

EXTENSION & COMMUNITY ASSOCIATION (ECA) - GASTON COUNTY August 2021 Newsletter

Building Use Policy for the Lucile Tatum Center - Updated 5.18.21

The following COVID-19 guidance is provided in accordance with North Carolina Governor's Office, NC State University, and Gaston County Government:

1. The Lucile Tatum Center is resuming normal weekday operations as follows:
8:30am - 12:00pm & 1:00 - 5:00pm (closed 12-1pm)
2. Specialty interest groups can resume their regular meetings and do personal projects inside the building.
3. All limits on mass gatherings along with social distancing requirements have been lifted.
4. Effective Monday, June 21st, the Lucile Tatum Center will be available for public rentals. This delay is to allow for new cleaning and setup protocols with the maintenance staff.

ECA MONTHLY MEETING

Thurs., August 5th | 6:30 - 8:30pm - Lucile Tatum Center

The next meeting will be held in person at the Lucile Tatum Center. All members are encouraged to attend and bring a guest. Visitors are always welcome to attend! Rich Chuvala, 4-H Agent, from NC Cooperative Extension - Gaston County will be our guest speaker. Note: This meeting will not be available via Zoom - we apologize for any inconvenience.

EXECUTIVE BOARD MEETING (changed from original date)

Tues., Aug. 30th | 10:00am - 11:30am - Lucile Tatum Center

All board members are requested to attend this meeting - contact Audrey Hunt if you are unable to participate. *A contact person from each committee needs to participate in monthly Executive Board meetings.*

We will discuss the need for a slate of 2022 ECA officers. Any member who would like to have an issue discussed at the next monthly meeting is encouraged to attend. This meeting is open to all members, but only Executive Board members can vote during this time.

MARTHA GOEBEL SPECIALTY GROUP

Tues., August 3rd | 10:30 am - Firestone Grill, Gastonia

The August monthly meeting will be held at the Firestone Grill, Gastonia - visitors and guests are invited to attend.

ECA WEBSITE UPDATE

Please note that information has been updated on our website, located at:

<https://gaston.ces.ncsu.edu/gaston-eca/>. At this site, you can find copies of the newsletter, forms, scholarship applications, and operational guidelines for ECA at both the state and county level.

ECA SCHOLARSHIP COMMITTEE UPDATE

The Committee decided to give three \$1,000 scholarships for 2021 as a result of receiving \$2,600 from the Community Foundation Run.

Winners of the Gaston County Extension & Community Association:

- Karly Brookover is going to the University of North Carolina at Wilmington. She is the great-granddaughter of Betty Willis, ECA member.
- Jashala Hoke is going to North Carolina Agricultural & Technical State University. She is a volunteer for NC Cooperative Extension - Gaston County Center.

Winners of the Linda Jozwiakowski Scholarship:

- Carter Brown is going to East Carolina University. He is the grandson of Jane Falls.

PROGRAM ROOM UPDATE



We're excited to let you know that the Program Room has been freshly painted and looks great! Be sure to take a look and share any ideas you may have for classes and workshops. More details to come soon!

OPERATION GRATITUDE UPDATE

Please be aware of size requirements for scarves: no smaller than 4" x 48" or larger than 6" x 50" for Operation Gratitude scarves. Length of most scarves were within that but width was sometimes as little as 3-inches. We will save those for gifting to schools in the fall, along with ear warmers. Thanks for all your work. Mailing of those in stock will go out soon. Thank you - Rita Kincaid

DO YOU HAVE **Concerns** about falling?



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

**An award-winning program designed
to help you manage falls and increase
activity level.**

WHERE:	Lucile Tatum Center (in-person) 959 Osceola St., Gastonia, NC
WHEN:	Mondays & Wednesdays (total of 8 sessions) September 20 - October 13, 2021
TIME:	9:30am - 11:30am
COST:	No cost to you!
FACILITATORS:	Linda Minges & Ruth Murphy
RSVP:	Pre-registration required by September 13th: Phone: 704.922.2127 Email: linda_minges@ncsu.edu

You will learn to:

- View falls as controllable
- Make changes to reduce fall risks at home
- Set goals for increasing activity
- Exercise to increase strength and balance

You should consider attending this program if you:

- Want to improve balance, flexibility and strength
- Are concerned about falls or have fallen in the past
- Have restricted activities because of falling concerns

For accommodations
for persons with
disabilities, contact
704.922.2127 by
September 13, 2021.

Need a ride to this workshop? If you are currently registered to ride ACCESS through the Senior Transportation program at DSS, you can make an appointment for this workshop. If you are not currently riding ACCESS and are at least 60 years old, call 704.862.7540 to enroll in Senior Transportation.

To be eligible for this workshop you must reside in one of the following counties: Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly or Union.

