Welcome, Fall!

Hello Wilson County fce Members!

I hope that this newsletter finds you recuperating from the Wilson County Fair and looking forward to the fall activities that are planned for Wilson County fce. There is lots to do this fall and I am looking forward to seeing a lot of you during the events your board members have planned.

This time of year always gives me reasons to be thankful. Maybe it is the thanksgiving and holiday seasons on the horizon or maybe it is the winding down of summer. Nevertheless, I am always more reflective of the year that has so quickly passed and the new opportunities that are on the horizon in planning a new year.

Oprah Winfrey says, “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.” This rings true with my feelings on life. I firmly believe that if we go through life always looking for what’s to come we will simply miss what is in front of us. I encourage each of you to think about those things that you are most thankful for and then give each of them some extra time now and all year long.

I am truly thankful for Wilson County fce and look forward to seeing each of you very soon!

Shelly Barnes
FCS Extension Agent
Bernie Kane, Wilson County fce President

There are 3 very important dates to be planning for presently.

Annual Picnic -- It will take place at Fiddlers Grove Pavilion on the 30th of September from 4 to 6pm. There will be fried chicken and Bingo this year. Mark your calendars for a good time and lots of visiting, it should prove to be very enjoyable. If you have questions call Francis Baker.

fce Craft Day -- 10 am to 2 pm and it will be a good one. There will be time to attend more than one session. If you want more information on this event call Shelly but be sure to take advantage of the craft opportunities.

fce Bazaar -- It will be in the East/West building on Saturday November 7th and we need your help. The shoppers are asking for homemade items and it is right before Christmas.

It is including 3 buildings this year and it is a project every club needs to participate in, this represents fce and it will really go if we have homemade items to sell. For more information call Michelle Chambers 615-594-5020, she is working hard to put this together.

~Bernie

Alaskan Adventures
Suzanne Bell, Former Wilson County fce Member

As always, summer comes to an end and I have headed back to the Last Frontier. (I will admit, I was more than ready to come back!) It was a great summer. I came back to Tennessee and was able to visit family and friends. I also had the pleasure of meeting and sharing with the Horn Springs Club in May.

When you live in bush Alaska you have to plan. I spent four days in Anchorage shopping for food, winter gear, and taking in the last movies and restaurants of the summer. I basically did the bulk of 5 months of grocery shopping in those four days, packed it in boxes and mailed it. The morning of my flight to Nome I got up extra early so I could do my frozen and refrigerated shopping. These things get packed in coolers and taken on the plane with me. I send all of my dirty clothes and any non-necessity home by mail. I am still learning the best ways to do things, but I think I am getting pretty good at it.

This year I had the opportunity to participate in a Culture Camp as part of a University of Alaska Fairbanks program. Nine teachers from the Bering Strait and Nome school districts went to a fish camp about 70 miles north of Nome near Council, an abandoned village. For a week we learned how to seine for fish, using the net to catch over 100 salmon at a time, then cut, dry, smoke, and can our catch. It is insanely hard but rewarding work. I never thought I’d see the day where I would scrape maggots off of fish and then wipe the knife on my pants like it was no big deal, but that day did indeed come! We all learned a lot about subsistence life, and even though subsistence life on the island where I live is a bit different, the amount of work is the same. I am thankful that I do not have to depend on how much I catch and put away to survive the winter. I’ll gladly spend four days in Anchorage instead. I did get to eat some new foods, including herring and salmon eggs, moose pepperoni, beluga whale, and my new favorite, musk ox. It is better than a beef roast!

I look forward to sharing about my class and school in the next newsletter! In the meantime, enjoy the fall colors for me!

Seining. Hard work, but a huge catch!

Learning how to properly clean and filet a salmon
Wilson County Fair Notes

We had 86 entries this year and congratulate all of our winners.

We had 2 clubs with 100% participation: Carroll and Mt. Juliet.

All 1st and 2nd Place winner are eligible to participate in the Regional competition in September.

The following were winners in cultural arts this year. Congratulations to all the members that entered. You are all winners!

Special thanks to the Wilson County Fair for their continued sponsorship of this contest!  —Wanda Briddelle, Chairperson

Basketry: 1st Place Delane Kolbe
2nd Place Annie Sue Patton 3rd Place Hettie Lee Richerson

Beadwork: 1st Place Wanda Briddelle
2nd Place Zena Swendiman 3rd Place Caryn Crowston

Ceramics: 1st Place Betty Hartman
2nd Place Delane Kolbe

Chairs & Stools: 1st Place Hettie Lee Richerson

Crochet: 1st Place Genevieve Kilga
2nd Place Catherine Brown 3rd Place Gloria Farrell

Counted Cross Stitch: 1st Place Caryn Crowston (Best of Show)
2nd Place Jeanie B. Such

Decorative Painting:
2nd Place Genevieve Kilga

Dolls: 1st Place Marilyn Dozier

Embroidery (hand): 1st Place Caryn Crowston

Embroidery (machine): 1st Place Carolyn Binkley

Fine Art Painting Watercolor: 1st Place Brenda Knowles

Fine Art Painting pastels, acrylics: 1st Place Dorothy Ashley
2nd Place Wanda Briddelle 3rd Place Delane Kolbe

Handcrafted Toy: 1st Place Gloria Farrell

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Life Hacks

Paperclip Bracelet Helper

If latching a bracelet has become tricky, try using an unwound paper clip to hook through the clasp and hold it steady as you latch it.

