



# **KEHA Recreation**

***July 2018 - June 2019***

**EXPLORING**  
Our Kentucky Heritage

*This booklet has been compiled by the  
Lake Cumberland Area specifically for the  
Kentucky Extension Homemakers  
Association.*

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*June 2018*

# July

Did you know **July** is National Picnic Month?

**Thought for the day:** 2 Corinthians 3:17 And where the Spirit of the Lord is, there is freedom.

**Roll Call:** What is your favorite picnic that you attended? Bring your photos, salad recipe, and story to share.

## **Let's do the Pledge of Allegiance:**

I pledge allegiance to the Flag of  
the United States of America,  
and to the Republic for which it stands,  
one Nation under God, indivisible,  
with liberty and justice for all.

## **I spy game:**

Something Red, White, Blue

Something Fuzzy, Smooth, Rough, Shiny

Something that smells good

Something that smells bad

I hear something Loud, Soft, Musical

Remember to pack sunscreen, plenty of water, and a first aid kit for your picnics!

Submitted by: McCreary County Extension Homemakers

# August

**Thought for the Day:** Life can be like a rollercoaster with all of its ups, downs, twists and turns. But if we can keep our focus on God, He will make it a smoother track for us to follow.

**Roll Call** - What is your favorite thing to see or do at the Kentucky State Fair?

## Game – Kentucky State Fair Trivia

1. What year did the Kentucky State Fair start?
2. Where was the Kentucky State Fair first held?
3. Where is the Kentucky State Fair held at now?
4. What year did it start at its present location?
5. How many days does it run?
6. Approximately how many fairgoers attend?
7. What is the most notable event?
8. Who sits out in front of the Exhibition Hall and greets the fairgoers?
9. How many acres does the Fairgrounds cover indoor and outdoor?
10. What is the date of the 2018 Kentucky State Fair?

1. 1816, but became official in 1902; 2. Churchill Downs; 3. Kentucky State Fair and Exposition Center in Louisville, Kentucky; 4. 1956; 5. Eleven; 6. 600,000; 7. The World Championship Horse Show – over 2,000 elite Saddlebred horse compete; 8. Freddy Farm Bureau; 9. 520 acres; 10. August 16-26, 2018

Submitted by: Russell County Extension Homemakers

# September

**Thought for the Day:** Fall has always been my favorite season. The time when everything bursts with its last beauty, as if nature had been saving up all year for the grand finale. —Lauren DeStefano

**Roll Call:** Name one thing that brings a smile to your face when thinking of your grandparents.

## Folklore for the Season

- Heavy September rains bring drought.
- September dries up ditches or breaks down bridges.
- September blow soft, till the fruit's in the loft.
- Married in September's golden glow, smooth and serene your life will go.
- If the storms of September clear off warm, the storms of the following winter will be warm.
- Fair on September 1st, fair for the month.

## Symbols of September

Birthstone: **Sapphire**

Flower: **Aster**

Zodiac signs: **Virgo and Libra**

## Holidays

- **Labor Day** is the most well-known holiday in September. It is observed every year on the first Monday in September.
- **Native American Day** is always celebrated on the 4th Friday of September.
- **Grandparent's Day** is observed in the United States on the first Sunday after Labor Day.
- **Constitution Day**, celebrating the ratification of the governing document of the United States, is observed on the 17th.
- The **autumn equinox**, which is the traditional transition from summer into fall, takes place on or around September 22nd, depending on the year.

## Fun Days

- September 5<sup>th</sup>: **National Cheese Pizza Day**
- September 9<sup>th</sup>: **National Teddy Bear Day**
- September 9<sup>th</sup>: **Colonel Sanders Birthday**
- September 16<sup>th</sup>: **National Play-Doh Day**
- September 19<sup>th</sup>: **International "Talk Like a Pirate Day"**

## Learn to Make an Apple Wreath

Do you remember the last time you were in someone's home that had an apple pie baking in the oven? Ahhh, the aromas of a fresh baked pie -- it is simply irresistible!

Well, now you can recreate this delicious scent in your own home, or in the homes of your loved ones, by making scented apple wreaths. Scented apple wreaths are not hard to make, and the results are wonderful! Hang one of these on your wall and you will surely impress all of your guests.

