



# Tar Heel HOMEMAKERS E-news

August 2016

Volume 6, Number 4

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### 2015-2016 Leadership Team

President - Faye Lanier  
President-elect - Judy Blythe  
Past President - Wanda Denning

VPs  
Northeast - Lena Darden  
Southeast - Esther Collier  
North Central - Polly Caudle  
South Central - Shelby Ford  
West - Cathy Holmes

Parliamentarian - Wanda Denning  
Treasurer - Ruth Clifton  
Advisor - Geri Bushel  
CVU Chair - Anne Gaddis  
Cultural Arts Chairs -  
Gloria Smith & Audena Spain

## MESSAGE FROM PRESIDENT



Thank you all so much for allowing me to attend the NVON meeting in Illinois in July. I flew for the first time in 22 years and it turned out very well since it was a long trip. We had 15 members to attend from North Carolina not counting several husbands that tagged along and

turned out to be a big help to us there. A couple of our ladies that drove carried our 8 baskets that we had collected from our Districts and we made \$409 dollars from them to help with our NVON meeting next year. Thanks to all of you that helped with these baskets.

Since we are hosting the NVON meeting next year we paid close attention and are excited about some of the ideas that we saw and heard that we will be able to use or not use for our meeting. You would have been very proud of our Joyce Klutz with the presentation she gave inviting everyone to attend the NVON meeting in Raleigh next year.

The North Central District has worked very hard to plan a great State Meeting for us this year and you should be getting the registration information along with this E-news. Hope you all that can, will attend.

I love being your President and I look forward to rest of my of my year.

Faye W. Lanier

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**HELP...HELP...HELP – NVON CONFERENCE**

**REMEMBER MEMBERS** . . . you volunteered in 2015 to assist with our 2017 NVON Conference. Lots of committees are needed to make this happen and maybe you have forgotten you had a job, so here is your reminder. I need to hear from you and what your committee is doing to fulfill the responsibilities. Contact me by phone (704) 786-5324 or E-mail [jwkluttz12@gmail.com](mailto:jwkluttz12@gmail.com).

Registration Chair – Bobbie Sheperis, Cabarrus County

Workshops/Seminars – Wanda Denning , Wake County

Craft Workshops – Barbara Looney, Cabarrus County

Hostesses & Facilitators – Alma Fields, Lenoir County – Cathy Holmes, Rutherford County

ACWW Silent Auction – Donna Springle, Harnett County

Tour Committee Chairs – Polly Caudle, Forsyth – Joan Quinn, Wake County

Trade Show Committee – Linda Rivenbark, Bladen County

State Displays Chair – Judy Furr, Cabarrus County

Table Decorations – Joan McClure, Gaston County

Favors Committee – Angela Abrams, Wilson County - Judy Elkin, Bladen County

Door Prize Committee – Shelby Ford/SC District, Union County

VACANT & NEEDED: **Host State Table Chair** (NC Districts and/or Clubs can sell their crafts)

**Pages** – 2 people to serve during Business meeting & General session

**Speaker/Entertainment Committee** – Lunch/Dinner 5 slots

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



ACWW has a monthly newsletter. You may find it at: <http://us10.campaign-archive1.com/?u=f66538b5dc6363c7efdf765c3&id=7e49edb31e&e=2d9d0caf25>

# Thank you for your contribution!



**South Central District Baskets**

**Southeast District Baskets**



**West District Basket**

**North Central District Basket**



**Northeast District Basket**

**Wake County ECA Basket**





## 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



For the first time, two students were selected as winners of the Maude P McInnes Scholarship. Matthew Prusic, son of Zographia and Matthew Prusic, was presented one at our July ECA Council meeting. Matthew is a student at Middle Creek High School in Apex where he was a member of the marching band. He serves as Assistant Scout Master of his troop and has earned the rank of Eagle Scout. He has served as a volunteer at Haven House in Raleigh. Matthew will attend UNC - Greensboro in the fall where he will major in history leading to museum studies.

VP Sara Perry and Matthew

### Southeast

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

### Johnston County

Members of Johnston County ECA enjoyed decorating grape vine wreaths at their February meeting.

L-R, front : Alice Moore, Margie Baker, Gladys Spence, Flora Gratham  
back: Robin, Linda Woodruff, Myrtle Toole, Nina Davis, Helen Lawhon, Mary Johnson



Pomona - Creech ECA Club marked their centennial with a reception on May 21st. The group has twelve members who enjoy the fellowship. The Club was chartered in 1916.

In 1947, the Club bought a former school house and acreage for \$525. Members and their husbands renovated the building, dedicated it and have used it since for family gathering, church and community events. Club President Jane Hales said that while the members don't can or make clothing, they meet regularly for lunches and are involved in their community outreach projects.



