

Washington County Homemaker Newsletter

NOVEMBER 2024

UK 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

Area Annual Meeting & Cultural Arts Contest

The Lincoln Trail Area Annual Meeting was held on October 25 at the Marion County Extension Office. Thanks to Rita Yates, Celeste Fowler, Martha Ann Hardin, and Sue Clements for attending to represent Washington County! Beautiful work was on display at the Cultural Arts Contest! Thanks to Rita Yates and Susan Breeding for submitting items. Congratulations to Susan for winning multiple blue ribbons!



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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Hello!

Here we are in the second week of November and flowers are still blooming, while daytime temps are in the 70s and 80s. As my frugal mother would say, "Every warm day of fall is a day we don't need to turn on the heat!"

While Fall has been glorious we know Winter is on the way. Forecasts vary. Dick Frymire forecasts lots of snow! Old Farmer's Almanac forecasts a cold and snowy winter. NOAA shows Kentucky with average temps and above average precipitation.

For those who rely on folklore, persimmons that have been cut show a shovel/spoon shape indicating lots of snow. No one has seen enough wooly worms to make a prediction!

Happy Thanksgiving,
Sue Clements

Meeting & Lesson Door Prizes



Congratulations to Betty Wheatley and Martha Ann Hardin for winning the door prizes in October! You could be the winner on November 14 at the Homemaker meeting or November 15 at the lesson.

Washington County HOLIDAY ASSISTANCE

If you would like to sponsor a local child for the Holiday Assistance program, please look for tags at your church or the Washington County Extension Office!

Please deliver unwrapped gifts in a garbage bag to the Extension Office by December 7th. Thank you for your support!



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:

"And we know what we want. And the future is certain. Give us time to work it out."

-Road to Nowhere,
Ozzy Osbourne, 1991

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

Love Language of the South: A Celebration of the Food, the Hospitality, and the Stories of My Southern Home by Stacy Lyn Harris (2024)

This memoir of southern culinary culture, regional traditions, and easy to follow recipes also features hospitality tips and entertaining tools for novice and experienced hosts alike. Featuring an index designed to help cooks with meal planning, and find content by course, this cookbook will make cooking fun and productive.



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.

November 21 - 4pm
Washington County Public Library
November and December Recipes: Hearty Harvest Bowl and Slow Cooker Navy Bean Soup

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.

Leaving Your Legacy

Free Estate Planning Class Series

Agricultural Estate Planning

January 21 - 6pm - Washington Co. Extension Office

Presented by: Steve Isaacs, UK Extension Professor, Farm Management and HR Specialist

- Transitioning the Family Farm
- Opportunity vs Obligation (Family Conversations)
- Assembling a Team

Transferring Cherished Possessions

January 22 - 6pm - Washington Co. Extension Office

Presented by: Cabrina Buckman, Washington Co. FCS Agent

- Ideas on Distributing Your Assets (non-titled property)
- Working with Loved Ones to Divide Cherished Keepsakes
- Tips for Communicating without Conflict

Estate Planning 101

January 23 - 6pm - Washington Co. Extension Office

Presented by: Nichole Huff, UK Assistant Extension Professor of Family Finance and Resource Management

- Estate Planning Basics for a General Audience
- 3 Key Steps to Estate Planning
- Tools to Help You Get Started

Register by calling the Washington Co.
Extension Office at 859-336-7741

245 Corporate Dr., Springfield, KY 40069

Free Dinner
Included with
Registration



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with prior notification.

Dates to Remember

November 1 - Wits Workout
Washington County Public Library - 10am

November 14 - Monthly Food Distribution at
Idle Hour Park - 8:30am

November 14 - Homemaker Meeting - noon
WC Extension Office - everyone is welcome

November 15 - Wits Workout
Washington County Public Library - 10am

November 15 - No-Sew Quilted Star Ornament
Homemaker Lesson
Washington County Extension Office - 1:30pm
Must register by November 8

November 21 - Cooking through the Calendar
WC Public Library - 4pm

Adult Sewing Group

November 6 - 6pm
Washington County Extension Office

Quilting Club

November 16
Washington County Extension Office

Save the Date

Homemaker Holiday Lunch - December 17
Washington County Extension Office - noon

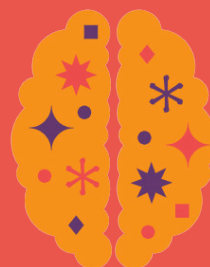
Estate Planning Series - January 21, 22, & 23
Washington County Extension Office - 6pm

November Homemaker Lesson



November 15 - 1:30pm
Washington Co. Extension Office

This festive ornament captures the style of a classic star quilt pattern without requiring any prior quilting skills. It is a no-sew project.



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

November 1 - Star Gazing
**November 15 - The Best
Medicine**

Taught by Cabrina Buckman,
WC Extension FCS Agent
Questions? Call Cabrina at 859-336-7741
Registration is not required for this program.



KEHA News & Notes

State Leadership Chair Named

Welcome to our new Leadership Development Chair Cyndy Humble! Cyndy was appointed by the Executive Committee on September 27 to fill the term vacancy through June 30, 2026.

