

KEHA Recreation

July 2016 - June 2017



**Kentucky Extension
Homemakers Association**

*This booklet has been compiled by the
Northern Kentucky Area specifically for the
Kentucky Extension Homemakers Association.
Printing costs have been paid by the
Kentucky Extension Homemakers Association.*

July

July: National Berry Month

- Berries account for \$3 Billion in sales.
- Strawberries are grown in every state in the U.S. and every province in Canada.
- Blueberries have more antioxidants than most other fruits and vegetables.

Roll Call: What is your favorite berry and why?

Thought/Quote of the Month: No act of kindness, no matter how small is ever wasted.
- Aesop

Summer Games - "Sun"

Every answer starts with "sun"

1. A day
2. A frozen treat
3. Bath without water
4. A flower
5. Climate
6. Start of the day
7. A cosmetic cream
8. End of the day
9. Garden Room
10. Break Apart
11. Translucent stone
12. Assorted
13. To make a melodious sound
14. Cause to sink
15. The first light of the Day

Answers: 1. - Sunday; 2. - Sundae; 3. - Sunbath; 4. - Sunflower; 5. - Sunny; 6. - Sunrise;
7. - Sunscreen; 8. - Sunset; 9. - Sunporch; 10. - Sunders; 11. - Sunstones; 12. - Sundry; 13. - Sung;
14. - Sunk; 15. - Sunup.

August

August: National Peach Month

- This fruit originated from China and was introduced to the West through Persia.
- The 1st peach orchard in the USA was established in Florida in 1565.
- Peaches are a good stress reliever, help to reduce anxiety, and are often referred to as the 'Fruit of Calmness' in Hungary.

Roll Call: Name your favorite way to relieve stress.

Thought/Quote of the Month:

Keep your face to the sunshine and you cannot see a shadow. - *Helen Keller*

Great Minds Think Alike

1. Come up with a variety of different categories and write them on index cards.
(Examples: something you would find at a beach, craziest TV show, something you eat with rice.)
2. Divide into two groups.
3. Supply paper and a pen or pencil to everyone.
4. Call out a category and have everyone write the first three things that come to mind.
5. Award a point for every word each team has in common.
6. The team with the most points wins.

September

September: National Preparedness Month

Discuss what goes into a Disaster Supply Kit:

- Include water, food, medical supplies, flashlights and batteries, etc.
- Have supplies for 3 days for each family member.
- Have an Emergency Plan, and make sure everyone knows how to implement it.

Roll Call: Do you have a Family Emergency Plan and have you discussed it with your family?

Thought/Quote of the Month:

We can't help everyone, but everyone can help someone. - *Ronald Reagan*

Trivia Questions from the 50's, 60's and 70's.

1. Which disease did Dr. Jonas Salk successfully create a vaccine for in 1952?
2. What year did Disneyland first open?
3. Tony and Maria were the lead characters in what Broadway musical that premiered in 1957?
4. Which aspiring rock and roll singer appeared on the Ed Sullivan show in 1956, but could only be shown from the waist up?
5. What piece of women's clothing, named after a dog, became popular in the 1950's?
6. Who was assassinated in November 1963?
7. What new type of telephone was invented in 1963?
8. Who landed at 17 Cherry Tree Lane in a well-known Walt Disney movie from 1964?
9. Which product did Proctor and Gamble launch in 1966 that revolutionized baby care?
10. What famous TV series debuted in 1966 with these words..."Space, the final frontier"?
11. Which President resigned in 1974 over the Watergate scandal?
12. The first back to back Triple Crown winners in horse racing happened in 1977 and 1978. What horses won?
13. In what park was the New York City Marathon run until 1970?
14. Who created the Muppets?
15. What movie from the 1970's made people afraid to go swimming in the ocean?

Answers: 1-Polio; 2-1955; 3-West Side Story; 4-Elvis Presley; 5-Poodle skirt; 6-John F. Kennedy; 7-Touch Tone; 8-Mary Poppins; 9-Pampers; 10-Star Trek; 11-Richard Nixon; 12-Seattle Slew (1977) Affirmed (1978); 13-Central Park; 14-Jim Hensen; 15-Jaws

October

October: National Apple Month

- More than 2,500 varieties of apples are grown in the U.S.
- Only the crabapple is native.
- The largest apple ever picked weighed 3 lbs.
- Apples are a member of the Rose family.

Roll Call: Name your favorite dish made with or from apples.

