

Summer 2023



WILSON COUNTY FCE

Connections

County-Wide Newsletter

From the Home Front

Dear Wilson County FCE members,
Starting this letter to you has not been easy. I have written and rewritten my words many times. The words I have are not adequate. Gratitude is the best word I have to describe my feelings of our time together over the last almost 18 years.



The time has come for me to take on a new adventure. I'm excited to begin something new and to make an impact across the state of Tennessee. On July 3rd, I joined the Family and Consumer Sciences Department as their newest state specialist.

Our time here has been fun for me. I came to you fresh out of college with lots to learn from each of you. Over the years, I tried to help each of you as best as I could. However, you helped me much more. One of my Extension mentors has often said, "FCE raised me." I agree with her. FCE has surely raised me, too.

Thank you for accepting me and loving me. Thank you for celebrating with me every step of the way. Thank you for grieving with me in our greatest loss. And thank you for praising with me when Johnny and I were finally able to have children. My greatest gifts in this life (so far) came along while I was working in Wilson County. I will always have fond memories of my time with you.

Thank you. Again, and again and a million times over, thank you. I am grateful that I had the opportunity to work alongside you.

All my best,
Shelly Barnes
Extension Specialist
Family and Consumer Sciences



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From the President's Desk



Greetings To All,

First and foremost, I would like to thank you:

"My Family" for such a great 1st quarter. I am so pleased to see everyone who has attended the County Council meetings. And having Breakfast with the County Council Officers.

I want to Thank all the Clubs who have recruited new club members. Wilson County FCE is really growing.

I want to Thank so many of you that support and trust me as your County Council President. I know there is still room for me to grow, so whatever you think I need to do or don't need to do tug my shirt tail and let me know. I'm always available and willing to listen to your comments.

Our Craft Club is really growing so please continue to join us every 1st Wednesday. It's great fun, we learn a lot, and believe me, we are eating good.

Thank you Carolyn, Helene, and Bebe. I look forward to this every month.

For those that are going to the Retreat in Pulaski, you will be having a blast with so many exciting things to do!

As I told you from the beginning, I will be visiting all Clubs and to the Clubs that I have already visited, "Thank you for your warm hospitality."

As your County Council President, I would like to say Thank you to all of you who have made a difference in FCE.

Sincerely Yours,

Regina McCathern

Wilson County FCE President



Important Dates



July:

28th Membership List and Dues due to Carrie Shehane

31st County Council Meeting 9am Veteran's Building

August:

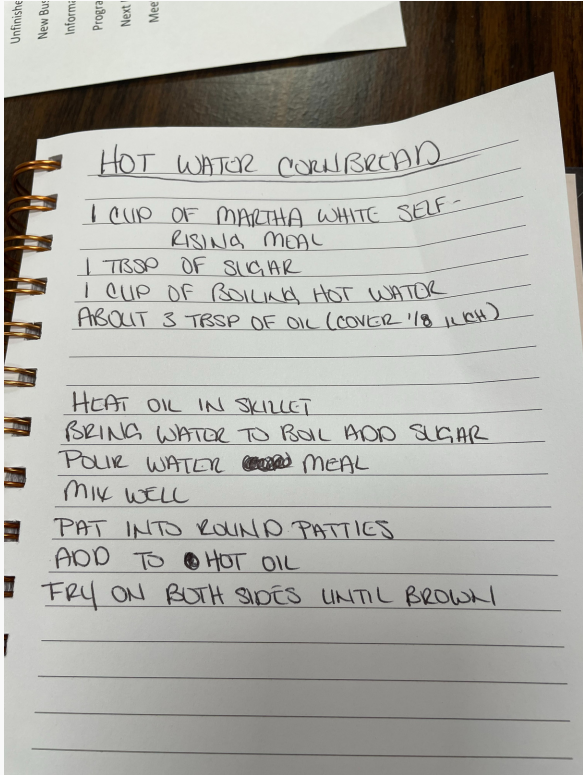
1st State Office Nominations due to Debby Johnson

4th Central Region Annual Meeting Registration due to Carrie Shehane

12th Cultural Arts entries due at the Wilson Co. TN State Fair

21st Fashion Revue entries due at the Wilson Co. TN State Fair

Hot Water Cornbread



Ingredients:

- 1 cup Martha White Self-Rising Cornmeal
- 1 tbsp sugar
- 1 cup boiling water
- 3 tbsp oil

Preparation:

1. Heat oil in skillet.
2. Bring the water to a boil.
3. Add sugar to water.
4. Pour over the cornmeal and mix well.
5. Pat into round patties. Warning HOT!
6. Add to hot oil
7. Fry on both sides till brown.



