

Washington County Homemaker Newsletter

JULY 2023

 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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Fun with Creative Card Making

We had a blast making cards with Michelle Sutton on June 20.

Each participant had the opportunity to make a birthday card, thinking of you cards, a sympathy card, and a smaller gift tag.

If this sounds like fun to you, Michelle is open to coming back for another class. One idea would be to have a class in the fall for end-of-year holiday cards, such as Halloween, Thanksgiving, Christmas, Hanukkah, Kwanzaa, New Year, etc. Please think about this and we can revisit the idea at our September kick off meeting on September 5 at noon.



Contact Us:

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Benefit for Fire Chief Justin Reynolds

A benefit for Fire Chief Justin Reynolds will be held on July 8, 2023 at the KC Hall in Springfield. All proceeds go to Justin to help with medical expenses during his time of recovery. Meals will be sold, consisting of fish, baked beans, coleslaw, drink and dessert. The adult price is \$12 and the price for kids 10 and under is \$5. Dining in starts at 4pm and carryout starts at 3:30pm. Silent auction starts at 4pm and live auction starts at 6pm. Donations and auction items would be greatly appreciated and can be dropped off at any local WC Department or to any First Responder in Washington County. If you have questions, call Keasha Harmon at 859-805-1776 or Mike Kelty at 859-805-1577.

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Book of the Month

There and Back: Photographs from the Edge by Jimmy Chin (2021)

Twenty-three years in the making, *There and Back* is a portfolio containing 200 remarkable photographs from all seven continents. Mountaineer Jimmy Chin shares stories from his journey of traversing the globe and capturing photos from seemingly impossible locations. From climbing the skyline of the One World Trade Center to skiing down Mount Everest, this collection is an adventure inspiration for travelers.

Cooking through the Calendar

Laura Milburn, SNAP-Ed Program Assistant, will hold monthly recipe demonstrations and tastings during 2023. Everyone is welcome to come! Past recipe demonstrations will remain available to watch at [facebook.com/WashingtonCountyNutritionEducation](https://www.facebook.com/WashingtonCountyNutritionEducation).

No July date - save the date for August!

August 24 - 4pm

Washington County Public Library

Skillet Pork Chops with Peaches

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.

KY Extension Homemakers Association Holds 89th Annual Meeting



The Cultural Arts Viewer's Choice was the "Bustle Dress" created by Kim Lohr of Cumberland County. She entered this creation in the subcategory of specialty apparel. In 2023 there were around 700 entries displayed in Cultural Arts.



Past president Karen Hill, standing on the right, installed the KEHA officers who were elected during the State Meeting. Their new term begins July 1.

The 89th annual KEHA State Meeting was held at the Louisville Crowne Plaza on May 9-11, 2023. Over 430 attendees, including 95 first-time participants, took part in the three day meeting celebrating the theme "Let's Take a Hike with KEHA." "Several first-time attendees came up to me and told me it was a great meeting, how much fun they had, and what they had learned. They said they would definitely be back next year," said KEHA President Brenda Hammons. "The classes were full, and I heard wonderful comments from those who attended. Also, many commented about the quantity and quality of the cultural arts displayed."

This year's event kicked off with an opening luncheon on May 9. The keynote speaker was Jessica Whitehead, curator of collections for the KY Derby Museum. KEHA also celebrated 46 years of support for the UK Ovarian Cancer Research and Screening Program with the presentations of awards. Dr. Edward Pavlik, Ovarian Cancer Screening Research Director, was presented with a check for \$40,966.57. KEHA's lifetime contribution to the program is more than \$1.62 million. During the May 10 general session, the KEHA Choir performed seven songs. One of the songs had lyrics written as a tribute to FCS agents. The 32-member choir includes KEHA members from 21 counties and is led by Wendy Hood, current Ford Harrod Area President. This was the sixth year the choir performed as part of the conference.

