

COLLECT - Mary Stewart – April 1904

Keep us, oh God, from pettiness;
let us be large in thought,
in word, in deed.
Let us be done with fault-finding
and leave off self-seeking.

May we put away all pretense
and meet each other face to face,
without self-pity and without prejudice.
May we never be hasty in judgment
and always generous.

Let us take time for all things;
and to grow calm, serene, gentle.
Teach us to put into action
our better impulses,
straightforward and unafraid.

Grant that we may realize it is
the little things that create differences,
that in the big things of life we are at one.

And may we strive to touch and to know
the great, common human heart of us all.
And, oh Lord God, let us forget not
to be kind!

NC STATE EXTENSION



2019 State Conference
October 20-23, 2019
Lake Junaluska



The mission of NCECA, Inc. is to strengthen families and communities through leadership development, community action, educational support through research-based education from North Carolina State University and North Carolina A&T State University.

2019-2020 Leadership Team

President	Shelby Ford, Union county
President-elect	Sue Rhodes, Cherokee County
Past President	Judy Blythe, Craven County
Vice Presidents	
North Central	Kim Lemons, Randolph County Jeannie Leonard, Liaison Agent
Northeast	Joan Quinn, Wake County Gina Garcia-somuk, Liaison Agent
South Central	Linda Jozwiakowski, Gaston County Pam Bryson, Liaison Agent
Southeast	Betsy Odell, Carteret County Stephanie Stevenson, Liaison Agent
West	Melody Heltman, Henderson County Renay Knapp, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Faye Lanie, Durham County
Advisor	Geri Bushel, NCSU
2019 Cultural Arts Chairs	Jean Ann Privett & Mary Lee Jones, Cleveland County

Thank you, 2019 Conference Planning Committee!

Thank you to ALL counties in the West District for a great conference!

Workshops

* **Grace Under Pressure – Geri Bushel.** Learn to deal with difficult people and situations.

Living in A Digital World – Layne Baker. Tips, etiquette and best practices for using digital media. Smart use of social media is an important personal, communication and leadership skill.

NVON Project in Common – Joyce Kluttz. Double Your Influence – Add 2. Like all volunteer organizations, ECA membership is decreasing. Come and explore new ideas to increase membership and give women a greater choice of how they can be involved in ECA.

* **Supporting Your Agent – Sarah Kirby and Jayne McBurney.** Learn how to support the NCCE agents and local programming.

Take Back Your Kitchen – Zandra Alford. Homemade is better than “store bought.” Tips and tricks to improve your health through food.

ECA 101 – Geri Bushel. All you ever needed to know to start a new ECA program or club.

***Train the Trainer – Michell Estrada.** Learn the skills needed to deliver engaging and compelling workshops.

*Indicates workshops that qualify for Master FCS Volunteer.

Sunday, October 20

2:00-6:00

3-5 and 6-7:30

5:30 - 7:00

6:30

Registration at Lambuth Inn

Cultural Arts Check in – Room 100

Dinner -Lambuth Dining Room

Leadership Team meeting – Room 106

Hands on Workshops

Room 102 – Memory Necklace

Room 103 – Creative Greeting Cards

Room 104 – Christmas Ornament

Monday, October 21

7:30

8:00 - 9:30

8:00 - 9:00

9:00 -10:00

Breakfast – Lambuth Dining Room

Registration at Lambuth Inn

Cultural Arts check in – Room 100

District Meetings & Photos

Room 101 – North Central

Room 102 – Northeast

Room 103 - Southeast

Room 104 - South Central

Room 106 - West

10:15 -12:00

Pits and Cherries – Lambuth International – Melody Heltman, West District VP Presiding

Presentation of Colors – Tuscola High School Air Force JROTC

Pledge of Allegiance – Pat Farley, Cleveland County ECA

National Anthem – Candy Meyers, Jackson County ECA

Greetings

From Lake Junaluska

Kelly Hiemstra, West District Director

Instructions for the Activity – Kim Lemons, North Central VP

Invocation - Melody Heltman

12:15 - 1:15

Lunch – Lambuth Dining Room

1:30 - 2:45

Workshops

Room 103 – NVON Project in Common
Room 104 - Living in a Digital World
Room 106 – ECA 101

1:30 – 3:00

Room 101 & 102 - Tie Blankets for Donation

3:00 – 3:30

ECA Chorus Practice – Lambuth International

3:30 – 5:30

Afternoon Tea – Lambuth International - Joan Quinn, Northeast District VP Presiding
Inspiration - Dianne Brown, Watauga County ECA
ECA & FCS Synergy – Dr Sarah Kirby, FCS State Program Leader
Awards & Recognitions – Betsy Odell, Southeast District VP

6:00 - 7:00

Dinner – Lambuth Dining Room

6:30 - 8:30

Cultural Arts Viewing – Room 100

7:15 - 8:30

Hands on Workshops

Room 101 – Tie Blankets (if needed)
Room 102 - Memory Necklace
Room 103 – Creative Greeting Cards
Room 104 – Quilted Star
Room 106 - Christmas Ornaments

Tuesday, October 22

7:30 - 8:30

Breakfast – Lambuth Dining Room

9:00 - 10:30

General Session - Lambuth International – Linda Jozwiakowski, South Central VP Presiding
Thought for the Day – Becky Pendleton, Cleveland County ECA
Greetings – Terry Kelly, Henderson County CED
Boys & Girls Homes – Mason Smith
Awards & Recognition – Betsy Odell, Southeast District VP

10:30 - 12:30 **Tour Lake Junaluska Campus**

10:45 – 12:00 **Workshops**

Room 101 – Grace Under Pressure
Room 102 – Supporting Your Agent
Room 103 – NVON Project in Common
Room 104 – Living in a Digital World
Room 106 – Take Back Your Kitchen

12:15 - 1:15

Lunch – Lambuth Dining Room

1:00 - 2:00

Cultural Arts Viewing – Room 100

2:15 - 3:30

Workshops

Room 101 – Grace Under Pressure
Room 102 – Supporting Your Agent
Room 103 – Train the Trainer
Room 106 – Take Back Your Kitchen

3:45 – 4:45

Hands on Workshop- Quilted Star – Room 101

ECA Chorus Practice – Lambuth International

Extension Master Foods General Session – Room 104

5:00 - 6:15

Dinner – Lambuth Dining Room

6:30 - 8:30

Awards Celebration - Lambuth International – Shelby Ford, NCECA President Presiding
Inspirational Moment – Sue Rhodes, NCECA President -elect
Entertainment – ECA Chorus
Greetings – Dr Rich Bonanno, Director, NC State Extension
Awards of Excellence – Betsy Odell, Southeast District VP
Extension Master Food Volunteer Awards – Dara Bloom, EMFV Program Director
Leadership Awards – Geri Bushel, NCECA Advisor
Remembrance – Sandy Cook, Buncombe County ECA President

8:30 - 9:30

Cultural Arts Pick Up – Room 100

Wednesday, October 23

7:30 – 8:30

Breakfast – Lambuth Dining Room

9:00 - 10:30

NCECA Business Meeting – Lambuth International

EMFV Breakout Sessions – Rooms 103 & 104

10:30 - 11:00

Conference Closure

Challenge – Geri Bushel

Invitation to NCECA 2020 Conference – South Central District