



# Tar Heel HOMEMAKERS E-news

June 2014

Volume 4, Number 3

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## 2013-14 Leadership Team

President- Wanda Denning  
President-elect- Faye Lanier  
Past President – Dianne Brown

### VP's

Northeast- Audrey Askew  
Southeast- Juliette Thompson  
North Central- Laura Lloyd  
South Central- Shelby Ford  
West- Cindy Harmon

### Appointed Parliamentarian-

Abby Sparks

### Appointed Treasurer-

Ruth Clifton

### Appointed Editor-

Sue Glover

### Association Advisor-

Geri Bushel

### CVU Coordinator-

Anne Gaddis

### Cultural Arts Chairs-

Audena Spain and  
Gloria Smith

Like NC ECA on



## From the Leadership Team

WOW! Our entire ECA membership is to be commended for the awesome District Days! Each one showcased the talents of the respective District. The one commonality was the CCL module that was presented, Social Identity. While the same topic was presented at each District Day, there were still some differences in the delivery, as we with CCL tweaked the topic and delivery between each event.

*"Social identity comprises the parts of a person's identity that come from belonging to particular groups, including age, ethnicity, race, religion, gender, sexual orientation, nationality and socioeconomic status. Your social identity informs how you lead. The social identities of those around you affect how they view you as a leader and how they view, and thus work with, others."*

It was interesting to watch the participants as they had "aha" moments realizing that the more ECA members are different, the more we are alike as we work toward one goal . . . fulfilling the mission and purpose of ECA.

## Applications Needed

We are in the second year of the first slate of officers to serve a two-year term. That means we need to elect a President-elect at State Conference in October. According to the rotation schedule, the candidate should come from the Southeast District. If you have served as a district president and are interested in serving NCECA in this capacity, please submit an application (in the book!) to Ruth Clifton, Nominating Chair for the Southeast District. You will find more information in our Standing rules.

## REPORTS, REPORTS, REPORTS!

**2013 Reports:** It is time to complete activity reports for 2013. Individual activity and CVU reports were due to the club June 1. The club compiles its report and submits to the county and liaison agent by June 15. The county uses all the club reports to compile a county report that is due to Geri Bushel by July 1.

**2014 Reports:** Individual and club reports for December – June 2014 reports are due to your Liaison Agent only!

### Jane S McKimmon Society

**JSMS is a special recognition program designed for friends of the NC Family and Consumer Sciences and/or NC Extension & Community Association Foundations who wish to support these entities in an innovative way.**

**The JSMS recognizes those who contribute \$1000 or more in unrestricted funding to either aforementioned foundation. The contribution may be pledged up to 5 years. Such a contribution illustrates a significant commitment to improving the lives of families across North Carolina.**



## 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

### Northeast District Day

#### Pasquotank County ECA at NE ECA District Day

The Pasquotank County ECA delegation included Georgine Armstrong, Nancy Sawyer, Gladys Jennings, Deb Witherow, Phyllis Sawyer, Brenda Simpson, Linda Roberson (yes she is hiding between Brenda and Yvonne) and Agent, Yvonne Mullen. Both Brenda and Georgine won door prizes. Our Cultural Arts winners included: Deb Witherow, photography, Linda Roberson, jewelry and Georgine Armstrong for both acrylic and watercolor painting.



Yes that is Shelly Coburn photo bombing the picture of Brenda holding her door prize bag. Shelly was the winner for the \$100 District Day Raffle. Congratulations Shelly from Martin County!

Although it was a chilly day we all left with a warm feeling from the warmth of our friendships being renewed across the district.

There was a giant void in our meeting by those who were unable to attend this year. Healing blessings and thoughts go out to each one absent. You were missed. Although there was no recognition of those who have died, we cherish memories and special moments along the way.

### Pasquotank County

Pasquotank County Achievement Program recognized our club of the year, Nixonton ECA represented by Margaret Stallings and Joy Johnson, and Homemaker of the Year, Gladys Jennings. We were honored to have in attendance both of our \$500 scholarship winners: Katherine Hassell (Raleigh Carver Memorial Scholarship) and Morgan Murray (Pasquotank County ECA Scholarship). We all enjoyed a salad social. Hopeline abuse shelter spokesperson, Regina Sawyer, was our guest speaker. Forty-two members received reading certificates and seventeen members received perfect attendance recognition.





## ECA Centennial Commemorative Ornaments for Sale

Each person who attended the ECA Centennial received a 24 karat gold over brass commemorative ornament as a gift. The company, The Charleston Mint, based in Brevard, donated additional ornaments to benefit the ECA Foundation so there are about 200 available for sale. The ornaments can be purchased for \$10 each. If counties would like to buy a small supply of 5 -10 to sell to ECA members and friends, just send a check and let Wilma Hammett know how many you want to buy. An ornament will make a great Christmas gift for anyone associated with ECA or Family and Consumer Sciences. They can also be great speaker gifts as well. Your local Extension centennial celebration next year may be an opportunity to sell them to former members as well.

