

# Tar Heel HOMEMAKERS E-news

April 2023

Volume 13 Number 2

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## 2023-24 Leadership Team

President	Wanda Denning, Wake County
President-elect	Dorothy Wagstaff, Person County
Past President	Cathy Holmes, Rutherford County
Vice Presidents	
North Central	Jeanne Gilbreath, Dive County Coleen Church, Liaison Agent
Northeast	Marita Powell, Currituck County Olivia Patchel, Liaison Agent
South Central	Patricia McKoy, Harnett County Greg Huneycutt, Liaison Agent
Southeast	Linda Rivenbark, Bladen County Krista Johnson, Liaison Agent
West	Tracy Davis, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Faye Lanier, Durham County
Cultural Arts Co-Chair	Louise Faison
Advisor	Geri Bushel, NCSU



## Notes From Your President . . .

With a new year and a new Leadership Team well underway, there is a lot of planning going on!

Next week, I look forward to attending the first two district days that your districts have planned. I am always impressed with the execution of these days and how well planned they are.

After the evaluations of the 2022 State Conference were reviewed, the Leadership Team decided to return to having the districts host State Conference. We heard your concerns and are looking for alternatives to a large hotel, which continues to increase in cost . . . especially food costs. We also are planning a shorter conference, starting on Monday morning and adjourning on Tuesday. The Northeast District was slated to host the 2023 Conference according to our rotation schedule. They are close to identifying a site and theme for this year's conference.

I hope by now you ALL have logged your volunteers hours online for 2022. We need this information for our Annual Report as well as having the data for our Liaison Agents to include in their reports.

Stay tune for information on the next step in our strategic planning, which should be the convening of focus groups. This is a necessary process for nonprofits to undertake in order to remain effective and a viable.

Thank you to each member for continuing to make a difference in your communities. Your efforts are noticed and appreciate.

I'll see you at your District Day!

Wanda Denning

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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,  
 Warren, Washinton

## Currituck County

During the month of February, **Currituck County Council ECA** members: Evelyn Henley, Erline Jones (absent), Virginia Jones, Sheila Gregory, and Marita Powell put together over 65 bags of Valentine candy and other Valentine goodies to be shared with the Meals on Wheels Program. Sheila Gregory and Marita Powell brought the sixty-five bags to the Currituck Senior Center, and gave them to Stacy Joseph, the Aging/Senior Services Director to be distributed along with each meal provided.



Marita Powell and Sheila Gregory (L to R) share bags of Valentine candy with Meals on Wheels Program to citizens of Currituck County.

## Edgecombe County

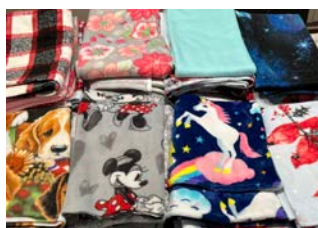
The **West Edgecombe ECA** has jumped into 2023 full force. In January the group met to plan for the year. In February the group collected socks for the Heritage Retirement Center. This center serves around 93 residents and the group held a sock collection drive for the center.



In March the group had a speaker from the Sleep in Heavenly Peace organization. Sleep in Heavenly Peace is a national organization that builds twin size bunk beds for kids who do not have a bed to sleep in. Ken Guill, one of the members of the Nash/Edgecombe chapter of Sleep in Heavenly Peace spoke about their group's mission and purpose to the **West Edgecombe ECA**. Our ECA group presented Ken with bedding sets, and pillows the group collected to donate to their Sleep in Heavenly Peace chapter.



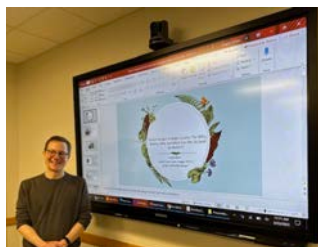
## Wake County



Santa & Friends appreciates the **Wake County ECA** for their support of our "Share the Love" Blanket Ministry. The 70 lap blankets you made are beautiful and we look forward to delivering them.



A special thank you to the following clubs of Wake County ECA: Cary ECA, Raleigh Willing Workers ECA, Shotwell ECA and Driftwood Fellowship ECA.



At **Wake county ECA's** March Council meeting, Greg Seltzer, a Senior Hunger VISTA, shared an informative program on food insecure seniors. The intent was to increase community engagement in senior hunger programs, and increase awareness of and utilization of food resources for seniors. He also shared his work with the Garner Senior Center in the development of a garden guide and curriculum for their on-site garden program.