Supplies Needed

1 Paper Clip
Favorite Bracelet
Easy Package Opener

If opening hard plastic packages is rather frustrating, don’t despair. Grab a can opener and open with ease.

Supplies Needed

Can Opener
Difficult Plastic Package

Wilson County Fair Notes-Continued

Holiday Decorations: 1st Place Sherrie Davis
2nd Place John Swendiman 3rd Place Caryn Crowston

Knitting (hand): 1st Place Catherine Brown
2nd Place Marilyn Burchett 3rd Place Genevieve Kilga

Needlepoint: 1st Place Jeanie B. Such
2nd Place Frances Baker

Photography (color): 1st Place Mabel Stephens
2nd Place Shelia Rowland 3rd Place Caryn Crowston

Photography (black and white):
1st Place Brenda Knowles 2nd Place Marilyn Dozier

Pottery: 1st Place Jeanie B. Such
2nd Place Delane Kolbe

Quilts (baby & lap):
2nd Place Regina McCathern
3rd Place Genevieve Kilga

Quilts (machine pieced & hand quilted):
3rd Place Genevieve Kilga

Quilts (hand pieced & machine quilted): 1st Place Penny West

Quilts (hand or machine pieced & professionally quilted):
1st Place Shirley Gibbs Kane
2nd Place Robin Robinson 3rd Place Shirley Mossburg

Quilts (Embroidered): 1st Place Carolyn Binkley

Quilted Pillows: 1st Place Carolyn Binkley
2nd Place Penny West
3rd Place Genevieve Kilga 3rd Place Mabel Stephens

Quilted wall hanging: 1st Place Carolyn Binkley

Quilted, other: 1st Place Carolyn Binkley
2nd Place Penny West

Sculpture:
2nd Place Caryn Crowston

Weaving (hand): 1st Place Frances Baker
Fall Veggie Casserole

Makes 8 servings

Ingredients

1 eggplant (medium)  
4 tomatoes  
1 green pepper  
1 onion  
1 teaspoon salt  
1/4 teaspoon pepper  
3 tbsp. vegetable oil  
1 garlic clove  
2 tbsp. parmesan cheese (grated)

Directions

1. Remove the skin from the eggplant. Cut the eggplant into cubes.
2. Chop the tomatoes into small pieces.
3. Cut the green pepper in half. Remove the seeds and cut it into small pieces.
4. Chop the onion into small pieces.
5. Cut the garlic into tiny pieces.
6. Cook the first 8 ingredients in a large skillet until tender.
7. Top with parmesan cheese and serve.

Total per serving
Calories: 90  Fat: 6g  
Protein: 2 g  Carbs: 8 g  
Dietary Fiber: 3 g  Saturated Fat: 1 g  
Sodium: 320 mg

County fce News You Can Use

County fce Picnic

The Wilson County fce Board of Directors would like to invite YOU, to a picnic on Wednesday, September 30, 2015 from 4pm to 6pm. Please bring a dish for the potluck, a friend and a smile! President-Elect, Frances Baker will coordinate a super fun game of BINGO! We will be in the Fiddlers Grove Pavilion in historic Fiddlers Grove on the James E. Ward Ag Center property. So, bring a chair and sit a spell while we have a grand ole time at the annual picnic!

Wilson County Fair Notes

Fashion Revue

There were a total of 18 entries in the Wilson County fce Fashion Revue held at the Wilson County Fair on Monday night, August 17, 2015. Special thanks to all fce members who entered in the Fashion Revue and special thanks to Frances Baker for serving as the master of ceremonies for the night.

~Robbie Rogers, Fashion Revue Chairperson

Constructed Items:
1. Suit, dressy ensemble, or better dress: 1st Place Penny West  
2. Jacket, blazer or coat: 1st Place Penny West  
3. Casual and active wear: 1st Place Penny West  
4. Children's casual and better wear (ages 12 or under)  
   1st Place Wanda Briddelle  
   2nd Place Carolyn Binkley  
   3rd Place Penny West  
5. Recycled garment (utilizing used materials)  
   1st Place Penny West  
   2nd Place Hettie Lee Richerson  
6. Wardrobe accessory (belt; tote bag; handbag; scarf; vest; hat; etc.)  
   1st Place Marilyn Burchett (Best of Show)  
   2nd Place Ruby Margo  
   3rd Place Wanda Briddelle

Purchased Items:
10. My Best Fashion Purchase: Casual Wear  
   1st Place Dorothy Dunn  
   2nd Place Genna Kilga  
   3rd Place Cernovia BaBa Burns  
   1st Place Dorothy Dunn  
   2nd Place Cernovia BaBa Burns
News from the “Field”
Ruth Correll, Ag Extension Agent & County Director

Dear friends...