A raffle generated \$3,029 to add to the contributions to the UK Ovarian Cancer Research and Screening Program. A silent auction raised \$1,670, and 275 handmade quilt squares were displayed and auctioned, providing \$1,932. Both will help offset the cost of hosting the state meeting. At least 15 counties donated more than 60 twin-sized bed quilts, many of them handmade, to the Center for Courageous Kids in Scottsville. The popular Cultural Arts contest included around 700 entries that meeting attendees could view and enjoy.

"What a wonderful KEHA State Meeting it was this year! We laughed, listened to a great choir, admired Cultural Arts items from around the state, bid on silent auction items, promoted lifelong learning through the various sessions, and met old and new friends," said KEHA 1st Vice President Henrietta Sheffel. "Don't miss out - join us next year at the 2024 KEHA State Meeting at the Bowling Green University Plaza and Sloan Convention Center." The annual state meeting provides a time for training, networking, recognition, and celebration. Attendees participated in educational seminars addressing topics ranging from potted and edible plants to cooking and healthy eating, and from money management to leadership. Additionally, a series of concurrent workshops provided training in each of KEHA's educational program areas of emphasis. State officers hosted workshops for local, county, and area officers who attended. The KEHA State Meeting concluded with an awards luncheon and the installation of newly elected officers.

KEHA News & Notes

Welcome New KEHA Officers

Welcome to the six newly elected KEHA state officers and chairmen who will serve three-year terms beginning July 1, 2023.

- 1st Vice President: Ann Porter, Mason County
- Treasurer: Patsy Kinman, Grant County
- Leadership Development Chair: Nancy Snouse, Greenup County
- Environment, Housing, and Energy Chair: Rhonella Chaffin, Lawrence County
- Food, Nutrition, and Health Chair: Esther Bailey, Lincoln County
- Marketing and Publicity Chair: Sharon Fields, Greenup County

State Meeting Recap

Thank you to everyone for a successful state meeting! It takes every area across the state fulfilling their assignments to make this meeting happen.

- Total attendance was more than 430. There were 95 first-time attendees.
- Voting delegate packets are available on the state meeting webpage. There were no bylaws changes this year.
- Cultural arts judging results are available on the state meeting webpage.
- More than \$6,600 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction.
- KEHA presented a check for more than \$40,000 to the UK Ovarian Cancer Research and Screening Program.
- At least 15 counties donated more than 60 twin sized bed quilts to the Center for Courageous Kids in Scottsville.
- Additional state meeting details are included in a feature story on the KEHA website.

Save the Date for 2024 State Meeting

Next year's KEHA State Meeting will take place on May 7-9, 2024 at Sloan Convention Center and Holiday Inn University Plaza in Bowling Green.

State Meeting Evaluation Summary

About 47% of attendees completed evaluation forms and rated the conference very highly, indicating a wealth of knowledge they will take home to implement locally.

On average, respondents rated the overall meeting as an 8 on a 10-point scale. The majority of respondents enjoyed starting the event with a luncheon rather than a dinner and also enjoying having more free time in the evening. They noted free time allowed for rest after a full day or provided time to meet with others from the area, county, or new friends made at the event.

Evaluations indicated they enjoyed educational sessions, officer and chairmanship trainings, craft sessions, cultural arts, and the chance to network with other homemakers and share new ideas. Homemakers learned a lot from sessions such as emergency health information cards, edible plants, herbalicious cooking, who we are versus how people see us, and weather and climate.

One attendee noted, "The officer and educational chairman workshops were extremely informative. They provided lots of great resources." Many resources will be shared in home counties, particularly information from sessions and crafts, Volunteer Service Unit information, and ideas for growing membership.

National Volunteer Outreach Network Conference

The 24th annual National Volunteer Outreach Network (NVON) Conference will be held from July 18-20, 2023 in Parkersburg, West Virginia. Any KEHA member is eligible to register and attend. Meeting details are available at www.nvon.org/nvon-conference.

KEHA News & Notes

Reports are Due for Individuals and Clubs

Visit the Reports webpage for a detailed process timeline and links to fillable forms. Please be aware of the following deadlines and submit reports on time. Use forms dated 2022-2023 to cover the period from July 1, 2022 to June 30, 2023.

