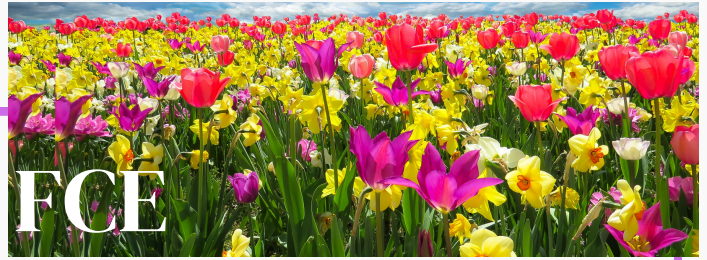


Spring 2023



WILSON COUNTY FCE

Connections

County-Wide Newsletter

From the Home Front

Happy first newsletter of the year, Wilson County FCE members. I hope this communication finds you planning out a new year of fun, fellowship and experiences as you attend FCE events at your club, county, regional and state level. There are so many things to do. I am probably most excited about getting our chair volleyball program off the ground. This is something I have thought about for a long time and it seems that members across our region and state are excited about it too. It is a fun way to exercise. It is low impact and research suggests that it may be a good way to prevent falls! My kids keep me moving with junior Pro basketball. Each night we are busy practicing or gaming! It is quite fun watching them on the court. They have grown so fast!



I would like to take this opportunity to thank you for making FCE in Wilson County a truly amazing experience for me, you-the members and all our new friends that are looking to join our clubs. This year our state project is all about recruitment and retention. I encourage you to invite a friend to your club AND to think of a way to keep your current members engaged. Remember to reach out to me if you have questions or want to brainstorm ideas! I am here for you. Thank you for all that you do to provide Real. Life. Solutions. to your club members every day!

I am also excited about our FCE luncheon coming up. I hope to see you all there.

Sincerely
Shelly Barnes
FCS Extension Agent



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- Spring Luncheon
- Chicken Teriyaki Recipe
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- Craft Day Schedule
- NEW! Chair Volleyball



From the President's Desk



Greetings To All,

I am Regina McCathern, the new County Council President for Wilson County. I am married to my wonderful husband, Harold McCathern and we have two beautiful adult children Herschal and Heather. I am a member of Dowell Chapel United Methodist Church in Watertown, TN, where I hold many leadership positions. After being retired for 6 years, I went back to work part-time, as an Activity Director for Archer Care Homes.

I am currently the President for Tuckers Crossroads Club, the Chairperson for the 2025 State Conference for Central Region and the Secretary for the State Board. In addition, I'm also a National Certified Leader. I've been in FCE (Family, Community and Education Club) for over 12 years and have grown over the past three years under the leadership of Wanda Briddell and Shelly Barnes. I Thank them both for believing in me.

I am so ready to start 2023 off with a Bang! Our County Theme this year is "WE ARE FAMILY: High Hope for the Future-Faith in You and The Things You Do" and I have so much planned for the Wilson County FCE members! One of my primary plans as the County President, is to attend all 11 club meetings this year. I would love to know what you would like to see happen within FCE for Wilson County and would love to answer any questions that you may have.

On January 30th, we had our first County Council Meeting and had a great turnout. Be on the lookout for flyers regarding upcoming events.

Thank you for trusting me to be your County President and I truly look forward to serving you as my Family.... Because We Are Family.

Sincerely Yours,
Regina McCathern

Wilson County FCE President



Important Dates



February:

15th Leadership Retreat Instructor forms due to Carolyn Binkley

17th FCL applications due to Carrie Shehane

17th Character Counts due to Caryn Crowston

April:

15th Leadership Retreat Class registration due to Carolyn Binkley

March:

3rd Best of the Best due to Regina McCathern

15th State Scholarship applications due to Debby Johnson

31st Leadership Retreat registration due to Carrie Shehane

31st Mildred Clarke application due to Carrie Shehane

Tuckers Crossroads is excited to announce the annual Wilson County FCE Spring Luncheon!

March 23, 2023

Speaker Lucas Holman

Horticultural Extension Agent
& County Director

The Luncheon will take place in the East/West Building of the James E.

