

Tar Heel HOMEMAKERS E-news

April 2020

Volume 10 Number 2

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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 Dorothy Wagstaff, Person County Jeannie Leonard, Liaison Agent
Northeast	Joan Quinn, Wake County Evelyn Henley, Currituck County Gina Garcia-somuk, Liaison Agent
South Central	Linda Jozwiakowski, Gaston County Estelle Coffey, Union County Pam Bryson, Liaison Agent
Southeast	Betsy Odell, Carteret County Christina Batiste, Onslow County Hannah Todd, Liaison Agent
West	Melody Heltman, Henderson County Renay Knapp, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Faye Lanier, Durham County
Advisor	Geri Bushel, NCSU
2020 Cultural Arts Chairs	Rose Cotton & Mary Forest Harnett County

Notes From Your President . . .



I trust each of you is staying safe and healthy as well as your family and friends. I know this an extraordinary situation with the covid-19 (coronavirus) affecting all of us. With our faith and following the directives from our governor and NC State Extension, we must remember we are all in this together.

The NCECA Leadership Team is meeting at least every two weeks with a conference call. We are following the guidance and directives of N. C. State Extension. Therefore, our District Days have been postponed until further notice. I know cultural arts are very important to ECA members. The NCECA Leadership has voted to allow each district to plan their own cultural arts events to be decided at a later date when it is safe and each district leadership team is comfortable with doing the event.

How can individual ECA members help? Keep in touch by phone or e-mail with your ECA members, neighbors, family and any others you choose. Our NCECA Vice-President for Community Services, Joan Quinn, has written an article on our home-made face mask project, See her article in this E-news edition. The Leadership Team approved this being an ECA state project. I know there is a great need for these masks. I am certain each county also has other ways they are helping during this crisis.

Please know we are doing everything we can to keep ECA across the state strong and safe. If you have any suggestions or ideas for projects or concerns, please feel free to call or e-mail me. My phone number is 704-882-7640 and e-mail is srford@att.net.

Shelby Ford

go.ncsu.edu/nceca

Like NC ECA on [facebook](#)

Stay Connected!

In these unprecedented times, staying connected is critical. Please check with your members to see if any would like to subscribe to the Har Heel Homemakers eNews. We cannot arbitrarily add them . . . they have to request to be added. Send their name and email address to Geri Bushel.

As usual, we ask that if you have members without email, please copy and distribute the eNews to them . . . no ECA member left behind!

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



Members of the **First Friday ECA** have been bust lately. At left, member Sue Adley Warrick reviewed the Volunteered hours for last year.

Three members volunteered at Fred A. Olds Elementary School in November.

From left to right is Clarice Perry, Barbara Faison and Charlene Baker-Stuckey.



Driftwood/Fellowship ECA celebrating tobacco farming from days gone by, program presented by Patricia Misner.



Shotwell ECA celebrating Black History Month; culminating in playing bingo at monthly meeting Febuary 20, 2020!

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

Wayne County



Wayne County ECA held its Achievement Luncheon. The theme was 2020 Vision: The Future of ECA. Thank you **ECA Caminando Juntos** and **Friends of Wayne County** for the beautiful decorations and thank you **ECA Town and Country** for the delicious lunch.

Thank you Wayne Regional Agricultural Fair, our commissioners, and county staff for always supporting ECA.



Congratulations to (L) Barbara Howard, awarded Lifetime Achievement Award and (R) Louise Faison awarded County Leader of the Year!



The 2020 ECA Scholarship Recipient is Aleeyah Williams.



Cultural Arts viewing!

Community Service Award winners!



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

Harnett County



Stanly County



The **Fairview ECA's** February project was making 59 dresses for Live Again Ministries to take to Honduras. All 59 dresses were a little different and are sure to be loved by those receiving. Members helped make dresses during two, day-long workshops on February 1st & February 8th!



ECA members made heart shaped pillows for heart surgery patients. 39 pillows will be donated to help make patients more comfortable after heart surgery.

Gaston County

Congratulations to ECA volunteers and winners during **Gaston County ECA Achievement Day Program** held on February 20.



The 2019 Leader of the Year was Angela Nona and the 2019 Member of the Year was Sandy Hamrick!



Congratulations to Cindy Miller, winner of the People's Choice Award in Cultural Arts for her beautiful quilt.