To order ornaments, send a check made payable to the NC Agricultural Foundation. Write ECA ornament(s) on the memo line. (\$10 for each ornament plus \$1.50/ ornament for shipping) Send the check to Wilma Hammett, Campus Box 7645, NC State, Raleigh, NC 27695.

## Across the State!

### Tyrrell County

Several Tyrrell ECA members participated in "Cook Smart/Eat Smart" presented by Dee Furlough, FCS Agent. Pictured are Naomi Spencer of the Teen ECA Club and Nan Liverman of the Columbia ECA Club.



The Tyrrell ECA County Council held a raffle for a Hershey Bar cake for Mother's Day. The winner was delighted and the funds raised will help support the work and outreach of the Council.

Tyrrell ECA celebrates the NC Cooperative Extension Centennial! The upcoming Appreciation Event to the County Commissioners will focus on ECA's role within Extension over the past 100 years.



### Southeast

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

### Craven County

Craven County EA has been very busy. We had a wonderful program on Safety and CPR training using "Annie" a blow-up mannequin. Program was delivered by Carolina East Medical Center. Two large baskets of school supplies were donated to Trent Park Elementary School for international students. The ladies had a great day at Achievement Day held in February. The theme this year was "Exploring Through Books". Donna Marshall was the guest speaker and director of the Craven County Literacy Council. Two members were presented the "Club Woman of the Year",



### Dates to Remember

#### June

- 1 – Individual reports due
- eNews articles due
- 15 – Club reports due to county

#### July

- 1 – County reports due
- 21-23 – NVON, Indianapolis
- 25 – Leadership Team meets

#### August

- 1 – Leadership Applications due
- eNews articles due
- 23 – Tarheel Homemakers due



### NVON

North Carolina ECA is slated to host the NVON Conference in 2017. We will be presenting proposals at the meeting in July. We are looking at Charlotte/Concord, Asheville, Greensboro and Raleigh as venues. There will be lots of opportunity for all counties to be involved in the planning and execution of the conference! **Joyce Klutz**, Cabarrus County and a past NCECA president has graciously agreed to serve as Conference Chair!

## Across the State!

### Craven County, Continued

Nancy Zachewicz of Krafter’s Klatch ECA and Adell King of Vanceboro ECA. Judy Blythe and Kelly Beasley presented “Products for Easy Living” and “Helpful Household Tips” in March. ECA members also enjoyed a lovely British Tea with special teas and finger foods that go with different tea flavors. Members attended District Day in Smithfield (Johnston County) with a wonderful program “Sole Hope”. Members also participated in two educational tours to Pamlico Heritage Center and a tour of Cherry Point Marine Base in Havelock, NC.



### North Central

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

### Wake County

Wake County ECA enjoyed a recent outing to the James B Hunt Library on the NCSU Centennial Campus. Named one of the 16 Coolest College Libraries in the country, The Hunt Library is a state of the art science library that features a robotics book retrieval system that can access up to 2 million volumes, as well as two 3-D printers.

It is well worth the trip! Find out more at <http://www.lib.ncsu.edu/huntlibrary>





## Across the State!

### North Central District

Members of the North Central District met on May 1 at the Forsyth County Extension Center in Winston-Salem for their 2014 ECA District Day. The theme was "May Day: Weaving the Past Into the Future." Thank you Forsyth County for hosting our event this year. Since our districts are so large now we decided to have a more central location so more members would be able to participate. Our VP-elect, Polly Caudle, served as hostess along with Jennifer Brown her Agent. Thank you ladies. This is a great location for our District meetings.

Many brought greetings from their various agencies and offices. Including Mark Tucker, Wanda Denning, Jim Cowden, Geri Bushel and Laura Lloyd. We all enjoyed our first workshop with the Center for Creative Leadership and are looking forward to many more. After a catered lunch of homemade chicken pie and the trimmings we all enjoyed a fashion show.



Debbie Shough of ETC Consignment Shoppe in Winston-Salem presented the show with ECA Members and agents as models. They really showed us how to put together fashionable outfits with gently used, expensive clothes and accessories for way less money.

The models looked beautiful and preformed like professionals.

We then had our business meeting and elected district officers for 2015 and 2016. Gloria Smith announced all the blue ribbon winners in the Cultural Arts contest. I believe everyone had a good time.



**District Day Models**



**"May Day: Weaving the Past Into the Future"**

## Across the State!

### South Central

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

### Cabarrus County

ECA Leader Training Topic for April 2014 on Health and Wellness was delivered very creatively with April Lesson Leader Nancy Carlson at the Artistic Adventurers ECA Club in Cabarrus County. The topic "Just Breathe" informed the members on the importance of breathing correctly. Since all living people breathe we thought the class would be uninformative- fortunately the Lesson Leader was aware of this possibility of our boredom; she used methods to create a lasting impression on the group. Nancy used class participation, posters and guided imaginary on breathing exercises and. This was an excellent class and our breathing will never be taken for granted again!



