

Tar Heel HOMEMAKERS E-news

October 2023

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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, Davie County Colleen Church, Liaison Agent
Northeast	Marita Powell, Currituck County Olivia Patchel, Liaison Agent
South Central	Patricia McKoy, Harnett County
Southeast	Linda Rivenbark, Bladen County
West	Tracy Davis, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Faye Lanier, Durham County
Cultural Arts Co-Chair	Louise Faison, Wayne County Sheila Gregory, Currituck County
Advisor	Geri Bushel, NCSU



Notes From Your President . . .

Thank you to all of you who joined us for one of the focus groups for the Strategic Plan for ECA. Nonprofits, in order to remain viable need to periodically reevaluate their structure, vision, purpose and direction. It allows us to set priorities, focus our energy and resources, strengthen our operations, ensure that we are working toward common goals, and assess and adjust the NCECA's direction in response to a changing environment. Many of you had wonderful suggestions of what your vision for ECA was.

An update on the progress and the process will be provided at State Conference. In the district meetings. feedback will be solicited to be used in the planning process.

Our goal is to have a plan in place shortly after the first of the year for your review. A final plan will be presented at the 2024 State Conference in July! These are exciting times for ECA!

Speaking of State Conference, we look forward to seeing you all there. We have shortened the length of the Conference per the evaluations last year! ***We will start at 9:00 on Tuesday morning and conclude with lunch on Wednesday. Cultural Arts entries should be checked in on Monday afternoon, 4-6!***

Ray Cockrell with Boys & Girls Homes will join us for State Conference. If you have any donations for the Boys & Girls Homes, please bring them. Gift cards are always useful and don't take much space!

As always continue to support your Liaison Agent as you and they work together to improve the lives of those in your communities. When you do, the history and purpose of ECA will live on through YOU!

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

Wake County

At the September County Council meeting, Riley Holcraft, Communication Specialist for Wake County Extension presented the program. She updated **Wake ECA** members on the activities of Wake County 4-H, Youth Council and Camps over the summer.

Members are making plans for Achievement Day on November 9.



Southeast

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

Duplin County



IT'S "SEW" EASY . . Sanford-Duplin County ECA partnered with Duplin County 4-H, to provide a workshop for the boys and girls. It's "Sew" Easy, our project this year was aprons. The students, ages 10-15 year olds, were very excited to finish and show off their aprons.

DUPLIN AGRIBUSINESS FAIR BOOTH

We displayed handmade items, such as aprons, lap quilts, knitted hats and scarfs, floral decoration, etc. A presentation board was created to display the past year's events and membership applications. The display drew some potential members.



Several of our ladies entered exhibits in the fair. Four of our ladies had multiple entries in different categories. Items were judged and these ladies took multiples ribbons and prize money home. They are as follows: Ruby Brinson, Theresa Bowles, Marguerite Robinson, and Olivia Robinson. This year's fair had a live show and rodeo. The Duplin Agribusiness Fair was well attended.

Three of our members are Extension Master Food Volunteers (EMFV). They have assisted the FCS agent, Rachel Ezzell. They are taking part in the LIFT program at the Wallace Seniors Service program. (LIFT, is an exercise program for seniors). Two of our EMFV assisted the FCS agent with the Air Fryer class.



Tom Hroza, the horticulture agent, spoke to us about planting, growing, and using herbs for everyday cooking. It was informative and we are more confident in growing herbs now.

Four of our ECA members are part of the Duplin Sparklers, line dancing group. The Duplin Sparklers won 1st in our district competition in April 2023 and they went on to the state level to win a 2nd Place

Silver Metal. We participated at the Alumni the next day.



