



Tar Heel HOMEMAKERS E-news

February 2017

Volume 7, Number 1

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2017-2019 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 Morris White, Liaison Agent
Northeast	Juanita Nobles, Pitt County Leigh Guth, Liaison Agent
South Central	Donna Springle, Harnett County Greg Huneycutt, Liaison Agent
Southeast	Angela Abrams, Wilson County Debbie Stroud, 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 Chairs	Louise Faison - Wayne County Ruby Brinson - Duplin County



New ideas & knowledge for a renewed you!

The Southeast District invites you to attend NCECA's 2017 State Conference Monday, July 17, 2017 at the Sheraton Raleigh.

We will condense our State Conference into 1 day as NCECA hosts the NVON Conference July 18-21.

On Monday, we will open the conference with lunch and a wonderful speaker. Our annual business meeting will follow at 2:00. Cultural Arts will be viewed that afternoon. We will conclude with our Awards Banquet that evening.

The real meat of the conference will begin on Tuesday as we host our sisters from eight states. There are lots of craft workshops, educational seminars, tours and tons of fellowship! We have included a skeleton agenda in this newsletter and the registration packet will follow soon!

The registration of the NVON Conference is \$140. NC members will pay **NO additional dollars** to attend the NCECA Conference on Monday!

Rooms at the Sheraton are \$119.

Not only is this where your educational programs for 2017/18 are presented . . . we **NEED** you to help us show NVON what a great conference NCECA can host!!

Like NC ECA on [facebook](#)

If you have a Facebook page, please like NC ECA! We try to share items of interest from local ECA pages, but some pages will not allow us to do so. You may also post your ECA activity on our page. From facebook, search NC ECA, (NC (space) ECA!) our page should pop up! This is a great way to market our organization! Pasquotank ECA has a great local page!

Person County ECA posted pictures from their Achievement Night on NCECA Facebook page and we had more hits and exposure than ever! To recruit new members, try facebook, instagram, twitter . . . you never know what may happen!

Across the State!



Wake County

Wake County ECA members join Lisa Prince, host of NC Flavors, for their annual Achievement Day. Janie Green of the Shotwell Club was named Member of the Year.

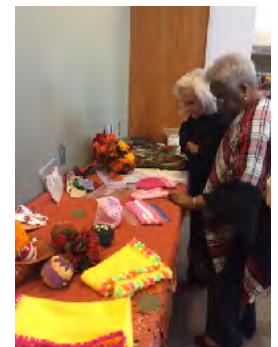
Janie Green has been very dedicated to everything she joins. She has been a Sunday school teacher, the president of a title search company and an officer in her church, where she was in charge of the senior ministry . . . until she became a senior!



As we know, all our clubs have had their ups and downs but Janie has been the glue that has held her Shotwell Club together. With persistence, she and her club members have increased their membership, now topping membership numbers back in 2001, with 22!

The club, each year, gives several scholarships to deserving students. They lovingly care for their older members, friends and relatives.

Janie has 5 children who, due to her guidance, have become very successful in life. Her family includes several grandchildren and great grandchildren. Her mother, Annie Bell Watkins was a long, long time member of Shotwell ECA, and now her daughter, Janie Green follows in her footsteps!



Members Carol Carter and Joan Jones look at the Driftwood/Fellowship Club's display of community service projects.



Cary ECA members Pat Naderman and Mary Ann Lowery with one of the Christmas greenery arrangements for the Mordecai House historic site in Raleigh. The Cary Club has been decorating Mordecai House for many years.

A few of the **Cary ECA Club** members wishing you a Happy New Year!



In November, ninety six year old, Mamie Reynolds received her 50 year certificate celebrating her membership in the Macon Georgia Home Demonstration Club and Cary ECA. Mamie can be remembered for her intricate handwork in the areas of tatting, knitting and crocheting. She taught many workshops on the county and state level. She was a devout member of Christ the King Lutheran Church in Cary. She donated 1000's of hours of service to church and community over the years. She was a World War II veteran. She served as a nurse to President Franklin D. Roosevelt in Warm Springs Georgia as he rehabilitated from polio. During her Army years, for recreation, she played golf with General Dwight D. Eisenhower. Mamie served as a public health nurse delivering babies as she traveled the back roads of Georgia. She leaves behind 4 sons, a daughter in law and several grand children.

Driftwood Fellowship Club collected more than 16,000 can tabs for Ronald McDonald House in Durham. The crocheting committee continues to make premie hats, neonatal burial bunnings, Project Linus blankets and military blankets.

Currituck County

The **Circle ECA Club** was busy in 2016. This small group of women are patriotic and look for innovative ways to support our armed forces and veterans. In November they provided lunch for the entire dental staff that was providing free dental services to veterans. They also collected Christmas cards to send to men and women serving in the armed services.

To assist needy families in Currituck County, members collected shelf stable food and donated to a local food pantry. They also collected 75 personal hygiene items such as shampoo, toothpaste, toothbrushes, soap and body wash to be given to needy families at a Local food pantry. Members also contributed Food Lion gift cards to be given to senior citizens at Christmas.

The Currituck Cooperative Extension and ECA sponsor the Annual Christmas Parade and Tree Lighting program. ECA members and Extension staff donated cookies and packaged 300 bags of goodies to be given to those who attended the annual event. They also donated hot chocolate mix, cups and baggies to help make this event a success. Members enjoy participating in a variety of community events. They hosted a community CPR training which was taught by one of the club members.

Every year they collect greeting cards from family and friends. Any of the cards that have glitter are then sent to Saint Jude's Hospital and the other cards are cut in the shape of a fish and used as an occluder for nursing staff who perform annual vision screening throughout the county school system. School supplies are collected each year and shared with elementary schools for needy children in the district.

Members collect funds at their monthly meeting and contribute to the Pennies for friendship project. They also served as Hostess at the Albemarle Craftsman's Fair in October. To assist the 4H program they donate healthy snacks and work the concession stand at the Albemarle Livestock Show. Members continue to support local businesses by promoting the Buy Local project Sponsored by the Chamber of Commerce. ECA contributes much to our small community each year.

Pitt County



Ayden ECA members, Juanita Nobles, Bonnie Bell and Lena Darden, joined with Forbes Court of Calanthe #586 to prepare donations to be sent to the troops. The Court of Calanthe members were Sarah Connor, Queenie Harper and Gladys Stevenson. The two groups prepared bags with personal items such as soap, shampoo, conditioner and lotion. The donation site added razors, bath cloths and toothbrushes, along with snacks and other personal items.

The director, Barbara Whitehead, stated that these bags were used by the troops when they had to go out in the field. Also this time, special items were sent for the ladies to use on hair, nails and as make-up.

The donation visit was productive and informative. Some of us helped with packaging of items and some filled out cards to be mailed with the bags.

The Donation Center welcomes anyone who can volunteer some time.

Southeast

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

Wayne County

Wayne County ECA donated a total of 12 baskets to Dillard Academy Charter School and Grantham Middle School. Each basket included copy paper, dry erase markers, various sizes of zip close bags, Clorox wipes, hand sanitizer, liquid hand soap, paper towels, band aids & facial tissues. Each school also received 6 gift cards to purchase anything that they need for their classrooms. The 12 cards were donated by the **ECA Club "Moviendo America"**.

Pictured, left to right Deana Raynor, School Social Worker at Grantham Middle School; Linda Rouse, Assistant Principal, Grantham Middle School and Lillie Thompson, **North George ECA** Member.