Thought/Quote of the Month: Anyone can count the seeds in an apple, but only God can count the numbers of apples in a seed. *Robert Schuller*

My Birthday Interview:

1. My favorite food is _____
2. My favorite color is _____
3. My favorite TV show is _____
4. When I grow up I want to be _____
5. I like to do _____
6. My favorite book is _____
7. My favorite restaurant is _____
8. My best friend is _____
9. My favorite movie is _____
10. My favorite place to go is _____

November

November: National Peanut Butter Lovers Month

- It takes about 540 peanuts to make a 12 oz. jar of peanut butter.
- Americans spend almost \$800 million a year on peanut butter.
- The world's largest peanut butter factory churns out 250,000 jars of the tasty treat every day.

Roll Call: Name one thing you are grateful for

Thought/Quote of the Month: I can't change the direction of the wind, but I can adjust my sails to always reach my destination. *Jimmy Dean*

Thanksgiving Trivia:

1. How many pilgrims came over on the Mayflower?
A. 92 B. 102 C. 185 D. 217
2. In what year did the first American Thanksgiving celebration take place?
A. 1900 B. 1492 C. 1621 D. 1776
3. How long did the first Thanksgiving Feast last?
A. One Day B. One Week C. Three Days D. Four Days
4. What does the term "cornucopia" mean?
A. Corn Husks B. Horn of Plenty C. A Greek D. A traditional corn dish
5. Approximately how many feathers does a mature turkey have?
A. 750 B. 1,500 C. 3,500 D. 4,000
6. Which US State produces the most turkeys annually?
A. Alabama B. North Carolina C. Missouri D. Arkansas
7. How fast can wild turkeys run?
A. 15 mph B. 50 mph C. 5 mph D. 25 mph
8. Which country consumes the most turkeys per year - per capita?
A. Israel B. United States C. Mexico D. Germany
9. How high must a cranberry bounce before it is harvested?
A. 5 inches B. 8 inches C. 2 inches D. 4 inches
10. Who was the first President to make Thanksgiving a national holiday?
A. Washington B. Lincoln C. Jefferson D. Roosevelt

Answers: 1. B 2. C 3. C 4. B 5. C 6. B 7. D 8. A 9. D 10. B

December

December: National Fruit Cake Month

- Fruitcake dates back to at least Roman times.
- The saying "Nutty as a Fruitcake" was first coined in 1935.
- Fruitcake is served on special occasions for British royals.
- Claxton, Georgia and Manitou Springs, Colorado both want the title of "Fruitcake Capital of the World."

Roll Call: Name your favorite Christmas Memory.

Thought/Quote of the Month: Maybe Christmas, the Grinch thought, doesn't come from a store. - *Dr. Seuss*

Christmas Trivia:

1. Alvin the Chipmunk wants what for Christmas?
2. Where does the movie "It's a Wonderful Life" take place?
3. Name Santa's Reindeer.
4. What did Frosty the Snowman have for a nose?
5. In the song, "The Grinch" is as cuddly as a _____?
6. On the 11th day of Christmas, my true love sent to me?
7. How much did Lucy charge for a Psychiatric session in the classic Christmas special "A Charlie Brown Christmas"?
8. What is the name of Tiny Tim's father in the story "A Christmas Carol"?
9. Name the three ghosts that come to visit Scrooge
10. Which reindeer's name is also the name for a kitchen cleaner?
11. How many times does Santa check his "Nice or Naughty" list?
12. The Grinch tried to take Christmas away from the residents of what town?

Answers: 1-a hula hoop; 2 - Bedford Falls; 3 - Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen, Rudolph; 4 - button; 5 - cactus; 6 - eleven pipers piping; 7 - 5 cents please; 8 - Bob Cratchett; 9 - Ghost of Christmas Past, Ghost of Christmas Present and Ghost of Christmas Yet to come; 10 - Comet; 11 - Twice; 12 - Whoville

January

January: National Get Organized Month

- The action of getting organized is the process of organizing by putting the different parts of something in a certain order so that they can be found or used easily.
- Stay on top of your paperwork, use storage bins, check lists, and "To Do" Lists.

Roll Call: What is your "New Year's Resolution" and how do you plan on accomplishing it?

Thought/Quote of the Month: Believe in yourself and you are halfway there.
- *Theodore Roosevelt*

First Impression Game:

This is a fun game that involves your impression of someone.

1. Pass sheets of paper and pens or pencils to everyone.
2. Have each person write their name on the top of the paper.
3. Tape each person's paper to their back.
4. Have everyone mingle and write an adjective or phrase on the paper of the person they just talked to.
5. Each person should have several adjectives and descriptive words listed on their backs.
6. Go around the room and read the words written on their neighbors back.

Important note: Instruct everyone to WRITE NICE (OR ENCOURAGING) WORDS ONLY!
For example, one can write words such as "good sense of humor," "beautiful smile," "good listener," etc.

February

February: National Chocolate Month

- More chocolate is consumed in winter than any other season.
- American's eat 18% of world's chocolate or around \$18.27 billion worth.