Cabarrus County

The **Cabarrus County ECA Achievement Program and Brunch** was recently held at the Cabarrus County Arena and Events Center in Concord. Theme of the morning was "Superheroes of ECA". The festive event was planned by the Achievement Program Planning Committee which included: Dorothy Anthony, Becky Barbee, Lynne D'Aloisa, DarNell Hodge, Gail Linker, Barbara Looney, Michelle McDonald, Debbie Mullis, Pam Outen, Linda Ranatza, Pam Walker, Pat Wickliff, and Carolyn Wright.



2020 Cabarrus ECA Officers recognized include: L-R: President-Dorothy Anthony; Vice President -Michelle McDonald; Interium Recording Secretary- Pam Walker; Corresponding Secretary-Carolyn Wright; Treasurer-Joyce Kluttz; Advisor-Pat Wickliff.

Cabarrus County, continued

Left to Right- 2020 ECA Issue Coordinators recognized include: Becky Barbee, Lynne D'Aloisa, Barbara Looney, DarNell Hodge, Gail Linker and Donna Smith.



Left to Right- Barbara Looney presents the ECA "check" valued at \$1,068,015.33 to County Commissioner Diane Honeycutt , and Associate County Manager Rodney Harris. This check represents the value of 43,257 certified volunteer hours ECA members provided Cabarrus County and the community the past year.

Janet Stancil , a member of the **Rimer ECA Club**, was awarded the Member of the Year Award.



S&D Coffee and Tea Company was awarded the ECA Community Supporter of the Year Award by Pat Wickliff, ECA Advisor. Accepting the award were Jill Alexander, Laura Bagnasco, and Jobee K. Solik, Sr. Manager of Customer Experience at S&D Coffee and Tea Company.

Pam Walker was awarded the honor of ECA Club president of the Year. She serves as President of the **Culinary Adventurers ECA Special interest Club**.



North Central

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

Surry County

Surry County ECA members finished off 2019 with their Annual Achievement Program, a "Hats of to ECA" theme tea party. Members wore/or brought their favorite hats and shared stories or "hat tales" of their hats. A lot of laughs, fun and memories were shared by all as accomplishments were celebrated.

Person County



Thanks to everyone who came out to support the **Person County ECA** Pinto Bean Fundraiser on February 7. The proceeds of the event will be donated to community service projects or local non-profit organizations.

Alleghany County

The **Sparta ECA Club** participated in the annual community Halloween Trunk or Treat. This project is one that they enjoy and have created some outstanding costumes for over the years. From trolls, to 101 Dalmatians, members always outdo themselves decorating their trunk and each other to go along with the theme. Hundreds of children (and adults) look forward to this safe, trick or treat alternative.

In November the Sparta Club enjoyed a delicious traditional Thanksgiving meal. Recipes were shared of some of their family's favorite holiday dishes. After they ate, they wrapped all of the presents which had been purchased for a boy and a girl that they had selected to sponsor from the community Christmas project.

The **Career Club's** November meeting was their annual holiday cookie exchange. Members always look forward to trying new recipes and some favorites as they bring cookies to sample and share. It is wonderful to go home with an assortment of sweets to enjoy with their families.

Area ECA Leader Lesson Training

ECA members and agents from Alleghany, Davie, Randolph, Surry, Wilkes, and Yadkin came together on January 10 at the Elkin Center of Surry Community College for their Winter Leader Lesson Training. The general session was presented by a School Resource Officer from the Surry County Sheriff's Dept. on Situational Awareness and Personal Safety. Members gained information on this timely topic and knowledge on what to do in emergency situations. Breakout sessions and information to take back and share with their clubs on the following topics completed the day.

- Salad in a Jar
- Aches & Pains: Finding Relief Using Non-Drug Methods
- De-Stress In the Garden
- Cooking Under Pressure

Randolph County



Randolph County ECA had its 2nd collaborative service project called "Monarchs in the Kitchen" on February 25th. Monarch VOC (Vocational Opportunities in the Community) is a program to support, educate, and empower people with developmental and intellectual disabilities. ECA members hosted a "soup & grilled sandwich" lunch activity for 33 VOC participants and their teachers. The menu featured homemade vegetable soup, grilled cheese sandwiches, and a small brownie with fruit for dessert. ECA members made the soup and VOC participants assembled and grilled their own sandwiches. A great time was had by all!

