

# Tar Heel HOMEMAKERS E-news

April 2024

Volume 14 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, 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 Jessie Jones, Liaison Agent
West	Kelly Dale, Rutherford County Sherri Leford, Liaison Agent
Appointed Parliamentarian	Wanda Denning, Wake County
Appointed Treasurer	Dana Croston, Gaston County
Cultural Arts Co-chairs	Kelly Dale & Kay Dalton Rutherford County



## Notes From Your President . . .

Thank you to those counties who have stepped up to volunteer to make centerpieces, favors and items for the welcome bags for our NVON Conference in July! It really does take a village (All NCECA) to pull off a national conference!

State Conference will be Monday, July 15. You will find the registration information in this issue of eNews! Please join us in Asheville at the Doubletree Hilton – Biltmore in July for both.

I am excited to attend your District Days, the first of which is Northeast on April 4. I know all the districts have been working to plan meaningful events! There is always such a wide variety of programs and speakers as we celebrate YOU and your accomplishments! Peggie and I will be on hand to answer any questions you may have regarding our Strategic Plan that will be voted on at State conference!

As I worked on your volunteer hours for State Conference, I was so amazed at the numbers that you continue to log as you work to make a difference in your communities . . . THANK YOU!

Wanda Denning

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

### Dates to Remember

April 1	eNews Deadline
April 3	Leadership Team Virtual Meeting
April 4	Northeast District Day
April 19	West District Day
May 1	Leadership Team Virtual Meeting
May 15	North Central District Day
	South Central District Day
	District Scholarships judging complete
May 22	Southeast district Day
June 1	eNews Deadline
	Leadership applications due to Peggie Garner

### 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



Santa & Friends appreciates the **Wake County ECA** for their help with making pillowcases for our preemie babies in the neonatal intensive care units at our local hospitals. The pillowcases are beautiful and Santa and I look forward to delivering them. To each of you - God bless your servant's heart and loving hands.



At the March County council meeting, Gina Garcia-somuk presented N.C. Cooperative Extension Civil Rights Training, a very informative program for all volunteers!

**Southeast**

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

**Wayne County**



National Nutrition Month is celebrated annually in March to emphasize the importance of making informed food decisions, fostering healthier eating habits, and incorporating physical activity into daily routines.



**Wayne County ECA** members participated in the Tools and Techniques for Healthy Eating Program offered by N.C. Cooperative Extension, Wayne County Center. During the program, they created five delicious and nutritious dishes.

The **Wayne County ECA** is well-known for its commitment to providing educational assistance and resources to young individuals. This year, Harley Marie Haley is the recipient of the ECA's \$1,000 scholarship. Harley has been actively involved in volunteering, contributing to local food banks, community gatherings, and NCECA meetings. She intends to pursue a degree in Veterinary Bioscience with a minor in Animal & Plant Science at the University of Mount Olive. Her goal is to embark on a career in Agriculture to follow her passion for animals.



Congratulations to Harley!

**Town and Country ECA** donate toys to Goldsboro Police Department. Corporal Brent Woodall and Officer Ray Bravo of Goldsboro Police Department accepted 50 stuffed animals donated by **Town & Country ECA**. Plush toys are often placed in police cars to offer comfort to children in difficult situations, such as in domestic violence calls



quality

The **North Carolina ECA** is a volunteer organization dedicated to enhancing the of life for families and individuals in communities.

**Wayne County ECA** celebrated its 2023 accomplishments under the theme "Bee the Change," recognizing their members for 23,597 volunteer hours and over \$36,000 in contributions.

Awards:

Increased Membership: Wesley Mt. Olive Club

Recruiter of the Year: Alma Darden

Leader of the Year: Betty Evans

Volunteer of the Year: Oma Whitaker

Attendance Award: Town and Country Club

Service Awards:

Gold: Town and Country Club

Silver: Nahunta

Bronze: North George

A big thank you to our awards sponsor, Wayne County Livestock Development Association, Inc.





## Duplin County



Duplin – Stanford honored Black History Month at their February meeting by wearing their African attire. They wore handmade hats, scarves and dresses. Others purchased theirs. Members attended the Martin Luther King program in the Ed Emory Auditorium.



