

# FAMILY & CONSUMER SCIENCES NEWS FEBRUARY 2025

## A MESSAGE FROM YOUR FCS AGENT:

February is full of exciting opportunities! Each Homemaker Club has great lessons planned, and I'll be sending materials to club leaders. I'm excited for Laugh and Learn, Cooking Through the Calendar, and a special heart health event. I'll also attend FCS Kickstart Training to bring back fresh ideas and serve as a judge for the FCCLA STAR Events. Regular programming continues, and don't miss the LRA Skills Day Flyer on pages 7-10! Wishing you a month filled with learning, laughter, and good health!

### Take a look inside to see important upcoming dates!

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### Fleming County Office

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Flemingsburg, KY 41041-0192

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*Katie Fryman*



## Homemakers News

### February Meetings:



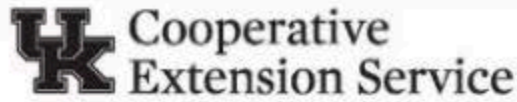
- **February 17th** - Neighborhood Kids Club, 6:00pm @ FCEO
- **February 11th** - Yarn Club, 6:00pm @ FCEO
- **February 20th** - Country Neighbors, 6:00pm @ the FCEO
- **February 24th** - Treasures of the Heart, 6pm @ FCEO
- **February 19th** - Baby Quilt Making Day, 9am-4pm @ FCEO

### UPCOMING!

- **LRA Leadership Lessons** - February 4th, 2025 10:00am @ Mason County Extension Office (please see the flyer for more information)
- **LRA Skills Day** - March 26th, 2025 \*see the flyer in this newsletter\*
- **May 6-8 2025 - KEHA State Meeting, Hyatt Regency Lexington**



Fleming County Homemakers learned about parliamentary procedures before making their own lotion for self-care. Neighborhood Kids created Valentine's cards, while Treasures of the Heart crafted heart door hangers. Hillsboro Homemakers will resume meetings soon, following the Cooking Through the Calendar program at Hillsboro Christian Church.



# Laugh & Learn

upcoming 2025 dates:

February 5th - "Ice"

March 6th - "Dinosaurs"

April 2nd - "Being Healthy"

10:00am-11:00am

Fleming County Extension Office

Kids 1-5 with a supervising adult

*If school is canceled due to weather, our playdate will also be canceled*

## REGISTRATION

☎ 606-845-4641

✉ [katie.fryman@uky.edu](mailto:katie.fryman@uky.edu)



Cooperative  
Extension Service

Agriculture and Natural Resources  
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4-H Youth Development  
Community and Economic Development

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Disabilities  
accommodated  
with prior notification.

# 2025 HEART HEALTH WELLNESS EVENT

February 7th, 2025

11:00AM-1:00PM

Fleming County Extension Office



- GUEST SPEAKER, UK EXTENSION SPECIALIST
- HEART HEALTH INFO
- FOOD SAMPLES & REFRESHMENTS
- GIVEAWAYS/DOOR PRIZES



REGISTER BY: 02/05/2025  
CALL (606) 845-4641

In case of winter weather, the event will be postponed to February 26th

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with prior notification.

**UK** Cooperative  
Extension Service

# Cooking Through the Calendar

## # Air Fryer Lesson

JOIN US FOR A FREE COOKING DEMO AND TASTING WITH TIPS ON BALANCED MEALS, SMART GROCERY SHOPPING, AND FOOD SAFETY!

**FEBRUARY 25TH, 2025**

**HILLSBORO CHRISTIAN CHURCH**

**11:00AM-12:00PM**

**FEBRUARY RECIPE: CAULIFLOWER BITES**



606-845-4641 or [katie.fryman@uky.edu](mailto:katie.fryman@uky.edu)

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Accessibility  
accommodated  
with prior notification



2025 LICKING RIVER AREA

# Skills Day

**FLEMING COUNTY EXTENSION OFFICE**

1384 ELIZAVILLE ROAD, FLEMINGSBURG KY 41041

**MARCH 26TH**

10:00AM-3:00PM

### Itinerary

**Check-In Time:** 9:30am-10:00am  
**Morning Classes:** 10:00am-12:00pm  
**Lunch:** 12:00pm-1:00pm  
**Afternoon Classes:** 1:00pm-3:00pm

\*A soup luncheon will be provided\*

### Registration Fee: \$4.00

Register with your local county extension office.

