

# Washington County Homemaker Newsletter

JUNE 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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# WC Homemaker YARD SALE



The Homemaker Yard Sale will be held on Saturday, June 8 from 8am to 3pm at the Washington County Extension Office, inside the meeting room.

**Working Shifts:** Judy Congleton and Celeste Fowler are signed up for 8am-11am. Rita Yates and Marlene Frost are signed up for 11am-2pm. If you can come for the last hour or would like to provide extra support during another time, please call the Extension Office.

**Bringing Items:** Bring your items on Friday, June 7 during office hours. We have price stickers and we ask each person to price your own items when you bring them. Any items are allowed - please make sure all items are clean and in good selling condition. If you have extra bags, boxes or packing materials for customers, you are welcome to bring those also.

**Proceeds:** Proceeds will go toward projects like Project Graduation, 4-H Camp, and scholarships. The total profit will determine what we can support.

**Payment Methods:** Cash or checks will be accepted. We cannot accept cards.

**Unpurchased Items:** Items that are unpurchased will be donated to Heavenly Treasures after the yard sale.

**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!

Our May 30th meeting was very successful. Thanks to all who contributed delicious food for our potluck.

Please remember our upcoming yard sale. Donations are needed and will be received on Friday, June 7. We need volunteers to help with this.

Volunteers are also needed on Saturday, June 8 from 8am-3pm. We ask that, when possible, you stay for a 3 hour shift. Please see the first page of the newsletter to see what times are covered so far.

If you were unable to attend on the 30th or didn't bring your booklet, please do reports that pertain to you and count your volunteer hours. Turn these in to the Extension Office as soon as possible to enable us to send them on to the Lincoln Trail Area.

Thanks to all who support our Heritage Homemakers.  
Sue Clements

## Special Thanks

Thank you to everyone who contributed to the sympathy gift for Rita Yates. She sent this appreciation message:

Thank you so much  
for the garden bench!  
The Homemakers is  
a big part of my life  
here and I really  
appreciate you! Rita



## Thought of the Month:

"A father is the one  
friend upon whom we  
can always rely."  
-Emile Gaboriau

## Roll Call:

In June, we celebrate  
fathers. Share a  
favorite memory with  
your father.

# Book of the Month

.....  
from the 2023-2024  
Homemaker Book List

*An American in Provence: Art, Life, and Photography*  
by Jamie Beck (2022)

Through photography, renowned photographer and co-creator of Cinemagraph, Jamie Beck provides a memoir of her time in France and life as an artist. In addition to the accumulation of incredible photographs, Beck includes recipes from her travels and her own tips and techniques for capturing beautiful photos. This book provides inspiration for artists and travelers alike.



## 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).

**June 27 - 4pm**  
**Washington County Public Library**  
**Fruited Coleslaw**

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.

# KEHA News & Notes

## Welcome New KEHA Officers

Welcome to the five newly elected KEHA state officers and chairs whose terms begin July 1, 2024.

- President-Elect: Henrietta Sheffel, Breathitt County
- 2nd Vice President: Martha Colley, Christian County
- Cultural Arts and Heritage Chair: Cindy Moore, Henry County
- Family and Individual Development Chair: Amelia Godfrey, Johnson County
- International Chair: Tammy Alford, Butler 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. Here are a few highlights from our week:

- Total attendance was 450. There were 61 first-time attendees.
- There were no bylaw changes in the state business meeting this year. The voting delegate packet is available on the state meeting webpage.
- Cultural arts judging results are available on the state meeting webpage.
- More than \$7,000 was raised to support designated projects through the basket raffle, silent auction, and quilt square auction.  
*Additional details are included on page 6 of this newsletter.*

## Save the Date for the 2025 State Meeting

Next year's KEHA State Meeting will take place May 6-8, 2025, at the Hyatt Regency in Lexington, KY. Watch for details coming soon!

## National Volunteer Outreach Network (NVON) Conference

The 25th annual NVON Conference will be July 16-18, 2024, in Asheville, NC. Any KEHA member is eligible to register and attend. Meeting details are available at [www.nvon.org/nvon-conference](http://www.nvon.org/nvon-conference). Hotels and registration deadline is June 15.

