



The Sun Shines Bright

KEHA Recreation

July 2019 - June 2020

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June 2019

JULY

July was originally Quintilis, the fifth month of the year in the Roman calendar and consisted of 31 days. In the Julian calendar, July is the seventh month of the year. Our modern calendar recognizes July as the seventh month with 31 days. It is the warmest month of the year in the Northern Hemisphere and coldest month in the Southern hemisphere.

The month of July starts on the same day of the week as April during common years and as January during leap years. July does not end on the same day of the week as any year in a common year but ends on the same day of the week as January in a leap year.

- July's birth flowers are the Larkspur or Water Lily.
- The birthstone for July is the ruby.

Roll Call: What is your favorite activity for 4th of July?

Thought for the Month: When you are up to your neck in hot water, be like a teapot and start to sing." ~*Unknown*

HOT POTATO GAME

1. Divide the attendees into two different groups.
2. Give each group one "potato" (ball, bean bag, etc.).
3. The recreational leader (or another designated member) will play music and start the game.
4. The object is for each player to pass the "hot potato" as fast as they can to the person on their right.
5. Keep going until the leader stops the music.
6. The person caught with the potato when the music stops is OUT!
7. Repeat the cycles of starting and stopping the music until only one person is left on each team.
8. Remove one of the "potatoes" and start the music one last time. The two people left will pass the "potato" until the music stops. The person with the "potato" is out and the last person will be the winner.

Submitted by Edna McCrady, Daviess County

AUGUST

August is the eighth month of the year in the Julian and Gregorian calendars and is 31 days long. It is considered the busiest time for tourism because it falls in the main school summer holiday period. It is the seasonal equivalent of February in the opposite hemisphere.

August does not start on the same day of the week as any other month in the year in common years but ends on the same day of the week as November every year. During leap years, August starts on the same day as February and still ends on same day as November.

- August's birth flower is the gladiolus or poppy which represents beauty, strength, love, marriage and family.
- The birthstone for August is the peridot or onyx.

Roll Call: What is your favorite memory of your first day of school?

Thought for the Month: Teacher's note to parents: "I promise not to believe everything Johnny tells me about home if you promise to not believe everything he tells you about school." ~Anonymous

Activity: Who Said This?

"I have friends in overalls whose friendship I would not swap for the favor of the kings of the world."

"Home is the nicest word there is."

"Having family responsibilities and concerns just has to make you a more understanding person."

"The happiest moments of my life have been the few which I have passed at home in the bosom of my family."

"Along we can do so little; together we can do so much."

"I never met a man that I didn't like."

"We make a living by what we get, but we make a life by what we give."

"Ask not what your country can do for you, but what you can do for your country."

Activity: Who Said This? -- Answer Key

"I have friends in overalls whose friendship I would not swap for the favor of the kings of the world."

Thomas Edison

"Home is the nicest word there is."

Laura Ingalls Wilder

"Having family responsibilities and concerns just has to make you a more understanding person."

Sandra Day O'Connor

"The happiest moments of my life have been the few which I have passed at home in the bosom of my family."

Thomas Jefferson

"Along we can do so little; together we can do so much."

Helen Keller

"I never met a man that I didn't like."

Will Rogers

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

"Ask not what your country can do for you, but what you can do for your country."

John F. Kennedy

SEPTEMBER

September 12th is the National Day of Encouragement in the United States. It was announced in 2007 and occurs each year on September 12th. The first proclamation for the Day of Encouragement was made by Mayor Belinda LaForce of Searcy, Arkansas August 22, 2007.

Roll Call: What English word best describes you?

