

# Newsletter

# October 2024

## Become an Olympic Extension Homemaker with KEHA



The Kentucky Extension Homemakers Association (KEHA) is celebrating KEHA Week across the Commonwealth Oct. 13 through 19. Established in 1932, the state organization's more than 11,000 members are dedicated to learning, leading, and serving. Educational programs highlight topics including heritage skills, nurturing families, food safety, nutrition, reducing waste, leadership, avoiding scams, civic engagement, and many more.

Locally, the Breckinridge County Extension Homemakers have over 100 members. Participants can choose to join a community club that meets monthly or join through the mailbox membership format. Six local community clubs meet to share educational lessons, fellowship, and volunteer opportunities. All members receive a monthly newsletter announcing local events, workshops, and other Extension programs.

Volunteer service is a strong emphasis in KEHA. Statewide, members reported more than 720,000 volunteer hours in 2024 in support of Extension and community projects with a value that exceeds \$19.3 million to the Commonwealth. This past program year, the Extension Homemakers reported over 5,700 volunteers hours to support community projects to support local youth, leadership development and life skills development.

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## Become an Olympic Extension Homemaker with KEHA (continued from previous page)

Since 1977, KEHA has actively supported the University of Kentucky Ovarian Cancer Research Fund. Donations in the 47-year history of this project total more than \$1.6 million. A portion of all local membership goes to support the Ovarian Research program that many local ladies have participated in over the years.

KEHA is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education. The organization operates in partnership with the University of Kentucky Cooperative Extension Service. County Extension agents for Family and Consumer Sciences work closely with KEHA members and clubs to provide educational programming and coordinate community activities.

### KEHA Week 2024 October 13th - 19th

To learn more about the Breckinridge County Extension Homemakers,  
Contact the Extension office at 270-756-2182

# Homemaker Spotlight



At 92, Ted has been an active member and officer for at least 50 years! She has been an avid gardener, canner, and quilter, making her 1st quilt after retirement.

She has donated 27 "hand stitched" quilts to hootenannies as door prizes, and has also donated to several Heart Associations' events for their raffles.

Asking her for advice to a new homemaker, she said " Be cooperative and considerate to your husband. Be a good cook, keep a good house, and just work at it!"

Ted is a sweet, beautiful lady and a true inspiration to us all.

# Homemaker Happenings



October 9th	Lincoln Trail Area Annual Meeting registration due
October 14th	DIY Haunted Birdhouse Craft
October 17th	La Dolce Vita: International Event
October 18th	Homemaker Lesson
October 18th	County Cultural Arts Deadline
October 25th	Lincoln Trail Area Annual Meeting

**October 13th - 19th 2024 KEHA Week**

## Homemaker Lesson: Healthy Holiday Meals

**Friday, October 18th 1:30 p.m. CT**

**Breckinridge County Extension Farmers' Market & Educational Facility**

This lesson will focus on healthy meal planning strategies and ways to stay within your budget when preparing for a large holiday meal.

*For more information contact us at (270) 756-2182*

## 2024 KEHA Cultural Arts Contest

Show off your creative talents by entering the 2024 contest. The complete list of rules is available at the Extension Office.

Turn in your entries at the Extension Office by 4 p.m. CT on Friday, October 18th with your name, category and subcategory. Local blue ribbon winners will advance to the area contest on Friday, October 25th in Marion County.

**Deadline:  
Friday,  
October 18th**

*If you have questions or need more information call us at (270) 756-2182*

Lynnette Allen  
Extension Agent  
For Family & Consumer Sciences Education  
Breckinridge County

# Homemaker Club Meetings



<i>Homemaker Club</i>	<i>Date/Time</i>	<i>Location</i>
Cloverport	Monday, October 21st 1 p.m. CT	Cloverport Methodist Church
Countryside	Monday, October 28th 5 p.m. CT	Bewleyville Methodist Church
Flower Rangers	Friday, October 25th 6:00 p.m. CT	Extension Office Community Building
Irvington	Tuesday, October 15th 11:30 a.m. ET	Lincoln Trail Methodist Church
New Heights	Monday, October 21st 10 a.m. CT	Extension Office Community Building
Sunshine Sisters	Tuesday, October 22nd 11 a.m. CT	Extension Office Community Building

## Roll Call & Thought of the day for October

Roll Call: *October is national book month.  
What is a good book you've read recently?*

Thought of the Day: *"Just keep movin' down the line"  
[It's a] Long Lonely Highway, Elvis Presley 1964*

Sign-ups for the  
new year start

SEPTEMBER 1 2024

Sign-ups for the  
new year end

OCTOBER 31 2024

# BRECKINRIDGE COUNTY

## Extension Homemakers

### Homemaker Events

- Taste of Christmas
- Spring Bazaar
- County Annual Meeting
- Lincoln Trail Area Annual Meeting
- Cultural Arts Contest
- International Event

### Monthly Lessons 2024-25

- Healthy Literacy for the Win
- Thrifty & Healthy Holiday Meals
- No Sew Quilted Star Ornament Craft
- Preventing Osteoporosis
- Pathways to Wellness
- How to Get Out of a Mealtime Rut
- Composition in Photography

**Join today for  
leadership, friendship,  
and skill development!**

**Contact us at  
(270) 756-2182  
to learn more**



### Membership Dues: \$12

Membership dues support Ovarian Cancer Research and covers membership to the Kentucky Extension Homemakers Association

### *Who can join?*

Anyone can join Extension Homemakers!

