Spring into Action!

As I write this article, I have just dropped Ripley Anne off at childcare. The work day is ahead of me and I have been thinking for some time this morning on what I need to accomplish. I reflected this morning on the three months that have passed much too soon and realize that in just a few short minutes she will be on her way to college. As I rushed out the door this morning and was greeted by Old Time Winter at a chilly 25 degrees, I wished for Spring. And as I drove to the sitter, I realized that I am wishing my life away.

Today, I am thankful for winter. Thankful to be able to look at my new 3 month old baby in her Pepto Bismol pink coat with ears on the hood and see how sweet she looks. I am thankful to have the need to hold her a little closer because its cold and I’m warm and she loves to be close. Thankful to live in the moment of today instead of the wish of tomorrow. I am also thankful for fce and the work that you all do. Ripley Anne’s photo and information is below as requested from county council members!

Spring into Action! This Spring, I challenge each of you to find a cause that you are committed to. Share your thankfulness with others and Spring your fce club into Action. Make today count. Live in the moment and stop wishing for other opportunities. Today will be gone sooner than we think!

~Shelly Barnes, FCS Extension Agent

Ripley Anne Barnes was born at University Medical Center in Lebanon on November 5, 2015 at 11:31 p.m. Ripley Anne loves singing, playing with rattles and eating. She especially loves snuggling with her Daddy while keeping a watchful eye out for the location of her Mama. Ripley has a good time at childcare but is happy to see both her parents at the end of the day!

“Spring is nature’s way of saying, ‘Let’s Party!’”

- Robin Williams
Bernie Kane, Wilson County fce President

Spring Luncheon

Don't forget we will only be having one luncheon this year. It will be held March 26th at the Fairgrounds and promises to be a good one. Make your plans now as tickets will be available soon!

Bazaar

Hope you are enjoying the New Year! This year's bazaar will be on November 7th and Michelle Chambers will be the Chairman. She has been working diligently on a bigger and better one for this season. Michelle has set up an additional building to handle more booths. New signage has been ordered and planning is underway.

One of the comments from last year is that more homemade items would be a real boost to sales. If each club would sponsor a booth and furnish it with homemade items it would provide a more improved bazaar. This would offer an opportunity for you to sell your creations and make the bazaar more enjoyable for the shoppers. In addition, with the bazaar open only one day, time in the booth could be divided by all who participate. Keep in mind that people will be shopping for Christmas gifts during this time. For more information Michelle may be reached at (615)594-5020.

We need everyone's participation in both of these events to help make this a most enjoyable and productive 2015. We have the most talented ladies in the county for making creative, high quality items and those talents should be shared with the public.

Alaskan Adventures

Suzanne Bell, Former Wilson County fce Member

Well, It is almost March and I still love living here in Gambell, Alaska! Snow has fallen and blanketed the village in a beautiful layer of white. The winds here typically in the 20-30 mph range with gusts in the 40-50 mph range, though we have had 70 mph gusts this winter. The high winds blow much of the snow into drifts that are impassable by 4-wheeler. That means I walk about a mile to work some mornings, in wind chills well below 0 degrees, in the dark….in polar bear season. Some drifts I can walk through with some effort, others I have to find a way around. It's all part of life here. As for polar bears, several have been spotted on the island, but so far only one near the village. It was down at the dump. They travel in with the sea ice, which is severely lacking this year on this side of the island.

It is basketball season and this village loves its basketball! When teams fly in, many in the village turn out for the game, no matter the weather! Games are much like the lower 48, there is a concession stand and during halftime they do “cake-walks.” Except, in these cake walks no one walks. You pick a letter to stand on, pay your dollar and then they draw a letter out. It is quite efficient.

While there is no lack of snow, wind, or cold temperatures here, there is one thing that I have noticed this village is lacking….bugs. Other than the flies in the summer and fall, I haven’t seen any bugs, not a roach, an ant, or a spider. I am not complaining by any means, I just find it interesting. Polar bears and wolverines are here, but no spiders. Is that a good trade off?

There are no gardens on the island and fresh fruits and vegetables can be very hard to come by in the village store. There is a company called Full Circle out of Washington that delivers organic produce once a week for a price. A small box is about $60. They have several things to choose from and this last week I got some zucchini, onions, oranges, potatoes, kale, and apples. (I made my mom’s zucchini bread for the custodial guys this weekend.) They have other things for sale that are not options in the boxes. I added on Brussels sprouts last week for $13 a pound! They were worth every penny!

If your club is looking for a project, consider the kids here in Gambell. Village life is hard and many do not have running water in their homes. Things like underwear and socks are always needed. If you knit or crochet hats, they LOVE handmade hats! I am also starting a crochet/knit club and would welcome any yarn donations. All donations can be sent to me at PO Box 235 Gambell, Alaska 99742.