Randolph County, continued



Randolph County ECA had a sewing workshop on February 17th to make walker caddies and neck pillows for Randolph Hospital. It takes about 3 hours to make 1 complete walker caddy-including cutting, pressing, sewing, repressing and final inspection. The day's total count was 28 pillows and 21 caddies. A special THANK YOU to Lib Thompson for providing a delicious lunch!



Randolph County ECA had its winter "county council" meeting on February 4th. Items discussed included: the cooking service project with Asheboro MONARCH, the upcoming sewing service project for Randolph Hospital, Cultural Arts Day, the Spring Cleaning INDOOR Yard Sale, and the 2020 ALOHA District Day Conference that will be hosted by Randolph County. The keynote speaker will be Sheri Castle - chef, recipe developer, cooking teacher, journalist, and storyteller.

Orange County

Orange County ECA held its 2019 Achievement Program on February 1, 2020 at the Orange County Recreational Center in Cedar Grove. About 65 ECA members were in attendance. The purpose of the Achievement Program is to recognize and honor the works of the 7 ECA Clubs for 2019. Each club displayed a brag board of its club activities. First, second, and 3rd place awards were given for the club's activities in the following categories:

Categories:

Most cancelled stamps; most aluminum tabs; most shoe boxes for Samaritan's Purse/Operation Santa Claus; packages to sick and disabled; needle work; crafts, and clubs were recognized for volunteer hours.

The total number of volunteer hours were 6,819. Should we put a financial value to these hours a total of \$173,305 would have been given to our communities. Along with all other activities, an enjoyable brunch was served. The theme for the Achievement program was "Celebrating ECA'S Service to community"

An upcoming project is teaching interested person how to make no-sew baby blankets at the Seymour Senior Center in Chapel Hill. The Orange County Extension Family Consumer Science agent has asked available ECA members to assist in the teaching since they already have the skill. The date will be determined by the clearances proposed because of the virus and the availability of ECA member teachers.

The **WEST Hillsborough ECA Club** had only 3 members in 2019. They were able to decorate and pack 27 shoe boxes for Samaritan's Purse along with making a donation of \$70 to the organization. The club also donated boxes of bed pads, plastic gloves and other items to a local rest home. The rest home was surprised and elated to receive the gifts.

Orange County ECA did a remarkable job of spreading the name of ECA in 2019.

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



Grape Creek ECA pictured enjoying a gab session and meal at the workshop/meeting in February. Then it's back to work on the seatbelt port cushions for the local cancer clinics.

Cleveland County

Cleveland County citizens are concerned about healthy living and want to learn more about using Mediterranean/ Med Way eating guidelines for planning and eating more nutritiously. Cleveland County FCS Agent, Nancy Abasiekong, worked with 3 **Cleveland County ECA** members, Pat Farley, Jean Ann Privett, and Lorinda Richard to plan the 6-session Med Instead of Meds (MIM) workshop series for winter/spring 2020. Workshop sessions began on February 5 and were scheduled to run for 6 sessions, ending on March 25.



Cleveland County MIM workshop participants with ECA volunteers (front row) Pat, (back row L to R) Jean Ann and Lorinda

ECA volunteers were key to the success of this series and assisted in reviewing MIM recipes, preparing equipment and ingredients for each session, working with Nancy to prepare to demonstrate and work with small groups on individual recipes, coordinate materials, tastings, etc. Here are several photos showing the activities from some of our workshop sessions.

Nancy demonstrates how to chiffonade fresh spinach and basil as Pat and participants look on.



Cleveland County ECA and NC State Extension Cleveland County Center recently hosted a crime prevention workshop.

Major Joel Shores, Cleveland County Sheriff's Department, presented the workshop, *Fraud and Crime Prevention*, to ECA and other community members. Jean Ann Privett, Fostering Family & Community Resiliency Coordinator, presided over the meeting. Jean Ann welcomed everyone and briefly shared information about ECA. She introduced Major Shores and our workshop topic.



Dates to Remember . . .

- April 1 eNews Deadline
- May 15 All District Scholarships should be completed
and results sent to Judy Blythe, NCCECA Past President
- June 1 eNews Deadline

PLEASE NOTE!!

