# Tar Heel HOMEMAKERS E-news

December 2017 Volume 7 Number 6

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### 2017-2018 Leadership Team

| | |
|---|---|
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| President-elect | Shelby Ford, Union County |
| Past President | Faye Lanier, Durham County |
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| | Lois Williams, Vance County |
| Northeast | |
| | Juanita Nobles, Pitt County |
| | Leigh Guth, Liaison Agent |
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| | Angela Abrams, Wilson County |
| | Cassidy Hobbs, Liaison Agent |
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| 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 |

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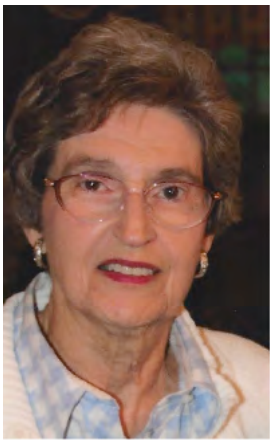
## From Your President . . .



We are in the wonderful holiday season. All of us are very busy with so many things to do. Let us not forget the true meaning of Christmas.

There are so many wonderful things that we, as ECA, are part of. It is time to get out the information about the scholarships. There are new forms this year so be sure to use the newest one!!

Let's not forget Boys and Girls Homes during this season. They always need and appreciate our help. There are so many needs for all the girls . . . not just the young mothers and babies there. They need food, school supplies, clothes, baby needs and anything else that children need.

Remember our project, Eat Local, Eat Healthy. It is harder to participate during the winter months, but with creativity you can. County reports are due March 1st! Do Circles of 10, pictures of farms, farmers markets and other places that sell locally grown foods or prepare local foods!

Your 2018 yearbook pages will be coming soon on line and to your agent. Please replace the appropriate pages in your book, as there are new forms, cultural arts guidelines, etc.

I heard from NVON and we are sending 250 water filters at a value of $4500 to Puerto Rico to help after the hurricanes. Clean water is so necessary and this will help some.

Put October 29-31, 2018 on your calendar for our State Conference. The theme is "Oceans of Learning" at the Ramada Inn, Nags Head, N.C. July 17-19, 2018 is the date for NVON Conference, which will be in Wisconsin. Please start planning to attend these conferences.

The first Leadership Team meeting of 2018 will be January 16 at 10:00 at Brickhaven in Raleigh. I look forward to seeing District Presidents and President-elects at that meeting!

Have a Blessed Merry Christmas and Happy New Year. Be safe and have a wonderful holiday season!

Judy Blythe

# 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

## Currituck County

The Circle ECA club collected items to donate to the local Department of Social Services for their Foster Children First Night kits. When children are taken from their homes they may not have the opportunity to get any needed clothes or supplies to take with them. The Foster Child Program staff keep supplies handy to pack a kit for those in need.

Our club continues to support a variety of projects in our community. In August we donated garage sale items to our local nursing home for a fundraiser project for their residents. We also donate magazines to the nursing home for residents to enjoy. Club members donated personal hygiene items to our local food pantry for needy families.

## Wake County

Wake County ECA held its Achievement Day on November 30th. Dale Threatt-Taylor, Director of Wake County Soil and Water Conservation was the speaker and brought a powerful message about being proud of your accomplishments and never let anyone steal your song! In other words, don't let others tell you it can't be done because ECA is doing it!!

Sara Perry (far left) was recognized as Outstanding Volunteer.

Officers for 2018-19 were installed. From l-r:
Sara Perry, Co-VP
Carol Young, Co-Treasurer
Wanda Denning, Co-President
Joan Quinn, Past President
Clarice Perry, Corresponding Secretary
Mary Laymon, Treasurer
Janie Green, Recording Secretary
Patricia Foye, Co-President

**Southeast**

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

## Craven County

The **Vanceboro ECA** conducted a crafts program in October. We made "pouting dolls" under the direction of our crafts leader, Faye Wetherington.

In November, we worked on our Christmas project of sending Christmas cards to residents in a local nursing home. We signed, addressed, and stuffed 94 cards in envelopes. Afterwards, we enjoyed a delicious luncheon and enjoyed a lengthy fun talk-a-long.

**Krafters Klatch ECA** continues to make the needed 600 Christmas tree ornaments for "Breakfast with Santa" that we provide each year. The hospital hosts the event every year and each child gets to pick and take home an ornament from the tree. We meet for lunch and go afterward to decorate the tree for the next day's party.

For our October meeting, Mary Iorio instructed us in making "kitchen safes" using pint jars, pvc pipe and dried beans. We also helped with the preschool Halloween parade in downtown New Bern.

