

## EXTENSION & COMMUNITY ASSOCIATION (ECA) - GASTON COUNTY March 2020 Newsletter

### MONTHLY ECA MEETING

*Thurs., March 5th | 10:00am*

All members and guests are invited to attend this monthly member meeting.

### EXECUTIVE BOARD MEETING

*Thurs., March 26th | 10:00am - 11:30am*

All board members are requested to attend - please contact Patti Wells or Pam Bryson if you are unable to attend. This meeting is open to all members, but only Executive Board members can vote during this time. Also, any member who would like to have an issue discussed at the monthly meeting (April 2nd) is encouraged to attend this Executive Board meeting.



*Congratulations to our 2019 Achievement Day Winners:  
2019 Member of the Year - Sandy Hamrick  
2019 Leader of the Year - Angela Nona*

### 2020 GASTON ECA SCHOLARSHIP (\$1,000)

*Submission deadline: April 2nd*

Gaston County ECA is pleased to be offering at least one scholarship in May. Students eligible to apply include: current high school seniors, adults, and currently enrolled college students. Scholarship applications are available online ([gaston.ces.ncsu.edu](http://gaston.ces.ncsu.edu)) and at the Lucile Tatum Center.

## SUPPORT ECA SCHOLARSHIP FUND

*Community Foundation Run - Saturday, April 4th*



The Community Foundation Run is the major fundraiser for our ECA Scholarship fund. There are several ways you can help:

1. Easiest - donate generously! The forms are available at the Lucile Tatum Center (or you may get one in the mail). Be sure to identify Gaston County Extension & Community Association as the recipient of your donation. The Community Foundation matches a percentage of all the donated dollars based on a ratio of the total amount of dollars collected in the match pot compared to the amount of eligible donor contributions. This means your donation could result in a greater return to ECA! Donate before April 13th to be sure your donation is eligible for matching!
2. Easy - run or walk in the event! There is a certified 5K Run and a 2K Fun Walk. See the Community Foundation website for more information and registration.
3. Easy - volunteer to help at the event! Contact the Community Foundation to learn more.
4. Visit their website for more information. <http://www.cfgaston.org/> --and click on Learn/Community Foundation Run.

## UPCOMING WORKSHOPS

Workshop Registration Information:

1. Pre-registration including payment of registration fees is required by the registration deadline. **If you have not registered by the deadline you cannot take the class.** Registration form should be completed and dropped off or mailed to the Lucile Tatum Center. **Note: Check only, made payable to Gaston Co. ECA - no cash is accepted.**
2. Refunds for participant cancellations made after the registration deadline will not be provided.
3. Please note that class location, time, and fees vary with each class.
4. For accommodations for persons with disabilities, contact 704.865.3291 within five business days before the event.
5. Be respectful of the "Fragrance Free" Policy at the Lucile Tatum Center. Do not wear fragrances - no perfumes, scented locations, body sprays, aftershave, etc.
6. Gaston County strives to ensure that people with disabilities have an equal opportunity to access its programs, services and activities. If you will require assistance to participate in a program, service or activity of Gaston County, we request that you contact our office at least 5 business days before the event.

Lucky Leprechaun Gnomes: Mon., March 9th  
2:00 - 4:30pm | \$4 - ECA members; \$6 - Non ECA members  
Registration Deadline: March 5th  
Instructor: Pamela Myers

Make your own luck! Create a leprechaun to create some fun for St. Patrick's Day!  
Bring: Large bag of beans (any kind), 2 pairs of socks - Find some green socks or St. Patrick themed ones! Basic supplies will be provided. If you find a leprechaun hat or other embellishments, bring them!

Quilting Basics: Wed., March 11th, 18th, 25th; April 8th, 22nd; May 6th, 20th & 27th  
(total of 8 sessions)  
6:00 - 9:00pm | \$40 ECA members; \$48 Non-ECA members  
Registration Deadline: March 6th  
Instructor: Marsha McLamb

Special Instructions: Wait until after the meeting on March 11th before purchasing fabric for class. We will have rotary cutters, rulers and mats to share so participants may test out various styles before deciding what tools they want to purchase. The instructor will be supplying a booklet with quilting information and tips plus various supplies to help make your quilting experience fun.

