



# Tar Heel **HOMEMAKERS** E-news

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**October 2018**

**Volume 8 Number 5**

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## **2017-2018 Leadership Team**

President	Judy Blythe, Craven County
President-elect	Shelby Ford, Union County
Past President	Faye Lanier, Durham County
Vice Presidents	
North Central	Lois Williams, Vance County
Northeast	Juanita Nobles, Pitt County Leigh Guth, Liaison Agent
South Central	Donna Springle, Harnett County Greg Huneycutt, Liaison Agent
Southeast	Angela Abrams, Wilson County Cassidy Hobbs, Liaison Agent
West	Sue Myers, Henderson County Renay Knapp, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Faye Lanier, Durham County
Advisor	Geri Bushel, NCSU
CVU Coordinator	Anne Gaddis, Lenoir County
2017 Cultural Arts Chair	Sheila Gregory - Currituck County



## **2018 State Conference**

**October 29-31, 2018**  
**Ramada Inn, Nags Head**

**Like NC ECA on [facebook](#)**

## Across the State!

### Northeast

Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Franklin, Gates, Halifax, Hertford, Hyde, Martin, Nash, Northampton, Pasquotank, Perquimans, Pitt, Tyrrell, Wake, Warren, Washington

### Pasquotank County



**Brite Meadows ECA** at it again! We also started our Christmas Cards for the military.

**Pasquotank County ECA** members collected and donated school supplies to start the school year right!



### Tyrrell/Dare County



**Dare and Tyrrell ECA** members enjoying Aging with Gusto!

### Edgecombe County



The **West Edgecombe Homemakers ECA** prepared 125 "treat" bags for the Heritage Retirement Center residents and staff for their September community service project. The center has 96 residents and the ECA group was able to deliver the "treat" bags to the rooms of each resident. The residents were very appreciative of the bag and mostly appreciative of the time the group spent at the center. The West Edgecombe ECA group brings joy to the residents of the Heritage Retirement Center every year with their thoughtful "treat" bags.

In August the group chose to collect school supplies for GW Bulluck Elementary School. The students and teachers were very thankful for the supplies.

### Southeast

Bladen, Brunswick, Carteret, Columbus, Craven, Duplin, Greene,  
Johnston, Jones, Lenoir, New Hanover, Onslow, Pamlico, Pender,  
Robeson, Sampson, Wayne, Wilson

### Johnston County



**2018**

**Heritage  
Quilt Show**

**FREE**

*Jo Co Quilters  
NCCE*

*Sew & Share*

*Pomona  
Creech  
PCA*

Thursday, October 11<sup>th</sup> at 1 pm until 6 pm  
Friday, October 12<sup>th</sup> at 9 am until 6 pm  
Saturday, October 13<sup>th</sup> at 9 am until 2 pm

For More Information, Contact:  
Flora Grantham 919-934-0791

**Quilt Raffle!!!**  
\$1 tickets  
3 Lap Quilts handmade by Jo Co Quilters  
All proceeds support our service projects & donations are welcome.

[go.ncsu.edu/nceca](http://go.ncsu.edu/nceca)



## Wayne County

At the 2018 **ECA Friendship Event**, we had a great time painting, sewing, and exercising. Thank you Edna Gambella for teaching us how to always stay active



### North Central

Alamance, Alleghany, Caswell, Chatham, Davidson, Davie,  
Durham, Forsyth, Granville, Guilford, Orange, Person,  
Randolph, Rockingham, Stokes, Surry, Vance, Wilkes, Yadkin

## Orange County



The **Antioch ECA** was greeted by a beautiful sunny day in August 2018 for their annual picnic. Every year for the past 50 some years members and their families look forward to getting together for a potluck lunch. In earlier years they met at a private home's backyard, now at the Cane Creek Reservoir Park in Orange County. Covered picnic tables are on a hill with a gorgeous view of the lake where there is usually a light breeze. This year the club was fortunate to include not just their husbands but grandchildren. There is always a variety of delicious food, lively conversation



and even a birthday cake for dessert to honor two ladies' August birthdays. All members of the Antioch ECA are thankful to belong to such a fine and caring "second" family.

## Davie County

**Davie ECA** toured Shallowford Popcorn Farms. Such an interesting tour with our tour guide Jeanine! We were stylin' with our hair nets that were required going through the production part!