Dupin County, continued



Wanda Bell has been raising succulents and offering free workshops for groups. These workshops teach you how to care for succulents, create your own succulent garden while providing self care for the participants. She shared some very good information about all sorts of succulent plants. She provided us with plants, pots, soils, rocks, sea shells and the tools to plant

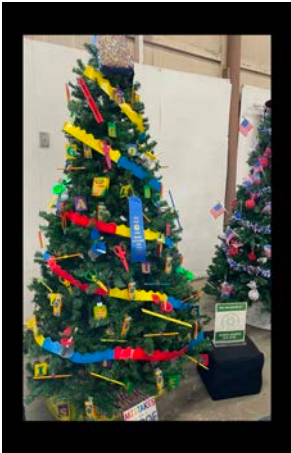
our own succulent garden. With her assistance we designed some beautiful container gardens with a large variety of succulents she grew herself. Everyone left with two or more planters with succulents we created. She showed us her greenhouse and container garden, which had a variety of plants. She provided a snack. We were very excited about our succulent gardens.

Wayne County

Team-building activities such as decorating a Christmas Tree at the Wayne Regional Agricultural Fair can help volunteers to develop trust, improve communication and collaboration, enhance skills, increase motivation and satisfaction.

Congratulations to our creative winners!

1st. North George ECA Club



2nd. STARS 4-H Club

3rd. Town and Country ECA Club



The mission of the NCECA 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.

This year **Wayne County ECA** members practiced community action by donating 25 baskets to the teachers of Grantham Elementary School.

"If you can read this, thank a teacher."





Columbus County ECA travelled to the Dinah E. Gore Kitchen for an educational outing. The day included a demonstration of healthy recipes and tasting by Geri Bushel. We learned how the kitchens are utilized for research, training and development of new recipes, followed by a trip to howling cow creamery for dessert. Columbus County highly recommends adding this educational outing to your calendar and use as way to invite new members to your ECA groups.



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 took a TREK on September 22nd to visit Carolina Tiger Rescue in Pittsboro. The organization focuses on 3 main areas: rescue, education, & advocacy. Every animal that comes to Carolina Tiger will spend the remainder of its life in safety; that means safety for the animals and for the humans around them. The animals come from private individuals who have realized that wild animals do not make good pets. Others may have been abandoned or confiscated by law enforcement. Thru educational tours, the goal is to make the public aware of

what can be done to protect wild cats, both in captivity and in the wild. Advocacy includes working with lawmakers to help pass standards to protect wild cats. Currently, North Carolina has no regulation at all.



Forsyth County



Forsyth County ECA members from the various clubs came together for the September Hunger Action Month to support the "Stock the Food Bank Challenge". ECA members collected canned/boxed goods to support the collaborative work between Second Harvest Food Bank NWNC and the Forsyth County Government Services to provide food to the citizens of Forsyth County who face food insecurity.

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 cited 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!

South Central

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

Gaston County

For the last 18+ months, **Gaston ECA** has worked tirelessly to obtain funding for a Janome Longarm Computerized Quilting Machine to be able to produce their community projects in a more time-efficient way. They were able to achieve funding for this machine by obtaining grants through the generosity of various foundations and organizations. ECA is able to continuously grow and achieve their goals because of the support from our local government and members in our community.

ECA invites you to join us in celebrating their accomplishment in receiving this machine and to showcase just how integral ECA is to our local community. Join them for their Longarm Showcase Drop In Event on October 19 from 3-5pm. RSVP to kayla.adams@gastongov.com by October 15.

Lee County



Mildred Smith of **Lee County ECA** sharing a fleece scarf demonstration.

ECA helped with the canning workshops with Ashley our FACS Agent



ECA members planning their fair booth!



Gaynell and Edna, ECA members, also assisted with the fair entries



ECA members working on a booth about recycling



Cabarrus County



Cabarrus County ECA has educated and served the community in various ways during the past few weeks! Highlights have included a very "hands on" Leader Training for ECA Club Leaders. Joyce Kluttz planned and conducted this delicious, hands on training on "Microwavable Mud Cakes" August 7. This was a very well attended Leader Training and was a delicious treat as members prepared and sampled a variety of Mud Cakes! Members that attended shared the program at their local clubs in August, and it was very well received.