Roll Call: What is your favorite Valentine's Day gift you received or gave to someone?

Thought/Quote of the Month: Love isn't something you find. Love is something that finds you. - *Loretta Young*

Valentine's Day Chocolate:

What kind of chocolate do you prefer

- **Milk Chocolate** - You are a generous romantic! Classic milk chocolate tends to appeal to romantics and nurturers at heart. You gravitate to the sweetness of milk chocolate and make everything sweeter for those around you. The first thing you do when you receive a box of chocolates is to offer it to others first.
- **Dark Chocolate** - You are a Passionate seeker! The intense flavor is not for the faint of heart. Passionate and creative, you have a lust for life and hunger for excitement. If you crave something besides chocolate, it is variety in life. You are always up for stepping outside the box.
- **White Chocolate** - You are sensitive! In any box of chocolates, the sweet that stands out the most is white chocolate. It makes sense that unique folks who march to the beat of their own drum tend to prefer the white chocolate. The mild flavor and creamy texture appeal to your serene sensitive nature.
- **Nutty Chocolate** - You are a striving optimist! Crunchy, nutty chocolate is favored by ambitious go-getters. There is a lot to chew and that is just how you like it. Whether you are taking on a new challenge or a blind date, you are always optimistic about the future.
- **Caramel** - You are a Youthful Dreamer! If you like silky yet sticky caramel-infused chocolate, you are likely an energetic dreamer. You exude all the attributes of youth, from your 'cannot be contained' energy to your limitless imagination.

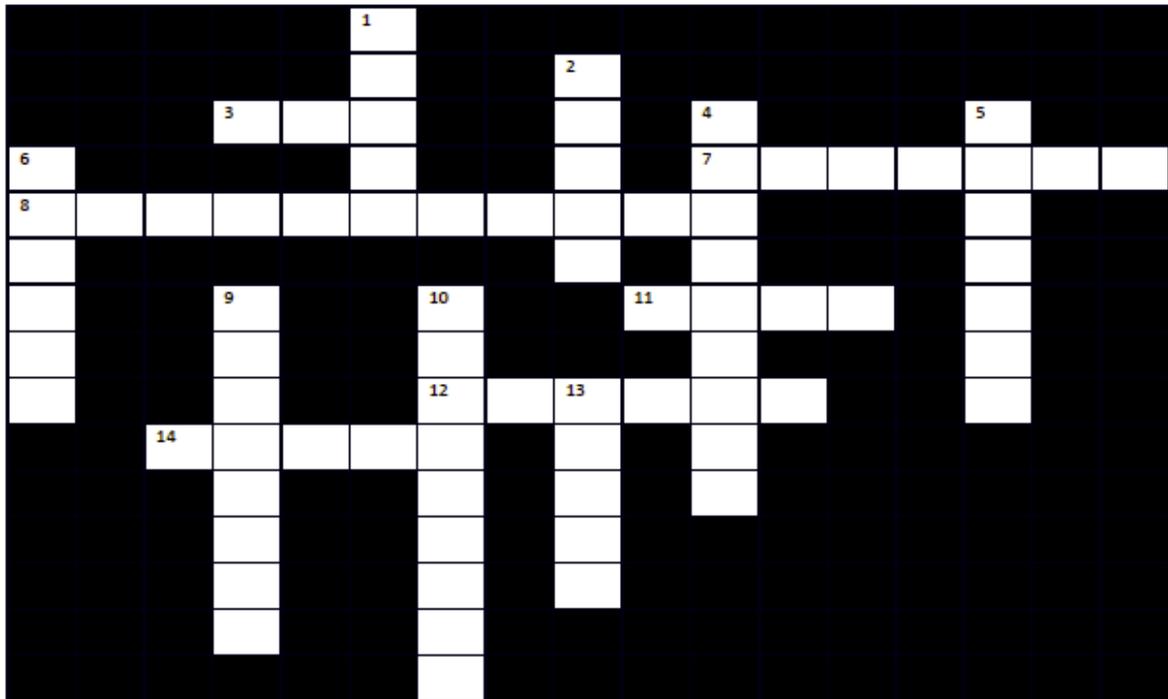
March

March: National Noodle Month

- The Chinese are on record as having eaten pasta as early as 5,000 BC.
- There are more than 600 pasta shapes produced worldwide.
- The first American pasta factory was opened in Brooklyn, NY in 1848. The entire operation was managed with just one horse in the basement to power the machinery.

Roll Call: Name your favorite way to eat pasta.

