

EXTENSION & COMMUNITY ASSOCIATION (ECA) - GASTON COUNTY **August 2020 Newsletter**

UPCOMING ECA MEETING - ONLINE OR PHONE

Thurs., August 6th - 10:00am

Join us for our monthly meeting, where you can participate by calling in or logging in from your computer. Pam Bryson will send out an email on August 4th so that you can access the meeting online. This meeting is hosted online using webinar software called Zoom. You can access the meeting 15 minutes before the meeting begins.

FYI, thanks to everyone who participated in last month's online/phone meeting. We had had 13 individuals who joined in and it was great to check in and hear your voices. Although our online meetings do not replace seeing folks in person, the online option is a critical tool for us to conduct business and make decisions. Your flexibility and willingness to try new things is greatly appreciated!

FREE FRESH FOOD DISTRIBUTION

Forest Pointe Church, Belmont

For a limited time only, local area churches are distributing large boxes of fresh fruits and vegetables. Forest Pointe Church, located off Wilkinson Boulevard in Belmont, is scheduled for Thursdays beginning at 10:30am. Please consider dropping by the church and picking up a box - even to share with family and friends. The boxes contain a large bag of potatoes, head of lettuce, cabbage, tomatoes, peaches, onions, cucumbers, and green peppers. Thanks to Pam Bryson who picked up boxes and provided them to several folks last week!

LUCILE TATUM CENTER - LIMITED ACCESS TO PUBLIC

As of June 15th, the Center is currently open to the public by *appointment only and you must wear a face covering*. Health and temperature screening are required for both employees and the public before entering the building. Meetings of five or less members can be scheduled. Also, the Ceramic Room is not available for individual or group use. Please be mindful of these restrictions and help keep you and others safe. Guidance is provided by the state and county government.

ECA TREASURER UPDATE

ECA would like to thank Dana Croston for taking the position of ECA Treasurer for the remainder of 2020. Dana joined ECA in early 2020, and she also agreed to be a member of the marketing committee. Also, thank you to Angla Nona, our former Treasurer, for the work she did for ECA.

FACE MASK UPDATE

Over 2,000 face masks have been made by Gaston County ECA members. Fifteen members worked together to make face masks for individuals in our area, plus 800 face masks for the ECA statewide farmers' market project. Some non-sewers helped by cutting fabric and turning/ironing masks.

Some of our members crocheted over 200 "ear savers". Ear savers are a crocheted strip with buttons attached so that the elastic loops from the face masks can attach to the buttons rather than loop over your ears. We had four people involved in creating these items: Bertie Smith; Betty Willis, who crocheted the majority of the ear savers; Patti Wells; and Pamela Myers, who made ear savers, plus sewed buttons on the ends. These items will be distributed to the Levine Cancer's lung unit, plus some will be offered to medical offices and other organizations in our area.

A round of applause to all ECA members who have helped with these important projects! This really demonstrates how ECA members can find ways to help even when we can't gather together for a workshop.

GASTON COUNTY GOES TOBACCO-FREE

Effective July 1, 2020 use of any form of tobacco on/in any city or county property including buildings, grounds, parks, recreation areas, or vehicles owned by the city or county is prohibited. You may not smoke or use tobacco products in your vehicle while it is on city or county property. *This law applies to the building and grounds of the Lucile Tatum Center.*

Here is an explanation of why our DHHS Board made this decision:

<https://www.gastongazette.com/opinion/20190323/my-turn-gaston-county-can-set-example-improve-health-for-next-generation>

This rule is now the most comprehensive county-wide tobacco policy in North Carolina. **It applies to all city/municipal property AND to all county property within Gaston County.** "Tobacco products" include all products regulated by the federal or state government as tobacco products, including: cigarettes, cigars, snuff, chewing tobacco and electronic cigarettes/vaping.