After Hurricane Matthew many families in Wayne County had questions concerning how long food is good in the freezer after the power is out, what is the best way to clean up after flooding and who can help with these issues? The North Carolina Cooperative Extension has educational resource information about disaster situations available to help families. Family and Consumer Sciences Agent, Michelle Estrada reached out to different groups requesting help to provide the information needed about Food Safety, Cleaning up after a Disaster, etc. The amount of people affected by the hurricane was overwhelming, so Michelle asked ECA to help. Quickly, ECA members reached out to churches, businesses and civic organizations. Saralynn Vied, Director of Protestant Preschool and an ECA member, was able to get help from the Good Shepherd Lutheran Church, Protestant Preschool Board of Directors, staff and families while Mickey's Pastry shop, The Salvation Army, and Wayne School of Engineering also helped with this project.



Wayne County, continued

A few days after the disaster, Sara M. Coffey from the City of Henderson called Michelle offering help from her community. "At first, I did not know how to help so many families with all their needs, but then I was overwhelmed with the generosity of our community and the City of Henderson", said Michelle Estrada. For several weeks after the Hurricane, Michelle and ECA members served around 10 families by providing clothes, food, diapers, hygiene items, and cleaning supplies.



With the needs of the community heavy on their hearts the ECA members decided to cancel their Annual Christmas Bazaar and concentrate their energy on a Christmas Celebration for the families affected by Hurricane Matthew. Betty Evans coordinated the event, contacting various companies and getting donations for the party. She also worked with social workers from the public schools and other agencies to help us to find families in need.



On Saturday, December 10, 2016 ECA members provided lunch for 20 families. At the event each family was given a bag of groceries, a box of cleaning supplies and toys for their children. Mrs. Claus also stopped by to spread Christmas cheer with the children and each child received a big goody bag. Sara Coffey donated bicycles, a house playground set, a kitchen table, etc. These items were raffled off during the Christmas Party to all the participants to enjoy.

ECA members in Wayne County worked very hard to make this event possible for those who had lost so much. There is still a lot of work that needs to be done here in Wayne County, however, if we all pull together we can help those who have lost so much.

Seven ECA Members will soon be Extension Master Food Volunteers

The Extension Master Food Volunteer (EMFV) program is designed to engage community members in food and nutrition programming in their counties so that trained volunteers further expand the reach of NC Cooperative Extension. Seven members from the Wayne County ECA had the opportunity to participate in the Extension Master Food Volunteer Pilot Program and completed more than 30 hours of training. This program is very similar to the Extension Master Gardener Program but of course with the focus on Food and Nutrition. In addition to the training EMFVs need to complete 30 hours of shadowing and training in specific topics. These learning opportunities will give them the confidence that they need to provide basic food and nutrition education with the support and guidance of the Family and Consumer Sciences (FCS) Agent.



Knife Skills Training - Lillie Thompson and Oma Whitaker

Cooking Healthy Training- Hazel Best, Laura Mooring and Louise Faison



Wayne County, continued

Congratulations to Hazel Best, Louise Faison, Edna Gambella, Laura Mooring, Roxie Rayner, Lillie Thompson, and Oma Whitaker who are our first generation of EMFVs. These volunteers will be supporting Michelle Estrada in her job as a FCS Agent to help Wayne County citizens improve their health and wellness through food and nutrition education.

Craven County

The **Vanceboro ECA's** program in September was presented by Mark Seymour from the Craven County Parks and Recreation Department. He told us about the work of the department. We learned about the Senior Citizens Games that are held in the spring. It is a fun activity with seniors participating in Sports Contests as well as Cultural Arts Contests. It was also of special interest to learn about the new park in Craven County in which many acres of land was presented to the county by the Fred Latham Whitehurst Family. It is called the Latham-Whitehurst Nature Park.

Our October meeting was one in which we made Christmas Ornaments to be given to the Ronald McDonald House in Greenville.

Our September meeting we learned about humming birds. Our guest speaker was Jim, from our local Wild Birds Unlimited. This man is so interesting and entertaining. He knows a wealth of information about these beautiful birds that make their home in Eastern North Carolina during our warmer months. Jim treated us to some great videos he had. We were able to see how the humming birds make their nests. The video included a female humming bird laying her eggs, the eggs hatching, the mother feeding the babies and then the baby birds taking flight. It was amazing to see. We were sorry we had to limit the length of time Jim could speak. He was a wonderful speaker. We truly enjoyed his love of the humming birds.



In October we were taught many useful and cheaper ways to clean our homes. Our guest speaker was our own club member, Judy Blythe. Judy came with many of the ingredients, we all have in the home, to make great window cleaners and all purpose cleaners. We were given handouts with directions to make several of these items. A great discussion resulted from Judy's presentation, where we all shared many of our own ideas and findings. One left the meeting wanting to go home and start mixing those ingredients and start our fall cleaning.

Several members of our group attended the ECA State Conference in Winston – Salem in October. Our own club member, Judy Blythe, was being installed as ECA State President, and we were there to witness this great honor. Judy's husband and son were also there to share this special night. Congratulations Judy – we know you will do a great job. The Conference was very good. We attended several workshops, which were very interesting. And one of us was very lucky to win a beautiful basket from another county in NC. It was so heavy we had to have Judy's son, David carry it to the car.

A few days before Halloween, several club members dressed in costumes and attended The Children's Halloween Parade in downtown New Bern. They were there to help hand out juice and snacks to all the children. It was fun to see the many different costumes and smiling children. The members had a good time.

In November we had another Judi speaker, Judi Lloyd from River Bend. Judi writes an article for the local newspaper, The Sun Journal. At our meeting she came to discuss, Adaptive Gardening in the Golden Years. Judi is a Master Gardener. She first instructed us to wear sunscreen, sunglasses, gloves and to always carry a cell phone, in case you fall. Reminding us to carry water and stay hydrated. Judi told the group that gardening is an exercise and we should work at different chores rather just one that uses the same muscles. Most important we should rest in the shade from time 6

to time. We should readapt our gardening chores to our abilities and keep in check our limitations. As we listened, one could see majority of the members shaking their heads in agreement. Hopefully we will keep in mind all Judi's helpful hints.

Craven County, continued

In December decorated the Breakfast with Santa Christmas Trees, with the 500 ornaments we have made for CarolinaEast Foundation. We will take a month off and then start on the 500 for 2017. GOOD LUCK to our new State President, JUDY BLYTHE..

We have been busy doing our project for nursing homes. We selected two nursing homes in New Bern in Craven County. Each one has residents from Vanceboro in them. We addressed and took Christmas cards for each resident to one nursing home during December. In January, we made valentines for each resident in the other nursing home. They will be taken to the home before Valentine Day and passed out to the residents during their Valentine Party.

Ten months of designing and making 500 handmade Christmas ornaments came to an end, as the ladies of **Krafters Klatch** met at the beginning of December. First we enjoyed lunch together and after we went to find our tree at the New Bern Convention Center. CarolinaEast Foundation holds Breakfast with Santa the first Saturday in December, and we are assigned a tree to place all 500 ornaments on. The 500 children are allowed to choose an ornament to take home. It is an exciting time to watch how carefully they make their choice.

In January, 7 members attended a craft workshop. We were taught how to make Ribbon Angels with plastic canvas. Some ladies were apprehensive about making them. Our instructor said, "Once you get one done, you will breeze thru the other 3, you have to make ". She wasn't kidding. We make 30 angels, of all different colors of ribbon. They came out beautiful. These angels will be given to a nursing home in our county, to be placed on their meal trays on Valentines Day. Letting the residents know we care for them, and an angel will be with them. Thank you Cheryl, Daphne, Dean, Judy, Diana, Cathy and Mary for making these.

At our January meeting, our speaker, Kelly Beasley introduced us to the program, Med instead of MEDS for Better Health. She spoke of eating a Mediterranean diet that is not only healthy, but also delicious and satisfying. One is encouraged to eat nuts, olive oil and whole grains everyday. Vegetables and fruit, seafood are important components of this diet. Many of us eat foods listed on this diet, but we were encouraged to also get active for at least 30 minutes a day. We promised Kelly we will try.

After the meeting, we started working on 2017 "500" Christmas ornaments. We will be constantly working on these. Many hands make light work. Plus we enjoy each other's company. Hope others join us.

