

## **EXTENSION & COMMUNITY ASSOCIATION (ECA) - GASTON COUNTY**

### **September 2021 Newsletter**

#### **Building Use Policy for the Lucile Tatum Center - Updated 8.13.21**

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

- Face coverings are now required in the Lucile Tatum Center due to the Delta Variant.
- The CDC recommends that everyone in areas designated as substantial spread or higher, wear a face covering in public indoor settings, even those who are fully vaccinated, to help prevent the spread of the Delta variant and protect others.
- As of August 11th, Gaston County is categorized as having high transmission, according to the CDC's data tracker.

#### **COUNTY HOLIDAY & OFFICE CLOSING**

In observance of Labor Day, Gaston County offices, including the Lucile Tatum Center and NC Cooperative Extension office will be closed on Monday, September 6th. Thanks for your cooperation.

#### **ECA MONTHLY MEETING**

*Thurs., Sept. 2nd | 6:30 - 8:30pm, Lucile Tatum Center*

All members are encouraged to attend and bring a guest. Visitors are always welcome to attend! Note: This meeting will not be available via Zoom - we apologize for any inconvenience.

#### **MARTHA GOEBEL SPECIALTY GROUP**

*Tues., Sept. 7th | 5:00pm, Captain's Cap Fish Camp, Linwood Rd., Gastonia*

All ECA members and guests are invited to attend this monthly meeting. (Dinner costs to be paid individually.)

#### **EXECUTIVE BOARD MEETING**

*Tues., Sept. 16th | 10:00 - 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.*

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.

## **2021 ECA MEMBERSHIP DUES**

Membership dues (\$20) and applications are to be submitted individually to Pam Bryson, ECA Liaison, by October 15th. This deadline allows us to submit state ECA dues by the deadline.

## **2021 STATE CONFERENCE “REUNITED & IT FEELS SO GOOD”**

*October 11th - 13th | Hilton-Raleigh, North Hills, Raleigh, NC*

Register Fee: \$140 by 9/27 (does not include nightly hotel cost: \$159, Hilton-Raleigh North Hills)

Registration Deadline: September 27th

Late Registration Fee: \$160

Registration form is attached

Please let Pam Bryson or Audrey Hunt know if you plan to attend. Face coverings are required during conference events.

## **COLLECTION OF SCHOOL SUPPLIES**

School supplies will be collected during August and September for area schools. An ECA member will deliver these donations to schools as suggested by the Central School Office. Please list donated items in the notebook, which is located in the Project Room.

If your special interest group wants to support a particular school, please collect supplies separately and distribute them to schools directly. Also, please let Pam Bryson know which school your group supported and what supplies were collected.

## **INVENTORY AND BUILDING CLEAN UP**

*Thurs., Sept. 23rd | 10am-noon and 1pm-3*

Members are needed to take inventory of the building and cleaning of the building. All members are encouraged and come out and help. The building committee cannot do it by themselves.

## **FUNDRAISERS IN THE WORKS**

- Barbecue dinner - the Building Committee is planning this fundraiser in October or first Friday in November. They will have more information coming soon. We will need the help of all members to sell and purchase tickets to this event.
- Bazaar - the Marketing Committee is planning a bazaar around November 19th - 20th. If you know of anyone who would like to participate as a vendor, please contact Dana Croston with contact information. ECA members who want to sell - please contact Dana Croston.

## **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.

## **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

## **CREATIVE NEEDLERS**

Creative Needlers will start weekly meetings from 6 - 8pm every Thursday evening. As a reminder, face coverings are required as a result of increases in COVID cases.

Thanks to members of the Creative Needlers Specialty Interest group for their work on the following projects:

- 60 scarves sent to Operation Gratitude
- 9 blankets donated to a nursing home

Reminder: If you are knitting and crocheting scarves, please make them at least 48 inches long. A scarf should be able to be wrapped around the neck and tied or thrown over the shoulder. We have 24 scarves (measuring 30" - 40" in length) that are almost too small for Operation Gratitude. Some are almost too short to be useful even for school children. Thanks - Rita Kincaid

## **QUILTMAKERS PROJECT: PILLOWCASES FOR BRIGHT HOPE**

*Friday, Sept. 17th | 10:00am - 12:00pm & 1:30pm - 3:30pm*

This is a State ECA project to make pillowcases for the Boys and Girls Club. Bright Hope is one of their buildings and the children need a pillowcase that is just theirs. We are asking all members who are able to help with this county ECA project: you can help iron, cut fabric, or sew. Please come out and be with other ECA members while working on this great project.