Two of my 1st graders at the basketball game.
Crunchy Chicken Salad
Makes 5 servings

Ingredients
2 C. Cooked Chicken (Chunked)
1/2 C. Celery
1/4 C. Green Pepper
1/4 Onion
1/2 Cucumber
1/2 C. Grapes
1 apple (small, diced, leave the peel on)
1/4 C. Yogurt, plain

Directions
1. Use leftover cooked chicken, or cook enough to make 2 cups of chicken pieces.
2. Chop the celery and green pepper into small pieces, peel and chop 1/4 of an onion, half of a cucumber and chop the apples into pieces.
3. Cut the grapes in half.
4. Put all the ingredients in a large bowl and stir together.
5. Serve on lettuce, crackers or bread.

County fce News You Can Use
Spring fce Luncheon
March 26, 2015

The Spring fce Luncheon is scheduled for Thursday, March 26, 2015. Doors will open at 10:30 a.m. and lunch will be served at 11:30 a.m. Wildberry Catering will be furnishing the meal. Tickets are $15.00 each and on sale now at the Extension Office. All tickets will need to be purchased by Monday, March 23. Each club is responsible for decorating their table and furnishing a door prize.

Wilson County Fair Notes

Robbie Rogers, Fashion Revue Chairperson would like to remind each of you to begin work on your entries for the Wilson County fce Fashion Revue. The county Fashion Revue takes place on Monday night (Aug. 17) at the Wilson County Fair beginning at 7pm. Please see the fair catalog or fair website (http://tiny.cc/fceefashion) for official rules. The categories are listed below:

 Constructed Items:
1. Suit, dressy ensemble, or better dress
2. Jacket, blazer or coat
3. Casual and active wear
4. Children's casual and better wear (ages 12 or under)
5. Teen's casual and better wear (ages 13-18)
6. Sewing for an adult (over 18)
7. Recycled garment (utilizing used materials)
8. Wardrobe accessory (belt; tote bag; handbag; scarf; vest; hat; etc.)
9. Decorative Sweat wear (sweatshirt; sweatshirt jacket, etc.)

 Purchased Items:
10. My Best Fashion Purchase: Casual Wear

Wanda Briddelle, Cultural Arts Chairperson would also like for you to begin working on your entries for the Cultural Arts Competition. Official rules can be found in the fair catalog or the fair website (http://tiny.cc/fcecculturalarts). Entries are taken on Saturday, Aug. 8th between 10am and 3pm. Please see insert for categories.
Dear fce Friends...

Hope everyone had a great holiday season. It seems 2015 is flying by and it will soon be time for spring and summer outdoor activities. The gardening catalogs have been arriving and February/March is a time to prepare for spring growth and blooms.

Late February and March are good times to trim trees and shrubs. Prune to maintain a natural form unless formality is appropriate for the design. Postpone pruning of spring and early summer flowering shrubs like azaleas, forsythia, spirea and oakleaf and mophead hydrangea until just after they flower.

Green, English and sugar snap peas can be direct sown in the garden in late February. If you wait to late, they will not have time to flower and produce before it gets too hot. Broccoli, cauliflower and cabbage seed can be planted indoors for transplanting in March or plan to buy transplants in March. Harden them off before planting outside in March.

Apply dormant oil such as Ultra-Fine to fruit and nut trees to control scale and other pests. It must be applied before spring growth appears. These oils can also control scale insects on hollies, euonymus and camellias. For best results, be sure to completely spray the entire plant including the underside of the leaves.

If your ornamental grasses like Miscanthus, Pennisetum, Mexican feather, switchgrass and muhly grass are looking tattered and blowing about the garden, cut them back to 3- to 6-inches above the ground. It is also time to cut back Liriope (Monkey grass) before new growth appears. Use a string trimmer for larger areas.

If you are eager for some fresh blooming flowers indoors, you can try force blooming some of those late winter, early spring plants such as pussy willow, forsythia, flowering quince or redbud. Look for stems with flower buds that have begun to swell. Cut the stems at an angle and place in water in a cool location in your home with indirect light.

Please let us know anytime we can help.

