

EXTENSION & COMMUNITY ASSOCIATION (ECA) - GASTON COUNTY May 2022 Newsletter

ECA ECA ACHIEVEMENT DAY 2022

Thurs. May 5th | 11am

Registration Deadline: April 29th - RSVP: Pam Bryson 704.865.3291

Note: The regular monthly membership meeting is canceled for May. We will continue with regular monthly meetings in June.

VOLUNTEER IMPACTS: MARCH 2022

Your monthly reports make such a difference! Thanks to all 16 members who submitted their volunteer reports/hours for March. These impacts will be shared in each monthly newsletter, social media, and NC Cooperative Extension and Gaston County stakeholders. ***During March, 16 ECA members reported 531 volunteer hours and 95 client/individual contacts - representing a value of \$13,782 to North Carolina.***

It's not too late to submit your hourly reports - contact 704.865.3291 for details!

MARTHA GOEBEL SPECIALTY GROUP MEETING

Tues., May 3rd | 11:30am - AmberJack, 4253 S. New Hope Rd., Cramerton

As a reminder, the Martha Goebel group meets every other month (April, June, August, and October) at the Lucile Tatum Center. ECA members and visitors are always cordially invited.



Martha Goebel Specialty Group completed 33 Easter bags for the Adult Day Care.

SCRAPPERS UNLIMITED SPECIALTY GROUP MEETING

Sat., May 7th | 10:00am - 6:00pm, Lucile Tatum Center

This ECA specialty group enjoys paper crafting - from community projects to personal projects. Visitors are always welcomed at this monthly meeting time - a little business discussed, plus lots of crafting. For more info: pam.bryson@gastongov.com or call 704.865.3291.

CREATIVE NEEDLERS SPECIALTY GROUP MEETINGS

Thurs., May 12th & 19th | 6:00pm - 8:00pm, Lucile Tatum Center

This ECA specialty group meets twice a month and focuses on knitting and crocheting. Members work on various personal and community projects. ECA members and visitors are always cordially invited. Contact Bertie Smith (ph: 704.864.6655) for more information about this group.

MONTHLY SUP & SEW

Thurs., May 12th | 3:00pm - 8:30pm, Lucile Tatum Center

Sponsored by the Quilters ECA Specialty Group, this monthly session is an informal time to work on your personal sewing/craft projects with ECA members. A great time to get out of the house, meet new folks, and enjoy time together with others. Contact Patti Wells (ph: 980.636.3841) for more information.

MONTHLY CRAFT DAY

Sat., May 14th | 10:00am - 6:00pm, Lucile Tatum Center

Do you have sewing or craft projects that you're working on? If so, and you want to join other crafters, this monthly event may be for you! Bring your project and supplies and join ECA volunteers to connect with others and work on your project. You do not have to stay the entire time - this is just an informal drop-in style event.

There is no cost to participate. For more details contact Pam Bryson: pam.bryson@gastongov.com or call 704.865.3291

EXECUTIVE BOARD MEETING

Thurs., May 19th | 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. This meeting is open to all members, but only Executive Board members can vote during this time. *Please note that a contact person from each committee needs to participate in monthly Executive Board meetings.* Also, any member who would like to have an issue discussed at the next monthly meeting is encouraged to attend.

QUILTMAKERS SPECIALTY GROUP MEETING

Thurs., May 19th | 6:00pm - 8:30pm, Lucile Tatum Center

Quilters is a special interest group of the Gaston Co. Extension & Community Association (ECA) that focuses on quilting and sewing projects. ECA members and

visitors are always cordially invited - contact Patti Wells (ph: 980.636.3841) for more information about this group.

HOLIDAY CLOSING

The building will be closed Monday, May 30th for the Memorial Holiday.

FUN DAY

Tues, June 14th / 1:30pm

Come out and join us for an afternoon of games. RSVP to Pam Bryson 704.865.3291 by June 7th.

UPCOMING WORKSHOPS

1. Pre-registration including payment of registration fees is required by the registration deadline. Registration form should be completed and returned 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. For accommodations for persons with disabilities, contact 704.865.3291 within five business days before the event.
4. Be respectful of the "Fragrance Free" Policy at the Lucile Tatum Center. Do not wear fragrances - no perfumes, scented locations, body sprays, aftershave, etc.

Refit Exercise Class

Dates: Mondays, May 2nd - 30th

Time: 5:30 - 6:30pm

Registration Deadline: Wednesday before each class

No cost to participants.

Instructor: Claudia Vaughn, certified instructor

REFIT® is a life-changing group fitness experience that rocks your body, heart, and soul with powerful moves and positive music, to inspire you from the inside out.... Powered by human connections, we turn boring, "have-to" workouts into a "can't-miss" community fitness experience!

No matter your size, shape, age or experience, throw doubt, fear and insecurity to the wind! REFIT is a life changing experience. You can stand or sit in a chair and do the complete exercise at your pace.

Sewing Workshop: Self-binding Baby Blanket

Date: Tues., May 10th

Time: 1:30 - 4:30pm

Registration Deadline: May 6th

Cost: \$5 - ECA members; \$7 - non ECA members



Instructor: Patti Wells

Do you need a quick and cute gift for a new baby? This blanket is super cute and super easy. Double layered and reversible.

Materials needed:

- 40" square of coordinating fabric for back of blanket (1-¼ yards)
- 30" square of coordinating fabric for front of blanket (1 yard)
- Pins

Decoupage Workshop: Flower Pots

Date: Tues., June 21st

Time: 6:00 - 8:30pm

Registration Deadline: June 14th

Cost: \$5 - ECA members; \$7 - non ECA members

Instructor: Patti Wells

Learn how to decoupage terra cotta pots with napkins! This is such an easy and pretty craft idea.



Materials needed:

- Decorative napkins with patterns for cut out
- Terra cotta pots
- Mod Podge Gloss
- Chalk paint
- Clear plastic wrap
- Paintbrush
- Scissors

ECA 2022 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: 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 Rita Kincaid)

8. Shirt Savers: 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: Bertie Smith)
11. Gaston Skills: providing workshops for adults with special needs (contact: Audrey Hunt or Pam Bryson, ECA Liaison)

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.

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 or order from ECA's facebook page.

GASTON CO. ECA EXECUTIVE BOARD 2022

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

STANDING COMMITTEE CONTACTS

- Building Committee - Jean Caldwell, Peggy Dameron, Jane Falls, Sandy Hamrick, Pat Mantooth, & 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

ECA SPECIAL INTEREST GROUPS

- Creative Needlers - 2nd and 3rd Thursdays, 6 - 8pm @ Lucile Tatum Center (contact Bertie Smith)
- Lucile Tatum - called meetings only (contact: Martha Spurrier)
- Martha Goebel - 1st Tuesday, 10:00am (contact: Mary Upton)
- Quiltmakers - 3rd Thursday, 6:00pm; Quiltmakers Sup & Sew 2nd Thursday, 3:00pm (contact: Patti Wells)
- Scrappers Unlimited - 1st Saturday, 10:00am (contact: Pam Bryson)

LUCILE TATUM CENTER

Location & Mailing Address: 959 Osceola St., Gastonia, NC 28054
Office Hours: Monday - Friday | 8:30am - 5pm (closed daily from 12-1pm)
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

MORE INFORMATION

Phone: 704.922.2111 Website: gaston.ces.ncsu.edu
NC Extension & Community Association website: go.ncsu.edu/nceca

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