth Savings Accounts

According to a recent study, only one half of teens own a savings account (Varcoe et al. 2005). Why not make this New Year's resolution a fairly painless one that will be easy to keep: open a savings account for your child. Teaching your child at an early age to save on a regular basis is a great way to start good financial behaviors. Financial literacy starts with a frank discussion between you and your child on how to manage money.

1. Give your child an allowance (the amount is inconsequential).
2. Show him/her on paper how saving should be a component of a budget.
3. Empower your child by allowing her to determine the percentages used to spend, invest, save, etc. her money on paper.
4. Set a good example by saving a portion of your income.
5. Explain to him how compound interest means making money just by placing it in an account that draws interest. Even low interest rates compound money while protecting the principal.
6. Find a program such as Kentucky 4-H Means Business where youth get hands-on experience both making and budgeting money.

For more information on how you can assist your child in financial matters and the Kentucky 4-H Means Business program, contact 4-H Agent, Lisa Adams, 859-623-4072, ext. 216.

Written By: Stephanie Blevins, Ph.D., Extension Specialist for 4-H Youth Development
Varcoe, K., Martin, A., Devitto, Z. & Go, C. (2005). Using a financial education curriculum for teens. Financial Counseling and Planning, 16 (1).

Saving Resolutions: Save Green, Go Green

The beginning of a new year often includes resolutions of weight loss and exercise. In addition to these traditional resolutions, many Americans also pledge to save money. This year save money and go green.

- Use ingredients such as baking soda and vinegar to make your own nontoxic cleaning solutions.
- Compost kitchen scraps and yard waste. Use compost as an alternative to purchasing fertilizers.
- Avoid eating out. Eating out, especially fast food, can create a lot of waste from packaging. Instead, pack a snack or meal. If possible, use local produce and products.
- Turn off lights, televisions, computers, and other electrical devices when not in use to decrease energy consumption.
- Shop at consignment shops, thrift stores, and yard sales. Remember: "One man's trash is another man's treasure."
- Drive sensibly to improve your gas mileage. Speeding, rapid acceleration, and hard braking can lower your highway gas mileage by 33 percent and your city mileage by 5 percent.

Written by: Ashley Osborne, Extension Associate for Environmental and Natural Resource Issues.

FAMILY FINANCIAL MANAGEMENT

Designed by:
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Stock images: 123RF.com



MoneyWise is a Managing in Tough Times Initiative