Welcome to New Area Presidents

Several new Area Presidents were installed, or will be installed, during their area annual meetings this year. Welcome to: Pennyriple Area President Brandy Garcia, Mammoth Cave Area President Sandra Lennon, Lake Cumberland Area President Mary Lynn Chaudoin, Louisville Area President Barbara Payne, Fort Harrod Area President Leoni Mundelius, Licking River Area President Connie Bowling, and returning for another year, Bluegrass Area President Connie Vaughn.

Merchandise

The KEHA website for marketing items and merchandise has been updated to reflect items currently in inventory. Find information online at <https://keha.ca.uky.edu/marketing-items>.

KEHA Choir Open for New Members

Do you love to sing? Consider joining KEHA's choir! The choir rehearses and performs during KEHA State Meeting (registration required). Choir members get a rehearsal CD and music to practice prior to the event. For questions, contact Wendy Hood at wendy8hood@gmail.com. To join, send \$10 payable to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330.

Nominations Sought for Kentucky Master Farm Homemakers Guild

The Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. The County Info Sheet and details regarding the new member selection process are available on the [Master Farm Homemakers Guild web page](#). County nominees should complete and submit the County Information form by Nov. 15.

Renew Your Membership

Fall is a great time to start your county membership drive and dues collection. More information about the current membership campaign and possible prizes is available on the membership campaign webpage. Counties are encouraged to have a dues deadline no later than December 1. The remittance form can be found in the KEHA Manual Appendix on page 16. Dues payment/forms should be mailed to the area and state treasurers by December 15. They are delinquent if not received by December 31. Counties that are delinquent will not be permitted to have voting delegates and rights to vote at the 2025 state business meeting.

Gift Membership

Did you know you could give the [gift of KEHA membership](#)? A gift certificate card template is available on the website for those who want to cover the dues of a new recruit. Be sure to share how the potential new member could benefit from being a KEHA member – and also let them know why KEHA is important to you!

Dates to Remember

- Nov. 6-7 - Fall Board Meeting at The Campbell House in Lexington
- Nov. 15 – Due date to nominate new members for the Master Farm Homemakers Guild.
- Nov. 15 – Due date for 990N (e-postcard) or 990 tax return for 501(c)(3) groups with a fiscal year ending June 30.
- Dec. 15 – County dues due to the KEHA State Treasurer and Area Treasurer (use remittance form found in the [KEHA Manual Appendix](#) page 16). Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097.

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.

Trigg County



Creator: Lina Sverlow

Pattern: Applique

Description: The Trigg County quilt block represents two aspects of Trigg County's history. First is the pig. Until recently pork was a major agricultural product in Trigg County. Its importance led the Trigg County Extension Service to work with influential community leaders to create the Trigg County Country Ham Festival which celebrated its 43rd year the second weekend of October 2019. The other aspect of the block is the crazy quilt pattern on the pig. Quilting is a popular art form in Trigg County. More than 40 years ago, a Homemakers Quilt Club was formed and it has evolved into the Trigg County Quilt Guild, one of the largest quilting organizations in western Kentucky. The Guild hosts the annual Trigg County Quilt Show in conjunction with the Trigg County Country Ham Festival.



Trimble County

Creator: Trimble Thimbles Homemaker Club Members Vie Balderson and Mimi Sherrell

Pattern: Appliqué

Description: Trimble County is known for its many fruit orchards and roadside markets. The county is also home to the Trimble County Apple Festival, an annual fall event where artisans display and sell their wares. The Trimble Thimbles Homemaker group can be found at the festival demonstrating and showcasing their quilting talents.

Veteran's Day Word Search

HEROES
FREEDOM
MILITARY
MEMORIAL
PEACE
HONOR
BRAVE
SOLDIERS
DEFEND
SACRIFICE



puzzle-maker.com

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



Fiesta Potatoes

- | | | |
|--|---|--|
| 8 small to medium russet potatoes, peeled and diced | 1 medium onion, chopped | parsley, chopped |
| 1 green bell pepper, chopped | 1 cup Mexican blend cheese, shredded | 1 tablespoon dried basil, crushed |
| 1 red bell pepper, chopped | ½ cup margarine, melted | ¾ teaspoon salt |
| | ½ cup low-fat milk | ¼ teaspoon black pepper |
| | 2 tablespoons fresh | |

Preheat oven to 350 degrees F. **Place** the potatoes, bell peppers and onion in a medium pan and cover with water. **Place** over high heat and bring to a **boil**. **Reduce** heat and **simmer** 12-15 minutes, or until vegetables are tender. **Drain** the vegetables and **place** in a mixing bowl. **Stir** in the cheese, margarine, milk and seasonings until combined. **Spread** the mixture in a

9-by-13-inch baking pan that has been sprayed with a non-stick coating. **Bake** for about 20 minutes or until bubbly.

Yield: 12, ½ cup servings

Nutritional Analysis: 200 calories, 9 g fat, 2 g saturated fat, 5 mg cholesterol, 370 mg sodium, 24 g carbohydrates, 3 g fiber, 3 g sugar, 9 g protein.



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

<http://plateitup.ca.uky.edu>

Walking Scavenger Hunt

Look for these items on your next walk outside: a red leaf, an orange leaf, a yellow leaf, a squirrel, an acorn, someone riding a bike, an American flag, a bird bath, a pile of leaves, and a rake. Adding some fun into your walking routine can help to keep your exercise interesting!

Source:

"Family Time!," Families on the Move- fcs-hes.ca.uky.edu/files/familiesonthemove_1_2023_0.pdf