

Washington County Homemaker Newsletter

JULY & AUGUST 2025

 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
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(859) 336-7741
washington.ca.uky.edu

2025-2026 Homemaker Lessons



Area Kick Off - Empowered Leadership
August 28 - 10am-12:30pm - Hardin County Extension Office



The Big Freeze
September 22 - 1pm - Washington County Extension Office



Using Your Air Fryer
October 29 - 10am - Washington County Extension Office



Ribbons & Regift
December 2 - 10:30am-noon - Nelson County Extension Office OR
December 4 - 11-12:30pm - Grayson County Extension Office



Selecting Sheets - January 2025 Mail Out Lesson



Laughter is a Must in Life
January 26 - 10am - Washington County Extension Office



Gardening Safely
February 24 - 1:30pm ET - Washington County Extension Office



Build a Better Smoothie
March 20 - 1pm - Washington County Extension Office



Mental Health Matters
April 28 - 1pm - Washington 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.

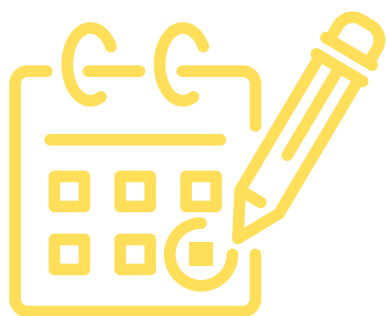


"I Remember" by Sue Clements

I remember participating in 4-H as a 4th or 5th grader. My brother and I had dairy heifers that we were to feed, groom and show at the county fair. Both were Guernseys. I named mine Daisy. Not sure my brother even named his. There were cute calves but as they grew I became worried about showing them on the street in downtown Lebanon.

The day of the fair was a pretty day and we were all lined up. My dad was standing between my brother and I to help if our heifers got restless. My heifer was prettier! She got a blue ribbon. My brother's heifer had better conformation and she got champion!

Mark Your Calendar - Monthly Meetings



Please mark your calendars for Heritage Homemaker monthly meetings on the first Tuesday of each month at noon, starting on September 2, 2025. Please plan to bring your own lunch, unless notified otherwise. Thank you!

Thought of the Month:

"Don't let your ice cream melt while counting someone else's sprinkles."

-Michael Boorman

ON AIR



100.9

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

Book of the Month

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

Villa Cetinale: Memoir of a House in Tuscany by Simon Upton, John Pawson, et al. (2023)

After inheriting a seventeenth-century Tuscan villa, Ned Lambton and his wife, Marina, lovingly restored the estate as a retreat for family and friends. Located just outside Siena, Italy, Villa Cetinale stands amid vineyards, silver olive groves, and wooded hills that have remained largely untouched since the late seventeenth century, when Cardinal Flavio Chigi, a nephew of Pope Alexander VII, expanded what was a modest farmhouse into the villa we see today.



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.

July 24 - 4pm - Rice & Bean Salad & Chicken Burgers
Washington County Public Library

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.

Dates to Remember

Wits Workout

July 18 | August 1 & 15
WC Public Library - 10am

Monthly Food Distribution

July 17 & August 14 - Idle Hour Park - 8:30am

Quilting Club

July 19 & August 16 - WC Extension Office

Cooking through the Calendar

July 24 - WC Public Library - 4pm

Adult Sewing Group

August 6 - WC Extension Office - 6pm

Pop Up Driver's License

August 6 - WC Extension Office

Greeting Card Workshop

August 7 - WC Extension Office - 1-3pm

Washington County Homemaker Meeting

September 2 - WC Extension Office - noon



WITS WORKOUT

Join us for free sessions to learn about brain health & exercise your wits with fun games! There is no physical activity. This is a workout for your mind!

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

July 18 | August 1 & 15



Special Thanks

Thank you to everyone who donated money for the flowers for the Pat Sutton memorial at the Extension Office. Thanks to Dennis Morgeson for choosing and planting the flowers. This is a beautiful way to honor Pat's contribution for years of service to Homemakers, especially for the Annual Child Abuse Prevention Campaign in April.

Antique Alley Cancelled

We had discussed setting up a booth at Antique Alley in September; however, the City of Springfield has cancelled that project. Thank you all for your willingness to help.



"I Remember" Stories Needed

We need "I Remember" stories for future newsletters. This is a paragraph or two about something you remember with fondness. It doesn't have to be Homemaker related. This helps us all to reminisce about our own experiences. You can even turn in more than one and we will use one per month. Please bring your story to the Extension Office. Please note if you want it to be used at a certain time of year. Thank you in advance!

CARD WORKSHOP



AUGUST 7

1:00-3:00PM

AT THE WASHINGTON CO. EXTENSION OFFICE

\$15 FOR 4 CARDS

Make your own cards with Michelle Sutton, Independent Stampin' Up Demonstrator! Have fun making cards & learning how to use various tools & techniques to make 4 cards. Various styles & sentiments will be available so that you can make the cards needed most for your family & friends! Please join in the fun & spend a couple of hours being creative. Class size is limited, so sign up quickly.