What you will need:

- Juice of approximately 10 lemons
- 2 teaspoons salt
- 8 - 10 large firm apples
- 8 teaspoons cinnamon
- 2 teaspoons allspice
- 1 teaspoon cloves
- 8" - 10" sturdy, heavy gauge wire
- 1 - 1 1/2 yards of a 1" ribbon



How to make your apple wreath:

- 1) Place lemon juice in a large bowl and stir in salt.
- 2) Peel, core, and slice apples horizontally into 1/4" thick circles. Soak slices in lemon juice bowl for approximately 6-10 minutes, making sure each side of each slice has a chance to absorb some of the lemon juice.
- 3) Meanwhile, mix spices in a bowl and blend well.
- 4) Remove the slices from the bowl and place them on paper towels. Pat tops of apple slices with paper towels.
- 5) Dust apples slices with spice mixture. Turn slices over and repeat on opposite side.
- 6) Place apples slices in a single layer on a baking sheet. Bake at 150-200 degrees F for 6 hours or until completely dried. Apple slices should be slightly pliable.
- 7) Fold each apple slice in half, and then into quarters and thread the apples slices onto the wire. Continue to pack on the folded apples until the wire is completely filled.
- 8) When the wire is completely covered, use pliers to bend ends into hooks so that they can connect and close. Carefully shape wire into desired shape. I recommend either a circle or heart shape.
- 9) Using your ribbon, create a hanger for your wreath.
- 10) Hang on your wall, or package as a gift for someone special.

Source: Thrifty Fun <https://www.thriftyfun.com/tf370606.tip.html>

# October

**Thought for the Day:** Bonfires-smores-leaves-pumpkins-sweatshirts-hot chocolate-football-crisp air-frost-fodder shocks-bittersweet- sweaters, scarves, festivals and best of all KEHA week!

**Roll Call:** Name your favorite fall/harvest activity.

## FALL ACTIVITIES FOR YOU AND YOUR FAMILY

1. Carve a pumpkin and toast the seeds. Lots of nutrition and fun!
2. Plan a hayride. Don't forget your jacket, gloves and a warm blanket.
3. Visit a pumpkin patch and have a carving contest.
4. Take a fall foliage drive and enjoy the beautiful scenery.
5. Take your family to one of the many fall festivals in your area.
6. Share some fall cheer by baking and delivering a yummy fall dessert.
7. Decorate for fall to let your friends and neighbors know just how excited about the season.
8. Sip warm apple cider with a friend.
9. Try a new fun pumpkin recipe or add pumpkin to an old classic recipe.
10. Get lost in a corn maze! Kids and adults will love the challenge.
11. Hang a pretty wreath on the door to welcome family and friends.
12. Decorate your mantel with a festive garland or a seasonal touch.
13. Have a fall party and trade harvest items. Baked goods, candles, cider, canned goods, fresh apples, and handmade items of all sorts.
14. Invite friends or co-workers for a crafting event using fallen leaves or nature items.
15. Go apple picking at a local orchard. There is nothing like the taste of a fresh picked apple.
16. Rake leaves and jump in! Make a scarecrow with the leaves when you are done.
17. Throw a tailgate party and on your favorite team!
18. Make placemats by pressing colorful leaves between wax paper.



**Most of all have fun and enjoy family time!**

Submitted by: Wayne County Extension Homemakers

# November

**Thought for the Day:** "Courage is like a muscle. We strengthen it with use."  
— Ruth Gordon

**Roll Call:** What is your favorite sport to play or watch?

**Activity:**

Girls Names...Fill In the Blank

1. When all the leaves turn color:\_\_\_\_\_
2. When flowers start to bloom:\_\_\_\_\_
3. A tree that yields oil:\_\_\_\_\_
4. The beginning of the day:\_\_\_\_\_
5. If your doesn't fit, take it to this professional:\_\_\_\_\_
6. A poison plant that causes a rash:\_\_\_\_\_
7. This month is the first one of summer:\_\_\_\_\_
8. The night before a holiday:\_\_\_\_\_
9. A musical tune:\_\_\_\_\_
10. When you need help from a lawyer he may do this for you:\_\_\_\_\_
11. Pulled from an oyster:\_\_\_\_\_
12. A coin worth one cent:\_\_\_\_\_

Answers: 1) Autumn; 2) Season; 3) Olive; 4) Dawn; 5) Tailor; 6) Ivy; 7) June; 8) Eve; 9) Carol; 10) Sue; 11) Pearl; 12) Penny



# December

**Thought for the Day:** *"Christmas is not a time nor a season, but a state of mind. To cherish peace and goodwill, to be plenteous in mercy, is to have the real spirit of Christmas."* — Calvin Coolidge

