

Washington County Homemaker Newsletter

AUGUST 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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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



You're All Invited to the
LINCOLN TRAIL AREA HOMEMAKER
Kick Off
AUGUST 30
10:00 AM - 12:30 PM
Hardin County Extension Office
FREE TO ATTEND, REFRESHMENTS PROVIDED
PLEASE RSVP TO YOUR COUNTY OFFICE BY AUGUST 23
**JOIN US AS WE WALK THROUGH
EACH EDUCATIONAL AREA AND HAVE
FUN WHILE WE GIVE IDEAS ON WHAT
YOUR CLUB OR COUNTY CAN DO TO
MAKE THIS THE BEST YEAR YET!**
The future depends on what we do in the present.

Note from the President

Hello!

Hope your summer is going well and that the weather is cooperating with crops, gardens, and lawns.

I want to encourage everyone to attend our September 5th meeting (12:00) and potluck lunch to begin the 23-24 year as Homemakers. We have an important issue to vote on:

Will we combine the remaining Homemakers (2 clubs) into one and if so, what will we call ourselves?

Also please consider the Lincoln Trail Kickoff at Hardin County. We hope to get some new ideas to revitalize WC Homemakers!

I look forward to seeing everyone on the 5th.

Sue Clements

Celebrating Your Impact

Many thanks to everyone who submitted Homemaker reports! Here is the compilation of the Blessing Box contributions:

at least
\$375

148
food/drink items

over 50
hours

Since this was a new effort, we weren't sure about what to track for reporting. The only reporting questions concerning Blessing Boxes in the 2023-2024 Food, Nutrition, and Health report are:

- (1) Number of members who donated to a local food bank or food pantry
- (2) Number of members who volunteered time at a local food bank or food pantry

If you would like to keep up with any other measurements (money, time, number of food items), we can discuss this more at the September Kick Off Meeting.



Thought of the Month:

"Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read."
-Groucho Marx

Roll Call:

Celebrate the "dog days of August" by naming your favorite book - or dog!

Book of the Month

But Have You Read the Book? 52 Literary Gems That Inspired Our Favorite Films by Kristen Lopez (2023)

Within these pages, Turner Classic Movies offers an endlessly fascinating look at 52 beloved screen adaptations and the great reads that inspired them. Author Kristen Lopez explores just what makes these works classics of both the page and screen, and why each made for an exceptional adaptation - whether faithful to the book or exemplifying cinematic creative license.

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).

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.

KEHA News & Notes

Manual Updates

The KEHA Manual Handbook and Appendix have been updated and the revised editions are now online. The website includes complete files for each section, the tables of contents for each section, and a separate PDF file with the changed pages only. Each county will receive one printed copy of the revised manual pages only.

2022-2023 KEHA Reports Due for Counties

All county reports are due August 15. Area Volunteer Service Unit reports are due September 15. **Washington County reports have been submitted.**

2023-2024 Theme-Based Officer Training Materials

KEHA officer training materials are now available on the KEHA website. Materials are specific to the 2023-2024 KEHA year and the theme "Let's Take a Hike with KEHA." Please review and use these materials as best fits your county needs.

Book List Now Available

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

The book list will be in the Washington County Homemaker yearbook, provided at the September Kick Off Meeting. This is the source of the Book of the Month titles in each newsletter.

Dates to Remember

- August 15 - due date for county reports to be submitted, including both program of work reports and volunteer service logs
- September 15 - due date for area volunteer service unit logs to be submitted to state chair for Leadership Development (Nancy Snouse)
- October 8-14 - KEHA Week
- October 15 - Deadline for submitting session proposals for the 2024 KEHA State Meeting



YOU'RE INVITED TO THE

WC Homemaker
Kick Off Potluck
& Meeting

SEPTEMBER 5 - NOON

Dates to Remember

August 1 - Lincoln Trail Area Homemaker Meeting in Grayson County

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

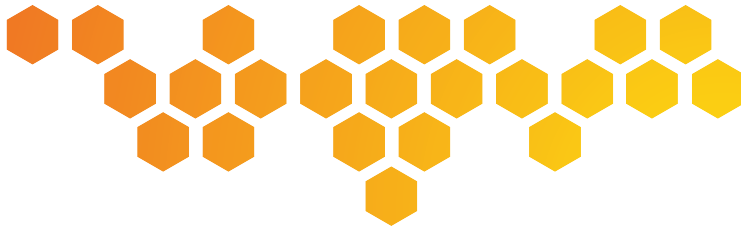
August 30 - Area Homemaker Kick Off Hardin County - 10am-12:30pm

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. Please turn in cultural arts items on October 9. The Cultural Arts categories will be listed in the new yearbook in September.