Supplies Needed: After the first class, participants will provide fabric, thread to match, straight pins, scissors for cutting fabric. Participants may bring their own sewing machine or request one of the Home Center machines to use for the class.

This class will teach basic quilting techniques and quilt blocks each week, ending with learning how to "sandwich", quilt and bind. Each participant will finish at least one placemat in class so they understand the entire quilting process. They will have enough fabric and quilt blocks to create coordinating placemats with the remaining fabric at home. Or they may make additional blocks (from the patterns they learn in class) to create a quilt. They will have learned all the steps necessary to create a quilt.

Card Making Class: Mon., March 16th  
1:15pm | \$10 ECA members; \$12 non-ECA members  
Registration Deadline: March 9th  
Instructor: Linda Alexander

Do you like to give special cards to friends? Here is an opportunity to make those great cards for a birthday or make one just to say I am thinking of you. There will be four cards available to make. You decide if you want to make one of each or make all the same. All supplies are provided for this class.

Ceramic Egg Decoration: Wed., March 18th (4-6pm) & Thurs., March 19th (5-8pm)  
\$5 ECA members; \$7-Non ECA members  
Registration Deadline: March 16th  
Instructor: Rita Kincaid

Adults may come alone, but children must be accompanied by a parent. Please tell how many eggs (limit 2 per person). All paints, brushes supplied to use in class. We will paint a ceramic egg. Some eggs are plain and some have an imprinted design.

Paint Pouring: Mon., March 23rd  
6:00 - 8:30pm | \$7 - ECA members; \$9 - non-ECA members  
Registration Deadline: Wed., March 18th  
Instructor: Pamela Myers

This is a fun and very easy painting technique. No artistic talent required! Just choose your color combination and pour! Bring a canvas—any size. We'll provide all the other supplies. See the sample at the center to see what we'll create.

Raising Backyard Chickens: Thurs., March 19th  
6:30 - 8:30pm | free - ECA members and non-ECA members  
Registration Deadline: Thurs., March 12th  
Instructor: Lara Worden

Have you been tempted to try to join the many people raising their own chickens and enjoying "farm-fresh" eggs? Here is a FREE program offered by Lara Worden, Agriculture Extension Agent to help you decide if raising chickens is for you.

This program will teach you the basics of raising chickens: breeds, where to buy hatchlings and when; requirements for housing, feeding space, and lights; plus, the regulations for selling eggs from home

Exploring N.C! JAARS Museum of the Alphabet in Waxhaw: Tues., March 24th  
9:00-3:30pm | No fee - donations to museum are welcomed  
Registration Deadline: March 18th  
Facilitator: Linda Jozwiakowski

It sounds like an unusual place to visit but reviews and comments rave that this museum that covers the history of language from tonal to written languages is very interesting with hands-on and interactive displays as well as a short introductory film. So come and expand your knowledge while we enjoy a day of fellowship exploring a bit of Waxhaw. We will eat at a local Waxhaw restaurant and possibly spend a short time browsing local stores downtown before heading home.

Game Day: Fri., March 27th

1:30pm | No fee

Registration deadline: March 23rd

Facilitator: Linda Jozwiakowski

I will have dominoes, and cards available and a game, Quirkle. Bring any games you would like us to try and we will decide which ones to enjoy. We will have tea and maybe something to nibble on while we enjoy an afternoon of fellowship and fun. Sign up so we know we will have enough people for a game or two.

Living Healthy with Diabetes: Wed., April 1 - May 6th (6 sessions)

9:00am - 11:30am | No fee

Registration deadline: March 18th

Instructors: Pam Bryson, Linda Minges, & Ruth Murphy

This 6-week course, developed by Stanford University, is for anyone with diabetes, pre-diabetes, or at risk for diabetes. Participants will learn how to:

- prevent low blood sugar
- prevent and delay complications of diabetes
- eat well
- use medications effectively
- manage pain, fatigue and depression
- solve problems and set goals

Sponsored by the Centralina Area Agency on Aging.