## Host an Exchange Student

4-H offers two opportunities to host a young person from another county, including a month-long summer experience and a year-long school experience.

- **States' 4-H Summer Inbound Program** provides the opportunity to welcome a young person from either Japan or Taiwan to Kentucky for 3.5 weeks. Each year we place young people all across the state with host families for a homestay experience. This year we have 27 young people and three chaperones from Japan and Taiwan to place within the state. This is a life-changing experience for all parties involved. Families must have a young person that is the same gender who is within 3 years of the age of the hosted young person. The family application is available at [www.states4hexchange.org/apply/host](http://www.states4hexchange.org/apply/host)
- **States' 4-H Academic Year Program** runs from August 2024-June 2025 and follows the traditional International Exchange format. The young person will attend public high school and become part of the family for the year. This year we have two young people from Japan to place within the state. This program does **not** require a host sibling! The deadline is June 1. The host family application is available at <https://app.smarterselect.com/programs/92008-States-4-H-International-Exchange>

## Dates to Remember

- June 15 - Postmark deadline for NVON Conference registration
- 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 16-18 - NVON Conference in Asheville, NC

## Dates to Remember

June 6 - Free Class Series with Springfield Physical Therapy - Hip & Knee Health  
Washington County Extension Office - 6:30pm

June 8 - Homemaker Yard Sale at the Extension Office - 8am-3pm  
*bring donations & set up on June 7*

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

June 21 - Agventures Event  
WC Extension Office - noon-3pm

June 27 - Cooking through the Calendar  
WC Public Library - 4pm

July 1 - Homemaker reports due to the Washington County Extension Office



**UK** Cooperative Extension Service

# FREE CLASS SERIES

*Join us to learn more about managing conditions and what you can do to feel your best!*

**Taught by Springfield Physical Therapy**  
**6:30pm at the**  
**Washington County Extension Office**  
**245 Corporate Drive, Springfield**

**Final Class of the Series:**  
**June 6: Hip & Knee**

## CALL TO REGISTER

**WC Extension Office: 859-336-7741**  
You are still welcome to attend if you don't register.  
Registration helps us to prepare for the classes.

**ON AIR**

**100.9**

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



## WC at KEHA

Thanks to Rita Yates and Sue Clements for attending the KEHA State Meeting!  
Congratulations to Susan Breeding for winning a blue ribbon and having her items at the state cultural arts contest!



# KEHA Holds 90th Annual Meeting

KEHA held the organization's 90th annual State Meeting in Bowling Green from May 7-9, 2024. More than 450 attendees from across the state, including 61 first-time participants, took part in the three-day meeting celebrating the theme "Blazing the Way with KEHA."

This year's event kicked off with an opening luncheon May 7. The keynote speaker was Ryan Eichler, director of marketing and communications for the National Corvette Museum. KEHA also celebrated 47 years of support for the UK Ovarian Cancer Research and Screening Program with the presentation of awards. Dr. Edward Pavlik, Ovarian Cancer Screening Research Director, was presented with a check for \$47,011.27. KEHA's lifetime contribution to the program is more than \$1.67 million.

During the May 8 general session, the KEHA Choir performed seven songs. One of the songs had special lyrics that paid tribute to KEHA's state educational chairs and county FCS agents. The 27-member choir includes KEHA members from 19 counties and is under the direction of Wendy Hood, current Fort Harrod Area President. This was the seventh year the choir performed as part of the conference.

Three fundraising activities conducted as part of the meeting yielded more than \$7,000 to support designated projects. A raffle generated \$3,300 to add to the contributions to the UK Ovarian Cancer Research and Screening Program. A silent auction raised \$1,906 to benefit the 4-H Foundation. Additionally, 225 handmade quilt squares were displayed and auctioned, providing \$1,849 to help offset the cost of hosting the state meeting.

Again this year, the homemakers participated in a service project benefitting the Center for Courageous Kids in Scottsville. At least 14 counties donated about 90 twin-sized bed quilts, including some that were handmade. The popular Cultural Arts and Heritage contest included 677 entries that meeting attendees could view and enjoy.

The annual state meeting provides a time for training, networking, recognition, and celebration. Attendees participated in educational seminars addressing topics ranging from technology skill building to cooking, and from leadership to health topics. Additionally, a series of concurrent workshops provided training in each of KEHA's eight educational program areas of emphasis. State officers also hosted training 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.