New at the Wilson Co. TN State Fair for 2023

New Cultural Arts Categories

New Competitions

- Husband Calling Contest
- Mom Calling Contest
- State Canning
- State Honey Show

- Diamond Painting
- Floral Design

New Fashion Revue Categories

- Tie Dye
- Aprons
- Costumes
- Embellished T-Shirt
- Embellished Accessories

**Make sure to read the Fair
Catalog for new categories in
Adult Consumer Sciences!**

Summer Tips to Beat the Heat!

1. Get an early start. Try avoiding summertime activities during the hottest part of the day which is between the hours of 10am and 3pm.
2. Hydrate yourself. Always drink plenty of water. Get creative by adding fresh herbs and fruit for a tasty treat. Set hydration goals! Meet and beat them.
3. Choose exercise wisely. Stay cool with exercises like swimming, indoor walking, bowling or other options.
4. Use sunscreen. Make sure to protect all parts of your body not covered by clothing. Think about your activity before you choose your sunscreen. If you plan to sweat a lot or get wet, consider a sunscreen labeled as water-resistant
5. Dress for the weather. Reduce your risk of overheating by choosing light-colored, loose-fitting and moisture wicking clothing. Always being mindful of proper shoes will also help prevent falls.
6. Snack smart. Try to use the original fast foods (fruits and vegetables) as snacks instead of sugary snacks. Make healthy choices.
7. Review medications. Some medication can make us more susceptible to the heat and at a higher risk of becoming dehydrated. Consult with your doctor or pharmacist if you have specific questions.

Did you know July is UV Safety Month?

August is National Black Business Month

Support your local black owned businesses!

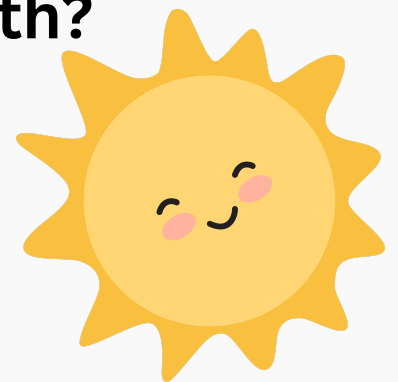
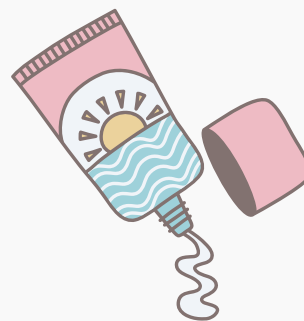
Chair Volleyball Travel Team

Come play chair volleyball and compete against other FCE clubs for bragging rights!

October 5th at the Lane Agri-Park Community Center in Murfreesboro, TN



For more information contact Regina McCathern at 615-473-8332 or mrmccathern@yahoo.com



Upcoming Local Events:

- July 28th Rock around the Block on Lebanon's Historic Downtown Square
- July 29th Lillie B's Christmas in July at the Farm Bureau Expo
- August 5th Nashville Cars and Coffee at the Nashville SuperSpeedway
- August 17th Wilson Co. TN State Fair opens at the Wilson Co. Fairgrounds

Juneteenth

Monday June 19, 2023

On this day, June 19, 1865 Major General Gordon Granger issued the order freeing all slaves in Texas. Early celebrations date to the following year, mostly in church related gatherings. The rise of Jim Crow sadly saw a reduction in these festivities but a resurgence during the civil rights movements of the 1960s has seen the holiday gain strength again. This day has been a federal holiday since 2021.



July is Plastic Free

Make an effort to rid our world of plastic trash by taking this month to reduce your use of single-use plastics



COUNCIL OFFICERS NEEDED

Please help our Wilson Co FCE by joining the board! Officers needed for 2024 include President-Elect and Secretary. Please stop by the Extension office to pick up a nomination form.

Retreat Recap

"2023 Retreat was the best! The food was amazing and all the crafts and leadership lessons were great. A big shout out to Jenna Kilga for putting Wilson County silent auction gift bags together. It sold for \$170.00! So if you missed it this year be ready for next year."