Duplin County

The **Stanford-Duplin ECA** were in the Christmas spirit this year. They enjoyed decorating the Christmas tree at the Duplin County Agriculture Center. They also spread holiday cheer through giving to Duplin County youth. Stanford-Duplin ECA has been knitting hats for Duplin County's preschools, Warsaw Elementary kindergarten classes and Kenansville elementary kindergarten classes. They also donated the remainder of hats to the Vidant-Duplin hospital newborns and flood victims of Robeson County. The ECA had their Christmas celebration this year at Mike's Farm, enjoying fellowship, a delicious meal, and a hay ride through the Christmas light show.



Members enjoying their Christmas party at Mike's Farm in Beulaville.

Duplin County, continued

Kenansville Elementary kindergarteners listened intently and sported their new hats.



During the ECA's November meeting, the ladies each prepared a dish to host a Thanksgiving meal. Extension staff was invited to attend. The members enjoyed good food and fun fellowship.



Duplin County ECA got into the Christmas season in December. Several members met to put up the Duplin Extension office Christmas tree. Decorations were hung throughout the office to help celebrate the holidays.



Johnston County



Members of **Sew-N-Share ECA Club** enjoyed preparing Christmas gifts and cards for the Autumn Winds Assisted Living Home in Smithfield.

L-R: Nina Davis, Linda Woodruff, Myrtle Toole



Members of **JoCo Quilters** worked together to assemble a lap blanket to raffle at the 10th Annual Quilt Show in October. Other lap blankets were made and donated by the club during the year, including 23 given to Greenville Vidant, 26 to Project Linus and 12 twin quilts to Durham Veterans Hospice for Hospice.

L-R: Gina Ross, Louise Rose, Judy Garner, Marielle Cano, Carolyn Pilfer from Project Linus

The **Pomona Creek ECA Club's** 100th Anniversary Celebration was enjoyed by families, friends and guests. On hand to celebrate was Jane Hales, Club President, Elaine Marshall, NC Secretary of State and Bryant Spivey, Johnston County Extension Director.



North Central

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

Alleghany County

Alleghany County ECA members provided healthy refreshments to county employees during recent employee health insurance trainings. This was an opportunity for ECA to shine as employees enjoyed homemade trail mix, yogurt parfaits, fruit, cheese, popcorn, juice and water as they learned of new health benefits. Delicious snacks made the required meetings much for fun for everyone. Alleghany County ECA received a mini grant from the insurance company for their efforts.

Durham County



Durham County ECA members Faye Lanier, Betty Evans, Katie Newton, Minnie Bridgers and Teresa Payton attended the State Meeting along with their FCS Agent Deborah McGiffin and Interim CED Morris White. The meeting was very interesting and the members gained a lot of knowledge and enjoyment from the workshops and classes they attended.



Vance County

The Vance County ECA is on a mission to serve it's club and community for 2017. The club has developed a calendar full of events and activities focused around Food and Healthy Living. The club is working diligently to plan the 2017 North Central District ECA Day. District Day will be held on April 20, 2017 at the Vance Granville Community College Civic Center. We appreciate your support as you travel to Lake Country to support your fellow club members. We will be holding a planning meeting on February 21, 2017 at 10am at the Vance County Cooperative Extension Center, located at 305 Young Street, Henderson, NC 27536. Feel free to contact Lois Williams (ECA President) or Morris White (Vance CED/FCS) to find out how you can get involved.

Surry County

The **Pilot Mountain Achievers ECA Club** was established in 2012 following a very successful Eat Smart, Move More Weigh Less class. Since then the membership has changed somewhat as the overall emphasis has expanded from healthy living leading to weight loss to a broader spectrum of learning, volunteering, and fellowship. We currently have 17 members.

This year the PMA club has chosen to support the Backpack program in our local elementary school. There are 84 children in need of weekend nourishment in our town alone. Each month members will bring items for the children's weekend nutrition. This month we turned in 34 jars of peanut butter and jelly. Each month could have other protein choices if members choose. When the items were turned in there were many thanks for our help.



As a group the PMA have taken on projects that help others near and far. Saving coupons for the military overseas was a past project. We've given a shower for The Legacy Center, a pregnancy counseling center, in Mt. Airy. A "paper" shower for our Pilot Mountain Public Library was given last year and will be repeated this year. Tight budgets at the library do not provide enough funding for paper towels, toilet paper, kleenex, and even copy paper.

While we do some activities as a club, the majority of our club's volunteer hours result as individual members participate in numerous ways to serve our county through varied church activities, blood drives and a wealth of other opportunities.

Surry County, continued

Surry County ECA County Council officers were installed at their January County Council meeting with a recipe theme.

Recipe for a Successful Organization

- 2 cups of enthusiasm
- 1 cup of support
- 1 cup of responsibility
- 2 Tablespoons of dedication
- 2 Tablespoons of Joy
- A pinch of flexibility

Mix gently until organizational goals are achieved. Then add one pound of happiness. Stir and watch a successful year unfold.

L-R Camilla Cook- corresponding secretary, Glenda Hunter - treasurer, Goldie Sparger - recording secretary, Joy Hemmings-advisor, Marilyn Geiger- president.



The **Siloam Club** enjoyed a wonderful program at their January meeting by local Surry County historian Marion Venable, who also happens to be a Siloam Club member. Marion shared a history mystery with the group as they learned the story of a beautiful painted room with an unknown artist in the historical Flinchum home. The members were so intrigued that Marion is going to present another program to the whole county during the annual cultural arts day on March 17, 10:00 am at the Viticulture Center of Surry Community College. The cost for the day is \$8.00 which includes lunch. For more information or to register please call 336-401-8025.

Orange County

Orange County ECA held its annual Achievement Program on December 3, 2016 at Antioch Baptist Church in Chapel Hill, NC. Greetings were given by Orange County Extension Director, Dr. Carl Matyac; Mr. Earl McKee, Chair of Orange County Board of Commissioners; and Faye Lanier, president of North Carolina ECA. Newly employed Orange County FCS Agent, Ms. Ivelisse Colon Diaz also addressed the audience. The speaker for this event was Geri Bushel who gave an informational and inspiring message about ECA. Many questions were answered that had been of concern to ECA members.

The program consisted of recognitions and awards. Past presidents and 50 year members were recognized. First, Second, and Third Place winners in Cultural Arts, Soup Labels, Vision, Cancer Awareness & Family Support, Operation Christmas Child, cancelled stamps, drink tabs, and Club Achievements were announced and received certificates. The program booklet listed the many activities and projects of each club.

In November 2016 our ECA Clubs partnered with the 4-H clubs at the request of the Orange County 4-H Agent, Sheronda Witter to make blankets for the children at Ronald McDonald House and prepare a dinner meal at the house on November 29, 2016. ECA Council spent \$200 to help with the purchase of blanket materials. A few individuals also made donations. Over 50 blankets were made and delivered at the November 29 dinner activity. January 2017 a request came from the 4-H Agent requesting



assistance from ECA in the judging of Project Record Books of the participants in the Live Stock and Show sale in April 2017.

Orange County, continued

The FCS Agent, Ms. Colon Diaz, has plans to make a presentation this year to each of the 7 ECA Clubs. Her presentation will be about NUTRITION.

At the January 25, 2017 County Council meeting there was a discussion of possible program topics for the year. Suggestions: SECU Budgeting, Partners Against Trafficking Humans, Scams, Disaster Preparedness, Understanding Alzheimer's Patients, How to make "sit-upons" out of plastic bags for homeless people and more. ECA members are always encouraged to apply for the Leadership Award. Shari Latta applied and became the 2016 winner. She was recognized by Barbara Warren and congratulated at the January Council meeting by the council members.