Pictured, seated: Linda Campbell; L-R Shirley cool, Mildred Crumpler, Laverne Whitley, Nina Lassiter, Helen Creech, Helen Lawhon, Janes Hales, Roberta Reed, Hilda Whitley and Audrey Creech.

### Carteret County



The Carteret County ECA Curb Market is now officially a member of the Chamber of Commerce and celebrated its season opening on May 7th with a ribbon cutting. The current market, on the corner of Evans and 13th Street, Morehead City, was built in 1936 and is celebrating its 80th year!

Managed, maintained and run by the Carteret County ECA, the Curb Market is an all-volunteer cooperative and is open Saturday's May through August from 7:30 to 11:30 am. Outside vendors sell baked goods, jams, jellies and preserves, fresh produce, herbs and

plants, eggs and seafood as well as hand made crafts. You can even buy live baby chickens! Inside you'll find a variety of used items and books. Stop by and pick up some wonderful things, enjoy demonstration gardens planted by the Master Gardeners and meet some of our ECA members.



County Council President, Betsy Odell, awarded the annual Carteret County ECA Scholarship of \$1000 to Nikelaus Devon Harris on June 1, 2016 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 Appalachian State University in the fall, majoring Building Science. Everyone enjoyed cookies and ice tea after the presentation.

Congratulations to Wilma Cosgrove from the **Crab Point ECA Club** for winning 1st place in the Heritage Skills Division at District Day, April 5th, in Onslow County, for her hand painted palm frond



'Funky Fish' wall hanging.



On May 25th 2016, 10 members and spouses from the Wildwood ECA Club went on a cultural outing to Yoder's Dutch Pantry in Grifton. After a delicious lunch, we had the opportunity to look around the garden and farm store. The day continued with a tour of Simply Natural Creamery in Ayden where we saw an introductory slide show, toured the farm, learned many interesting facts about dairy farming, and received outstanding homemade ice cream. Fun and informative, this is well worth the trip.

**Wildwood Club** members attended the retirement party for Jackie Ezzard, Beaufort Meals on Wheels Director, on June 29th. Jackie thanked Wildwood Club for providing favors for recipients of the meals and noted how much they looked forward to something extra special on holidays. Wildwood has provided the favors as a club project for the last 7 years and we look forward to continuing the project with Sandra Howarth, the new director for Beaufort Meals on Wheels.



**North Central**

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



You are cordially invited to the  
2016 NCECA State Conference

*Savor the Flavor*

October 24-26, 2016

Hosted by the North Central District

*Hawthorne Inn*

*420 High Street*

*Winston-Salem, NC*

336-777-3000

Registration Fee: \$140.00

**Registration packet is in this email and available on line! Each county contact, County Director, District Director and Liaison Agent also received one**

**Durham County**



Durham County President Faye Lanier recently told 48 seniors from her church about eating and buying local foods as they visited the Farmers Market in Raleigh, ate breakfast and then shopped at the market. It was a great teaching moment for ECA's NVON "Project in Common"



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

**Gaston County**

The **Quiltmakers ECA Club** sponsored Pat Knoechel's trunk show of Quilt in a Day quilts on Sunday afternoon, May 1<sup>st</sup>. Pat travels through this part of the country once a year offering her program to quilt guilds and quilt shops. She always has a



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The program was open to the public and admission fees were donated to the Gaston Cancer Services.

**Gaston County ECA: Increasing Programming Capacity for Evidence-Based Programs**

During 2016, Karen Bernard and Pamela Myers, members of Gaston County ECA, became facilitators in several of the three evidence-based health programs supported by NC Cooperative Extension and Centralina Area Agency on Aging: Matter of Balance, Living Healthy, and Living Healthy with Diabetes. Karen Bernard most recently became certified in both Matter of Balance and Living Healthy. Pamela Myers is certified in each



Pam Myers and Karen

of the three programs. Karen and Pamela work with Gaston County Extension staff to conduct ongoing workshops (including day and evening sessions) throughout the year.

Just ask these ECA members why they have chosen to be a part of these Extension supported programs and they will gladly tell you! "Having taken the course, I saw the positive aspects of the program and would like to pass these benefits on to my community," said Karen Bernard. Pam Myers stated, "I've always loved learning and was a trainer most of my corporate life. I took the Living Healthy classes and was impressed by the content and structure of the classes. When our FCS agent asked if I'd be interested in facilitating, I thought it would be a great way to continue to learn and to volunteer in a meaningful way. And adding the Matter of Balance was a bonus of additional learning and fun!"

