



# Tar Heel HOMEMAKERS E-news

June 2017

Volume 7, Number 3

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## 2017-2018 Leadership Team

President	Judy Blythe, Craven County
President-elect	Shelby Ford, Union County
Past President	Faye Lanier, Durham County
Vice Presidents	
North Central	Lois Williams, Vance County
Northeast	Juanita Nobles, Pitt County Leigh Guth, Liaison Agent
South Central	Donna Springle, Harnett County Greg Huneycutt, Liaison Agent
Southeast	Angela Abrams, Wilson County
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

## From Your President . . .



As we look forward to a very exciting summer with ECA and personal vacations, let's be sure to get our registration in for NCECA State Conference and the NVON Conference. It is most important that we have at least 200 to register combined from all eight states! I look forward to seeing all of you at these meetings! We want to show off

North Carolina! You can get a registration form from your Liaison Agent, ECA County President or on line.

Let's remember our ongoing projects. Eat Local, Eat Healthy which we can certainly do this time of year. Visit your farms, farmers markets and restaurants that use local foods. Remember how much healthier is to eat local by buying local and preparing your own food. It also boosts the local economy.

Our other ongoing project is Boys and Girls Home at Lake Waccamaw. **Please bring goods and/or gift cards to State Conference on July 17.** Gary Greene will be there to accept them. Let's fill his vehicle to overflowing this year. If you have never visited, you need to plan a trip to the campus. It is lovely and you will be treated royally on your visit. They have a beautiful church and a school on their campus. Both are attended by the community as well as the students they serve. I have asked for a wish list and will forward it to district presidents when I receive it. I do know that many of the students could use art supplies.

Please continue to support these projects throughout the year.

I am enjoying serving as your state president. Attending all the district days was a wonderful experience. They were all different and I gained ideas from each. From Sylva to Plymouth, to Kenansville, to Henderson, to Monroe were all delightful. Thank you so much for these opportunities to be with you!

Judy Blythe

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# 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

## Wake County

**Wake County ECA** participated in WAKE Up and Read Book Drive. Members donated books for children birth – grade 5. These donations will provide books to children in Wake County who may not have any books in their homes. This year partners across Wake County collected more than 110,000 books for distribution to every child in 10 elementary schools, 20 childcare centers, and 9 community centers. ECA members also volunteered at the distribution sites to help children choose books!

## Southeast

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

## Carteret County



**Carteret County ECA** Council President, Barbara Zorovich, awarded the annual County ECA Scholarship of \$1000 to Michael McKnight on May 5, 2017 at the CMAST Building. Chosen from a large pool of applicants, this impressive young man is a graduate of Croatan High School and will be attending NC State University in the fall, majoring in Biomedical Engineering.

The oldest continuously operating curb market in the state of North Carolina began its 89th year on May 6th 2017. The Morehead City Curb Market originally opened in 1928 as The Women's Market at 12th and Arendell Streets. In 1931 the Market moved into a new building constructed by the husbands of the members



at 13th and Evans where it welcomes visitors today. Under the auspices of the Carteret County ECA, it offers a variety of home grown and homemade items that draws visitors from across eastern North Carolina and elsewhere. The market is open each Saturday from May until Labor Day. Come see us. Check our Facebook page for special events happening throughout the year.

## Craven County

**Craven County ECA** members visited Boys and Girls Home at Lake Waccamaw and showered them with gifts which were needed for the pregnancy cottages. We had a tour of the home and we were served lunch in the Jaycee Cottage. We were so inspired by what we saw and learned. We are thankful that the North Carolina ECA is a sponsor of this home.



To end the year, Craven County's ECA groups planned an outing to visit the town of Beaufort. We boarded a double decker bus on a beautiful clear sunny morning. Our tour guide was very knowledgeable of the area and entertained us with

## Craven County, continued

many interesting facts and stories. As we drove along the waterfront, the wild horses on the Rachel Carson Reserve could be seen near the water's edge. We were lucky enough to see a herd of about 15 horses roaming along the grass.

After the bus tour, we went shopping along the shops on the waterfront, and then met at Finz Grill for lunch. Three members of Carteret County ECA joined us for lunch. We had met them first at District Day in March, and enjoyed their company so much we invited them to meet up with us again. All had a good time. Thanks to Judy Blythe for making all the plans.

We continue to work on our 500 Christmas ornaments. In June we will meet to plan our next year's speakers and meetings.

## Duplin County



The **Stanford-Duplin ECA** has been hard at work this year. In April they hosted the 2017 Southeast District Day event, with Clinton Wellness Center's Line Dancers as their entertainment and Wanda Sykes as the guest speaker. The event was a huge success and they thank all members, NC State staff, and community leaders who were able to attend.