Registration and Payment due by March 17th

\*Any donations will go to Ovarian Cancer research\*

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Disability accommodations with prior notification.

# MORNING CLASSES 10:00AM-12:00PM

ROBERTSON COUNTY

\$10.00

## ZINNIA FRAME

INSTRUCTOR: BRITNEY POE

CLASS LIMIT: 12



ALL SUPPLIES ARE INCLUDED.

LEWIS COUNTY

\$10.00

## BUTTON ART

INSTRUCTOR: DEBBIE BLANKENSHIP &  
CHRISTA O'CULL

CLASS LIMIT: 10

CHOOSE YOUR ART DESIGN:  
BE SURE TO INCLUDE ON YOUR  
REGISTRATION SHEET!

1. EASTER EGG \*AS PICTURED\*
2. EASTER BUNNY
3. LADYBUG
4. BUTTERFLY



ALL SUPPLIES ARE INCLUDED. IF YOU HAVE BUTTONS THAT  
ARE SPECIAL TO YOU, YOU'RE WELCOME TO BRING THOSE.

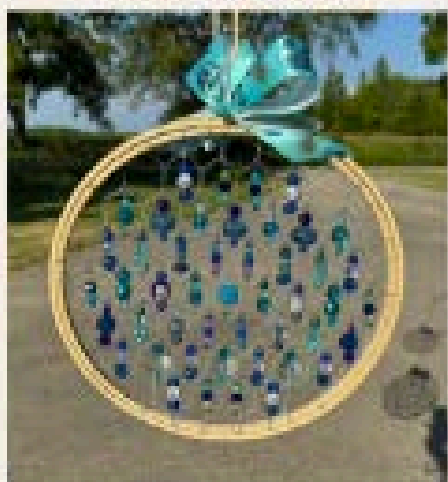
MASON COUNTY

\$8.00

## CHICKEN WIRE SUNCATCHER

INSTRUCTOR: ABBY GRAY AND TARA MCCARTY

CLASS LIMIT: 12



SUPPLIES NEEDED: NEEDLE NOSE PLIERS

MONTGOMERY COUNTY

\$10.00

## MY APPLE TREE IS FULL

INSTRUCTOR: DONNA LINDON

CLASS LIMIT: 10



SUPPLIES NEEDED: APRON / OR CLOTHING  
YOU WOULDN'T MIND GETTING PAINT ON

# AFTERNOON CLASSES 1:00PM-3:00PM

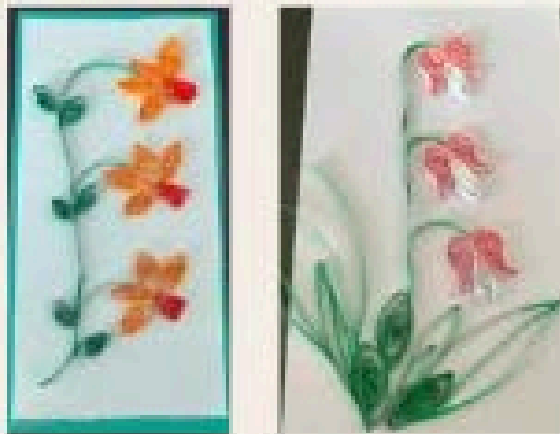
BRACKEN COUNTY

\$10.00

## PAPER QUILLING CARDS

INSTRUCTOR: DEBBIE HEINE

CLASS LIMIT: 15



ALL SUPPLIES ARE INCLUDED.

BATH COUNTY

\$5.00

## SWEDISH WEAVING TOWEL

INSTRUCTOR: MARY ANN LEWIS AND JOY WARREN

CLASS LIMIT: 10



ALL SUPPLIES ARE INCLUDED.