NCECA in partnership with NC Cooperative Extension continues to closely follow all directives and recommendations from local and state officials about this rapidly evolving situation relative to the Coronavirus. NCECA is taking proactive steps towards preventing the spread of the Coronavirus which includes things like travel and meeting restrictions; therefore all ECA meetings and activities are cancelled until further notice . . . at least until May 15, per Governor Roy Cooper. Your Leadership Team will reassess the situation and recommendations at that time.

NC State Extension continues to serve the citizens of NC. There is a COVID-19 resource section online. <https://covid19.ces.ncsu.edu/>. But Extension agents and specialists are providing in-person (mainly agricultural) and online services (4-H, FCS, community development, ECA, etc.) as required by their audiences.

YEARLY REPORTS!!

Our Yearly Activity report form has undergone changes! You have a “paper” version in the 2020 Yearbook! You may keep up with your hours on paper but at the end of the year, you will need to input that activity into an electronic version!

Don’t panic! Those who are not technologically savvy are not left behind. We are asking that one person in each county **PLEASE** take the responsibility of inputting the information for those not comfortable doing so!

This should streamline our reporting process and make it more accurate! These reports will be individual. The program will automatically generate a county report which will be available to agents for their reporting. We have had questions regarding what can be counted. **ALL** of your volunteer hours are counted. Your hours are divided into 5 categories:

- **ECA & other Extension Programs**
- **Food & Nutrition**
- **Youth Development**
- **Faith-based Programs**
- **Community Partners!**

It is more important than ever to report ECA activity. Our Memorandum of Understanding with North Carolina Cooperative Extension requires us to do so. If we fail to report activity, the time agents spend with us may be in jeopardy. We know that ECA members love working to improve and meet the needs of their communities and are not looking for recognition for doing so, **but the reports are not bragging on your efforts, your agent needs to report your activity!!**

From Wanda Denning, FCS/ECA Foundation Board Co-chair

I was invited this week to participate in a Conference Call with Chancellor Randy Woodson on the situation the university is facing at this time. This is a privilege for me as your current Board Co-Chair to hear his comments through this call-in (which will happen each week). Below is the link to the recorded call. It is only 30 minutes in length and well worth your time to listen. Additional links have been provided on some specific items Dr. Woodson referenced and some other CALS resources.

We are aware of the loss we feel not participating in normal activities at this time; however, from the call you get much greater appreciation for the enormity of what is involved with closing a university and the domino effects on all campus life, student's education and our university faculty and support staff.

There were the bright spots which Dr. Woodson shared: The Vet School staff donating ventilators and the university science labs donating PPE- masks, lab coats, gloves, with the local hospitals.

I also would like to bring to your attention the link to "Feed The Pack Pantry." Donations are invited to support those from our university community who will need Food Security at this time, as well as the overall Student Emergency Fund.

Please see the following links being shared. We all feel at this time that our passion for Extension and NC State brings comfort and provides a sense of community. Dr. Woodson ended the call stating that he valued all of us and thanked us for staying connected to North Carolina State University.

[Zoom Call Recording](#) (click to open screen)

In addition, I would like to share a few resources that may be of interest:

- [Coronavirus updates](#)
- Information on the [Student Emergency Fund](#)
- [Feed the Pack Food Pantry](#)
- [See the story](#) on VetMed
- [CALS Coronavirus Response and Resource Updates](#) (includes Extension)
- [Extension-Specific Updates](#)

More Covid 19 Tips:

When asked for advice for coping with *shelter in place*, Dr Carolyn Dunn offered this:

- set a schedule, get up, shower, breakfast, etc.
- set a schedule for meals
- exercise - walk - stretch - do whatever you can
- try to think ahead about meals even making a menu for the week
- eat dinner no later than 7 (6 is better) and have 12 hours between dinner and breakfast - no snacking at night
- during the day, drink plenty of water or herb tea
- have fruits and vegetables at EVERY meal

<https://covid19.ces.ncsu.edu/>

<https://homegrown.extension.ncsu.edu/>



Good News from NVON – we have a new member state – MICHIGAN!

