

Washington County Homemaker Newsletter

NOVEMBER 2025

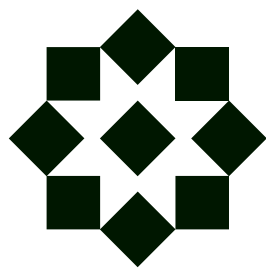
UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky



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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Lincoln Trail Area Homemaker Annual Meeting

Thanks to all who attended the LTA Homemaker Annual Meeting in Nelson County on October 9th. Special thanks to Gwynn Gant who was part of the talented entertainment and Martha Ann Hardin for submitting a beautiful quilt to the Cultural Arts Contest!



Contact Us:

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

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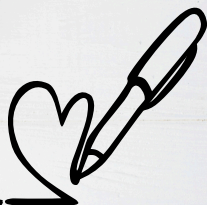
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Disabilities
accommodated
with prior notification.



I Remember...



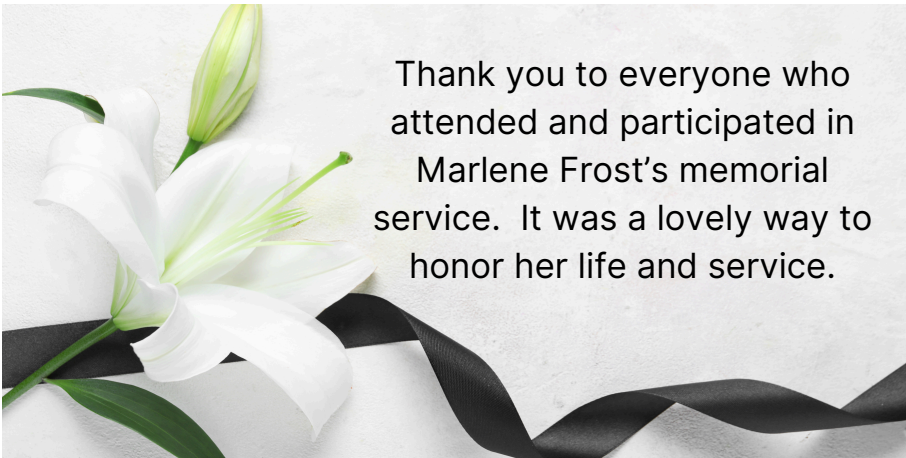
Reminisce about a treasured memory and write about it to share with the Homemakers!

Please bring your note to the Extension Office. Thank you in advance!

“What Inspired Me to Become a Homemaker” by Susan Breeding

While visiting a favorite Great Aunt many years ago, she ushered us to her basement in J-town. I had never heard of a Homemakers Club or the Extension program. Aunt Edith was in the midst of making fall arrangements from things she had collected from the ten acres surrounding her home. I was envious, knowing that I could do the same thing. Needless to say after moving back to Kentucky and settling on Meade County, living in Brandenburg, I joined Town and Country Homemakers which still exists to date. The rest is history and I am still learning and doing things I have come to love.

Submitted by Susan Breeding
Heritage Homemakers Member



Thank you to everyone who attended and participated in Marlene Frost's memorial service. It was a lovely way to honor her life and service.

Thought of the Month:

"Feeling gratitude and not expressing it is like wrapping a present and not giving it."

-William Arthur Ward

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 2025-2026
Homemaker Book List

Music and Mind: Harnessing the Arts for Health and Wellness by Renee Fleming (2024)

A compelling and growing body of research has shown music and arts therapies to be effective tools for addressing a widening array of conditions. In addition to describing therapeutic benefits, the book explores evolution, brain function, childhood development, and technology as applied to arts and health.



Ribbons & Regift: Choose from Your Home or Thrift

In this fun and creative workshop, participants will explore the art of making beautiful ribbons, discovering unique gift-wrapping techniques, and thrifting for one-of-a-kind packaging items. Learn how to transform everyday materials into stunning presentations that add a personal touch to any gift. Whether repurposing items from home or finding treasures at the thrift store, this lesson emphasizes sustainability and creativity. Perfect for anyone looking to save money, reduce waste, and add flair to their holiday gifting. Join us for an inspiring session where wrapping becomes as memorable as the gift itself!

