

JUNE 2024

# CUMBERLAND COUNTY

## Homemakers



**Save the Date for 2025 State Meeting –  
Next year's KEHA State Meeting will take place May 6-8, 2025, at the  
Hyatt Regency in Lexington, Ky. Watch for details coming soon!**

## STATE CULTURAL ARTS

Cumberland County was represented at the 2024 KEHA State Cultural Arts Competition by 22 entries that earned 19 blue ribbons (represent excellent workmanship at the state level) and 3 purple ribbons (represent best in category at the state level).

Cumberland County also got recognized for being second place in the state for the Passport challenge.

### Kay Kass

- Basketry, Dyed Material (Blue Ribbon)

### Kim Lohr

- Apparel, Appliqued (Blue Ribbon)
- Apparel, Quilted (Purple Ribbon)
- Apparel, Specialty (Blue Ribbon)
- Art, Recycled, Other (Blue Ribbon)
- Beading, Non-Jewelry Item/Wearable (Blue Ribbon)
- Embroidery, Machine (Blue Ribbon)
- Embroidery, Smocking (Blue Ribbon)
- Felting, Needle Method (Purple Ribbon)
- Holiday Decorations, Spring (Blue Ribbon)
- Jewelry, Mixed Media (Blue Ribbon)
- Jewelry, Original Design (Blue Ribbon)
- Knitting (Other), (Blue Ribbon)
- Paper Crafting, Card Making (Blue Ribbon)
- Paper Crafting, Origami (Blue Ribbon)
- Paper Crafting, Quilling (Purple Ribbon)
- Weaving, Hand (Blue Ribbon)
- Apparel, Accessory (Blue Ribbon)
- Art, Recycled, Household (Blue Ribbon)

## FRIENDS OF BURKESVILLE MANOR

The Extension Office is collecting the following items for the Friends of Burkesville Manor program:

### June

- Canned Beans and Cornbread Mix
- Due: June 21st, 2024

### July

- Canned Fruits and Vegetables
- Due: July 12th, 2024

Burkesville Manor has 24 apartments that we will be providing for. If you would like to help deliver items, please contact the Cumberland Co. Extension Office.



*We are thankful to the volunteers who help deliver each month!*

## LAKE CUMBERLAND AREA HOMEMAKER MEETING



*Lake Cumberland Area Homemaker Meeting attendees from Cumberland County.*

Jean Sells received third place for number of volunteer service hours and was recognized at the Lake Cumberland Area Homemaker Meeting. Congratulations!

Name	County	VSH
Christie Goodhue	Taylor	1519
Becky Gaddie	Taylor	1514
Jean Sells	Cumberland	1426
Cindy Williams	Taylor	1194
Mitzi Hay	Green	1174
Sharon Wood	Taylor	1091
Ruby Edwards	Wayne	1079

## VOLUNTEER SERVICE UNITS

Please turn in all volunteer service units by July 5th, 2024 to the Cumberland County Extension Office. This is for hours from July 1st, 2023 to June 30th, 2024.

# FOOD IS HEALTH

Dietary choices are the #1 risk factor for chronic disease. What we choose to eat and drink affects nearly every aspect of our health. Nutritious food choices support overall health and wellbeing. With an understanding of what nutritious choices are, you can take steps to prevent and manage conditions related to diet.

At each session, there will be recipe sampling and a giveaway related to that night's topic. Attend all four sessions and receive a goody bag and your name entered in for a grand prize drawing.

*Instructors: Debbie Messenger, Extension Agent for Family and Consumer Sciences and Candi Hostetler, Dietician.*

## SESSIONS

**June 4th , 2024 | 5pm**

at the Cumberland County Extension Office  
*Topic: Eating Healthy on a Budget*

**June 11th, 2024 | 5pm**

at the Cumberland County Extension Office  
*Topic: Eating Healthy for Diabetes*

**June 18th , 2024 | 5pm**

at the Cumberland County Extension Office  
*Topic: Eating Healthy for Heart Disease*

**June 25th , 2024 | 5pm**

at the Cumberland County Extension Office  
*Topic: Eating Healthy for High Blood Pressure*

## REGISTRATION REQUIRED -

To register, contact the Cumberland County Extension Office at (270) 433-7700.



THE VFW POST #5419 PROUDLY  
— presents —

THE SECOND ANNUAL  
**FLAG DAY**

Join the Cumberland County Cooperative Extension Service and the VFW Post 5419 for a flag day presentation!



*June 14th, 2024 ★ 10 am*  
*at the Cumberland County Extension Office*  
90 Smith Grove Rd., Burkesville, KY 42717



**FOR MORE INFORMATION, CONTACT  
THE CUMBERLAND COUNTY EXTENSION  
OFFICE AT (270) 433-7700.**





# DOTTIE'S DESIGNS

## MULTI-MEDIA ART Workshop

**JUNE 15TH, 2024 | 11AM-2PM CT**  
at the Cumberland County Extension Office  
90 Smith Grove Rd., Burkesville, KY 42717

*Dottie's Designs presents a multi-media art workshop where creativity knows no bounds! Whether you're a seasoned artist or just starting out on your creative journey, this workshop is designed for everyone. Get ready to experiment, learn, and create something truly unique!*

**TO REGISTER, CONTACT THE CUMBERLAND COUNTY EXTENSION OFFICE AT (270) 433-7700 AND PRE-PAY THE REGISTRATION FEE OF \$20 OR \$35 FOR TWO PEOPLE IN THE SAME HOUSEHOLD.**

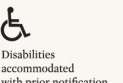


**Cooperative  
Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

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Disabilities  
accommodated  
with prior notification.



**JOIN US!**



# LONGEST *Day of* PLAY

**June  
20th, 2024**  
Drop-in between 10am-1pm CT  
  
**Veterans Memorial Park  
Burkesville, Kentucky**

**fun &  
creative  
outdoor  
activities**  
*for all ages*



**MORE INFO**



**Cumberland  
County Cooperative  
Extension Service**  
**(270) 433-7700**

**Debbie Messenger, agent for Family and Consumer Sciences**  
**(270) 433-7700 | [debbie.messenger@uky.edu](mailto:debbie.messenger@uky.edu)**

*Debbie Messenger*

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