

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families
Madison County Newsletter

UK Cooperative Extension Service

Madison County Cooperative Extension
230 Duncannon Lane
Richmond, KY 40475
(859) 623-4072

<https://extension.ca.uky.edu/>

November-December, 2024

TURKEY FAQs:

- **BUYING:** Frozen turkeys will keep up to one year. Vacuum packaged fresh turkey has a shelf life of up to 10 days. Figure 1.25 lbs. per person for generous portions and leftovers.
- **THAWING:** Best done on a tray in the refrigerator. Figure 24 hours for each 5 lbs. of weight. Cold water immersion method, second choice, place wrapped turkey in sink and cover with cold water, changing water every 30 minutes. Allow 30 minutes per pound. **DO NOT thaw at room temperature!!!**
- **WASH YOUR HANDS, SINK, COUNTER, PLATES, COOKIE SHEET, REFRIGERATOR SHELF,** and anything else that has touched the raw turkey or had turkey juice on it. Use HOT water and soap.
- **STUFFING:** Ready ingredients a day ahead. Store dry items at room temperature. Keep produce in refrigerator. Don't overstuff as dressing expands. **Stuffing should reach internal temperature of 165°F.**
- **ROASTING:** Cook bird breast side up on a rack in a shallow pan. Cover with loose aluminum foil tent and insert meat thermometer through foil into inner thigh muscle. Cook in a 325°F oven. **DO NOT cook at a lower temperature. Cook until meat thermometer reads 180°F.**
- **AFTER: REMEMBER THE 2-HOUR RULE:** Refrigerate everything within two hours after removing from oven or range top. Cooked turkey may be refrigerated up to 3-4 days. If you freeze the cooked turkey, use it within three months.

BUTTERBALL TALK OR TEXT LINE: 1-800-Butterball (1-800-288-8372), weekdays, M-F, 9am-6pm ET (<https://www.butterball.com>)

USDA MEAT & POULTRY TALK LINE: If you have questions about meat, poultry, or egg products, call the USDA Meat and Poultry Hotline toll free, 1-888-MPHOTLINE (1-888-674-6854), 10am-6pm ET, weekdays, M-F (www.fsis.usda.gov)



VOTE!



NOVEMBER 5th: Madison County Extension Service Office only will be closed for the Presidential Election - we are open as a voting precinct.

Jessica Hunley

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



The Extension Center will be closed for **Thanksgiving, Nov. 28-29**. We wish you a very safe and happy Thanksgiving! Also we are closed for Winter Break **Dec. 25-Jan. 1**, and **Jan. 15** for Martin Luther King.

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.

SPECIALTY CLUBS/GROUPS/CLASSES

DECEMBER 1—MARCH 31 ARE 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 food, etc., ahead of time. Starting December 1st, clubs and groups that have a regular starting time of 9 am, will move to 10 am. Also, please review **SNOW POLICY** below!

MONDAY NIGHT SEWING SALON (sewing) **1st and 3rd Mondays, 5:00-7:30pm**, Room 3. Questions call Judy Fields, (859) 623-6032. Anyone wanting to learn to sew is invited! Questions, call Judy Fields, 859-625-4081. **Note: No meeting on November 4. November 18 and December 16 will meet in Room B.**

SEW MUCH OR SEW LITTLE (sew, knit, crochet, or whatever) **2nd and 4th Tuesdays, 10am-1pm**, Room 3, annex bldg.

November 12—Folded Coaster

Project: These coasters are simple to make and make great gifts! Bring your basic sewing supplies: pins, scissors, and sewing machine. Kits will be provided—if you want a kit, call Paulette, 859-200-4325 to register. **Note: No meeting December 24.**



GIFTS FROM THE HEART (sewing; community projects), **2nd and 4th Tuesdays, 1-3pm**, Room 3, annex bldg., following Sew Much or Sew Little. **Note: No meeting December 24.**

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. **Note: November 21 meeting will be in Room B.**

GARDENERS OF MADISON COUNTY (gardening) **2nd Wed @ month, 1-3pm**. We want to thank Pamela Stanley for teaching the us how to make her designer

pumpkins in October. Ever wonder how the hanging baskets on Main Street in Richmond got so beautiful? **November 13th**, a representative from the Richmond Parks & Rec Dept. will visit and give us some hints! Also they will provide a video on how Millstone Park became what it is today. **December 11th**, we will have our holiday luncheon. For questions, call Kathryn Bowers, 859-619-0166.