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

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

Adult Sewing Group

November 5 - WC Extension Office - 6pm

WC Homemaker

Camp Courageous Quilt Work Day

November 6 - WC Extension Office - 10am

Wits Workout

November 7 & 14 - WC Public Library - 10am

Monthly Food Distribution

November 13 - Idle Hour Park - 8:30am

Quilting Club

November 15 - WC Extension Office

Barn Quilt Paint Party

November 17 - WC Extension Office

Area Ribbons & Regift Lesson

December 2 - Nelson Co. Extension Office

December 4 - Grayson Co. Extension Office

All members welcome at either location. Please see flyer for details and RSVP by November 25.

WC Homemaker Christmas Luncheon

December 3 - 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!

November 7 & 14 - 10am
Washington County
Public Library



STEP INTO FALL

WALKTOBER AND
SCARECROW SHOWDOWN



WALKTOBER

Track your steps through October and submit the total for a free camo cooling towel! Turn in your total number of steps during the first week of November & pick up your free camo cooling towel! Steps can be submitted at the Extension Office, by phone, or email to cabrina.buckman@uky.edu.

SCARECROW SHOWDOWN

Scarecrows will remain at Idle Hour Park until voting is concluded on November 1st. Be sure to support your favorite!

Ribbons and Regift



We'll talk thrift store strategies, how to make creative bows, making homemade wrapping, and more, and then we'll practice and have some fun swapping your "gifts"

*A hands on
day of fun
and learning.*

TWO OPPORTUNITIES TO ATTEND!

ALL MEMBERS WELCOME AT EITHER LOCATION. RSVP BY NOVEMBER 25.
RSVP AT YOUR COUNTY OFFICE AND LET THEM KNOW WHICH LOCATION!

TUESDAY DECEMBER 2: NELSON COUNTY: 10:30-12:00 ET

THURSDAY DECEMBER 4: GRAYSON COUNTY: 11:00-12:30 ET

Bring one item from your home or a thrift shop to swap!



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WREATH MAKING WORKSHOP

COME MAKE YOUR OWN WREATH WITH LIVE
GREENERY! PARTICIPANTS CAN STOP BY ANYTIME
DURING THE DAY. COST \$25.00 BOW INCLUDED.
CALL 859-336-7741 TO REGISTER

DECEMBER

5

9:00 AM UNTIL
4:00 PM

Homemaker Holiday Luncheon

December 3 - noon - WC Extension Office

Everyone is invited to the annual
Holiday Luncheon! Please bring a
dish to share. There will be no
business, only fellowship!



KEHA News & Notes

Welcome to New Area Presidents

Several new Area Presidents were installed, or will be installed, during their area annual meetings this year. Welcome to: Lincoln Trail Area President Jean Aull, Northeast Area President Catherine Sparks, Northern Kentucky Area President Judy Jackson, Quicksand Area President Anita Noble, Wilderness Trail Area President Devonna Hisel, and returning for another term, Green River Area President Mechele Arnold.

New Merchandise/Marketing Items

KEHA has new branded merchandise available for purchase. Several new items in a range of prices are available including an apron, stainless steel tumbler, travel first aid kit, and fold-up fan. Prices of several of the older items have been reduced to clear inventory. Contact 1st Vice President Martha Colley to check availability before placing an order. View items and find the order form and contact information at <https://keha.ca.uky.edu/marketing-items>.



2026 KEHA State Meeting Room Block Open Now

Next year's KEHA State Meeting will take place May 12-14, 2026 at Hyatt Regency in Lexington. The theme is "Hooray!! KEHA!" and Bluegrass Area is the host. Reserve your hotel room in the

KEHA group block. The call for session proposals at the 2026 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 at alport1941@gmail.com and copy k.may@uky.edu. Details and a fillable form are at <https://keha.ca.uky.edu/content/state-meeting-information>.