### *What is included?*

- Educational Lessons ✓
- Monthly club meetings ✓
- Volunteer Opportunities ✓
- Craft & Culinary Workshops ✓
- Monthly Newsletter ✓

# LAUGH & LEARN

@ *The Breckinridge County Public Library*

The Breckinridge County Public Library is featuring the preschool Laugh & Learn Program for young children. All families are invited to attend to help develop school readiness for their young children.



## Lesson Dates

Hardinsburg Branch Library  
October 15th & 18th  
10 a.m. CT

Irvington Branch Library  
October 9th 10 a.m. CT



BRECKINRIDGE COUNTY  
PUBLIC LIBRARY  
Cloverport • Hardinsburg • Irvington



Cooperative  
Extension Service

# HEALTHY HOMES

## HEALTHY HABITS

Join us every month for sessions dedicated to making healthier choices for our homes. During these sessions, we will talk about embracing healthier food and home practices. Participants will receive FREE kitchen incentive items and have the opportunity to taste-test nutritious recipes.

**1** **August 28th 1 p.m. CT**  
Healthy Snack & Beverage choices  
Healthy Cooking  
Time Well Spent

**2** **September 11th 1 p.m. CT**  
Food Safety & Healthy Homes


**3** **October 2nd 1 p.m. CT**  
Affordable Meals & Smart Spending

**4** **November 6th 1 p.m. CT**  
Reading Labels and  
Stress Free Holidays

**5** **December 4th 1 p.m. CT**  
Healthier choices, Fruit and Vegetables  
Healthy Habits for the New Year

**All sessions will be held in the Breckinridge County Extension Office Basement**  
**For more information contact Tasha Tucker or Lynnette Allen at (270) 756-2182**






# Diabetes Support Group

Breckinridge County Extension Community Building  
1377 S. Hwy 261, Hardinsburg, KY 40143

**Tuesday, October 8th**  
**1:30 – 2:30 p.m. CT**

-  Relaxed group setting
-  Recipe sampling
-  Nutritional Information
-  Door prize
-  FREE

### October Topics:

- Lung care with daily diabetes management
- Fall Treats



Call 270-756-0711 or 270-756-2182 for more information

**Cooperative  
Extension Service**

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

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.



# DIY HAUNTED BIRDHOUSES

Monday, October 14th

10 a.m. CT or 5 p.m. CT

Breckinridge County Extension Community Building  
1377 S. Hwy 261, Hardinsburg, KY 40143



**\$3 Supply Fee**  
Everyone is invited!

Seasonal recipe samples will also be shared

Space is limited

Please register by October 11th

To register call (270) 756-2182





*La Dolce Vita:* A Glimpse into Italian Food and Culture presented by Caitlin Jennings

**Thursday, October 17th 5 p.m. CT**

**1377 S. Hwy 261 Hardinsburg, KY 40143**

**LOCATION CHANGED TO:**

**Breckinridge County Extension Farmers' Market & Educational Facility**

**Join us as we delve into Italian culture, holidays,  
and delicious culinary experiences.**

**Please call the office to RSVP by October 11th  
(270) 756-2182**



# FARMERS' MARKET

*Open June 15 thru October 2024*

**1377 South Hwy 261, Hardinsburg, KY  
Breckinridge County Extension Office  
Extension Farmers' Market and Educational Facility**

**Open every Saturday  
6:30 a.m. (ct)  
until products are sold**

**Open every Tuesday  
3 p.m. (ct)  
until products are sold**

**Accepting WIC and Senior Citizens' Market Card**

**NOTE: DATES ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY**



Nothing else comes close



**For more information contact us at  
270-756-2182**

**Funded in part by Kentucky Agricultural Development Funds**

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# Stay Connected

## Office Hours

Monday through Friday  
8:00 a.m. - 4:30 p.m. CT

## Address

Breckinridge County Extension Office  
1377 South Highway 261  
Hardinsburg, KY 40143

## Online

[breckinridge.ca.uky.edu](http://breckinridge.ca.uky.edu)  
[facebook.com/breckinridgeextension](https://facebook.com/breckinridgeextension)

## Contact Information

Lynnette Allen  
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### Cooperative Extension Service

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Lexington, KY 40506



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