Welcome Old Time Winter!
I do hope this newsletter finds each of you enjoying the beautiful colors of the season and cooler weather. With Fall on its way out and winter around the corner we all should slow down and take time for ourselves. I would like to take some space to share with you a change that has occurred with fce and this newsletter.

New Newsletter! You might have noticed that the format of this newsletter is different. I am so very thankful for the years that Janet Chisam worked on the fce newsletter. Earlier this year, she resigned her post as newsletter editor. After much consideration, the fce board determined it would be much easier for me to compile information for your newsletter. So, I hope you like this new format. If you have news or information you would like to see in the newsletter, please email it to me at sbarnes@utk.edu or Diane Marsh at dmarsh4@utk.edu or call our office at 615-444-9584.

My Holiday Wish for You! I wish you a lovely holiday season full of big dreams, gentle thoughts, powerful intentions and oodles of self-care. Sometimes it is hard to treat ourselves well during this time as we scramble to get things done, but try to take time for YOU!

Annual Holiday Service Project
Cedarcroft Men’s Home, Inc. is the recipient of our annual holiday service project. They are in need of the following items: men’s disposable razors (as many as possible), shaving cream, shampoo, deodorant, tooth brushes, tooth paste, wash cloths, bath towels and plastic coffee mugs. Please drop off these items to the Extension office no later than Friday, December 5, 2014.

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”
- Oprah Winfrey

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- Local Club News
Bernie Kane, Wilson County fce President

All of our clubs were asked to give input on what each would prefer on future luncheons. A voting ballot was mailed to your club President and was to be returned by October 1, 2014. Further, a rotation of clubs was voted on during the July County Council meeting. Clubs were asked if they would like to be included in the rotation of clubs to host the luncheons on the ballot. The vote breaks down as follows:

**Luncheon Ballot Results**
- 2 luncheons/year: 3 votes
- 1 luncheon/year (Fall): 1 vote
- 1 luncheon/year (Spring): 6 votes

**Rotation of Clubs Results**
- 2015: TXR
- 2016: Commerce/Horn Springs
- 2017: Norene
- 2018: Leeville
- 2019: Green Hill
- 2020: Oakland
- 2021: Carroll

So, in the future we will have one luncheon in the Spring. The rotation of clubs will make it easier for clubs to host the luncheon.

The county fce picnic was very enjoyable. Those who were not able to attend missed good food and excellent conversations. We had the Echoe's, a sing along and the weather was great!

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**Alaskan Adventures**
Suzanne Bell, Former Wilson County fce Member

Just a couple of years ago I was sitting in the East-West building, calling the Horn Springs fce club to order. Today I live and teach first grade in the remote Yupik Eskimo village of Gambell, Alaska, about 36 miles from the Russian mainland. In Gambell, population of about 650, there are no cars, restaurants, shopping malls, or discount stores, no paved roads, movie theaters, or banks. I guess you could call it the simple life, except I haven’t stopped since I moved up here in August. I brought all of my yarn, tons of fabric and my sewing machine, my banjo, and countless books to pass the idle time that I thought I would have. Instead, I put a lot of time into teaching, coaching volleyball, and being with my fellow teachers, who in just a couple of short months have become like family. It’s nice not being so busy that I actually have time just to be with people.

Gambell has a post office, small clinic, a store, and great people. Some of the best ivory carvers in the world are here in Gambell. One of the elders in the village has her dolls displayed in the Smithsonian (and I plan on buying one of her dolls soon). Here we walk or ride Hondas (4-wheelers) everywhere we go. This is a rather chilly fact of life as winter approaches. Wind chills are already in the teens during the day and it is still October.

The people here hunt for most of their food where whale, walrus, and seal are regularly on the menu. In the summer, they pick berries and greens. The kids here are a mix of pop and native cultures. My students’ clothes feature superheroes and Hello Kitty, while their play often involves pretending to harpoon a whale. We say the Pledge every morning in both English and Siberian Yupik. Most Friday afternoons we have Yupik dance, when the drummers come in and the kids can learn and do traditional dances.