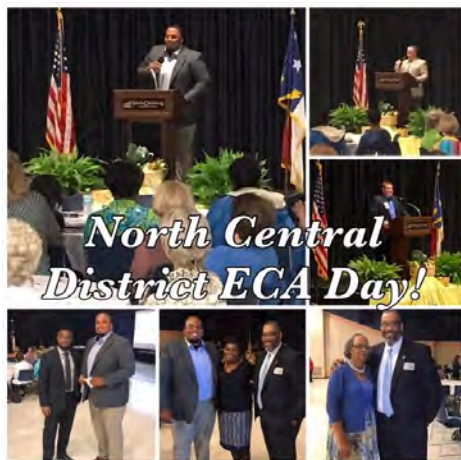
The members held their second Achievement Awards Day Program on May 11. Since receiving an FCS agent, they have been able to host this program annually and have enjoyed honoring the hard work each member has put into helping Duplin County and beyond. This year's event was held at Holland's Shelter Creek in Burgaw.

They enjoyed fellowship, a motivational speech from speaker Colleen Newkirk, and recognized many members for their outstanding service to the Stanford-Duplin ECA.

In the last few weeks, members have been fortunate to have a guest come teach them new skills during their cultural arts workshops. They learned how to make purses out of old blue jeans and just recently have been working on quilting.

## North Central

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



The **North Central District ECA Day** was held Thursday, April 20 in Vance County at the Vance Granville Community College Civic Center. ECA members traveled from as far west as Ashe County to attend.

Former NFL Player now farmer, Jason Brown served as the keynote speaker as he addressed the crowd with his amazing life story of how he began as a farmer and donates his first fruits to those in need in the community. He is the owner and operator of First Fruits Farm in Louisburg, NC. Jason was a great fit for the theme of the day "Sharing our Bounty".

Live entertainment was provided with the smooth sounds of the local band group "Just Friends". State updates from our ECA State Advisor Geri Bushel, FCS State Program Leader Dr. Mike Yoder, North Central District Director Jim Cowden, and ECA State President Judy Blythe were provided to the membership.

The Vance County ECA and the North Central District ECA Day Planning Committee appreciates everyone's support who helped to make the day a success!

### Caswell County

We mourn the loss of one of our longtime **Caswell County ECA** members, Iris Tate passed away this spring. She served for more than 60 years.

### Orange County

**Orange County ECA** received 5 ECA Scholarship Applications from graduating seniors from local high schools. A selection committee was appointed to view and evaluate the applications. The chosen winning student was from Orange High School in Hillsborough by the name of Julia Lovingood. Co-president of Orange County ECA Shari Latta and FCS Agent Ivelisse Colon attended the Orange High Awards program on May 25, 2017 to make the scholarship presentation in the amount of \$200 to Julia. Julia's scholarship application was forwarded to the NCECA Scholarship committee where she was named the recipient of a \$800 scholarship. She was also recognized for this at the Awards Program. Julia's mother is a former member of the Fairfield Friends ECA Club.

Orange County had 14 representatives at the North Central District Day which was held at Vance-Granville Community College on April 20, 2017. The meeting was enjoyable and informative. The attendees came back to Orange County and shared the their impressive experience with members at the ECA County Council meeting on May 17, 2017.

Lucy Ferrington of Chapel Hill, a long time ECA member, passed away on May 1, 2017; her funeral was held on May 5, 2017. She was a member of the "Women of Distinction ECA Club". A tribute was made in memory of her at the May 17, 2017 County Council Meeting.

An area meeting is being planned for October 5, 2017. The title of the program will be "Emergency Preparedness". This program will be open to the public.

### Randolph County



**Randolph ECA** participated in the annual Boomer, Senior, Caregiver Expo in Asheboro by sharing educational/informational materials on Healthy Aging, the monthly program emphases at club meetings to enhance the wellness of our aging population. Membership benefits of social interaction through ECA was shared by members manning the booth. Pictured are Margie Stidham of the Balfour Club and Kim Lemons, on the right, County Council Chair.

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

### Lee County

Alyssa Anderson, new FCS Agent, is making preparations for the Saturday morning Farmer's Markets monthly demonstration of fresh fruits and vegetables.



Becky Poole, President Elect, ECA County Council, organized a special interest meeting for coupon savers to recruit new members.

