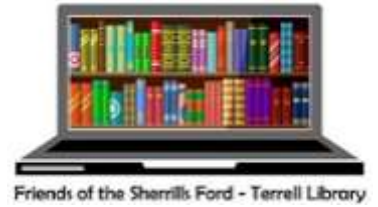




The Friendly News
February, 2026



Greetings from the President

Greetings, Friends!

Riddle: When I first come into being, give me a name. Give me a place to live that's not too cold or hot, not too cramped. Feed me well and I'll grow. You don't even have to feed me every day! But I may make some hooch. Eventually, I'll feed you, too. Who am I?

One more hint: I've been the subject of several lively learning sessions at the library. Of course, that last hint doesn't really narrow it down, because there are almost endless offerings at our library. That's why we're so proud to support the library and its staff.

So be sure to show the staff some love this Valentine's Day...and year round. Who knows? Maybe they'll share something with you. Something homemade. Something that is also the answer to the riddle. Still not sure? Ask a Friend.

Cheers, Erica

February 17th Business meeting, Community Room, **6:30 p.m.**

May TBD **Family Fun Day/Summer Learning Kickoff**

**Meet your new sourdough starter ____!!
(it is tradition, name your starter)**

Things to remember:

Remember, when you weigh it out, factor in what your jar weighs without lid. You will learn how much starter you can keep in your jar without it exploding out. **Continued on Page 2**

A Valentine's Day Card for a Special Friend



“Dotty” and “Other Dotty” are a matching pair of mittens. Then there’s “Stripes,” a single lonely mitten who gets left out of all the fun. Why is he sad? What happens when “Other Dotty” goes missing? The mittens hear a BIG voice asking, “Why do you have to match?” Is “Stripes” able to make a friend? Read Linda Bailey’s fun story of making new friends in The

Three Little Mittens.

Materials Needed: Scissors, mitten pattern, markers/crayons and glue stick

Directions: Cut the mitten pattern, leaving one side uncut. Decorate the outside of your mitten using your crayons or markers. Write a message to your special friend inside.

Available: kits in the lobby will be waiting for your little ones the beginning of February!

Thanks to **Kathy Bradham** for this month’s clever idea!

Sourdough continued...

When you feed your starter, leave it in a warm area, with lid unscrewed loose but still covered. The colder your starter or environment, that longer it takes to rise. Don’t screw the lid on tight after a feed, it will essentially become a pressure bomb if you do.

If you don’t plan to feed your starter every day (feeding every day will produce more discard than you may want), stick it in the fridge with lid securely closed until ready.

If you feed starter and put into fridge at peak rise, you can use within two days without feeding again for recipes that call for starter

Peak rise is when your starter is bubbly and has at least doubled in size
Because it is alive and fermenting, best practice is to keep in glass container vs plastic

Never put starter or dough down the drain, it hardens like concrete and will become a very expensive plumbing bill.

Use filtered water and unbleached flour when feeding. Tap can contain chemicals that can kill the sourdough over time and bleached flour lacks the nutrients to keep starter happy for a long time. Every now and then I’ll give it a smidge of honey, typically if I haven’t fed in a while or if its particularly cold

It is a 1-1-1 ratio when it comes time to feed your starter.

So, if you have 75g of starter, you add 75g of water and 75g of flour. When you go to feed again, know now that you will have 225g of starter and may want to discard some or you’ll be feeding it 225g of water and 225g of flour... that’s a lot

Terms to remember:

Starter is when it is bubbly and fed.

Discard is just unfed starter. Not bubbly, its hungry. When you don't feed starter, it then becomes 'discard'.

There are different kinds of sourdough recipes that will use either starter (fed) or discard (unfed); be aware of which when choosing your recipe, it will change your prep time.

Refrigerating your starter is a great choice for busy schedules. It is also a solution for time away from home. For periods longer than a couple of weeks, a starter can be **frozen**. It will remain dormant until you thaw and feed it again.

Sourdough starters that are kept in the fridge only need to be **fed about once per week (I go 1.5-2 weeks between when not baking a lot**, this is an established starter, it can take a little more abuse than a newly started one). The cooler temperatures keep the microbes alive but less active, so they don't need to be fed as often. A healthy, established starter can survive a little neglect. **This is an established starter**. However, the longer you go between feedings, the more sluggish it may be, and you may need to feed it a couple times (as opposed to just once) before use.

The volume or amount of sourdough starter you choose to keep, and feed **depends on how much you intend to bake or how little you want to discard**. For example, if you wish to bake two or more loaves of bread at a time each weekend, each of those loaves will require a certain amount of starter.

Preparing to Feed

If you keep your starter on the counter, you must be prepared to feed it almost every single day.

If you choose to keep your sourdough starter in the fridge, some recommend allowing it to wake up and come to **room temperature** before feeding. I will either take it out an hour or so before I intend to feed or just feed it cold straight out of the fridge and account that it will just take a little extra time to rise.

Discard a portion: (remember this term from earlier?) Whether your starter has been out on the counter, bubbling and active, or stored in the refrigerator in a more dormant state, you will probably need to discard a portion of the sourdough starter before feeding again. How much you discard depends on how much you are going to feed it, or how much your container will hold once feed.

To discard, first stir the starter to knock out any air. Remove little by little until the desired amount is left behind. You can make a sourdough discard recipe like sourdough starter crackers. Or even just keep a jar of discard to use at a later date if starter needs a feeding, but you don't want to use the discard just yet until the desired amount is left behind. This is not a bad idea when first starting out in case you kill your starter, your discard can be fed to become active starter once more. Remember, the only difference really between an active starter and discard is if it's been fed or not :)

What is that liquid on the top of my sourdough starter?