## Alleghany County

The **Career ECA Club** hosted the Alleghany County Cultural Arts day. The program was "Eating Anit-Inflammatory" and the members learned more about ways they could eat healthier to help reduce acute and chronic inflammation. The club had 9 first place winners and 1 second place. Delta Peterson will represent Alleghany County at the state cultural arts competition after winning first place on her Christmas decoration at the district competition.

The club made a contribution to the Boys and Girls Home of NC in memory of club member Maurene Cote.

Summer highlights included a June Dairy month program on healthy bones with build your own ice cream sundaes and a family picnic on Little River.

The **Laurel Springs Club** enjoyed learning more about the Alleghany Historical Society in July. Volunteers from the Alleghany Historical Musueum shared information about society beginnings, background and explained about exhibits.

The annual picnic in Laurel Springs provided a good opportunity to finalize plans for the county wide meeting in September.

The September luncheon was followed with a program about a family genealogy book called "Generations", given by author and researcher, Cindy Butler. Her presentation was full of inspiration, resources and great ideas on ways to compile a family tree/ family history book.

Laurel Springs ECA club made a donation to the Boys and Girls Home of NC in memory of club member Mary Ruth Setzer. 50+ year club member Jean Miller also passed away in recently. Both members are missed by all.

The **Sparta ECA club** made a contribution to the Boys and Girls Home of NC in honor of club member Jean Reeves. They also contributed to the New River Conservancy in memory of a member's spouse and made a contribution to the Blue Ridge Parkway in memory of Jean Miller. Club members enjoyed a July field trip to Jonesville, NC. The August meeting was on the "Benefits of Adult Coloring" as club members were creative and reduced stress. Club members learned hints and tips for "Cooking for 1 or 2" at the September meeting. Plans were made for the upcoming Trunk or Treat Halloween event.

## Surry County

**Surry County ECA** Cultural Arts day was held at Pilot Knob Park Golf Course. Members and guests learned more about Sew Blessed, a group who makes and donates quilted bags and matching quilts, personal care items, books and toys to children placed in foster care in Surry County. All those attending were touched by the stories told and reminded of how blessed we all are. Beautiful cultural arts items were enjoyed by all.

**Surry County ECA** members were honored to receive 6 blue ribbons at the district cultural arts competition including Best of Show for a beautiful quilt made by member Deborah Wagoner from the Pilot Mountain Achievers club. They look forward to competing in the state at the Outer Banks.

Surry County youth and adult scholarship applicants were awarded scholarships at the district level. We are so proud of youth winner, Grace Radford as she furthers her education at Appalachian State and adult winner Sally Southard as pursues her degree from East Carolina.

Surry County hosted the North Central Area Leader Lesson Training in May. ECA members and liaison agents from Alleghany, Davie, Davidson, Forsyth, Surry, Wilkes and Yadkin counties met on May 11th at the Elkin Center of Surry Community College for their spring Area Leader Lesson Training. The opening session "Having a Healthy Mind and Body" was presented by an educator from the Alzheimer's Association. We learned of many resources available to our communities to help individuals and families dealing with Alzheimers and the many related complications. Participants had the opportunity to attend one of four breakout sessions where they received information to take back and share with their club members at a future club meeting. Topics included:

1. Fun and Healthy Picnic Foods
2. Dinner is Ready but is it Safe?
3. The Benefits of Adult Coloring
4. Consumer Fraud

## Surry County, continued



**Siloam ECA** club members enjoyed a trip the Davis Daylily Nursery in Lowgap, NC. Members learned all about daylilies and made purchases to go home and plant their own.

**Pilot Mountain Achievers ECA** club took a trip to the Shallowford Farms Popcorn Farm/ Factory in Yadkin County. Those attending had to wear lovely red hairnets, learned a great deal about popcorn grown in NC and enjoyed eating some while on the visit. Who knew that they sold so much on the international market. The operation deals with

millions of pounds of popcorn annually. The huge farm equipment needed for harvest was impressive to all. Everyone gained a new appreciation for the amount of work that goes into something as simply as popcorn.



In September Pilot Mountain Achievers had a lot of fun learning more about honey during NATIONAL HONEY MONTH. Members enjoyed sampling tasty honey based treats, playing a game for a chance to win a honey dipper, and getting several recipes for the treats and for using honey in various salad dressings. Members received spatulas with the [honey.com](http://honey.com) web address where much additional information is available. Members purchased chances on a jar of sourwood honey to benefit the club treasury.

