

The Messenger

NEWSLETTER OF THE EASTERN REGION FAMILY AND COMMUNITY EDUCATION



Greetings,

I hope Eastern Region FCE is having a fabulous Christmas Season. We wanted to share a few holiday notes from our clubs and share memories and recipes for you to enjoy!

This is our first special edition and I hope you enjoy it!

Pat King

Communication Chair

Thoughts on Christmas, Marti Agler, Treasurer

We all have our favorite memories of the Christmas Holiday Season. One of my sons told me that his favorite memory was the smells: baking, greenery, eggnog, etc. My nephew, who wears glasses, loves to take off his glasses and look at the lighted trees for a diffuse softer appearance. I have friends who make an evening of driving around their town to see all the decorated houses. Me? It is Christmas when I can attend a concert of the Christmas portion of Handel's Messiah. I absolutely love it and play it in my house throughout the season. I lived near Williamsburg Virginia and attended the presentation in the Bruton Parish Church many times, magical and inspiring!

For my sister, it is Christmas when her sister, that would be me, makes Peanut Butter Fudge! It is so-o-o sweet and indulgent that Christmas is the only time we allow ourselves to have it around! It is a simple recipe that nobody else in the family will try so it is always one of my contributions to the Christmas get together. Better when young arms are around to do the beating part, but doesn't require a LOT of beating, sets up fairly quickly. Of course, if you help with the stirring, you get to help lick the spoon and pan!

PEANUT BUTTER FUDGE (Makes an 8" Square Pan)

4 cups Granulated Sugar
 Dash of Salt
 5-6 T. Creamy Peanut Butter (Jif)
 1 Stick (1/4 lb.) Butter
 1 Cup Milk
 2 t. Vanilla



Thoroughly butter an 8" square pan and set aside.

Using the stick of butter in the recipe, rub the inside of a heavy saucepan and just put the remainder in the pan. Add all other ingredients except the vanilla. Cook and stir over medium to medium high heat to the soft ball stage, 234-240F. Remove from heat and let cool slightly, 5-8 minutes. Add vanilla and beat until mixture begins to harden. Pour into prepared pan, cool, and cut into SMALL pieces for serving. Delicious with hot tea on a cold night!

Very Merry Christmas and A Wonderful 2023!

Cumberland County

Lake Tansi FCE club in Cumberland county entered a tree in the parade of Christmas trees at one of our local banks.



No Boundaries

Here it was: Christmas morning!
Everybody should be happy & excited!

I was! My husband, David who was working in Alaska was home for the Holidays to be with me & our three boys! But it wasn't either of us who expressed disgust & disappointment that morning.

I mean I tried making at least one favorite food for each person among the full menu we'd been eating. I thought the house atmosphere was festive with appropriate decorations. And there was a pile of gifts under the tree. More than any of us needed or deserved. Everyone was healthy. So, when middle son, Kirk came downstairs with a grouchy attitude & a frown on his face I had no idea why.

Very disgusted he said, "We've got company!" Totally caught off guard I said, "We do?" He went on to explain. "Yah, I've been up all night trying to convince Jason not to live here! I explained to him you'd want to know where he was at all the time & what he was doing & what time he needed to be in at night." "Yup. You got that right," I said! David didn't help Kirk's cause at all when he said, "I'm not here. It's totally up to your mom. Her yeses are yeses & her noes are noes."

Jason was a close friend & classmate of Kirk's & both his brothers, Chad & Eric knew him. I had heard Jason's name off & on & had seen him briefly only a time or two so this was a total surprise to me. Even more surprising was that he had a beloved grandma in town. But she had her hands full of various other grandkids living with her & her husband off & on.

What made our kids mad was that Jason had his own car, came & went as he pleased, didn't have any responsibilities or restrictions & had a house in town he could stay in. But that was it. A house, not a home. No parent there on a regular basis & certainly no one cooked for him or checked to see if he was in school every day.

Our boys could not believe anybody in their right mind would give up a life like that, especially with his very own car & want to live out in the country 15 miles from no where & have to ride the bus to school & deal with dumb parents with all kinds of rules & expectations. But that's what he chose. For a year & a half until he graduated from high school Jason became, & still is, our "Spare Kid"!