- **July 1 - CLUB level** reports are due. Program of work reports for the 8 educational chairmanships are due to the county educational chairmen or designated officers. Volunteer Service Unit logs are due to the county.
- **August 15 - COUNTY level** reports are due. The county tallies the club level reports received in July and submits the totals online by August 15, printing a copy to share with the area educational chairmen. Online forms will be coming soon. County VSU reports are due via paper forms. See the website for details and to access the county reporting links beginning in July.
- **September 15 - AREA level** reports are due. Area VSU Reports are due to the KEHA State Leadership Development Chairman.

One way to make preparing reports more fun is to host a reporting party. Clubs and/or county organizations can choose to set a date to meet and gather all reports at one time. Stations can be set up for each point person to gather information for each type of report due. Snacks and a party theme may make the event enjoyable.

Coming Soon! Updates to KEHA Manual

The process of updating the KEHA Manual Handbook and Appendix is moving forward. The updated pages will post to the KEHA website after July 1.

Book List Now Available

The annual Book List for 2023-2024 is now available on the KEHA Club Materials webpage.

Coming Soon! 2023-2024 Theme-Based Officer Training Materials

KEHA officer training materials are in final review. The resource materials will post to the KEHA website after July 1. Materials include a PowerPoint presentation, facilitator's guide, installation ceremony, dates to remember handout, evaluation, and other resources. Please review and use these materials as best fits with your training sessions.

Cultural Arts Contest Winners

The 2023 KEHA state cultural arts exhibit and competition was held at the 89th KEHA State Meeting in Louisville, KY. KEHA members from across the state were recognized for their outstanding and beautiful exhibits. Lists of all blue and purple ribbon winners are available on the KEHA Cultural Arts Chairman webpage. Also linked are the 2023 Creative Writing Contest winners.

Choir Accepting New Members

Congratulations to the KEHA Choir for an outstanding performance at the KEHA State Meeting. Choir Director Wendy Hood wrote lyrics to a special song to honor the FCS Agents. KEHA members interested in joining the choir should contact Wendy Hood, Fort Harrod Area President at 859-613-2575 or wendy7hood@icloud.com.

Dates to Remember

- June 30 - KEHA year ends
- July 1 - Due date for club reports to be submitted to the county (paper forms). This includes both program of work reports and volunteer service logs.
- July 18-20- NVON Conference in Parkersburg, West Virginia
- August 15 - Due date for county reports to be submitted, including program of work and volunteer service logs
- September 15 - Due date for Area VSU logs to be submitted to state chair for Leadership Development

Dates to Remember

July 1 - reports due to the Extension Office

July 13 - Monthly Food Distribution at
Idle Hour Park - 8:30am

Save the Date:

Washington County Homemaker Kick Off
September 5 at noon

Lincoln Trail Area Meeting
October 12 in Meade County

*Area Cultural Arts Contest will be on October 11,
so items will need to be turned in to the county
on October 10. The Cultural Arts categories will
be listed in the new yearbook in September.*

Please talk to your club about summer outings
and adventures!

WC Homemaker
YARD SALE

Thank you to everyone who contributed to the Homemaker Yard Sale! Many of you donated items and your time toward making this fundraiser a success. The Yard Sale profits are \$557.80.

At the June Council Meeting, it was decided that this money would support something Extension related, such as 4-H Camp scholarships or a fundraiser. We will discuss this further in September. Congratulations on a job well done!

2023-2024 Homemaker Lessons

All lessons are open to Homemakers and the community. Everyone is welcome to attend!

