

Washington County Homemaker Newsletter

OCTOBER 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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Area Annual Meeting & Cultural Arts Contest

The Lincoln Trail Area Annual Meeting will be held on October 25 at the Marion County Extension Office. The registration is \$20 and is due on October 11 to the Washington County Extension Office. Registration forms were sent in the mail. Please call us at (859) 336-7741 if you need another registration form.

Area Cultural Arts Contest

The Lincoln Trail Area Cultural Arts Contest will be held on October 24 with items on display during the annual meeting. The exhibit rules, criteria for judging, and full list of categories can be found in your Homemaker Yearbook on pages 23-27.

Please bring your contest items to the Washington County Extension Office by October 23 at 4:30pm. Cabrina will take the items to Marion County on the morning of October 24. Thank you!



Contact Us:

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

October Homemaker Lesson

October 22 - 1pm - Washington County Extension Office

Cooking during the holidays doesn't have to be stressful or expensive. This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal. You will learn kitchen time management strategies to reduce the hassle of cooking, ways to prepare low cost and delicious recipes, holiday food safety tips, and how to maximize your leftovers to avoid waste.

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

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Note from the President

Hello Homemakers,

Welcome to October - time for Fall Festivals and Turkey Suppers!

At our next meeting/lesson on October 22, we will collect dues for 2024-2025. The dues remain the same as last year - \$12 for club members (\$1 to ovarian cancer donations, \$5 to state and \$6 to our county funds) and \$7 for mailbox members.

The Lincoln Trail Area Annual Meeting will be on October 25, 2024 at Marion County. If you haven't registered, please try to do so. This is a great opportunity to attend the annual meeting because it's right in the next county!

Enjoy this beautiful fall weather,
Sue Clements

Meeting & Lesson Door Prizes



There was no door prize during the September Homemaker lesson. We will be offering two prizes at the October lesson on October 22 at the Washington County Extension Office!

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:

"Just keep movin' down the line."

- "Long Lonely Highway,"

Elvis Presley, 1964

Book of the Month

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

The Hound of the Baskervilles by
Sir Arthur Conan Doyle (1902)

A country doctor has come to 221B Baker Street, the lodgings of famed detective Sherlock Holmes, with the eerie tale of the Hound of the Baskervilles. The legend warns the descendants of the Baskerville family never to venture out on the moors that surround their ancestral home, for fear that they will meet the devil-beast that lurks there.



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.

October 17 - 4pm
Washington County Public Library
Sweet Potato Hash

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.

LOOKING FOR A FUN NEW WAY TO BE MORE ACTIVE?

LINCOLN TRAIL AREA AGENCY ON AGING & WASHINGTON COUNTY EXTENSION OFFICE

JOIN TOGETHER FOR BINGOCIZE, A HEALTH
PROMOTION PROGRAM THAT COMBINES THE GAME OF
BINGO WITH INCLUSIVE EXERCISES FOR EVERYONE!

10:00 AM
WEDNESDAY

30

OCTOBER
2024

245 CORPORATE DRIVE
SPRINGFIELD, KY 40069

PLAY | MOVE | LEARN | LAUGH

CALL TO LEARN MORE
(270) 737-6082



Lincoln Trail

Area Development District
- established 1968 -



Dates to Remember

October 4 - Wits Workout
Washington County Public Library - 10am

October 14-18 - KEHA Week

October 17 - Monthly Food Distribution at
Idle Hour Park - 8:30am

October 17 - Cooking through the Calendar
WC Public Library - 4pm

October 18 - Wits Workout
Washington County Public Library - 10am

October 22 - Planning Thrifty & Healthy Holiday
Meals Homemaker Lesson
Washington County Extension Office - 1pm

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

October 30 - Bingocize
WC Extension Office - 10am

Adult Sewing Group

October 2 - 6pm
Washington County Extension Office

Quilting Club

October 19
Washington County Extension Office

Save the Date

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



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**

October 4 - Roam in Rome
October 18 - Savor the Seasons

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

Celebrate KEHA Week

The second full week of October is when we celebrate all things KEHA statewide! The tagline for this year's celebration, from Oct. 13-19, 2024, is "Become and Olympic Extension Homemaker." Find materials online on the KEHA Week webpage at <https://keha.ca.uky.edu/celebrate-keha-week>.

The online digital resource kit includes a planning worksheet, sample proclamation, milestone journal, membership gift certificate, social media graphics, and more. It is also a great time to start your county membership drive and dues collection. Counties are encouraged to have a dues deadline no later than Dec. 1. The remittance form can be found in the [KEHA Manual Appendix](#) on page 16.

Manual Review

KEHA has convened a Manual Review Committee to review the entire handbook and appendix. If you have any suggestions for changes to the KEHA Handbook, please contact President Brenda Hammons brhammons65@yahoo.com, Parliamentarian and Committee Chair Susan Hansford susanhansford@hotmail.com, and/or KEHA Advisor Kelly May k.may@uky.edu.

State Leadership Chair Vacancy

The KEHA Board will name a Leadership Development Educational Chair soon. The Executive Committee will meet to review qualified candidates prior to Sept. 30.

YOU Could Speak at State Meeting!

The call for session proposals at the 2025 State Meeting is now online. Homemakers who have a topic to share are encouraged to submit a proposal. The form is due October 15 to First Vice President Ann Porter. Details are at <https://keha.ca.uky.edu/content/state-meeting-information>.