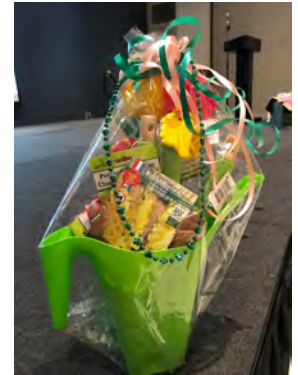
Mildred Smith, President of ECA and Angela Jenkins, long time member of ECA , attended ECA District Activity Day in Union County. The first place blue ribbon winners were Lonnie Douglas, flower/wreath, and Mildred Smith, for pottery categories. Sharon Raschke got 3rd place, sewing.



ECA continues to support the Farm To Table program with volunteers. This picture was featured in the local 2017 edition of the Lee County Living magazine. Roland Armstrong, Coordinator was interviewed.

### Cabarrus County

Darnel Hodge is a charter member and co-chair of **International Living and Foods Club**. She designed this basket of garden supplies and implements for the South Central District Day.



### Stanly County



### West

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

### Cleveland County



The **Cleveland County ECA** held a health forum, **HOW TO BE CLEVELAND STRONG**, "Healthy Living – Recommended Immunizations and Health Screenings" on Thursday, April 20, 2017. In this photo, Joan Parrish, Cleveland County ECA Building Healthy & Strong Families Issues Coordinator is shown welcoming Cleveland County Health Department staff members Nicole Newton and Jordan Beason, who presented the program at the NC Cooperative Extension Cleveland County Center.

Nicole Newton assisted by Jordan Beason discussed adult health screening and immunizations. Information concerning the cost of vaccines was discussed. Medicare covers the cost of both flu and pneumonia vaccines. Information related to the shingles vaccine, which is not covered by Medicare, was also discussed.

**Cleveland County, continued**

Recommended immunizations and screenings was the main emphasis of HOW TO BE CLEVELAND STRONG. Nicole Newton provided copies of the list for recommended screenings for adults and entertained questions from ECA members. Jordan Beason gave each ECA member a copy of WOMEN STAYING HEALTHY, ACTIVE AND WELL. The booklet contains valuable information about breast and cervical cancer screening services. The publication also discusses other topics related to cancer including colon cancer and skin cancer. Additional topics in the booklet included screenings for prostate cancer for men and heart health for everyone. The last information dealt with two more important health topics - physical activity and good nutrition.

Club members of Belwood ECA and Boiling Springs ECA attended the forum along with Nancy Abasiekong, M.Ed., Liaison Agent, Family and Consumer Sciences. Also in attendance was Kristen Dellinger, a nurse in the E. R. at Cleveland Regional Medical Center. Kristen is studying at Gardner-Webb University for her B. A. in nursing and was present to shadow both Nicole Newton and Jordan Beason as they gave their presentations. Cleveland County ECA was pleased to participate in the program concerning health screenings and to provide a forum for information that can be shared with others in the community.

**Cleveland County ECA Enjoys Working with Record Number of 4-Hers**

Cleveland County ECA members have continued the theme from our annual Achievement program, "Cleveland County ECA & 4-H Growing Together." Members enjoy working closely with 4-Hers as individuals and in 4-H clubs. Cleveland County had a record number of 4-Hers, over 60 youth, participate in the 4-H County Activity Day in early May by giving demonstrations or illustrated talks for competition. Through this vital part of the 4-H program, youth learn public speaking and communication skills that they will use from now on. Cleveland County 4-H Agent, Wendy Turbyfill said, "We are excited to see so many youth involved in a program that will help them develop a skill they will continue to need and use into adulthood."



ECA members have found many ways to be involved with 4-H. County Council President, Pat Farley, worked with members of the Stitching Sisters 4-H Club at club meetings and individually to select patterns and construct their garments for the 4-H Fashion Review. Three ECA members, Joan Parrish, Mary Lee Jones and Mary Jane Seagle, served as Fashion Review judges. They judged the garments flat, then each 4-Her modeled her garment and answered questions. The final segment of the Fashion Review was a delightful fashion show held at 4-H County Activity Day on May 6th.

Pat, a former 4-Her, displayed the 4-H sign that was displayed in front of her home when she was growing up - "4-H Club Member Lives Here," as she narrated the fashion show, describing each garment and highlighting the unique details.



ECA members worked with Solutions Unlimited 4-H Club Leader, Cyndy House, 4-H Agent Wendy Turbyfill, and Nancy Abasiekong, Family & Consumer Sciences Extension Agent, to help seven new 4-Hers from this club create and their demonstrations on a variety of topics.



Three ECA members, Joan Parrish, Karen Hubbard and Pat Farley, served as judges for 4-H presentations and assisted with 4-H County Activity Day.