2020 6TH ANNUAL SOMETHIN' PUMPKIN FAMILY-FUN FESTIVAL

Dallas, October 3, 2020

Test your pumpkin cooking and decorating skills at the Somethin' Pumpkin Family Fun Festival in Dallas. Sponsored by the North Carolina Cooperative Extension, Gaston County ECA, Gaston County Farm Bureau and community sponsors and volunteers, the free festival encourages families to connect with local agriculture through activities centered around growing, cooking, and decorating with pumpkins. The 2020 event includes a pumpkin cooking contest and pumpkin decorating contest with a virtual awards program.

Both youth and adults can enter their pumpkin creations for the chance to win cash prizes in a range of categories, including main courses, desserts and dishes made with homegrown pumpkins. For more information on registration and updates, visit gaston.ces.ncsu.edu or call (704) 922-2127.

2020 ECA STATE MEETING

Please note that the State ECA meeting, typically held in October, has been cancelled due to COVID-19. On May 6th the State Leadership Team held a call conference to discuss the 2020 State Meeting. Shelby Ford polled each of the District Presidents to have everyone express her opinion. We all agreed that this year we should cancel the State Meeting. NCSU has already cancelled meetings for this fall and we were cautioned that ECA should make our own decision but the liaison agents might not be able to attend due to budget and travel restrictions. Of greater concern was the health and safety of our members. We all felt that it would be wiser to cancel the meeting than to have it.

2020 CULTURAL ARTS

The Leadership Team also discussed how to handle the cultural arts competition for 2020. During our call conference, we discovered that many counties had not held their county competitions since their District Day events were not being held until later in April and May. After discussion, we thought the best way to handle cultural arts was to let all ECA members enter items completed any time after their county's 2019 cultural arts competition up to the county competition in 2021. If their item was entered in 2020 (for those counties who had held their competitions before everything was put on hold), they may reenter it in the 2021 competition. However, an ECA member still can only enter one item in each category.

CALL FOR ECA NOMINATIONS

The nominations for the upcoming year are due in September. Please be thinking about nominations. Also, please give some serious and heartfelt thought into accepting a nomination for one of the following positions:

1. Vice President
2. Secretary
3. Chairperson of the Building Committee (we need two people – each to co-chair the committee)
4. Chairperson of the Marketing Committee (we need two people – each to co-chair the committee)
5. Possibly adding a Social Media Committee with two co-chairs to handle all Facebook entries – posts, videos, events

ECA 2021 MEMBERSHIP DUES

Membership dues are due in September so we need to start promoting ECA. Help us to think of a clever way to promote membership.

FUNDRAISER PROJECT

The cookbook project is still a viable fundraiser, but we need a committee to head this up and get it rolling. We think it would be best to let this ride until January or February 2021 so do some soul searching and see if this is something you would be willing to chair. Some of the research has already been done. There are some who have expressed a desire to help but just can't head up the project.

UPCOMING VOTE: ADDITIONS TO ECA STANDING RULES

Please come to the next monthly ECA meeting (date to determined at later time due to COVID-19) to cast your vote, email your vote or call Patti Wells with your vote on the following issue:

March 5, 2020

Add the following to Section 9. Special Interest Groups

5. All equipment purchased by a Special Interest Group should be of benefit to the Group to improve skills or to use for community service. Such equipment belongs to the Group as long as the Group is active. Equipment should be made available to ECA members outside of the Special Interest Group by making a reasonable request to the Group's contact person. Proceeds of any equipment sold will be deposited to the Group's line item in the Gaston County ECA budget.
6. Dissolution of Special Interest Group: A Special Interest Group may be dissolved by a majority vote of its members. Upon dissolution, the following steps must be taken:
 - A. If the Special Interest Group has any money in the treasury, the Group members must determine how the Group funds will be disbursed. Funds cannot be distributed amongst the Group members. Funds can be donated to an organized charity or transferred to the Gaston County ECA General Fund, Scholarships, or another budget line item. Failure of the Special Interest Group to determine how the funds will be used will result in all funds being transferred into the Gaston County ECA Scholarship Fund.
 - B. Contact person must notify the ECA Liaison of the dissolution so that the group can be removed from the newsletter listing of Special Interest Groups.
 - C. Upon dissolution of the Special Interest Group, all property purchased by the Group automatically transfers to the Gaston County ECA. Property may not be taken by any member of the Special Interest Group. Arrangements should be made with the ECA Liaison to move the equipment to an appropriate location.

