

Tar Heel
HOMEMAKERS
E-news

October 2024

Volume 14 Number 5

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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
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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 Sheri Ledford, 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 . . .

As I prepare this edition of the eNews, I am feeling heart broken by what our members and their communities are experiencing in the West District. This may even be a few days late as some Extension Centers are closed but agents and members are still working on articles!

Those of us that only got a deluge of rain are still more fortunate than those who lost so much and are still experiencing isolation, food insecurity, loss of life, etc. due to the major destruction.

How can you help? That’s what ECA does . . . HELPS! Thanks to Kayla Adams in Gaston County for preparing information. I have added it elsewhere in this edition.

Most Extension Centers across the state are also organizing relief efforts!

Heartwarming as well, is the fact that many of our NVON sister states have reached out as they see pictures of where we just hosted the NVON conference. They want to know how THEY can help!

As we county down to the end of 2024 and prepare for a new year, I commend you for the work you continue to do in your communities!

Wanda

go.ncsu.edu/nceca

Relief Efforts in Western NC!

Here are the 3 options that NC ECA members, families and friends can help support relief efforts in Western NC through NC ECA:

1. **Gaston County ECA** will be collecting donations of the items below to deliver to Operation Airdrop. All items collected will be flown to Western NC to help provide relief and aid to those impacted by Hurricane Helene. In addition to the following list, they have now added the following items to be accepted:

- Plastic Baby Bottles
- Adult Diapers
- Reusable Shopping Bags
- Nitrol Gloves
- Children's Tylenol/Motrin
- Adult Tylenol/Ibuprofen

Please note that water cannot be taken due to weight restrictions. They are also asking that no clothing other than socks be brought at this time.

If you would like to order supplies to be delivered to Gaston County ECA via Amazon or any other location, due to the business hours of the building we are asking that all deliveries be made via the Amazon Wishlist linked here: https://www.amazon.com/hz/wishlist/ls/2H1K1D5MPUEUO?ref=wl_share

Please note that the wishlist will be completed no later than end of day Tuesday, Oct 1 to begin ordering. All items purchased through this link will be shipped directly to Gaston County ECA.

2. For monetary donations that will be made in NC ECA's name visit <https://go.ncsu.edu/gcwesternncrelief>
3. You may also mail a check **made out to NC ECA and put in the memo line "Western NC Relief"**
Mailing address:
Dana Croston
959 Osceola St.
Gastonia NC 28054

All money collected through October 15 will be sent directly to Operation Airdrop or Red Cross in the name of NC ECA depending on which organization is accepting donations still at that time. We currently have communication with both organizations that are able and willing to accept them.

November 11



ESSENTIAL SUPPLIES COLLECTION

EXTENSION VOLUNTEERS ARE COLLECTING THE BELOW SUPPLIES TO DONATE TO OPERATION AIRDROP IN LINCOLN COUNTY. THE DONATED SUPPLIES THAT ARE BROUGHT IN WILL GO DIRECTLY TO WESTERN NC.

ACCEPTED ITEMS:

- SPORTS DRINKS (POWDERED PACKETS)
- HYDRATION PACKS (POWDER FORM)
- BABY WIPES
- DIAPERS (CHILDREN & ADULTS)
- BABY FORMULA
- BUG SPRAY
- SUNSCREEN
- PLASTIC UTENSILS
- MANUAL CAN OPENERS
- TRASH BAGS (13 GAL OR CONTRACTOR BAGS)
- NON-PERISHABLE FOODS
- CLEANING SUPPLIES
- PLASTIC SHEETING/TARPS
- TOOTHBRUSHES
- TOOTHPASTE
- TOILETRIES/SANITATION ITEMS
- PET FOOD (DOG & CAT)
- HAND SANITIZER
- SANITIZER WIPES
- FEMININE HYGIENE PRODUCTS
- HEAVY DUTY WORK GLOVES
- SOCKS - ALL SIZES (UNOPENED)

WE CANNOT ACCEPT THE FOLLOWING ITEMS:

- USED clothes
- Water (due to weight)
- HAZMAT
- Most chemicals (including bleach)
- Fuel
- Flammable items

Across the State

Northeast

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

Wake County

Wake County ECA members have been working diligently this summer on a cookbook! Each club has selected recipes across the categories. The book will contain helpful hints, substitution charts etc. in addition to the recipes. Members sold ads and created a patron's list of donors to help defray the cost of printing!