The keynote speaker Dr. Flood, State Administrator, spoke about the life of Dr. Martin Luther King. (Pictured top L). Then A.J. Conners, Mayor of Warsaw and Moderator of KEMBA, spoke about improving the community and bringing in more businesses. (Pictured bottom R) Ending with Wayne Branch, Duplin County County Commissioner, gave an informative speech about the impact of the commissioners to the community. (Pictured bottom L)

We had 12 1st place winners. They are: Marguerite Robinson, sewing, knitting and machine stitch quilts; Linda Williams, sewing; Mary Pride, Crps stitch; Deborah Halloway, doll outfit and Flower Arrangement; Catherine Lovick, Christmas Decorations; Joye Wade, Jewelry; Debra Ann Carr, Photography; Betty Carraway, Miscellaneous; and Felicity Evans, Acrylic Painting.



There were 27 second place winners, seven third place winners and six honorable mentions. We were really proud of our members. We have so many creative and crafty members who are already making plans for next year's projects.

Duplin Grows is directed by Charmae Kendall, 4-H Livestock.

Duplin Grows is an annual event and over 750 2<sup>nd</sup> graders across the county have a field trip to the Events Center over the course of a two-day period. There are 12 agriculture/livestock educational stations. Several ECA members volunteered to assist the children in playing Bingo games, learning the nutritional value of eating fruits and vegetables. The students enjoyed the game because they would win a prize when they filled their Bingo card.



Our club supported the Annual Women in Ag. The meeting was full of encouragement and information to get more women involved in some part of agriculture. The women were provided many different choices available to them. Our **ECA Club** volunteers at the registration table and helped serve lunch to 200 students and guests.



Several of our members volunteered in Ag Day to support our former FCS Agent, Sydney Knowles at Sampson County Agribusiness Expo. There were lots of vendors, entertainment, music and games for children. Stations were set up to offer information about agricultural research being done in the state concerning food grown in NC. Members assisted with the Children's Seed Activity, Sweet Potato Man and Cheerio Bird Feeder. There were free activities for all ages.



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

**Orange County**



Last February, **Orange County ECA** members celebrated their Achievement Day. They were joined by two commissioners and Jonathon Smith, Orange County Extension Director. The speaker was Jennifer Brown, FCS Agent in Person & Granville Counties, who energized members with her talk about the topic of the day, "Engaged in Community Caring & Sharing."



Members brought household items for the SECU Family house at UNC Hospitals and the request motivated our 4-H club members to get involved too. In total, more than \$1,000 in items were donated including but not limited to paper towels, sturdy disposable plates and cups, storage bags, and disinfectant wipes. At the beginning of March some members were able to take the items to the SECU House. This location is open to all adult patients at UNC Health and their family/caregivers to stay, who live more than 50 miles from Chapel Hill. If you want to give to the SECU Family House, go to [secufamilyhouse.org](http://secufamilyhouse.org).



In January, Orange County Extension secretary, Brenda Sykes Conway, passed away. She worked with Extension for 33 years, retiring in 2006. She is remembered with love by our ECA members.



On March 20, our beloved member Mollie Bell White Hester died at the age of 93. She was an original member of the **ECA Ridge Road Club** founded in 1947 and dedicated all these years to serve her county and her community. We will miss her dearly."

**Person County**



Congratulations to all of our **Person County ECA** members who attended and were celebrated at our annual Achievement Day program. They volunteered over 2,700 hours in 2023, which equates to saving Person County \$86,000.





Randolph County



March 20<sup>th</sup> was a perfect spring day for **Randolph County ECA's TREK** to Carolina Bronze Sculpture in Seagrove. Established in 1990, Carolina Bronze is a premier foundry-



serving clients throughout the world. It specializes in bronze and aluminum casting and fabrication, using both traditional techniques and in-house digital tools.



Following lunch at Cagle's Diner, the day ended with a stop at Southern Supreme Fruitcake.

ECA's next event is the **SPRING INDOOR YARD SALE**

**Randolph County ECA** had a TREK to Wallburg and Winston Salem on February 22<sup>nd</sup>. The day started with a visit to the historic George W. Wall House. It was built in 1896 and is one of the finest and least altered examples of late Victorian architecture in Davidson County. Exhibits in the house included period furniture and a most impressive spotlight on the Wallburg Liberty Piedmont Institute (established in 1903), a school where young men and women could be prepared for college.



Other highlights of the day included lunch at The Carriage House and a visit to The Cricket Nest Craft Shop. The city of Winston Salem established the non-profit in 1976 to provide a location for Forsyth County citizens over the age of 55 to market handcrafted items.