Past ECA President and present secretary Barbara Warren has distributed the ECA Scholarship Information and materials to all 5 high schools in the County. The 2016 scholarship recipient, Blair Gattis is attending UNC-Chapel Hill and is eligible to apply again for 2017.

County Council Officers for 2017 were installed at the December 2016 Achievement Program. Co-Presidents are Shari Latta and Becky Smith.

Orange County ECA did a remarkable job with Special Projects. ECA Collections: 10472 cancelled stamps, 1755 soup labels, 5206 eye patches, made 24 cancer caps, made 23 mastectomy pillows, 59.3 lbs. aluminum tabs, 70 pair eye glasses, 111 Operation Christmas Child shoe boxes, 39 lap quilts, and 297 care packages.



On September 26, 2016, **Fairfield Homemakers Club**, as a Special Outreach project, cooked dinner for the adult patients and families staying in the SECU Family House in Chapel Hill. Family House provides a safe, affordable home for patients and their loved ones who travel great distances to UNC Hospitals for life-saving procedures and serious illnesses. A complete meal including dessert and beverage was prepared and served by club members. Family members and patients came to sit down at the tables to enjoy the food and have conversations with each other and club members. All wanted to talk and share their stories and express their appreciation for our cooking and serving dinner. Several guests helped with preparation and cleaning up. Listening to their stories made each of us realize how fortunate we are. This is an annual event for our club and is always a fun event for us.

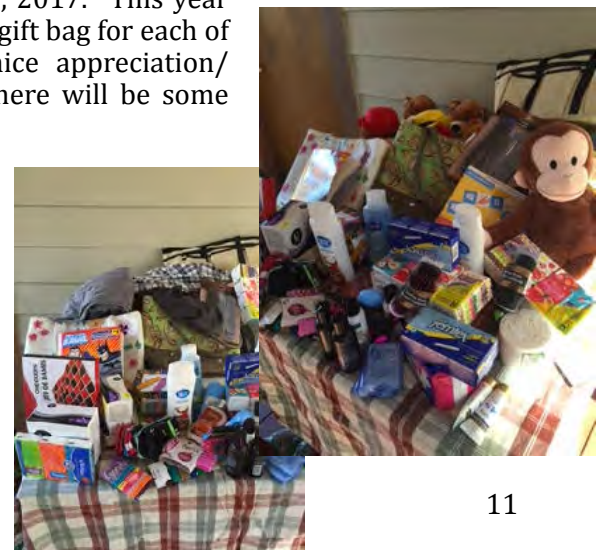
Fairfield Homemakers Club in Orange County recently participated with the Durham Ladies of Harley's Fill A Bag project. Gently used handbags were filled with personal hygiene items for women at the Durham

Domestic Violence Center Shelter. Women frequently arrive there with little or nothing of their own. Fairfield Club contributed handbags, personal hygiene items and toys, books, games and school supplies for children arriving at the Shelter.

Orange County ECA County Council is planning Staff Appreciation Day for the Cooperative Extension staff on February 7, 2017. This year the plan is to prepare a snack gift bag for each of the 12 employees with a nice appreciation/thank you note attached. There will be some decorations in the Foods Lab to create a special atmosphere. Each of the 7 ECA clubs are providing items to make this project a delightful success.



Our Antioch Club in Orange County has been making special "Goodie Bags" for the folks who receive Meals on Wheels each day. We felt that this would brighten their day. We are currently doing 39 each time we do it. Sometimes holiday themes. Such an easy thing to do. We put Nabs, a little candy, tissue packs, pencil and pad, etc in them.



Person County

On Tuesday, December 13th, the Person County ECA held their annual Achievement Program. The program was held in the Person County Office Building Auditorium. The theme for the program this year was “Eat Local, Eat Healthy”. Robin Stout, Director of the NC 10% Campaign served as our guest speaker for the event highlighting the important of helping support our local farmers. She provided information on the 10% Campaign to encourage individuals to support the local food economy by committing to spend 10% of their food dollars locally.



Following the speaker, club representatives reported on activities the individual clubs had been involved in during the past year.

One of the aspects to our annual ECA Achievement Day event is the annual Cultural Arts contest. Below are the results from the Cultural Arts contest and the blue ribbon winners will head on to the district competition. Sewing clothes, aprons, etc. – Dorothy Coates, Piedmont Club, Crocheting - Joan Long, Bushy Fork Club, Decorations – Foy Harrell, Piedmont Club, Jewelry – Louise Oliver, Reamstown Club, Photography – Dorothy Wagstaff,

Reamstown Club, Fine Arts Miscellaneous – Dorothy Coates, Piedmont Club, Miscellaneous – Louise Oliver, Reamstown Club, Creative Writing: Short Story – Louise Oliver, Reamstown Club.



The following women were recognized as club woman of the year for their ECA Club: Sylvia Bradsher from **Annie Mae Tuck Club**, Joan Long from **Bushy Fork Club**, Foy Harrell from **Piedmont Club**, and Louise Oliver from **Reamstown Club**.

The Volunteer in Extension Education Program was awarded to Dorothy Wagstaff while Louise Oliver was picked as overall Club Woman of the Year. All of our volunteers and each club are asked to complete a Yearly Service and Activity Report which includes the number of volunteer hours given for both volunteer contributions to Extension programs and other community groups. Over 5,535 volunteer hours were compiled on reports submitted. County FCS Extension Agent, Jennifer

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Grable noted, “Based on the monetary rate for the value of volunteer hours across North Carolina, the ECA volunteers saved the county over \$130,404 this past year”. After looking at all of the club reports, the Annie Mae Tuck ECA Club was selected as Club of the Year.

Forsyth County

Forsyth County ended the year with a contest with Ginger Bread Houses. Each of the clubs made the houses at their November meetings and the winner from each club brought them to our Christmas Party to see which club would be the winner. Judges were from all the staff at the Extension office. **Peace Haven Club** won first place, **Broadbay** second place, and **Jonestown** won third place.



Forsyth County will have their Achievement Day on March 21 with a musical program. Programs planned for this year include Vitamin D, You can have your cake and eat it too, Everyday Gardening for everyone, and Household pests.

All clubs will be recycling shoes for the ShoeBox Recycling project.

Jonestown ECA club was busy stuffing the heart pillows for the hospital in Winston-Salem.



The following clubs were winners at the Dixie Classic Fair. University Park, 1st: **Jonestown** 2nd place and Peace Haven 3rd place.

Randolph County

Randolph County ECA held its Achievement Day on December 6 with a luncheon at the Cooperative Extension Office. Doris Davis, President of the County Council, presented the NCECA Standard of Excellence Gold Award to Randolph

County ECA for its members having served over 5000 volunteer hours during the year.

Thirty year Longevity Certificates were presented to Margie Stidham, Delarius Harris and Doris Davis. CVU service awards were presented to Audrey Harriman, Doris Davis, Janet Paccione, Betty Brown, Nancy Longuilla, Joan Musgrave, Ruth Powell, Rebecca Gray, Judy Oliver and Nancy York.



Rebecca Gray was presented North Central District's NCECA Leadership Award. She is flanked by Council President Doris Davis and Randolph County FCE Agent Jeannie Leonard.

Charlotte Feaster, second from left, installed the county council officers for 2017-2018. Kim Lemons - President, Rebecca Gray - Vice-President, Kay Williamson - Recording Secretary, Janet Paccione - Treasurer, and Doris



Davis - Advisor. Not pictured Sharon Carpenter - Corresponding Secretary.

Caswell County

The **Anderson ECA** club members of Caswell County ECA received an Innovative Grant in 2016 from the NC ECA Foundation in the amount of \$500.00. The funds allowed the club to purchase sewing machines and supplies needed to create a 40-block memory quilt. After its completion, the quilt was donated to the Caswell County Senior Center to be used as an annual fundraiser by allowing interested persons to purchase a card for \$20.00 each, to be inserted into one of the quilts' pockets.



