

KEHA

Inspirational Booklet

2020-2021

This booklet has been prepared by the Quicksand Area Homemakers (Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry and Wolfe Counties) specifically for Kentucky Extension Homemakers. Printing costs have been paid by the Kentucky Extension Homemakers Association

JULY

I – involvement.

N – noble.

S – strength.

P – purpose.

I – insistent.

R – relevant.

E – effort.

Inspire –

1. To influence, move or guide by divine or supernatural inspiration.
2. To exert an animating, enlivening or exalting influence upon.

Inspiration -

The act or power of moving the intellect or emotions.

Written by Henrietta Sheffel, Breathitt County

AUGUST

River Tree at Sunset

An ancient tree,
Etched starkly
Against a flaming peach and pink sky
While purple waters pooled and eddied
Around its solid roots,

Arrogant in its grandeur,
I find myself stunned by its sense
Of its own presence.

I feel a hint
O warm eternity yet to come,
And I feel humbled and blessed
At the same time
As its vigorous spirit fills me
With a hope and strength
In my own soul.

Written by Lynda L. Turner, Breckinridge County

First Place Winner

2020 KEHA Creative Writing Contest - Poetry

SEPTEMBER

If – By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you,
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or being lied about, don't deal in lies,
Or being hated, don't give way to hating,
And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with Triumph and Disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,
Or walk with Kings—nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

First published in 1910. This poem is in the public domain.

Accessed April 17, 2020 at <https://poets.org/poem/if>.

OCTOBER



My two favorite inspirational photos (taken by me): The Liberty Bell in Philadelphia, Pennsylvania and the Statue of Liberty in the New York harbor.

To me, they are the inspiration behind our great country. Many died to protect our liberty and many have come from other nations for a chance at that same liberty.

*Written by Henrietta Sheffel, Breathitt County
Photos by Henriette Sheffel*

NOVEMBER

November is the month we give thanks for the things that are important to us – faith, family and friends. It is also a time to give thanks for all the things we have that we take for granted – freedom, liberty, a roof over our heads, food, the companionship and friendship of our Homemaker friends, the beauty of nature all around us, clean water, electricity, medical services, and medicine. Some women and their families do not have these luxuries. As Homemakers, we can help provide some of these things to others less fortunate than us by contributing to the different state, area and local KEHA projects. As the Kentucky Homemakers creed says,

“I believe in the homemaker as a community leader, responsible for passing on to others, mastered skill and knowledge.”

Let us be thankful all year long and continue to make the world – whether it be in our communities, counties, area, state, country or world – a better place for all Homemakers.



Written by Henrietta Sheffel, Breathitt County

DECEMBER

C – Come All Ye Faithful

H – Happy Holidays

R – Rudolph the Red Nosed-Reindeer

I – It Came Upon A Midnight Clear

S – Silent Night

T – T’was the Night Before Christmas

M – Merry Christmas

A – Angels We Have Heard On High

S – Santa Claus Is Coming to Town

Written by Henrietta Sheffel, Breathitt County

JANUARY

I've Learned All About Life.... From a Snowman

- It's okay if you're a little bottom heavy.
- Hold your ground, even when the heat is on.
- Wearing white is always appropriate.
- It takes a few extra rolls to make a good midsection.
- The key to life is to be a jolly, happy soul.
- We're all made up of mostly water.
- You know you've made it when they write a song about you.
- Accessorize! Accessorize! Accessorize!
- Don't get too much sun.
- It's fun to hand out in your front yard.
- Always put your best foot forward.
- There no stopping you once you're on a roll....

Author Unknown-

Submitted By: Perry County Homemakers

FEBRUARY

There the Treasure Be

As the new day dawned over the clear, blue sea
There we would be just you and me.

We slipped out quietly with sleep in our eyes
While everyone else dozed and were none the wise.

We hunted and searched as tide rolled out
Riches of the ocean we hoped to scout.

The sand dollar so fragile our hearts desired to find
But the sea held tight and from us they were enshrined.

And when I found this shell that at first I couldn't tell
If it was the treasure in that we would take such pleasure.