**Roll Call:** Name a favorite Christmas Carol.

## Symbols of December

Birthstone: Turquoise, zircon, or tanzanite

Flower: Narcissus or Holly

Zodiac signs: Sagittarius or Capricorn

## Interesting December Facts

1. Japanese people traditionally eat at KFC for Christmas dinner, thanks to a successful marketing campaign 40 years ago. KFC is so popular that customers must place their Christmas orders 2 months in advance.
2. We frequently abbreviate Christmas as X-mas because of ancient tradition. X is the Greek letter "chi" which is an abbreviation for the word "Christ" in Greek.
3. An artificial Christmas tree would have to be reused for more than 20 years to be "greener" than buying a fresh-cut tree annually.
4. The Nazi party tried to turn Christmas into a nonreligious holiday celebrating the coming of Hitler, with Saint Nicholas replaced by Odin the "Solstice Man" and swastikas on top of Christmas trees.
5. The U.S. playing card company 'Bicycle' had manufactured a playing card in WW2. That, when the card was soaked, it would reveal an escape route for POWs. These cards were Christmas presents for all POWs in Germany. The Nazis were none the wiser!

## Seasonal Fun Facts

### The Popular Poinsettia

- **Holiday Past** - Poinsettias were first introduced into this country in 1828 by the U.S. ambassador to Mexico, Joel Poinsett.
- **Holiday Present** - Poinsettias are now grown in all 50 states and represent over 85 percent of potted plant sales during the holidays. Over \$220 million worth of poinsettias are sold during holiday season!

## Kisses in Color

- **Holiday Past** - Hershey's started wrapping their Kisses in red, green, and silver foil for the first time in 1962. The success of the holiday-wrapped Kisses led Hershey's to dress up their little chocolates for the Easter, Valentine's Day, and Fall Harvest seasons.
- **Holiday Present** - Hershey's now wraps up to 1,300 Hershey's Kisses a minute. That gives them the capacity to make approximately 33 million Hershey's Kisses a day, or more than 12 billion a year.

## A Tree of Lights

- **Holiday Past** - In 1949, the tree at Rockefeller Center was strung with 7,500 bulbs.
- **Holiday Present** - Now more than 25,000 bulbs are strung on the tree - that's more than 5 miles of lights!

## The Tree Tradition

- **Holiday Past** - The first American mention of a Christmas tree was in 1747, and, strictly speaking, it wasn't a tree at all but a wooden pyramid covered with evergreen boughs and decorated with apples.
- **Holiday Present** - Once the tree idea caught on, it grew by leaps and bounds. More than 34 to 36 million Christmas trees are now produced each year in the U.S. The industry employs over 100,000 people, and over 1 million acres of land have been planted with Christmas trees.

## Artificial Trees

- **Holiday Past** - Artificial Christmas trees were on the market by 1900. They were available by mail from Sears, Roebuck and Company, and cost 50 cents for 33 limbs, or a dollar for 55 limbs.
- **Holiday Present** - Most artificial trees are now manufactured in Main, Taiwan, or Hong Kong and contain non-biodegradable plastics and metals. They usually range in price from \$200 to \$2,000.

## The Origins of Rudolph

- **Holiday Past** - In 1939, an advertising employee at the department store Montgomery Ward wrote the story of Rudolph the Red-Nosed Reindeer for a store promotion. That year the store gave away 2.4 million copies of the story.
- **Holiday Present** - Ten years later, Gene Autry recorded the song "Rudolph the Red-Nosed Reindeer." Since then it has sold over 80 million copies. Rudolph has definitely gone down in our holiday history!

## Make No-Bake Bird Treats

### Materials:

- $\frac{3}{4}$  Cup of Flour
- $\frac{1}{2}$  Cup of Water
- 1 Packet of Plain Gelatin
- 2 tbsp Corn Syrup
- 4 Cups of Birdseed
- Cooking Spray
- Twine
- Several Straws
- Shaped Cookie Pan or Cookie Cutters
- Wax Paper



### Instructions:

There's no reason all of nature can't get in on the celebration. These ornamental bird feeders are functional and fun to make.

1. In a large bowl, combine the flour, water, gelatin and corn syrup and mix well.
2. Stir in the birdseed until it's covered in the mixture, then pack it into a pre-sprayed cooking mold or cutters set on waxed paper.
3. Cut the straw into sections tall enough to stick out of the mold and stick them in while the mixture is still moist to create a hole for the twine.
4. Let the molded birdseed sit for about 2 hours before removing the straws and carefully taking the birdseed out of the molds. Note: the treats may still be somewhat pliable at this point.
5. Set the treats on waxed paper and allow them to finish hardening overnight. Then loop twine or ribbon through the hole and you're ready to hang the treats outside and wait for the birds to arrive.

