

# Tar Heel HOMEMAKERS E-news

February 2019

Volume 9 Number 1

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## 2019-2020 Leadership Team

President	Shelby Ford, Union County
President-elect	Sue Rhodes, Cherokee County
Past President	Judy Blythe, Craven County
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North Central	Kim Lemons, Randolph County Jeannie Leonard, Liaison Agent
Northeast	Joan Quinn, Wake County Gina Garcia-somuk, Liaison Agent
South Central	Linda Jozwiakowski, Gaston County Pam Bryson, Liaison Agent
Southeast	Betsy Odell, Carteret County Hannah Todd, Liaison Agent
West	Melody Heltman, Henderson County Renay Knapp, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Faye Lanier, Durham County
Advisor	Geri Bushel, NCSU
2019 Cultural Arts Chair - Cleveland County	Jean Ann Privett Mary Lee Jones

## From Your President . . .



I trust that 2019 is being a great year for you and your ECA group. I know each of you is getting ready for your District Day. The District Day themes all sound very interesting. I am excited to be attending all the District Days and some of the Achievement Days as well.

Now is the time to begin working on our Project in Common, Double your Influence: Add 2. Please invite friends, neighbors, and perhaps the lady at the grocery store check-out line (or other places) that speak to you to join your ECA group. Let's have an increase in membership for 2019. Joyce Klutz is our state chair for our Project in Common. If you have ideas that work for your group, please let me or Joyce know so that they may be shared with others.

As you read your 2019 Yearbook, please check out the brochure on our Project in Common as well as the calendar which has the dates for the NVON meeting at Springdale, Arkansas and our NCECA State meeting at Lake Junaluska, NC. Last year we were at the Outer Banks for our meeting. This year we are in the mountains – what a wonderful state that lets us see both!

Please continue your many, many community projects and activities that you share with the people in your community. You make it a better place to be. You are special!

Please know that if you have questions or just want to talk about ECA, I am only a phone call or e-mail away. My job is to serve you – the ECA members

Shelby Ford

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## What Makes a Legacy?

Something of value transferred/transmitted from one generation to another. A type of heritage...value shared by those who know with those who do not yet know. Leg-acy, a “leg up” over the challenges of life. A legacy is TIMELESS, VIGOROUS, VIBRANT, VITAL. The repository knowledge within each state organization could be considered a living national treasure. What is the legacy of NVON – empower individuals and families to improve their quality of living.

Why is it an URGENT and CRITICAL issue to GROW membership? Service membership is not self-perpetuating. It requires active, continual maintenance. The demise of a service club of any kind is simple to identify and fix.

#1-Unaware of the importance of growing the legacy.

#2-Oblivious to shifting demographics, need to adapt.

#3-Inflexibility in trying new processes. Evaluate new ways of managing meetings and communications.

#4-Not getting all members involved in member growth.

#5-Not getting newest members involved.

The importance of FAMILY has never changed. Prepare to become open to change. Try these Be-attitudes: Be self-promoting, Be inviting, Be welcoming, Be interesting, Be of value, Be inclusive, Be interactive, Be flexible and adaptive. We are the keepers of an important legacy. Keep the legacy alive and plan, plan, plan to grow.

Joyce W. Kluttz, Vice President

(above content-Cheryl L. Kane)



## 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



**Nixonton ECA** had their Christmas party December 5 with lots of fun and laughing. They made Christmas a little brighter for a needy family!! Each family member received new shoes. The kids each got three new outfits and some small toys.



One last quick craft for **Brite Meadows ECA** at their December outing. They even gave the waiter one and a kit to make with his daughter. Deb learned the ornament at NC ECA State Conference in Nags Head.

**Brite Meadows ECA** rocked The Soybean Dinner tonight with "Elvis" A. J. Outlaw!



### Wake County



Karee Redman shared a timely program, The Opioid Epidemic: The State of the State at the January County council meeting.

### Halifax County

In August, the **Scotland Neck ECA** hosted a Rainbow Tea to recruit new members and increase awareness of ECA in the county. The tea party was held at the newly constructed Scotland House, a new assisted living facility in Scotland. Two past ECA members that were first members of the assisted living facility, Opal Keeter and Jenny Delagrange were honored at the event.