In November, we had a wonderful program on bees presented by Mike Carroll. This was very interesting and informative. We donated money to a group that helps children when they have to go to court. We also bought a Christmas wreath for the veteran's cemetary.

In December, we will have a fun soup, salad and dessert lunch and exchange gifts. We will visit Foscue Plantation on December 7.

January will find us making cloth wreaths like those sold at the NVON Conference. We continue to make lap quilts and fidget quilts for the nursing home. We also cut fish for the children's eye exams at school.

## Duplin County

The **Stanford-Duplin ECA** had a quilt fundraiser for their club to buy supplies needed for donation projects. Other recent projects include working with 12 4-Hers in a Summer Sewing Workshop making shorts and pants, and also gathering 104 stocking stuffers to distribute to 2 nursing homes in Duplin County.

In the month of September, members were busy preparing and entering in the Senior Games in Raleigh, NC. Members competed against 99 counties and 3 members brought home 13 medals. The Stanford-Duplin ECA also volunteered for the annual Muscadine Festival. This year they had excellent participation in the Muscadine Cooking Contest, with a total of 4 members entering goodies. One member won 1st place in breads and muffins and 3rd place in entrees. They also had several members who volunteered to work on the festival committee over the 4-day festival span.

In October, the ECA members participated in the Agribusiness Fair where they entered items and also set up an educational display booth.

During the Muscadine Festival and the Agribusiness Fair, ECA members raffled their newly made rosebud quilt, with more than 1000 customers witnessing the work of the club.

The club stayed very busy in December completing their nursing home project to make stockings and stuff them with goodies. They plan to deliver these stocking December 6th with their FCS Agent.

A new slate of officers was installed for year 2018 at the Thanksgiving meeting. The officers for 2018 are President, Theresa Bowles; President Elect, Betty Caraway; Secretary, Anna Jones; Treasurer, Ruby Brinson; and Advisor, Olivia Williams. At the close of the meeting they had a delicious Thanksgiving luncheon enjoyed by all members and the Duplin Cooperative Extension staff.

The members enjoyed decorating the Christmas tree in the lobby of the Lois Britt Building with their handmade ornaments. If you are ever in Kenansville, stop by and see their beautiful work!

## North Central

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

## Orange County

**Fairfield Friends ECA Club** in Orange County recently provided dinner for patients and their families at the SECU Family House at UNC Hospitals in. Chapel Hill, NC. This is an annual event for the club. Patient and families receive a break from hospital or vending machine meals, as well as the opportunity to sit down and relax. As volunteers, it is/was a rewarding experience of connecting with others who are in need of comfort and care.

The Family House provides a safe, nurturing, affordable home for patients and their loved ones who travel great distances to UNC Hospitals for life-saving procedures and serious illnesses.

The menu included Ham, 3 chicken casseroles, green beans, candied yams, cranberry relish, rolls,2 delicious home baked pound cakes and brownies. After the Club served approximately 35 patients/ residents, they sat and shared the meal and talked with the people in the dining room.

The **Antioch ECA** of Orange County was founded in 1935 by Ladies of the neighboring Antioch Baptist Church. As most of the clubs at the time they started as the " Tomato Club," learning how to preserve among other vegetables, tomatoes. Over the years more and more members joined the " Antioch Homemakers Club" until they decided to form two clubs: the Antioch and the Young Twilight Extension Club.

Members of the now Antioch ECA Club are trying to have meaningful meetings by having programs about interesting subjects, good health, nutrition, finances or recently, about preparing a kit for emergencies. Donating supplies, snacks, books and money for schools and other charities is another goal of the Antioch ECA Club.

For just fun and fellowship with their families the members plan a Christmas Party and in the summer a picnic.
At the last picnic one member served a blueberry jello, using the recipe of one of our older members , Ruth Lutz, who had died several years ago. In the memory of Ruth Lutz the Antioch ECA would like to share the recipe with all of you:

BLUEBERRY SALAD ( recipe from Ruth Lutz)

2 pkg grape jello
2 cups boiling water
1 large 20 oz can crushed pineapple with juice
1 20 oz can blueberry pie mix
1 8oz pkg cream cheese
1/2 pint sour cream
1/2 cup sugar
1/2 cup chopped nuts
1 tsp vanilla

Mix jello in boiling water. Add pineapple and blueberry pie filling.
Pour into 9x13 dish. Let set.
Mix cream cheese, sour cream and sugar, add nuts and vanilla.
Spread over jello and top with coolwhip if desired.
Chill and serve. Serves at least 12

## Surry County

**Surry County ECA** members Lisa Royal and Marilyn Geiger taught an origami folded fabric ornament workshop in October. Lisa and Marilyn attended a workshop in July at the NVON Conference where they learned the technique. A good time was had by all the participants as they acquired the skills to make the ornaments just in time for Christmas!