## **2020 GASTON COUNTY CULTURAL ARTS**

Thanks to everyone who participated in Cultural Arts - we had a total of 52 entries and 14 individuals in the contest. The judges were very impressed with the quality of your work and spent a lot of time trying to select the winners in each category, and even had a harder time trying to determine the *Best of Show* item. They are confident that many of our winners will also win at the District Day competition and go on to the State Competition. Thanks also to all of you who came to vote and tell your friends who came and voted.

Here is the list of the 1st, 2nd and 3rd place winners in each category. Those who received a BLUE RIBBON (1st place winners) need to have their items and entry forms to the Lucile Tatum Center by Tuesday, April 21, 2020.



*Gaston County ECA Cultural Arts - People's Choice Awards Winner: Cindy Miller (right)*

**CATEGORY 1: SEWING, CLOTHING**

\*1st: Linda Jozwiakowski

**CATEGORY 2: SEWING, HOME FURNISHINGS**

\*1st: Angela Nona

2nd: Linda Jozwiakowski

3rd: Sandy Hamrick

**CATEGORY 3: NEEDLEWORK**

\*1st: Adriene Jones

**CATEGORY 4: KNITTING**

\*1st: Rita Kincaid

**CATEGORY 5: CROCHETING**

\*1st: Rita Kincaid

2nd: Patti Wells

**CATEGORY 6: EMBROIDERY**

\*1st: Pamela Myers

2nd: Adriene Jones

**CATEGORY 7: CRAFT RECYCLING**

\*1st: Billie Taylor

2nd: Pamela Davis

3rd: Cindy Miller

**CATEGORY 8: HERITAGE SKILLS**

\*1st: Cindy Miller

2nd: Linda Jozwiakowski

3rd: Peggy Rowland

**CATEGORY 9: CHRISTMAS DECORATIONS**

\*1st: Pamela Myers

2nd: Patti Wells

3rd: Sandi Henderson

**CATEGORY 10: SCRAPBOOKING**

\*1st: Audrey Hunt

2nd: Pam Davis

3rd: Adriene Jones

**CATEGORY 11: WATERCOLORS**

\*1st: Pamela Myers

**CATEGORY 12: OILS**

\*1st: Pamela Myers

**CATEGORY 13: ACRYLICS**

\*1st: Pamela Myers

2nd: Pam Davis

**CATEGORY 14: MISCELLANEOUS- TOLE PAINTING, STENCILING, PAINT**

\*1st: Pamela Myers

2nd: Patti Wells

3rd: Audrey Hunt

**CATEGORY 15: QUILTS- APPLIQUED, MACHINE QUILTED**

\*1st: Sandi Henderson

**CATEGORY 16: QUILTS- APPLIQUED, HAND QUILTED**

\*1st: Sandi Henderson

2nd: Angela Nona

**CATEGORY 17: QUILTS- PIECED, MACHINE QUILTED**

\*1st: Angela Nona

**CATEGORY 18: QUILTS-PIECED, HAND QUILTED**

\*1st: Cindy Miller

**CATEGORY 19: QUILTS-STAMPED PATTERN**

\*1st: Angela Nona

2nd: Sandi Henderson

**CATEGORY 20: QUILTS-WALL HANGING**

\*1st: Sandi Henderson

**CATEGORY 21: WREATH-ARTIFICIAL OR DRIED**

\*1st: Pamela Myers

**CATEGORY 22: PHOTOGRAPHY-BLACK & WHITE, COLOR**

\*1st: Pamela Davis

**CATEGORY 23: DOLLS-FABRIC**

\*1st: Cindy Miller

**CATEGORY 24: MISCELLANEOUS**

\*1st: Pat Mantooth

2nd: Peggy Rowland

3rd: Pamela Davis

**CATEGORY 25: POETRY**

\*1st: Pamela Davis

**2020 HOLIDAY CLOSINGS**

Please mark your calendars with the following Lucile Tatum closings:

Good Friday	April 10	Friday
Memorial Day	May 25	Monday
Independence Day	July 3	Friday
Labor Day	September 7	Monday
Veterans Day	November 11	Wednesday
Thanksgiving	November 26 & 27	Thursday & Friday
Christmas	December 23, 24, 25	Wed - Thurs - Fr

**NEWSLETTER INFORMATION DEADLINE**

The deadline to submit items for the monthly newsletter is the 10th of the month. If the 10th falls on a weekend the information is due before the 10th. Information received after the 10th will be included in the following month's newsletter.