The tea was organized by George Daniel, along with ECA members Christine Smith, Sylvia Ezell, Barbara House, Bettie Howell, Bettie Cotton, June Whitehead, and Loretta Hiller. Approximately 30 guests were in attendance, including local town officials, Extension Agent, residence and staff of the Scotland House, family and friends. Lots of fun and wonderful food were shared by all.



## Northeast District Master Food Volunteers Graduated



The recent graduates of the Master Food Volunteer Program represented Chowan, Currituck, Pasquotank and Perquimans Counties. They completed thirty hours of training in 2018 and will shadow Extension Agents for thirty hours in 2019 to fulfill their course of study.

Congratulations to (front row, l-r) Frances Chambers, Amanda Howell, Meredith Tynch, Alice Stringham, Vikki Smith, (back row, l-r) Annie Nofsinger, Annie White, Shirley Jones, Elena Bartoli and Cindy Alarcon-Rivera. Not pictured: Elaine Grosjean.

### Southeast

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

## Craven County



**Krafters Klatch ECA** made 500 plus Christmas ornaments for the tree for *Breakfast with Santa*. This is sponsored by Carolina East Medical Center. Each child that attends takes an ornament from the tree. We also bought \$50 food gift cards for the Craven County Hurricane Recovery Program and purchased 2 wreaths for the National Cemetery in New Bern. We had a good time playing Bingo to exchange Christmas gifts.

In January, we made 80 Valentines for a local nursing home to be distributed in February. We enjoyed time for fellowship while using our creativity to create a unique Valentine's Day card for each resident of the nursing home.

We look forward to our Achievement Day on February 20 with awards and cultural arts.

We have made 18 lap quilts and one fidget quilt. We will be taking them to nursing homes in our county. We worked on these

twice a month.



## Wayne County



**Stoney Creek ECA**, for their June outing dined at a local restaurant. They delivered health/hygiene/cleaning supplies to Blended Fellowship, a ministry in Wayne County that brings deaf and hearing together. Doug Seymour, director and pastor, shared with us the three facets of the ministry: spiritual development, family awareness and communication enhancement services, and quality of life improvement.



Julie Whitfield started a Wrapped In Love project in Goldsboro, NC. Ms. Whitfield takes winter items and ties them around poles and trees in downtown Goldsboro. A note is attached to each item: *I'm Not Lost, I Am A Blessing, Take Me To Stay Warm, God Bless YOU!* Julie also put some of the items in Blessing Boxes that are located in the local area.



The **Town & County ECA** thought this was a project that they would like to support and donated over 50 scarfs, gloves and hats for the homeless and people in need.



The **Town & County ECA** also took 7 bundles to men at a local rehab center; the men appreciated the kindness and will enjoy the warmth during the cold weather.



**Town and Country ECA** had another productive day making dresses. If you would like to donate cotton fabrics to support this cause please bring your donations to the Maxwell Center.

## Duplin County



The **Stanford-Duplin ECA** held their annual thanksgiving celebration in November. Each member made their favorite dish. They had a great time enjoying each other's cooking and fellowship. The group also decorated the Christmas tree at the Lois Britt Agriculture center with hand-made ornaments created by the members. They delivered the final batch of adult bibs to local nursing homes. The members totaled over 200 hand-made bibs that were distributed.

The ECA also made lap throws for Seniors in the meals-on-wheels program. These were delivered at Christmas time to provide a Christmas gifts. The seniors were thrilled to receive something for Christmas and were so appreciative. The ECA continues to support meals-on-wheels by helping to distribute meals to the seniors.

Lastly, the ECA had members working with their churches to donate clothes and furniture to flood victims in our county.





### North Central

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

## Randolph County

**Randolph County ECA** held its annual Achievement Luncheon on January 8, 2019. The theme was SAFARI - Service & Fellowship & Refreshing Ideas.



Randolph County Commissioner Hope Haywood accepted a symbolic check for 17,102 volunteer hours completed by ECA members in 2018.



\$10,000 to add to the ECA scholarship that is part of the RCC endowment.

Randolph County Community College Counselor Lorie McCroskey accepted a check for



New officers for 2019-2020 were inducted, cultural arts winners were recognized, and a fine meal was had by all. Special thanks to FCS agent Jeannie Leonard and Extension Director Sam Groce for their culinary magic!

**Randolph County ECA** had a craft workshop on Monday, January 28th. What is the craft? That will be revealed at the May 2nd District Day SAFARI. Special thanks to Becky Gray for all her help!