Since January 2016, Gaston County has conducted seven (7) workshops - total of 108 educational hours conducted - with 66 participants completing the workshops. As a result of what was learned in these workshops, 26 participants reported lowering their blood glucose, 32 participants reported being more physically active, and 32 participants are eating more fruits and vegetables. Many thanks to Karen and Pam, who are helping residents of Gaston County to eat smart and move more!

### Lee County

Members of the **Lemon Springs ECA Club** had fun day at the antique shops in Cameron, June 18th. They also visited the Aloha Zoo nearby. They began with a delicious luncheon at the Dewberry Inn.



From left to right are Laverne Jackson, Janet Childress, Ollie McLucas, Peggy Abshear and Mildred Smith. Also attending was Valerie Johnson.

Peggy Abshear enjoyed feeding the goats. All had a good time observing the giraffe, monkeys, bear, and even baby alligators!The



**Hearts & Hands ECA Quilt Guild** of Sanford, NC has been busy the past three months. We continue to give back to our community with donations to the United Christian Community Outreach in Sanford. In June we donated 24 quilts and 47 pillowcases to the Children’s Social Services (CSS) of Lee County. The agency was delighted with our contribution.



Member Cheryl Grace won the May Block of Month drawing and created this lovely quilt which was her donation to CSS.



June was 4H camp month for our local ECA. Several members helped teach these beginning quilters. This is a great way to continue our Mission of Preserving the Art of Quilting.



Member Carol Smith was the leader and coordinator for the under 13 children. The picture shows the quilts a few of the children created. Carol also made up all the kits for the camp.

Pam Kerley was the coordinator and leader for the 13-18 children with the assistance of a local Home Economics teacher Lisa Williams. They chose a striking diamond and triangle pattern. Thanks to Katie Kerly for cutting out all the pieces for these quilts.



In addition to working with the 4H we donated 150 pillows to the hospital, ongoing donations of medicines and toiletries to Helping Hand Clinic, CUOC and our current project is donations for the Homeless Veterans



## Cabarrus County



Cabarrus County ECA Scholarship winner, Zene'thia Shipp is shown with Pat Wickliff, ECA President. Zene'thia is a sophomore attending NC A&T State University, majoring in Animal Science.

Cabarrus County ECA Club Lesson Leaders recently gathered for a Leader Training Program on "Local Foods". The program was led by local farmer Brent Barbee of Barbee Farms. He is a 6th generation farmer in Cabarrus County. The family farm is selling local fruits and vegetables to several North Carolina grocery store chains, as well as operating a produce stand at their farm and several area farmer's markets. The Cabarrus members wanted to "kickoff" the NVON Project in Common for 2016-2018 with this special club program. ECA club members will share this program with their local clubs this summer. Members will receive copies of the new Farmer's Market Recipes at their summer club meetings. Pam Outen, FCS Agent also prepared baked zucchini for the members to sample.

Members receiving training for the program to present at their club include: (L-R) Joyce Pless, Pat Wickliff, Marsha Scott, Brent Barbee( Guest Speaker), Barbara Looney, Wanda Ritchie, Dorothy Anthony, Pam Outen, and Lynne D'Aloiso.



The **Artistic Adventures ECA Club** of Cabarrus County met on June 20th to tour The Eastern Cabarrus Historical Society Museum in Mount Pleasant, North Carolina. The tour was wonderful, the tour guides shared such interesting facts, as well as taking time to answer any questions. It surely was traveling back in time for a few hours. We toured 30 rooms of historical artifacts that included the genealogical research library. The museum has wonderful artifacts from the Civil War; items that our grandparents used, clothing displays going back to a different century. After the tour, we all ate at Marvin's Farmhouse Local Restaurant. We all had homemade food. The restaurant had an ambience all its own. The club members experienced an educational historical look back in time. What a wonderful day of comradery.

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

**Cherokee County**



On May 10, the **Grape Creek Homemakers** did a workshop on Kindergarten Chair Pockets for a local school. These chair pockets slip over the back of the child's chair to hold their crayons and pencils. Sewers and helpers were Jan Rose, Glenda Sneed, Glenda Gude, Pat Davis, Barbara Lovingood, Robbin Martin, Clydie Rogers and Lucille Davis.



On June 9, the **Grape Creek Homemakers** were invited to visit the Ronald McDonald House in Chattanooga, TN. We delivered handmade baby blankets and burp cloths. We were pleased to share the dismissal of a new born baby from Murphy and her parents. Loren and Justice Palmer and baby Lakeland.



Pictured from left Madelyn Rose, Glenda Sneed, Barbara Lovingood. Loren and Justice Palmer and baby Lakeland ( center) with Reta Hogsed, Jan Rose, Pat Davis and Robbin Martin on the right.

