

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

VOLUNTEER IMPACTS: APRIL 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 April, 8 ECA members reported 470 volunteer hours and 115 client/individual contacts - representing a value of \$12,198 to North Carolina.***

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

ECA REMINDERS

- June 1st: Pennies for Friendship donations due to ECA Treasurer, Faye Lanier
- June 1st: Submit our local articles for the Tar Heel Homemakers' e-News to Geri Bushel - share your info with Patti Wells
- October 24 - 26th: ECA State Conference - Raleigh *"BeeCause ECA Matters"*

ECA ACHIEVEMENT DAY: NOTE FROM THE PRESIDENT

I would like to thank all that helped make the Achievement Day a huge success: beautiful decorations, delicious food, wonderful fellowship with 23 in attendance. Special thank you to Mr. David Fogarty as our special speaker. - Audrey Hunt, Gaston County ECA President



CONGRATULATIONS TO MEMBERS

Congratulations to Achievement Day award winners:

- Mary Upton, "2021 ECA Leader of the Year"
- Billie Taylor, "2021 ECA Member of the Year"
- Patti Wells, "Outstanding Member"

Years of Service Awards were recognized:

- Barbara Bohannon - 65 yrs.
- Gail Thacker 35 - yrs.
- Marsha McLamb - 25 yrs.

MONTHLY MEMBERSHIP MEETING

The monthly June general membership meeting has been canceled for June due to schedule conflicts with several members.

SCRAPPERS UNLIMITED SPECIALTY GROUP MEETING

Sat., June 4th | 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: call 704.865.3291.

MARTHA GOEBEL SPECIALTY GROUP MEETING

Tues., June 7th | 10:00am - Lucile Tatum Center

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. **Reminders:** Martha Goebel Club meeting June 07, 2022 (Tuesday)@ Lucile Tatum Center 10:00am please bring items you signed up for to make a surprise box for Adult Center members.

MONTHLY SUP & SEW

Thurs., June 9th | 3:00pm - 8:30pm, Lucile Tatum Center

Sponsored by the Quiltmakers 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., June 11th | 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 Patti Wells: 704.865.3291

FUN DAY

Tues., June 14th | 1:30pm - Craft Room

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

EXECUTIVE BOARD MEETING

Thurs., June 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. 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., June 16th | 6:00 - 8:30pm, Lucile Tatum Center

Quiltmakers 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.

CREATIVE NEEDLERS SPECIALTY GROUP MEETINGS

Every Thursday evening except 1st Thursday of summer months | 6:00pm - 8:00pm, Lucile Tatum Center

This ECA specialty group meets every Thursday evening with the exception of the 1st Thursday (which is the ECA General Meeting night) from 6pm to 8pm and focuses on knitting and crocheting. Members work on various personal and community projects. ECA members and visitors are always cordially invited. Come one, come all who are interested in learning to knit or crochet. We will be giving one-on-one lessons on these skills during our Thursday evening meetings throughout the summer. Contact Rita Kincaid (ph: 704.907.3607) for the exact date to start knitting.

OPERATION GRATITUDE

Please be aware of size requirements for scarves: no smaller than 4" x 48" or larger than 5" x 50" for Operation Gratitude scarves. Length of most scarves were within that range, 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.

Red scarf and hat challenge for Operation Gratitude starts soon. Come pick up some red yarn and get ready for the challenge! Contact Rita Kincaid (ph: 704.907.3607) for information on Operation Gratitude (www.operationgratitude.com)

WARM UP AMERICA

Contact Bertie Smith (ph: 704.864.6655) for more information about the Warm Up America project.

BUILDING/DONATION UPDATE

Due to the overwhelming donations of yarn over the past few months, we will be temporarily discontinuing any yarn donations.