Wake County Cooperative Extension held its inaugural Hall of Fame Celebration in August. One person from each, Master Gardeners, 4-H and ECA was inducted. We offer our congratulations to **Joan Quin** – Our First Wake County Cooperative Extension Volunteer Hall of Fame Inductee! Joan has dedicated over 34,000 hours of volunteer work since 1979, a contribution valued at over \$1 million! Her extensive involvement spans teaching essential life skills, mentoring new members, and leading innovative projects like the Family and Consumer Innovation grant, which brought hope and fellowship to women in prison. Her efforts during COVID, creating thousands of face masks, and her role in the Cultural Acts program showcase her unwavering commitment to the community.

Joan's positive impact and dedication truly embody the spirit of ECA. Thank you, Joan, for your incredible service and for making a lasting difference in our community!

At our September County Council, **Oak Street Health** presented a very informative program on how they help older adults live healthier lives. They specialize in primary care for older adults that's designed to keep you healthy, not just treat you when you're sick.



October 14

Southeast

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

Wayne County

Volunteering has a positive impact on the community by uniting and improving it through connections and contributions. **Wayne County ECA** members organized an ice cream social to create 40 gift baskets for Eastern Wayne Elementary teachers, showing appreciation for all Wayne County Public Schools teachers and wishing them a great school year.



Duplin County



Our Family and Consumer Sciences Agent, Rachel Ezzell, and Extension Master Food Volunteer Emma Carr visited the Warsaw site with Duplin County Senior Services to talk about an Intro to the Mediterranean Diet. Volunteers tested several recipes in July and decided on this Black Bean Salsa recipe for this month's demo.

North Central

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

Person County



Bushy Fork Extension ECA held their monthly club meeting September 3, where they conducted club business, planned a community service project, and one of their leaders taught a lesson on tea.

Person County ECA members came to the office to view a live Zoom workshop on Focaccia Bread Art, taught by the Forsyth County FCS Extension Agent and volunteer.

This is part of our monthly Extension At Home series. Next month's workshop will be taught by Person County and focus on how to "Cook with Ease".



Randolph County



Randolph County ECA visited the International Civil Rights Center & Museum in Greensboro on August 27th. Located in the iconic F.W. Woolworth's venue, the site opened in 2010 as a comprehensive testimony of the Civil Rights Movement and an innovative educational organization devoted to understanding and advancing civil and human rights in this country and the world.

The Center commemorates the February 1, 1960, sit-ins at a whites-only lunch counter in Greensboro by four Black college students from North Carolina A&T State University — David Richmond, Frank McCain, Ezell Blair, and Joseph McNeil. Their non-violent direct action ignited the Sit-In Movement that renewed the Civil Rights Movement as a whole, challenging Americans to make good on promises of personal equality and civic inclusion enunciated in the Constitution.

Orange County

On August 3rd, **OCECA** held a workshop called Understanding Alzheimer's and Dementia at Antioch Baptist Church in Chapel Hill. Pat Tayloe, OCECA member, coordinated the program, while Ivelisse Colón, Orange County FCS Agent, offered education. The workshop was well-attended. Some individuals with young-onset Alzheimer's and their families shared their experiences with the disease and the necessity of distinguishing between normal aging and Alzheimer's.



In response to student needs, several **Orange County ECA** members gathered on August 24th for a County Project known as Cycle Care Kits. Although the Orange County Schools head nurse had secured feminine products this year for teens who had a period accident or couldn't afford products, she informed our FCS Agent that leggings, female underwear, and feminine wipes were needed for the same purpose. Our FCS Agent talked and coordinated with various



members to create and assemble what they called Cycle Care Kits. The kits contain underwear, two premoisten individually wrapped wipes, a quart-size bag for soiled underwear, and a bilingual Cycle Care Kit trifold with menstrual hygiene information, all presented in a canvas makeup bag with an uplifting message. Each pack was labeled with the underwear size. Jean Eddleman and Beverly Hester-Stephens handed 90 kits and 27 leggings to Sylvia Compton, the OCS Lead Nurse, who distributed them across the system's three middle and three high schools. This initiative was funded by Orange County Extension and a contribution from Walmart.

Surry County

The Beulah Club meetings have been very hands-on in the past few months. In June, members and guests enjoyed a **Dot Paint Class** taught by club member Bonnie Cahall. This art technique uses dots of paint to make pictures. Everyone enjoyed creating a picture with this fun and relaxing art form.

In August, community volunteer Chrystal Mercer shared information on **Simple Home Repairs** you can do yourself. She included information on what tools women need to have in their tool kits and how those items can be used. This program was very helpful and potentially can save money while building self-confidence.

Surry County Continued



September brought pumpkins to the **Beulah Club**. Local elementary art teacher taught an **Acrylic Pumpkin Painting Class** on canvas. Members also brought books to stock the Little Community Lending Library which is in front of the Beulah Community Center. The Little Library has books for all ages and is a joint community outreach partnership between the **Beulah ECA Club**, the Beulah 4-H Club and the local chapter of Alpha Delta Kappa.