Call 859-336-7741 to reserve your spot!

**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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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

LINCOLN TRAIL AREA

EXTENSION HOMEMAKERS

KICKOFF

2025

EMPOWERED LEADERSHIP

BECOMING FISCALFRONTRUNNERS

HANDSON ACTIVITIES

AUGUST 28

ET: 10:00AM - 12:30PM



HARDIN COUNTY EXTENSION OFFICE



**ATTENTION!
PLEASE!**

**EVERYONE WILL RSVP BY
CALLING THE
» HARDIN COUNTY OFFICE
270-765-4121**

All Members Welcome!

Please RSVP by August 25



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with prior notification

KEHA News & Notes

2025 State Meeting Evaluations Summary

About 45% of attendees (227 out of 500) completed evaluation forms and rated the conference very highly, indicating a wealth of knowledge taken home to implement locally. On average, respondents rated the overall meeting as a 7.7 on a 10-point scale. Respondents enjoyed starting the event with a luncheon (96%) and also enjoying having more free time in the evening (87%). 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. Most of the respondents attended all three days of the conference (91%).

When asked what was the most important thing offered by KEHA in their decision to attend, top responses were: seminars/workshops/training (55%), hands-on craft classes (47%), lessons to bring back to club/county (41%), socializing and fellowship (35%), connecting with other counties (33%), Cultural Arts (30%), and more. Homemakers learned a lot from educational workshops, particularly noting the following: How to Give a Tea Party, What's in Your Leadership Toolbox, Cooking from the Garden, Let's Cook with Herbs!, Digging Up Treasure: Buying and Selling Online, Enduring the Transitions of Life, and Historical Homemaking. Favorite hands-on crafts included origami flowers, basket-making, and painting workshops. Many resources will be shared in home counties, particularly information from hands-on crafts (61%), Cultural Arts (48%), volunteering (36%), club information (34%), membership (29%), and other topics such as leadership and specific lesson details.

The health fair assisted 122 people with screenings over two days. They tested 61 attendees' A1c levels, provided hands-only CPR training to 25 people, distributed Narcan to 46 individuals, and conducted other screenings such as blood pressure, glucose readings, and anxiety/depression screenings.

Reports Are Due for Individuals and Clubs

July 1 – CLUB-level reports are due. Program of work reports for the eight educational chairmanships are due to each county educational chairperson or designated officer. Volunteer Service Unit (VSU) logs are due to the county. *Washington Co. reports are due on July 15th to the office. Cabrina will compile and submit the reports.*

August 15 – COUNTY-level reports are due. The county tallies the club-level reports received in July and submits the totals online by Aug. 15, printing a copy to share with each area educational chairperson.

September 15 – AREA-level reports are due. Area Volunteer Service Unit 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.

Save the Date for 2026 State Meeting

Next year's KEHA State Meeting will take place May 12-14, 2026, at the Hyatt Regency in Lexington, Ky.

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 8-10 – NVON Conference in Springfield, IL.
- July 21-24 – ACWW USA Area Conference in Erlanger, KY.
- Aug. 15 – Due date for county reports. County VSU reports are due via paper forms and educational chair reports must be entered online.
- Sept. 15 – Due date for area VSU reports via paper forms.

Ice Cream Word Search

BUTTER PECAN
CHOCOLATE
STRAWBERRY
COOKIES AND CREAM
MINT CHOCOLATE CHIP
COOKIE DOUGH
BUTTERSCOTCH
COFFEE
COCONUT
BIRTHDAY CAKE

puzzle-maker.com

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



Bacon and Tomato Dip

1 cup fat free sour cream

1 cup low fat mayonnaise

2 large tomatoes, diced, reserve excess juice

4 slices bacon, cooked crisp and crumbled

1 teaspoon garlic powder

1. Combine all ingredients.

2. Add reserved tomato juice until dip reaches desired consistency.

3. Serve with fresh vegetables or reduced fat crackers.

Yield: 16, 2 tablespoon servings.

Nutrition Analysis: 50 calories; 3 g fat; 1 g saturated fat; 5 mg cholesterol; 160 mg sodium; 6 g carbohydrate; 0 g fiber; 3 g sugar; 1 g protein.

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



Stretch it Out

Here's a simple stretch for the torso:

1. Stand with both arms out to the side with elbows slightly bent.
2. Feet should be at shoulder width or slightly wider.
3. Twist your torso to the right, and then to the left, alternating back and forth slowly.

Ease into each stretch until you feel the tension in the muscle you want to stretch and hold until it feels looser.

Source: "Family Time!," Families on the Move- [fcs-hes.ca.uky.edu/files/familiesonthemove_1_2023_0.pdf](https://hes.ca.uky.edu/files/familiesonthemove_1_2023_0.pdf)