Thought/Quote of the Month: The right word at the right time by a good friend is like receiving an expensive piece of jewelry. ~*Jerry Manning, Union County KY*

Activity: *Words to Encourage*

Unscramble the following "Words to Encourage"

1. vleo _____
2. srutt _____
3. easpel _____
4. ktansh _____
5. yaphp _____
6. trpcees _____
7. lmsie _____
8. roohn _____
9. caepe _____
10. govfrie _____
11. ossicmpnoa _____
12. granci _____
13. edfnir _____
14. frcmoot _____
15. ppateircae _____

Answers: love, trust, please, thanks, happy, respect, smile, honor, peace, forgive, compassion, caring, friend, comfort, appreciate

Submitted by Union County

OCTOBER

October always had 31 days, and it became the tenth month of the year when the months of January and February were added, pushing October towards the end of the solar year.

October is in the fall in the Northern Hemisphere, the month after the autumnal equinox. However, as seasons are opposite on either side of the equator, October is in the spring in the Southern Hemisphere. The seasonal equivalent is April in the opposite hemisphere.

- October's birth flower is the calendula.
- The birthstone for October is the opal and it is said that the opal will crack if worn by someone who is not born in October.

Roll Call: What is your favorite Halloween costume of all time?

Thought of the Month: "It's better to bite your tongue than eat your words."
~Frank Sonnenberg

Activity: Toilet Paper Pumpkins

Supplies needed:

1. Rolls of toilet tissue (any size)
2. Fabric fat quarters in the colors of your choice
3. Cinnamon sticks or branches/twigs collected from outdoors
4. Silk leaves

Instructions:

1. Lay the fabric out flat on a table or work surface.
2. Set a roll of toilet paper in the center.
3. Working clockwise, pull the corners of the fabric up and tuck into the center of the toilet paper roll.
4. Use the cinnamon sticks or branches/twigs to create a "pumpkin stem".
5. Decorate around the stem by adding the silk leaves.



Submitted by Edna McCrady, Daviess County

NOVEMBER

November 1st is National Family Literacy Day. Celebrated across America, this day focuses on special activities and events that showcase the importance of family literacy programs.

Get together with family and read a book together. Use #FamilyLiteracyDay to post on social media.

Facts to Know

- First held in 1994, National Literacy Day kicks off National Literacy Month in November.
- During the month of November, there are many events which are held at schools, libraries and other literacy organizations.
- In 1994, the 103rd Congress passed Joint Resolution 413 Designating November 1st as National Family Literacy Day.

Roll Call: Complete the sentence: Today I am thankful for _____.

Thought for the Month: "The best things are nearest: breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of right just before you. Then do not grasp at the stars, but do life's plain, common work as it comes, certain that daily duties and daily bread are the sweetest things of life." ~Robert Louis Stevenson

Submitted by Union County

Activity: Times Have Changed, or Have They?

See if you know the answers to the following homemaking questions that appeared in the schoolbook "Foods and Homemaking" published in 1937.

1. How large are dinner napkins (you do use dinner napkins don't you)?
a) 8 to 10 inches b) 12 to 18 inches c) 20 to 27 inches d) 30 to 36 inches
2. How many ounces are there in a No. 1 can of vegetables (cans come in sizes No. 1, No. 2, No. 2 1/2, and No. 3)? a) 8 oz. b) 10 oz. c) 12 oz. d) 13 oz.
3. Tomatoes will curdle milk because the vegetable contains what?
a) acids b) water c) vitamins d) mineral matter
4. Why is baking powder most appropriately stored in a tin can?
a) to keep out sunlight b) to keep out bugs
c) the tin can keeps air away from baking powder better than a pasteboard box

5. Why is some corn meal white or light gray while other is yellow?
6. To make pie crust tender, use considerable fat and very little _____?
a) milk b) water c) oil d) eggs
7. A baby should not be handled any more than is necessary because it will likely make him?
a) spoiled b) sick c) nervous d) obnoxious
8. How much milk should a school age child drink per day?
a) cup b) pint c) quart d) gallon
9. Bed bugs are more likely to be found on which type of bed?
a) wooden b) metal
10. Which has smoother feet, a chicken or a fowl?

Hope you enjoyed homemaking tips from the past!