**FEELING UNDER THE WEATHER? PLEASE STAY AT HOME**

For the health of ECA members, staff, and visitors please stay home when you are sick or not feeling well.

**FRAGRANCE-FREE POLICY**

For the health and comfort of our staff and volunteers, we strive to be as fragrance-free as possible. Please do not wear fragrances - no perfumes, scented locations, body sprays, aftershave, etc. This policy includes all business hours, after-hours and weekends.



## **DAILY HOUSEKEEPING SCHEDULE**

The Lucile Tatum Center is closed daily from 12:00 - 1:00pm for servicing by cleaning personnel. Please do not ask the cleaning staff to stay in the building - they do not have authorization to permit this. You must ask Pam Bryson at least a week in advance for permission to stay in the building during lunch. This will only be allowed for County functions or meetings.

## **INCLEMENT WEATHER POLICY**

All ECA club meetings, lifestyle classes or any other ECA activity scheduled at the Lucile Tatum Center will follow the Gaston Co. School system cancellation schedule for all activities, workshops, etc. as follows:

1. *During school cancellation:* If the school system is closed during inclement weather, all ECA meetings, classes and activities will be cancelled.
2. *During school delays:* If the school system is on a delayed schedule, ECA activities not affected by the delay will continue as scheduled. If the ECA activity is scheduled
3. prior to the beginning of the delayed school schedule - these events will be cancelled.
4. When ECA activities are cancelled, it is the ECA President's responsibility to notify members of the cancellation. The ECA Liaison will be responsible for working with program instructors to ensure that all participants are notified of delays/cancellations.

## **SUNSHINE VOLUNTEER**

Many thanks to Betty Agerton, who has agreed to send cards to ECA members who are sick, hospitalized, or experienced the loss of a loved one. Please let Betty know if any members who are in your special interest group have the need for a card. We would appreciate it if only one person from your Special Interest Group would contact Betty. If the ECA member is not part of a special interest group, please let Pam Bryson or Pamela Myers know.

## **NC ECA STATE INFORMATION BOOK**

There is a red book in the project room that has all the information about the NCECA included: bylaws, standing rules, current year book, general information/forms, cultural arts/forms. This book is for review at the Lucile Tatum Center - please do not remove.

## **BUILDING ENTRANCE REMINDERS**

- Volunteers and guests should utilize the front door entrance, which has been updated to accommodate handicap accessibility.
- The back door remains an "Employee Only" entrance. Carts are available if you need assistance in transporting items from your car to the inside of the building. Also, keeping the back door open (such as during loading/unloading cars) causes the building's temperature to change, which is especially uncomfortable during the cooler seasons.
- Please do not use the side door as an entrance - this is often an interruption to meetings and workshops being held in the multi-purpose room.

## MONTHLY MEETING SCHEDULE

- January, February, March, October, & November: first Thursday - 10:00am
- April, May, June, August & September: first Thursday - 6:30pm
- No meeting in July
- Christmas party in December

## ECA SPECIAL INTEREST GROUPS

- Ceramic Room – Open some Monday mornings- call to confirm, Open Wednesdays & Thursdays 4pm-8pm (contact: Rita Kincaid)
- Creative Needlers – Wednesdays, 6 - 8pm @ Lucile Tatum Center (except the last Wednesday of the month); Warm Up America - Last Wednesday of the month, 6 - 8pm (contact: Angela Nona)
- Lucile Tatum - meetings to be announced (contact: Martha Spurrier)
- Martha Goebel - 1st Tuesday, 10:00am (contact: Mary Upton)
- Quiltmakers - 3rd Thursday, 6:30pm (contact: Linda Jozwiakowski)
- Scrappers Unlimited - 3rd Saturday, 10:00am - 12:00pm & 2:00pm - 6:00pm (contact: Sheri Vance)