The memory or honor card is placed in memory or honor of a loved one who has passed on, or is currently suffering from Alzheimer's disease or Dementia. The funds raised are used to assist local seniors in need of supplies such as adult diapers and nutritional drinks.



Gaston County



Gaston County ECA members Sandy Hamrick, Cathy Stokes, Dawn Gluck (not pictured) and Joan McClure made 50 pillowcases for fire victims in Gatlinburg and shipped them on January 12. The pillowcases were collected by the Cherry Pit quilt shop in Sevierville, TN and distributed to a disaster relief facility there.

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

Lee County

The Lee County ECA members have been very busy and pro-active this fall. Two members attended the NCECA state conference in Winston Salem. One was able to attend workshops on Master Volunteer training . Angela Jenkins and Mildred Smith participated in a tour of Moravian cookie factory. Rachel Kelly received a blue ribbon and Bonnie Dean received a red ribbon in Cultural Arts competition.



The annual Christmas social was enjoyed by all with fun and frolic at a local restaurant with the Lemon Springs ECA Club.

With the **Hearts and Hands Club**, meetings continue to involve 4-Hers and adults in making quilts and getting ready for Quilting Festival. Donations are collected for community projects as well.



4-Her's love to sew and learn quilting techniques

with members of the Hearts and Hands club.

Lemon Springs ECA Club club meetings have included a visit from the Health Department Educator on Project Lazarus; Bill Stone, our new County Director; and the annual Christmas social which featured a dinner and gift exchange.



Sylvia Churchwell explaining Project Lazarus, a medications prescriptions program sponsored by the Health Department in the ECA meeting.

Club members served refreshments at the Farm City Week Banquet and continued to help with the Farm To Table program. Committees met in December to plan for ECA Achievement Night, Cultural Arts competition and marketing the ECA scholarship this year. Members gathered to attend a funeral of a past

member, Ann Clarke who received Lee County Outstanding Volunteer at the ECA State Conference in October.

Members continue to collect pennies for youth for the Partnership For Children program in club meetings .



Hearts & Hands ECA Quilt Guild celebrated the holidays with a luncheon and games at the Lee County Extension Center. A great time was had by all. Sharon Raschke was one of the three lucky winners of the Fat Quarter Shuffle.

Program Director Terri Riddle asked members to make a Quilt of Valor (QOV) block each month in 2016. She brought the collected blocks to our January meeting to begin assembling the six quilts.



Jan Johnson laying out a Quilt of Valor (QOV) quilt.



Sadly on December 30, 2016, we lost founding member and friend Ann Clarke. The picture at right was taken at the 2016 ECA Achievement night. Ann received an award for 2015 Lee County ECA Member of the Year.



Preparation for our biennial quilt show 'Look on the Bright Side' has begun. It will be held at the Dennis Wicker Center in Sanford. The dates are October 19 & 20. Pictured is our beautiful raffle quilt made by a group of members and quilted by Janet Blazekovich.

Stanly County

The Stanly County ECA clubs have been very busy the past few months. Our largest joint venture has been preparing for our 9th Annual Serendipity Afternoon Tea. The combined clubs tea committee has been busy since September of 2016 finding sweet and savory recipes and having a taste meeting to select the prettiest and tastiest items. Over the past two years we have made changes in our set-up and take-down which has really economized time spent. Our leaders have done their jobs well and demonstrated their leadership abilities.

Another joint venture was our quarterly trip to Replacements, Ltd in Greensboro. Attendees reported they enjoyed the tour and the Christmas decorations. Prego's Italian Cuisine was visited for lunch and then on to shop at Target's Outlet. A full day.

One of our Stanly quarterly crafts was taught by Ruth Cotton and attendees learned how to make Chrismon ornaments. Another event, a Pillowcase Dress Workshop, was hosted by the **Fairview Club** to make dresses for a local church's mission trip.

During the past several months each club has had members present various educational lectures/demonstrations at meetings. Some of the clubs presented: Discovering What Food Dates Really Mean, Dehydration – A Time Honored Method of Preserving Food, Yoga Relaxing Exercises for Seniors, and How to Train Your Brain. Now we are more knowledgeable about food dates, more relaxed and a lot smarter – we think.

During the holidays each of our eight clubs celebrated either at a restaurant, a member's home, or in one case a church and another at Courtney's Holiday Cooking show. Some of the clubs invited member's husbands.

There have been some changes in the structure of our ECA. Our Liaison Agent for ECA effective January 1 is now Lori Ivey who years ago worked closely with ECA. Due to a realignment of programs our former Liaison, Courtney Swain has had her duties changed. We will miss Courtney but will still see her regularly and volunteer to work with her on some of her school programs. We welcome Lori who is no stranger to us. We are all looking forward to a great year filled with learning new skills, meeting new members, going on interesting trips and getting to know all of Stanly club members.

Harnett County



Wincey Johnson Stephens
05/07/1923—10/18/2016

In Memory!

In 2016, Harnett County ECA is saddened at the passing of two pioneers for NCECA, Inc. Lives were enriched because of their presence and they served until their all was given.



Jennifer Speas Walker
10/12/1949—12/22/2016



Vince Lombardi wrote that “the achievements of an organization are the results of the combined effort of each individual” and what a fitting quote to describe Harnett County ECA’s 2016 achievements. Harnett County ECA celebrated accomplishments and successes at the 2016 ECA Achievement Luncheon November 10, 2016. The “Hats Off To ECA” themed event was held at the Harnett County Agricultural Center with ECA members and friends. Numerous awards and recognitions were presented for diligent service to the Extension and Community Association.

A special “Hats Off” thank you is extended to guest speaker, Effie Woodard, who inspired and reminded ECA members of the many hats they wear and that they should wear these hats with pride every day; she also spelled out the meaning of “VOLUNTEER” in a way to remind members of who they are and the impact they make in lives of families and communities.



Aside from receiving local awards and recognitions, Greg Huneycutt, Liaison/FCS Agent, presented ECA members with recognition certificates and Certified Volunteer Unit (CVU) pins from NCECA, Inc.; Harnett County ECA also received a 2016 “Gold Award of Excellence” certificate for educational and organizational achievement in fulfilling the mission and purpose of NCECA, Inc.



Congratulations Donna!!! Harnett County ECA is very proud of Donna Springle, South Central District President, NCECA, Inc. Donna was installed at the 2016 NCECA State Conference, October 23—26, 2016, in Winston Salem, NC. by parliamentarian, Wanda Denning, NCECA, Inc.

Harnett County ECA is proud to award Matt Jones the 2016 Extension Employee of the Year Award. This award is sponsored annually by Harnett County ECA. The recipient of this award is selected by Harnett County Cooperative Extension colleagues and presented by the previous year’s recipient.



Cabarrus County

The recently formed **Educational Travelers ECA Special Interest Club** celebrated their first “official club” bus outing to Denton, North Carolina. The ECA Travel Club celebrated the Christmas Holiday Season at the Classic Family Restaurant



Buffet at Classic Restaurant:
Jack & Judy Mc Clendon Gail Linker Peggy Strube

with the all you can eat buffet and enjoying some of the best tasting Southern Cuisine; Conjuring up food from your past memories of family friends and events that you have probably long forgotten. Many of the food served there are not common in many “southern” restaurants, and only prepared in your homes during this Holiday Season. With full bellies the ECA Travelers arrived at the Denton FarmPark where they had many more nostalgic experiences: the General Store, the Gift Shop, the Craft Shop, the Museums, with many of the items dating back to the late 1800 and 1900s; and the Church experience was fabulous celebrating Christmas with hand clapping foot stomping “Blue Grass Gospel”.



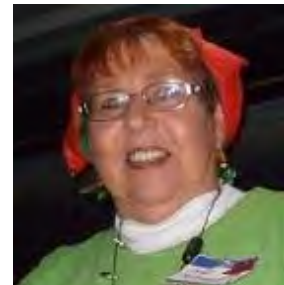
Festive lights at Denton FarmPark



On the Christmas Train:
(back) Diane Lambert, Richard Smith,
Linda Honeycutt (front)

The Country Christmas Train was also a delightful, warm and friendly and it seemed it to have taken you around the entire park; Showcasing beautiful lights throughout the park, with people and animals and live performances highlighting the environment of the time, and events leading up to the Nativity. Reminding all of the true meaning of the Season; and all having a wonderful time at Denton FarmPark; The Tour Bus facilities, the great bus driver congeniality, and members’ participation with songs games and gifts on the bus solidified why the ECA Special Interest Travel Club’s maiden bus voyage was excellent; and their membership is over seventy five people and growing. Our for all the hard work

President-Judy McClendon



Festively Attired Linda Honeycutt



A large delegation of Cabarrus County ECA members attended the recent ECA State Meeting held in Winston Salem. Members are using ideas and educational programs shared at the meeting as they plan their 2017 program year. Cabarrus County is very excited to welcome three new ECA Clubs. The new clubs have elected officers, selected their name, and are enjoying outstanding programs. We welcome the Educational Travelers ECA Special Interest ECA Club, Crafty Crew ECA Special Interest Club, and the Culinary Adventurers ECA Special Interest Club. These three new clubs will be recognized at the upcoming ECA Achievement Brunch on February 25.

Cabarrus ECA members enjoyed visiting with the North Carolina Extension Administrators at the recent ECA State Meeting including: Seated, left to right- Carolyn Aldridge, Dr. Mike Yoder, Gail Linker, Pat Wickliff, Bobbie Sheperis, and Rose Freeman. Standing, Dr. Richard Bonano, Linda Cordell, Debbie Mullis, Frances Suther, Barbara Looney, Janice Wilson, Carolyn Wright, Judy Furr and Pam Outen. Joyce Kluttz is missing from the photo.

Cabarrus County, continued

Currently Cabarrus ECA is cosponsoring the CookSmart/EatSmart Cooking School meeting on Thursday evenings, January 12-February 2, 2018 from 6-8:30pm.

Cabarrus ECA members are planning a 2017 Spring ECA Membership Recruitment to be held on Thursday, March 30, 2017 at 12 noon and 7pm at the Extension Office. It will be a spring fashion show with the theme of "Springtime in Paris". Fashions will be provided by Anne's Dress Shop in Concord and seven ECA members will be modeling fashions. Light refreshments will be served following both fashion shows. Joyce Kluttz is serving as chairman of this special event.



CookSmart/EatSmart participants preparing roasted potatoes include: left to right: Dawn Tilley, Kim Carter, Robin McLaughlin, Sandra McEachern, and Debbie Smith.

Moore County



Moore County ECA members Lolita Parker and Carol Barbera are shown with 18 lap blankets made at a recent ECA workshop and delivered to veterans at local retirement and nursing homes.



Watauga County

As recipients of an NCECA Foundation Grant, **Happy Hearts ECA Club** has continued to reap the benefits well after the money was used. The club met many objectives of promoting local foods and healthy lifestyles to participants at Watauga Opportunities, a Community Rehabilitation Program in Boone.



Providing healthy choices for snacking by opening "Happy Hearts Snack Shoppe" Club members Margaret Dunbar, Karen DeHart, Kim Braswell, and Dianne Brown are shown presenting the "Happy Hearts Snack Shoppe" sign to Watauga Opportunities CEO, Michael Maybee. Club members proudly wear their personalized 'ECA' aprons when operating the Snack Shoppe, performing demonstrations & classes, and cooking.

Promoting a healthy lifestyle

Partnered with “NC Special Olympics Health Focus” through their ‘Glaxo Grant’. This grant supplied pedometers and measured number of steps walked for participants. During the year from July 2015 through June, 2016, participants from the Follow-Along program at Watauga Opportunities walked 13,975,599 steps or 6,988 miles! The ‘Glaxo Grant’ also supplied participants with ‘Portion Plates’ to guide in food servings from the 5-food groups.



Introducing ‘new’ foods

Happy Hearts ECA Club members presented a program for Boone Kiwanis AKTION Club on “Eating Your Greens”. Shown are Kim Braswell, Karen DeHart, Dianne Brown, Stephanie Silver, and Donna Eller. AKTION Club members and Boone Kiwanis Club joined in on a discussion of health benefits from “Greens” and enjoyed “Green smoothies” prepared with frozen fruit, yogurt, almond coconut milk, and local Kale.

Promoting local foods - Happy Hearts ECA Club joined the local “Community Supported Agriculture” and received a weekly box of food from local farmers with the “Fall Share” program -- Dianne Brown and Donna Eller shown with Joanna of “Blue Ridge Women in Agriculture” picking up box with ‘Carrots, Tomatoes, Bibb Lettuce, Cinnamon Basil, Garlic, & Acorn Squash.



With the weekly CSA box of goodies plus fresh food from the Watauga Co. Farmers’ Market and local shops, the club sponsored lunches at Watauga Opportunities and also introduced the concept of ‘local foods’ through a breakfast for the staff.

“HAPPY HEARTS SNACK SHOPPE” remains committed to serving up healthy alternatives, promoting a healthy lifestyle, and honoring a focus on local foods and farmers!

THANK YOU! to NCECAFoundation!!



Cleveland County

The Cleveland County ECA held its annual Achievement Luncheon, November 4, 2016 at the Cleveland County Extension Center. The program was entitled “Cleveland County ECA & 4-H Growing Together.” Pat Farley, County Council President, presided at the meeting and gave the opening remarks. Vickie Wyatt of the Boiling Springs Club gave the blessing.

After the luncheon that was provided by the members, Pat Farley welcomed everyone to the annual ECA Achievement Luncheon. The pledge of allegiance was led by Vickie Wyatt and she also presented the Thought for the Day and Memorial. Special guests were recognized and greetings were delivered by Jason Falls, Chairman, Cleveland County Commissioners, and Greg Traywick, County Extension Director. Betty Bridges, Council Secretary, was 19

Cleveland County, continued

responsible for the Roll Call. President Farley announced the 2015 Annual Report and presented our ECA Annual Report certificate with Gold seal that we received at the NCECA State Conference.

The program was presented by Wendy Turbyfill, 4-H Youth Development Agent. She spoke on “Cleveland County ECA and 4-H-Growing Together,” highlighting many of the ways ECA and 4-H have worked together this year. She also thanked the members for their support. Annual reports were given by the four Education Issues Committees: Building Healthy and Strong Families; Developing Leadership and Community Capacity, Fostering Family Resiliency; Promoting Safe and Healthy Environment.

Among the many recognitions were the awards for 2016: Cleveland County Fair - ECA Educational Exhibits included:



1st - **Belwood**, “Memory Boosters;”

2nd - **Lawndale**, “Safety in the Sun;”



3rd - **Boiling Springs**, “Radon Risks in North Carolina;” and Creditable - ECA County Council, “ECA Wears Many Hats.”

ECA Cultural Arts Contest Betty Bridges, quilts, 1st place in county and West District Contest, April 29th, Forest City, NC. Also noted were the several accomplishments of ECA in support of 4-H and other projects.



Special recognitions included: Longevity of Service Award was awarded to Clevie Spangler for having been a member of ECA for 70 years: Both Clara Carter and Williw Mae Johnson were also recognized for having been faithful members of ECA for over 50 years. Joan Parrish was also recognized as Cleveland County’s Outstanding ECA Volunteer for 2016.

Cleveland County ECA Provides Tote Bags for Seniors

TOTE BAGS for SENIORS is a project of the Cleveland County ECA’S Building Healthy and Strong Families Issues Committee. The project was coordinated by Joan Parrish, County Coordinator, and Les Dixon, Vice-Coordinator, for this issues committee. ECA members donated 15 re-useable Tote Bags for Seniors with limited income to CARE SOLUTIONS to help make the holidays brighter for a number of senior adults in Cleveland County. The bags contained a variety of paper and cleaning products for the recipients.



Shown in the photo: Jane Wright, Care Solutions Adm. Community Outreach Specialist; and Anzie Horn, Executive Director of Care Solutions, along with ECA members Mary Jane Seagle, ECA Treasurer; Joan Parrish, Building Strong Families Coordinator; and FCS Agent, Nancy Abasiekong.

Cleveland County, continued

Belwood ECA Plays Santa with 100 Snack Lunch Bags

The Belwood Club of Cleveland County ECA created 100 Snack Lunch Bags in December for onsite and home delivery of meals to people through area churches at The Lord Provides soup Kitchen.



The Lord Provides Soup Kitchen serves meals at the Belwood Community Center twice a month. This service is provided by volunteers. The group also delivers the meals to the sick and home bound. Each bag had a pack of soup, a pack of hot chocolate, a container of peanut butter, 2 packs of crackers and a snack cake.



In keeping with the season, Christmas bags decorated with a candy cane were used for the treats. The Belwood ECA members who helped with the project were Judy Canipe, Mary Sue Boyles, Mary Lee Jones, Pat Farley, Lorinda Richard and Jean Ann Privett.



ACWW has a monthly newsletter. You may find it at: <http://us10.campaign-archive1.com/?u=f66538b5dc6363c7efdf765c3&id=7e49edb31e&e=2d9d0caf2510>

VISION is the newsletter of NVON. VISION is published three times a year and individual subscriptions are available. A subscription is \$18.00 for three years.

Make checks payable to: National Volunteer Outreach Network, Inc

and mail to the NVON Treasurer
Judy Bender
N 1440 Spring Lake Drive
Dalton WI 53926



NVON 2017 Conference
July 18-21
Sheraton Raleigh
 For more information nvon.org

NVON – NATIONAL MEETING UPDATES

This year you can experience many additional educational and fun workshops because our national meeting will follow our NCECA Conference-YA! If you have never attended a national event, it can't get any closer than RALEIGH. Next year it will be in Wisconsin, so now is the time to polish-off that adventuresome attitude, get a roommate, save some extra dollars and enjoy a few "girl days".

Alma Fields and Cathy Holmes are needing your help in hosting duties. This would be (1) checking lunch & dinner bracelets, (2) introducing workshop leaders, checking the roll for those paid, keeping track on the number in a workshop, presenting a "thank you" gift to the presenter, (3) offer to assist at our NC Sales Table which will be manned by Juanita Nobles. We will have books, some note cards, pins, theme baskets made by each District.

Please contact these ladies and give them your support: Alma Fields, 501 Washington St., La Grange 28551 (252) 566-4522, alfields@suddenlink.net; Cathy Holmes, 200 Wells Dr., Forest City 28043, (828) 247-0965, godscash@bellsouth.net; Juanita Nobles, 3806 Lyndale Dr., Ayden 28513, (252) 746-8489, wynneet@suddenlink.net.

This is our very first time in hosting a national meeting and I want to thank each of you, in advance, for filling the many committee responsibilities, and your commitment to our NC ECA organization. Anytime a special event arises and ECA provides leadership, you know it will be EXCEPTIONAL!

Most sincerely,
 Joyce Kluttz, Conference Chair

In Other News

NCECA Scholarship!

Applications for the North Carolina ECA Scholarships are due NOW!! and are Applicants may be High School Seniors or adults returning to college and from ANY county in North Carolina. The purpose of the scholarships is to assist students in obtaining a degree at any NC College, in any field of study, with priority given to Family and Consumer Sciences. Previous applicants and/or recipients may reapply each year they remain in school. The state scholarships are \$800 each. Each county should select 1 student and 1 adult winner and forward to Geri Bushel for distribution for judging!

NCECA was honored at a press conference on January 17 as a partner organization of PATH NC (Partners Against Trafficking Humans), for the great job of raising awareness against Human Trafficking across the state of North Carolina!! Human Trafficking is a 1.5 Billion dollar industry and we are so proud of the great work NCECA is doing to fight against this crime. Geri Bushel and Wanda Denning represented NCECA at the press conference.



Dates to Remember

February 1	Scholarship due to County ECA Tar Heel eNews deadline Leadership Team conference call
March 1	County Scholarship applications due to Geri bushel Eat Healthy, Eat Local reports Due County Annual Reports and CVU reports due to Geri Bushel
March 30	Northeast District Day - Vernon James Center
April 1	Tar Heel eNews deadline
April 4	Southeast District Day - Dublin County Extension Center

NCECA Partnerships

NCECA continues to seek partnerships that offer opportunities for ECA to continue to empower individuals and families to improve the quality of living. If you were at State Conference, you heard of some we are starting:

Human Trafficking

NCECA has partnered with PATH (partners Against Trafficking Humans) for the last several years to help create an awareness of human trafficking. That partnership lead to an enhanced opportunity. NCECA is now partnering with NC Council on Women, and has been included in the BEACON grant to further push forth awareness across the state about Human Trafficking and the issues embedded in this crime. This opportunity will provide additional training for the NCECA volunteers, so we can help to educate other organizations within our community, offer tools to address the issue, and help with facilitating partnerships with law enforcement and other service organizations.

State Employees Credit Union - Reality of Money (ROM)

Reality of Money is SECU's financial literacy curriculum offered to high schoolers. Until now, it has been only available in piloted areas. SECU is now ready to "push" it out to the local branches to implement in the schools when asked to do so. It takes about 25 volunteers to execute the program. Jimmy Goodrum from SECU presented the opportunity at State Conference. This is a perfect opportunity for ECA members to become involved in another way. SECU will notify Geri Bushel of scheduled ROM events and she will send the need for volunteers out to the appropriate areas.

Master Food Volunteer

The Extension Master Food Volunteer (EMFV) program is designed to engage community members in food and nutrition programming in their counties so that trained volunteers further expand the reach of NC Cooperative Extension. This program is very similar to the Extension Master Gardener Program but of course with the focus on Food and Nutrition. In addition to the training EMFVs need to complete 30 hours of shadowing and training in specific topics. These learning opportunities will give them the confidence that they need to provide basic food and nutrition education with the support and guidance of the Family and Consumer Sciences (FCS) Agent.

211 - Help Starts Here

This is an awesome program recommended by Wake County ECA. We had it at our January County Council. It would be a great program of awareness for your county as well.

By dialing 211, you will reach a caring professional who can help access a network of resources in your community. They can help you find:

- food, housing, utility assistance
- health care services
- veteran services
- counseling, mental health and substance abuse services
- a senior services
- educational and employment assistance
- financial education and credit counseling
- disaster services
- and much more

You can also visit nc211.org. For a great planning tool for projects to address some of these needs, visit nc.211counts.org/. There you can look up needs by zip code. What a wealth of information!

go.ncsu.edu/nceca



2017 NCECA State Conference

New ideas & knowledge for a newer you!

Sunday, July 16

3:00	Registration	Esplanade
6:00	Leadership Team meeting Cultural Arts check in	Pin Oak Capital Room

Monday, July 17

8:00 – 11:00	Registration	Esplanade
10:00	Hands on #1 Hands on #2 Master FCS Volunteer – Core programs Avoiding 10 Mistakes in Estate Planning	Magnolia I Magnolia II Governors I Governors II
12:00	Opening Lunch – Angela Abrams, VP – Southeast District	Oak Forest Ballroom
2:00	Business Meeting Cultural Arts Open	Oak Forest Ballroom Capital Room
6:00	Awards Banquet, Judy Blythe, NCECA President	Oak Forest Ballroom
	After Banquet – Pick up Cultural Arts	

Lifelong Learning: New Ideas & Knowledge for a Newer You!