Submitted by Sue Berry, Friendship Homemakers, McLean County

Answers:

1. c) 20 to 27 inches;
2. d) 13 oz.;
3. a) acids;
4. c) The tin keeps air away from baking powder better than a pasteboard box.
5. The difference is due to different varieties of dried corn from which the meals were made.
6. b) water
7. c) nervous
8. c) quart
9. a) wooden
10. A chicken. To a butcher, the term chicken refers to a young bird. After a bird becomes full grown, the butcher calls it a fowl. There are usually scales on the feet of the more mature bird.

DECEMBER

December is the twelfth and last month of the year in the modern day Gregorian calendar. The month kept its original name from the Latin word *decem* meaning "ten" which marked it as the tenth month of the year in the Roman calendar. December was named during a time when the calendar year began with March. This is why its name no longer corresponds with its placement in the Julian and Gregorian calendars.

December is the seasonal equivalent of June in the opposite hemisphere. The month contains the winter solstice which is the shortest day of the year and marks the beginning of the winter season in the Northern Hemisphere.

December starts on the same day of the week as September every year and ends on the same day of the week as April every year.

- December's birth flower is the holly or *Euphorbia pulcherrima*.
- The birthstone for December is the blue turquoise or zircon.

Roll Call: Name your favorite thing about Christmas

Thought for the month: "As a man changes his own nature, so does the attitude of the world change towards him. We need not wait to see what others do."

~Mahatma Gandhi

Submitted by Edna McCrady, Daviess County

Activity: Bobbing for Candy Canes

Are you looking for a fun holiday game? Look no further than *Bobbing for Candy Canes*!

Each "bobber" holds a candy cane in her mouth, with the curved end out. Place the rest of the candy canes on a table, then set a timer and see who can "hook" the most canes in the specified amount of time. You can play one at a time or in teams.



Submitted by Henderson Co. Homemakers

JANUARY

Would you believe January was not always the first month of the year? The ancient Romans used a different calendar system, and their year began in March and ended in February! In 1582, Pope Gregory adjusted the calendar so most western nations began celebrating the start of the year on January 1. This new calendar became known as the "Gregorian Calendar."

England and the American colonies continued to celebrate the new year on the date of the spring equinox in March until 1752. At that the British and their colonies finally adopted the January as of the first month of the year.

January is named after the Roman god *Janus*, who presided over doors and beginnings. Janus was usually depicted with two faces, with one looking backwards and one looking forwards, as is often characteristic of a new year.

Roll Call: How did you celebrate the new year?

Thought for the month: "Write it on your heart the every day is the best day in the year." ~*Ralph Waldo Emerson*

Activity: Marshmallow Stacks – How High Can You Go?

1. Divide the club into teams of two or three.
2. Provide each team with a supply of large marshmallows.
3. Set a time for 60-seconds.
4. The challenge to the teams is for the team members to take turns stacking marshmallows to see who can stack the highest. Teams will alternate stacking, much like a relay race. [If you prefer to have an individual stacking challenge, you can have each person stack versus dividing the group into teams.]
5. Direct the stackers to begin when you say go and end when you announce that time is up.
6. The winning team [or individual] will have the highest stack. Consider having a small prize for the winner(s).

FEBRUARY

February is the second month of the year in the Gregorian calendar and its predecessor, the Julian calendar. In common years, February has 28 days. In Leap Years, it has 29 days. It is considered the seasonal equivalent of August in the opposite hemisphere. It is the only month that can pass without a single full moon.

February starts on the same day of the week as March and November in common years. During leap years, February starts on the same day of the week as August. Once every six years and twice every 11 years, the month of February will have only four full seven-day weeks, where the first day of the month starts on a Sunday and ends on a Saturday.

- February's birth flower is the violet and the common primrose.
- The birthstone for February is the amethyst which symbolizes piety, humility, spiritual wisdom and sincerity.

Roll Call: Name something you do to keep your heart healthy.

Thought of the Month: A smile is a light in the window of the face which shows that the heart is at home. ~*Christian D. Larson*

Submitted by Edna McCrady, Daviess County

Activity: Special Treat Filled Jar

February is celebrated as American Heart Month. The objective is to promote heart disease awareness and prevention.