This year, 2020, will be the last national emphasis on adding clubs and increasing members. Although this project will end, growing ECA is a continuing effort for every county. If your organization has conducted membership events, please send me a report at jwkluttz12@gmail.com or 3201 Old Salisbury Concord Road, Concord, NC 28025. Whether you gained members or not, those ideas are always needed and welcomed.

I do hope someone in your county has the responsibility of MEMBERSHIP. If not, make this a priority for the remaining year. We know EVERYONE should be sharing the opportunities offered by ECA, but a LEADER is needed to see it happen. The following poem sums up the problem.

“That’s Not My Job!”

This is a story about four people named:
 Everybody, Somebody, Anybody, Nobody.
 There was an important job to be done and EVERYBODY
 was sure that SOMEBODY would do it.
 ANYBODY could have done it, but NOBODY did it.
 SOMEBODY got angry about that, because it was EVERYBODY’S job.
 EVERYBODY thought ANYBODY could do it, but NOBODY
 realized that EVERYBODY wouldn’t do it.
 It ended up that EVERYBODY blamed SOMEBODY when
 NOBODY did what ANYBODY would have done.

Joyce W. Kluttz, NVON Vice President



National Volunteer Outreach Network

2020 Conference – July 20-22
 Spartanburg, South Carolina

Making A Difference, “Working Together for 25 Years,
 1995-2020

Reservations: Spartanburg Marriott (<https://tinyurl.com/NVONhotel> or call 1-800-327-6465, Group Code – NVO, Room rate \$142 (1-2 occupants)

Complimentary on-site parking (2) breakfast vouchers included in rate per person per night. Deadline for reservations June 26, 2020.

For conference information check the NVON web site – NVON.org

The Same and Not the Same... 102 years later....

Today I was outside mowing the grass and I was thinking about how so many things are staying the same. The grass is growing; the laundry needs to be done; meals need to be prepared; beds need to be made; bathrooms must be cleaned; birds are still singing; slugs are still eating the tender plants; babies need their diapers changed, the list continues to go on and on.

Then suddenly I'm thinking about how different things are now, since the COVID 19 virus tossed its invisible net over all of us. We can no longer have a cup of coffee with a neighbor. We can't hug our grandchildren. We can't celebrate birthdays with family gathered around a table. We can't visit a sick friend. We can't go to church. We can't come together as a group for an official ECA meeting.

Some days we may feel like we are not a part of a whole, yet we still are. We can still work as individuals, gathered into a greater community. For many of us, that community is our ECA group. We can still contribute and stay connected.

At a recent NCECA call in board meeting, board members from across the state, hardily approved the Mask Project that was suggested by Dr. Bonanno, the Director of NC Extension.

I can almost bet money that 80% of us have sewing machines. Those machines might not have been oiled up and cleaned in a while. There is no reason why you can't plug in that vintage Singer Featherweight, get out the instruction book that reminds you how to thread up that machine, grab your needle threader (so that you can see the hole in the needle) and get ready to sew.

You wouldn't be normal, if you were once a seamstress, and didn't have a stash of fabric squirreled away in drawers and hidden in bags in the closet. That fabric might be cotton that you that you are now questioning why you ever purchased it in the first place. The cloth might be bits and pieces you used to make your children and grandchildren's clothes. If you no longer have a sewing machine, you can slice and dice that fabric and pass the cut cloth on to a member who sews. One way or another, with the cooperation of your fellow members, you most likely have everything, to proceed with this vital, statewide MASK PROJECT.

Years ago, North Carolina Homemakers were the movers and shakers in establishing the white line on the side of the road. In 1931 we began the milk and soup lunch program in our schools. We were instrumental in bringing books into the lives of families in rural communities via the Book Mobiles.

One hundred and two years ago, in 1918, the Spanish Flu epidemic raged through North Carolina and our nation. Members of our North Carolina Home Demonstration Clubs and County Extension Agents gathered together to form nursing squads. The members and agents were not trained nurses but many of them had received training in home nursing. Members made and disturbed large quantities of food to the sick. They tended the critically ill in local emergency hospitals. They joined forces with the Red Cross and together made thousands of masks to be worn to help stop the spread of influenza.

The cloth masks we are being asked to make are not N-95 grade medical masks. They are masks that can be used (already in some states) to cover reused, professional, medical grade masks. Our local grocery store clerks, postal workers, sanitary workers, electricians, adult residential community residents and staff, day care workers, Cooperative Extension staff, neighbors, relatives and friends all need our help. The wearing of masks may soon be a requirement for all of us.

