McAfee, June Wiggins and Carole Campbell. We came away with several program ideas and North Buncombe has a new member as a result of the meeting. I am sure more members will be coming to the other clubs.

A list of program needs/ideas from the meeting are on the last page of this newsletter.

Message from the Liaison

I would like to take this opportunity to thank all of you for your support and the welcome you have given me as your new ECA Liaison.

I am excited for the new year and am confident it will be a great year for Buncombe County ECA members.

We had a wonderful brainstorming session on February 21st with five young mothers attending. I appreciate the attendance of the six ECA members, Nellie Jo Maney, Carolyn Rice, Charlotte Clodfelter, Amy McAfee, June Wiggins and Carole Campbell. We came away with several program ideas and North Buncombe has a new member as a result of the meeting. I am sure more members will be coming to the other clubs.

A list of program needs/ideas from the meeting are on the last page of this newsletter.

Valentine’s Day Luncheon

ECA members could only see red when they attended the annual Valentine’s luncheon. Thirty-seven members attended the event at Sardis United Methodist Church. Carolyn Rice and Carole Campbell provided the program, “What is in Your Top Kitchen Drawer?” It was a great program on teamwork and diversity. Door prizes were various kitchen items that would be found in a top drawer.

The food, fun, fellowship and facility were enjoyed by all that attended. The church will also be the site of our next big event, Spring Fling, scheduled for April 22. A big thank you goes to Carole Campbell for making all the arrangements.

Good job Carole!!!!
Upcoming Club Programs

March: Nancy Ostergaard, Liaison
Dealing With Mid Life Clutter

April: Spring Fling - Program to be announced

** ECA District Day **
District Day has been scheduled for Thursday, May 15
at Little Switzerland. The starting time has not yet been given.

Remember Your IRS and EIN Numbers

Don’t forget the IRS is now requiring filing for non-profit status to be completed on-line by May 15, 2008. An EIN# is needed and may be obtained by telephone, on-line (there is a charge for on-line), or you may use the county EIN#. The 900-N, an informational report will need to be filed annually on-line (e-postcard). If you prefer, Buncombe County will file each club’s information after the April 4, 2008 County Council meeting. Remember that 100% of the earnings for a non-profit organization must be directed toward non-profit use and not for the benefit of the members.

When filling out the form, ECA is considered a Community or Volunteer Group.

ECA Scholarships

Two scholarship applications were submitted from local youth. After reviewing the applications from Jessica Stafford and Benjamin Williams the committee decided to send them both on to the Northeast District for evaluation. We wish both Jessica and Benjamin luck with their applications.

Did You Know?

- Grapes are to be kept refrigerated in a covered container for up to 1 week.
- Plums are to be refrigerated for up to 3 days.
- Cantaloupe—the whole melon refrigerated for up to 4 days. Cut melon in a covered container or tightly wrapped for up to 2 days.
- Summer squash—refrigerate tightly wrapped, for up to 5 days: fresh from the garden, may be stored for up to 2 weeks.
Leicester Club

Our New Year is off to a good start after our wonderful December meeting held at Penny Byran’s home. We enjoyed our meeting with our pot luck luncheon and gift exchange. Nancy, ‘Mama’, Ostergaard visited us and we enjoyed having her as a guest.

Now we’ve moved right along to Valentine’s Day and what a wonderful luncheon at Sardis UMC. It was good to see everyone having such a good time. We were especially happy to have Oma Sharpe join us as she had suffered a heart attack in October resulting in open heart surgery. We welcomed our newest member, Sara Bishop, who had a wonderful time.

We are sorry Sharon Perry couldn’t join us and we hope she will be able to attend Spring Fling.

I can’t wait until we have a big gathering sometime so we can play the kitchen game. What an exchange of brilliant minds!

Happy waiting until spring arrives with some warm weather.

Gail Bruff

North Buncombe ECA Presents 14th Nursing Scholarship

Rebecca K. Cortes was awarded the North Buncombe ECA Nursing Scholarship in the amount of $600.00 at AB-Tech during their celebratory luncheon on February 28, 2008, during which Dr. Betty Young and the Board of Directors of the AB Tech College Foundation honored the Foundation’s scholarship sponsors and the 2007-08 scholarship recipients. A representative of the NBeca attends the luncheon annually for the presentation of the club’s scholarship.

Ms Cortes is enrolled in the Associate of Applied Science program for an Associate Degree of Nursing. After she completes her education and passes the National Council of Licensure Examination of Registered Nursing, she will be able to practice as a nurse.

This is the 14th scholarship awarded by BCECA, who traditionally finances the scholarship with a handmade heirloom candlewick quilt. Club members work individually on the needlework of the squares and shams, and then enjoy working as a group doing the assembly of the quilt in the basement of the home of Irene Banks. The remainder of the work is completed by Irene, and Pearl Phillips assembles the shams. This year the club enjoyed a great turnout of buyers at their June yard sale held on Weaver Boulevard to enhance the nursing scholarship.

At the January meeting, the club enjoyed a fun and productive activity just for themselves. Charlotte Clodfelter demonstrated the latest and easiest method of pie crust preparation and led club members in producing Moravian pies which could be frozen for future use (if they weren’t consumed immediately!) Members brought cooked chicken and broth and Charlotte contributed the other ingredients.

NBeca is happy to welcome Ruby McIntire back into the club, increasing membership to thirteen.
Program Ideas from the Brainstorming Session

- Basic auto Care
- Gardening—including food preservation, and fermenting
- Landscaping
- Basic cooking (ie. Chicken stock, using herbs)
- Basic Budgeting
- Sewing – clothes
- Crochet and Knitting
- Quilting
- Bread making by hand ( not using a bread machine)
- Preparing a child for kindergarten
- Activities for children
- Portion sizes for pre-schoolers

Fruit Rice Cakes

Makes 6 Servings
Serving Size: 1 rice cake

Ingredients:
- 6 rice cakes
- 1/4 cup low-fat cream cheese, softened
- Fruits of choice such as kiwi, peaches, strawberries, apples, bananas, mandarin oranges, sliced grapes, etc.

Directions:
1. Top each rice cake with 2 teaspoons cream cheese.
2. Arrange a variety of fruit pieces on top of cream cheese.

Buncombe County Extension & Community Association

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An Affiliate of North Carolina Extension & Community Association, Inc.