These new 4-Hers are among the 49 youth chosen as County Gold or Silver winners.



A total of forty-three county winners will represent Cleveland County at the West District 4-H competition on June 17th.

Cleveland County ECA members will continue to serve as teachers, coaches and judges, helping county 4-Hers develop and practice new life skills. This is a special way for ECA members who are former 4-Hers, as well as members who are new to 4-H, share their knowledge and love of learning and help young Cleveland County 4-Hers develop a variety of life skills.

### Dates to Remember

June 1	Tar Heel Homemakers eNews deadline Individual 6 month report due to club president
June 7	NCECA Leadership Team
June 15	Club 6 month report due to county coordinator and Liaison Agent
July 16	NCECA Leadership Team
July 17	<b>NCECA State Conference</b> , Sheraton - Raleigh
July 18-29	<b>NVON Conference</b> , Sheraton - Raleigh
August 1	Tar Heel Homemakers eNews deadline



NCECA 2017 Conference  
July 17



NVON 2017 Conference  
July 18-21  
Sheraton - Raleigh  
For more information [nvon.org](http://nvon.org)

**Please note!!!!**

**Cultural Arts Check in at NCECA State Conference will be Sunday, July 16 after 6:00 and Monday, July 17 8-11**



# INTERNATIONAL DAY OF FAMILIES 2017

## A public statement from the Associated Country Women of the World

As the world marks the International Day of Families on 15 May 2017, we bear witness to a world in turmoil. Never before have families played a more crucial role in our societies, and never before has the need for strong family bonds and inter-generational cooperation been so necessary. The United Nations has declared a theme of 'Families, education and well-being' for 2017's International Day, and this speaks directly to the focal points of so much of the work done by the Associated Country Women of the World and other NGOs.

We see every day the need for stronger communities, and the open, honest, and brave discussion between those who may disagree, and families play a crucial role in this. Children raised in fear bring fear to others. Peace, unity and friendship comes from those who are nurtured and supported by their family - be it the parents, or carers, grandparents, siblings and others who can guide and encourage our young people to walk a path through life with open eyes and hearts. Never before has the connection between children and grandparents been so strong. In many regions of the world we see grandparents stepping in to care for younger generations when parents are forced to work long hours, or cannot afford child care; in other countries there are whole communities who have been decimated by illness such as HIV/AIDS and other communicable diseases, leaving grandparents to raise their children's children.

We must support all families - from demanding universal access to good quality education for children, to sensible childcare options and sustainable support for parents, to life-long learning, and ensuring quality of living for grandparents and older generations. Work-family balance must be encouraged and supported, assisting parents in their educational and caregiving roles - the private sector must play a part in this, and responsible employment practice will benefit all stakeholders.

ACWW connects and supports women and communities worldwide, and our project funding has had significant impacts on communities around the world. Our 1000<sup>th</sup> project was funded in 2015, providing IT skills to young and older women in India; this enables and empowers both ends of the age spectrum in their daily living, and is a significant step towards sustainability of education and training in the local area. The latest round of completed projects funded by ACWW included 5 Health Education projects, 4 focused on education and capacity building, 2 agricultural training and development projects and 1 nutrition and home economics project. These projects, along with 7 water and sanitation projects and 4 income generation schemes, benefited 142,375 people, of whom 91,187 were women and 15,295 were children. ACWW is committed to the United Nations Sustainable Development Goals, and recognises that families have a specific role in ensuring the achievement of SDG4, which secures inclusive and equitable quality education and promotes lifelong learning opportunities for all.

With many countries suffering from internal conflict, and much of the world becoming more divided, nationalistic and isolationist, the role of the family in encouraging cultural and cross-community engagement and collaboration is crucial. We call on all governments and global bodies to work towards securing safe, fair and reasonable living conditions for families - particularly urgent for those living in refugee and internally-displaced person camps. War has a huge and unmitigated impact on families in so many ways, and we further call on those governments around the world leading wars of aggression to consider the realities they impose not only on the families of those they target, but also those in their own countries. Peace, communication, and a collective move towards global sustainability can only be achieved with the support of the family, but are also necessary for the existence of the family and thus all of our futures.



## References

- 1 UN Sustainable Development Knowledge Platform “Sustainable Development Goal 4”  
<https://sustainabledevelopment.un.org/sdg4>  
“Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all”
- 2 United Nations 2017 International Day of Families “Families, education & well-being”  
<https://www.un.org/development/desa/family/international-day-of-families/idf2017.html>
- 3 ACWW Projects  
<https://www.acww.org.uk/projects.html>

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