

Newsletter

Cooperative Extension Service
Spencer County
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FAMILY & CONSUMER SCIENCES

February 2009

CLUB	DATE, TIME & LOCATION	CONTACT
Bluegrass Basket Guild	Mar 5, May 7 – 4 pm Extension Office	Nicole Hahn 477-2217
Machine Embroidery Club	Mar 2, Apr 6, May 4 – 10 am Extension Office	Pat Douglas 477-5092
Patch workers Quilt Guild	Mar 3, Apr 7, May 5 – 9:30 am Extension Office	Jean Johnson 477-2735
Gardening Association	Mar 3, Apr 7, May 5 – 7 pm **NOTE No more meetings until March 2009** Members Home	Pat Moreman 477-5910
Quilting Club	Feb 11, Mar 11, Apr 8, May 13 – 10 am Extension Office	Cheryl Bowling 477-2636
Aprons and Ideas	February 5, March 5 Extension Office	Allison Lewis 477-2217
Loyal Homemakers	Feb 12, Mar 12, Apr 9, May 14 – 10 am Extension Office	Margee Wood 232-6138
Waterford Homemakers	Feb 18, Mar 18, Apr 15, May 20 – 10 am Extension Office	Kay Greer 477-0223
Thread & Thimble	Feb 23, Mar 23, Apr 27, May 18 – 10 Extension Office	Pat Douglas 477-5092

*Living Well: Eating Right, Spending Smart,
Enjoying Home and Sharing Time. Extension
makes a difference in the lives of people,
families, and communities.*

Homemaker 's Lessons

February 25 @ 1:30 Brain Power taught by
Nelda Moore

March 25 @ 6:30 Preserve Your Heirlooms
taught by Valerie Holland

April 22 @ 6:30 Accessories the Finishing
Touch taught by Shelia Fawbush



Disabilities accommodated
with prior notification.

Cultural Arts

Cultural Arts is March 2, 2009 in Shelby County. If you have any items that you would like to be judged for cultural arts bring them to the Spencer County Extension Office by **Thur. February 26, 2008.**

Louisville Area Leadership Retreat

Women Leading the Way
Jabez, KY
April 7 & 8

Cost \$65.00- includes lodging, food, and most supplies for workshops

****Pick up registration form at extension office****

Homemakers Council

The next Homemakers Council meeting will be Monday April 13at 10 am. We will be finalizing Annual Meeting.

KEHA Annual Meeting

The KEHA annual meeting will be held this year in Northern Kentucky at the Drawbridge Inn in Fort Mitchell. I reserved 4 rooms under my name. The cost is \$84.56/ night. Please let me know if you need a room and if you will be going.

Kentucky Crafted: The Market

Kentucky's largest showcase of traditional and contemporary fine art and craft, books, musical recordings, film, and Kentucky Proud food products.

2009 Public Dates and Hours:

Saturday, February 21; 9 a.m. - 6 p.m.

Sunday, February 22; 9 a.m. – 5 p.m.

Adults \$8

Children \$15 and under free

Parking \$6

Kentucky Exposition Center South Wing B

It's Sew Fine: For Home & Family Sewing Expo

April 14&15, 2009

General Butler State park, Carrollton, KY

For all sewers: Home Decorator, Fashion and

Quilting. For more information contact: Judy

Hetterman by email: jhetterm@uky.edu or call (502)484-5703.

****Pick up registration form at extension office****

SOS CLASSES

Be watching your mail for the SOS Flyer that will be sent out the middle of February. If you would like to help get the newsletter ready for mailing, please let Nicole know. We will be working on them around the first of February once they come back from the printers. Let Nicole know and she will put you on the list to be called when we know they are ready.

If you want to sign up for a class, please do so as soon as you receive that flyer. These classes always fill up FAST and the good classes are taken first. We will have online sign up available again this year. We have implemented a new guideline this year.

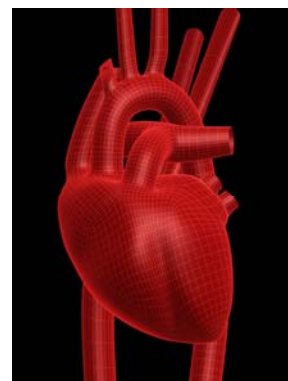
CONTINUING THIS YEAR: You will be dropped from a class if the registration is not paid within 1 week of registration.