Thought/Quote of the Month: I do the best I know – the very best I can, and I mean to keep on doing so until the end. - *Abraham Lincoln*



Down:

1. Employed individual who works by teaching classes for the Extension office is an _____.
2. Homemakers collect change to help others. This project is called _____ for Change.
4. Members fill out the VSU sheets for donated hours to help others. V stands for _____.
5. A statement that guides KEHA is called a _____ statement.
6. Our chairman reports are due _____.
9. Our Extension offices are under the authority of and part of what University? _____
10. In KEHA, the H stands for _____.
13. Homemakers clubs usually meet once a _____.

Across:

3. Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, religion, disability, national origin or _____.
7. One dollar is added to our dues for the cause of _____ Cancer.
8. Each club should provide an _____ chairman for each of the eight programs.
11. In the VSU log, the U stands for _____.
12. It is the job of every member to invite a prospective new _____.
14. When a member pays their dues, they are supporting their county, area and _____ organizations.

(Answers on back of page)

April

April: National Keep America Beautiful Month

Earth Day is April 22. Reevaluate how you and your family can help keep your neighborhood clean and green.

- You can end littering and improve your recycling - keep a garbage bag in your car, pick up litter around your house and tie up magazines, books, etc.
- Organize a county or club recycle drive to see who can collect the most cans or plastic.

Roll Call: What have you done lately to recycle?

Thought/Quote of the Month: What you do today can improve all your tomorrows.

- Ralph Marston

People who make a difference:

You don't have to actually answer the first five questions. Just read it through and you will get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of Miss America.
4. Name ten people who have won the Nobel or Pulitzer prize.
5. Name the last decade's worth of World Series winners.

How did you do? The point is, none of us remember the head-liners of yesterday. These are achievers and the best in their fields. Achievements are forgotten and accolades and certificates are buried with them.

Here is another Quiz. See how you do on this one.

1. List a few teachers who aided you through school.
2. Name three friends who have helped you through a difficult time.
3. Name 5 people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

The lesson is: The people who make a difference in your life are not the ones with the most credentials, money or awards. They are the ones that care.

May

May: National Hamburger Month

- In Seymour, Wisconsin, there is a Hamburger Hall of Fame.
- In 1921 the 1st fast food restaurant was opened which sold hamburgers for 5 cents.
- The name 'hamburger' was derived from Hamburg steaks that were introduced to the U.S. by German immigrants.

Roll Call: What is your favorite way to eat a hamburger?

Thought/Quote of the Month: The measure of who we are is what we do with what we have. - *Vince Lombardi*

Name that Condiment:

1. What is made from tomatoes?
2. What is made from the seeds of a plant and lemon juice?
3. What is thick creamy white sauce?
4. A meat product from a pig usually cured?
5. A food derived from milk that is produced in a wide range of flavors and textures?
6. A cultivated plant of the daisy family with edible leaves?
7. An edible often red berry- type fruit?
8. A cucumber pickled in brine, vinegar or other solution?
9. Known as a bulb and is a vegetable?
10. They are grown from plants and come in a variety of colors and flavors?

Answers: 1. - catsup; 2. - mustard; 3.- mayonnaise; 4. - bacon; 5. - cheese; 6. - lettuce;
7. - tomato; 8. - pickle; 9. - onion; 10. - peppers

June

June: National Dairy Month

- One dairy cow produces an average of 2,537 gallons of milk per year.
- It takes 10 lbs. of milk to make one pound of cheese.
- It takes 21.8 lbs. of milk to make one lb. of butter.

Roll Call: What is your favorite dairy product?

Thought/Quote of the Month: A house is not a home unless it contains food and fire for the mind as well as the body. - *Benjamin Franklin*

Guess the Words:

- | | |
|------------------|-------------------|
| 1. 26 L of the A | 10. 64 S on a C B |
| 2. 7 D of the W | 11. 5 T on a F |
| 3. 66 B of the B | 12. 100 C in a D |
| 4. 18 H on a G C | 13. 60 M in a H |
| 5. 90 D in a R A | 14. 120 C in K |
| 6. 5 P in a B T | 15. 1000 Y in a M |
| 7. 3 W on a T | 16. 7 W of the W |
| 8. 12 M in a Y | 17. 12 S of the Z |
| 9. 52 W in a Y | 18. 9 L of a C |

Answers:

- | | | |
|------------------------------|----------------------------|--------------------------|
| 1 - Letters, Alphabet | 7 - Wheels, Tricycle | 13. - Minutes, Hour |
| 2 - Days, Week | 8 - Months, Year | 14. - Counties, Kentucky |
| 3 - Books, Bible | 9 - Weeks, Year | 15. - Years, Millennium |
| 4 - Holes, Golf Course | 10. - Squares, Chess Board | 16. - Wonders, World |
| 5 - Degrees, Right Angle | 11. - Toes, Foot | 17. - Signs, Zodiac |
| 6 - Players, Basketball Team | 12 - Cents, Dollar | 18. - Lives, Cat |