### Southeast

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

### Duplin County



In December, **Stanford Duplin ECA** made their final deliveries of the walker and wheel chair caddies to the remaining three rest homes. Warsaw Health and Rehabilitation Center’s recreation director, Alexandria Davis, happily assisted with us with giving residents their caddies. (Pictures left)



Essential items and school supplies were donated to the 2nd graders at Warsaw Elementary School. The 2nd grade teachers received the supplies and were very appreciative. (Picture right)



Their Christmas holiday celebration began with a luncheon at the Golden Coral in Sanford. Afterward, They visited the Temple Theater and enjoyed the musical “A Christmas Carol”.

December was a busy month. Our new officers for 23-24 were installed before they enjoyed their Christmas dinner. Lots of delicious dishes were prepared by the members and enjoyed by all. They are looking forward to two active years with the new officers.



Picture of Officers, left to right: Betty Carraway-President, Linda Williams-President Elect, Jacqueline Lisane-Secretary, Ruby Brinson-Treasure, Theresa Bowles-Advisor and Rachel Ezzell, Family and Consumer Sciences Agent

They are looking forward to a busy new year. They received grant funds from the ECA Foundation Board for the project of assisting homebound seniors during the epidemic times.



Most of their time in January and February was making wheelchair and walker caddies for the new grant project. At the end of 2022, coloring books for home bound women and puzzle books for homebound men were purchased and packaged for distribution. They presented Melisa Brown, director of Services to the Aged, with these packages for the homebound adults. (Picture right) Mrs. Brown will manage the distribution of this project.

“I wish to thank you **Stanford-Duplin ECA** members for the kindness shown to our homebound seniors. What a sweet gift of kindness and blessing for them (homebound seniors) to receive the activity packs”. Melisa Brown, Duplin County, Director Services to the Aged.

### Meet Duplin County’s new Family and Consumer Science Agent, Rachel Ezzell

Rachel attended North Carolina State University where she received her bachelor’s and is currently pursuing her master’s degree. Upon graduation, she interned with N.C. Cooperative Extension in Bladen County which exposed her to the opportunities available within Extension. She spent time as an elementary teacher before returning to Extension in Brunswick County where she served as the Family and Consumer Sciences Agent. Rachel is looking forward to serving in Duplin County as the Family and Consumer Sciences Agent. She is passionate about building relationships with community members and sharing her love and knowledge of nutrition and physical activity.



## Wayne County



Fast food is energy dense and nutrient poor compared to food prepared at home, and portion sizes have been increasing over the past 50 years.

Our 30 Minute Meals Cooking Demo was a wonderful way to show **Wayne County ECA** members easy, quick, and healthy fast foods that can be prepared at home.



## Craven County

**Krafters Klatch ECA** had a busy end of year, with a program on “Steps to a Healthy Holiday,” which included setting a budget, meal planning, cooking, shopping, how to avoid weight gain and what exercises to do. She provided a delicious pumpkin dish.

The club gave \$100 to the Angel Tree program and \$150 to the Foster Children’s program. They also made and gave 400 ornaments Breakfast with Santa for each child to take one home. They decorated the tree with the ornaments for the event.

They purchased five Wreaths Across America and received five more free for the Veteran’s Cemetery for next December. They contributed hundreds of cookies and ten pounds of fudge to a base in Japan.

They had a program, “Healthy Habits for the New Year” We discussed the foods of the first Thanksgiving and how different they are today. We don’t eat seals, swans and lobster. We then learned about “haint blue” ceilings from the Gullah culture of South Carolina. Haint blue ceilings prevents evil spirits and wasps and other bugs from your porch ceilings.

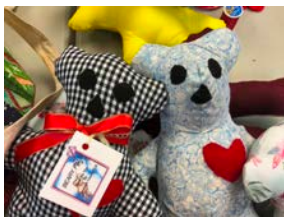
Faye Wetherington provided the program for **Krafters Klatch ECA’s** February meeting. She brought 48 cupcakes and everything needed to decorate them. They had a great time, each doing their own cupcake!

Club members cut about 400 fish for eye exams. They had a program on why sea shells are on and around tombstones and another on the correct use of your thermostat.

Members had a work day assembling fourteen Easter baskets for a group home.

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

## Randolph County



**Randolph County ECA** held a sewing workshop on March 21. The Teddy Bear project is one of the longtime service projects that ECA sponsors. Thirteen bears were finished and 28 are “in progress.” The bears are donated to Randolph Health and then distributed to local agencies.



