



KEHA Recreation

July 2020 - June 2021

This booklet has been compiled by the Green Mammoth Cave Area (Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson and Warren Counties) specifically for the Kentucky Extension Homemakers Association.

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June 2020

JULY

Thought for the Month: "Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take, but as for me, give me liberty or give me death!" – Patrick Henry

Roll Call: Please share a favorite Fourth of July tradition or memory

Fourth of July Trivia Quiz

- When were fireworks first used in an official Fourth of July celebration?
 - 1877
 - 1777
 - 1977
 - 1807
- What historical event do Americans celebrate on the Fourth of July?
 - The first signature on the Declaration of Independence
 - Thomas Jefferson's birthday
 - The Boston Tea Party
 - Formal adoption of the Declaration of Independence
- Who was the first person to sign the Declaration of Independence?
 - John Adams
 - Thomas Jefferson
 - John Hancock
 - James Madison
- Which newspaper first printed the Declaration of Independence?
 - Philadelphia Eagle
 - New York Times
 - Pennsylvania Evening Post
 - Boston Globe
- Which U.S. president was born on Independence Day?
 - Calvin Coolidge
 - Franklin Roosevelt
 - Lyndon B. Johnson
 - Ronald Reagan
- How many people were living in the United States of America on July 4, 1776?
 - 1.3 million
 - 2.5 million
 - 4.8 million
 - 12 million
- When did the Fourth of July become a federal holiday?
 - 1786
 - 1844
 - 1870
 - 1916
- Approximately how much money do Americans spend on fireworks each year?
 - \$10 million
 - \$75 million
 - \$600 million
 - \$1 billion

Adapted from:

AARP *How Much Do You Know About the Fourth of July?* [<https://www.aarp.org/politics-society/history/info-07-2012/fourth-of-july-history-quiz.html#quest9>]

Good Housekeeping *17 Facts You Never Knew About Independence Day* by Amina Lake Abdelrahman [<https://www.goodhousekeeping.com/holidays/g22022801/4th-of-july-trivia/>]

(Answers on the following page)

Answers

1. 1777
Congress authorized using fireworks to help mark the first anniversary of the Declaration of Independence. The celebration, which took place in Philadelphia, also included bonfires and bells.
2. Formal adoption of the Declaration of Independence
On July 2, 1776, the Continental Congress voted to approve a motion by Virginia to Separate from Great Britain. Two days later, the declaration proclaiming the Independence of the United States of American from Great Britain and its king was formally adopted by 12 colonies.
3. John Hancock
His signature was penned near the center and is the largest on the document. The bold signature led to the coining of the phrase "put your John Hancock" when referring to signing your name.
4. The Pennsylvania Evening Post
After John Dunlap of Philadelphia printed copies of the Declaration for the Continental Congress on July 4, 1776, printers throughout the Colonies produced their own versions. The one from the Pennsylvania Evening Post came out on July 6, 1776.
5. Calvin Coolidge
The 30th president was born on July 4, 1872, in Plymouth North, VT. He is the only president born on Independence Day.
6. 2.5 million [Estimate from the United State Census Bureau]
7. 1870
Congress reaffirmed the holiday in 1938 and mandated full pay for federal employees.
8. \$1 billion
This estimate from the American Pyrotechnics Association indicates that numbers to continue to increase each year. The biggest single fireworks celebration is the Macy's 4th of July Fireworks show which take more than 8,000 hours to prepare.

August

Thought for the Month:

As a child many have memories of hot summer days spent going on family fishing trips, attending the local and state fairs, harvesting crops, preserving fruits and vegetables from the garden, sharing stories under the shade tree, and family picnics on the farm or at the local park. The event at which the family was together didn't matter. What was important was the time spent together making memories.

August is National Picnic Month. A family picnic at a local park or in your back yard will cost very little and only take a very small portion of your day but will make childhood memories that will last a life time.

Roll Call: Name your favorite picnic location or family childhood memory.

Activity:

Bean Bag Toss

This activity can be played with a cornhole board or with large bowls.

Corn Hole Board

Boards are placed at a distance that is comfortable but challenging for the participants. When players land the bag in the hole they are awarded 3 points or if it lands on the board they are given 1 point. The first team to reach a set score wins.