-Regina McCathern,
Tuckers Crossroads

"This was my first time attending an FCE retreat and I already cannot wait to go again next year! I learned so much from the classes offered and made unforgettable memories and amazing new friends,"

-Jill Kirby, Oakland

TAFCE CULTURE ARTS EXHIBIT

Categories and Rules

	Category Description	Comments
1.	Basketry	
2.	Beadwork	Jewelry, Clothing, Any Other
3.	Ceramics	
4.	Chairs & Stools	Woven or caned
5.	Crochet: Thread	
6.	Crochet: Yarn	
7.	Cross Stitch: Counted	Not Machine Cross Stitch
8.	Cross Stitch: Other	Not Machine Cross Stitch
9.	Decorative Painting	Tole, China Painting, Textile Painting, Stenciling, Any Other
10.	Diamond Painting/Art	Beads or Tiles
11.	Dolls	Any Type (No Kits)
12.	Embroidery: Hand	All Type including Brazilian, Ribbon, Crewel-all hand work
13.	Embroidery: Machine	All, including Machine Cross Stitch
14.	Fine Arts Painting: Acrylics	
15.	Fine Arts Painting: Drawings & Charcoal	
16.	Fine Arts Painting: Pastels	
17.	Fine Arts Painting: Oil	
18.	Fine Arts Painting: Watercolor	
19.	Floral Design	Any material
20.	Handcrafted Toy	Any Material
21.	Hand Stitching	Hardanger, Cutwork, Smocking, Applique
22.	Holiday Decoration: Christmas	Christmas only
23.	Holiday Decoration: Non-Christmas	Any other than Christmas
24.	Jewelry: Non-Beaded	
25.	Knitting: Hand	
26.	Needlepoint	Any Type Canvas
27.	Paper Crafts	
28.	Photograph: Black & White - Person	Individuals, two or more
29.	Photography: Black & White - Place	Landscape, Scenery
30.	Photography: Black & White - All Other	
31.	Photography: Color - Person	Individuals, Groups
32.	Photography: Color - Place	Landscapes, Scenery
33.	Photography: Color - All Other	
34.	Pottery	
35.	Quilts: Applique & Cathedral Window	All work of member
36.	Quilts: Baby & Lap	All work of member
37.	Quilts: Embroidered – Hand	All work of member
38.	Quilts: Hand-Pieced & Hand Quilted	All work of member
39.	Quilts: Machine-Pieced & Hand Quilted	All work of member
40.	Quilts: Machine Pieced & Machine Quilted	All work of member
41.	Quilts: Hand or Machine Pieced & Professionally Quilted	All work of members EXCEPT quilting may be done by another FCE member or non-member, paid or free
42.	Quilt: Pillow	All work of member

REVISED: December 2022

TAFCE CULTURE ARTS EXHIBIT
Categories and Rules

43	Quilt: Wall Hanging	All work of member
44	Quilt: Other	All work of member. Includes clothing, potholders, place mats, and rag-time quilts
45	Repurposing	Recycling material to create something new
46	Rug Making	Any Type
47	Sculpture	Any Medium
48	Stained Glass	
49	Tatting	
50	Weaving: Hand	
51	Weaving: Loom	
52	Woodworking	All wood working

Categories 53-62 are county-level categories only. These entries will be judged and winners will be awarded placings. However, the winners in these categories WILL NOT advance to the regional contest.

- | | | | | |
|----------------|-------------------------|-------------------------|---|-----------------|
| 53. Wreaths | 55. Pillow, not Quilted | 57. Barn Quilt | 59. Iris Folding-Paper | 61. Fused Glass |
| 54. Home Decor | 56. Decorated Gourd | 58. Iris Folding-Ribbon | 60. Christmas Ornament made from natural materials (Examples: pinecones, twigs, acorns, etc.) | 62. Mosaic |

Rules

1. All first and second place winners from each region may be exhibited. Two entries per category. No substitution.
2. An Individual may enter **only one item per category regardless of multiple club, county, or region membership.**
3. Articles must be entirely the work of the TAFCE member EXCEPT for Category #41.
4. The art or craft must have been completed during the past year (since last competition).
5. No doll kits or pre-printed ("cheater") quilts will be accepted.
6. All frameable items must be framed.
7. Each member is responsible for arranging transportation for exhibits to and from the County, Region, and State Conference sites.
8. Each member is responsible for providing their own materials required to exhibit articles at the County, Region, and State Conference sites. If items are best displayed hung, please provide a means of hanging. **Tape and nails cannot be used on walls.**
9. Entries will be exhibited by categories.
10. Once an item is entered in a specific category at the county level, **no one** is authorized to change the category number at Region or State Level.
11. The judges have the option of disqualifying any item that does not fit the category.
12. A "Viewer's Choice" award by popular vote will be presented.
13. A list of region winners must be sent to State Chair as soon as chosen. **You must use the Region Reporting Form found on the TAFCE.org website. All information is required.**
14. The Tennessee Association for Family and Community Education (TAFCE), its officers or members, or the University of Tennessee Extension staff will not be responsible for any lost, misplaced or damaged items. We do not anticipate any misfortunes, but this disclaimer must be clearly understood by all exhibitors.
15. All exhibitors must be TAFCE members in good standing.