Ward Agricultural Center

Tickets are \$20 per person Deadline to purchase is **March 10th** in Lebanon, TN.

Don't forget to bring your canned goods to donate! The food drive ends March 23rd. Non-perishable foods including canned meat, soup, and fruit, boxed cereal and saltine crackers are greatly appreciated.

Doors will open at 10:00 am and the luncheon will begin at 11:00 am.

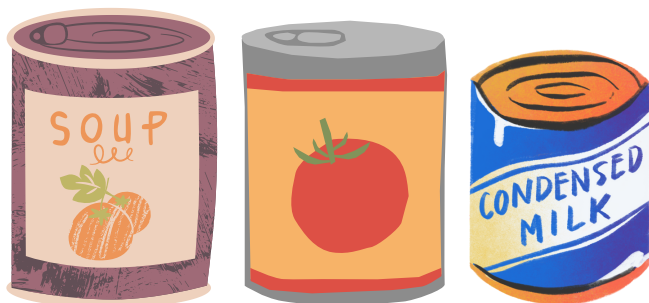
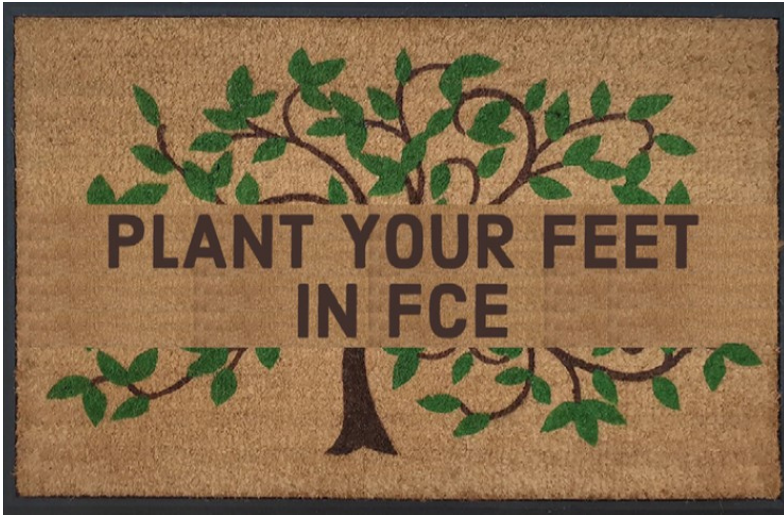
Each club will decorate their own tables.

Come Wednesday at 1pm to decorate your club tables early.

Each club must provide a \$20 door prize.

Each club can sell items on a table in the marketplace. See Diane at the Extension office to reserve your table for \$10.

The Wilson County FCE Cookbook will be available for purchase at the luncheon. Check out a tasty recipe from the cookbook on the next page!



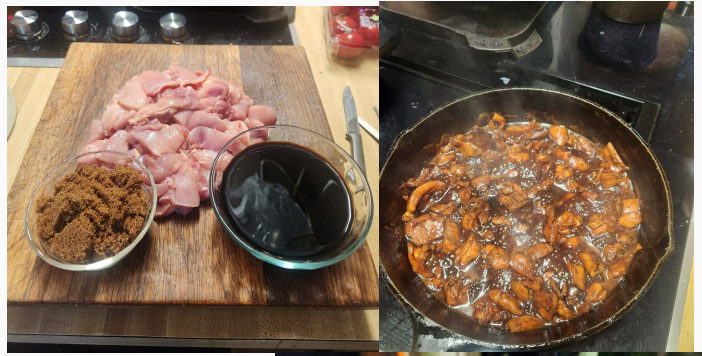
Teriyaki Chicken

Ingredients:

- 2lb Chicken thighs, sliced into chunks
- 1 cup soy sauce
- 1/2 cup brown sugar

Preparation:

1. Sear the chicken thighs evenly in a pan, then flip.
2. Add the soy sauce and brown sugar, stirring and bringing to a boil.
3. Stir until the sauce has reduced and evenly glazes the chicken.
4. Serve with rice, if desired, and enjoy!