On May 13, the **Grape Creek Homemakers** visited the Good Shepherd Episcopal Church in Hayesville on an educational trip for the display of the 40 piece Scared Threads Traveling Exhibit.

The Scared Threads is an exhibit of quilts expressing Life's Journeys: Joy, Inspiration, Spirituality, Healing, Grief and Peace. These quilts were created by artists from all over the United States and Canada. The quilts were inspired by the artists' strong feelings ranging from Tragedy to Hope.



Visiting the exhibit were (front left to right) Jan Rose, Madelyn Rose, Glenda Sneed, Nancy Elizabeth Helms, Pat Davis, Barbara Lovingood, Shirley Whitener, Clydie Rogers, (back row) Robbin Martin, Joan Dockery Betty Hedrick and Reta Hogsed.



After the Sacred Threads Quilt Exhibit the Grape Creek Homemakers enjoyed a delicious meal and fellowship at a local restaurant.

## Cleveland County

The “Healthy Me” summer reading program at the Ruby C. Hunt YMCA Library in Boiling Springs offered an opportunity for the Cleveland County ECA, along with several more non-profit agencies, the ability to share information about programming related to health issues. ECA chose to present its issue on “Healthy Fruit and Veggie Smoothies and Parfaits.”

The younger generation lined up to taste **Berry Purple** smoothies as well as other smoothie flavors such as **Peach and Strawberry** along with **Go Green**. The adults with the children enjoyed the tasting, too. The total attendance for “Healthy Me” was 105 participants.

An attractive, colorful recipe booklet was made available to participants at the event by the N. C. Cooperative Extension Center at 130 S. Post Road, Shelby, NC 28152. The recipes included: Peach and Strawberry Smoothies, Berry Purple Smoothies, Go Green Smoothies, Strawberry Yogurt Smoothies, 5 Frozen Fruit Smoothies and a wonderful Berry Parfait.

Nancy Abasiekong, Extension Agent, Family and Consumer Sciences, worked in coordination with Cleveland County ECA members, as well as potential members, to prepare and serve the Smoothies. Betty Bridges, Shirley Bridges, Karen Hubbard, Linda Lemons, Kathy Leslie, Joan Parrish, Jean Putnam and Vickie Wyatt were present to serve the smoothies and to distribute the recipe booklet. They also provided information about the work of ECA in Cleveland County and throughout North Carolina.



ECA members help Ruby Hunt Y Library participants learn ways to build a “Healthy Me” as part of the Summer Reading Program.

Cleveland County ECA members returned to the Foothills Farmers’ Market in Shelby on July 9, 2016 to share cool summer treats with the Power of Produce (POP) Club. Members met early to prepare samples of three fruit & veggie smoothies. At the market, ECA members: Mary Sue Boyles, Pat Farley, Mary Lee Jones, Jean Ann Privett, Kathy Leslie, Joan Parrish, Vickie Wyatt and FCS agent, Nancy Abasiekong, gave out recipe booklets and demonstrated easy steps for making freezer packets of fruit & vegetable ingredients when making smoothies. It was a very busy day at the Farmers’ Market – all who attended enjoyed sampling: Berry Purple Smoothies, Go Green Smoothies, and Peach and Strawberry Smoothies. Many sampled all three and said they would make smoothies at home for their families this summer. We have received responses from participants and farmers market staff that many families are now eating healthier and enjoying fruit and veggie smoothies for breakfast and snacks!

Cleveland County ECA members and FCS agent enjoy sharing healthy eating information and smoothie samples at the Foothills Farmers’ Market.



Cleveland County ECA members Betty Bridges, Pat Farley, and Brenda Mull recently taught a three-day sewing camp, Sew It Up, as part of the 4-H Summer Fun program. The girls learned the basics of machine sewing as they made a fabric tote bag. The tote bags featured a nine-patch pocket and 4-H clover printed lining. The totes were made even more functional by adding several interior pockets to the lining.



Machine sewing was a new experience for most of the girls. They also completed a service project for Hospice patients by making Activity Aprons. The campers delivered the aprons to hospice and visited with several patients. Through this ECA – 4-H partnership, the girls learned new skills and made a valuable contribution to our community.

4-H Summer Fun Sewing Camp group photo with two of the ECA volunteers.



### Dates to Remember

#### August

15 - State Conference Registration to be sent out

#### September

15 - Leadership Award Application due to Geri Bushel

15 - eNews deadline

#### October

5 - Leadership Team Call

23 - Leadership Team meeting

24-26- NCECA State Conference, Winston Salem

#### November

1- eNews deadline

1 - Scholarship information to be sent out

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