It was a full house for "Cooking with Chee" at Randolph County Cooperative Extension. Many thanks to everyone who made this class possible: ECA for suggesting the idea, Dr Chee Choy for sharing some of her favorite Chinese/Cantonese recipes, FCS agent Jeannie Leonard for all her enthusiastic support...and especially to all the class participants. Now...get cooking and find the "umami."



## Forsyth County



At its December meeting, the **Peacehaven Club** members brought gifts for a nursing home. This is one of our many service projects.

### South Central

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

The **South Central District Day** will be on Thursday, April 4th in Gaston County. The theme is *Community Service Grows Membership*. The "cluster group" of counties hosting this event are: Alexander County - invitations to special guests; Iredell - evaluations; Catawba County - Cultural Arts; Lincoln County - check-in and morning refreshments; Gaston County - location, program, and make 'n take. Gaston County will decorate the dining tables highlighting service projects that the county supports. Each county in South Central District is invited to set up a table highlighting a community service project unique to that county. The county needs to reserve a table by March 23rd so the set-up committee has adequate tables available. Check-in, refreshments and activities will begin at 9:00. There will be make and take projects for people to create as samples of items they could make in their counties . . . paper bead bracelets for nursing home residents, bunny plant pokes to decorate plants for the ill; greeting cards for the military; and pillows to use with surgical patients. At 10:00 we will begin our program followed by lunch and business. The guest speaker from On Eagles Wings Ministry will speak on Human Trafficking problems in North Carolina. Our State ECA officials will share an educational segment for us AND, on the lighter side we will have music and some sing along opportunities! A full day of fellowship, fun, lunch, cultural arts displays, and knowledge ending about 2:00. Even if you are not a member of the South Central District, you are welcome to attend. The cost is \$15.00 Please call 704 865-3291 for more information.

## Gaston County

February is American Heart month to raise awareness of heart disease. Our community service workshop this month is to make heart shaped pillows for the cardiac department of the hospital to use with surgical patients. The pillows are not just for looks . . . they help in protecting stitches when patients cough!

The **Gaston County ECA** is having a workshop to stuff these pillows on Monday, February 18<sup>th</sup> from 10:00 to 2:00 and then again from 4:00 to 8:00. Come and help us stuff pillows. Some people will be cutting and sewing pillow forms, others will stuff and some will handstitch the small opening closed. All of us will enjoy fellowship as we work. There will soup and crackers and tea available for a light lunch and dinner. Please call 704 865-3291 and sign up for the day or evening session. We need to know how many will be coming so we have enough soup for all!

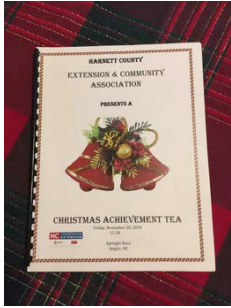
Last fall, Gastonia enjoyed a trunk show brought to us by Pat Knoechel. She is part of the Quilt in a Day family and showed us projects from the latest Eleanor Burns' book, Forty Fabulous Years. The **Quiltmakers Special Interest Group of the Gaston County ECA Club** decided to start working on sampler block quilts using the Eleanor Burns book. Each month one of the members selects the block we will work on the next month. At our monthly Sup n Sew meeting, we work on the selected block, show off the previous month's block and receive our token for completing the block. Our group working on the project vary from beginner quilters to expert quilters.

We have made four blocks so far. In February we will be learning a paper piecing technique to make the log cabin blocks that run throughout the quilt. In March we continue with the Bear's Paw block.

Hopefully, by the end of the year, we will have a group picture in the eNews, showing all the beautiful quilts we have created!



## Harnett County



**Harnett County ECA** celebrated their 2018 year with an Achievement Christmas Tea held November 30, 2018. Each club was recognized for their achievements and shared some of their favorite activities with the group. A slide presentation of events was also presented. Decorations included teapots and miniature tea sets. Each table was decorated in a different theme. Each club brought three food dishes to share with the group.

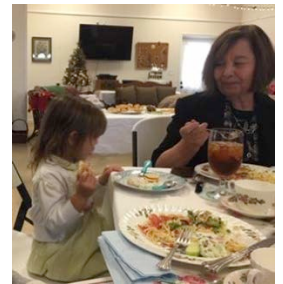


County personnel also joined them: Paula Stewart, County Manager, Brian Haney, Assistant County Manager, Gordon Springle, Chairman of County Commissioners and Bill Stone, Interim CED. Sandy Anastasio, Harnett County Master Gardener, gave a program on the mistletoe.