UPCOMING WORKSHOP

Workshop Registration Information:

1. Pre-registration including payment of registration fees is required by the registration deadline. 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. *Due to Covid-19 classes are for members only and may be cancelled according to new Covid-19 policies.*

Pull a String! Paint Pour Flowers: Wed., Aug. 19th

1:30 - 3:30pm | Cost: \$5 - members

Instructor: Pamela Myers

Registration deadline: Mon. Aug. 17th - contact 704.865.3291 or pam.bryson@gastongov.com

This is a fun technique to expand your paint pouring experiences. Prep the canvas, get a string full of paint and create beautiful fantasy flowers! We'll provide the paint and the string. You bring: Canvas-any size, water container, a few good paper towels.



2020 HOLIDAY CLOSINGS

Please mark your calendars with the following Lucile Tatum Center closings:

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.

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.

MONTHLY MEETING SCHEDULE

- Aug. meeting - is online or by call-in due to COVID-19

ECA 2020 PROJECTS Need to review for 2021

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. Warm Up America: making afghans for the homeless (contact Angela Nona)

GASTON CO. ECA EXECUTIVE BOARD 2020

President - Patti Wells President-Elect - Audrey Hunt Secretary - Billie Taylor
Treasurer - Dana Croston 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

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

NC Extension & Community Association website: go.ncsu.edu/nceca

FOLLOW US ON FACEBOOK:

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

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

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

Meeting Minutes

Gaston County Extension & Community Association

July 9, 2020 10:00 a.m.

Call to Order via ZOOM at 10:00 a.m.

Attending: Audrey Hunt, Linda Minges, Pam Bryson, Billie Taylor, Dana Croston, Linda Jozwiakowski, Sandy Hamrick, Nina Tarte, Linda Alexander, Bertie Smith, Betty Willis, Mary Upton, Carol Dillinger, Mary Upton, Pamela Myers

Audrey Hunt opened the meeting.

Reminder Please turn monthly hours into Pam Bryson.

March 2 minutes approved as published in the newsletter.

Report on mask projects: Linda J. Had about 15-17 members participating plus a few others non-ECA members. We have distributed about 2,000 masks within Gaston & neighboring masks including 1,000 for Gaston County employees. David Fogarty has provided fabric and elastic for the County masks. We were asked to participate in a project from state ECA to provide masks to farmers around the state. 5 members provided 100 masks per week. This project started May 4 and ended the last week of June for a total of 800 masks donated. State has offered some reimbursement for our supplies. Over 2,000 masks have been given to Levine. We do still have fabric available that has been precut to size for the masks. Patti Wells has acted as a supply source and she has delivered supplies to people or people have come to her house. Patti's brother has provided a cutting machine that can cut hundreds of masks within a short period of time. This has been a great help and time saver.

Multiple officer positions are open for 2021 (Secretary, Treasurer, Vice President). Immediate need for a Treasurer as Angela Nona has resigned. Please consider serving in one of these positions.

Committees need members: Building, Marketing, and Scholarship. Please consider helping out by becoming a member of one of these groups. Sandy Hamrick willing to participate in Marketing committee but because of her job cannot be the chair.

Support of Somethin' Pumpkin: In past we have provided a sponsorship to this event of \$102. Event is planned as a virtual program first Saturday of October 3. Participants will drop off entries. Looking at using Main Library, Citizen's Resource Center and Lucile Tatum for social distancing to judge entries. No onsite activities. Pumpkin decorating contest. Awards presentation will be done virtually through Zoom and/or Facebook. Following week will they be able to pick up prizes. Very restricted with youth activities, so no youth entries. Moving forward with marketing. Linda J made motion to donate \$102 to support Somethin' Pumpkin. Billie Taylor made 2nd. Unanimous vote to support motion.