MENIFEE COUNTY

\$5.00

## VASE PAINTING

INSTRUCTOR: AILEE LAWSON

CLASS LIMIT: 8



ALL SUPPLIES ARE INCLUDED.

FLEMING COUNTY

\$20

## SPRING "TIERED TRAY DECOR" PAINT WORKSHOP

INSTRUCTOR: FOLLOWING MY DREAM SHOP

CLASS LIMIT: 15



CHOOSE YOUR SET & COLORS!  
BE SURE TO MARK WHICH  
SET YOU WOULD LIKE ON  
THE REGISTRATION  
SHEET!

ALL SUPPLIES ARE INCLUDED.



# ALL DAY CLASSES

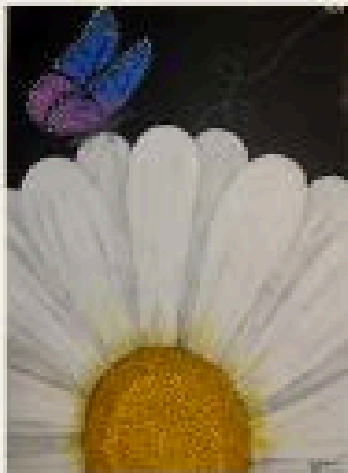
ROWAN COUNTY

\$18.00

**11 X 14 PAINTING ON BLACK CANVAS**

INSTRUCTOR: BRENDA HAMM

CLASS LIMIT: 10



ALL SUPPLIES ARE INCLUDED.

MORGAN COUNTY

\$7.00

**RED WORK / BLUE WORK**

INSTRUCTOR: DONNA B. DAVIS

CLASS LIMIT: 10

## Red Work/Blue Work

Cost: \$7.00 Class Limit: 10

Redwork or bluework uses only (red or blue) embroidery floss on white or unbleached fabric.

This little hands-on activity will allow you to learn or refresh embroidery stitches.

The little cross stitch heart will include cross stitch, lay daisy, stem or backstitch and French knots. It will be worked in a 4" embroidery hoop. The little piece could be incorporated in a pieced quilt project or wherever you could show off your skills. Great to work on when waiting for a doctor appointment, practices, traveling or watching TV. It is a good way to teach others and pass needlework skills on to others of all ages. Fee will cover the hoop, needle, pre-stamped fabric, embroidery needle and embroidery floss. If you want to bring your own scissors that would be great.



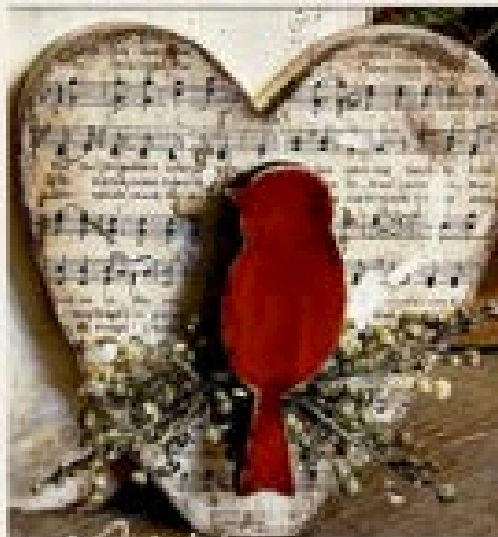
MORGAN COUNTY

\$7.00

**HEART & BIRD**

INSTRUCTOR: SUSIE BLEVINS

CLASS LIMIT: 10



ALL SUPPLIES ARE INCLUDED.



ALL SUPPLIES ARE INCLUDED.

# 2025 LRA SKILLS DAY REGISTRATION FORM

DEADLINE: MONDAY, MARCH 17TH  
SPACE IS LIMITED - REGISTER EARLY!

PLEASE RETURN THIS SHEET WITH PAYMENT TO YOUR COUNTY EXTENSION OFFICE

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

COUNTY: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PLEASE MAKE CHECKS PAYABLE TO \_\_\_\_\_ COUNTY HOMEMAKERS

PLEASE CHECK WHICH CLASS YOU WOULD LIKE TO TAKE!  
GRAND TOTAL SHOULD INCLUDE ALL CLASS FEES AND THE \$4 REGISTRATION FEE.