**Pilot Mountain Achievers ECA Club** learned to made recycled t-shirt necklaces and dog toys at their November meeting. Club president Marilyn Geiger attended a workshop at the NVON conference in July and brought the information back and shared with fellow club members. Members enjoyed creating this fashion accessory and their furry four-legged friends will appreciate their new dog toys as well.

The **Siloam ECA Club** had a program on popcorn for their November meeting. Members learned the history of popcorn, facts about how popcorn grows and the best ways to store, pop and enjoy. The club also made a donation to Special Olympics of Surry County in honor of a community Special Olympic athlete who was recently inducted into the Surry County Athletic Hall of Fame. Members honored local teachers at Siloam Elementary School during National Education Week.

## Alleghany County

The S**parta ECA Club** created a troll theme trunk for the Alleghany County Trunk or Treat Halloween celebration held on October 31st at Crouse Park in Sparta. Members dressed as characters from the movie **Trolls** and passed out treats and membership information to the children and their families. The trunks were judged and Sparta ECA Club won first place in the county competition. Members had a great time and the Troll trunk was the talk of the town. Congratulations to Sparta ECA Club!

**Career ECA Club** hosted a cookie exchange for their November meeting. Members enjoyed sampling and sharing LOTS of delicious cookies and recipes. A program was held on "How Full Is Your Glass?" which helped members to realize the many positive things in their lives. Members were challenged to complete a "good deeds" bingo card before their next meeting.

The **Laurel Springs ECA Club** met for a Fall Holiday Outing at the Coppermine Grill for lunch in Laurel Springs, NC for their November meeting. After a busy year, members enjoyed the time to visit and share a nice lunch while reflecting on all of their blessings.

Alleghany ECA members and guests enjoyed a visit to the Gertrude Smith house in Mount Airy on November 28. Completely decorated for Christmas, this beautiful Victorian- Colonial Revival home is full of antique furnishings and period art. Built at the turn of the century, the home has always been occupied by the family until it was willed as a living museum so it looks just like it did when the family lived there.

## South Central

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

### Cabarrus County

On November 7, 2017 the **Bethel Midland ECA** honored Post 433, The Black Phillips Unit of the VFW in Midland, North Carolina. Attending from the VFW were Commander Lynn Davis, James McLain and David Hill. Guests were James Lewis Hardin and Mrs. Carol Davis. Joann Phillips introduced our guests with a brief presentation about the Black Phillips VFW. The Bethel Midland ECA gave the unit a popcorn popper to use at their meetings. After the program a covered dish lunch was served. Attending were Joann Phillips, Linda Black, Lydia Phillips, Martha Hyler, Pat Black, Barbara Viehmann and Ernestine Helms.

### Lee County

The **Lemon Springs ECA Club** were informed on the process of milling and bread-baking techniques at their October meeting with Jean Babbs, professional baker.

Our **Guild** held its biennial quilt show on October 20 & 21, *Look on the Bright Side.* Sanford celebrated ARTS-ober and we were happy to present the art of quilting. There were 114 quilts in the show, 'Turning of the Antique Quilts', vendors and our guild boutique. Above is our remembrance corner for Rita Armstrong and Ann Clarke. This quarter the guild donated in their memory to the Dogs for the Deaf and Camp Royall Scholarship Fund. We also gave to NC Baptist Men's Hurricane Relief and the Methodist Men's Hurricane Relief funds. Guild members and the Crazy Quilters 4H club donated quilts to the Lee County Social Services for Foster Children. Roland Armstrong was chairman for Lee County's 'Farm to Table' program. Club members and 4H'ers volunteered with this project

Our own Sharon Raschke won the Lee County Commissioner's Award for her lovely 'I've Got the Blues Quilt'.

Hearts & Hands Club Secretary Tamara Davidson won the Lee County Art Council Award for her beautiful 'Mountain Fantasy'.

## Lincoln County

**Lincoln County ECA** has a cookbook for sale. The cookbook is $12 and is one of the fundraisers for ECA's 4 high school scholarships and other programs. It includes over 300 recipes from past Apple Dish contest winners at the Lincoln County Apple Festival.

***Only Our Very Best Recipes*** - A history of prize winning apple recipes from the Lincoln County Apple Festival. Photo at left.

Please contact Dot Harris if you have any questions, 704-827-4694.

To order a cookbook, send a check made payable to Lincoln County ECA in the amount of $15.00 ($12+$3 for postage) to:

Dot Harris
15402 Lucia-Riverbend Hwy.
Stanley, NC 28164

Include your name, address, and number of cookbooks purchasing.