Bowl Toss

Three bowls of varying sizes are assigned point values of 10, 20 and 25 points. They are then placed in a triangle at a comfortable but challenging distance from the players. Players are awarded points based upon the point value of the bowl the bean bag lands in. The first team to reach a set score wins.

September

September traditionally marks transition between seasons, it is often one of the most temperate weather-wise. (Almanac.com)

Thought for the Month:

September is a time to refocus our energies as we transition to fall. It is a time to reap and store for the upcoming winter.

September is National Sexual Health Month, National Alzheimer's Month and National Chicken Month.

Roll Call: In honor of September 24, National Good Neighbor Day, name one nice thing a neighbor has done for you!

Activity: How did the 12 months get their names?

January _____

February _____

March _____

April _____

May _____

June _____

July _____

August _____

September through December _____

Answers:

1. January—god Janus (protector of gates)
 2. February—februa...meaning time cleanse (a time of purification)
 3. March—god Mars (god of war)
 4. April—aperia meaning to open...buds opening in spring
 5. May—goddess Maia who oversaw growth of plants
 6. June—goddess Juno, patron of marriage
 7. July—renamed after Julius Caesar
 8. August—renamed after Augustus Caesar
- September through December are from Latin for numbers 9-12 as they were those numbered months in the original Roman calendar

Submitted by Edmonson County

October

Thought for the Month:

The end of summer is not the end of the world because there is October.

Roll Call: Name your favorite place to visit in October.

Activity: Lucky Dip Bag

Fill a bag with a variety of sensory and reminiscent items that can be touched and felt safely. One person at a time reaches in and pulls out an object and tells a happy memory about that object.

November

Thought for the Month:

All the seeds for all the flowers of tomorrow, are in all the flowers of today.

~Unknown

Roll Call: Answer with your best turkey gobble.

Activity:

Thankful Tablecloth

Provide a tablecloth for your event. You can use a plastic tablecloth, paper tablecloth, or a fabric tablecloth and permanent markers. When individuals arrive, ask them to write on the tablecloth what they are thankful for, add the date and sign it. Display the tablecloth every year at your gathering and enjoy the memories of years past.

December

Thought for the Day:

"It is December, and nobody asked if I was ready." — Sarah Kay

Roll Call: Name your favorite December activity or event

Activity:

Winter Construction

Group may be divided into teams or play individually, depending upon size of group.

Give each player/team an equal supply of the following 'construction materials':

- small pretzel sticks
- spaghetti (uncooked)
- large marshmallows
- miniature marshmallows (optional)

For example, give each player/team 30 small pretzels, 25 strands of spaghetti, 15 large marshmallows (and 20 miniature marshmallows, optional) Amounts of materials may vary, depending on the size of the group and supply of materials; however, each player/team must receive an equal amount as others.

Give the group 3-5 minutes to construct a "winter scene" using the materials they were given. Have judges to choose a winning scene or do so by popular vote.

**This game may also be adapted to use as a leadership development tool by dividing into teams for construction, then asking reflection questions at the end:

- Did one or two persons in your team do all the work or did you all work together?
- Did one person come up with the idea and then delegated jobs?
- Did anyone in your group choose to just observe and not really participate?
- Consider how your group interacted and what part you played.
- Consider how you might improve your own participation in group activities.

January

Thought for the Month:

"The Everyday Enchantment of Music" by Mark Strand

"A rough sound was polished until it became a smoother sound, which was polished until it became music. Then the music was polished until it became the memory of a night in Venice when tears of the sea fell from the Bridge of Sighs, which in turn was polished until it ceased to be and in its place stood the empty home of a heart in trouble. Then suddenly there was sun and the music came back and traffic was moving and off in the distance, at the edge of the city, a long line of clouds appeared, and there was thunder, which, however menacing, would become music, and the memory of what happened after Venice would begin, and what happened after the home of the troubled heart broke in two would also begin."

Retrieved 8/22/2019 from <https://bookriot.com/2019/03/07/poems-about-music/>

Roll Call:

Answer with the name of your favorite song or band from the 1950's/60s.

Game:

Using the list below, note the artist who sang each of the following songs.