### MORNING CLASSES:

- 1. ZINNIA FRAME - \$10 \_\_\_\_\_
- 2. BUTTON ART - \$10 BUTTON ART # \_\_\_\_\_
- 3. CHICKEN WIRE SUNCATCHER - \$8 \_\_\_\_\_
- 4. MY APPLE TREE IS FULL - \$10 \_\_\_\_\_

### AFTERNOON CLASSES:

- 1. PAPER QUILTING CARDS - \$10 \_\_\_\_\_
- 2. SWEDISH WEAVING TOWEL - \$5 \_\_\_\_\_
- 3. VASE PAINTING - \$5 \_\_\_\_\_
- 4. DECOR PAINT WORKSHOP - \$20 \_\_\_\_\_ SET # \_\_\_\_\_

### ALL DAY CLASSES:

- 1. PAINTING ON BLACK CANVAS - \$18 \_\_\_\_\_
- 2. HEART & BIRD - \$7 \_\_\_\_\_
- 3. RED WORK/BLUE WORK - \$7 \_\_\_\_\_

## DAY TOTAL

MORNING CLASS TOTAL	\$
AFTERNOON CLASS TOTAL	\$
SKILLS DAY REGISTRATION FEE	\$4
<b>**GRAND TOTAL**</b>	\$

FOR OFFICE USE ONLY:

DATE REGISTERED:

CHECK #:

CASH:

# FEBRUARY

SUN

MON

TUE

WED

THU

FRI

SAT

1

2

3

4

10AM-12:00PM  
LEADER LESSONS  
@ MASON CES

5

10AM-11AM  
LAUGH & LEARN  
@ FCEO

6

7

11AM-1PM  
HEART HEALTH  
EVENT @ FCEO

8

9

10

11

6PM-  
YARN CLUB  
@ FCEO

12

13

14



15

16

17

6PM-  
NEIGHBORHOOD  
KIDS CLUB @  
FCEO -  
VIOLET BARBEE

18

19

9AM-4PM  
BABY QUILT  
MAKING DAY

20

6PM-  
COUNTRY  
NEIGHBORS  
@ FCEO -  
VIOLET BARBEE

21

22

23

24

6PM-  
TREASURES OF THE  
HEART  
FCEO / SUSAN WOOD

25

11AM- CTTC  
HILLSBORO

26

27

28



## Cabbage Jambalaya

<b>1 pound</b> lean ground beef	<b>1</b> (13 ounces) package turkey smoked sausage, sliced	<b>1</b> (14.5 ounces) can diced tomatoes
<b>1 ½ cups</b> chopped celery	<b>1</b> medium head cabbage, chopped (about 10 cups)	<b>2 cups</b> water
<b>1 ½ cups</b> chopped onion	<b>2 cloves</b> garlic, minced	<b>1 cup</b> brown rice
		<b>1 teaspoon</b> garlic powder
		<b>1 tablespoon</b> Cajun seasoning

**Heat** a large stockpot over medium high. **Add** ground beef, and **cook** until it starts to brown, about 6 minutes. **Add** the celery, and **cook** for 2 minutes. **Add** onion and garlic, and **cook** 4 minutes while stirring. **Add** smoked sausage, and **cook** an additional 2 to 3 minutes. **Stir in** cabbage, and **cook** until it wilts, about 3 minutes. **Add** tomatoes, water, rice, garlic powder, and Cajun seasoning.

Bring to a **boil**, and **reduce** heat to medium. **Cover**, and **simmer** for 40 minutes. Serve hot.

**Yield:** 10, 1-cup servings

**Nutritional Analysis:**

250 calories, 8 g fat, 3 g saturated fat, 60 mg cholesterol, 400 mg sodium, 26 g carbohydrate, 4 g fiber, 6 g sugars, 0 g added sugars, 18 g protein