## Spencer County Family and Consumer Sciences Newsletter

Beth Maxedon, Spencer County FCS Agent

February 2025



**Cooperative Extension Service** 

Spencer County PO Box 368 100 Oak Tree Way Taylorsville KY 40071-0368 (502) 477-2217 Fax: (502) 477-1343 spencer.ca.uky.edu

Leader Lesson Seminar

Come enjoy some fun with members from across the Louisville Area for this one-day interactive and hands on workshop! Three leader lessons will be presented.

Lunch is included. Registration begins at 9:30a.m.

MARCH 11, 2025 10:00A.M. - 2:00P.M.

HENRY COUNTY EXTENSION OFFICE 2151 CAMPBELLSBURG ROAD NEW CASTLE, KY 40050

#### **Topics Include:**

- How to Get Out of a Mealtime Rut
- Strong Bones for Life: Prevent Osteoporosis
- Healthy Eating Around the World

## **\$12 PER PERSON**

**REGISTRATION REQUIRED** 

CONTACT YOUR LOCAL EXTENSION OFFICE TO REGISTER PAYMENT MUST RECEIVED BY FEBRUARY 28

CONTACT TO REGISTER:

Spencer County Extension Office 502-477-2217 nhsho@uky.edu



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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## **Upcoming Dates**

2/26: Homemaker Council - 1pm

2/28: Last day to pay for Homemaker Leader

Lesson lunch, no refunds.

3/11: Homemaker Leader Lesson Day at the

Henry County Extension Office.

3/17: Louisville Area Council Meeting

3/26: Last day to turn in Spencer County

Cultural Arts items for judging

3/28: Louisville Area Cultural Arts Contest in

Henry County

3/29: Wellness Day with Health Screening and vendors at the Spencer County Extension

Office - 10am-2pm

May 6-8: KEHĀ State Meeting in Lexington

**6/17:** Louisville Area KEHA Meeting in Henry County at the Celebration Barn

## **Group Updates**

#### **Thread and Thimble Monthly Projects**

February 24: Mission Dresses

10am - 4pm, please bring sewing machines, scissors, seam rippers, thread, elastic, and notions. Clean cotton fabric donations are appreciated. Please contact Gayle with any questions. (gaylebrowning@hotmail.com)

March: Sewing Caddies April: Project Pouches May: Little purses

#### **Bunco Group Monthly Potluck Themes**

February: Heartwarming Dishes celebrating

love and friendship

March: International Women's Day - Heirloom Meals Potluck and recipe share

April: Rainy day recipes

May: Derby

## **Homemaker Groups**

### Patch worker Quilt Guild (2/4, 2/18)

When: 1st and 3rd Tuesday of the month Where: Spencer County Extension Office Contact: Lani Kratzwald - (502) 797-1774

Time: 10 AM

#### Loyal Homemakers (2/13)

When: 2nd Thursday of the month

Where: Spencer County Extension Office Contact: Wendi Bazemore - (502) 912-7372

Time: 10:30 AM

#### **Bluegrass Basket Guild (2/13)**

When: 2nd Thursday of the month

Where: Spencer County Extension Office Contact: Nichole Hutchins- (502) 422-0719 Facebook: https://www.facebook.com/

groups/129924587048584

Time: 4 PM

#### Waterford Homemakers (2/19)

When: 3rd Wednesday of the month Where: Spencer County Extension Office Contact: Judy Broyles - (502) 821-2108

Time: 10 AM

#### **Gardening Association**

Contact Vicki Clark - (859) 576-9104

#### Thread & Thimble (2/24) - RSVP

When: 4th Monday of the month

Where: Spencer County Extension Office Contact: Gayle Browning - (502) 354-1151

Time: 10 AM

#### Bunco Group (2/4)

When: 1st Tuesday of the month

Where: Spencer County Extension Office Contact: Cindy Neely and Julie Hart

Time: 11 AM

#### Lunch Bunch (2/14)

When: 2nd Friday of the month

Where: Attend UL Healthy Heart Screening Contact: Beth Maxedon - (502) 477-2217

Time: 11 AM

#### Active Living (February 4, 11, 18, 25)

When: Every Tuesday of the month Where: Spencer County Extension Office

Where: Spencer County Extension Office Contact: Beth Maxedon - (502) 477-2217

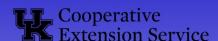
Time: 10 AM

### **Cook Wild KY (2/3)- RSVP by 1/29!**

When: 1st Thursday of even months, 5PM Where: Spencer County Extension Office Contact: Beth Maxedon - (502) 477-2217

Theme: "In the Face of Disaster."

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 KENTUCKY SCHTUCKY	27	28	29	30	31	February 1
2	3	4 Patchworker's Quilt Guild - 10am Active Living - 10am Bunco Group -	\$	6 Cook Wild - 5pm "In the face of disaster"	7	<b>∞</b>
6	10	11 Active Living - 10am	12	Loyal Home- makers - 10:30am Bluegrass Basket Guild - 4pm	Lunch Bunch - UL Healthy Hearts Screening. See flyer to buy tickets. Happy Valentine's Day!	15
16	17	18 Patchworker's Waterford Hon Quilt Guild - 10am Active Living - 10am	Waterford Homemakers - 10am	20	21	22
23	<b>24</b> Thread and Thimble - 10am	25 Active Living - 10am	26 KEHA Homemaker Council - 1pm	27	<b>28</b> FCS Council - 11am	March 1



## SAVE THE DATE

March 29, 2025 9:30 - 12:30

"March into Wellness" with us at the second annual Wellness Day hosted at the Spencer County Extension Office.

A variety of free services, health information, and community health partners will be available.

## **2nd Annual** Wellness Day

Join us for the second Annual Wellness Day at the Spencer County Extension Office located at 100 Oak Tree Way in Taylorsville, Kentucky. It will be held from 9:30 - 12:30 and there will be a variety of free health services, health information, and community health partners available to members of the community. More information will be coming in February so stay tuned and we hope to have you join us on March 29th, 2025 for Wellness Day!

#### Cooperative **Extension Service**

Agriculture and Natural Resource Family and Consumer Sciences I-H Youth Development Community and Economic Deve

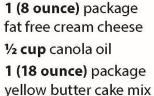
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







# Blueberry Cream Cheese Pound Cake



1 (5 ounce) package instant vanilla pudding mix

2 teaspoons vanilla extract

2 large egg whites 2 large eggs

2 cups fresh blueberries

- 1. Preheat oven to 325° F.
- 2. Lightly spray Bundt pan with nonstick 7. Bake 60 minutes or until wooden cooking spray and dust with flour.
- 3. Combine cream cheese and oil in a medium bowl; beat with mixer at high speed until smooth and creamy.
- 4. Add cake mix, pudding mix, egg whites, eggs, and vanilla extract. Beat at medium speed until blended.
- 5. Fold in berries.

- **6. Spoon** batter into prepared pan.
- toothpick inserted in center comes out clean.
- 8. Cool cake in pan for 20 minutes. Remove from pan and cool completely.

Yield: 16 slices.

**Nutrition Analysis:** 260 calories; 10g fat; 1.5g saturated fat; 0g trans fat; 30 mg cholesterol; 390mg sodium; 38g carbohydrate; 1g fiber; 23q sugar; 4q protein.