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

HAPPY SCRAPPERS (scrapbooking, paper crafts, crafting, etc.) **4th Wed @ month from 12-4pm**, Room B, main office bldg. Bring your work in progress and catch up. Questions, call Kathy Langosh, 720-243-0640. **Note: December meeting is on December 18th.**

EVONNE KINCER CARD CLASSES:

November 12: Card Techniques- Die Cutting. In this month's technique class, we will be learning about die cutting. You will learn how to use various die cutting tools to create beautiful results for your holiday cards. Please bring your supply kit including a tape runner and liquid glue. Class fee is \$10. Morning session is 10 am - Noon and the evening session 5:30-7:30 pm. To attend please email Evonne evkaykin@yahoo.com and specify morning or evening.

November 25: Tin of Ten Tags. Create 10 gift tags for the holiday season. All of your tags will fit in a tin that you can use or give as a last-minute gift. Please bring your supply kit including a tape runner and liquid glue. Class fee is \$10. Morning session is 10 am-Noon and evening session is 5:30-7:30 pm. To attend email Evonne evkaykin@yahoo.com and specify morning or evening.



SNOW 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.

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): November 6th and December 4th from 11am to 1pm @ the Richmond Library, Room 138. Please call Pam for details. Reservations are needed for supplies and set up. We are learning from researched based: *Mind in the Making*, with Sally Dannenburg. In January, we are planning to begin the research-based curriculum: *Parenting Teens* by Dr. Michael H. Popkin. Children do not attend these meetings due to subject matter.

SMALL FRIENDS: Meeting on November 20th and December 18th from 10:30am to Noon @ the Cooperative Extension Service. Come for a great time of fun, fellowship, giggles and parenting tips. Please call Pam for details. 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 and keep the old. Small Friends learn more about friendship, fun crafts, healthy snacks, and story times. We will be starting a new series in January: *Active Parenting, First Five Years*, by Michael H. Popkin, PhD.

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.

In Richmond on November 5th and December 3rd from 10 to 11:30 am, we are using research-based curriculum: *Parenting Teens*, by Dr. Michael H. Popkin.

In Berea on November 12th and December 10th from 10 to 11:30 am, we are discussing the book, *Raising a Strong Daughter in a Toxic Culture*, by Dr. Meg Meeker. Please call for more information and reservations, for supplies and set up.

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


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

HOSTED AT LOCAL ELEMENTARY SCHOOLS!

LAUGH AND LEARN PLAYDATES

2024-2025 Playdates SCHEDULE

October 18th	SJE @10AM	Waco @ 1:30PM
November 8th	Kit Carson 11:30AM	Waco @ 1:30PM
November 15th	SJE @ 10AM	Waco @ 1:30PM
December 13th	Kit Carson 11:30AM	Waco @ 1:30PM
December 20th	SJE @ 10AM	Waco @ 1:30PM
January 24th	Kit Carson 11:30 AM	Waco @ 1:30PM
February 14th	Kit Carson 11:30 AM	Waco @ 1:30PM
February 21st	SJE @ 10AM	Waco @ 1:30PM
March 14th	Kit Carson 11:30 AM	Waco @ 1:30PM
April 18th	SJE @10 AM	Waco @ 1:30PM

For more info contact: Jessica Hunley- FCS Agent
hunley.jessica@uky.edu

CHILDRENS SNACK DRIVE

Helen Eden, our County Chair for Food, Nutrition and Health, has a project for her Program of Work, which involves assisting in local food insecurities. She is working in collaboration with the Madison Kindergarten Academy; Family Resource Center to help supply snacks for the students in need. Items can be dropped off at the Extension Office during Oct. and Nov. at the labeled tote in the front foyer. Snacks need to be one of the items pictured, and be individually wrapped or packaged.

ABSOLUTELY NO PEANUT BUTTER PLEASE!

Snack Suggestions include:
Pretzels, Graham Crackers, Animal Crackers, Raisins, Fruit Gummies, Goldfish Crackers

FOCUS ON CREATIVE ARTS IN MADISON COUNTY

CRAFTING WITH THE BEST:

Class dates/crafts below, taught from 10-noon. Class is free unless otherwise stated. **To reserve space, contact Pam, 859-623-4072.**

November 4, 10am-noon, Welcome Wreath with

Helen Eden. For a 4-color wreath bring: 8 yds @ of 4 colors; for a 3-color wreath bring 12 yds @ of 3 colors. Note, ribbon should be 1-1/2"—2" wide and one color needs to be 2" with wire edge; sign of choice; scissors & ruler. Register with Pam, 859-623-4072. Class is free, seating limited.



