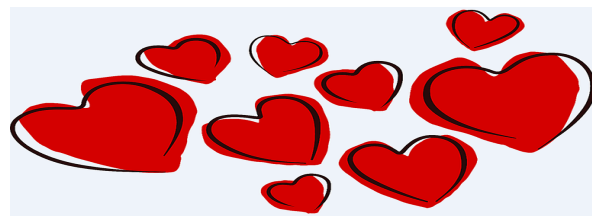


Trousdale FCE



February 2020

Hip Hip Hooray it's February!

It is February! I hope each of you are staying warm and have enjoyed the snow we have had. I feel like it is not going to let up at all either!

I hope each of you all are feeling well and still staying healthy. I miss you all. I encourage you as always to check in on your people within your club and even in the other clubs. I am here if you need me at all. Our office is limited to visitors, but always come stop by! We don't get to see anyone really!

Please call me if you need any help with anything at all or if you are meeting! I would like to come see you all before I go on maternity leave!

-Shelby Boyer, Extension Agent



Things to look for:

- Letter from the Agent
- Save the Date
- Red Velvet Cinnamon Rolls
- Volunteer Opportunity
- Heart Awareness Month
- Jokes



Central Region FCE Retreat

May 24-27th

**Registration due by April 15th to
Central Region**

Registration forms and money turned into the of-

This is a fun retreat and I want you all to have the date in your mind. If you are interested, there is a form attached within this newsletter along with a 600-B form. Please fill it out and bring that plus the mon-

Call you have any questions!

Phone Number: (615) 374-2421

Email: schris20@utk.edu



Happy Birthday!

January Birthdays

Mary Gerlach-Beech
Grove: 1/11

Patricia Pruitt-Club 13 :
1/18

February Birthdays

Audrey Stafford- Beech
Grove: 2/10

Linda Potts-Club 13:
2/21



February is Heart Awareness Month. Here are 7 tips for a healthy heart!

1. Eat a balanced diet
2. Exercise
3. Eat healthy snacks
4. Reduce your stress
5. Don't drink alcohol or smoke
6. Keep your weight within a healthy range
7. Get enough sleep



Red Velvet Cinnamon Rolls

Ingredients:

Red Velvet Dough:

1 package red velvet cake mix
1 package (1/4 ounces) active dry yeast
2 1/2 to 3 cups all purpose flour
1 3/4 cups warm water

Filling:

1/4 cup butter, melted
1 tablespoon ground cinnamon
1/2 cup brown sugar

Topping:

4 ounces cream cheese, softened
2 cups powdered sugar
1 teaspoon vanilla extract
1/4 cup butter, softened
Valentine's sprinkles, optional

Directions:

For the dough: In a large bowl, combine red velvet cake mix, yeast, and 1 cup flour. Add warm water and beat on medium speed 2 to 3 minutes. Add additional flour and knead with a stand mixer or by hand to form a soft dough. Spray a large bowl with non-stick cooking spray and place dough inside. Cover the bowl with plastic wrap and let the dough rest in a warm place for an hour until it has doubled in size.

To make the filling: In a small bowl, mix brown sugar and cinnamon, set aside. After dough has risen, place dough on a lightly floured surface and roll out into a large rectangle about 1/4 in. thick. Start from the farthest edge and carefully roll the dough into a log. Using a sharp knife, cut into 12 equal pieces. Place cinnamon rolls in a 9x13 inch baking dish with parchment paper. Cover with kitchen towel and let rise for another 1 hour. Preheat oven to 350 degrees. Bake 15-20 minutes or until lightly browned.

To make topping: In a small bowl, beat cream cheese and butter until combined. Spread topping over warm rolls. Sprinkle with Valentines sprinkles.



AMERICA SAVES WEEK

We're signed up, are you?

America Saves Week 2021

February 22 - 26, 2021 #ASW2021

Sign up at: AmericaSavesWeek.org

The Nation Goes Red in February

The first Friday each February, American Heart Month, the nation comes together, igniting a wave of red from coast to coast. The day was created to inspire women to consider their own heart health and to take action to reduce their risk of developing cardiovascular disease. So wear red on Friday and spread the word to the women in your life.