September Lesson: Identity Theft, Avoiding Fraud, & Leadership Training

Lesson & Area Kick Off

August 30 from 10:30am-12:30pm
at the Hardin County Extension Office

October Lesson: Coping with Trauma After a Natural Disaster

Lesson on September 25 at 10:30am
at the Washington County Extension Office

November Lesson: Emergency Health Information Cards

Lesson on October 26 at 10:30am
at the Washington County Extension Office

No December Lesson

January Lesson: Organizing Tips for Increased Productivity

Lesson on January 4 at 10:30am
at the Marion County Extension Office

February Lesson: Healthy Eating Around the World

Lesson on February 1 at 11:00am
at the Washington County Extension Office

March Lesson: Self Care

Lesson on February 29 at 10:30am
at the Marion County Extension Office

April Lesson: Herbs & Spices

Lesson on March 27 at 10:30am
at the Washington County Extension Office

May Lesson: Understanding & Preventing Suicide

Lesson on April 30 - time TBD on Zoom, will watch at the Washington County Extension Office

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.



McLean County

Creator: Mechele Arnold

Pattern: Garden Paths

Description: McLean County, located in the Western part of the state, is noted for its rolling farms and wide bottom lands. The Green River, the longest river entirely within the Commonwealth of Kentucky is transected southeast to northwest of the county. The county, founded in 1854, was named for Alney McLean at U.S. Representative from McLean County.

Meade County

Creator: Janet Scott

Pattern: Applique Collage

Description: Bald eagles are often sighted along the Ohio River. The Brandenburg Stone found in 1912 near Paradise Bottoms is now preserved in the Meade County History Museum and is the subject of mystery and controversy. In 1863, John Hunt Morgan moved more than 2,200 men and horses from Kentucky to Indiana with the help of two steamboats. Hiking, hunting, fishing, and camping take place in many areas of the county, as well as in the six parks. The honeybee is for tourism as our county is within 600 miles of 49% of the entire population. There are many farms and farm-related activities in the county. Pee Wee Reese was born in Ekron in 1918. Our Quilt Clothesline has over 55 quilt squares hung in the county. Meade County Schools have close to 5,000 students and are known for excellent academic, extracurricular, and athletic programs. Roberts Family Farm hosts the "Great Pumpkin Pursuit." A grist mill built around 1888 with the help of Thomas Lincoln, Abraham Lincoln's father was later named Doe Run Inn and is now Broadbent Wildlife Sanctuary.



Understanding Trauma Series: Coping with Trauma

Trauma is our body's response when we experience an event that is physically life-threatening or emotionally hurtful. There are several tips that can help you, your friends, family, and the community handle trauma and stress:

Tip Number 1: Prioritize Basic Needs

- Food: prioritize eating at the same time and avoid concentrated sweets or fast foods if possible
- Safety: physical and emotional safety
- Clothing: clothes for work and comfort
- Shelter: a physically and emotionally safe place to stay

Source: Paul Norrod, DrPH, RN, Extension specialist for Rural Health and Farm Safety

Apple Cranberry Waldorf Salad

A medium size apple has about 75 calories. It is low in sodium and high in potassium, making it a great natural snack.

Source: Plate It Up KY Proud, UK Cooperative Extension



Apple Cranberry Waldorf Salad

1 cup chopped Granny Smith apple	1 cup halved seedless green grapes	½ cup chopped walnuts
1 cup chopped Red Delicious apple	1 cup halved seedless red grapes	8 ounces non-fat vanilla yogurt
1 cup diced celery	1½ cups dried cranberries	2 tablespoons honey ¼ teaspoon cinnamon

1. Combine chopped apples and diced celery and put in a medium sized bowl. Add grapes, cranberries, and walnuts to the mixture. Stir ingredients together.

2. In a separate bowl, add the yogurt, honey, and cinnamon. Stir together and pour over the fruit mixture. Cover and chill before serving.

Yield: 8, 1 cup servings.

Nutrition Analysis: 210 calories, 5 g fat, 0 mg cholesterol, 35 mg sodium, 41 g carbohydrate, 3 g fiber, 34 g sugar, 3 g protein.

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



Add Physical Activity at Home

Walk your dog or go for a walk around your neighborhood/property.

Source: planeatmove.com/get-moving/adding-activity-in-daily-life/