---

**Spring Vegetable Sauté**

Makes 4 servings

**Ingredients**

- 1 tsp. olive oil
- 1/2 C. sweet onion (sliced)
- 1 garlic clove (finely chopped)
- 3 new potatoes (tine, quartered)
- 3/4 C. carrot (sliced)
- 3/4 C. asparagus pieces
- 3/4 C. sugar snap peas or green beans
- 1/2 C. radishes (quartered)
- 1/4 tsp. salt
- 1/4 tsp black pepper
- 1/2 tsp. dill (dried)

**Directions**

1. Heat the oil in a skillet. Cook the onion 2 minutes, add the garlic and cook another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add a Tablespoon or 3 of water.
4. Now add the asparagus, peas, radishes, salt, pepper and dill. Cook, stirring often, until just tender-about 4 minutes more.
5. Serve immediately.
6. Simmer for 5-10 minutes.
Wilson County 4-H Dessert Auction

Each year, Wilson County 4-H members provide baked goods to the Wilson County 4-H Dessert Auction. Baked goods are auctioned off and all proceeds go toward providing 4-H camp scholarship to deserving 4-H members. This year the Auction will take place on Friday, April 2nd at 6:00 pm in the East/West Building of the James E. Ward Ag Center. We ask that you bring your baked goods to the East/West Building beginning at 1:00 pm on April 2nd. Thank you so very much for your continued support of 4-H programming in Wilson County!

Local Club News

Leeville fce Club: The Leeville fce Club had our office installation with Wanda Briddelle providing the ceremony. The officers of our club are as follows: Frances Baker, President; Mabel Stephens, Vice President; Raney McClanahan, Secretary; and Virginia Jordan, Treasurer.

Norene fce Club: The Norene fce Club’s service project for December was supplying razors for Cedarcroft Home. Also we gave assistance to 8 families in the Norene area. This being monetary donations, food and gifts. Everyone was appreciative and let Norene club members know how much their thoughtfulness meant. We are looking forward to the New Year’s new projects and all the activities to come!

Photos from Suzanne’s Alaskan Adventures

The view outside my front door. An Alaskan cake walk.
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
<th>Location/Due to</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 6</td>
<td></td>
<td>Best of the Best Nominations</td>
<td>Gloria Learmont</td>
</tr>
<tr>
<td>March 17</td>
<td></td>
<td>Leader Training</td>
<td>Extension Office</td>
</tr>
<tr>
<td>March 26</td>
<td></td>
<td>Spring Luncheon</td>
<td>James E. Ward Ag Center East/West Building</td>
</tr>
<tr>
<td>March 27</td>
<td></td>
<td>Retreat Registration</td>
<td>Lawana Walker</td>
</tr>
<tr>
<td>March 27</td>
<td></td>
<td>Mildred Clarke Scholarship</td>
<td>Lawana Walker</td>
</tr>
<tr>
<td>March 31</td>
<td>10:00 AM</td>
<td>Special Interest Workshop</td>
<td>Carroll Clubhouse, contact Delane Kolbe to pre-register at 615-449-3754</td>
</tr>
<tr>
<td>April 2</td>
<td>6:00 PM</td>
<td>4-H Dessert Auction</td>
<td>James E. Ward Ag Center East/West Building</td>
</tr>
<tr>
<td>April 3</td>
<td></td>
<td>Extension Office CLOSED</td>
<td></td>
</tr>
<tr>
<td>April 16</td>
<td>9:00 AM</td>
<td>Board Members Meeting</td>
<td>Extension Office</td>
</tr>
<tr>
<td>April 21</td>
<td>10:00 AM</td>
<td>Leader Training</td>
<td>Wilson County Archives</td>
</tr>
<tr>
<td>April 23</td>
<td></td>
<td>State Scholarship Application</td>
<td>State VP of Programs</td>
</tr>
<tr>
<td>April 28-29</td>
<td></td>
<td>FCL Training</td>
<td>Lebanon</td>
</tr>
<tr>
<td>April 30</td>
<td>9:00 AM</td>
<td>County Council Meeting</td>
<td>James E. Ward Ag Center Gentry Building</td>
</tr>
<tr>
<td>May 1</td>
<td></td>
<td>Call Shelly to Volunteer for Extension Fundraiser</td>
<td>615-444-9584</td>
</tr>
<tr>
<td>May 4</td>
<td></td>
<td>Newsletter information</td>
<td>Shelly Barnes 615-444-9584 or <a href="mailto:sbarnes@utk.edu">sbarnes@utk.edu</a></td>
</tr>
<tr>
<td>May 15</td>
<td></td>
<td>Creative Writing and CVU’s</td>
<td>Due to Dorothy Dunn</td>
</tr>
<tr>
<td>May 18</td>
<td></td>
<td>Leader Training</td>
<td>Pick up @ Extension Office</td>
</tr>
<tr>
<td>May 25</td>
<td></td>
<td>Extension Office CLOSED</td>
<td></td>
</tr>
<tr>
<td>May 25</td>
<td></td>
<td>Leadership Retreat Extra Night</td>
<td>TTU Campus</td>
</tr>
<tr>
<td>May 26-28</td>
<td></td>
<td>Leadership Retreat</td>
<td>TTU Campus</td>
</tr>
<tr>
<td>May 29</td>
<td></td>
<td>Newsletter will be mailed to club members</td>
<td></td>
</tr>
</tbody>
</table>


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.