The Ag. Celebration is a very highly anticipated event in Cabarrus County and was held on Tuesday, August 22, 2023 at Porter Farms. ECA members helped prepare fresh, local vegetables for grilling. During the event 14 ECA members served the food, all wearing **Cabarrus County ECA** aprons! Barbara Looney and Debbie Mullis prepared an educational exhibit on "**Cabarrus County ECA Serves the Community**" that was viewed during the evening also.

Cabarrus County ECA Council is sponsoring a deluxe chartered bus trip to visit the Ohio Amish Country October 9-12, 2023. This is a fundraising trip to help raise funds for the upcoming NVON meeting that will be held in Asheville, NC in the summer of 2024. The trip was an immediate sellout within one week and there is a waiting list. Cabarrus ECA members Gail Linker and Janet Stancil are coordinating the trip.



September was County Fair Time in Cabarrus County, September 8-16, 2023. Over 60,000 attended the Fair, even with rain on 4 or the 9 nights. Kate Parker, Fair Manager, described the 7 **Cabarrus County ECA** Educational booths as "outstanding!" Total premiums earned by **Cabarrus County ECA** Clubs was \$795.00. These funds will be used for programs and community donations!



Cabarrus County ECA is looking forward to hosting their annual holiday program "Kick-off the Holiday Season" on Wednesday, November 8, in the Cabarrus Rooms at the Cabarrus Arena on Highway 49, Concord, NC. Included will be a program presented by the Kannapolis Spice and Tea Shop complete with Tea Sampling and Arena Chef Chad Mueller will be demonstrating Simple Holiday Foods. ECA Clubs are decorating each table with a holiday theme. Doors will open at 10am and the Program will begin at 10:30am. A \$ 12 Registration Fee is due by November 3, and may be mailed to Cabarrus ECA Treasurer Joyce Kluttz, 3201 Old Salisbury Concord Road, Concord, NC 28025.

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** met August 17. After our meeting we enjoyed the fellowship while sewing pillow case sundresses for little girls size 6 and under. We did 37 dresses for little girls in a third world country. We have learned so much from each other. Those that didn't cut or sew at the workshop prepared lunch and cleaned up afterward. Everybody enjoys the different workshops that we do.

Barbara Lovingood cutting out more dresses.

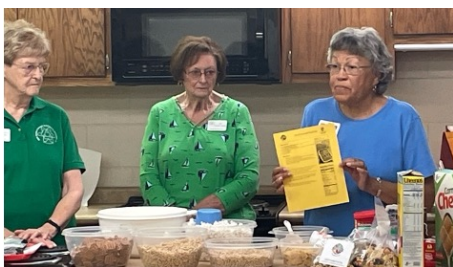
Tracy Davis is sewing while Ann Page watches.



The **Grape Creek ECA** met for our September/October birthday luncheon. While enjoying our lunch many things were discussed and planned. Our annual Veterans Appreciation dinner, combined with our Thanksgiving dinner and our Christmas celebration.

Cleveland County

Cleveland County ECA members volunteered with the Foothills Farmers Market to provide the Power Of Produce Kid's Club (POP) activity on Saturday, August 5th at the Bobby Bell Pavilion in Shelby. Judy Canipe and Les Dixon, Building Healthy & Strong Families Coordinators, conducted an activity to help the children learn about Watermelon and other delicious summer fruits. When children completed the activity, they received a \$2 POP token provided by the market and a local sponsor that they could spend on a fresh fruit, vegetable, or food-bearing plant. POP is designed to teach children about where their food comes from and allows them to be part of the market as a young consumer. POP encourages the children to make healthy food-buying decisions and makes coming to the market fun for the entire family.



Youth and their families interested in learning more about 4-H participated in the Cleveland County 4-H Information Night on August 22nd. Belwood ECA members, Jean Ann Privett and Judy Canipe, partnered with FCS Extension Agent, Nancy Abasiekong, to help the children make a delicious healthy snack, Do-It-Yourself Trail Mix.