This is a sign that you haven't been keeping up with your starters feeding schedule to its liking. The thin layer of liquid that sometimes forms on top of sourdough starter is called **hooch**. It is an indication that your starter is more active than you've been feeding it, has run out of food, and is hungry for more. More than hungry... *It is Hangry*.

But don't worry, it is an easy fix and not at all harmful! Hooch is a naturally occurring fermentation byproduct (alcohol) created by the hungry yeast and bacteria. It smells quite acidic. You can either pour the hooch off the top or simply mix it back in, then discard and feed as usual. But do take it as a sign that your feeding schedule may need to be modified. Our starter often develops hooch when we skip a week of feeding.

Hooch is not what you should be worried about but instead watch out for mold. Make sure you scrap the sides of your jar down well to help prevent that.

And have patience, your first loaf probably won't be good, but it takes practice and learning what works for you! Feel free to reach out if you have any question or need more



You Can Follow Us on Facebook and Instagram

We currently post pictures and information about our events on both platforms. You do not need a Facebook account to keep current.



<https://www.facebook.com/FOSFTL/>

We are listed on Instagram as: sherrillsfordfol

Search for **Friends of Sherrills Ford-Terrell Library** on Facebook and if you're on Instagram, we are **sherrillsfordfol**. Please LIKE and share posts! Feel free to send a message if you would like a photo of you at the library or a Friends Event posted to either site. Ellen Janzen Dewey is the Administrator and initiator of our social media sites.

To see more of what is happening at SFT—by the week—and throughout the Catawba County Library System, visit :

<https://www.catawbacountync.gov/county-services/library/about/friends-of-the-library>

OR: Search in your browser for Catawba County Library/This Week @ Your Library.

Newsletter Submissions: Please e-mail **news and photo submissions, and community announcements** to Joyce O'Neal, newsletter editor, by the fourth Tuesday of the month: joyceoneal417@gmail.com .

Friends of the Sherrills Ford-Terrell Library 2025-2026

Officers:

- President — Erica Batten
- Vice-president: — Lisa Yakovenko
- Secretary —Charlene Callahan
- Treasurer — Joe Lebens

- Publicity — Ellen Dewey
- Membership — Sabine Detzel
- Programs — Jeannette Dolan
- Newsletter — Joyce O'Neal

Board of Directors:

- Joanie Gardner
- Pat Elston
- Jeanne Lebens
- Sheryl Schuhose
- Erica Batten

Library Staff:

- Library Services Manager — Shelley Orr
- Librarian — Melissa Housel
- Library Services Specialist — Kacy Steiger
- Library Assistants — Lindsay Lewis, & Kelsea Farah-Albertson

Location: Sherrills Ford-Terrell Branch Library, 9154 Sherrills Ford Road, Terrell, NC 28682 Phone: (828) 466-6827

Friends of the Sherrills Ford-Terrell Library

9154 Sherrills Ford Rd., Terrell, NC 28682



MEMBERSHIP FORM

JULY 1, 2025 - JUNE 30, 2026



Friends of the Library is a 503(c) (3) non-profit, charitable organization dedicated to supporting our local library and community. Through our efforts, we provide programs that promote literacy, foster lifelong learning, and strengthen our community ties.



- Annual Renewal
- New Membership

- \$10 Family Membership
- \$50 Patron Donation
- \$100 Patron Donation
- Other Donation \$_____

Checks made payable to : Friends of the Sherrills Ford-Terrell Library. Drop off at library or submit by mail

Name

Address

Phone **Email**

Your donation above the \$10 annual Family Membership makes a big impact – it helps fund 75% of our programs. While membership dues cover a portion of our budget, we rely on generous donations to keep offering vibrant literacy and lifelong learning programs for the Sherrills Ford-Terrell community.



Connect with us on Facebook



Interested in Volunteering?

Check any opportunities below that catch your eye—we'll be in touch!

Teens may be eligible to earn school volunteer hours.

- Officer Roles** – Serve as President, Vice President, Treasurer, or Secretary (2-year term)
- Nominating Committee** – Help identify and recruit qualified Officers and Board Members during election cycles and as vacancies arise
- Fundraising Committee** – Develop and support fundraising strategies and create campaigns that support the library's programs and goals
- Book Bonanza Committee** – Ensure a steady supply of books for our sales by assisting with book collection, sorting, and inventory management
- Family Holiday Event** – Assist with planning and/or helping on the day of our December celebration
- Literacy Program** – Support early literacy by selecting books, assembling reading packets, or reading in classrooms (Grades 1–2)
- Community Advocacy Committee** – Promote the library and its programs, and build community support
- Membership Committee** – Support member outreach, renewals, thank-you emails, and event table staffing
- Program Committee** – Collaborate with the library to brainstorm, plan, and run programs and events
- Refreshments/Roadies Team** – Provide and serve refreshments, and assist with event setup/cleanup
- Publicity Committee** – Coordinate and expand publicity efforts
- Art Show Committee** – Coordinate collection, library display, and return of student artwork to local schools
- Little Free Library Committee** – Help stock and maintain Little Free Libraries throughout the community and track any needed kiosk repairs
- Friendly Krafts 4 Kids Committee** – Create and organize literacy-themed “Take and Make” craft kits for young library patrons