December 6, 10am-noon, Clothespin

Tree with Linda Calico. Bring 70+ regular sized clothes pins, and optional mini battery lights, glue gun w/glue if you have one. Register with Pam, 859-623-4072, by **December 1.** Class is free, seating limited.



Tentative 2025 Crafting With the Best Lineup:

Register with Pam, 859-623-4072.

January 6: Clothespin

Snowflakes with Marylene LeFurgy, supply list to come.

February 7: Heart Pennant with Evonne Kincer, supply list to come.

March 3: Potholder Reminder

Notepad with Paulette Edster, supply list to come.

April 4: Cardmaking with Kathy Langosh, supply list to come.



BLUEGRASS AREA CULTURAL ARTS

Congratulations to our Bluegrass Area Cultural Arts Winners! Of the 13 items that went onto the Bluegrass Area competition in Powell County, we had 5 blue, 5 red, and 2 white! Congratulations to our very talented homemaker members on their success! Blue Ribbon Winners will go onto the KEHA State level next May, 2025. They are:

- **Betty Scheiderman:** Embroidery Basic, and Holiday Decorations/Winter
- **Helen Eden:** Wall/Door Hanging/Other
- **Gina Noe:** Art, Recycled/Household, and Knitting/Home Décor/Afghans

OUT OF THE ART: THE HEART SPEAKS LECTURE SERIES PRESENTING:

OBIORA EMBRY

Photographer & Farm 2 Table Foodie

November 20, 2024 @ 6PM

Growing up Obiora Embry was a budding visual artist who enjoyed sketching and drawing so much that he had thought about pursuing a career as an art teacher. In 1990/91 he received his first camera, a neon colored 110, as a birthday present.

With this camera Obiora took photographs while on family road trips. Around 1994/95, he upgraded his camera to 35mm and expanded his photographic range while drawing and sketching less.

In 2002 after Obiora began growing food as an adult he photographed his gardens at different stages. In 2006 he started his consulting business and started displaying his photographs publicly. (*Obiora Embry pictured above.*)

In January 2017 Obiora upgraded his camera yet again and bought his first DSLR (Digital Single Lens Reflex). Some of his recent photographs include spider webs, water,



wildlife, native pollinators, post Industrial Age, nature, and more. Even though Obiora is not a professional photographer he has been fortunate to have his work shown at the Lyric Theatre & Cultural Arts Center, LexArts, Gallery on Main, Richmond Area Arts Center (RAAC), Central Bank (in downtown Richmond, KY), and purchased by Baptist Health (in Richmond, KY), family, and friends.

Obiora Embry will discuss more about his art journey on **November 20, 2024 at 6 PM at the Madison County Extension Office.** If you are interested in attending this free presentation, **please call to reserve your seat, 859-623-4072.** Light refreshments will be served. You can check out his photography at <https://photography.onlyoneme.us>



Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional

Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.



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

Don't overcrowd the pan or the veggies will steam instead of roast.

6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1 cup
Cost per recipe: \$7.71
Cost per serving: \$1.29

Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

Source:

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



Recipes from the 2024 Food and Nutrition

Recipe Calendar

UK Cooperative
Extension Service

Slow Cooker Navy Bean Soup

- 1 pound dried navy beans
- 1 smoked ham hock
- 2 medium carrots, diced
- 3 medium stalks celery, diced
- 5 cups low-sodium chicken broth
- 2 tablespoons salt-free garlic and herb seasoning
- 2 bay leaves
- 1 teaspoon salt

Soaking:

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Rinse and sort beans, removing dirt, rocks, and other debris that might be present. Choose from the quick soak or overnight soak methods below:

Quick soak: Place the beans in a pot large enough for them to double in size. Add 6 cups of water for every 2 cups of dry beans. Next place the pot on medium-high heat and bring to a boil. Boil beans for 2 to 3 minutes in uncovered pan. Remove from heat. Cover pan and let soak for 1 hour before cooking.

Overnight soak: Place the beans in a pot large enough for them to double in size. Add enough water to have at least 1 inch over the beans. Cover and refrigerate 8 hours or overnight.