1. Johnny B. Goode _____
2. Tutti Frutti _____
3. Money Honey _____
4. Peggy Sue _____
5. Blueberry Hill _____
6. I Walk the Line _____
7. Only You _____
8. Summertime Blues _____
9. Wake Up Little Susie _____
10. Chantilly Lace _____
11. Crying in the Chapel _____
12. Susie Q. _____
13. In the Still of the Night _____
14. Shake Rattle and Roll _____

Artists:

Buddy Holly	The Platters	Big Joe Turner
Johnny Cash	Chuck Berry	The Five Satins
Dale Hawkins	Sonny Til and the Orioles	Little Richard
Fats Domino	Big Bopper	The Drifters
Eddie Cochran	The Everly Brothers	

Answers on the following page.

Answer Key

Song titles

1. Johnny B. Goode
2. Tutti Frutti
3. Money Honey
4. Peggy Sue
5. Blueberry Hill
6. I Walk the Line
7. Only You
8. Summertime Blues
9. Wake Up Little Susie
10. Chantilly Lace
11. Crying in the Chapel
12. Susie Q
13. In the Still of the Night
14. Shake Rattle and Roll

Artists

- Chuck Berry
- Little Richard
- The Drifters
- Buddy Holly
- Fats Domino
- Johnny Cash
- The Platters
- Eddie Cochran
- The Everly Brothers
- Big Bopper
- Sonny Til and the Orioles
- Dale Hawkins
- The Five Satins
- Big Joe Turner

Reference:

This quiz is based on but not identical to a quiz retrieved electronically 8/2019, from:
<https://www.goldencarers.com/match-songs-with-artists-quiz-4-1950s/4760/>

February

History of the "Valentine" Card

By the early 1600s, handmade Valentine's Day cards were customarily sent from admirers to sweethearts. Around the year 1800, the first commercial cards appeared. Cards were usually sent anonymously.

As early as 1822, an English official reported having to hire extra postal workers on this Valentine's Day. In 1849, Esther Howland of Worcester, Massachusetts, started selling quality valentines so popular that she was called "Mother of the American Valentine."

The industrial revolution ushered in factory-made cards. In 1913, Hallmark Cards of Kansas City, Mo., began mass producing valentines and it has been a popular card-giving (and chocolate-indulging!) holiday ever since.

Thought for the Month:

"Love is our true destiny. We do not find the meaning of life by ourselves alone-we find it with another." Thomas Merton

Roll Call: Name the last good book you've read

Game:

Purse Scavenger Hunt

Lipstick

Mascara

Nail File

Baby Photo

Scissors

Nail polish

A postage stamp

Toothbrush

Business card

A toy

A permanent marker

The craziest thing in the purse (This one will need to be judged.)

Tape

Candy

A cell phone (Bonus points if it rings when they hand it over.)

A paper clip

This list is meant to get your imagination rolling. Good luck and have fun with this purse game!

March

Thought for the Day:

"Blessed are the flexible, for they shall not be bent out of shape." ~ Dr. Michael McGriffy

Roll Call: Name your favorite 'something green'

Activity:

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Find words from left to right, top to bottom. Words can go horizontally, vertically or diagonally in all eight directions.

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

Clover
Fairy
Gold
Green
Irish
Leprechaun
Lucky
March
Parade
Pinch
Rainbow
Shamrock
Tricky
Vanish

(See answer on the next page.)

Submitted by Simpson County

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

CLOVER

FAIRY

GOLD

GREEN

IRISH

LEPRECHAUN

LUCKY

MARCH

PARADE

PINCH

RAINBOW

SHAMROCK

TRICKY

VANISH

wearing of the green
 and luck
 of the Irish

April

To recognize Child Abuse Awareness Month, we ask recreational leaders to display and play old childhood games at your meeting and encourage your members to share with youth in your county.

Thought for the month:

"There are only two lasting bequests we can hope to give our children. One of them is roots and the other is wings. ~ *Hodding Carter*

Roll Call: What was your favorite childhood game?

Game:

Make a copy of the phrases listed below for each member. Set a time limit and see how many can guess the most correct. Answers are names to games we have probably all played as a child. We suggest giving the winner one of the games as a prize.