Gail Shelton from the **Beulah ECA club** coordinated the effort to collect 7.5 lbs. of drink tabs which were donated to the Ronald McDonald House. That is a LOT of tabs!

## Randolph County



**Randolph County ECA** had a fun and HOT Trek to Winston Salem on August 29th. Highlights included a visit to the Cricket's Nest Handmade Craft Store, ETC Consignment Shops, Cherries Café, and shopping at the new LIDL in Lexington. It was most definitely a day for inspiration and consumer research.



"THANK YOU" to everyone who participated in the Blood Drive at the Cooperative Extension today. The project was sponsored by ECA. Twenty-six people attended and 20 units were collected.





### South Central

Alexander, Anson, Cabarrus, Catawba, Cumberland, Gaston,  
Harnett, Hoke, Iredell, Lee, Lincoln, Mecklenburg, Montgomery,  
Moore, Richmond, Rowan, Scotland, Stanly, Union

### Harnett County

On August 23, 2018 six members of the **Ambassador ECA Club** toured the Boys and Girls Home with Ray Cockrell as tour guide. Gary Greene had another appointment and couldn't be with them but they were impressed with the facilities and the attitude of the staff. Everything is geared toward helping the child succeed and become a productive adult. The club enjoyed a delicious meal at the restaurant down the street. Afterwards they toured the facilities "Country Store". The Ambassador Club had a yard sale in May and the "good" items left over were donated to the store. It was a wonderful day. If you go, be sure to go to the chapel and look at the stained glass windows – what a beautiful site.



L-R: Ann Burgin, Elaine Fromer, Cynthia Wilder, Rose Cotton, Peggy Hardison, Donna Springle

### Lee County

Members of the **Lemon Springs ECA** and their booth at the Lee County Fair!



### Cabarrus County



**Cabarrus County ECA** awarded their fourth annual college scholarship at the recent Cabarrus County ECA Council meeting. Cabarrus ECA Council President Pat Wickliff presented the scholarship to Hiatt Durham. Hiatt is a graduate of Northwest Cabarrus High School and will be attending Central Piedmont Community College this fall. Her long-term goal is to study social work. She is the daughter of Gail and Brian Crowell of Kannapolis.

In addition to Hiatt, Ethan Wickliff was awarded the South Central District ECA College Scholarship recently. He was one of 2 youth selected to receive an ECA Scholarship in the 17 county South Central District. Ethan will be entering his second year at Guilford College in the fall. He is the son of Alisha and Greg Wickliff of Mt. Pleasant.

## Gaston County

### COLLECTION OF SCHOOL SUPPLIES

School supplies was collected during September for area schools. Four Gaston County Schools received the supplies.



### BABY QUILT WORKSHOP

Baby Quilt workshop was very successful - 15 people who participated, 8 quilt tops were completed, and 2 quilts were quilted by Angela Nona on the long arm quilting machine in the project room.

### OCTOBER ECA LIBRARY EXHIBIT

ECA members please visit the Main Branch Library, located on Garrison Boulevard, to see our ECA display. A special thanks to Teresa Weaver for setting this up each year. We will have two display cases showing all the work Gaston County ECA does.

### NEW ECA SPECIAL INTEREST GROUPS

We're excited to announce the development of two new ECA Special Interest groups:

- Creative Needlers - for those who love to knit or crochet. This group will meet every Wednesday from 6:00-8:00pm, at the Lucile Tatum Center.
- Melt-Aways Weight Loss Support Group - for those who want to lose some weight. Meets the fourth Monday of each month.

Gaston County is doing many classes each month:





### West

Avery, Buncombe, Burke, Caldwell, Cherokee, Cherokee Reservation, Clay, Cleveland, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Yancey

## Cleveland County



ECA Volunteers: (L-R) Pat Farley, President, Karen Hubbard, and Mary Sue Boyles

Members of **Cleveland County ECA**, on August 11, spent their Saturday morning serving local farmers at the Foothills Farmers Market. It was Foothills Farmers' Market Appreciation Day. ECA wanted to show the vendors how much they supported and valued their farmers. So, a few of the ECA members got up early that morning, went over to the farmers market, and set up a table where they served homemade muffins, hot coffee and tasty hot chocolate to the vendors. These generous ECA members did this in collaboration with the Farmers' Market Board and made it all happen before 7:30 a.m.!