KEHA Week Materials Available Now

Now is the time to start planning for KEHA Week October 12-18, 2025. Refreshed materials following the theme *Stitched Together: A Plan for the Future*, are available on the website. This theme aligns with the new KEHA presidential Program of Work. The KEHA Week 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 for your county membership drive and dues collection.

Nominations Sought for KY Master Farm Homemaker Guild

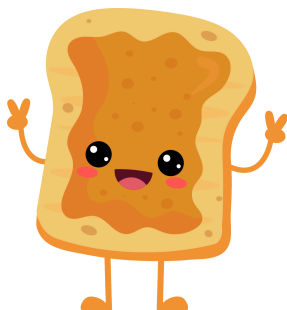
The Kentucky Master Farm Homemakers Guild is dedicated to honoring farm women and promoting agriculture in Kentucky. The Guild is currently accepting membership nominations from all Extension areas. The County Info Sheet and details regarding the new member selection process are available on the [*Master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

Dates to Remember

- Nov. 15 - Due date to nominate new members to Master Farm Homemakers Guild
- Dec. 15 - County dues due to KEHA State Treasurer and Area Treasurer. Please send remittance to Patsy Kinman, KEHA Treasurer, 310 Falmouth St., Williamstown, KY 41097

November is National Peanut Butter Lover's Month

BUCKEYES
PB AND CRACKERS
COOKIES
PB AND J
FUDGE
GRANOLA BAR
APPLE SLICES
BROWNIES
PEANUT SAUCE
SMOOTHIE



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

Air Fried Okra Tots with Tangy Dipping Sauce

- 12 ounces okra stalks
- 2 tablespoons olive oil
- 2 tablespoons salt-free seasoning

Tangy Dipping Sauce:

- 1 cup plain low-fat yogurt
- 3 tablespoons mayonnaise
- 1 tablespoon dried parsley
- 2 teaspoons dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt

Wash hands with warm water and soap, **scrubbing** for at least 20 seconds. **Cut** the ends off the okra. **Cut** the okra into 2-inch (tater tot sized) chunks. In a large bowl, **place** the cut okra, olive oil, and seasoning. **Toss** to coat. **Add** to the basket of your air fryer in a single layer. Depending on the size of your air fryer, you may need to cook in batches so the okra is in a single layer, which allows air to circulate and okra to be crispy. **Cook** at 350 degrees F for 10 minutes or until crispy, tossing halfway through. While the okra cooks, **prepare** the sauce by **mixing** all of the ingredients in a small bowl. **Refrigerate** the sauce until ready to serve. **Serve** okra tots with tangy dipping sauce. **Store** leftovers in the refrigerator within two hours.

Yield: 5 servings. **Serving Size:** 1/5 of recipe. **Nutrition Analysis for Okra Tots with Tangy Dipping Sauce:** 170 calories, 13g total fat, 2.5g saturated fat, 10mg cholesterol, 330mg sodium, 14g total carbohydrate, 2g fiber, 4g total sugars, 0g added sugars, 4g protein, 0% DV vitamin D, 10% DV calcium, 6% DV iron, 8% DV potassium. **Nutrition Analysis for Okra Tots (no sauce):** 70 calories, 6g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 10g total carbohydrate, 2g fiber, 1g total sugars, 0g added sugars, 1g protein, 0% DV vitamin D, 4% DV calcium, 0% DV iron, 6% DV potassium.



Safety Tips for Walking Outside - Carry Your ID

There are many great aspects of walking outdoors, but it's important to stay safe. Carry your ID with you. You can even make a photocopy just to use when walking. Laminate it to protect it. If you have any serious allergies or health conditions, carry or wear something that indicates your condition - like the Emergency Health Information card!

Source: "Just Keep Walking!," Families on the Move- fcs-hes.ca.uky.edu/files/familiesonthemove_6_2023_0.pdf