**Randolph ECA** held its spring AREA meeting and cultural arts competition on March 27. The meeting featured a presentation by Family & Consumer Science agent Jennifer Holmes on the food rainbow- relating fruit/vegetable color to specific nutritional benefits. Everyone used almond milk and a variety of frozen fruits to make no- sugar smoothies. The cultural arts winners were then announced; blue ribbon winners advance to the district competition in May. The next ECA event is the big indoor yard sale on April 26-27.



### Surry County

2024 has found **Surry County ECA** " moving more" in a variety of fun ways.



**Sixteen Beulah Club** members made terrariums at their January meeting led by Surry County Master Gardeners. Everyone went home with a terrarium to enjoy. In February, the club worked on the Quilted Heart Project to make hearts to show others in the community they are loved when a person finds a heart. The group also shared this opportunity by teaching the Beulah 4-H club members how to make quilted hearts. The March meeting was presented by the area representative from the American Red Cross. The group learned about community projects and are investigating the possibility of hosting a community blood drive.



The **Pilot Mountain Achievers Club** hosted a Dementia Friends workshop in January. This event was open to the community and led by the Area Agency on Aging. Everyone learned ways to be more supportive of individuals and families dealing with dementia. In February, the club had a craft workshop using pizza pans to make door/wall decorations that was a lot of fun. It was interesting to see how



each one was creative in designing their decoration. In March the group had an exercise program which focused on balance, posture and flexibility. Everyone benefited by learning easy ways to incorporate more movement into their day.

The **Siloam Club** learned spring pruning tips in January. This program was led by a club member who attended a workshop presented by Surry County Master Gardeners on pruning. In February, members enjoyed a Valentine's themed heart health program. Members were encouraged to wear red, learned healthy heart tips and enjoyed some delicious heart themed refreshments.



The March program was on the benefits of dance and included some Irish dancing perfect for St. Patrick's Day. Members learned a variety of simple party dances including some that could be done in their chairs to get moving and to have fun! The St. Patrick's themed lunch and decorations were enjoyed by all.

### 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** met on February 7. They discussed upcoming district day responsibilities and upcoming programs for the year. Members had decided to collect money for Backpack Buddies. This is a monthly initiative, provided by Anson County 4-H that is given to two elementary schools in Anson County. Seventy-five bags are completed monthly with non-perishable food items to sustain them from Friday through Sunday. These students are recommended by the school social workers. **Anson ECA** members completed their yearly hours and decided to have a program on advance directives and it is scheduled for March 20<sup>th</sup>.

## Lincoln County

**Lincoln County ECA** hosted their 25th Annual National Pie Day Celebration on January 24th, 2024. Each year, community members gather to observe National Pie Day and sample a spoonful of various pies, made by ECA members. This year, all community members were given three tickets to vote for their favorites. The overall winner was Possum Pie, made from delicious sweet ingredients, no game animals (recipe below). National Pie Day recipe books from this year and previous years were sold as a fundraiser, as well as knit caps made by ECA members. This event was a great opportunity to show the community who **Lincoln County ECA** is and what they offer to the community; scholarship applications for college-bound seniors in the county were available at this event. A crowd of over 60 folks came out during the dreary weather to support ECA and enjoy a delicious tradition here in Lincoln County.



### Possum Pie

*Cathy Houser*

- 6 ounces cream cheese, softened
- $\frac{3}{4}$  cup confectioner's sugar
- 1 graham cracker crust (9 inches)
- $1\frac{3}{4}$  cups cold whole milk
- $\frac{3}{4}$  tsp vanilla extract
- $\frac{1}{4}$  cup instant vanilla pudding mix
- $\frac{1}{3}$  cup instant chocolate pudding mix
- $\frac{1}{2}$  cup heavy whipping cream, whipped
- 12 to 16 pecan halves



In a small bowl, beat cream cheese and confectioner's sugar until smooth. Spoon into crust. Sprinkle with chopped pecans. In a bowl, whisk the milk, vanilla and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft set. Spoon over pecans. Refrigerate for at least 4 hours. Top with whipped cream and pecan halves.

## Gaston County



In March, Volunteer Coordinator, Kayla Adams, took the first round of donations to Webb Street School to help restock their food pantry. The drop off contained almost 400 items collected over the last 2 weeks from Volunteers across Gaston County Cooperative Extension.