2025 KEHA State Meeting Room Block Open Now

Next year's KEHA State Meeting will take place May 6-8, 2025 at Hyatt Regency in Lexington. Reserve your hotel room now in the KEHA group block! Find details on the KEHA website.

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. A person recognized as a Kentucky Master Farm Homemaker:

- Is a member in good standing of KEHA and has been a member at least three years (mailbox members are eligible);
- Is a farm woman who owns a working farm and is included in the labor and/or management of the farm;
- Derives a percentage of the family income from the farm operation;
- Is knowledgeable and supportive of the Cooperative Extension Service;
- Gives unselfish service to her family, community, state, and nation; and
- Is nominated from the club, county and/or district where KEHA membership is held.

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.

Dates to Remember

- Oct. 13-19 – KEHA Week in 2024 with a theme of "Become and Olympic Extension Homemaker"
- Oct. 15 – Deadline for submitting session proposals for the 2025 KEHA State Meeting.
- 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.

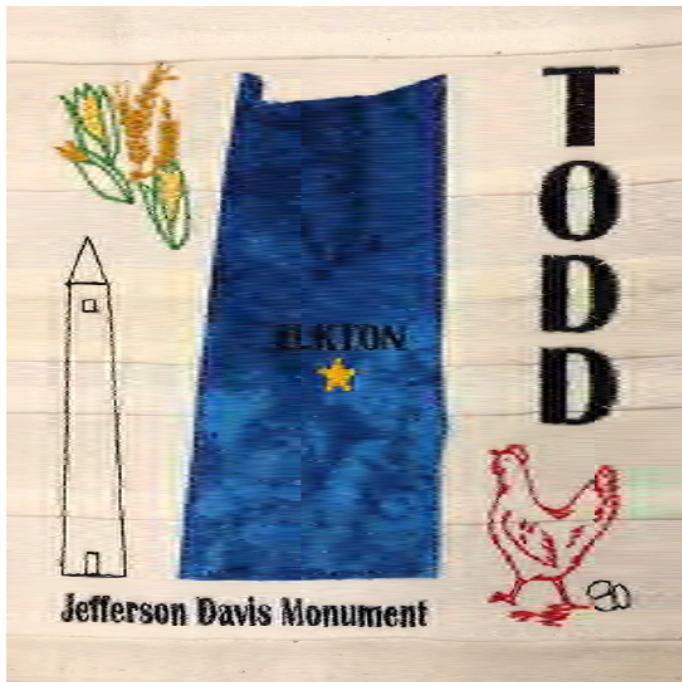


Taylor County

Creator: Kris Fixari

Pattern: Applique

Description: In addition to being shaped like a heart, Taylor County is near the geographical center of the state in the Pennyriple region. The county was organized by the Kentucky legislature from the northeast half of Green County on March 1, 1848. Taylor County was the 100th county in order of establishment and was named for Zachary Taylor. It was an area of 284 square miles. As of the 2010 census, the population was 24,512. Campbellsville University (CU), founded in 1906, is a widely acclaimed Kentucky based Christian university located in Campbellsville, the county seat of Taylor County.



Todd County

Creator: Quilt and Sew at Golden Threads - Gayla Deal, Denise Shivers and Stacey Young

Pattern: Pieced/Appliqué

Description: Todd County was formed in 1820 and named after Colonel John Todd, a frontiersmen and uncle of Mary Todd Lincoln. Its county seat is Elkton. With a total population of about 12,500, much of the county is preserved in a picturesque rural landscape. In fact, it is one of the top agricultural producing counties in the state, ranking first in the production of eggs, third in wheat production, seventh in corn, and ninth in soybean production. Eight miles west of Elkton, at Fairview, stands the fourth tallest monument in the United States - the tallest poured-in-place concrete obelisk in the world. Jefferson Davis State Historic Site is a memorial to the famous Kentuckian born on the site on June 3, 1808. The 351-foot obelisk constructed on a foundation of solid Kentucky limestone marks the site. An elevator to the top gives visitors a bird's eye view of the beautiful countryside.

Halloween Costume Word Search

- GHOST
- PIRATE
- WITCH
- SUPERHERO
- MUMMY
- CLOWN
- VAMPIRE
- PRINCESS
- SKELETON
- FAIRY



puzzle-maker.com

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



Cabbage Rolls

- | | | |
|--------------------------------------|---------------------------------|-----------------------------------|
| 12 cabbage leaves | 1 teaspoon garlic salt | ¼ cup chopped green pepper |
| 1 pound lean ground beef | ¼ teaspoon pepper | 1 teaspoon sugar |
| 1 cup cooked brown rice | ½ teaspoon dried basil | 1 tablespoon cornstarch |
| 1 (15 ounce) can tomato sauce | ½ teaspoon dried oregano | 1 tablespoon water |
| | ½ cup chopped onion | |

Cover cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ½ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seam side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish, **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

Yield: 6 servings, 2 rolls each

Nutritional Analysis: 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.

Moving to Relieve Stress

When the brain is taxed by real or imaginary concerns (stress) it communicates to the body to “do something” or “get with it.” Become aware of your stress behaviors (e.g. trouble sleeping, irritability, upset stomach, etc.). Use those behaviors as a signal to take time and relieve stress through activity, such as walking or cleaning.

Source:

“Moving for Health: Stress,” FitBlueKY- fcs-hes.ca.uky.edu/system/files/fitblue_fitandflexible.pdf