Community Angel Outreach crocheted angels made by former member Delores McCormick new member and her recruiter are given one each.

Future New Member and grandmother Juanita Guterrez



Everyone had an enjoyable time and they were able to share their work with county management.



**Ambassador ECA** helped make 50 lap blankets for Mr. and Mrs. Santa to deliver to local rest homes for Valentine's Day. They had such an enjoyable time getting together for this project. Fabric was provided by Mr. & Mrs. Claus but the members provided time, thread and expertise!

Mary Forrest, Cynthia Wildler, Donna Springle and Belivia Spaulding show the lap blankets they made for Mr. and Mrs. Santa to deliver to Rest Home on Valentine's Day. Not pictured Elaine Fromer.





## Lee County



Some members of the **Lemon Springs ECA** are shown putting the finishing touches on the comfort bears which were made from towels at the January 3rd meeting. From left to right are Carol Cox, Sondra Burford, Mildred Smith, and Edna Foushee.



There were 12 comfy bears made by the **Lemon Springs ECA** members. They were donated to the Haven program to be given to children as needed.



Janet Childress and Carol Cox pause after the Ladies Luncheon to enjoy the festive atmosphere to bring in the holiday spirit at the annual noon Ladies Luncheon which was held December 5. The **Lemon Springs ECA** participated in the table decorating contest. Their table featured a tobacco barn and landscape items typical of North Carolina artifacts.



Edna Foushee and Mildred Smith, also members of the **Lemons Springs ECA**, are discussing the recipes in the cookbook that they received while attending the Ladies Luncheon.

The **Lemons Springs ECA** social was held December 15th at the Tramway Restaurant for games and exchange of presents. From left to right are Mildred Smith, Georgia Garner, Carol Cox, Peggy Abshear, and Valerie Johnson.



At the November meeting of **Lemon Springs ECA**, Gwen Rackley a community volunteer, explained the processes for participating in the Samaritan's Holiday purse project with club members.



### West

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

## Rutherford County

In 2018, **Rutherford County ECA** members reached 15,278 people, gave 5,128 hours of service, and donated \$3,000 to the community. They also awarded a \$600 college scholarship to a local youth. ECA members were recognized for these and many other accomplishments at their annual Achievement Program last month. Longevity, Attendance, and Recycling Awards were presented along with the Quick Start Award and Outstanding Member. Officers for 2019 were also installed. So proud of the hard work, generosity, and commitment of ECA members!



Two fundraisers will be held in 2019 to support college scholarships for Rutherford County youth. A Soup & Sandwich Lunch will be held on March 8 and an Afternoon Tea will be held on May 18. Both events will be held at Cooperative Extension and will be open to the public. The Soup & Sandwich Lunch is \$6 per person and tickets for the Tea are \$10. If you are in a nearby county, we hope you will plan to visit us on one or both of these special days! For more information, contact the Cooperative Extension office in Rutherford County 828.287.6010.

## Henderson County



**Henderson County ECA's** new Block of the Month Quilt Class has resulted in several new ECA members. Thanks to our agent, Renay Knapp who organized the materials, the place, and instructors. We will enjoy shared lunch each time provided by a different participant each session. Our first class was fun meeting the new quilters, working together, and we all went home with our first block. We even had a show and tell of one completed quilt from our fall sewing class.



## Cherokee County



The **Grape Creek ECA** visited the Truett Children's Home on December 21 taking the six children that are there a gift for Christmas. These children come from broken homes, drug homes and homes of poverty. They range from age 11 to 18.

The **Grape Creek ECA** making clothes protectors (bibs) for a local nursing home patients and in home patients.



## Cleveland County

Members are shown with a massive collection of aluminum tabs that weighed over 100 pounds. The tabs were collected by ECA members and the Cleveland County community at large, including tabs collected at the American Legion World Series in Shelby in August 2018. Pop tabs are collected for the Ronald McDonald House in Charlotte. Several Cleveland County families have stayed at the RMH in Charlotte when they were experiencing a medical crisis. Cleveland County ECA represents the County in the RMH Million Tab Challenge.