The **Pilot Mountain Achievers ECA Club** shared "**Precious Memories**" at their August meeting. Members brought items from places they had been and special times in their lives and shared about their experiences. Was fun and interesting for all.



In September club members enjoyed a program on "**Gadgetology**". Everyone brought a favorite kitchen gadget or tool they found especially helpful in their kitchen. After members shared why they liked their items so much, some participants wanted to add to their gadget collection in their own kitchen. Participants also brought gadgets they weren't using to swap or share with others.



The **Siloam ECA Club** visited **Minglewood Farm and Nature Preserve** (<https://minglewoodpreserve.org/>) for their August adventure meeting. Members enjoyed learning about this local non-profit whose mission is to connect students of all ages to the natural world and inspire a sense of environmental stewardship through place-based learning in the Piedmont and Foothills of North Carolina. Members made beautiful flower arrangements with a variety of flowers cut from the farm and then enjoyed lunch at Big Creek Lodge Restaurant at the Luna Trail Event Center (<https://lunastrail.com/the-big-creek-lodge-restaurant/>).

In September, members learned more about Surry County 4-H and Youth Development as 4-H agent Amanda Gann shared information about **local 4-H programs and volunteer opportunities**. President Peggy Folk has been texting members to remind them and it must be working. They had 22 to attend the meeting with 3 new visitors!



South Central

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

Stanly County



The **Stanly County ECA** had a great day touring Starwork Clay, Glassblowing, and Metal works. They also enjoyed a delicious lunch at Uwharrie Mercantile and explored Front Porch on Main in Troy, NC.



Gaston County



The **Martha Goebel Club** met and totaled the school supplies that were collected over the month of July for Lingerfelt Elementary. This year we were able to take over 400 items to the school to support their students and teachers for the upcoming school year!

Spending some time meeting with Mr. Coke and his awesome Staff was not only a blessing but we also walked away with an important take away that we want to share with you . . . Back to school drives and school donations aren't just needed at the beginning of the school year, schools need support year-round!

Union County

Estelle R. Coffey and Maggie Massey, two dedicated ECA volunteers in Union County, generously donated a variety of essential school supplies to a local school. Their donation, which included composition books, notebook paper, folders, pencils, and crayons, was warmly received by the school's principal. The contribution will help ensure that students have the necessary tools to succeed in their studies and start the school year on the right foot.



Cabarrus County

Cabarrus County ECA members were very visible during the recent weeklong Cabarrus County Fair, September 6-13, 2024. The Fair is a community effort and the paid attendance for the Fair week was 62,615! There were eight outstanding ECA Booths on exhibit for the week.

Country Neighbors ECA Club captured first place honors with their booth "Support Your Local Farmers," **Rimer ECA Club** captured 2nd place honors with the fair booth theme of "The Track to Good Health," **Culinary Adventurers ECA Club** earned 3rd place honors with the theme of "Our State Symbols," and **Cold Water ECA Club** earned 4th Place honors with the theme of "Prepare...Be Ready for Emergencies." ECA Booths earned a total of \$890.00 in Fair Premiums that will be used for their community projects.

ECA members also volunteered in the daily Extension exhibit "Farm to Fork" during Fair Week.

Cabarrus ECA members are looking forward to hosting their annual holiday educational program "Holiday Creations" on Thursday, November 13, 2024 at the Cabarrus Rooms of the Cabarrus Arena and Events Center. This program is open to the public and will include "Ideas for Charcuterie Boards," "Beverage Examples and Recipes," "Creating Holiday Ornaments," "Floral Inspirations," and a presentation by the new Arena Chef Lin Childers on "Holiday Appetizers." Registration will begin at 9am and the Program will begin at 9:30am. Cost is \$15 per person, and checks may be made payable to **Cabarrus ECA** and mailed to Joyce Kluttz, 3201 Old Salisbury Concord Road, Concord, NC 28025. Cabarrus ECA welcomes any ECA members or guests that might want to attend.



The **Culinary Adventurers ECA Club** members gathered recently to prepare Bag Lunches for the clients of the Cabarrus Community Free Clinic. This has been an ongoing community service project of the **Culinary Adventurers ECA Club** for several years, and it is very appreciated.

