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.

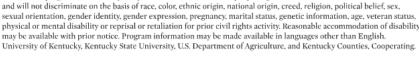
Volunteer service is a strong emphasis in KEHA. Statewide, members reported more than 720,000 volunteer hours in 2024 in support of Extension and community projects with a value that exceeds \$19.3 million to the Commonwealth. This past program year, the Extension Homemakers reported over 5,700 volunteers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

Continued on next page

1377 S HWY 261 | Hardinsburg, KY 40143 | P: 270-756-2182 | F: 270-756-9016 | breckinridge.ca.uky.edu

Cooperative Extension Service MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status







Become an Olympic Extension Homemaker with KEHA

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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.

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



Homemaker Club	Date/Time	Location
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

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

BRECKINRIDGE COUNTY

Extension Homemakers



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.





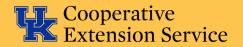


Lesson Dates

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

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







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

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

September 11th 1 p.m. CT

Food Safety & Healthy Homes

October 2nd 1 p.m. CT

Affordable Meals & Smart Spending

November 6th 1 p.m. CT

Reading Labels and Stress Free Holidays

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

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







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
- Ooor 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.





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





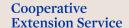


Everyone is invited!

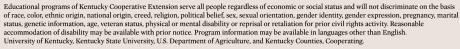
Seasonal recipe samples will also be shared

Space is limited Please register by October 11th To register call (270) 756-2182















Breckinridge County Family and Consumer Sciences



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

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

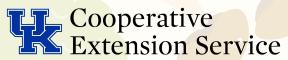
Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

Lexington, KY 40506

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Breckinridge County Agricultural and Natural Resources



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







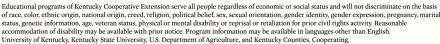
For more information contact us at 270-756-2182

Funded in part by Kentucky Agricultural Development Funds

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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







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 facebook.com/breckinridgeextension

Contact Information

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

Phone: (270) 756-2182 Email: lallen@uky.edu



Cooperative Extension Service

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

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