Update on building use. You may come to the Lucile Tatum Center by appointment only. You will be asked 3 questions, have your temperature taken. You must wear a mask and cannot stay more than 2 hours. You must follow the 6 feet social distancing per Governor's policy. If you have medical issues that does not allow you to wear a mask let Pam know before coming to the building.

In person classes: We can have classes with no more than 5 students at a time and they must be members only. This allows easier tracking in case there is an issue. There can only be one instructor. If an assistant is required, there must be one less student. Classes will be daytime only. Pam Bryson must be in the building at all times during the class so check with her before scheduling any classes. All surfaces that are touched must be disinfected after use which includes tables, chairs, doorknobs, etc. Everyone must wear a mask during the class and students must be separated by at least 6 feet.

Ceramic Room is closed because it is difficult to clean/sanitize the molds. Cannot use the computer in the Living Room because of cleaning concerns.

Only one person at a time will be allowed in the restroom.

These rules are subject to change at any time.

Question: Would Scholarship committee be able to meet in the building? Because there are only 3, they would be able to meet providing they wear masks, sit 6 feet apart, and sanitize after the meeting.

Discussion about participating via phone or zoom. Telephone is best for several people. Computer is harder for many. Classes via zoom: there are many free classes available and perhaps we could put links to those craft classes on Facebook. Many of our members are looking for the fellowship and are not interested in online classes. We

don't know where this Covid thing is going to last. It may be a long time before we can hold a meeting that would accommodate the full membership. If you have other ideas about how we can get together, please give those ideas to the Executive Board. Dana gave a perspective that she has attended a zoom meeting of 300 people. Many younger people are looking for something to do and a zoom meeting or class could bring in those people and introduce them to ECA. There are limitations to giving one-on-one feedback via online sources. Other things like book club or meetings where you can connect with one another should be considered. Pam Bryson has done an exercise class online and the participants have become online friends. Living Healthy at Home has been done online and has been very successful meeting for one hour each week. Centralina has developed some classes to support the virtual needs.

Board is working on a proposal for a change in membership dues. Linda J providing input: perhaps offering an alumni membership for some of our members who have been ECA members for years but are no longer able to come to meetings. That membership would be a reduced rate. They may be able to participate at home. They would still feel a part of the organization. Another would be a family membership that would offer a discount for those living at the same address. This would encourage husbands or adult children to join. Another could be ECA supporters for those who do not want to come to meetings or are not available to come to meetings. Although it is a reduced membership dues, it could increase our membership.

We need to start thinking about fundraising opportunities for 2020. To be discussed at next board meeting. Please send your ideas to board members or Pam Bryson.

Programming Committee update: Had a meeting with Patti Wells and Pam Myers to plan some classes. Want to get started with just a few classes for painting and possibly a card class in August. Have to see what works and what doesn't work and see how things go. We discussed a sewing class, but that would only work if people brought their own machines. It could be difficult to clean the ECA machines. We will not be able to provide any new sewers with classes as that requires close contact. If anyone has any ideas about what classes we can offer, please let us know.

The Tar Heels E-Newsletter deadline is August 1. Can funnel the information through Pam Bryson.

Scholarship Committee has decided on only one scholarship for \$1000 because of low funds and we did not have as many applications as usual. Many students have had

difficulty getting transcripts and teacher recommendations. Pam Bryson has worked with students to get information. We received \$679 from the Community Run. ECA had \$485 in donations with a 40% match of \$194. This is a great fundraiser for the scholarship. Thanks to everyone who contributed.

Quiltmakers has received a grant for \$850 to buy supplies for classes. We can buy ¼" feet and other sewing equipment to provide classes. We will also be able to buy cotton batting for the baby quilts which are donated to the hospital.

We've received the bill for insurance for \$750. This is a bit higher than last year.

Discussion about how to get participants to pay for classes if we do them online.

Francis Turner is with hospice. Please give her your thoughts and prayers. If you are aware of any of our members who need assistance during this time, please contact a board member or Pam Bryson.