Show your support for women's heart health by wearing red

Heart disease is the No.1 killer of women in the United States. Each year, about 267,000 women die from heart attacks or other heart-related diseases. This year you can show your support for women's heart disease prevention by wearing red in February.

Heart disease and heart attacks in women are commonly overlooked. Many women report early warning signs of an impending heart attack as early as a month before the attack occurs. Understanding the early warning signs of a heart attack will help decrease your chance of death. Some symptoms of heart attacks are:

- Unexplained severe fatigue or trouble sleeping, especially for an extended period of time
- Persistent indigestion like pain in the chest
- Pain that is worse with activity but decreases with rest
- Pain along with sweating, nausea, vomiting or shortness of breath
- Pain or dull ache under arms, jaw area, neck or back.



If you suffer from any of these symptoms, go to the nearest hospital emergency room immediately. If you are alone, call 911.

Everyone can help support heart disease prevention in women by wearing red. It is a simple, powerful way to help raise awareness about heart disease and stroke in women. By wearing red or making a donation to the American Heart Association, you'll help support ongoing research and education about women and heart disease.

Moneywise Web site offers cost-saving information

With the nation in an economic downturn, many of us find ourselves pinching pennies and looking for ways to cut costs. Cooperative Extension Service specialists at the University of Kentucky understand that cost savings is more important now than ever and have launched Moneywise, a Web site with timely information to help you get the most from every dollar.



The current economic situation has caused many Americans to struggle with money, some of them for the first time. Since this situation is new for many people, it can be challenging for them to find financial resources to help work through their individual situations.

Cooperative Extension agents across the state realized the difficulty people in their communities were having managing their finances and finding reliable resources to help them make sound financial decisions. These agents requested that UK College of Agriculture specialists develop an easy-to-use Web site with many different financial topics for the general public to use. Moneywise is the result of that effort.

The Web site covers a variety of topics to help you make informed decisions every day. Topics range from credit issues to energy costs to food prices. So whether you're a farmer with questions on fertilizer costs or a person seeking budgeting information, Moneywise provides financial information, decision aids and calculations to help. Web site contributors have expertise in numerous areas. In addition to information from UK professionals, there are links to several state organizations.

Moneywise is regularly updated and can be accessed at <http://ces.ca.uky.edu/moneywise>.

What is Family and Consumer Science Extension?

Family and Consumer Sciences Extension improve the quality of individual and family life through education, research, and outreach. This multidisciplinary field focuses on building assets of individuals and families to address the perennial problems faced across the lifespan. Family and

Consumer Sciences Extension operate within an ecological framework with the basic needs of food, clothing, and shelter at its core. The next level emphasizes well-being with a focus on human development, parenting, resource management, nutrition, health, and aesthetics. At the community level, Family and Consumer Sciences Extension prepare individuals for community and economic development and activity. Professionals in Family and Consumer Sciences Extension enable individuals and families to develop capacity for strengthening families and building community for an ever-changing society.

Online Newsletter

The Louisville Area Family and Consumer Science Agents have an online newsletter, called take a Moment. You can subscribe to the newsletter for free and get it e-mailed to you monthly. To subscribe go to <http://www.take-a-moment.com> and fill out the online form. Take a Moment discusses things from family life, to finances, to household remedies.



Up Coming Programs and Events

Cultural Arts (March 2, 2009)
SOS (March- May, 2009)
Louisville Area Homemakers Council Meeting (April 6, 2009)
Leadership Retreat 2009 (April 7-8, 2009)
Sewing Expo (April 14 & 15, 2009)
KEHA (April 20-23, 2009)
Spencer Co. Homemakers Annual Meeting (Apr. 28, 2009)
Gourd Show (May 15-17, 2009)
County Fair and Little Mr. and Miss (July 17-18 and July 27- August 1, 2009)
State Fair (Aug. 20-30, 2009)

Visit our website at www.spencerextension.com

Allison Lewis
CEA for Family and Consumer Sciences

Cooperative Extension Service

University of Kentucky

Spencer County

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Taylorsville, KY 40071-0368

Official Business

Return Service Requested