

Community News

Mail announcements to The Estill Tribune, 6135 Winchester Road, Irvine, KY 40336
Call (606) 723-5012; Fax to (606) 723-2743; or E-mail it to <News@EstillTribune.Com>

Register soon

Mushroom Festival Registration

The Mountain Mushroom Festival invites the community to get involved in the activities and events of the festival on April 25-26. Guidelines and registration forms for the Mountain Mushroom Festival events are available in Irvine City Hall and on the festival website: www.mountainmushroomfestival.org.

The applications are for the Arts & Crafts Booths,

Fungus 5K & 2K Run/Walk, Parade, Agate Hunts, and Agate, Gem, & Mineral Show. Other activities that have prizes and/or rosettes are the Mushroom Hunting Contest, Cake Decorating Contest, Photo Contest, and Window Decorating Contest. Categories from youth to adults are noted on the guidelines. Contact the festival at 606 723-1233 for further information.

Mondays & Wednesdays at 10:00am

Body Fitness Exercise Classes

Body Fitness Exercise Classes instructed by Sister Loretta Spotila, RN, are being held on Monday and Wednesday mornings, 10-11 a.m. at the Estill County UK Cooperative Extension

Service on Golden Court, off Stacy Lane in Irvine.

These classes involve gentle exercise and movement and build strength and flexibility. They are helpful for persons with arthritis,

Wednesday, March 11th

Chemical Exercise Slated

A Chemical Accident/Incident Response and Assistance exercise is scheduled for Wednesday on the Blue Grass Army Depot.

Blue Grass Chemical Activity first responders, along with Blue Grass Chemical Agent-Destruction Pilot Plant, BGAD, Madison, Fayette, Powell, Estill and Clark counties, Kentucky Emergency Management and Saint Joseph Hospital Berea personnel are slated

to participate in this exercise.

Periodic exercises help ensure responders are prepared to handle a chemical event by having the right training and expertise to protect lives and property while making certain the chemical stockpile is safely secured, stored and monitored.

Area residents may hear the Westminster Chimes sound as a part of testing for the exercise.

Wednesdays, now at 5:30pm

Beginner Yoga at Marcum-Wallace

Beginner Yoga class at Marcum & Wallace Hospital is held in the Mercy Room each Wednesday from 5:30 to 6:30

p.m. with instructor Laritza Gomez. The cost is one non-perishable food item for Helping Hands Outreach Ministry.

Thursday, March 12th at 7:00pm

Estill County Community Chorus

Come out and join the Estill County Community Chorus as we learn our foot stompin', soul stirrin', mountain/ bluegrass music. We practice each Thursday night from 7-8:30 p.m.,

starting March 12 at the Irvine United Methodist Church.

It's lots of fun as we get ready for our Spring Concert in May. Come and bring a friend.

Thursday, March 12th at 5:30pm

Irvine-Ravenna Kiwanis Club

The Kiwanis Club of Irvine-Ravenna will meet Thursday, March 12, 5:30 p.m. at Steam Engine Pizza. Dalton Riddle, member of the award winning Estill County Marching Engineers will play his trumpet.

If you are interested in becoming a member of a service organization that has a sense of community, a source of fulfillment and a history of impact, join us. Becky Werner is club president.

Attention Artist and Creators!!
Do you often ask yourself, "How do I price my work?"

Join the EAC as we welcome
Tim Glotzbach
Artist/Educator
&
Former Director
of
Berea College Crafts
to discuss how to
accurately price work for
the marketplace.

Free Pricing Workshop

Attention Artists and Creators! Do you often ask yourself, "How do I price my work?" Join the Estill Arts Council as we welcome Tim Gotzbach, Artist/Educator, and former Director of Berea College Crafts to discuss how to accurately price your work for the marketplace while insuring fair compensation for artists. Visual and craft artists often worry that their prices are too high, thus driving away buyers, or they find them too low to cover expenses and provide sustainable compensation. This session seeks to demystify many of the questions surrounding how to price and value one's work. The workshop will be Tuesday, March 17 from 6:30-8:30 p.m. at the Estill County Public Library. Contact Mary Reed at 606 723-4678 or Francine Bonny at 606 723-5694 or Facebook to register.

