

# Tar Heel HOMEMAKERS E-news

December 2023

Volume 13 Number 6

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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 Shannon Adcock, Liaison Agent
Southeast	Linda Rivenbark, Bladen County
West	
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	Peggie Garner, NCSU



## Notes From Your President . . .

A Strategic Plan update . . . Your Leadership Team has taken all the information collected at the focus groups and at State Conference and has been working on strategies and action plans.

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!

Thank you to the Northeast District for an awesome State Conference! The workshops from the Conference have been placed on our website for use in your counties!

At State Conference, we honored Geri Bushel who's served as our State Advisor for the last fourteen years! Her responsibilities within the department have changed and she will no longer serve as our Advisor.

We were excited for the announcement of a new Advisor and to welcome Peggie Garner to the ECA family! We look forward to working with Peggie. She is no stranger to ECA, having served as County Director and ECA Liaison in Onslow County prior to her retirement in early 2023.

I want to wish each of you a blessed and restful holiday season!

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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[go.ncsu.edu/nceca](https://go.ncsu.edu/nceca)

**Thank you, Faye Lanier for giving years as Appointed Treasurer! Your shoes will be hard to fill!**

Good news is . . . they have been filled! Your Leadership Team is proud to announce that Dana Croston of Gaston County has accepted the position of Appointed Treasurer!

In order to achieve a smooth transition, if you have not sent in your county dues yet, you may hold them until January and send them to: Dana Croston

959 Osceola Street  
Gastonia, NC 28054

Dana's email is [ncstateECAtreasurer@gmail.com](mailto:ncstateECAtreasurer@gmail.com)

### **ECA Scholarship Reminder . . .**

December is the time to advertise our state scholarship availability to all local high schools, charter schools, home-schooled students, even virtual schools that are in your counties. This responsibility belongs to the ECA County Council Advisor. If you do not have this position, the President can appoint an individual to fulfill this obligation.

A simple card with information on where to pick up the form and a name and phone number of the person with this responsibility, should be mailed to the attention of Senior Guidance Counselors. The county deadline for accepting applications is February 1. The advisor, or appointed person, will ask three or four individuals (NOT MEMBERS OF ECA) to judge the applications and select one youth and one adult or two youth, if no adults apply.

Each county can submit two scholarship applications. These are sent to Peggie Garner by March 15. Peggie will compile the county applications into districts and send these to the 2023-24 Past District President in the exchange District. Judging District scholarship applications will be your responsibility for two years. You will secure three or four ECA members from other counties in your district to judge. Only two individuals from each district will receive our \$800 award.

Please refer to the ECA Standing Rules for further information on reporting winners from your district. Examples of appropriate letters are in the Appendices of the Yearbook.

Cathy Holmes, NCECA Scholarship Chair

## Across the State

### Northeast

Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Edgecombe, Franklin, Gates, Halifax, Hertford, Hyde, Martin, Nash, Northampton, Pasquotank, Perquimans, Pitt, Tyrrell, Warren, Washington

### Wake County



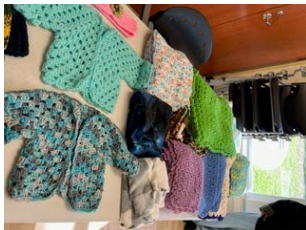
**Wake County ECA** celebrated Achievement Day on November 9 at Panther Branch Community Center. This is the time of year where we recognize our outstanding volunteers and longevity recipients with awards for outstanding service to ECA and to the community.

Our theme was "Garden of Gratitude." The highlight of the celebration was the skit that was written and directed by one of our very own members of the **Shotwell Club**, Brenda Covington. The skit was entitled "Ordinary Women Doing Extraordinary Things," performed by the ladies of the five clubs in Wake County.

The facility was beautifully decorated, a team effort done with love and a sense of togetherness. I would be amiss if I did not mention the great lunch, catered by Off the Bone Catering, LLC of Zebulon, NC.

From President Janie Green . . . I will close with the saying, ECA is part of a national puzzle. There is power in numbers and in conversations – the ability to acknowledge where the problems lie and the power to change life trajectories.