February is American Heart Month



- Every year more than 600,000 Americans die from heart disease.
- Heart disease affects all ages, genders, and ethnicities.
- Risk factors include high cholesterol, high blood pressure, smoking, diabetes, and excess alcohol.

Please join us on February 23rd, 2023, from 9:00am to 3:00pm for our annual Preemie Quilt Service Project. During this event you will be able to complete a preemie quilt to enter in the Wilson Co./TN State Fair that will then be donated to the NICU at Vanderbilt. All supplies and lunch will be provided. We will be in the Education building on the Wilson County Fairgrounds. Please RSVP to Shelly Barnes at (615) 444-9584 or sPhill24@utk.edu.

Preemie Quilt Service Project



Oakland FCE Yard Sale

April 14th and 15th 8am-5pm
Oakland Club House
52 Berra Church Rd. Lebanon

Daylight Savings Time
begins March 12th

CHANGE YOUR
CLOCKS

March Forth and Do Something

March 4th is an unofficial holiday that uses the similar sounding forth and fourth to inspire us to do something. Take this day to do something you've been wanting to do, help with a cause to better humanity, or just get out and do something meaningful.


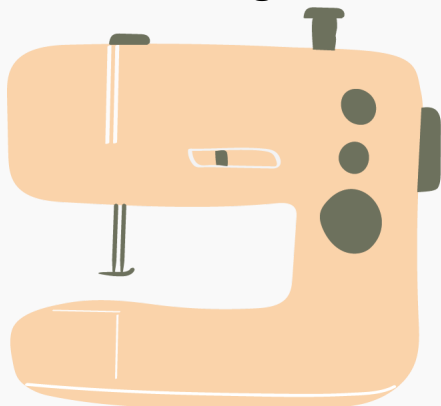


Decluttering Tip!

The first step is to gather everything into one location.
For example, when going through your clothes gather them all together first.

Sewing Tip

When prepping your fabric for apparel sewing make sure to wash and dry the fabric using the methods you will after it is sewn into a garment.



MEMBERSHIP DUES REMINDER

Membership packets have been given to every club. Please make sure they are turned in to the County Treasurer no later than July 28, 2023. Please contact Carrie Shehane with any questions. 615-604-5964

2023 Craft Day Schedule



Each Month we will gather to learn a craft, each lunch and have door prizes sometimes. The schedule is listed below. We will have more details for the coming months on the cost, if any, for the craft. We have chosen crafts we hope you will enjoy.

Please RSVP to Carolyn Binkley each month at 615-804-1574 or cbinkley0@gmail.com.

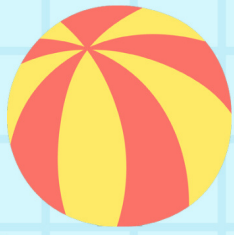
We try to select crafts that can be made for our cultural arts, fashion revue or fair categories. Club will be the FIRST Wednesday of each month at 9am.

EVERYONE IS INVITED. Bring your friends and family. Where, subject to change.

When	Craft	Cost/Supplies Needed	Where
January 4	Decoupage Tiles	\$5	Education Bldg.
February 1	I Found a Quilted Heart/ Cornhusk Dolls	Free \$2 per doll	Veteran's Bldg.
February CANCELLED DUE TO WEATHER			
March 1	Clothespin Cross and Easter Card	\$1 Free	Education Bldg.
April 5	Jelly Roll quilt	Free/20 or 40 piece jelly roll, thread	Education Bldg.
May 3	Making flowers with cupcake liners	\$1	Education Bldg.
June 7	Tie Dye	TBA	Veteran's Bldg.
July 5	I Found a Quilted Heart/ Cornhusk Dolls	Free/\$2 per doll	Education Bldg.
August	Free Month		
September 6	Cork Pumpkin	TBA	Education Bldg.
October 4	Pumpkin Flower Arrangement	TBA	Education Bldg.
November 1	Santa's Workshop	TBA	Education Bldg.
December 6	Christmas Ornament	TBA	Education Bldg.

Please mark your calendars for these dates so you don't forget.

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.



FCE CHAIR VOLLEYBALL



Last Monday Each Month

No meetings in May, August or December

1:30 PM

Veteran's Building

Free to play



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.