REVISED: December 2022

FCE Cultural Arts Exhibit — Information Card

Important: This same card must stay with the Exhibit from County to Region to State

Year: _____ Club: _____

FCE Member: _____

Address: _____

City, State, Zip: _____

Phone: _____ County: _____

Region: Central Email: _____

FCE Cultural Arts Exhibit — Information Card

Important: This same card must stay with the Exhibit from County to Region to State

Year: _____ Club: _____

FCE Member: _____

Address: _____

City, State, Zip: _____

Phone: _____ County: _____

Region: Central

Email: _____

FCE Cultural Arts Exhibit — Information Card

Important: This same card must stay with the Exhibit from County to Region to State

Year: _____ Club: _____

FCE Member: _____

Address: _____

City, State, Zip: _____

Phone: _____

Region: Central

Email: _____

FCE Cultural Arts Exhibit — Information Card

Important: This same card must stay with the Exhibit from County to Region to State

Please be sure you use the latest Cultural Arts Category List when completing this form.

Category Number: _____

Category Name: _____

Item Description: _____

FCE Cultural Arts Exhibit — Information Card

Important: This same card must stay with the Exhibit from County to Region to State

Please be sure you use the latest Cultural Arts Category List when completing this form.

Category Number: _____

Category Name: _____

Item Description: _____

FCE Cultural Arts Exhibit — Information Card

Important: This same card must stay with the Exhibit from County to Region to State

Please be sure you use the latest Cultural Arts Category List when completing this form.

Category Number: _____

Category Name: _____

Item Description: _____

Fold Here

Fold Here

Fold Here

TAFCE FASHION REVUE

First and second place winners in each category are due to the Education Chair (see current year's due dates) for competition and judging. First and Second Place Winners at the Region Contest are eligible for the TAFCE State Fashion Revue Contest. Winners are responsible for transporting the item to TAFCE State Conference.

CATEGORIES

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.)
10. T-shirts Embellished
11. Embellished Accessories
12. Aprons – constructed or purchased
13. Tie Dye – any
14. Costumes

Purchased Items

1. My Best Fashion Purchase: Casual Wear
2. My Best Fashion Purchase: Better Dress

County Only Categories

15. Apron - Vintage, Purchased
16. Formal Wear, Purchased
17. Pajamas, Constructed

GUIDELINES

Sewing Skills

1. The participant **MUST** be a TAFCE member in good standing.
1. The garment must have been made within the last year.
2. Garment can be worn or displayed on a hanger
3. All work must be entirely by the TAFCE member.
4. The judges are encouraged to use the TAFCE score card as the criteria for judging:
 - a. Construction, b. Suitability of fabrics

Buying Skills

1. The participant **MUST** be a TAFCE member in good standing.
2. The garment must have been purchased in the last year.
3. The judges are encouraged to use the TAFCE score card as the criteria for judging:
 - a. Construction, b. Suitability of fabric, c. Quality of fabric

**PATFOLY FASHION REVUE
PERSONAL DATA SHEET**

The information on this form is used to assist with preplanning the Fashion Revue. **It is important to complete all sections. PLEASE PRINT YOUR INFORMATION.**

Name: County: Region:
Address: Phone:
City: State: Zip:
Category:

Attach a photograph of the outfit you will enter (pattern envelope illustration or sketch is acceptable).

FCE Club:

What did you learn making this outfit?

List Interesting, humorous or educational experiences you had in creating, wearing, or finding this outfit or accessory:

Sewn Outfit or Accessory

Pattern Number

Cost of fabric, pattern, etc.

Estimated cost if purchased ready-made

Estimated Savings

Purchased outfit/accessories new/used):

Cost:

Estimated "original" cost:

Estimated Savings:

Write a suggested script for your outfit. Describe the fashion details of your outfit. Refer to the description on the pattern envelope. Be informative, but keep the description lively and fun by using active words: