



Tar Heel HOMEMAKERS E-news

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President's Message

Wow!!! What a great year for ECA. I am so proud of what ECA members accomplished during our 102nd year. I was able to attend all of the District Meetings and associate with many new faces. All of the meetings were well planned and with good attendance.

I was also able to represent you at the NVON meeting in West Virginia in July. We had a group of around 15 to attend from our state. It was a great opportunity to meet with ladies from the other 7 states and share ideas and programs for the next year. The meeting will be in Illinois in 2016 and in our own state in 2017. You will be hearing a lot about that in the coming months.

Thank you South Central District for a wonderful State Conference in Concord this year. There were around 190 ECA ladies and guests in attendance. The workshops and training sessions were all good and well received. We were very proud of all the awards we were able to present. We are already planning for next year's conference in Winston-Salem with North Central District hosting.

Our Report for the Year looks really good especially with only a little over half of our counties reporting. Thank you Shelby Ford our VP for reports for working so hard to get these all tabulated. This report is an important tool when presenting our ECA to the public. Hopefully next year more of our counties will send in a report. Please check your next year's ECA yearbook for new dates for this reporting. If you do not have access to this new information please check with your Agent or President or go on the web to download it.

I love being your President and look forward to another great year in 2016.
Faye W. Lanier, NCECA State President



The Master FCS Volunteer

At State Conference, attendees received a **Passport to Master FCS Volunteer**. All the required classes are listed in the **Passport** and as you complete the classes, you will receive a sticker for that class. Once you have completed all classes, you will receive certification, Level 1 and then Level 2.

There were 3 required classes offered at State Conference and stickers given. If you have taken any of the classes in the past, a list and stickers will be sent to your county for your **Passport!** By the completion of District Days, we hope that all modules for Level 1 will have been offered, allowing us to certify our first class of participants in 2016!

NVON 2017 Conference

NCECA is hosting the 2017 NVON Conference. At our State Conference Joyce Klutz, Conference Chair updated everyone on the progress being made. It will take ALL districts and ALL counties to host our sister states. If you county did not take on a task, contact Joyce to volunteer! The Conference will be held at Sheraton Raleigh July 17 - 21, 2017!

Annual Reports

The due dates for the Annual Activity Reports have changed for 2016! Individual reports are still due June 1 and December 1 to compile club reports that are due to the Liaison Agent and County Council President by June 15 and December 15. The reports for all activity for the entire year of 2015 will be due to Geri Bushel by **MARCH 1!**

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

Dare County



The Dare County ECA participates in various giving opportunities throughout the year. At this time of year, they enjoy spreading Christmas joy by making cards for the local nursing facilities as well as making boxes for the Operation Christmas Child project with Samaritan's Purse. Operation Christmas Child, the world's largest Christmas project, brings joy and hope to needy children around the world through gift-filled shoeboxes. This year they were able to put together 33 boxes that was given to a local distribution sight. Along with these outreaches the ECA group is working on a winter sewing project to donate to the local Social Services for children in the area.

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Southeast

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

Craven County

Craven County ECA Clubs Tour East Carolina University (ECU) Heart Institute



The Krafter’s Klatch and Vanceboro Clubs of Craven County ECA toured the East Carolina University Heart Institute. The tour began with Mr. Jerome Fuller presenting a video showing the daVinci Surgery System used in robotic heart surgery. Following the presentation, a demonstration of the System was given and the members were offered a chance for a “hands-on” opportunity on the daVinci. The tour concluded

with a look at the conference room where video conferencing with other facilities worldwide takes place.



The Vanceboro ECA recently sponsored a program on Senior Citizen Safety. The program was presented by the Vanceboro Chief of Police, James Jenkins, Jr. Area senior citizens were invited and attended the event which was held at the local fire department. Chief Jenkins provided much information and helpful ways in which to help senior citizens lead safer lives. He passed out printed information for us to study and follow as he talked. A question and answer session was held at the completion of the program. All present enjoyed delicious refreshments which were provided by the Vanceboro ECA.



Pictured with Chief Jenkins are some members of the Vanceboro ECA. Left to right: Janice Morris, Faye Wetherington, Chief James Jenkins, Jr., Club President: Janis Cannon, Charlotte Whitford, and R. L. Cannon

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Make checks payable to: National Volunteer Outreach Network, Inc. and mail to the NVON Treasurer Joni Rich.

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

Surry County



White Sulfur Springs ECA Club decorated the Surry County Extension office Christmas tree in a snowflake and snowman theme. Members created the ornaments from a variety of materials for all those who visit the Extension office to enjoy,

Club members pictured from L-R are Becky Hill, Gloria Puckett, Mary Mitchell, Lynn Nordin and Ann Davis

Randolph County



As the participants in the Randolph ECA sponsored "Crafty Christmas" grew, so grew the need for additional space. Offered as a service to our community, the three days of classes were relocated from the Cooperative Extension Office to the Kip Schroeder Youth Room at the Randolph-Asheboro YMCA. Chaired by Becky Gray, twenty-one classes ranging from jewelry to Christmas decorations to Gifts from the Kitchen to the ever popular Balloon Magnolia were held November 17 through 19

with the 75+ participants paying only for their supplies and the instructors volunteering their time and talents. Themed refreshments provided by ECA members and served by Lib Thompson were offered between the two morning sessions.



Happy Hanukkah

South Central

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

Harnett County

2015 ECA Achievement Night: Reflections

Harnett County celebrated its annual Achievement Program November 12, 2015. The program recognized ECA members for providing volunteer services to Harnett County residents and communities; they provided more than 2000 ECA hours and more than 6500 other hours; their services reached more than 30,000 people and they contributed approximately \$10,000. Awards were presented for Perfect Attendance, Outstanding Program of the Year, President of the Year, ECA Associate of the Year, Community Outreach Angel, Working Associate, and Superior Service. The County Extension Director and County Council President acknowledged recipients receiving recognition at the 2015 NCECA Conference for



longevity and the “Gold” Award of Excellence certificate that Harnett County Council received; also acknowledged were recipients receiving a certificate, seal and/or Certified Volunteer Unit pin for cumulative CVU hours.

Harnett County ECA is grateful to Allison Collier for sharing her missionary experiences and providing an opportunity for us to reflect on just how much we have to be thankful; we are grateful to former Family and Consumer Sciences Extension Agent, Wanda Hardison for installing officers for 2016 – 2017; also, we are especially grateful for South Central District President, Shelby Ford for driving more than two hours to join our celebration and offer words of encouragement. We recognize with love the two members who are no longer with us; we celebrate with happiness for the one that turned 103 and has served ECA 73 years; and we shout with gladness for the three new members gained. This was truly a wonderful night for reflections.



Harnett County has four outstanding clubs that follow the North Carolina ECA’s mission to strengthen families and communities through leadership development, volunteer work, educational support and research-based education from North Carolina State University and North Carolina A&T State University.

Tours

ECA members visited WRAL Azalea Gardens and the State Farmers’ Market in Wake County, Raleigh, NC. Surprisingly, the group learned that azaleas come in many varieties and that the gardens are beautiful no matter what season it is visited. Following the WRAL gardens tour, in recognition of National Farmer’s Market Week, the group visited the Raleigh Farmers Market. A variety of fresh fruits and vegetables were available for sampling. Members purchased produce that was grown in various counties across NC before ending the day with a delicious lunch at the State Farmers’ Market Restaurant. It



was wonderful to discover that plants are an “AWESOME” creation that provides for man’s diverse needs. The WRAL gardens are open year-round and are free to the public; however, tour guides are available upon request.

Harnett County, continued



ECA members visited Chatham County to tour the Southern Supreme Fruitcake Factory in Bear Creek NC. The group learned that Christmas is the catalyst behind this thriving business. In 1984, when her husband lost his manufacturing job, a homemaker took her talent for making fruitcakes and turned it into a small-family business. Today, the company employs family and long time family-friends to run and operate the business; the company has gone from one to four operating specialty kitchens (candy, nut, cookie and fruitcake). The sales showroom is filled with an array of factory made goodies ranging from chocolate candies and brittle/flavored candies, fruitcake and fruitcake/assorted cookies, chocolate covered and spiced/praline nuts, pepper jellies and fruit preserves, cheese florets, coffee, etc...multiple samples for tasting. Tours are by appointment; their busy seasons are fall and winter; the Christmas spirit is year-round. Lots of sweet purchases are made before venturing to Lee County for lunch.

Congratulations!

Harnett County ECA recognizes the important work of Harnett County Cooperative Extension staff by sponsoring the "Employee of the Year Award." The recipient receives a plaque and a monetary award; Harnett ECA is proud to announce that this year's recipient is Brian Parrish, Extension Agriculture Agent.



Welcome to Harnett County! Gregg Hunycutt, FCS Extension Agent

Moore County

At the state NCECA Conference, Moore County ECA proudly accepted a "Helping Hands" award from The Boys & Girls Homes for being the highest NCECA donor. This was the result of the successful benefit luncheon sponsored by Moore County in June.



Cabarrus County



Members of the Artistic Adventurers ECA Club of Cabarrus County enjoyed a very educational and enjoyable treat as they had a guided tour of the Metrolina Greenhouses. The winter and holiday flowers were in full bloom and the group learned about all aspects of this Greenhouse that employs over 700 people. ECA Club President Sue Bosley arranged this tour.

Mecklenburg County

Building Community through Giving

During the month of November and December, the Mecklenburg ECA is building community through giving.

In November, the Health & Wellness Club collected essential items for Dove's Nest, the women's program of the Charlotte Rescue Mission. Dove's Nest is a four to twelve month program that motivates women to make major life changes. The donation will help to fulfill their urgent needs list and enrich the lives of women participating in the program.

The club will end the year by adopting a family from the Salvation Army's Angel Tree program. Since 1904, the Angel Tree program has met the needs of families. In 2013, a record number of families registered for assistance from October to the first week of November. If you would like to learn more about the Angel Tree program, or adopt a family, contact your local Salvation Army.

Interested in learning more about Mecklenburg's ECA? Visit our website at <http://mecklenburg.ces.ncsu.edu/ecclub/>



Cherokee County



The Grape Creek Homemakers of Cherokee County met November 17 to do a Candy Wreath Project for the Christmas Love project for the Little Brasstown Baptist Church. These will be distributed before Christmas to local needy families. Another workshop is scheduled for December 1.



Of course, we always have delicious meals and desserts.



Watauga County

Watauga County ECA was blessed to receive a grant from the NCECA Foundation to promote a Healthy Lifestyle for adults with intellectual and developmental disabilities. During the past months, Happy Hearts Club has started the "Happy Hearts Snack Shoppe" at Watauga Opportunities (Community Rehabilitation Program) to offer healthier alternatives to items found in vending machines. Club members have also prepared Fruit Smoothies, Yogurt Parfaits, Fruit Cups, and Baked Potatoes along with lessons on the benefits of vitamins and minerals.

In the community, Happy Hearts Club sponsored a party at a local care facility and served cheese and fruit to the residents. Four club members assisted with a demonstration at the monthly meeting of the Boone AKTION Kiwanis Club. The members prepared and served a fruit salad and engaged the audience in a discussion on the benefits of eating fruits. Several club members enjoyed lunch at Boone's "F.A.R.M. Café" (Feed All Regardless of Means) which allows persons to volunteer time in exchange for a meal cooked from local foods.

Both Watauga County ECA Clubs, Happy Hearts and Town & Country, attended a luncheon at Powderhorn Mountain Clubhouse. After the luncheon, everyone enjoyed a presentation on the benefits of 'greens' in the diet by Margie Mansure, Watauga Co. FCS Agent. Margie demonstrated how to make 'green smoothies' by adding spinach to a fruit smoothie.

At Watauga Opportunities, Happy Hearts Club will continue to lead a "Healthy Lifestyle" focus concentrating on exercise, drinking more water, healthy snacking, and eating 5 fruits and vegetables every day. For encouragement and support, members refer to the "Eat Smart, Move More, Weigh Less" web site that includes health tips, guidelines, and healthier recipes especially useful during the holiday season.

Pictured are Stephanie Silver, Karen DeHart, Kim Braswell, and Dianne Brown presenting a lesson at Watauga Opportunities on "Eating a Rainbow of Fruits".



Dates to Remember

December

- 1 - Individual reports due to club president
eNews articles due
Pennie for Friendship donations to Appointed Treasurer
County Treasurer to send dues to Appointed Treasurer
- 15- Club annual reports due to Liaison Agent

January

- 1 - Changes to the yearbook due to Geri Bushel
- 13 - NCECA Leadership Team meeting

February

- 1- NCECA Scholarship due to county
- 3- NCECA Leadership Team Conference Call



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