Next meeting is scheduled for August 6 at 10:00 a.m.

ECA Executive Board Meeting Minutes

Gaston County Extension & Community Association (ECA)

June 26, 2020 2:00 p.m.

Call to Order via ZOOM at 10:00 a.m.

Attending: Patti Wells, Linda Minges, Pam Bryson, Audrey Hunt, Pamela Myers, Angela Nona, Linda Jozwiakowski,

Linda Minges gave an update on county offices reopening. Brittany Miller is our new NC State intern who will be working on projects with Linda Minges.

- Linda shared NC guidance for face coverings. Governor has new face mask requirement going into effect effective Friday, June 26 at 5 p.m. If able to maintain social distancing no mask needed.
- For purpose of county buildings, masks are not required within individual offices, but are required when going to restrooms, meeting with public at their offices or LTC or any meeting where social distancing is not being used.
- Masks will be required at LTC. Continuing to limit any indoor group meetings to 10 people which includes staff members. The 10 includes anyone in the entire building. Anyone entering LTC or CRC must go through health and temperature scan. There is a plan to purchase hand-held temperature scanner for LTC after July 1. LTC is only cleaned once per week and there is discussion underway to increase that frequency. Activities are limited to day time events.
- No youth based meetings will be allowed. That impacts all 4-H programming.
- NC State Extension is requiring a meeting request form be completed about any activity. This will include information on how masks and social distancing requirements will be met. Any class held, the instructor/participants will be required to sanitize room after the class. All classes must have a staff member in attendance.
- David considering closing ceramic room during this time due to additional cleaning/sanitizing/social distancing restrictions that are being implemented.
- Linda is not doing any cooking classes but her online classes are growing in attendance. We need to consider presenting our classes on Zoom instead of doing in person classes. Linda did a Living Healthy class via zoom that lasted 8 weeks.

Very positive feedback from participants. Linda is willing to help anyone interested in learning to do an online class.

- Pam Bryson will keep board updated on cleaning schedules and requirements.
- Don't see a lot of the restrictions going away anytime soon.
- Evaluate how easy it is to social distance in determining whether or not a class is viable.
- Senior Center has actually done a small bingo session with 9 people and a caller.

Membership fees are coming due in September. Linda J suggests looking at different types of membership. Suggestions: ECA Alumni—people who can no longer get to any meetings—pay only the state fee and get the newsletter and still feel like they are part of the organization and connected. Then if an opportunity comes up, they can contribute. Family membership that would include all within the same household, especially husbands who contribute a lot of hours. Membership categories does require a bylaws change. Linda J will draft a proposal for discussion at next Executive Board meeting and potential presentation to membership in August.

Suggestion made to mail out forms to current members to pay dues along with a letter. Perhaps call members to get them on board. Contact members and ask them to join Zoom meeting in July. Encourage those with landline phones to call in. Let first time users know how to access zoom and when they can access meeting. Extension staff willing to work with members to answer questions/concerns. Limit meeting to no more than 60 minutes. Can use Zoom tools such as chats, polls and sharing screens.

Masks Project: Linda J talked with Geri Bushell who has expressed her appreciation for the support given to the Farmer's Market mask project. The project has closed now but may request again in the fall. May 4-June 22 Gaston County sent 800 masks. Geri will send out a report on the overall project at a later date. Patti has delivered 900 masks to David Fogarty for the county. Suggestion by Pam B to have a supply of masks at the center for when we do start having classes. Masks given to other organizations have totaled over 700 masks. Pat Mantoath has an order for 110 masks from the Levine Center. Pam B received a thank you note from Grover Elementary for the masks given to them. Patti has done an excellent job of leading this project for the county.

Need to fill positions for Vice President, Secretary, Treasurer, Marketing Chair, Building Committee Chair, and Scholarship Chair. Full Board will divide up the membership list

and contact people about joining a zoom meeting in July and about taking on a board position.

Members can contact Pam B for material or yarn and she can place a selection on a cart that can be placed on the front porch so members can choose.

Minutes respectfully submitted,

Pamela Myers