**First Friday ECA** made items and donated them to the Methodist Home for Children



Pictured L-R:  
Rosalie Mitchell, Barbara P. Brown, Home Staff members and Agnes Smith



Mildred W. Sanders of the **First Friday ECA** won first place at the 2023 North Carolina State Fair. Her hand made creations consisted of a dinner menu or meal served at Thanksgiving or Christmas from a picture of selected foods. Each piece was carved and shaped from polymer natural and colored clay; they were baked and painted as a miniature replica of actual food items.



**Shotwell Club** collected items for Barbara Jones a long time former member, who is homebound.



## Southeast

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

### Duplin County



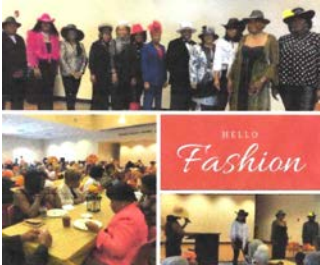
Tom Hroza, Horticulture agent for Duplin County, presented a workshop on “10 Popular Christmas House Plants”. We had an enjoyable time learning about winter plants and how to care for them. We received handouts to take home. Mr. Hroza talked about “How to rid your yard of moles” which was very beneficial.

Our guest speaker, Sheila Grady from ECU Health and Hospice Services spoke to us in reference to making memory bears for hospice patients with garments from their love ones. She asked for sewers to make them and they would stuff them. Some of our members had already made their own personal memory bears and gave them the names of family members.



Eight members attended the State Conference in Kill Devil Hills. **Duplin County ECA** received the Gold Award of Excellence. Ruby Brinson was awarded the Leadership Award for the Southeast District.

Collen Newkirk received the Volunteer Leadership Award for the county. Marquerite Robinson won 1st, 2nd, and 3rd place for her entries. Catherine Lovick, and Linda Williams received 1st place for their entries at the conference. We were informed of changes for ECA in the future. There were many workshops to attend.



Our Annual Hat and Fashion Show was a great success this year. Our members made lots of handmade items to sell. Colleen Newkirk was the Master of Ceremonies. She described the outfits to a T and kept the audience involved. Ladies and a gentleman walked the runway with many outfits with matching hats. Delicious food was catered by member Linda Williams.

### Wayne County

**Wayne County ECA** held their Christmas bazaar at the Maxwell Center on November 18. We appreciate the support of all our vendors. It was time to deck the halls and do some good at the ECA Christmas Bazaar! Shoppers donated non-perishable food to help families in need. Proceeds were used to prepare baskets for teachers, Operation Christmas Child, food baskets, and educational programs, among other initiatives.

Training volunteers is essential for ensuring that they are well-informed about their roles and responsibilities, acquainted with any relevant tools and procedures, and capable of setting objectives and addressing any knowledge or skill gaps. It also provides guidance for future evaluations.

We are delighted to share that eleven members of the **Wayne County ECA** recently attended the NCECA Conference: “Sea the Waves of Change with NCECA” at Kill Devil Hills. Our members represented Wayne County with distinction, and we are incredibly proud of them.





## Wayne County, continued



Moreover, we would like to extend our heartfelt congratulations to Oma Whitaker, County President, for receiving the County Gold Award, Cornelia Grundmeier for being recognized as Leader of the Year, and Lillie Thompson for being named Volunteer of the Year for Wayne County. Way to go, **Wayne County ECA!** A big shout-out to Louise Faison for heading the State Cultural Arts Competition!

"Health by Design: Pumpkins Workshop" at the 2023 North Carolina ECA Conference. Learning about local foods is so much fun!



Pumpkins are an excellent source of vitamin A. Vitamin A helps keep your vision strong, fight infection, and keep your skin healthy.



Pumpkins are also a good source of vitamin C, which helps your body heal cuts and wounds. It also helps lower your risk of infection.



Besides being packed with vitamins and minerals, pumpkins are also relatively low in calories, as pumpkins are 94% water.