It was then that I remembered all the mornings in the sand
And all the many years between since that time have spanned.

That's when the thought occurred to me
The treasure wasn't in the sea or buried in the sand so fine.

The treasure was deeply hidden inside of me
Unlike gold and silver that all can see.

All the riches of our walks are already yours and mine
There the treasure be, in just you and me.

Love,
Angel

*By Angel Pendleton, Wayne County Homemaker
2020 KEHA Creative Writing Contest Entry*

MARCH

Fearful Times

Days of sunshine in Kentucky
Makes me feel so lucky.

Kentucky favorites I have a few
Sunshine and flowers are two.

Childhood memories of mine
Flood back as thunder rumbles
every time.

As I heard the roll of thunder
It was the bed I went under!

Hands over each ear
So that the sound I would not hear!

I closed my eyes not to see
The lightning that just had to be!

Years went by but the fear did not
go
That sound would make me tremble
so.

Becoming a mother made me see
I had to keep calm, not just for me.

My children also begin to show fear
So instead I had to give them words
to hear.

As the storms raged on
We would burst out in song.

Words on a page were to be read
So that storms were not to be a
dread.

Thunder was a “tater wagon” rolling
along

With sound of wheels that helped
make our song.

Lightening flashing across the sky
Became God’s fireworks in our eye.

Now as I enter my twilight years
I no longer tremble with fears.

Days of bright sunshine in
Kentucky

Make me know I am lucky.

APRIL

April's Charms

By: William Henry Davies

When April scatters charms of primrose gold
Among the copper leaves in thickets old,
And singing skylarks from the meadows rise,
To twinkle like black stars in sunny skies;

When I can hear the small woodpecker ring
Time on a tree for all the birds that sing;
And hear the pleasant cuckoo, loud and long --
The simple bird that thinks two notes a song;

When I can hear the woodland brook, that could
Not drown a babe, with all his threatening mood;
Upon these banks the violets make their home,
And let a few small strawberry vlossoms come:

When I go forth on such a pleasant day,
One breath outdoors takes all my cares away;
It goes like heavy smoke, when flames take hold
Of wood that's green and fill a grate with gold.

First published in 1916. This poem is in the public domain.

Accessed April 17, 2020 at <https://allpoetry.com/April's-Charms>.

MAY

Remembrance

There is a life behind each monument,
one, or few, or masses
Steel-colored granite, blushing marble
faded inscription or newly-cut
surrounded by wrought-iron and
a riot of colorful blooms,
or tucked away in a quiet corner
forgotten by the rare passerby
A moment of fame remembered
or long since a lost footnote in history
A monument has its moments
but the heart more so.

Written by Janice Harris, Pulaski County

Third Place Winner

2020 KEHA Creative Writing Contest - Poetry

JUNE

Father's Day Fun Facts

- Sonora Dodd of Spokane, Washington, came up with the idea of Father's Day more than 100 years ago.²
- The first Father's Day was observed June 19, 1910.²
- In 1972, President Richard Nixon signed a bill that made Father's Day a permanent observance.²
- Based upon 2014 Census Bureau data, there are an estimated 72 million fathers and 29 million grandfathers in the United States.²
- Data from 2018 estimate there are 190,000 stay-at-home dads in U.S.²
- Father's Day is the fourth-largest card-sending holiday in the U.S.¹
- Want to buy Dad a necktie for Father's Day? There were approximately 7,000 men's clothing stores in the U.S. in 2016.²
- Sporting goods like fishing and golf supplies are frequent Father's Day gifts. In 2016, there were 22,000 sporting goods stores in the U.S.²
- Father's Day spending was projected to be \$16 billion in 2019 – an all-time record.¹
- Quality Time – What Dads most want for Father's Day!

CNN Library, Father's Day Fast Facts (2019). Accessed April 17, 2020 at:
<https://www.cnn.com/2013/06/11/us/fathers-day-fast-facts/index.html>.

U.S. Census Bureau, Fun Facts: Father's Day (2019). Accessed April 17, 2020 at
<https://www2.census.gov/programs-surveys/sis/resources/fathers-day-ff.pdf/>.