**Randolph ECA** held its spring AREA meeting on March 28. Meredith Baird, school nurse for Asheboro City Schools, spoke about the system wide process for vision screening. Lib Thompson and Betty Brown presented a program about the history of Randolph ECA. Jeannie Leonard, FCS agent, presented a fun springtime craft. At the end of the meeting, members went to the cultural arts show to see member crafts. Blue ribbon winners will advance to the district conference in May.



## Person County

The **Person County ECA** held their annual Achievement Day program in January, recognizing their Club Women of the Year. At their County Council meeting in January, they voted to donate \$250 to the Central Carolina Children's Home in Oxford.

On Friday, April 7th ECA is hosting a Free Friday Night Movie at the Kirby Theater in Roxboro where ECA will be the selling concessions for a fundraiser. Also, on Friday - Saturday, April 21-22, ECA will be holding a Spring Cleaning Yard Sale at the Person County Office Building.

### South Central

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

## Anson County

**Anson ECA** held their first ever fundraiser February 10th . Members marketed, sold tickets and paid into expenses to help increase profit margins. With limited driving, the members enlisted assistance from the FCS Agent and county Extension Staff. Their goal was to sell 100 spaghetti plates. Well, they surpassed that goal and sold 170!!! The community was supported and the members were happy and exhausted. Members will use funds raised to enhance their community outreach and toward expenses for district level events. Pictured are members prepping salad items and assembling salads for the spaghetti plate fundraiser.



## Harnett County

**Imogene Ladd Holmes**, 96, of Lillington, passed away peacefully Friday, February 17, 2023 at Universal Healthcare in Lillington, NC.



Imogene was a former member of The Church of the Covenant, served as an Elder and Sunday School teacher of Lillington Presbyterian and most recently a member of Cape Fear Presbyterian Church. She was a member of the Cooperative Extension for over 51 years and received the Superior Service Award, the Governor's Award, and was Club Woman of the Year. She served as a volunteer at Central Carolina Hospital and as a substitute teacher in the Harnett County school system. She was also a member of the Lillington Chapter of the Red Hat Society.

## Cabarrus County

The annual Cabarrus County Achievement Celebration was held on Saturday, March 25, 2023 in the Cabarrus Rooms of the Cabarrus Arena and Events Center. It was a very festive morning using the theme of *"Celebrate ECA's Rhythm - Family, Friends and Community"*.

Members and guests arrived to enjoy the "beat" of accomplished musician Catherine Ritch who played during registration and the Brunch. ECA Clubs provided decorations including handcrafted roses made out of sheet music. A yellow, black and white color scheme was carried out through the programs, table linens and decorations.

The ECA Cultural Arts Celebration was on display as members and guests arrived. This allowed members to have time to view the beautiful entries before the Brunch.

Following the Brunch Official Greetings were offered by Kenneth Wortman, Cabarrus County Extension Liaison. State ECA President Wanda Denning's greetings were read and Tracy LeCompte, County Extension Director shared Extension greetings.

One of the highlights of the program was the introduction of 2022 ECA Scholarship Winners, Niya Ray Kerr and Angel Thompson. They expressed appreciation to ECA and shared highlights of their freshman year and future plans. Their mothers were also in attendance as invited guests.



Barbara Looney, CVU Chairman for **Cabarrus County ECA** presented a "check" valued at \$696,786.80 to Kenneth Wortman, for the 23,265 volunteer hours donated by ECA members during the past year!



Recognized as the Community Supporter of the Year was the staff at Camp T. N. Spencer Park. This award was presented by Pat Wickliff to former Park Director Josh Coffman. Camp T. N. Spencer Park has graciously hosted the monthly meetings of the Rimer ECA Club for the past several years.

Cultural Arts Chairman, Nancy Carlson announced the 2023 Cabarrus County ECA Cultural Arts Winners. First Place winners will be advancing to the SC District Contest on April 4, 2023.



Joyce Klutz led a beautiful Celebration of Members to recognize the **Cabarrus ECA** members who have passed away during the last year.

Donna Smith, ECA Secretary recognized former Cabarrus Council Presidents, NC State ECA Presidents and Honor Club members in attendance.

ECA Member Sandy Kendall, 2022 Recipient, announced the ECA Club New Member of the Year. This was awarded to Sheila McGuiness, **Cold Water ECA** Club member.



ECA Member, Carolyn Wright, 2022 Recipient presented the ECA Member of the Year to Brian Stancil, member of the **Rimer ECA** Club.

She also announced the Club President of the Year Award and presented it to Pat Wickliff, **Rimer ECA** Club President.



Lynne D'Aloisa, 2022 Recipient announced the ECA Lifetime Achievement Award and presented it to Judy Graeber, **Culinary Adventurers ECA** Club member. This is the highest honor presented by the **Cabarrus ECA**.