For many years, the ECA has been a contributor to the Wayne County fair's success. One such example is the Senior Citizen Day, which wouldn't be possible without the efforts of event coordinator Edna Gambella, the **North George ECA Club** handling registration, the **Wesley Mt. ECA Club** providing volunteers, talented performers, Jimmy Ford as EMCEE, **Wayne County ECA** and Grantham Grange for door prizes, and, last but not least, UNC Health Wayne a generous sponsor. Thank you to everyone who made this event successful!



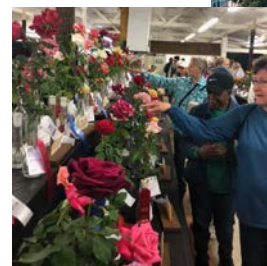
## North Central

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** had a trek to Raleigh for the State Fair on October 10. The day was filled with music, flowers, pumpkins, gourds, every craft imaginable . . . much, much more!



ECA member Ann Wagner from our **Peacehaven Club** has a talent for baking. She even has her own business, "Grandma's Sugar shack." Ann has graciously donated baked goods, like an apple pie for Forsyth County Farm City Banquet. She has baked cookies for our ECA State Conference door prizes. Her latest contribution was a flan for Forsyth County Employee United Way Fundraiser. Thank you Ann for supporting your FCS Agent with baked goods when needed!



Members of **Griffith ECA** came together to make Tie Dye Aprons. With the guidance of Gwen Adams, they made wonderful aprons! This event was a great example of team building. Gwen Davis is the proprietor of Grindstone Dyes.



## Person County

### Halloween Exercise Class

With the help and participation of the ECA members, the Person County Extension Office held a joint workshop with the Person County Senior Center at the end of October providing a Halloween Exercise and Craft workshop. A personal trainer led a 30-minute chair exercise class using a small pumpkin as a weight for the strengthening exercises. Then the participants were invited to stay and paint their pumpkin as a Halloween craft. Individuals were even invited to wear their Halloween outfits. Everyone in attendance received a goodie bag with prizes being given out for best costume and best-decorated pumpkin.



### Appalachian Christmas Outreach Project



The **Person County ECA** County Council voted earlier in the year to put together 10 backpacks for the Appalachian Backpack Outreach Mission project. Each ECA club was in charge of providing items for one of the specific areas such as hygiene products, toys, winter clothes, and food. All of the items were brought to the Extension office where they were put together. The 10 backpacks were then

delivered to the local Baptist Association office that transported them to children in need in the Appalachian area.



## South Central

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

## Lee County



The biannual Quilt Show was held in Lee County by the Hearts and Hands Quilting Guild. A newspaper article gave recognition to 2 members of the **Hearts and Hands ECA Club**. Gail Hendricks and Barbara Cavalluzzi were featured for their award-winning quilts. A beginner's quilt class will be held in early spring 2024.





## Lee County, continued



Valerie Johnson was recognized as Lee County Volunteer of the Year by the **Lemon Springs ECA Club** at the state conference.

Angela Jenkins represented Lee County and attended the state NCECA Conference at Kill Devil Hills, NC. She brought back materials to distribute to the club members.

## Gaston County



Throughout the months of August and October, **Lincoln County ECA** was hard at work for their annual Fried Apple Pie Fundraiser. The fundraiser supports ECA service projects, including scholarship funds for four college-bound high school seniors and donations to local charities. Members were involved in every step of the fundraiser, from taking shifts by the phone to take orders, to cooking and wrapping the pies.



The process starts by sorting dried apples to remove hard spots from the core. Next, members rehydrate, cook, and sweeten the apples, while other members make dough in a large stand mixer. The dough is formed into balls that are then rolled out and shaped into hand pies, and filled with soft sweet apples. Finally, the pies are deep-fried to perfection in a cast iron skillet. Community members look forward to the fundraiser each year and often order pies in large numbers to share with friends and coworkers. Every year at the Lincoln County Apple Festival, ECA sets up a booth to sell pies, which always sell out before noon!

**Lincoln County ECA** carries on the tradition of their delicious fried apple pie fundraiser by teaching new members and even involving youth volunteers.



