

Washington County Homemaker Newsletter

AUGUST 2024

 University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



The Kentucky Extension Homemakers Association is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

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Contact Us:

Washington County
Extension Office
245 Corporate Drive
Springfield, KY 40069
(859) 336-7741
washington.ca.uky.edu

Lincoln Trail Area HOMEMAKER KICK OFF

Kick off the 2024-2025
Homemaker year with
your friends from the
Lincoln Trail Area!



morning refreshments



creating a welcoming community



running effective meetings

Please call the Extension
Office at 859-336-7741
to register by August 16

AUGUST 20
10AM - 12:30PM ET
HARDIN COUNTY
EXTENSION OFFICE

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Hello Homemakers!

Hope your summer is going great. After my recent surgery I'm recovering well and hope to be released for the doctors August 1st.

We have many important dates to take note of in this newsletter. Please read carefully and mark your calendars. I'm anxious for us to get off to a good start for the 24-25 year as Heritage Homemakers of Washington County.

Please plan to participate in as many activities as you can. Thank you for all you do!

Please remember to check the Blessing Boxes and continue to donate when possible.

Hope to see you soon!
Sue Clements

Meeting & Lesson Door Prize

For this Homemaker year, we will give a small door prize at each council meeting and Homemaker lesson (except the kick off in Hardin County). The remaining lessons will take place in Washington County. We hope everyone enjoys this fun new twist to our get togethers!

ON AIR



100.9

Listen for someone from the Washington County Extension Office on Tuesday mornings around 8:30am & radio tips during commercials!



Thoughts of the Month come from lyrics to songs about transportation or travel from the 1960s to the 2000s to fit the theme of Blazing the Way with KEHA

Thought of the Month:

"Out along the edges

Always where I burn to be."

- "Danger Zone,"
Kenny Loggins,
1986

Book of the Month

.....
from the 2024-2025
Homemaker Book List

The Book Club Hotel
by Sarah Morgan (2023)

With its historic charm and picture perfect library, the Maple Sugar Inn is considered the ultimate vacation destination. But widowed far too young, and exhausted from juggling the hotel while being a dedicated single mom, Hattie Coleman dreams only of making it through each day. When her lifelong friends, who seem to have it all, come visit, it changes everything. Their close friendships have carried them through life's ups and downs. But Hattie can see her friends' emotional baggage, as her own life is about to become entwined in theirs.



Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2024. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

August 29 - 4pm
Washington County Public Library
Peanut Butter Oatmeal Bites

Do you need new meal ideas?

Join the Free Recipe Club

Sign up to receive 5 free seasonal Kentucky Proud recipe cards each month. Call the Extension Office at (859) 336-7741.

Save the Date

Fall in Love with Homemakers

Area Annual Meeting

Friday

October 25th, 2024

Marion County Extension Office

416 Fairgrounds Rd, Lebanon KY 40033

You're Invited to the

**Washington County Homemaker Kick Off & Potluck
September 3 - noon - WC Extension Office**

Dates to Remember

August 7 - Driver's License Pop Up Event
at the Washington County Extension Office
see more information on the next page

August 15 - Monthly Food Distribution at
Idle Hour Park - 8:30am

August 16 - deadline to register for the Lincoln
Trail Area Homemaker Kick Off on August 20

August 20 - Lincoln Trail Area
Homemaker Kick Off
Hardin County Extension Office - 10am-12:30pm

August 29 - Cooking through the Calendar
WC Public Library - 4pm

September 3 - Washington County
Homemaker Kick Off & Potluck Lunch
Washington County Extension Office - noon

September 6 - Wits Workout
Washington County Public Library - 10am

September 20 - Wits Workout
Washington County Public Library - 10am

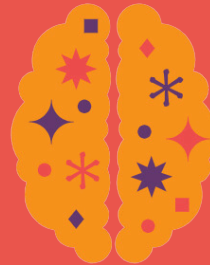
October 25 - Lincoln Trail Area Annual Meeting
Marion County Extension Office
Cultural Arts contest - October 24
Submit cultural arts items on October 23

Adult Sewing Group

August 7 - 6pm
Washington County Extension Office

Quilting Club

August 16 & 17
Washington County Extension Office



WITS WORKOUT

Join us for free
sessions to learn
about brain health &
exercise your wits
with fun games!

**All sessions will be held at the
Washington County Public Library**
1st & 3rd Fridays, starting in
September at 10am

September 6 - Forget Me, Not!
forgetfulness contributors

September 20 - Take a Number!
intellectual challenge

Taught by Cabrina Buckman,
WC Extension FCS Agent
Questions? Call Cabrina at 859-336-7741



KEHA News & Notes

New KEHA Year Materials

July is the start of the new fiscal year for KEHA statewide. The revised editions of the KEHA Manual Handbook and Appendix are posted online. Also, themed-based officer training materials have been posted.

- KEHA Manual Handbook and Appendix: The board voted to discontinue mailing printed copies. The website includes complete files for each section, tables of contents, and a PDF with only pages that were changed that can be printed as replacements.
- Theme-based officer training materials: Materials use “Blazing the Way” theme for 2024-2025 and include Power Point slides, facilitator’s guide, installation ceremony script, dates to remember handout, roll call, thought for the day, and more.
- Board directory
- Book List
- The state educational chairman pages should be updated by early August.