- ♥ In recognition of heart month, fill a pint jar with candy hearts.
- ♥ Decorate the jar with a heart or valentine theme.
- ♥ Challenge club members to each guess the number of hearts in the jar.
- ♥ The guest with correct or closest guess to number is the winner. [You could use the candy-filled jar as the prize.]

Submitted by Henderson County Homemakers

MARCH

March, the third month of our calendar, was originally the first month of the year. The month of March is named after the Roman god of war - Mars. Mars is also identified with the Greek God Ares. March is when the sun is born again in the promise of daffodils.

March 17th is St. Patrick's Day. It is a cultural and religious celebration held on the traditional death date of Saint Patrick (c AD 385-461), the foremost patron saint of Ireland.

- The birthstone for March is Aquamarine.
- The March flowers are Jonquil and Daffodil.

Roll Call: Name a memory of how you have celebrated St. Patrick's Day.

Thought for the Month: "May your day be touched by a bit of Irish luck, brightened by a song in your heart, and warmed by the smiles of the people you love."
~Irish Blessing

Submitted by Edna McCrady, Daviess County

Activity: Irish Word Search

Find these words.

Ireland Irish Gold
Pot Rainbow Green
Clover Luck Shamrock
Patrick

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

St. Patrick's Day and Ireland Facts:

- ❖ In Ireland, people wear small bunches of shamrocks on their clothes to celebrate the holiday. Children wear orange, white and green badges and women wear green ribbons.
- ❖ The Irish flag is green, orange and white.
- ❖ Four leaf clovers are considered luck. Each leaf means something: hope, faith, love and luck.
- ❖ There are 10,000 three-leaf clovers for each four-leaf clover.

Submitted by Union County

Irish Word Search Key

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

APRIL

Three theories exist regarding the origin of April's name. Some say April got its name from the Latin word meaning "second" since April was the second month on the ancient calendar. Others claim it comes from "aperire," a Latin word meaning "to open," because it represents the opening of buds and flowers in spring. Yet another suggested origin is that April was named after the goddess Aphrodite.

April is the fourth month of the year in the Gregorian calendar and consists of 30 days. It is commonly associated with the season of spring in the Northern Hemisphere and fall (autumn) in the Southern hemisphere.

April starts on the same day of the week as July and ends on the same day of the week as December in common years. During leap years, April starts on the same day of the week as January.

- April's birth flower is the daisy and sweet pea.
- The birthstone for April is the diamond which symbolizes innocence.

Roll Call: What was the best April fool's joke pulled on you?

Thought for the Month: "Many of us are more capable than some of us, but none of us is as capable as all of us." ~Tom Wilson

Activity: Name the State

1. The Alamo is in _____.
2. The Golden Gate Bridge is in _____.
3. The "Motor City" is located in _____.
4. The Empire State Building and the Statue of Liberty are in _____.
5. The Liberty Bell is in a city in _____.
6. What state is known as the "Bluegrass" State? _____
7. The home of Bourbon Street is in _____.
8. The Sears Tower is in the state of _____.
9. Where is the "Sooner" State? _____.
10. The "Hoosier" State is _____.
11. The first flight was in _____.
12. The "Palmentto" State _____.
13. The "Sunshine" State is _____.
14. The "Buckeye" State is _____.
15. What state is known as "The Last Frontier"? _____

Submitted by Edna McCrady, Daviess County

Answers: Texas, California, Michigan, New York, Pennsylvania, Kentucky, Louisiana, Illinois, Oklahoma, Indiana, North Carolina, South Carolina, Florida, Ohio, Alaska

May

May is named after the Greek goddess Maia. Perhaps less well known now than the other deities with months named after them, Maia (in Greek mythology) was daughter of Atlas and mother of Hermes. She was considered a nurturer and an earth goddess, which may explain the connection with this springtime month.