**Gaston County ECA** along with Master Gardener Group of Gaston County and other volunteers within Extension are working together to gather donations for Webb Street through the month of March. We will be collecting donations through the month of March and will be delivering the next round of donations on March 28 - just in time for spring break.

Thank you for your support and let's get their food pantry full again!



### Stanly County



**Stanly County ECA** held their Cultural Arts Event in March! We have lots of talented folks who will be taking their items on to be judged at the District conference in May! Congratulations to everyone!

### Harnett County

Thank you to the Harnett County ECA for helping Santa & Friends by making pillowcases for Santa to deliver to the NICU at the local hospitals. We look forward to delivering these beautiful pillowcases that you have sewn with love for some precious preemie babies. Thank you Donna Springle for coordinating this for us and your continued support of our ministry.



### 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

**The Rutherford County ECA** recently celebrated their 2023 accomplishments with a luncheon and a recognition of members and officers. We practiced a virtual option for members who could not attend in person and plan to offer this regularly in the future.



Karen Laughter was recognized as our Member of the Year. She has been a member of our ECA since 1988 and has served as our treasurer for almost fourteen years. Her dedication to our association goes unmatched. Attendance Awards were presented to Suzanne Gibson and Kay Dalton for their perfect attendance for ECA meetings and events during 2023. The 2023 recycling award was presented to Janis Byers. Meredith Byers (pictured) accepted this award on her behalf.

We recognized our officers who will continue to lead during 2024. Our current leadership team is as follows: President: Arnita Camp- Harrison; Vice-President: Kelly Dale; Recording Secretary: Meredith Byers; Card Secretary: Ruby Ham; Treasurer: Karen Laughter; Cultural Arts: Kay Dalton, Suzanne Gibson, Kelly Dale; Past President: Janis Byers.



Rutherford County, continued



Suzanne Gibson led a memorial for our ECA sister, Laverne Walker. Laverne passed away on November 18, 2023. Laverne joined ECA in 1998. She had served in many positions, attended many leadership trainings at Caraway and state conferences. Many of our members will best 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!

Our group is looking forward to welcoming our new liaison agent in the coming weeks. We are excited to continue the work we do for our community.



Kelly Dale and Kay Dalton did a cooking demonstration at our monthly meeting, it was fun very educational and delicious.



Cathy Holmes and Kay Dalton enjoyed volunteering with our Agent Sherri Ledford making a colorful salad and dressing demonstration. It was absolutely delicious and the participants really enjoyed it.



# National Volunteer Outreach Network, Inc.

**25th ANNUAL NVON CONFERENCE**

**July 16-18, 2024**

**Planting Many Seeds . . . Embrace Change!**

**Asheville, North Carolina**

**Hilton-Biltmore**

# Nvon.org



### Cleveland County

Cleveland County ECA members along with FCS Agent Nancy Abasiekong, County Extension Director Greg Traywick and guest Paula Litaker had an exciting tour to Willis Farm in upper Cleveland County on February 19th.



Farm owners, Rodney and Lynn Willis talked about their operation using a 1933 Meadows Mill to grind the corn. We watched a video of how the corn is grown, stripped of its leaves and harvested. Rodney demonstrated how the corn is milled into grits and cornmeal and then how the chaff is removed.



Consumers can purchase these products and Willis Farm Sorghum Syrup at the farm and at the Foothills Farmers' Market in Shelby.



Cleveland ECA County Council hosted the Life Enrichment Center March Monthly Birthday Party on March 18th, 2024.

The two photos below show the ECA members who served as hostesses: Lorinda Richard, Karen Hubbard, Jean Ann Privett and Jo Anne Owens.



The members served delicious angel food cake, vanilla ice cream with orange sherbet, sugar free grape soda, and cheese puffs along with festive holiday napkins. This is one of the ways ECA supports the adult day health program.



Pat Farley, member and 82-year-old retired nurse presented a program to the adults and older youth of the Broad River Grandparents Raising Grandchildren & Kinship Care Support Group (BRGRG) at the March 21st meeting. Pat talked about the "Importance of Volunteering in Our Communities" and her recent Medical Missions Trip to El Salvador. Pat pointed out various examples of ways adults and youth can volunteer in their neighborhood, school, church, and community. She encouraged everyone to volunteer in the next few weeks and report these efforts at the next Support Group meeting in April. **Belwood Club** members volunteer each month to work with the Younger Children's Group and facilitate the BRGRG Book Club and Literacy Project providing books and magazines for the children and grandparents.