The Cultural Arts Viewer's Choice was "Girl in Frame" created by Paula Wade of Fort Harrod Area. She entered this creation in the winter subcategory of holiday decorations.



The Quilt Square Auction Viewer's Choice was this 3-D picnic basket with ants, created by Margo Couch of Wayne County.



KEHA Incoming Officers were installed on May 9, after being elected on May 8.

# 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.



## Robertson County

**Creator:** Polly White

**Pattern:** Corn and Beans

**Description:** Robertson County is next to smallest in area, and smallest in population of all 120 Kentucky counties. The most famous event in the county was the Battle of Blue Licks. The Corn and Beans pattern was inspired by thoughts of people who settled in the area, and farmed the rocky ground growing tobacco and field crops. It honors hard-working rural families gathered to eat supper and rest from their chores, enjoying a big pot of “soup beans,” a platter of fried corn bread and the fresh and home-preserved food on that table.



## Rockcastle County

**Creator:** Carolyn Collins-Hunt

**Pattern:** Barn

**Description:** Rockcastle County is home to Renfro Valley Entertainment Center, with the “Red Barn” as a focal point of the 55-acre complex.

## June Word Search

BEACH  
WATERMELON  
FATHERS DAY  
BARBECUE  
ICE CREAM  
VACATION  
SUMMER  
SAND  
SWIMSUIT  
SEASHELL



puzzle-maker.com

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



## Summer Garden Lasagna

<b>5</b> medium zucchini	<b>8 ounces</b> plain Greek yogurt	<b>1</b> medium yellow onion, diced ¼ inch	<b>10 ounces</b> fresh spinach
<b>2</b> yellow summer squash	<b>2 cups</b> low fat cottage cheese	<b>¼ cup</b> fresh chives, chopped	<b>1</b> (24 ounce) jar spaghetti sauce
<b>3 tablespoons</b> olive oil	<b>½ cup</b> chopped fresh basil	<b>2</b> garlic cloves, pressed	<b>8 ounces</b> shredded mozzarella cheese
<b>2</b> large eggplants, sliced ½ inch	<b>2 teaspoons</b> salt		Garnish with fresh basil leaves

Thinly **slice** zucchini and summer squash ¼ inch thick and **toss** with 1 tablespoon olive oil and 1 teaspoon salt. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. **Slice** eggplants, **toss** with 1 tablespoon olive oil; **place** on baking sheet. **Roast** in oven at 400 degrees F for 20 minutes, turn slices after 10 minutes. If needed, place under boiler for 5 minutes to reduce excess moisture. **Mix** together yogurt, cottage cheese, fresh basil, 1 teaspoon salt, diced onion and chives. **Sauté** garlic in remaining olive oil until golden. **Add** spinach to pan and **cook** until wilted. **Spoon** half of roasted zucchini,

squash, and sautéed garlic into a greased 9-by-11 inch baking dish. **Coat** evenly with half of the cottage cheese and yogurt mixture. **Place** an even layer of eggplants on cottage cheese mixture. **Spread** a layer of spaghetti sauce on eggplants and sprinkle with mozzarella cheese. **Repeat** process for one more layer. **Bake** at 425 degrees F for 40 to 45 minutes. **Sprinkle** with chopped basil and cheese for garnish. **Yield:** 10, 1 cup servings. **Nutritional Analysis:** 240 calories, 10 g fat, 4 g saturated fat, 20 mg cholesterol, 840 mg sodium, 20 g carbohydrate, 6 g fiber, 7 g sugars, 17 g protein.

## Types of Physical Activity: Bone-Strengthening

Bone-strengthening activities produce a force on the bones that promotes bone growth and strength. Activities include things like brisk walking, tennis, pickleball, climbing stairs, dancing, and yoga. Low impact, weight-bearing exercises can also help build bone strength (e.g. leg lifts).

Sources:

[www.planeatmove.com/get-moving/how-to-get-started/](http://www.planeatmove.com/get-moving/how-to-get-started/)

[womenshealthnetwork.com/bone-health/bone-strengthening-exercises](http://womenshealthnetwork.com/bone-health/bone-strengthening-exercises)