Planning members of the Celebration included: Pam Walker, Gail Linker, Barbara Looney, Pat Wickliff, Janice Knight, Mary Ann Evanoff, Carolyn Wright, Judy McClendon and FCS Extension Agent Pam Outen. All clubs were in involved in the success of the Celebration!

Gail Linker, Sheila McGuiness, and Carolyn Wright promote "Foundations of Flavor"



**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**



The **Grape Creek ECA** celebrating some of our January and February birthdays at a local restaurant. Before starting back on some of our projects to help the local Nursing Homes with fidget blankets, clothes protectors and pressure point pillows. We pray to have a very productive year of helping others.

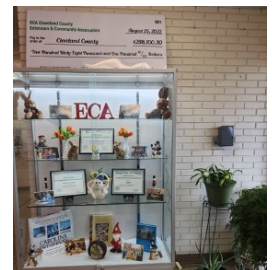
**Cleveland County**

**Cleveland County ECA** got off to a busy start at their first quarterly County Council meeting for 2023 on January 12th. Members reviewed and approved their 2023 Plan-of-Work which outlined programs and projects in three committee areas for the year.



Members donated school supplies and other items to one of the local elementary schools, Fallston Elementary. Members also made plans to collect non-perishable food items to be donated to the food pantry at one of the senior centers in the county, Neal Senior Center, after the April County Council Meeting. In an effort to continue marketing **Cleveland County ECA**, members updated the ECA Display Case located at the entrance of the Cleveland County Extension Center in Shelby. Here members feature the check showing the value of their recent ECA Volunteer Hours report. This check shows the value to Cleveland County for their many volunteer contributions made by ECA members. The display case also includes photos from recent programs/projects along with some of the certificates

received at the October 2023 NCECA State Conference. These certificates include: **Cleveland County ECA** Award of Excellence – Gold Seal, Outstanding ECA Volunteer – Judy Hamrick Canipe, and Longevity of Service – Les Dixon as a 25-year member. The Cleveland County ECA Centennial Cookbook and other books ECA has for sale are showcased along with seasonal items in the display case.



**Belwood ECA** hosted a membership event as part of their March 14th meeting at the Belwood Community Center. Members-at-Large and guests were invited to participate in the meeting. FCS Agent, Nancy Abasiekong, presented the program, 'Plant-Based Eating for Better Health.' Member prepared plant-based dishes for refreshments and shared some of their favorite plant-based recipes. This beautiful fruit butterfly with a yogurt dip was one of dishes shared for refreshments along with Chickpea Salad Sandwiches, Texas Caviar (Cowboy Caviar), Black Bean Dip, Butter Pecan Cookies, and several additional delicious plant-based dishes. ECA members were excited that we had one new

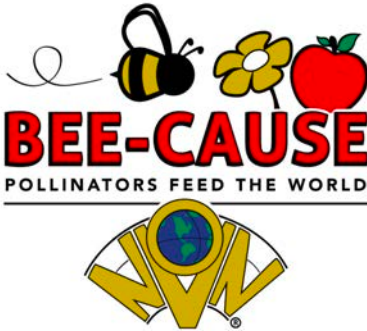


member to join **Cleveland County ECA** at this meeting. This lesson will have a followed up, hands-on workshop later this spring, where members will prepare and sample additional plant-based and/or vegan recipes.



**24th ANNUAL NVON CONFERENCE  
July 18-20, 2023**

**Plant Many Seeds – “Brighten our Future”  
Blennerhassett Hotel  
Parkersburg, West Virginia**



**The Project in Common** is on going until December 2024! Please report any activity you’ve had with programming or projects regarding pollinators to Wanda Denning for North Carolina’s report at NVON!

We know that many of you are doing lots with this projects . . . let’s share with the other states!

**Dates to Remember**

April 1	eNews Deadline
April 4	South Central District Meeting
April 5	Virtual NCECA Leadership Team Meeting
April 6	Northeast District Meeting
April 24	Southeast District Meeting
April 25	West District Meeting
May 4	NCECA Leadership Team Virtual Meeting
May 15	NCECA Scholarship judging complete
June 1	Pennies for Friendship to Appointed Treasurer eNews Deadline

**Position Available**

We regretfully announce that Faye Lanier has tendered her resignation as Appointed Treasurer. Faye has done an awesome job in her service to NCECA, but she sited recent health concerns for her asking to step aside.

If there is any member who would like to serve NCECA in this capacity and has bookkeeping knowledge, please contact President Wanda Denning!





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