Agriculture has “slipped” the bonds of earth and is flying high. Most folks are familiar with the poetry of John MaGee’s “High Flight.” The poem begins…”Oh, I have slipped the surly bonds of earth, and danced the skies on laughter-silvered wings;”; and ends with.. “and, while with silent, lifting mind I’ve trod the high untrespassed sanctity of space, put out my hand and touched the face of God.”

Astronauts have become gardeners and are growing vegetables in space. While the International Space Station (ISS) is orbiting the earth at approximately 248 miles away, they are growing lettuce.

The idea to try growing plants in space began in 2002. The original purpose was to study plant growth in space and it grew into a vision to produce edible products. Can you imagine what a treat it must be to eat a “fresh” vegetable while working in a location so absent of the environment we consider so important to agricultural production. The lettuce was seeded, watered and was ready for harvest after just 33 days. The astronauts must be good gardeners.

Growing food to supplement and minimize the food that must be carried to space will be increasingly important on long-duration missions. They will be learning about the psychological benefits of growing plants in space, something that will become more important as crews travel farther from Earth.

The next step for NASA is the process of sending flowers to the ISS for more experimentation. They’re going to see how the flowers pollinate within a zero gravity state.

I think this may verify how important gardening is to our physical and mental wellbeing. Luther Burbank was quoted as saying, “Flowers always make people better, happier, and more helpful; they are sunshine, food and medicine for the soul.”

Happy fall and best regards,
Ruth

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Roasted Root Vegetables
Makes 4 servings

**Ingredients**

4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)

(medium)
2 carrots (chopped)
1 onion (medium, chopped)
1/4 cup vegetable oil
3 tablespoons Parmesan cheese

**Directions**

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetable to see if they are tender.

**Total per serving**

- Calories: 260
- Fat: 15g
- Protein: 5g
- Carbs: 30g
- Dietary Fiber: 6g
- Saturated Fat: 2g
- Sodium: 150 mg
Local Club News

Carroll fce Club: Our club held a yard sale at our clubhouse on July 24th. The purpose was to raise funds to help with the maintenance of our clubhouse. We would like to thank all the clubs and members that came to our yard sale. We feel that it was a very successful fundraiser.

Best of Show Winners

Wilson County fce Cultural Arts
Best of Show
Counted Cross Stitch
Caryn Crowston

Wilson County fce Fashion Revue
Best of Show
Wardrobe Accessory
Marilyn Burchett

Congratulations
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Location/Due to</th>
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<tbody>
<tr>
<td>September 7</td>
<td></td>
<td>Extension Office CLOSED</td>
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<tr>
<td>September 10</td>
<td></td>
<td>Central Region Annual Meeting</td>
<td>Murfreesboro</td>
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<tr>
<td>September 15</td>
<td>10:00 AM</td>
<td>Leader Training</td>
<td>Extension Office</td>
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<tr>
<td>September 18</td>
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<td>Craft Day Pre-Registration</td>
<td>Extension Office to Shelly Barnes</td>
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<tr>
<td>September 30</td>
<td>4:00 PM to 6:00 PM</td>
<td>Wilson County fce Picnic</td>
<td>Fiddlers Grove Pavilion</td>
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<tr>
<td>October 1</td>
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<td>Club officers due</td>
<td>Extension Office to Diane Marsh</td>
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<tr>
<td>October 5</td>
<td>8am to 4:30pm</td>
<td>Leader Training Pick Up</td>
<td>Extension Office</td>
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<tr>
<td>October 6</td>
<td>10am to 2pm</td>
<td>Craft Day</td>
<td>East/West Building (Pre-Registration is REQUIRED)</td>
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<tr>
<td>October 15</td>
<td>9am</td>
<td>Board Members Meeting</td>
<td>Extension Office</td>
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<tr>
<td>October 22</td>
<td>9am</td>
<td>County Council Meeting</td>
<td>Gentry Building</td>
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<td>October 30</td>
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<td>Newsletter Information due</td>
<td>Shelly Barnes <a href="mailto:sbarnes@utk.edu">sbarnes@utk.edu</a></td>
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<td>November 7</td>
<td>8am to 4pm</td>
<td>Wilson County fce Bazaar</td>
<td>James E. Ward Ag Center-East/West/Education/Turner Evans</td>
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<td>November 8-11</td>
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<td>TAFCE Conference</td>
<td>Clarksville, TN</td>
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<td>November 26-27</td>
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<td>December 1</td>
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<td>Leader Training Pick Up</td>
<td>Extension Office</td>
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<td>December 4</td>
<td>8am to 4:30pm</td>
<td>Service Project due</td>
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<td>December 21-25</td>
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<td>Extension Office CLOSED</td>
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**Information:**


Please contact the Extension office if you are in need of information on Craft Day and how to sign up. We will be happy to mail you your registration. Please contact Shelly Barnes at 615-444-9584 or ask for Diane Marsh or Shelly Shrum and they can help you as well. We look forward to receiving your Craft Day registration by September 18th!