Despite the complete lack of trees and no Mexican restaurants, I have come to love my new home on the St. Lawrence Island. I haven’t survived the winter yet, though, so you may want to see how I feel in March!
Cranberry Pumpkin Muffins
Makes 12 servings

Ingredients
2 C. Flour
3/4 C. Sugar
2 tsp. Baking Powder
1/2 tsp. Salt
1/2 tsp. Cinnamon
3/4 tsp. Allspice
1/3 C. Vegetable Oil
2 Eggs, Large
3/4 C. Pumpkin, canned
2 C. Cranberries, fresh or frozen, chopped

Directions
1. Preheat oven to 400˚.
2. Sift together dry ingredients and set aside.
3. Beat oil, eggs and pumpkin together until well blended.
4. Add the wet ingredients (pumpkin mixture) to the dry ingredients all at once. Stir until moistened.
5. Fold in chopped cranberries.
7. Bake at 400˚ for 15 to 30 minutes.

County fce News You Can Use
National fce Week
December 8-12, 2-14

National fce Week is December 8-12, 2014. One idea to celebrate would be to invite one person for every day of the week. That’s just 5 people (7 if you include Saturday and Sunday!). Everyone knows of 5 people that are not currently in fce. Why don’t you make this your personal mission for the month of December and start the New Year off with a bang of New Members at your club? You can do it, it just takes a little time and effort!!

Wilson County Fair Notes
Fashion Revue

Robbie Rodgers, Fashion Revue Chairperson was absolutely thrilled with the turn out at the Wilson County Fair for the Fashion Revue competition. Robbie worked tirelessly calling club Presidents and members to recruit for this contest. Robbie would like to say a big Thank You for those of you that participated and helped to make this year’s fashion revue a HUGE success! We can’t wait to see what you bring to the show next year!!

Caps for Cancer

This year, a new contest at the fair, Caps for Cancer was offered. It is the second event where the entries benefit the community after the fair has ended, the other being the "Preemie Quilt" competition. Adding these competitions showcase the volunteer spirit of those who work to make the fair a success each year.

The Caps for Cancer contest was sponsored by H&R Block and had 2 categories allowing those who crochet and knit to make something beautiful to be judged and then to be used by those with a great need for them. Individuals and groups entered hats they had made for competition and donated others. At the conclusion of the fair 103 caps were donated to the Sarah Cannon Cancer Center at Summit. According to Brenda Farmer the patients were excited to choose from such a variety. "What a blessing to have them for our patients" sums up what this event was all about.

The competition at next year's fair will have a new category at the request of spectators who are not skilled in heritage skills. We will be adding Turban as a category so those who sew can join in this worthwhile project and have their work displayed during the fair. We are looking forward to seeing all of the beautiful creations and invite all to join us in this endeavor.
News from the “Field”
Ruth Correll, Ag Extension Agent & County Director

Dear fce Friends...

Our traditional holiday season is fast approaching. We look to this period as time for gratefulness for what we have. The early holiday celebrations were based around agriculture. This was the time when the yearly harvest had been completed, and farmers finally had time to reflect on the fruits of their labor.

We are blessed to live in a country where we don’t have to worry about food supply. We can get in our cars and drive to a grocery store with shelves stocked full of delicious foods from all over the country. We don’t have to traverse the woods to bring home that perfect meat for the table. We don’t have to grow the wheat to make the bread, or labor all summer to cultivate the vegetables for the side dishes. We don’t have to grow the cotton for our clothes, or produce the wood to build our homes. We have people that do that for us - farmers.

Agriculture has been the foundation that allowed this nation to expand and flourish. Without having to worry about growing food, citizens are free to pursue other forms of work. People have the ability to create businesses and ponder new ideas when they don’t have to worry about where lunch is coming from. Even though we rarely thing about it, agriculture is the glue holding our society together.

The UN estimates the world’s population to reach 9.6 billion by 2050. Worldwide organizations continues to increase, and the percentage of farmable land is certainly not getting any bigger. Farmers are utilizing new varieties and farming techniques to squeeze more crops out of every acre.

I am thankful that there are still people willing to be farmers in today's society. It is not an easy profession. The hours are long and the work is back breaking. Many farmers are constantly in debt from purchasing basic supplies and machinery. Even with all of the hardships, you won’t find anyone more proud of his job than a farmer. This holiday season, please join me in saying a prayer for all the farmers who have made it possible.