1. Give me a hint
2. Lemon lime soft drink
3. To apologize
4. Well known pizza franchise
5. He was Jill's partner
6. She has lost her....
7. Old single lady
8. The farmer had a dog
9. Surgical procedure
10. Chubby's last name
11. A weather related movie
12. A bunny's favorite tape
13. Double dutch
14. Hawaiian basketball

Answers:

1. Clue
2. 7 up
3. Sorry
4. Dominos
5. Jacks
6. Marbles
7. Old Maid
8. Bingo
9. Operation
10. Checkers
11. Twister
12. Hopscotch
13. Jump Rope
14. Hula Hoop

Submitted by Monroe County

May

Thought for the Day:

You are as welcome as the flower in May ~Charles Macklin

Roll Call: What is your favorite spring flower?

May Superstitions:

- The month of May was considered an unlucky month for getting married - - "Marry in May and You'll rue the day".
- Being born in May was thought to produce a sickly child.
- Never buy a broom in May or wash blankets. ("Wash a blanket in May, wash a dear one away.")
- "Those who bathe in May will soon be laid in clay."

Game – May Trivia

1. May has _____ days.
2. May is the _____ month of the year.
3. May is the last month of the season of _____.
4. May is named after the Roman goddess _____.
5. _____ is the birthstone of May.
6. _____ and _____ are the Zodiac signs for May.
7. The _____ _____ building was officially opened on May 1, 1931.
8. The _____ _____ _____ is the birth flower of May.
9. _____ _____ is celebrated on the 3rd Saturday of May.
10. _____ _____ is celebrated on the 2nd Sunday of May.
11. _____ _____ is celebrated on the last Monday in May.
12. The _____ _____ occurs the 1st Saturday in May.
13. The _____ _____ is the famous car race that is held in May.

Answers: 1. Thirty one; 2. fifth; 3. Spring; 4. Maia; 5. Emerald; 6. Taurus & Gemini; 7. Empire State; 8. Lily of the Valley; 9. Armed Forces Day; 10. Mother's Day; 11. Memorial Day; 12. Kentucky Derby; 13. Indianapolis 500.

June

June Is for Lovers

A lover is defined as a person in a romantic relationship with someone, or a person who likes or enjoys something specified, for example, sports, reading, hobbies, animals, being with friends or family, etc.

June is a month for weddings, Father's Day, graduations, vacations, and many little known holidays.

Thought for the Month:

"The way to love anything is to realize it may be lost." - Gilbert K. Chesterton

Roll Call: What is your favorite person to see, place to visit, thing, or activity to do in June?

Each Day Is A "Holiday"

June has several "holidays" and special day designations for the things we love. Can you name these holidays?

1. Two favorite animals with special days in June.
2. A global day dedicated to this type of exercise.
3. Special days in June honor these two Kentucky drinks.
4. Two dairy products celebrated with special days in June.
5. The bird because of its long life, great strength, and majestic look?
6. June is National Candy Month and National Fudge Day is June 16th. On average, how many pounds does an American eat per year?
7. This Disney character celebrates his birthday in June.
8. June 13th celebrates an invention that is widely used today for repairs and creative expression?
9. Homemakers are continually working to do their part to save the earth. Name the world holiday celebrated June 5th.
10. The holiday to remind us all to eat healthy.
11. Flag Day, June 14th, was established in what year?
12. This June flower denotes love and is associated with the Greek goddess Aphrodite.

Answers:

1. Cat & Dog. Hug your cat day (June 4), Ugliest Dog Day (June 20)
2. Global Running Day (June 7)
3. Moonshine (June 5) & Bourbon (June 14)
4. Cheese (June 4) & Chocolate Ice Cream (June 7)
5. Bald Eagle chosen as our national emblem June 20, 1782
6. 22 pounds of candy per year per person.
7. Donald Duck celebrates his debut and birthday on June 9.
8. Sewing Machine (June 13)
9. World Environment Day (June 5)
10. National Eat Your Vegetables Day (June 17)
11. 1777, but officially established by President Wilson in 1916.
12. Rose

Source: National Today, the website devoted to gather special holidays and moments from around the world - <https://nationaltoday.com/>.