2017 NVON Conference

July 17 – 21, 2017

Monday, July 17

6:00 – 8:00	Registration	Esplanade
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Tuesday, July 18

8:00 – 5:00	Registration	Esplanade
8:00 - Noon	Set up state Displays Receive Silent Auction items	Mezzanine Willow Oak
8:00	NVON Board Meeting	Pin Oak
11:00	Tour – Ava Gardner Museum & Tobacco Farm Life Museum - \$50	

Pre - Conference Classes

9:00 – 11:30

Craft Class #1	Wreath Wall Hanging- \$8	Magnolia I
Craft Class #2	Folded Book pages - \$2	Magnolia II

9:00 – 10:00

Craft Class #3	Cork Pendant - \$5	Governors I
Educational Class	Use Color and Light to Create a Beautiful, User-Friendly Home	Governors II

10:30 – 11:30

Craft Class #4	T-shirt Necklace	Governors I
Educational Class	Pampering for a Newer You - \$10	Governors II

Lunch on Your Own

2:00 – 3:00

Craft Class #5	YoYo Christmas Ornaments - \$3	Magnolia I
Craft Class #6	Crafty Cards -\$5	Magnolia II
Craft Class #7	Christmas Spider -\$3	Governors I
Educational Class	Are My Memory Lapses Alzheimer's?	Governors II

3:30 – 4:30

Craft Class #8	Origami Folded Fabric -\$3	Magnolia I
Craft Class #9	Zentangle Necklace - \$8	Magnolia II
Craft Class #10	Children's Safety Socks - \$3	Governors I
Educational Class	Edible Container Gardening	Governors II

3:00 – 9:00 Vendor Set up Capital Room

6:30 North Carolina Night Oak Forest Ballroom

Wednesday, July 19

Breakfast on your own

7:30 – 8:30	Registration Open	Esplanade
8:00 – 5:00	Silent Auction Open	Willow Oak
	Trade Show Open	Capital Room
	State Displays Open	Mezzanine

8:30 NVON Opening Session/ Business Meeting Oak Forest Ballroom

9:00 Spouse/Friend Tour – The U.S. Army Airborne & Special Operations Museum – Max 40

12:00 Lunch Oak Forest Ballroom

2:00 – 3:00	Educational Seminars	
	#1 Showcasing Your Project - Arkansas EHC	Magnolia I
	#2 Volunteering A - Z	Magnolia II
	#3 Feeling Grateful	Governors I
	#4 Brain Power	Governors II

3:30 – 4:30	Educational Seminars #1 Disaster Preparedness #2 Master FCS Volunteer Program #3 Steps to Resiliency #4 Brain Power	Magnolia I Magnolia II Governors I Governors II
6:00	Dinner Speaker/Entertainment -	Oak Forest Ballroom

Thursday, July 20

Breakfast on your own

7:30 – 8:30	Registration Open	Esplanade
8:00 – 5:00	Trade Show Open State Displays Open	Capital Room Mezzanine
8:00 – 11:30 & 2:00 – 3:00	Silent Auction Open	Willow Oak
3:00	Silent Auction Closes	
8:30	Spouse/Friend Tour – James B. Hunt Jr. Library & State Farmer’s Market – Max 40	
9:00	General Session	Oak Forest Ballroom
12:00	Lunch Speaker – Dr. Carolyn Dunn Department Head, Agriculture and Human Sciences	Oak Forest Ballroom
1:30	Spouse/Friend Tour - North Carolina Museum of Art – Max 40	
2:00 – 3:00	Educational Seminars #1 The Minute You Stop Learning...Might You Be Dead? #2 Cheese Please #3 MED instead of Meds #4 Intergenerational Differences	Magnolia I Magnolia II Governors I Governors II
3:30 – 4:30	Educational Seminars #1 Plate it Up – Kentucky EHA #2 Cheese Please #3 MED instead of Meds #4 Human Trafficking Awareness	Magnolia I Magnolia II Governors I Governors II
Before Banquet	Pick Up State Displays	Mezzanine
6:00	Banquet Entertainment –	Oak Forest Ballroom
After Banquet	Pick Up Silent Auction Items	Willow Oak

**ECA Innovative Grants Funded through the North Carolina ECA General Fund in the North Carolina
Agricultural Foundation, Inc., by the NC ECA Grants Committee**

ECA INNOVATIVE GRANTS

What are innovative grants?

- * The innovative grants are awarded annually to fund projects that increase awareness of, or support, the North Carolina Extension & Community Association (NC ECA) at the club, county, district or state level
- * Suggested projects include (but are not limited to) leadership development, development of marketing tools, membership recruitment, purchase of educational/programming materials, officer training or a new special event with an outcome directly associated with the NC ECA mission
- * Individual grant maximum: variable, depending on amount available each year
- * Total grants maximum: variable, depending on amount available each year (awards typically range from \$500-\$1,000, but larger projects will be considered)

Who is eligible?

- * Any active NC ECA club, county or district level group can apply for a grant

How do ECA groups apply?

- * Complete the attached ***NC ECA Innovative Grant Application Form***
- * Applicants must obtain sign-off of their county agent or county director as requested on the form
- * Electronically submit or mail completed application form to the NC ECA and FCS Foundation Administrative Assistant
 - o Susan R. Ayscue
 - o NC State University
 - o 512 Brickhaven, Room 210C
 - o Campus Box 7645
 - o Raleigh, NC 27695-7645
 - o susan_ayscue@ncsu.edu
- * NOTE: applicants awarded a grant must wait one year after receiving a grant to apply again

When are grants awarded?

- * The Committee Chair will work with NC State CALS Advancement to determine amount available for grants in January of each year, and together they will promote the availability of grants to NC ECA.
- * Applications are due to CALS Advancement NC ECA and FCS Foundation Administrative Assistant by March 31.
- * The NC ECA grants committee will meet to review application and select and notify grant recipients no later than April 30.
- * Grant funds will be sent to awardees before June 30.

What are the guidelines for awarded funds?

- * Funds should be used within one year of being awarded (July 1-June 30).
- * Funds can supplement new or existing programming efforts.
- * Recipients receiving funding must provide a report to the NCECAF per the attached ***NC ECA Innovative Grant Report Form*** once funds are expended per the grant application, but no later than July 31 following program completion.
- * Failure to provide a report jeopardizes applicant's ability to apply for future awards.
- * Funds will be handled according to county financial controls.
 - e.g., The county ECA or county Extension Service can make the funding request to the NCECAF if the club receiving the grant does not have the appropriate transfer process or W-9 form in place to receive funds.

**NC ECA Innovative Grant
Application Form**

*Applications will be judged according to the criteria on the **Judging Sheet/Criteria for Eligibility** form. All grant recipients will be expected to provide a final report, complete with success stories and pictures using the **NC ECA Innovation Grant Report Form**.*

Name of Applicant(s):

Group level (e.g., club, county, district, state):

Project description (including how the NC ECA mission is supported):

Major objectives (including partnership descriptions and definitions):

Strategies for implementation and marketing (including proposed or potential impacts):

Proposed total cost of project:

Contact for application:

Mailing address:

Phone number:

Email of application contact:

County:

County Liaison Agent or County Director signature:

FOR CALS ADVANCEMENT USE ONLY:
Date received: _____

NC ECA Innovative Grant Report Form

All grant recipients must provide a final report, complete with success stories and pictures. Failure to provide report jeopardizes applicant's ability to apply for future awards.

Name of Applicant(s):

Group level (e.g., club, county, district, state):

Name of project awarded a grant:

Major objectives met (as defined on the application):

Project summary to-date (including impacts and/or accomplishments):

Contact for application:

Mailing address:

Phone number:

Email of application contact:

County:

Contact signature:

Date:

County Liaison Agent or County Director signature:

Date:

ECA Grants Committee Chairman signature:

Date received:

FOR CALS ADVANCEMENT USE ONLY:

Date received: _____



**Place
Postage
Here**