Tuesday, March 17th at 6:30pm

Artists' Free Pricing Workshop

Attention Artists and Creators! Do you often ask yourself, "How do I price my work?"

Join the Estill Arts Council as we welcome Tim Gotzbach, Artist/Educator, and former Director of Berea College Crafts to discuss how to accurately price your work for the marketplace while insuring fair compensation for artists. Visual and craft artists often worry that their prices are too high, thus

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Tuesday, March 17th at 6:30pm

Estill County Lions Club

The Estill County Lions Club will meet Tuesday, March 17th and on the first and third Tuesday of every month at the Irvine First Christian Church meeting room

on Main Street at 6:30 p.m. Estill County Lions Club is part of Lions Club International, with 1.35 million members in 205 countries around the world.

Thursday, March 19th at 3:00pm

Four Seasons Garden Club

The Four Seasons Garden Club will meet Thursday, March 19, at 3 p.m. at the Extension Office.

"Drought Resistant Plants" will be presented by Eric Baker, Extension Agent for Agriculture and Natural Resources. The program is open to the public and free of charge. The object of the club is to stimulate the knowledge and love of gardening among amateurs; to aid in

the protection of native trees, plants, and birds; and to promote cleanliness, beauty, and improvement of property in Estill County.

New members are welcome to join the club which meets on the 3rd Thursday of each month. Francine Bonny is the club president. The Four Seasons Garden Club is a member of the National Council of State Garden Club, Inc.

Thursday & Friday, March 19th & 20th

Eastern Star Chapter #357 Yard Sale

Irvine Chapter #357 Eastern Star is having a yard sale on Thursday, March 19th, 8:00 a.m. to 5:00 p.m. and Friday, March 20th,

8:00 a.m. to 3:00 p.m. in the Irvine Lodge Hall dining room. Everyone is welcome. Rain or shine! We will be inside!

Monday, March 23rd - 6:30pm

Democratic Executive Committee

The Estill County Democrat Executive Committee will be meeting Monday, March 23rd at 6:30 p.m. and the 4th Monday of every month at the

Estill County Public Library, 246 Main Street.

For additional information you can email Estillcountydemocrats@gmail.com.

Tuesday, March 24th at 5:30pm

Alzheimer's Community Forum

The Alzheimer's Association is holding a community forum in Richmond. Learn about dementia and memory loss, services of the Alzheimer's Association and other helpful resources in the community as well as how, with the help of volunteers, we can expand local programs and services to reach more

families. The event will take place on Tuesday, March 24th from 5:30 p.m.-7:00 p.m. at the Madison County Public Library located at 507 West Main St. in Richmond. A light meal will be provided. Registration required. Call 1.800.272.3900 or go to <https://www.communityresourcefinder.org/> to register.

Friday, April 3rd at 9:00am

Retired Co. C Guard Breakfast

Attention: All retired and former National Guard members of Charlie Company 1/149th, there will be a breakfast at Cracker Barrel, in

Richmond, on Friday, April 3rd, and on the first Friday of each month at 9:00 a.m. All are invited and welcome. Hope to see you there!

Sunday, April 5th at 2:00pm

Amvets Post 67 in Clay City

Amvets Post 67, located at 99 Veterans Lane, Clay City holds its meeting monthly, 1st Sunday of each month at 2:00 p.m. Also, everyone is invited

to Post 67 Clay City for Bingo every Monday. Doors open at 5:00 p.m. Bingo starts at 6:30 p.m. For more information, call 606-663-0071.

Tuesday, April 14th at 5:30pm

Estill Democrat Woman's Club

Estill County Democrat Woman's Club will meet on Tuesday, April 14th and the second Tuesday of each

month at the Estill County Golf Club from 5:30-7 p.m.

Come, join us. Together we can make a difference.

Tuesday, April 14th at 7:00pm

Estill DAV Chapter 94 to Meet

DAV Chapter 94 will be meeting at 7:00 p.m., Tuesday, April 14th and the second Tuesday of each month at Estill County Senior Citizens Center, off Stacy Lane.

If you are a veteran with 10 percent or more service con-

nection, you are welcome.

Call 1-606-663-2504 for more information.

We are veterans and we would appreciate your attendance. Veterans from surrounding counties are also welcome.