## ECA 2020 PROJECTS

The following projects are ongoing and supported by all ECA clubs:

1. Ronald McDonald House: collection of drink tabs (contact: Pam Bryson, ECA Liaison)
2. Gaston County Schools: collecting Campbell soup labels and education labels from food containers (contact: Pam Bryson, ECA Liaison)
3. First Baptist Mission Trips: collecting eyeglasses (contact: Martha Spurrier)
4. Pennies for Friendship: supports Association of Country World Women (contact: Angela Nona)
5. Baby Quilts & Baby Caps: making quilts and caps for infants in the neonatal intensive unit at CaroMont Regional Medical Center (contact: Gloria Snyder & Angela Nona)
6. Surgical Pillows: sewing pillows for surgical patients of CaroMont Regional Medical Center
7. Operation Gratitude: knitting/crocheting scarves for the military (contact: Carol Dillinger)
8. Shirt Savers for Holy Angels: making shirt savers for residents – cloth/supplies purchased by Holy Angels (contact: Martha Spurrier)
9. Farmers Market Activities: local food demos provided onsite at the Gastonia Farmers' Market from May through September (contact: Linda Jozwiakowski)
10. Women's House for Habitat for Humanity

## **GASTON CO. ECA EXECUTIVE BOARD 2020**

President - Patti Wells      President-Elect - Audrey Hunt      Secretary - vacant  
Treasurer - Angela Nona      Advisor - Pamela Myers

### **Committee Chairs:**

- Building Committee - vacant
- Ceramic Room Committee - Rita Kincaid
- Marketing Committee - vacant
- Program Committee - Linda Jozwiakowski
- Scholarship Committee - Kathie Andrews

## **LUCILE TATUM CENTER**

Location & Mailing Address: 959 Osceola St., Gastonia, NC 28054

Office Hours: Monday - Friday | 8:30am - 5pm (closed daily from 12-1pm)

For More Information:

Pam Bryson - Gaston County ECA Liaison

Phone: 704.865.3291

Email: [pam.bryson@gastongov.com](mailto:pam.bryson@gastongov.com)

## **NC COOPERATIVE EXTENSION**

Mailing Address: PO Box 1578, Gastonia, NC 28053

Physical Address: Citizens Resource Center, 1303 Dallas-Cherryville Hwy., Dallas, NC

Office Hours:

Monday - Friday | 8am - 5pm

For More Information:

Phone: 704.922.2111

Website: [gaston.ces.ncsu.edu](http://gaston.ces.ncsu.edu)

NC Cooperative extension website: [go.ncsu.edu/nceca](http://go.ncsu.edu/nceca)

## **FOLLOW US ON FACEBOOK:**

[@gastoneca](#) (Gaston Co. ECA)

[@ExtensionHealthyLiving](#) (NC Cooperative Extension: Nutrition & Wellness Programs)

[@GastonExtension](#) (NC Cooperative Extension)

## **ECA Monthly Meeting Minutes**

Gaston County Extension & Community Association (ECA)

February 6, 2020. 10:00 AM

Meeting called to order at 10:00 AM.

Members were reminded to turn off cell phones, sign in and to turn in Monthly Hours Sheet to Pam Bryson.

Pledge to Flag.

Thought for the Day provided by Audrey Hunt.

Old and Continuing Business Items:

Approval of Minutes. It was mentioned to use the back door only because they are repaving the parking lot. Otherwise use the front door only.

Treasurer's Report was approved.

Be sure to nominate Leader/Member of the Year. Deadline is February 13th.

New Business:

Ruth Ferns will be moving back to Rhode Island so she has resigned as Secretary. Billie Taylor Volunteered to take minutes and type up minutes until someone accepts this position.

Achievement Day will be on Thursday, February 20, 2020 at 11 AM. It will be potluck and a sign up sheet was passed around. Volunteers are needed for set up and clean up. Our local Foodlion was kind enough to give us a \$25 gift card to use for what we need for this event.