Lincoln Trail Area Annual Meeting *Buzzing Along* with Lincoln Trail Area Extension Homemakers

The Area Annual Meeting will be held at the Meade County Extension Office on October 12, 2023. The guest speaker, Steve Flairty, will talk about "Shining Light on Kentucky's Everyday Women Heroes."

Registration costs \$15 per person and includes lunch.

Please see the enclosed registration sheet for full details.



2023-2024 Homemaker Lessons

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

September Lesson: Identity Theft, Avoiding Fraud, & Connecting Programs to Reports

Lesson & Area Kick Off
August 30 from 10am-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



HOLIDAY card WORKSHOP

Make your own holiday cards with Michelle Sutton, Independent Stampin' Up Demonstrator! Each person will make a set of 4 cards - Halloween, Thanksgiving, Christmas, & snowman. If you don't celebrate these holidays, we can accommodate other requests. No special skills are required.

**\$15 FOR
4 CARDS**

**9:00-11:00AM - YOUTH
1:00-3:00PM - ADULTS**

**OCTOBER
3**

AT THE WC EXTENSION OFFICE

Classes are limited to 10 youth (ages 8 & up) & 20 adults. Call 859-336-7741 to reserve your spot!

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.



Menifee County

Creators: Sue Morrow and Ruth Bryant

Pattern: Sailboat

Description: Quilt square depicts Long Bow Boat Dock in Menifee County and the recreational water sports including fishing, boating, and swimming. Menifee County residents and tourists are able to visit the dock year-round and enjoy the scenic Cave Run Lake every season.



Mercer County

Creator: Vivian Gambill

Pattern: Applique

Description: Our quilt block depicts a building from the Old Fort Harrod State Park, which is a replica of the fort originally built by James Harrod in 1774 in Harrodsburg. The park includes cabins and blockhouses which display items and tools from that era, as well as other buildings, monuments, and the oldest cemetery west of the Allegheny mountains.

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 2: Care for Others, Care for Yourself

- Use compassion and offer supportive words. Give yourself grace.
- Seek support
- Avoid the use of alcohol or drugs
- Delay making major life decisions
- Try to get restful sleep

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

Cucumber, Corn, and Bean Salsa

Cucumbers are naturally high in water; a one-half cup serving contains only 7 calories. Eating cucumbers during the summer heat is a great way to help with hydration.

Source: Plate It Up KY Proud, UK Cooperative Extension



Cucumber, Corn, and Bean Salsa

2-3 large cucumbers

2 tomatoes

1 yellow bell pepper

1 small red onion

¼ cup chopped fresh cilantro

½ cup black beans

½ cup fresh whole kernel corn, cooked

1 ounce package dry ranch dressing mix

⅛ cup cider vinegar

2 tablespoons sugar, optional

Wash all vegetables. Finely **chop** cucumbers, tomatoes, pepper, and onion. **Combine** in a large mixing bowl with chopped cilantro. **Drain** and rinse beans and add to chopped vegetables. **Add** corn. If using canned corn instead of fresh, **drain** off liquid prior to adding to vegetables.

In a small bowl, mix together ranch

dressing packet, vinegar, and sugar. **Pour** dressing over vegetables and mix well. **Serve** immediately or refrigerate until chilled.

Yield: Makes 20, ½ cup servings.

Nutrition Analysis: 50 calories, 0 g fat, 130 mg sodium, 7 g carbohydrates, 2 g fiber, 70% Daily Value of vitamin C and 6% Daily Value of vitamin A

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



Add Physical Activity at Home

Clean the house or wash the car. You will get movement and check off those chores!

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