Kitchen Diva

St. Patrick's Day the Traditional Way

If you're planning to celebrate the St. Patrick's Day holiday at home, you are part of growing number of Americans who like to commemorate the day with a family dinner. A national St. Patrick's Day survey found that regardless of family roots or Irish heritage, the holiday is more about food and family than drinking.

More than 30% of respondents said they celebrate at home or at friend or family member's house. Less than 14% of those surveyed celebrated at a bar or local pub.

This year, you may want to serve a traditional Irish dinner. The main course is an all-in-one-pot lamb stew with root vegetables and pearl barley with a side of Northern Irish potato bread. Here's a little history about these Irish recipes.

IRISH STEW: This dish originated from the old ways of cooking over an open fire. A good Irish stew should be thick and creamy, not swimming in juice. Adding potatoes and pearl barley gives the stew body and texture, and makes it a hardy, main-course meal. Carrots are typically added for extra color and interest.

The authentic Irish recipe calls for mutton, which is usually an older lamb with a tougher texture of meat, which made it perfect for stewing. I suggest using lamb from Australia, which is readily available at most American grocery stores.

Australian lamb is juicy, tender and raised to a specific size and weight producing a quality product that is slightly leaner than beef and less expensive than American domestic lamb. Australian lamb is typically grass-fed and has a phenomenal flavor and texture. For more information about Australian lamb, beef and goat, or more Australian lamb recipes, go to www.trueaussiebeefandlamb.com.

POTATO BREAD: Northern Ireland's love of the potatoes is part of a rich legacy of dishes such as this recipe for potato bread (also called fadge or farls). Typically, this bread recipe incorporates leftover boiled potatoes, but leftover mashed potatoes will work just fine. The finished bread is like a flat bread in texture.

Try these traditional Irish recipes and use Australian lamb to add a modern twist to your St. Patrick's Day menu!



Photo Credit: DepositPhotos

LAMB STEW WITH ROOT VEGETABLES

2 pounds boneless Australian lamb shoulder, trimmed of fat and cut into bite-size pieces

1 1/2 teaspoons salt, divided
1 1/2 teaspoons freshly ground black pepper, divided

1 tablespoon all-purpose flour
1 tablespoon olive oil, divided
2 large yellow onions, chopped
4 cloves garlic, minced

1 or 2 medium Irish or white potatoes, scrubbed and cut into 1/8-inch rounds

3 medium carrots, cut into 1/4-inch rounds
1 cup pearl barley

4 cups water or chicken broth
2 tablespoons chopped, fresh parsley

1. In a medium mixing bowl, toss the lamb with 1/2 teaspoon of the salt, 1/2 teaspoon of the pepper and the flour. Heat 1/2 tablespoon olive oil in a 4- to 5-quart Dutch oven set over medium-high heat until it shimmers. Add half of the lamb, and brown on all sides, about 7 to 8 minutes total. Remove the lamb to a bowl and repeat with the remaining oil and lamb. Remove the second batch of lamb and add it to the bowl.

2. Add the onions to the pot and cook for 1 to 2 minutes. Add the garlic, potatoes, carrots and the remaining teaspoon of salt and pepper. Cook for 3 to 4 minutes, stirring occasionally. Return the lamb to the pot with the barley. Stir to combine.

3. Add the water or chicken broth. Bring to a boil. Then, decrease heat to low, cover and simmer for 30 to 45 minutes or until the liquid is absorbed and the lamb and barley are tender. Add the parsley. Stew will be thick.

NORTHERN IRELAND POTOTO BREAD

1 cup mashed potatoes (leftovers are fine)
1 tablespoon unsalted butter or Irish butter

1/4 cup flour plus more for sprinkling
1/2 teaspoon salt

1. Place the potatoes into a large, microwavable bowl. Mix in the butter and salt. Heat on HIGH for 3 to 4 minutes or until warm. Mix in the flour until the mixture turns into a dough.

2. Split the dough into two equal pieces. Sprinkle a cutting board with the remaining flour. Roll the dough on the floured board to create two circles about 1/4-inch thick.

3. Cut the circles into quarters. Brown on both sides on a lightly greased hot griddle or heavy-bottomed pan about 5 to 6 minutes. Serve warm with stew.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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