Dates to Remember

October 1	Tar Heel Homemakers eNews deadline
October 2	NCECA Leadership Team Virtual Meeting
November 1	Scholarship Information sent Local Membership dues
November 6	NCECA Leadership Team Virtual Meeting
December 1	Tar Heel Homemakers eNews deadline Pennies for Friendship to Appointed Treasurer County Membership dues to appointed Treasurer

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 Fall Beginner Sewing Series began on Friday, September 13th, which included the foundational skills and knowledge needed to get started with sewing. Participants learned about the parts and functions as well as the basic operation of the sewing machine, including winding their bobbin and threading their machines.

Participants gained hands-on experience using essential sewing tools (pins, fabric rulers, rotary cutters etc.), as well as basic sewing techniques and pressing seams. Sewing safety was taught as a priority for safe sewing practices and to avoid accidents and injuries.

For this first session, participants embellished their own hand towel using the techniques they had learned and were able to take their project home with them.

Each class in the three-session series builds on these basics, helping students gradually gain the skills and confidence to tackle more complex projects as they progress. Subsequent sewing classes in this series are scheduled for October 11th, and November 8th. These participants are eager to tackle their upcoming projects which include a half apron and table runner.



The **Cherokee ECA** offers an Evening Sit & Knit every 4th Tuesday, 6-8pm! All experience levels welcome. This is a beginner friendly ECA group for adults that donates warm items back to the community.[]

Cleveland county



ECA committee chair, Les Dixon, grew basil plants from seeds to share with children at a recent Foothills Farmers' Market for the Power of Produce, POP, event. The children and their families were excited to receive their basil seedling. Les and FCS Agent Nancy Abasiekong, shared instructions on how to grow and use basil, and gave a coloring sheet to help the children learn about this easy to grow herb that's fun to add to many dishes.

Cleveland County, continued



County Kitchen show host, Debra Blanton, shared information about the many ways to use dehydrated apples, a delicious fall fruit. Pat also talked about how nutritious apples are and gave instructions on how to dehydrate and store dried apples and pointed out dried apples would be safe, even if you have a power failure. She also demonstrated a recipe for delicious dried apple hand pies.

Cleveland County ECA members, with the assistance of Extension staff, put in four booths for the 100th Anniversary of the Cleveland County Agricultural Fair. Members worked hard to create timely educational messages to share with the many people who visited the annual Fair, September 26th – October 6th, 2024.

First place went to a booth entitled, “Opioid Crisis, How Can We Respond?” This booth was created by the Building Healthy and Strong Families Issues Committee.



Second place went to the booth created by at-large members for their “Choose These Plants: Bee-Cause Pollinators Feed the World” This booth showed photos and actual plants that are beneficial to many different pollinators. Fair goers were invited to “Bee Part of the Buzz”

Third place went to the **Belwood Club** members for “Belwood ECA - 109 Years of Awesome” This booth highlighted some of the programs and projects **Belwood ECA** members have learned about and ways they have volunteered in the community. This booth also showed the first home demonstration agent, Susan Elliot, in 1915, and the current FCS agent, Nancy Abasiekong.



Honorable Mention went to the County Council booth, “ECA Members Wear Many Aprons.” Fair goers could see a variety of aprons shared by the local Apron Museum that showcased many ways grandma would have used her apron. Visitors were also invited to join **Cleveland County ECA**!

Broad River Grandparents Raising Grandchildren & Kinship Care Support Group (BRGRG) members enjoyed a hands-on workshop at their September 19th meeting. Members were excited to work with ECA member, Linda Carpenter, as she helped them create their very own fall wreaths. ECA member, Pat Farley, followed up from an earlier meeting and reminded families about the importance of volunteering in the community. Pat invited the children and families to share ways they volunteered over the summer break. This meeting ended with a celebration of the 17th Anniversary for BRGRG.



Annual Activity Report

We report our volunteer hours, as required by NC State Extension. The agents also must report the hours of their volunteers! Their reports are due in December, so we have made a change to our due date for reports! These should be entered online at(go.ncsu.edu/nceca) by **DECEMBER 1st!**

The agents do not need our hours broken down more than ECA/Extension and Non ECA, so that is how we are asking your hours to be reported.

In each area below, please report your hours of participation.

ECA & Other Extension Programs	Hours	People Reached	Dollars Contributed	# Items Donated

Non ECA/Community Partners Activities	Hours	People Reached	Dollars Contributed	# Items Donated

Totals from ALL listed above: Hours _____ People Reached _____ \$ \$ _____ # Items
Donated _____ Contributed _____

Does your club or county give scholarships? Yes [☐] No [☐]

If yes, number and amount, (i.e. 2 @ \$500) _____ @ \$ _____

When to submit:

December 1: Submission of hours are due to be logged online for NCECA Yearly Reports and for individual CVU. One person in each county should be responsible for gathering and logging the hours of those who do not have access to a computer.



NC STATE EXTENSION

Place
Postage
Here