KEHA Reports Due Now

Summer is KEHA reporting season! Please be aware of the following deadlines and submit reports on time. Club level reports were due July 1. County level reports are due by August 15. Area Volunteer Service Unit reports are due September 15 to the KEHA State Leadership Development Chairman.

All Washington County reports have been submitted online and to the area chairmen.

Present at 2025 State Meeting

Homemakers who wish to present at State Meeting are encouraged to submit a session proposal. The form is due October 15 to First Vice President Ann Porter. Details are on the KEHA website.

National Volunteer Outreach Network (NVON) Recap

Kentucky was well represented with 17 attendees. They enjoyed classes, speakers, and entertainment in Asheville, NC from July 16-18, 2024. Kentucky had a tabletop display and the raffle basket brought in \$155. NVON announced the newest Project in Common: Mental Health Awareness and Mental Health Wellbeing, 2025-2027. For more information, visit <https://www.nvon.org/mental-health-awareness>.

Dates to Remember

- August 15 - Due date for county reports to be submitted, including both program of work reports (online) and volunteer service logs (paper form).
- September 15 - Due date for Area Volunteer Service Unit logs to be submitted to state chair for Leadership Development (Nancy Snouse).
- October 13-19 - KEHA Week
- October 15 - Deadline for submitting session proposals for the 2025 KEHA State Meeting

DRIVER LICENSE



Driver's License Pop-Up Event

A driver's license pop up event is scheduled for August 7th at the Washington County Extension Office.

Learn more at <https://drive.ky.gov/Drivers/Pages/Popup-Map.aspx>. Scan the QR code to make an appointment



2020 Census Quilt

KEHA has produced a booklet about the 2020 Census Quilt that provides details on each quilt square. Using information and images from the booklet, we will feature a couple of quilt squares each month to learn more about our Kentucky counties.



Scott County

Creator: Marjorie Baker

Pattern: Log Cabin

Description: The quilt design is representative of the Royal Springs Log Cabin, birthplace of Scott County and Georgetown, the county seat.



Shelby County

Creator: Linda Sanford

Pattern: Applique

Description: Shelby County, Kentucky's 12th county, was created from Jefferson County on June 28, 1792, with Shelbyville as the county seat. Named for Kentucky's first governor, Isaac Shelby, Shelby County covers 383 square miles. By 1800, the county's population exceeded 8,100 individuals. Today, Shelby County continues to be an agricultural leader in corn, wheat, and livestock. It is home to 64 manufacturing facilities and has 385 members in the Shelby County Chamber of Commerce. In 2005, Shelby County was proclaimed the Saddlebred Horse Capital of the World.

August Word Search

MARKERS
 HOMEWORK
 SCHOOL BUS
 CRAYONS
 TEACHERS
 CLASSROOM
 BACKPACK
 BOOKS
 PENCILS
 PAPER



puzzle-maker.com

S K R E P A P T S G K
 C C L N S D Q R L M T
 H A T W B L E G O E B
 O P H N L K I O A O Y
 O K R O R L R C O T S
 L C M A M S H K N N J
 B A M R S E S L O E M
 U B L A R G W Y T R P
 S B L S W V A O V N B
 N C R T N R J P R P D
 X L L V C V Y Y Q K Z



Easy Peach Cobbler

½ cup whole wheat flour	1½ cups sugar (divided)	1 tablespoon lemon juice
½ cup all purpose flour	1 cup skim milk	1 teaspoon ground nutmeg or cinnamon
1½ teaspoons baking powder	½ cup unsalted butter	
1 pinch salt	4 cups fresh peeled peaches	

- 1. Preheat** the oven to 375° F. **Combine** the flour, baking powder, salt and $\frac{3}{4}$ cup sugar in a large mixing bowl. **Add** the milk and mix only until the dry ingredients are wet.
 - 2. Melt** the butter and **pour** into a 13 x 9 inch baking dish or pan. **Add** the flour mixture on top of the butter. Do not stir.
 - 3.** In a saucepan, **heat** the peaches, $\frac{3}{4}$ cup sugar and lemon juice until the sugar is dissolved and the peaches are coated. **Pour** evenly over the flour mixture. Do not stir. **Sprinkle** with nutmeg or cinnamon.
 - 4. Bake** for 40 minutes or until crust is golden brown. **Remove** from oven and serve warm.
- Yield:** 12 servings.
- Nutritional Analysis:** : 190 calories, 8g fat, 5g saturated fat, 80 mg sodium, 20mg cholesterol, 32g carbohydrate, 1g fiber, 24g sugar, 2g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



How Much Physical Activity Do I Need?

For most healthy adults, the Department of Health and Human Services recommends 150 minutes of moderate activity each week. This works out to 30 minutes a day for 5 days. Any time counts! If you don't have 30 minutes, try three 10 minute walks instead. What's most important is that you make moving a part of your life.

Sources:

www.planeatmove.com/get-moving/how-to-get-started/