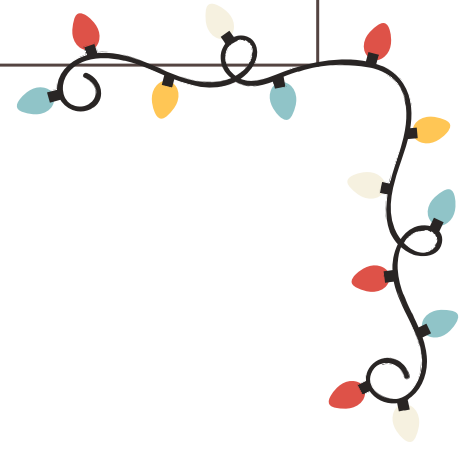
Perry Riden
Claxton Club



Meigs County

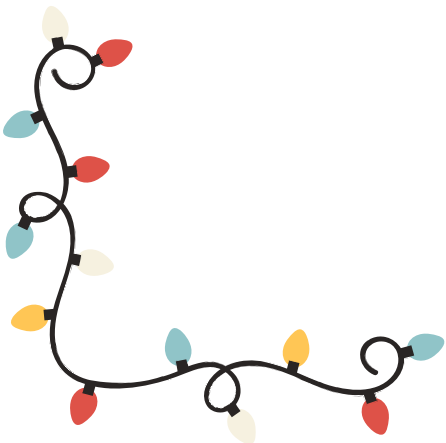
Decatur and Ten Mile FCE Clubs got together for their Christmas luncheon.





Jefferson County

FCE Christmas Party



Sullivan County

The ladies of Sullivan County wish you all, our FCE friends, a very merry Christmas and enjoying many of the festivities that takes place during the holidays. Hope everyone is looking forward to a new year with our meetings taking place and being involved in various projects to help our families and communities.

We have had several opportunities to enjoy, to learn, and keep active in our organization. Members took the 8 week session of "Matter of Balance". It was for everyone who was concerned about falls or who had fallen in the past. We know that older adults have concerns about falling and that causes many to restrict their activities. It was taught by our extension agent Lydia Hoskins and Tracy Buckles who is with the First Tennessee on Aging and Disability. Also we were fortunate to have David Mooney teach one of the classes. He is director of rehabilitation at Ballad Health.

Three of our ladies took advantage to stay fit by participating in "Walk across America". They walked 9572 miles. Another opportunity was a 8 week class "Eat Well, Feel Well". It was taught by Linda Jones who is program assistant TNCEP nutrition education. A jewelry class using rex lace was taught by Vickie Clark.

We participated with each of the campalongs and one that everyone seemed to enjoy was painting the rocks. At that time, we discovered some talented artists.

Sullivan County was pleased to host the Eastern Region Leadership Day on November 30th. Hope all enjoyed the day at our wonderful facility and the programs that was presented by the extension agents.

Sullivan County continued

One of our clubs, Indian Springs, received 4th place "Giving Back to the Community" award. They adopt a person at our local nursing home to give gifts at their birthday and all the holidays. They also got together recently and made Christmas ornaments to help brighten the tree during the holidays and for the patients to enjoy.

Three of our ladies has become 50 year members in 2022. Ten received CVU certificates.

Take care everyone and be blessed!

Jacquie Dishner, secretary.



Blueberries and Zucchini baked up into delicious little summertime bread loaf!'

Blueberry Zucchini Bread

Ingredients:

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 ¼ cups white sugar
- 2 cups shredded zucchini
- 3 cups-all purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- 1 Tablespoon ground cinnamon
- 1 pint fresh or frozen blueberries



direction:

1. Preheat oven to 350 degrees F, lightly grease loaf pan
2. In a large bowl, beat together the eggs, oil, and sugar. Fold in the zucchini. Beat in the flour, salt, baking power, baking soda and cinnamon. Gently fold in the blueberries. transfer to the prepared loaf pan.
3. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of loaf comes out clean. Cool 20 minutes in pan, then turn out onto wire racks to cool completely.



KAY BAKER

SULLIVAN COUNTY FCE

We raise our zucchini, so in the summer I shredded up my zucchini and freeze in bag that contain 2 cups or 1 cup. Zucchini freeze well.



I would like to thank all the counties who have supplied news about their clubs. There are still many we have not heard from. Take a minute and write down the exciting things your club is participating in and drop it to me at: pat.king.fce@gmail.com, so we can get your news in our next edition. Thank You for sharing with us.

Pat King Communication Chair



TAFCE Mission Statement:
To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.

All dates, forms, contacts and information can be found on the TAFCE Website.