## **BABY QUILTS**

Patti Wells has about 7 NICU baby quilt kits ready for sewing. If you would like to get one of these kits (for the tops only) to sew, please contact Patti Wells (980.636.3841 or [pawells123@gmail.com](mailto:pawells123@gmail.com)) or Pam Bryson (704.825.3291 or [pambryson@gastongov.com](mailto:pambryson@gastongov.com))

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!

# 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.**

<b>WHERE:</b>	Lucile Tatum Center (in-person) 959 Osceola St., Gastonia, NC
<b>WHEN:</b>	Mondays & Wednesdays (total of 8 sessions ) September 20 - October 13, 2021
<b>TIME:</b>	9:30am - 11:30am
<b>COST:</b>	No cost to you!
<b>FACILITATORS:</b>	Linda Minges & Ruth Murphy
<b>RSVP:</b>	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.

## **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 Mantooth)
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)

## **FRIENDLY ECA REMINDERS**

### **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.

### **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.

### **PERFUME & FRAGRANCE 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.

### **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 it from the building. I have added the District guidelines to this book.

### **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

prior to the beginning of the delayed school schedule - these events will be cancelled.

3. 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.

### **COMMUNICATION POLICY**

ECA's primary source of sharing updates and happenings is done through the monthly newsletter. The newsletter includes meeting minutes and information about upcoming programs and events. Newsletters are distributed primarily via email, but mailed to members without email. If you are having problems receiving the newsletter by email, it is your responsibility to contact Pam Bryson. Be sure to share any updates in your email address, too. Email is also used to share information among members. If you do not use email, please connect with an ECA member who does and ask that information be shared with you.

### **RADA SALES**

The sale of RADA products is an ongoing project with proceeds benefiting the ECA General Fund. Your support of sales makes a difference. The RADA catalog is available at the Lucile Tatum Center, or online at [www.radacutlery.com/shop-rada](http://www.radacutlery.com/shop-rada) or order off ECA's facebook.

### **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 ECA Executive 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:

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**

- October, & November: first Thursday - 10:00am
- September: first Thursday - 6:30pm
- Christmas Party in December

### **ECA SPECIAL INTEREST GROUPS**

- Creative Needlers - Every Thursday, 6 - 8pm @ Lucile Tatum Center (contact Rita Kincaid)
- 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 Teresa Weave); 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](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 Extension & Community Association 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 Board Meeting - July 29, 2021**

Meeting was called to order at 10 AM by president, Audrey Hunt.

Members present: Audrey Hunt, Patti Wells, Billie Taylor, Dana Croston, Pam Bryson, Martha Spurrier, Jean Caldwell.

Dana Croston presented the Treasurer's Report.

There was discussion about budgeted items and Cotton Ginning money being moved to General Fund. Money to pay the painter came from the Quilt maker's Club fund. It was reported that we raised \$2607/50 thru Community Foundation (Run for the Money).

Thanks to all who participated. Great Job! There was no questions on Dana's report.

There were 3 (\$1000) scholarships given this year. We are very proud of that.

We received thank you notes from Holy Angels and Operation Gratitude and thank you notes were sent to David F. for funding the paint for the Project and Program Room and to the painter, Larry Patterson for the great job he did, as well as to the Henderson family for the Donation made.

A report was given on a memo from David Fogarty on future events at the ECA. 1. The state still Recommends no food in the Lucille Tatum building and we should still wear masks when not socially distancing. ECA is an independent organization and is responsible for coming up with and enforcing its own covid-safety procedures. We can have food in the building, but Mr. Fogarty suggests that we have 6 foot spacing between seats. 2. ECA can put up a Christmas tree and decorations this year but cannot discriminate against anyone who holds non-Christian beliefs and wish to display other religious symbols. 3. ECA can pray during its meetings and events and every person can pray as they choose. It is suggested that we use a non-demonational prayer. We must be accepting of all persons. We lost a lot of members due to the prayer issue and recommendations made about not praying in Jesus name. Our Membership number at this time is 41.

New Business: It was suggested that Cotton Ginning Days be put on hold since there is so much planned at that time.

NC ECA will be Oct. 11-13 in Raleigh, N.C. There is \$1600 set aside for travel expenses for the president and others wanting to go. We do not know cost as yet.