Best regards and Happy Holidays,

Ruth

Chicken
Vegetable Soup
with Kale

*Kale is considered to be a Super Food!!!*

Makes 3 servings

Ingredients

2 tsp. Vegetable Oil  
1/2 C Onion, chopped  
1/2 C Carrot, chopped  
1 tsp. thyme, ground  
2 garlic cloves  
2 C water or chicken broth  
3/4 C. tomatoes, diced  
1 C. chicken cooked, skinned and cubed  
1/2 C. Brown rice, cooked  
1 C. Kale, chopped

Directions

1. Heat oil in a medium sauce pan. Add onion and carrot. Sauté until vegetables are tender, about 5-10 minutes.
2. Add thyme and garlic. Sauté for one more minute.
3. Add water or broth, tomatoes, cooked rice, chicken and kale.
4. Simmer for 5-10 minutes.
Wilson County 4-H Annual Giving Campaign

As the end of the year approaches, we often reflect on our past and the memories we’ve made. Were you or your children involved in 4-H? Do you remember all the good times you had in 4-H? Through the Alumni Giving Campaign, you can help to ensure that future generations of 4-H members and families continue to share in those experiences.

4-H has always had a strong tradition in Wilson County for over 100 years; that tradition is still going strong today. We annually have a 4-H enrollment of over 2500 members. Our members are involved in activities such as 4-H camp, judging teams, contests, livestock shows, All Stars, and state events like Roundup and Congress. The cost of all 4-H activities are constantly increasing and with your help we can continue to offer these beneficial programs to the youth of Wilson County. There are many costs associated with a successful 4-H program. Here are just a few examples of those costs:

- 4-H Camp: $290
- State Congress: $250
- All Star Conference: $100

Through your giving this will provide an opportunity for you to help the Wilson County 4-H program continue these events for our members. Contributor’s names will be printed in the program at the annual 4-H Awards Banquet, which recognizes the achievements of members over the past year. If you would like to make a donation, please drop by our office located at 925 East Baddour Parkway in Lebanon.

Johnny Barnes and Amanda Woody, 4-H Agents

Local Club News

Carroll fce Club: Our club hosted the Fall fce Luncheon with local television personality and food expert, Ann Cox Eastes, as the program presenter. The Falling Leaves and Thankful Hearts theme was perfect for the time of year and everyone seemed to have a grand time!

Oakland fce Club: We have had a whirlwind of activities, from a successful Ice Cream Social to winning entries at the fair. Our club far exceeded themselves in winning entries, but most important the unlimited volunteer hours. THANK YOU!! Congratulations to Mary Jo Haynes in being selected the 2014 Old Timer at the Wilson County Fair. A big welcome to new members Sherrie Davis and Shirley Mossburg. New 2015 officers are President—Sara Sharp; Vice President—Lillian Plumlee; Secretary—Joan Bryson; Treasurer—Carolyn Binkley. What a great group to lead us forward.

Cedar Hill fce Club: Recently the club had a “white elephant” sale for our only fund raiser. Each member brought 3 Christmas items we no longer used. Great participation, lots of fun and the club raised $360.00 that will be used for local charities.

Green Hill fce Club: Club members are mourning the loss of Judy Basse and Shirley Beaty. Both ladies were longstanding members and will be missed very much. The club is continuing to raise money for our next scholarship. Our latest fund raiser was working with Belk. We want to wish everyone a very Happy Holiday Season.
Local Club News ~Continued~

**Tuckers Crossroads fce Club:** The members took up their knitting needles and crochet hooks again to make chemo caps for Cynthia Pedigo of Gibbs Pharmacy cancer clients. “With the cold weather we’re having, they will be welcomed by the ladies,” Cynthia said. The club will have its Christmas potluck at the home of Betty Barrett. We will reflect on all the service projects we participated in and make plans for the coming year.

**Norene fce Club:** In the past weeks, we prepared for the fce Bazaar. Some of the members made chili for the Leeville Club Veteran’s Day events. Thanks to all the ladies who helped to make all the events successful and fun. Two new members have joined our club. In December, we will have our Christmas lunch and play games. Also, we will spend some time remembering this past year and recognize how blessed we have been even with the hospital trips for club members and their families.

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Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.