Today, history is repeating itself. Due to school closures, ECA Members and county Cooperative Extension Service staff are volunteering in their communities to keep our underserved children and families fed and cared for.

We need to do our part. Let's all, individually, jump feet first, into this most necessary Homemade Mask Project. Along with good hygiene practices, exercising the habit of physical distancing, and obeying the stay at home order, we can help to flatten the curve of the COVID 19 virus. The virus may have not been discovered in your area yet... but it only takes one infected person to spread the disease.

Presently, all of our NCECA members are physically apart from one another. Let this be the "something" that will join us together.

The NCECA Homemade Mask Project

Reporting your donations: Please check with your County or District ECA President, county Cooperative Extension agent or County Director. Geri Bushel has sent out online reporting and liability forms to those names listed above. Those forms should be sent to county presidents. The completed forms are to be filled out and electronically reported back to Geri Bushel, who will compile the data. NCECA needs to gather all the information about the sewing of individual masks and those being made for community use.

Cloth Mask Construction Suggestions from Joan

Sites to consider for directions: ***First of all, please find out what your community sites prefer.
quiltingwithnancy@gmail.com flat mask with filter pocket, replace with fabric ties
 (instant response e mail), an excellent U Tube demonstration

<https://rileyblakedesigns.com/assets/images/freepatterns/blog/FaceMaskTemplate.pdf>

mask that fits over N95 hospital grade masks

<https://www.youtube.com/watch?v=9tBg00s5FwQ> Deaconess Hospital, flat, unfiltered mask

Filters

You might consider making masks that have pockets for filters. These filtered masks will not reach the level of the N-95 masks but may offer a bit more protection for the nonmedical personal.

Check to see if you have an air filtration manufacturer in your area that will donate or sell you material.

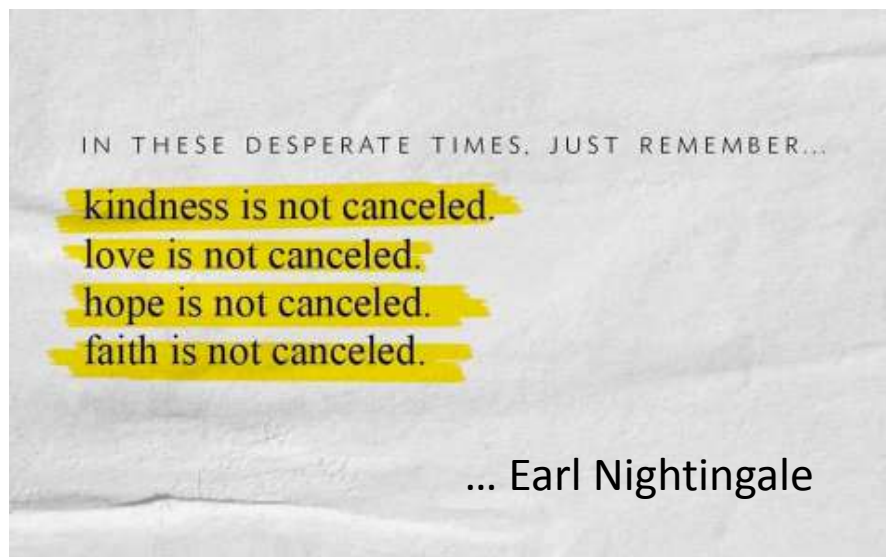
Filters can be made out of: HEPA Filter Vacuum cleaner bags Deconstructed, clean, pleated Furnace Filters with a rating of 1900 to 2800 MPR filtration. These filters sift out some viruses and small particles.

Fabric Ties vs Elastic:

The supply of ¼" elastic is dwindling. Many health professionals prefer fabric ties. A strip, the width of a piece of bias tape works well. Make four ties, about 18" long. Apply the ties, at a slight angle, to the corners of the mask. This method allows for an adjustable fit.

Nose Piece:

A metal strip, a tape covered wire, a bread twist tie, a pipe cleaner, all work well to mold over the nose area for a tighter fit. Center a 3" metal nose strip to the top center of the mask. Encase the metal in a seam... or apply to the outside of the mask with a zig zag stitch.





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