Source: Sunrise Senior Living <https://www.sunriseseniorliving.com/blog/december-2013/christmas-crafts-for-seniors-and-friends.aspx>

# January

**January** is the month for making new beginnings.

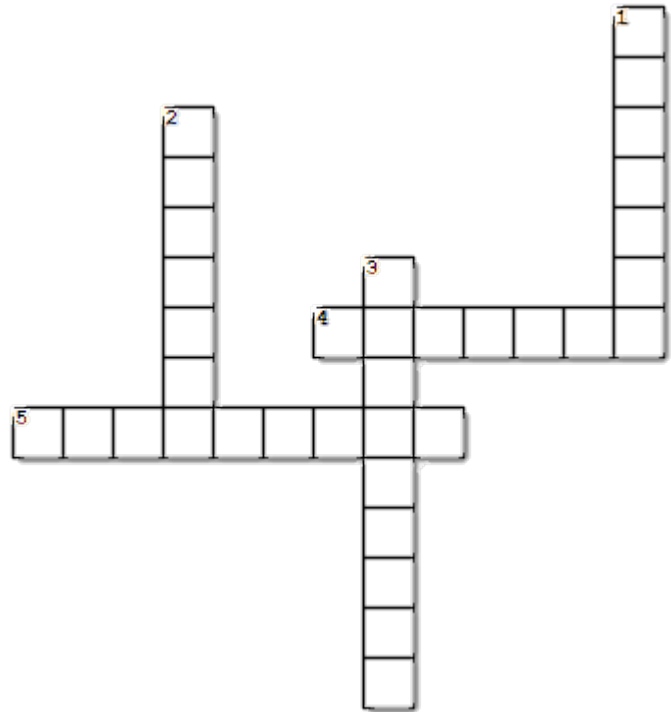
**Thought for the Day:** "If you focus on what you left behind, YOU WILL NEVER SEE WHAT LIES AHEAD." – Ratatouille Gusteau

**Roll Call:** Name one goal you would like to accomplish this year.

January 19<sup>th</sup> is National Popcorn Day! Can you complete this popcorn crossword puzzle?

*Down*

- 1) Popcorn has more \_\_\_\_\_ than any other cereal grain. It also has more iron than eggs and roast beef. It has more fiber than pretzels or potato chips.
- 2) Orville Redenbacher is the #1 best-selling \_\_\_\_\_ in the world. Its inventor, Orville, began to grow popping corn in 1919, when he was just 12 years old.
- 3) Popping popcorn is one of the number one uses of the \_\_\_\_\_.



*Across*

- 4) Americans eat around 17 \_\_\_\_\_ quarts of popcorn a year. This would fill the Empire State Building 18 times.
- 5) Unpopped popcorn kernels are called \_\_\_\_\_ or "old maids." Quality popcorn should produce 98% popped kernels with under 2% being spinsters.

Source: factretriever.com by: Karin Lehnardt, Senior Writer

Answers:

Down: 1. Protein 2. Popcorn 3. Microwave; Across: 4. Billion 5. Spinsters

Submitted by: Adair County Extension Homemakers

# February

**Thought for the Day:** "You may be disappointed if you fail, but you are doomed if you don't try." -Beverly Sills

**Roll Call:** Can you recall the name of your first crush in elementary school?

## Valentine Day Trivia

1. Who are Shakespeare's "Star-Crossed Lovers?" \_\_\_\_\_
2. Which Patron Saint is Valentines named after? \_\_\_\_\_
3. What fruit is also known as the "love apple"? \_\_\_\_\_
4. What is the winged child shooting arrows at unsuspecting Valentines called? \_\_\_\_\_
5. Which bird symbolizes Valentine's Day? \_\_\_\_\_
6. Who "kissed the girls and made them cry?" \_\_\_\_\_
7. What do you need to kiss to turn it into a Prince? \_\_\_\_\_
8. Who was "Victorian Lace" named after? \_\_\_\_\_
9. Where do you "wear your heart" if you are quick to show your feelings? \_\_\_\_\_
10. The Goddess of Love in Greek Mythology? \_\_\_\_\_
11. The XO in XOXO means what? \_\_\_\_\_
12. Favorite color featured on Valentine's Day? \_\_\_\_\_
13. What does the word Valentine mean? \_\_\_\_\_
14. What color rose would you give to a friend? \_\_\_\_\_
15. Something you keep flowers in? \_\_\_\_\_
16. A novel dealing with love? \_\_\_\_\_
17. What is the most common shape associated with Valentine's Day? \_\_\_\_\_
18. What is the "official" date of Valentine's Day? \_\_\_\_\_
19. You might write this to your sweetheart? \_\_\_\_\_
20. A dozen red ones of these says "I Love You?" \_\_\_\_\_