Cooking:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.



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

Nutrition facts per serving:

220 calories; 5g total fat; 4.5g saturated fat; 0g trans fat; 25mg cholesterol; 540mg sodium; 28g total carbohydrate; 6g dietary fiber; 2g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source:

Jen Robinson, NEP Area Nutrition Agent; and Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

3. Rinse and drain the soaked beans and place them in the bottom of a large (7- to 8-quart) slow cooker. Add the ham hock, carrots, celery, chicken broth, seasoning, and bay leaves.
4. Cover with lid and cook on low for 7 to 9 hours or high for 4 to 5 hours, until the beans are tender. Add salt.
5. Remove ham hock and bay leaves from soup. Separate the meat from the skin and bone of the ham hock. Chop meat and return it to the soup. Discard the bone, skin, and bay leaves.
6. Refrigerate leftovers within 2 hours.

Note: Substitute ham hock with 2 cups diced ham or a leftover ham bone.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$7.18
Cost per serving: \$0.60



THE APPLE PATCH By Cheri Stacy, Nutrition Assistant Senior

HOMEMAKER REMINDERS:



We will continue to collect the annual dues (\$9) through the end of the year. Thank you for continuing your membership with Madison County Extension Homemakers, there is a special incentive for renewal outlined on page 8.

NOVEMBER 15: Reminder for Homemaker Clubs with bank accounts: Deadline to file IRS Form 990n must be e-filed for any Homemaker Club with a bank account!

THROUGH NOVEMBER: Children’s Snack Drive continues. Thank you for your generous donations. See details on page 3.

JANUARY 21, 2025: Extension Homemaker Board Meeting, 1-3 pm, Room B - time to get together and plan the 2024 Annual Meeting—if you would like to help, please attend!

MARCH 29, 2025: Homemaker’s Spring Craft Fair: More details to come.

APRIL 29, 2025: Extension Homemaker Annual Meeting (Dinner) with Cultural Arts Competition on Monday, April 28. More details to come.

AND A PARTRIDGE IN A PEAR TREE!

Wednesday, December 4

10-11:30 am

Madison Co. Extension Office



We may not have partridges in our pear trees here in Madison County, but there are still plenty of birds to enjoy this time of year!

Come join us on December 11th to learn more about winter birds and make an ornament out of bird seed

you can use to decorate your outdoor trees (also makes a great gift!).

If you are interested in attending this class, let us know by calling 859-623-4072 or email amanda.sears@uky.edu.

LEADER LESSON

How to Get Out of a Mealtime Rut

Monday, November 18, 11am-noon (Room 2 Annex)



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.

Call 859-623-4072 to register for this lesson. This is a free presentation held at the Madison County Extension Service.



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

NOVEMBER 2024

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

THIS MONTH'S TOPIC: BUDGET FRIENDLY TIPS FOR PET OWNERS

Choosing to care for a pet is a big financial decision because a family pet will be part of your life for many years. Between the initial cost of the pet, one-time purchases, and ongoing expenses, like food and veterinary bills, the costs of pet ownership can really add up. As a pet owner, there are many financial decisions that you will make throughout your pet's lifetime, including food, vet bills, housing, and grooming. Below are four cost-saving strategies that can make pet care more affordable.

DO IT YOURSELF (DIY)

Grooming costs that include baths, haircuts, and nail trims can range between \$30 and \$90 per session. The price of grooming can fluctuate depending on the breed of animal and how often it must be done. Do-It-Yourself (DIY) skills can help save money on these expenses. Watch online video tutorials to learn how to brush your pet's teeth, or buy the tools needed to groom your pet at home.

SALES AND SECOND-HAND

Compare costs at different stores for food and other pet essentials (e.g., toys, crates, collars, leashes) to make sure you're getting the best deals. Avoid or limit buying items that are full-priced or nonessential. Buying pet accessories second-hand or borrowing items (e.g., pens,



crates, kennels) can also keep costs down. Search free- and for-sale groups online or in your neighborhood, and wash or sanitize items before use. Consider items you may already have that you could repurpose for a pet.

DISCOUNT DAYS

Be on the lookout for promotions at your local vet, pet store, or rescue organization. Note sales and coupons in weekly savings circulars or emails, and make purchases when items are on sale. Discount days can provide additional cost savings on initial pet expenses, vaccination costs, grooming, and spay or neuter services.