Members were excited to learn about new tools for researching their family tree through the "ECA Genealogy Workshop" on March 25th taught by ECA member Linda Carpenter. Seven members and one guest participated in the



workshop. Linda asked us to start with ourselves and set a goal on how many generations we wished to research. She offered advice on where we might find assistance other than the usual Ancestry.com and Family Search, etc. Other sources included citizenship records, death notices, land grants and wills. She gave different charts that could be used for writing out our family tree as we go back through and find our ancestors.



## 2024 NCECA State Conference

### *Plant Many Seeds . . . Embrace the Change*

#### **Sunday, July 14**

- 3:00 Registration
- 6:00 Leadership Team meeting  
Cultural Arts check in

#### **Monday, July 15**

- 8:00 – 11:00 Registration

- 10:00 **Walk with Ease – Nadia Mazza . . .**The Arthritis Foundation’s program that is proven to reduce the pain of arthritis and improve your overall health.

**Cooking Matters at the Store – Jennifer Brown . . .** When shopping at the grocery store, it is always good to have a plan in order to reduce costs and make the healthiest decisions. When in doubt, ask for help. To help people learn more about eating healthier and saving money, we will host a FREE “Cooking Matters At The Store” pop-up tour program, that takes you on a grocery store tour to help you spend less time grocery shopping, teach you how to make the best choices for your family, and help you plan easy and delicious meals while saving money.

#### **Health by Design: All About Bees – Michelle Estrada (Limit 20) \$12**

Join us for a fun and educational session! In this class, you'll have the opportunity to create a cute door hanger while learning about bees and honey. We'll provide all the necessary supplies and even give you educational resources to replicate this class in your county.

- 12:00 Opening Lunch – Dorothy Wagstaff – President-elect
  - Presentation of Colors
  - Pledge of Allegiance – Marita Powell, VP – Northeast District
  - Greetings
  - Introduction of Speaker – Wanda Denning, NCECA President
  - Speaker – Jane Chapman, NVON President
  - Announcements
  
- 2:00 Business Meeting
  - Cultural Arts Open
  
- 6:00 Awards Banquet, Wanda Denning, NCECA President
  - Invocation – Patricia McKoy, VP – South Central District
  - Greetings – Sarah Kirby, FCS State Program Leader
  - Awards – Jeanne Gilbreath, VP – North Central District
  - CVU
  - Longevity of Service
  - Excellence Awards
  - Outstanding Volunteers
  - Leadership Awards – Peggie Garner, NCECA Advisor
  - Remembrance Ceremony – Cathy Holmes, 2021-22 NCECA President
  - Announcements

**\*\*After Banquet – Pick up Cultural Arts**



**North Carolina Extension & Community Association, Inc.**  
**2024 Conference Registration**  
**July 15, 2024**  
**Doubletree by Hilton – Biltmore**  
**Asheville, NC**

*Plant Many Seeds . . . Embrace the Change*

Name \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

**Special dietary needs include all foods due to allergies or religious beliefs:**

\_\_\_\_\_

**Emergency Contact Name:** \_\_\_\_\_ **Phone Number:** \_\_\_\_\_

**I am a: (check all that apply)**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Leadership Team | <input type="checkbox"/> County President    | <input type="checkbox"/> Past State President |
| <input type="checkbox"/> Liaison Agent   | <input type="checkbox"/> NCECA Administrator | <input type="checkbox"/> Guest                |
| <input type="checkbox"/> First Timer     |  |   |

**I would like to purchase Guest Meals:**

**Registration Deadline: 6-15**

Monday Lunch      \$45.00

Monday Dinner      \$55.00

**Full Registration \$100.00** \_\_\_\_\_

**Late Registration**

**(After 6-15) \$115.00** \_\_\_\_\_

**Guest Meals** \_\_\_\_\_

**Health & Design (Limit 20) \$12** \_\_\_\_\_

**TOTAL Registration & Fees \$** \_\_\_\_\_

(Registration fees transferable, not refundable)

Make checks payable to NCECA, Inc.

Mail to:

Dana Croston  
 959 Osceola Street  
 Gastonia, NC 28054

**April**

Or online at:

<https://www.zeffy.com/en-US/ticketing/270328bd-869d-4e9e-9f42-4eefff8b4aac>



May 12



**NC STATE** EXTENSION

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