Patti Wells expressed concern of participation at workshops. There were 15 people at the Shirt savers workshop and only 3 at the baby quilt workshop. It was discussed that

maybe phone calls to members would help.

There was discussion regarding fundraisers. Dana Croston suggested a Bazaar the first week in December. There will be more discussion later and Dana will contact vendors. Martha Spurrier suggested a BBQ fundraiser in October. These will be looked into and discussed later.

We need to be thinking about officers for next year. We still do not have a Vice President. Dana C. Said she will continue as Treasurer and Billie T. Said she will be Secretary temporarily.

We will see how many members we have at the Aug. meeting and who may be willing to hold an office before we start contacting members.

Budget for 2022 needs to be decided on at the August 26th Board Meeting. Each committee needs to submit their budget to Audrey Hunt by Aug. 25, 2021.

Committees: Lifestyle - has no budget - Patti Wells

Building - Earns own money - Jean Caldwell/Martha Spurrier

Marketing - budgeted money - Dana Croston

Scholarship - Earns own money - Karen Rhyne/Pam Bryson

It was suggested that we use the unused bulletin board for a memory board to honor members who are no longer with us due to death. Everyone was in agreement.

Aug. 5th at 6:30 PM next General Meeting at Lucille Tatum Center.

Next ECA Board Meeting Aug. 31 at 10 AM at Lucille Tatum Center.

Meeting was adjourned.

Billie Taylor, Secretary



North Carolina Extension & Community Association, Inc.  
 2021 Conference Registration  
 October 11-13, 2021  
 Hilton -Raleigh North Hills

# REUNITED & FEELS SO GOOD

**MASKS will be required!**

Name \_\_\_\_\_ County \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

Special dietary needs- include all foods due to allergies or religious beliefs:  
 \_\_\_\_\_

In case of an emergency, contact: \_\_\_\_\_

Emergency Daytime Phone \_\_\_\_\_ Emergency Evening Phone \_\_\_\_\_

I am a: (check all that apply)

- Leadership Team     County President     Past State President     Liaison Agent  
 NCCE Administrator     Guest     First Time

**Hands on Workshops -**

**I would also like to purchase Guest Meals**

Make checks payable to:

- Monday Lunch - \$25.00  
 Monday Dinner - \$30.00  
 Tuesday Breakfast - \$15.00  
 Tuesday Lunch - \$25.00  
 Tuesday Dinner - \$30.00  
 Wednesday Brunch - \$25.00

**Registration Deadline:**

- Full Registration (by 9-27) \$140.00 \_\_\_\_\_**  
**Late Registration (after 9-27) \$160.00 \_\_\_\_\_**  
**Guest Meals \$ \_\_\_\_\_**

**TOTAL**  
**Registration & Fees \$ \_\_\_\_\_**

(Registration fees transferable, not refundable)

Make checks payable to:  
 NCECA, Inc.  
 \_\_\_\_\_  
 Mail to: Geri Bushel  
 Box 7606, NCSU  
 Raleigh, NC 27695



NCECA State Conference  
2021 Conference Registration  
October 11-13, 2021  
Hilton - Raleigh North Hills



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### Educational Workshops

- Med Instead of Meds
- NVON Project in Common: Bee-Cause Pollinators Feed the World
- \*Communicating & Leading with Vision
- Midday Positivity Mental Wellness Series
- The Power of Many – The Alzheimer’s Series
- Cooking with an InstaPot & Air Fryer
- \*Diversity & Inclusion

\* Master FCS Volunteer Credits

#### Also included:

- Dinner & a Movie
- Virtual Tour of a Pollinator Garden

#### Awards:

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Recognizing counties and individual members for their service is a mainstay of the ECA State Conference! Be sure your reports are in and your forms are completed in order to be recognized.

- **Outstanding Service Award** – Each county winner will be recognized.
- **Annual Report** – Counties are recognized based on the volunteer activity for the county. Was due online by March 1
- **Certified Volunteer Units (CVU)** – Members achieving 500 or more volunteer hours of service will be recognized. Was due online by March 1
- **Service Longevity** – Members will be recognized for length of service at 25 years and at 5-year increments. Report form is in registration packet. Each county should return **one** form with registration.
- **Leadership Award** – One member from each district will be recognized. Application (Appendix D) is due to Geri Bushel September 15.

#### Accommodations:



**Reserve your room:**  
**Hilton – Raleigh North Hills**  
3415 Wake Forest Road  
Raleigh, North Carolina 27609

**\$159.00**

919-872-2323