WINNERS OF SOUTH CENTRAL DISTRICT CULTURAL ARTS CONTEST

Congratulations to our many talented Gaston County ECA members who placed at the district level for the annual Cultural Arts Contest:

FIRST PLACE

Sewing category #1 Bag: Marsha McLamb

Sewing category # 6 Favorite Things Quilt: Sandi Henderson

Natural Craft category #10 Basket: Diane Smith

Quilt category #30 (pieced, hand quilted): Marsha McLamb

Sewing category #32 Quilt (Stamped pattern): Pat Mantooth

Second Place

Heritage Skills category # 9 Wooden Snowman: Pamela Davis

Pottery category #11 Nativity Scene: Rita Kincaid

Flower Arrangement category #12 Pink Flowers w/ Burlap: Audrey S. Hunt

Paper Craft category #17 Card: Pamela Davis

Miscellaneous category #20 Cutting Mat & Ruler Carrier: Sandy Hamrick

Fine Arts category #24 Diamond Art: Audrey S. Hunt

Quilt category #29 (applied, hand quilted): Marsha McLamb

Other Quilt Technique category #36: Sandi Henderson

Third Place

Sewing category #2 Wall Hanging: Marsha McLamb

Christmas Decorations category #13 Blanket: Sandy Hamrick

Quilt category #27 (applied, machine quilted): Sandi Henderson

Honorable Mention

Recycling Craft category #8 Recycled Sweater: Pamela Davis

SOUTH CENTRAL DISTRICT MEETING

It was great to have the opportunity for an in-person district meeting on May 12th with the South Central Extension & Community Association. Our very own Audrey Hunt, Gaston Co. ECA President, was installed as President Elect on the 2023-2024 South Central District Executive Board. A special thanks to Audrey for taking on this role and representing Gaston County! Attending from Gaston County were: President, Audrey Hunt; Treasurer, Dana Croston; Advisor, Patti Wells and Family & Consumer Science Agent, Linda Minges. Congratulations to our Cultural Arts winners for 2021.



District ECA meetings are held annually and location is rotated across the district. Our district cluster (comprised of Alexander, Catawba, Gaston, and Lincoln counties) is responsible for hosting the 2023 district meeting. Since Gaston County has hosted the meeting during our last two times of responsibility, we will definitely encourage the other counties to host for 2023.

NC COOPERATIVE EXTENSION CHAMPIONS RECOGNIZED

Congratulations to our very own ECA President, Audrey Hunt, who was recognized as the Family & Consumer Science Champion for NC Cooperative Extension - Gaston County Center. In addition to Audrey's volunteer service with ECA, she continues to be instrumental in supporting Extension activities: facilitating Matter of Balance workshops - especially virtual options during COVID; conducting health fairs and presentations at Gaston College, and Lineberger's Farm; and participating in media events, such as radio broadcasts with KTC Broadcasting and podcasts with Gaston Savvy Citizen.



MEMBER CONDOLENCES

Our deepest thoughts are with Diane Smith, whose husband passed away on May 19th.

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, June 6th - 27th

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.

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 and scissors

ECA Quiltmakers Fundraiser: Christmas Crafting in July

Dates: Fri. - Sun., July 22nd - July 24th

Time: Fri./Sat. 10am - 8pm & Sun. 11am - 4pm

Registration Deadline: July 15th

Cost: \$20 - ECA members; \$25 - non ECA members (includes all 3 days) - this is a Quiltmakers ECA fundraiser to purchase sewing supplies/equipment

Registration fee provides participants with: instructions for 2 crafts (paper and quilting crafts) that make simple/great gift ideas, six-foot crafting table, access to expertise from ECA members, iron/ironing board. Quiltmakers will furnish bottled water and tea each day. Meals/snacks are not included.

Facilitators: Sandy Hamrick & Patti Wells

NEWSLETTER INFORMATION

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 Patti Wells.

SUNSHINE VOLUNTEER

Many thanks to ECA member Betty Agerton, who sends cards to our 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.

BUILDING ENTRANCE REMINDERS

- Volunteers and guests are to use the front door entrance.
- 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.

ECA WEBSITE UPDATE

Please note that information has been updated on our website, located at: <https://gaston.ces.ncsu.edu/gaston-eca/>. You can find the monthly newsletters, forms, scholarship applications, and operational guidelines for ECA.

ECA CALL TREE

The Martha Goebel Special Interest ECA Group is our call tree partner that provides reminder calls to members for the monthly ECA meetings. A special thanks to the individuals who are making calls to our members - this is extremely helpful to ECA.

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. Be sure to 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 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.

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 meetings, lifestyle classes, and activities 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 canceled.
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 canceled.
3. When ECA activities are canceled, 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 staff. 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 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

FOLLOW US ON FACEBOOK

@gastoneca (Gaston Co. ECA)

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

@GastonExtension (NC Cooperative Extension)