Pictured (l to r): Daryl Millen (NCSU Intern), Mary Sue Boyles, Jean Ann Privett, Lorinda Richard, Kathy Leslie, Pat Farley, Vickie Wyatt, and Nancy Abasiekong (FCS agent) with an abundance of pop tabs for RMH.

The **Boiling Springs ECA** Scholarship was awarded to Daryl Millen, NCSU Intern. Daryl was also given a donation from the ECA County Council to show appreciation

and encouragement to her as she begins her studies at NCSU. Daryl has been a tremendous help for ECA and with Cooperative Extension programming. She has helped prepare articles for the December issue of Tar Heel Homemaker E-news, assisted with fair booths and other ECA and Extension programs. ECA members have enjoyed working with and getting to know Daryl. We wish her well in her studies at NCSU beginning in January 2019. Pictured is of Daryl and Kathy Leslie and Vickie Wyatt of the Boiling Springs Club.





Daryl Millen receiving donation from County Council.

President Pat Farley accompanied by other members (L to R) Lorinda Richard, Jean Ann Privett, Mary Sue Boyles, Kathy Leslie, Daryl, Vickie Wyatt, Pat Farley, Nancy Abasiekong, ECA Liaison Agent

**Cleveland County ECA** club members were encouraged by Nancy Abasiekong, FCS Agent, to participate in the National FCS “Dining In” for Healthy Families Campaign. Emphasis was on “Dining In” device free. The results were that many ECA members and others in the community took the FCS Day Pledge to prepare a healthy meal and dine in with their families and others – device free. Extension staff and ECA members requested that the County Commissioners issue a proclamation that encouraged families to dine in device free during the period of December 3-15, 2018, as well as prepare and eat a healthy meal with others. Conversation took the place of cell phones and other electronic devices. Success was measured by the number of individuals who took the pledge to ‘Dine In’, that family members felt closer to each other through face to face contact, and knew what others were experiencing in their lives. Tips for “Dining In” were made available to ECA members and the community.

Pictured (L to R) Susan Allen, Chairwoman, Ronnie Whetstine, Vice Chair, Greg Traywick, County Extension Director, Mary Jane Seagle, ECA County Treasurer, Pat Farley, County Council President, Nancy Abasiekong, Family & Consumer Sciences Extension Agent, and Commissioners: Doug Bridges, Deb Hardin, and Johnny Hutchins



A donation was made to the Greater Cleveland County Baptist Association Toy Store to provide Christmas gifts to children. The donation was accepted by Wesley Smith for the Toy Store. The donation from the Boiling Springs ECA was presented to Wesley by ECA members Jean Putnam and Shirley Bridges.

## Dates to Remember . . .

February 1	eNews Deadline NCECA Scholarships due to county
March 1	NCECA Scholarships to Geri bushel Double Your Influence: Add 2 - NVON Project report due to Geri Bushel County Yearly Activity Report to Geri Bushel CVU Report to Geri Bushel
March 28	Northeast District Day - Vernon James Center, Plymouth
April 1	eNews Deadline
April 2	West District Day
April 4	South Central District Day - Gaston County
April 9	Southeast District Day - Carteret County
April 10	NCECA Leadership Team meeting



## From the Leadership Team . . .

**We have a new Yearly Activity Report Form (Appendix L).** It is now available on the NCECA website . . . [go.ncsu.edu/nceca](http://go.ncsu.edu/nceca). We no longer ask that you separate ECA hours from other community service hours.

There have been questions regarding the reports and how they are tallied. **ALL** hours are totaled. That total is then divided by the county's membership to obtain a number that is then used to determine whether the county receives a gold, silver or bronze certificate.

For example: County reports 7500 hours and has 85 members . . . that would be 88.24 hours per member. That is a bronze certificate.

Gold Certificate = 400 + hours per member

Silver Certificate = 100 - 399 hours per member

Bronze Certificate = less than 100 hours per member.

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At the January meeting, we also reviewed the evaluations of the 2018 State Conference. There were comments that caused concern for us regarding the invocations, thought for the day, inspirations, etc that open each session.

As an organization that embraces diversity and inclusion where we have members of multiple faiths and denominations, we need to be more sensitive to the prayers, thoughts, devotions, etc. that we use. When certain prayers go deep into proselytizing or are deeply denominational, we lose that sensitivity. We encourage our membership to become more indicative of the diversity and use more non-denominational thoughts, prayers, etc. Please consider using a moment of thankfulness, moment of silence, the Collect, etc.



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