Answers: 1. Romeo and Juliet 2. Saint Valentines 3. Tomato 4. Cupid 5. Dove 6. George Forgie 7. Frog 8. Queen Victoria 9. Sleeve 10. Aphrodite 11. Hugs and Kisses 12. Red 13. Sweetheart 14. Yellow 15. Vase 16. Romance 17. Heart 18. February 14<sup>th</sup> 19. Love Letter 20. Roses

# March

**Thought for the Day:** You are not a human being having a spiritual experience.  
You are a spiritual being having a human experience.

**Roll Call:** What is your favorite spring day activity that you look forward to after the winter months?

## **Activity:**

Simple colorful spring decoupage bird house.

### Need:

- Paper or wood bird house
- Decorative spring napkins, magazine pictures, or fabric.
- Decoupage
- Small paint brush
- Clear sealant

### Instructions:

Cut out spring images.

Working sections of the bird house at a time, use the brush to coat the bird house with decoupage and apply images.

Once all images are applied, use the brush coat bird house with decoupage.

Follow decoupage container instructions for number of coats to apply. Let thoroughly dry.

Apply clear sealant. Let dry.

**WELCOME SPRING!**



Submitted by: Casey County Extension Homemakers

# April

April became National Volunteer Month as part of President George H. W. Bush's 1000 Points of Light campaign in 1991. Specifically, the third week of April is celebrated as National Volunteer Week. Mark your calendars for April 7-13, 2019.

**Thought of the Day:** "Every problem that the country faces is being solved in some community by some group or some individual. The question is how to get connected so that the whole nation can solve problems. A volunteer is a person who can see what others cannot see; who can feel what most do not feel. Often, such gifted persons do not think of themselves as volunteers, but as citizens – citizens in the fullest sense; partners in civilization." -*President George H.W. Bush, Founder, Points of Light*

**Roll Call:** What is your favorite volunteer activity?

## **Activity:**

Take a moment to brag! Share the great work of Extension Homemakers and other volunteers with your entire community. Let them know how much they are appreciated!

Here's a few ideas of how you can recognize volunteers:

- Send a volunteer a thank you note or give them a small gift.
- Send a letter to the editor about the difference your volunteers make in the community.
- Mail letters to volunteers' employers that express how grateful you are that their employee contributes time to your organization.
- Plan a celebration event to honor volunteers in your community.

Take a moment to count! Dedicate time in your club meeting to working on your Volunteer Service Unit logs.

# May

**Thought of the Day:** "Learn from the mistakes of others. You can't live long enough to make them all yourself." -Eleanor Roosevelt

**Roll Call:** What is your Mom's favorite recipe or cleaning tip?

## Month of May Facts & Trivia from "Celebration Joy"

- The month of May was named after the Greek Goddess of Fertility Maia.
- No month other than May ever begins and ends on the same day of the week in the same year.
- May is the month of Autumn in the Southern Hemisphere and Spring in the Northern Hemisphere.
- The birthstone is emerald, which signifies love & success.
- The birth flower is the Lily of the Valley.
- People born in May fall under two zodiac signs: Taurus (until May 20) and Gemini (after May 21).

## May Holidays

- May 1: May Day
- May 4: Derby Day
- May 5: Cinco De Mayo
- May 12: Mother's Day
- May 14-16: KEHA Annual Meeting
- May 27: Memorial Day

**Lesson:** Good Housekeeping's 30 Day Spring Cleaning Check List:

<https://www.goodhousekeeping.com/home/cleaning/g4238/spring-cleaning-checklist/>



# June

**Thought for the Day:** "We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses." – Abraham Lincoln

**Roll Call:** If you could vacation anywhere, where would it be and why?

## June Holidays:

- June 14: Flag Day
- June 17: Father's Day
- June 21: Summer Solstice
- 1<sup>st</sup> full week of June: National Gardening Week
- National Dairy Month
- National Ice Tea Month
- National Fresh Fruit & Vegetable Month

**What are your favorite things about summer? Choose a word that starts with each letter of the word summer:**

**S** \_\_\_\_\_

**U** \_\_\_\_\_

**M** \_\_\_\_\_

**M** \_\_\_\_\_

**E** \_\_\_\_\_

**R** \_\_\_\_\_