Proudly Sponsored by:



GASTON COUNTY DEPARTMENT OF
HEALTH & HUMAN SERVICES
SOCIAL SERVICES + PUBLIC HEALTH

NC State University and North Carolina A&T State University commit themselves to positive action to secure equal opportunity regardless of race, color, national origin, religion, political beliefs, family and marital status, sex, age, veteran status, sexual identity, genetic information or disability. NC State University, N.C. A&T State University, U.S. Department of Agriculture, and local governments cooperating.

BABY QUILTS

Several ECA members have been working on getting kits put together for the NICU baby quilts. Currently, Patti Wells has about 7 kits ready for sewing.

If you would like to get one of these kits (for the tops only) and sew it up, please contact Patti Wells at 980-636-3841 or pawells123@gmail.com. You can also contact Pam Bryson at 704.825.3291.

We will handle getting them quilted. You are more than welcome to do the quilting yourself if you want. Just let us know and we will make sure you get the batting, backing and binding. You will get some extra love for that!

NEWSLETTER INFORMATION

Please note that staff rely on the input from ECA members for the information presented in monthly newsletters. Since there have been recent comments that information is incorrect and/or missing, the newsletter is now being reviewed by the Executive Board prior to being distributed.

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. Please note that information needs to be submitted in written form to Pam Bryson.

SUNSHINE VOLUNTEER

Many thanks to ECA member, Betty Agerton, for sending cards to 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 notify Pam Bryson or Audrey Hunt.

The Martha Goebel Special Interest Group is our call tree partner that will provide reminder calls to members each month for the monthly ECA meetings. Thank you Martha Goebel Special Interest Group.

MEMBER UPDATE

Many of our members are dealing with health issues. Please reach out to ECA members with a phone call or card - your contact is so important and a great way to help check in with our members.

Please let others or Extension staff know if you become sick, develop health concerns, or have special needs, during this time. We are family and can work together to help look after each other!

ECA 2021 PROJECTS

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

1. Ronald McDonald House: collecting drink tabs (contact: Pam Bryson, ECA Liaison)
2. Gaston County Schools: collecting school supplies in August (contact: Pam Bryson, ECA Liaison)
3. First Baptist Mission Trips: collecting eyeglasses (contact: Martha Spurrier)
4. Pennies for Friendship: supporting Association of Country World Women (contact: Dana Croston)
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 (contact: Pat Mantooh)
7. Operation Gratitude: knitting/crocheting scarves for the military
8. Shirt Savers for Holy Angels: making shirt savers for residents – cloth/supplies purchased by Holy Angels (contact: Martha Spurrier)
9. Farmers Market Activities: providing local food demos at the Gastonia Farmers' Market (contact: Audrey Hunt)
10. Warm Up America: making afghans for the homeless (contact: Angela Nona)
11. Habitat for Humanity Women's Build
12. Food Pantry: collecting food supplies for local pantries, twice a year
13. Gaston Skills: providing workshops for adults with special needs (contact: Audrey Hunt or Pam Bryson, ECA Liaison)

GASTON CO. ECA EXECUTIVE BOARD 2021

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

We still need a President Elect for 2021. It is time to decide on our 2022 board.
If you are interested in serving on the board please contact a member of the board.

STANDING COMMITTEE CONTACTS

- Building Committee - Jean Caldwell, Peggy Dameron, Jane Falls, Sandy Hamrick, Pat Mantooh, & Martha Spurrier
- Marketing Committee - Dana Croston, Sandy Hamrick, & Patti Wells
- Program Committee - Patti Wells
- Scholarship Committee - Karen Rhyne (chairperson), Martha Spurrier, Billie Taylor, & Patti Wells

The 2021 Executive Board Meetings are scheduled for every 3rd Thursday of the month at 10:00am:

August 31st September 16th October 21st
November 18th December 16th

2021 ECA SPECIALTY GROUPS

- Lucile Tatum - contact: Martha Spurrier
- Martha Goebel - contact: Mary Upton
- Quiltmakers - contact: Patti Wells
- Scrappers Unlimited - contact: Betse Cordell
- Creative Needlers - contact: Rita Kincaid

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

- 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: Rita Kincaid; please note this group is temporarily not meeting)
- Lucile Tatum - called meetings only (contact: Martha Spurrier)
- Martha Goebel - 1st Tuesday, 10:00am (contact: Mary Upton)
- Quiltmakers - 3rd Thursday, 6:30pm (contact: Patti Wells); Quiltmakers Sup & Sew 2nd Thursday, 6:30pm (contact Patti Wells)
- Scrappers Unlimited - 3rd Saturday, 10:00am - 12:00pm & 2:00pm - 6:00pm (contact: Bestse Cordell; please note this group is temporarily not meeting)

2021 HOLIDAY SCHEDULE

- Labor Day - September 6 (Monday)
- Veterans Day - November 11 (Thursday)
- Thanksgiving - November 25 & 26 (Thursday & Friday)
- Christmas - December 24 & 27 (Friday & Monday)

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)