Following the theme of Health and Wellness, ECA members participated in performing CPR (Cardio-Pulmonary Resuscitation) using the new guidelines of CAB- Compressions Airway Breathing. With you witness an attack –a lay person can begin CPR using the CAD method. The old model used the acronym ABC- Airway Breathing Compressions. Many people had trouble finding the pulse and have reluctance to doing mouth to mouth resuscitation on a stranger- the delay in time put survival of the individual in jeopardy. The CAB method has been more effective.

Caryn Baker: performing the compressions on a child manikin using the one-hand method. Dare Cochran: performing compressions on an adult manikin using the two-hand method.

The Cold Water ECA Club and the Rimer ECA Club recently joined FCS Extension Agent Pam Outen and many other county agencies at the Cabarrus County Senior Health and Wellness Day attended by over 800 people. The Cold Water ECA Club display was on the topic of " Be a Food Non Waster" while the Rimer ECA Club promoted "Eat the Color Purple". The FCS exhibit was entitled " Make your Heart Feel Like Dancing with Fruit and Vegetables" and included



Club member Pat Wickliff with their exhibit " Eat the Color Purple"

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## Across the State!

### Cabarrus County, continued

fresh fruit salad samples. The Cabarrus County Master Gardener's also participated with their display on "Vegetable Gardening".

Cabarrus County ECA Council hosted Breakfast for the Cabarrus Extension staff in appreciation for their help. Each staff member received a personalized gift basket from the ECA Council with "Mounds of Thanks for All They Dew for ECA."



Left to Right, Cabarrus ECA members: Lynne D'Aloiso, Debbie Mullis and Rachel Kluttz.

One of the gift baskets that each staff member received.



### Gaston County



Gaston County ECA recently toured Holy Angels where and presented them 58 shirt protectors (bibs) which we made.

Two members filling the goodie bags we took over and gave to the clients at the Heritage Oaks Assisted Living Center.



### Stanly County

Stanly County ECA publishes an outstanding newsletter, Partners in Touch. It is well worth your time to check it out at

[http://www.ces.ncsu.edu/wp-content/uploads/2014/05/ECA\\_April\\_2014.pdf](http://www.ces.ncsu.edu/wp-content/uploads/2014/05/ECA_April_2014.pdf)

## Across the State!

### 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



Pictured is Robin Johnson of the Unaka Hearts and Hands ECA. She made 125 beautiful bears for Victory Junction and will be delivering them on June 20th to Victory Junction. The bears are very beautiful and Robin enjoys donating each year for this most deserving cause.

Robin also, makes bears each year for Toys for Tots in Murphy, NC. The children are always very happy to receive the beautiful bears at Christmas.

### Rutherford County

Rutherford County ECA awarded a \$500 scholarship to Jared Thomas Foster-Smith who plans to attend NC A&T State University in the fall. Jared is a student at Rutherfordton-Spindale Central High School where he has excelled in both academics and athletics. His awards include Beta Club, National Society of High School Scholars, Student Council Leadership, Duke Tip Program, AIG Program, and numerous sports awards. He has been involved in several community service projects through Boy Scouts and as a volunteer for Meals on Wheels.

Rutherford County ECA is proud to be able to award this scholarship each year to a deserving youth in our county. ECA members work hard throughout the year to earn money for its scholarship fund. Past fundraisers have included a Holiday Sampler Program, Spring Yard Sale, and Note Card Sale.

2014 State Conference  
 October 27-29, 2014  
 DoubleTree by Hilton Hotel  
 Asheville ~ Biltmore



## **ECA Foundation Innovative Grant Winners**

Your ECA Foundation received and has judged the innovative grants. WE are pleased to announce the following winners of the grants. **Congratulations to all!**

### **North George Club-Wayne County**

Positive Self Esteem, a 2-Day Workshop for Young Girls 10-14

### **Stanly County ECA**

Book for Babies Program with Stanly Regional Medical Center

### **Tyrrell County ECA**

Development of Marketing Tools/Programs to increase Membership

### **Southeast District ECA**

Sole Hope Shoe Project

### **Pasquotank County ECA**

Back to Basics Project- Nutrition-education Program to be taught by ECA for youth and adults

### **Surry County ECA**

Marketing Brochure to Increase ECA Membership & Promote FCS to Newlyweds

### **Vance County ECA**

Marketing Tools/Program to Increase Membership in ECA

### **Raleigh Willing Workers ECA Club- Wake County**

Teach a Person to Fish-Teaching Needy Women to Become Self-Sufficient

### **Western Prong ECA Club-Columbus County**

Angels for Hospice Project and Prayer Blankets for Abused Families

### **Lincoln County ECA**

Sign for Extension Office and Lincoln County ECA

### **Brown Marsh Genealogy Club- Bladen County**

Organizing & Preserving Genealogical History in Bladen County Library

# **Have you filed your REPORT?**



# National Volunteer Outreach Network, Inc.

**16th ANNUAL CONFERENCE**  
*Touching Lives Worldwide*

**July 21-23, 2014**  
**Sheraton at Keystone Crossing**  
**Indianapolis, Indiana**



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Here**