May is the fifth month of the year in the Julian and Gregorian calendar and consists of 31 days. It is commonly associated as a month of spring in the Northern Hemisphere and autumn in the Southern hemisphere. It is said that this is the month when plants really start to grow. May does not start or end on the same day of the week as any other month.

- The flower for May is the Lily of the Valley and the Crataegus monogyna.
- The birthstone for May is the emerald which represents love or success.

Roll Call: What is your favorite memory of your mother?

Thought of the Month: A Mother holds her children's hand for a little while...their heart forever. ~Unknown

Activity: Quilter's Word Search

Find these words in the letter grid.

Piecing	P	I	E	C	I	N	G	R	E	T	Q	P	E	N	S
Batting	A	Q	L	T	B	E	K	L	S	Q	U	A	R	E	S
Stitch	T	W	O	S	M	E	B	D	N	I	I	T	B	Z	C
Quilt	T	H	R	E	A	D	M	E	Q	U	L	H	I	N	I
Border	E	R	A	A	P	L	Q	B	A	T	T	I	N	G	S
Needle	R	N	E	M	Y	E	X	L	K	A	I	O	D	P	S
Thread	N	Y	S	E	N	I	R	O	N	A	N	P	I	J	O
Scissors	U	L	C	S	P	I	R	C	T	O	G	C	N	S	R
Binding	B	O	R	D	E	R	U	K	E	P	D	H	G	F	S
Pins	I	N	A	C	V	Z	A	Q	U	I	L	T	W	R	O
Iron	D	R	P	U	J	K	N	M	P	N	R	C	W	Z	A
Seam	H	D	S	T	I	T	C	H	A	S	O	T	R	I	M
Scraps															
Trim															
Squares															
Block															
Pattern															
Quilting															

Quilter's Word Search Key

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

JUNE

June is the sixth month of the year in the Julian and Gregorian calendar and is 30 days long. It is the month that has the most amount of daylight hours of the year in the Northern Hemisphere and shortest amount of daylight hours in the Southern hemisphere.

Many celebrations take place in the month of June, especially marriages. June is named after the Roman goddess Juno who is the goddess of marriage and a married couple's household. It is considered good luck to get married in this month.

June and May are the only two months that do not start on the same day of the week as any other month. June ends on the same day of the week as March every year.

- June's birth flower is the rose or the honeysuckle.
- The birthstone for July is the ruby which symbolizes contentment.

Roll Call: Name a memory of your Dad that you cherish.

Thought for the Month: "When a man gets too old to set a bad example, he starts giving good advice." ~*Unknown*

Activity: Name the Kentucky Town or Landmark

1. Jiff Peanut Butter is made here. _____
2. Post-it Notes are manufactured in _____.
3. This town is home to the headquarters of Fruit of the Loom. _____
4. Churchill Downs is in _____.
5. Several brands of bowling balls are made in _____.
6. This town is home to KFC. _____
7. This Kentucky attraction is the largest man-made lake. _____
8. The "Slugger" is made here. _____
9. I am the capital of Kentucky. _____
10. The Bar-B-Q capital is _____.
11. John James Audubon State park is in _____.
12. My Old Kentucky Home is in _____.
13. The birthplace of Abraham Lincoln is in _____.
14. A replica of Noah's Ark is in _____.
15. It is very likely that the largest fabric store in the world is Hancock's of _____.
16. Toyota manufacturing plant is located in _____, Ky.
17. Ale -8 is bottled in _____.
18. The longest cave system in the world is _____ and is in Kentucky.
19. The world peace bell is the largest free-standing bell in the world and is in _____.
20. The world's largest Sassafras Tree is on Frederica St. in _____.

Submitted by Edna McCrady, Daviess County

ANSWERS: Lexington, Cynthiana, Bowling Green, Louisville, Hopkinsville, Corbin, Kentucky Lake, Louisville, Frankfort, Owensboro, Henderson, Bardstown, Hodgenville, Williamstown, Paducah, Georgetown, Winchester, Mammoth Cave, Newport, Owensboro