Most pet owners consider their pets to be a part of the family, which means you should also include them in the family's budget. This means developing a spending plan that incorporates recurring pet costs and saving for unexpected pet expenses.

HAVING A PET COMES WITH THE RESPONSIBILITY TO PROVIDE CARE FOR MANY YEARS



Whether you're a new pet owner or already have a beloved furry companion, family pets offer responsibilities for the family to tackle together. Below are examples of pet care activities from the Consumer Financial Protection Bureau that can teach planning and decision-making skills to children and youths.

- **Ages 3-5: Goal Setting.** Practice financial goal setting to save for a special treat or toy for the pet.
- **Ages 6-12: Building Values.** Oversee putting the pet's food down at the same time as the family's meal.
- **Age 13+: Comparison Shopping.** Compare prices at different stores to find deals on food, treats, and toys

LIFETIME COMMITMENT

Having a pet comes with the responsibility to provide care for many years, including during inconvenient times. For example, when you move, pets can affect your housing options. Property managers may have animal breed restrictions, require pet deposits up front, or a monthly pet rent that can add to the overall expense of pet ownership. Create a plan for who will care for the pet when you're out of town, when you move, or are no longer able to care for them yourself.

REFERENCES:

<https://www.consumerfinance.gov/consumer-tools/money-as-you-grow/talking-about-financial-decisions/getting-pet/>
<https://www.travel.dod.mil/Support/ALL-FAQs/Article/3624131/pet-transportation-allowance/>

Military Family Spotlight

Military families have additional financial considerations for pet ownership. The Pet Transportation Allowance reimburses military families for costs incurred during a permanent change of station move (e.g., reimbursement of \$550 for one pet moved within the continental U.S. and \$2,000 for military relocations outside the continental U.S.). Visit the Office of Financial Readiness (<https://finred.usalearning.gov/Trending/Blog/PetCosts>) for a list of expenses eligible for reimbursement.

Written by: Kristen Jowers | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock
 Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



**SHOP LOCAL SPIRIT CARD WITH YOUR
HOMEMAKER MEMBERSHIP RENEWAL**

Members of your Extension Homemaker Board have been working hard to put together an incentive for joining Homemakers! Each paid member will receive one Shop Local Spirit Card FREE with their paid 2024-25 membership. If you have already paid your dues, you will receive a spirit card. The Madison County Extension Homemaker Shop Local Spirit Card entitles you to discounts at shops in and around Madison County. In December, we will mail out cards to Mailbox members, and Club Presidents should plan to drop by to pickup their club members' cards. The card discounts include:



Berea	Richmond
Native Bagel & Nightjar 10% off order	Rockin Robyn Boutique 20 % off clothing in store
The Queens Closet: Plus Size Consignment 25% off everything	Bespoke Bakery and Cafe 10% off purchases \$20 or more (excludes custom orders)
Bert's SpeakCheezy free drink with purchase of sandwich & side	Nuevo Vallarta- Richmond free cheese dip w/ purchase of 2 dinners \$6.99 or more (excludes lunch menu)
Wildflowers Boutique 10% off all merchandise	Becky's The Printshop .10 1 sided b/w copies 20# paper .25 1 sided color copies- 20# paper
The Taleless Dog Booksellers free custom artwork bookmark with purchase	
Bluegrass Kitchen 10% off entire order	Better Burgers & More free drink with meal purchase
The Pink Orchid Boutique 10% off order of \$25 or more (includes Lexington location)	Olive You Boutique 20% off \$100 or more! (regular priced items only- one use per household)

Reminder

**We are now accepting
Homemaker Dues**

Annual Homemaker dues for the upcoming 2024-25 year will be **\$9.00** (\$8 dues, \$1 ovarian cancer donation).

Please make checks payable to **"Madison Co. Extension Homemakers"**

Deadline for 2024-25 Homemaker dues renewal will be **November 29, 2024.**

2024-25 Extension Homemaker Renewal or Gift Certificate
(circle one please)



Member's Name: _____ Dues: **\$9.00**

Address: _____
street city zip code

If **GIFT**, given by: _____
(If this is an anonymous gift, please indicate given by "a friend".)

Be sure to send this completed form with your \$9.00 (check or money order only):

Madison Co. Extension Homemakers
230 Duncannon Lane
Richmond, KY 40475