October is Breast Cancer Awareness Month! Lincoln County 4-H hosted a clothing and personal item drive for cancer patients at the local medical center. **Lincoln County ECA** members participated by donating personal items and knit beanies in adult and child sizes, handmade by ECA members. The club continues its monthly visits to a nearby nursing home to provide a birthday party for residents who are celebrating another year of life. The birthday parties include something sweet to eat and a time of fellowship for all.

In 2020, we made more than 2500 masks for Covid for various businesses, organizations and Gaston County employees. Now that the need for masks has passed, our members have taken the leftover pre-cut rectangles and are repurposing them for baby quilts for the local NICU.



We have partnered with Gaston County' Communication Department to advance our marketing efforts by creating videos to share what we do with the community. Our most recent video can be found here . . . <https://gastoncount1.sharefile.com/share/view/s0655fb9af9514202aa831f8fdee49bbc>

We are currently working on developing an "Understanding ECA Membership" for our members - new and current members - to teach them what being an ECA member is like, and share with them how to be involved in the community and maintain membership, the perks of membership and how to grow ECA. Our goal with this is to make sure that our membership is on the same page concerning responsibilities and expectations, as well as give everyone a chance to ask questions, showcase their skills and how to incorporate them into what we do, offer ideas and feel comfortable being a part of ECA.

Dana Croston and Kayla Adams hosted a Zeffy training via ZOOM for those interested in learning about Zeffy and how to utilize it in your county. For those who missed it or want to learn more about Zeffy, contact Kayla Adams at [kayla.adams@gastongov.vom](mailto:kayla.adams@gastongov.vom).

## Cabarrus County

**Cabarrus County ECA** members have had a very busy and successful fall! The **Artistic Adventurers ECA Club** especially enjoyed their Fall Holiday Celebration complete with festive attire! They were also busy addressing holiday cards to American soldiers. **Country Neighbors ECA Club**, with the help of other Cabarrus ECA members, have sewn and delivered beautiful holiday stockings to US soldiers. **Culinary Adventurers ECA Club** recently packed healthy lunches for the clients of the Community Free Clinic, and included tags stating, "We hope you enjoy your lunch today, provided by the **Culinary Adventurers ECA**." The Cabarrus County Extension Office received a phone call from a client who shared her appreciation of the bag lunch as that was her only meal of the day. These are only a few examples of the community services provided by Cabarrus ECA!



A highlight of the fall is the annual community holiday program provided by **Cabarrus ECA** members and community partners. Local partners presented the special educational programs. ECA clubs provided beautiful decorations and members served as table hostesses. Debbie Mullis was recognized as receiving the recent ECA Volunteer Award at the ECA State Meeting.

Members enjoyed attending the State Conference in Kill Devil Hills. They shared that they learned a lot and enjoyed the fellowship.



ECA members, under the leadership of ECA Council President Pam Walker, recently met and planned their educational programs for 2024! Great programs are being planned for 2024!



The **NCECA Culinary Adventurers** met on November 14th for their Christmas party. Joy was all around. A surprise visit from Santa and his elf, Sparkles, who handed out Naughty or Nice cups from Santa.

Members decorated Christmas trees (small traffic cones painted green) for prizes and culinary games to see who knew Christmas best.



Then we played Dirty Santa where stealing a gift is allowed.

A buffet of lasagna, chicken Romano, cheese ravioli with meat sauce and sausage and peppers accompanied by tossed salad, Italian veggies and of course the famous garlic knots were served! What a start to kick off the holiday season!

The **Cabarrus County ECA Health and Wellness Committee** recently sponsored an Outdoor Community Flu Clinic at the Extension Office. David Fine and Staff from the True Care Pharmacy offered and administered the shots. It was a beautiful day for the Clinic and 39 adults received their shot during the 2 Hour Clinic!



**Cabarrus County ECA** and the FCS Program hosted "Kickoff the Holidays" at the Cabarrus rooms recently! Special guest presenters were Cabarrus Arena Executive Chef Chad Mueller and Dionna Miley, Owner of the Spice and Tea Shop of Kannapolis. Individual ECA Clubs provided holiday table decorations, which were all very different and lovely, and holiday-themed door prizes. This traditional holiday program is a crowd pleaser!