The 4-Hers and their parents were divided into groups and moved throughout the Extension Center and grounds, learning about a variety of topics, including robotics, 4-H dairy steer project, fun with

plants, and healthy snacking. 4-Hers will be able to follow-up and join projects and clubs based on their interests. ECA members, many who are former 4-Hers, will be invited to volunteer as the 4-H program provides new opportunities for children to get involved as Cleveland County 4-Hers.



Cleveland County, continued

Fall is an exciting time as we plan for the Cleveland County Agricultural Fair. This year, **Cleveland County ECA** provided educational information to fair goers with four fair exhibits. The topics chosen this year included pollinators, emergency preparedness, Alzheimer's awareness, and healthy eating through local foods. The fair booths were judged and awarded the following placement:



ECA Council – Safe & Healthy Environment Committee, used the NVON Project-in-Common theme, *BEE-Cause Pollinators Feed the World*, as the topic for their exhibit, winning 1st place.

Belwood ECA continued their 2023 program focus to help the community learn about how to prepare for emergencies. *Emergency Preparedness – Are You Ready?* was their theme, winning 2nd place.




ECA Council – Healthy & Strong Families Committee – chose the topic: *10 Warning Signs of Alzheimer's*. This booth placed 3rd.



The ECA County Council – topic: *Healthier Options Think Local*, featured local products available at our local farmers market. Fair goers were also reminded they can produce many healthy food options in their own backyards and find them at local farm stands throughout the county. ECA members are pleased to have this opportunity to reach so many individuals and families with these important messages.

Dates to Remember

October 1	eNews Deadline
October 4	Virtual Leadership Team meeting
October 11	Leadership Team Meeting - Strategic Planning
October 24-25	 Sea the Waves of Change with NCECA
November 1	Local membership dues to County Treasurer NCECA Past President to send Scholarship Information
December 1	eNews Deadline Pennies for Friendship to Appointed Treasurer County Scholarship Chairs to send out information County membership dues to Appointed Treasurer
December 6	Virtual Leadership Team meeting

Conference Agenda

Monday, October 23

4:00-6:00 Registration
Cultural Arts Check in
6:30 Leadership Team Meeting

Tuesday, October 24

8:00 Registration
9:00 Opening Session
Presentation of Colors
Pledge of Allegiance
Invocation
Greetings
10:00 – 11:30 Workshops:
#1 Alzheimer's & Dementia – Brooke Vallely
#2 Pollinators - Lois Chatham
#3 Gardening & cooking with Herbs – Olivia Patchel & Adam Formella
12:00 Lunch
Invocation
CVU and Longevity Awards
Strategic Plan Update – Becky Bowen and Susan Jakes
ECA Sparks!
2:00 Business Meeting
3:45 – 4:45 District Meetings
Cultural Arts Viewing
6:30 Banquet – Wanda Denning, NCECA President, Presiding
Invocation
Greetings – Dr Rich Bonanno, Director - NC State Extension
100+ Years of ECA! - Cameron Lowe, CED – Currituck County
Rebecca Liverman, CED- Washington County
Awards of Excellence - Wanda Denning
Leadership Awards – Geri Bushel, NCECA Advisor
Remembrance

Wednesday, October 2

9:00 -11:00 Cultural Arts Viewing
8:30 – 9:15 Breakfast
Invocation
Boys & Girls Homes - Ray Cockrell, Chief Mission Officer
9:30 -11:00 Workshops
#1 Heath & Design – Michelle Estrada
#2 Learning Companionships; An Intergenerational Adventure
– Gina Garcia-somuk & Carlos Moses
#3 Leadership Ethics – Addie Wilson
11:30 Closing Lunch
Invocation
FCS/AHS Update – Sarah Kirby, FCS Program Leader
Challenge – Geri Bushel, NCECA Advisor
Adjournment

*Pick UP Cultural Arts Items after Lunch



Give Thanks!



October 31

November 23



NC STATE EXTENSION

Place
Postage
Here