**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 yearly Achievement Luncheon of the **Cleveland County ECA** was held on November 3, 2017, at the Cleveland County Extension Center. The theme was "ECA: Add A Little Spice and Herbs to Your Life!"

Pat Farley, County Council President opened the meeting with greetings to everyone. Les Dixon gave the blessing. The tables were decorated with herbs and spices accentuated with yellow mums. There was also a display of Tote Bags for Seniors. The bags were provided by ECA members and donated to Care Solutions, a care management agency serving older and disabled adults in the community.
The meal was provided by ECA members. Joan Parrish provided an excellent chicken pie from the county council for the feast. There was such an array of food that it defies listing!

The 2017 Year in Review was presented by Mary Sue Boyles, Cleveland County President-elect and Issues Coordinators and Vice Coordinators. The Issues Display and Review emphasized:

- Promoting Safe and Healthy Environment - Mary Lee Jones, Coordinator; Lorinda Richard, Vice-Coordinator. The emphasis was on recycling and included can tabs for Ronald McDonald House, reusing greeting cards, and family literacy. Home Radon Testing was also emphasized.

## Cleveland County, continued

- Building Healthy and Strong Families - Joan Parrish, Coordinator; Les Dixon, Vice-Coordinator. Some of the programs sponsored were "Recommended Vaccinations for Children, Teens and Adults" as well as a Food Safety Workshop.
- Fostering Family and Community Resiliency - Jean Ann Privett, Coordinator; Mary Sue Boyles, Vice-Coordinator. Some of the programs were about how ECA promotes Journey – a coalition that promotes end-of-life issues; a program open to the public concerning Human Trafficking and Sexting; as well as an Educational Tour to Tryon International Equestrian Center in Tryon, N.C.

On display were entries from the Cleveland County Fair - ECA educational exhibits. Ribbons and photos showed highlights from the 4 exhibits. The exhibits provided an opportunity to educate the public on current key issues, including the County Council's exhibit, "Eat Local, Eat Healthy - Be a Locavore," which called attention to local foods and the Foothills Farmers Market in downtown Shelby. ECA is a strong supporter of the Farmers Market.
Cultural Arts added to the spirit of the yearly celebration. Displays included Alcohol Ink Tiles, embroidery on an apron with matching napkins, Christmas crocheted dish cloths and several other crocheted items.

A special part of the Achievement Luncheon was the announcement of awards. (Photo Left to Right: Nancy Abasiekong, Pat Farley, Joan Parrish, Mary Sue Boyles, Lorinda Richard)

The NCECA, Inc. Longevity of Service Award went to Mae Bridwell and Willie Mae Johnson. NCECA, Inc. Outstanding Volunteer Award went to Mary Sue Boyles, County Council President-Elect and West District Treasurer. Pat Farley, County Council President; Kathy Leslie, Boiling Springs Club Secretary; and Lorinda Richard, Cleveland County Council and Belwood Club Secretary received the NCECA, Inc. Certified Volunteer Unit (CVU) certificates and pins. The prestigious NCECA, Inc. Stars of ECA Leadership Award was earned by Joan Parrish, County Council Advisor.

After the awards, Nancy Abasiekong, Family and Consumer Sciences Extension Agent, and Wendy Turbyfill, 4-H Extension Agent, gave an update on the Broad River Grandparents Raising Grandchildren Support Group and the Solutions Unlimited 4-H Club. They gave a special thanks to ECA for the many contributions ECA made, and continues to make, to this program.

(Photo: Cleveland County FCS Extension Agent and ECA members – Row 1 (l to r): Clara Carter, Joan Parrish, Shirley Bridges; Row 2: Nancy Abasiekong, Becky Pendleton, Jean Putnam, Mary Sue Boyles, Meriel Peeler, Les Dixon, Pat Farley, Lorinda Richard; Row 3: Mary Lee Jones, Karen Hubbard, Mary Jane Seagle, Barbara Dayberry, Jean Ann Privett)

ECA members and guests enjoyed the meal, displays, awards and fellowship! We will continue as ECA to add a little spice and herbs to our lives and to others in our communities and beyond.





## Cherokee County

The **Grape Creek ECA** of Cherokee County and the Community Development Club honored our veterans and their spouses with a dinner of appreciation on November 9.

## Dates to Remember . . .

| | |
|---|---|
| **January 1** | **New officers take office** |
| **January 16** | **Leadership Team Meeting** |
| **February 1** | **eNews Deadline** |
| | **NCECA Scholarship due to county** |
| **February 7** | **Leadership Team Call** |

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