## Cabarrus County, continued



The **Country Neighbors ECA Club** shared their bib project with J. M. Robinson High School Apparel II Class in Concord. The students made an assortment of bibs for Mt. Pleasant Assisted Living Center. The last picture is the colorful group of 13 bibs donated in November.



## West

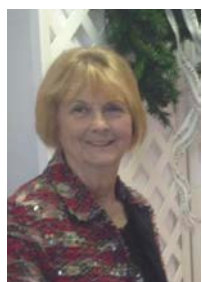
Avery, Buncombe, Burke, Caldwell, Cherokee, Cherokee Reservation, Clay, Cleveland, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Yancey

## Rutherford County



Our last Day Trek with our beloved FCS agent, Tracy Davis, (now retired) was on September 20, 2023. We enjoyed lunch and fellowship at the Book & Bee Cafe and Tea Room in Hendersonville. As we have been active with our Pollinator emphasis, how appropriate it was that teapots and other decor featured bees! The unique "book" menu included choices such as Steinbeck's Chicken Salad and Poe's Panini.

After lunch, we stocked up on apples at Mountain Fresh Farms.



**Memoriam** : Our ECA sister, LaVerne Walker, passed away on November 18, 2023. LaVerne joined ECA in 1998. She served in many positions, attended several leadership training sessions at Caraway and state conferences. Many of our members will remember her for her tasteful decorating skills, which were demonstrated at our Holiday Sampler fundraisers and other special events. To know LaVerne was to love her. We will miss her!

A Retirement Celebration was held for **Tracy Davis, Rutherford County's ECA Liaison**, on September 21, 2023. ECA Friends and family from across the state attended to honor Tracy for her 28 years of faithful service to Family and Consumer Sciences and ECA.



## Received at Annual Conference!

Suzanne Gibson - Longevity Award  
Kelly Dale - Outstanding Member  
Janis Byers - ECA CVU Award for Rutherford County



## Rutherford County, continued



For our **October Meeting**, we shared a few of the recipes from our upcoming Pollinator Cookbook! Kelly Dale made Honey Cinnamon Butter. Other refreshments using our recipes were Honey-Glazed Fruit Salad and Heavenly Low-Fat Chocolate Honey Dip, served with vanilla pound cake.

Kay Dalton and Kelly taught us to make Paper Lunch Bag Stars! What a fun craft in preparation for the holidays!



## Cleveland County



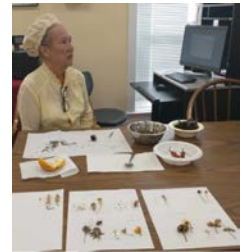
**Cleveland County ECA** is a member of the Million Tab Challenge for the Ronald McDonald House of Greater Charlotte. ECA members have recruited others from throughout the area to join us in this project. Members and others are dedicated to collecting tabs to help provide resources for families who need lodging when their child is ill and in a medical crisis. Even though tabs are small, they add up fast.

Did you know: 1 lb. = 1,000 can tabs and 1000 lbs. = 1 million tabs? Tab donations collected summer/fall 2023 have yielded more than 335 pounds = 335,000+ tabs. ECA will partner with former County Commissioner Susan Allen, to help us deliver this most generous donation of tabs to RMHC.

**Belwood ECA** member Les Dixon and Greg Traywick, NC Cooperative Extension Director, Cleveland County Center participated in the Spangler Branch Library's 18<sup>th</sup> Century Backcountry Day on October 14<sup>th</sup>, 10 AM – 2 PM.

Les worked with participants on seed saving of heirloom seeds.

Greg demonstrated chair seat caning as it was done then and still is now. Plans are underway to expand this heritage program in 2024.



NC Cooperative Extension Cleveland County Center and **Cleveland County ECA** partnered with the local libraries to sponsor the 5<sup>th</sup> Annual Somethin' Pumpkin in October 2023. ECA provided funding for libraries to purchase pumpkins for the pumpkin decorating contest from local farmers.