Cleveland County ECA members have entered fair booths in the 94th Annual Cleveland County Fair. The **Belwood Club's** booth, Heart Attack Symptoms in Women, talked about how women can prevent and notice heart attack symptoms. The **Lawndale Club's** booth, Family Emergency Survival Kit, was centered on how to prepare for natural disasters. The booth was a reminder of preparation needed before storms like Hurricane Florence. The **Boiling Springs Club's** booth, Feed Your Need to Read, addressed the issue of family literacy by encouraging the public to read. The County Council entered a booth, Color Your Future with ECA, that showcased ECA educational programs and community projects. **Belwood** placed first, **Lawndale** second, and **Boiling Springs** - third. The County Council booth was awarded as creditable. ECA leaders value the Cleveland County Fair as a way to share ECA educational and outreach efforts with the community.



**Cleveland County, continued**

The Cleveland County ECA members are also volunteering and participating in the Med Instead of Meds (MIM) classes at our local Cooperative Extension Center. The class focuses on following the Mediterranean-style eating pattern and how to prepare healthy food. Members who are volunteering come a couple of hours before the class starts to help Nancy Abasiekong, Food and Consumer Sciences Extension Agent, prepare for the class. They help prep food and equipment, wash dishes, and greet people! Participants are encouraged to enroll for all 6 MIM sessions; however, the sessions are stand-alone and can be taken individually. Plans are already underway for a second MIM series.



MIM class participants with Greg Traywick, County Extension Director, and Nancy Abasiekong, FCS Agent.

**Cherokee County**

The **Grape Creek Homemakers** had their annual picnic at the Konaheeta Park on Thursday, August 16. At the picnic four Cherokee County teachers were invited and presented a basket full of school supplies for the upcoming school year.



Pictured are Neva Jean Whitener, (teachers) Shelby Golden, Whitney Lachele, Rebecca Mathis, Melissa Johnson (not pictured). Shirley Whitener, Jan Rose, Clydie Rogers and Robbin Martin.

On August 16, the Grape Creek Homemakers of Cherokee County NCECA honored four Cherokee County teachers with a basket full of school supplies for the upcoming school year.

Pictured are Shelby Golden, Whitney Lachele and Rebecca Mathis, Mellisa Johnson (not pictured).

**Dates to Remember . . .**

**(check the Yearbook for details!)**

- October 1 eNews Deadline
- October 28 Leadership Team meeting
- October 29-31 NCECA State Conference - *Oceans of Learning* - Nags Head, NC
- November 1 NC Past President sends scholarship information  
Local membership dues to County treasurer
- December 1 eNews Deadline  
Pennies for Friendship due  
County Membership dues to Faye Lanier



## NVON PROJECT IN COMMON MEMBERSHIP

***“Double Your Influence...Add TO/2”***

*As a volunteer, we touch lives with educational information each day in our circles of influence. To continue as a viable organization, we **MUST** enlarge that influence to include a more diverse population that is currently being overlooked.*

*ADD TO/2 is a project targeting increased membership – adding new members and new clubs. Think about beginning special interest groups that do not use the standard “club program”. We are all different, but we all have the same mission...strengthening families, education, volunteerism, community support.*

*During this day and time families small or large, young individuals just beginning to work, nationalities trying to adjust to a very different culture, senior adults dealing with a new lifestyle, all **NEED US!***

**Let us not miss these opportunities to make a difference in someone’s life with the resources we trust through our ECA organization. Use your influence to make this Project in Common a viable and worthy program. You have time to make history beginning in January 2019 and concluding December 2021.**

### **ADD TO/2 NEW MEMBERS – 2 NEW CLUBS:**

**To show a NET increase we must gain more members than we lose. To see GROWTH, there needs to be additional members, so ADD TO. Example – 12 club members and 2 do not renew, leaving 10 club members enrolled. You need to gain 4 NEW MEMBERS to see an increase of 2, making the enrollment 14 members. You ADDED 2! You don’t need to stop with 2, add as many as you can.**

*Your state president, Judy Blythe and president elect, Shelby Ford were the only people to receive this information during the NVON conference in July. Also, the NVON website has this brochure. If I can help in any way, give me a call (704) 786-5324.*

Joyce W. Kluttz, NVON Vice President





## 2018 State Conference

October 29-31, 2018  
Ramada Inn, Nags Head



Place  
Postage  
Here