Two of our County Commissioners are going to try to attend this event. David Fogerty will do the Welcome for ECA.

Cultural Arts entries can be dropped off at the center on Friday Feb.14th in the afternoon and on Monday, Feb. 17th all day.

Game Day will be tomorrow, Feb. 7th from 1:30 - 4:30 at the Lucille Tatum Center.

There will be a day trip to Shelby for the Pottery Show on Feb. 12th and there is no cost for the show.

The Gaston Community Foundation Run will be April 4th. This is our main event to raise money for the Scholarship Fund. It was recommended to put this in the Newsletter. Kathy Andrews is the chairperson for this event and she will be at the barricade to cheer on runners or walkers. As of today, we have 2 walkers. Please think about signing up to either run or walk or just attend to encourage others. You may also donate money marked for ECA Scholarship. Every little bit helps and will be matched. Please participate in this important fundraising event.

Scholarship forms are available on the website with the dates to be submitted.

There was a discussion as to whether to discontinue our donations to Catherine's House because of negative contact we have had with them. We discussed other areas that we could be more effective. Pam Myers made a motion to suspend support to Catherine's House and Rita Kincaid seconded the motion. Motion carried. We will decide on another organization to support at a later time.

Linda Minges announced that in 2020 Something Pumpkin will be a stand-alone event instead of being tied to Cotton Ginning Days. The focus will be on food, and ECA will be able to participate more. Linda will have a car show, pumpkin chunking, food vendors and more. ECA could have a craft booth. Please contact Linda Minges if you are interested in participating in this event on Saturday, October 3rd at the Senior Center in Dallas, NC. Please help to make this event successful.

Special Interest Groups please notify Pam Bryson by the 10th of the month if you are not going to meet in the building so a notice can be put in the newsletter.

There was a discussion on events for fundraising, including car wash tickets, pizza kits, Krispy Kreme cards, etc. Pam Myers is going to check into the car wash fundraising.

There is a possibility that a \$500 - \$1,000 grant would be available to a Special Interest Group. There is information on the NCECA website. The grant application is due March 31, 2020 and can also be found on the website. Angela Nona expressed interest for a grant to buy cotton batting for the baby quilts that are made for the hospital. More information will be presented later.

#### Standing Committee Reports

Building Committee: The project room, cubbies and lockers have been cleaned out and the

Project Book updated. Patti Wells will contact each person responsible for the county projects to obtain contact information to be posted over each project bin along with instructions for projects. We still need a chairperson for this committee, please consider this position. A big THANK YOU to Martha Spurrier for all your hard work on this committee over the years. Great Job.

Ceramic Room Committee: Rita Kincaid. We are working on shell dishes and will be doing Easter eggs which most likely will be a parent/child event.

Marketing Committee: We still need a chairperson for this committee. Sandy Hamrick, Mary Upton and Billie Taylor have agreed to be on this committee. A big THANK YOU To Audrey Hunt for your hard work on the Marketing Committee and encouraging us to get the word out about ECA.

Program Committee: Don't forget the March 3rd ECA Book Exchange at the Lucille Tatum

Center from 10-12Noon and 1-4 pm, Bring one or more and take the same amount. This Event is not to donate books to the center. Also children's books are being collected to give to Pleasant Ridge School as birthday gifts to their students to make them feel special on their Birthday.

Home Center: Pam Bryson. Please continue to park in the school parking lot and use the back door until the work on the parking lot is complete.

Next month there will be a speaker from Birds Unlimited to give us information on attracting birds and feeding them.

Remember to pay your \$20 dues for 2020 if you have not done so.

Anyone using the coffee pot at the Lucille Tatum Center, please remember to empty the filter/coffee and rinse out after use to prevent molding.

The cord to the projector is still missing. Please check to see if you have it and return it.

The City of Gastonia will install new LED lights to help with outside lighting around the building.

Rita Kincaid is working on a spreadsheet to help us report our volunteer hours easier.

Angela Nona reported there has been no progress on the cookbook as yet.

Meeting Adjourned at 11:55 AM.