The program also promoted healthy eating, creativity, and family literacy. Participants received a free pumpkin to decorate based on a character or scene from one of the library's featured books or book types.



The program included: reading one of the featured books, and creatively decorating the pumpkin without carving. Somethin' Pumpkin also included pumpkin nutrition information, a variety of pumpkin recipes, and pumpkin facts.

Cleveland County Library System (Shelby and Lawndale) and Mauney Memorial Library (Kings Mountain) reported 26 and 27 pumpkins returned (approximately 65% of the pumpkins distributed).



## Cleveland County, continued



**Cleveland County ECA** members Lorinda Richard and Pat Farley joined Nancy Abasiekong, FCS Extension Agent in providing information on diet related to heart and brain health with participants of the Cleveland County Employees Health and Benefits Fair in October 2023. Information was shared on the importance of a healthy diet for heart and brain health, and overall wellness. Employees learned simple Med-Way steps they could take for health benefits. Examples of different types of healthy foods were displayed. A recipe and samples of a healthy snack mix were available. Many employees expressed interest in participating in the next Med Instead of Meds workshop series.



**Cleveland County ECA** Council President Pat Farley represented the county and West District ECA at the recent NCECA State Conference in Kill Devil Hills, October 24-25, 2023. Pat participated in the program and accepted the following awards for Cleveland County members: Longevity of Service – Joan Parrish, 25 years, Pat Farley – 35 years; Outstanding Volunteer Award – Mary Lee Jones; Gold Award of Excellence – Cleveland County ECA.



Cleveland County members Les Dixon and Linda Carpenter participated in the NCECA Cultural Arts

Contest with Linda receiving a Blue Ribbon and White Ribbon for two of her entries.



## HELP NEEDED...TABLE DECORATIONS...FAVORS...AND MORE

Yes, everyone can help...it's crafting time, members! Pull out all those patterns, cute and simple ideas and let's start! **North Carolina ECA** is hosting our national organization NVON in Asheville, July 16-18 at Hilton Double Tree-Biltmore. Our state meeting will be on July 15, just one day, then NVON Tuesday-Thursday.

Several counties have already committed to table decorations and favors, but we need more. Hostesses are needed to introduce speakers at the educational workshops, assist on the bus during tours, be at the door during meals. Contact Cathy Holmes if you would be willing to contribute table decorations, favors, items for welcome bags and/or serve as hostess. Phone-828-447-3816, email [godscash@bellsouth.net](mailto:godscash@bellsouth.net)

That's not all. Door prizes are given after each meal and there are 5. A Silent Auction is held, and the money is contributed to ACWW, just like your "Pennies for Friendship". These items should be VERY NICE, worthy of bidding money to take home. Not large items, but quality items. We are asking for 2 door prizes per county and 2 Silent Auction gifts (check with local stores for donations and credit will be given in the program).

Bring these to our state meeting on July 15, 2024. Contact Joyce Kluttz with your commitment to the above-email [joycekluttz3@gmail.com](mailto:joycekluttz3@gmail.com), 704-786-5324 (leave a message).

Members, we only host every 7 years, and everyone can play a part in showcasing all the GREAT qualities of North Carolina and the outstanding members continuing to make their club viable in many communities. Everyone is needed! Help NCECA present our organization to 7 other states.

Cathy Holmes & Joyce Kluttz – co-chairs

Dates to Remember

- |            |                                                                                                                      |
|------------|----------------------------------------------------------------------------------------------------------------------|
| December 1 | eNews Deadline<br>Pennies for Friendship to Appointed Treasurer<br>County Scholarship Chairs to send out information |
| December 6 | Virtual Leadership Team meeting                                                                                      |
| January 1  | County membership dues to Appointed Treasurer<br>Individual Activity Reports due to be logged online!                |
| January 3  | Leadership Team Meeting - Brickhaven                                                                                 |
| February 1 | eNews Deadline<br>Educational Scholarship applications due to County                                                 |



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Postage  
Here