Message from the Liaison

It’s been a year since I assumed the duties of ECA Liaison. I want you to know that I have thoroughly enjoyed being your liaison and wanted to thank you for your patience this past year as I was learning the “ropes”.

We have welcomed new members in 2008 and I look forward to continuing our growth in 2009. I challenge each club to recruit two new members by June. The Valentines luncheon would be a great day to introduce your potential members to ECA. We are anticipating having a program on stress reduction should you know of someone to recommend as a speaker.

In November we had a county wide potluck with representatives from most of the clubs. Inside the newsletter you will find some of the recipes for the wonderful food we ate.

The program schedule for 2009 is on page 2. The programs were chosen from a brainstorming that was held November 14. There is a variety of topics that will be presented and should result in a year of learning opportunities for all of us.

The 2009 yearbooks are to be delivered this month and will be available for pick up at the January 30 County Council meeting.

I want to wish you a very joyous holiday season and good health throughout 2009.

Nancy

2009 ECA Membership

We currently have seven ECA Clubs in Buncombe County. Membership includes 58 active members, 1 lifetime and 4 mailbox.

Let’s work together to market ECA during 2009 and increase our membership even more.

NC ECA State Meeting

June Wiggins, Carolyn Rice, Nellie Jo Maney, and I attended the state meeting October 29 - 31. Although it was difficult keeping them under control we had a great time and the meeting was informative as to what the future will be for ECA in NC.
## 2009 Club Programs

<table>
<thead>
<tr>
<th>Month</th>
<th>Date of Leader Training</th>
<th>Title of Program</th>
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<tbody>
<tr>
<td>January</td>
<td></td>
<td>Club Choice</td>
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<tr>
<td>February</td>
<td>January 30</td>
<td>Healthy Cooking</td>
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<td>March</td>
<td>Agent Visit</td>
<td>Secret Program</td>
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<td>April</td>
<td>March 27</td>
<td>Identity Theft</td>
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<td>May</td>
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<td>Spring Fling</td>
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<td>June</td>
<td>Mailed Late May</td>
<td>Healthy Exercise</td>
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<td>July</td>
<td>June 26</td>
<td>Self Defense</td>
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<td>August</td>
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<td>County Wide ECA Picnic</td>
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<td>September</td>
<td>Mailed Late August</td>
<td>Memory Exercises</td>
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<td>October</td>
<td>September 25</td>
<td>Reverse Mortgages</td>
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<td>November</td>
<td>Agent Visit</td>
<td>Secret Program</td>
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<tr>
<td>December</td>
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<td>Club Choice</td>
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### State Cultural Arts Winners

Congratulations go to two of our members who placed in the cultural arts at the state meeting.

- **Charlotte Clodfelter**  
  3rd Place—Sewing

- **June Wiggins**  
  2nd Place—Dolls  
  2nd Place—Porcelain  
  2nd Place—Ceramics  
  2nd Place—Knitting Professional  
  1st Place—Crocheting Professional

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**Leicester Fall Harvest Picnic**  
November 7, 2008  
Some of the cooks shared their recipes and are included in this newsletter!
Erwin Hills Club

The Erwin Hills and the Leicester ECA Clubs co—hosted the Fall Harvest Picnic and County Council meeting at the Leicester Community Center November 7, 2008. Our members have several projects in process for Mission Hospital patients using recycled items. Each member has been directly involved in preparation for Thanksgiving and Christmas celebrations in their churches. Two members joined another group for a trip to the Barter Theatre in Abingdon, Va.

Submitted by Nellie Jo Maney

Reems Creek Club

As usual, the Reems Creek Club got busy around the holiday season. This year the club decorated the tree at the Vance Birthplace with beautiful pinecone angels. They did not just look festive but also smelled nice due to some holiday potpourri stuck into the cones. Also, the nursing homes in the area will receive handmade greeting cards made from card fronts of Christmases past.

One thing we did differently this year was our holiday party gift exchange. We had the usual games, stories, and wonderful food, but instead of giving each other presents, we considered our less fortunate neighbors this year. We met at the house of Carolyn Rice and the space under her lovely Christmas tree quickly filled with boxes of food and personal care items. Everybody had made sure to include some special treats for the holidays in their boxes as well. In the end, the trunk of Marge Johnson’s car could hardly hold all the goodies as she drove off to deliver them to the North Buncombe Samaritan Ministry.

Submitted by Monika Wengler

West Asheville Club

The West Asheville ECA Club has been busy this fall. As of 9/29/08 we have made 104 breast cancer pillows and donated them to the Breast Cancer Center at Mission. We also made beautiful fall arrangements to put on the tables in the dining room at Aston Park Nursing facility.

We are very excited to be able to take care of 4 deserving families for Thanksgiving dinner this year. We are going to try have all the traditional fixings for a wonderful holiday. Our families consist of two with four people, one with six, and one with three. We also have set up four families for Christmas dinner. This should be a very special season for all involved.

We wish everyone in our ECA community the best holiday season ever. Peace to all.

Submitted by Pam Good
The National Extension Homemaker Council met in Charlotte, NC, in the early 80’s. Every County was asked to bring their County Flag for presentation and display. Buncombe County had no flag!

After much discussion and research, the Council designated two members to make a Buncombe County flag using the Buncombe County Seal. The County Motto was “Men To Match The Mountains.” After the State Meeting the Flag was presented to Buncombe County Commissioners at one of their meetings by Mary Jo Drake, the EH Council President at that time.

In 1989 the County Motto was changed to “People to Match the Mountains.” A new flag was made reflecting the change and placed in the County Commissioners chambers. We like to think BCECA had some part in changing the Motto.

The NCECA State Council held in October of this year requested each county bring their ECA or County Flags. The Flag was borrowed from the Commissioners and presented by BCECA Council President, Carolyn Rice.

The idea to research the cost of screen printing the seal while we had the flag was discussed. Cindy Harmon, one of our newest members in the North Buncombe ECA Club, volunteered. When the flag was removed from the flag pole, it was attached with a large safety pin due to the wear on the tabs. Cindy also repaired the flag by adding grommets for hanging. The flag has been repaired, refreshed and returned!

**Did You Know?**

- If every family reused just 2 feet (0.6 meter) of holiday ribbon, the 38,000 miles (61,000 kilometers) of ribbon saved could tie a bow around the entire planet!
- The 2.65 billion Christmas cards sold every year in the US could fill a football field ten stories high! If all of us sent one card less, we could save 50,000 cubic yards of paper.
- More than 8,000 ton of wrapping paper will be used on presents, using the equivalent of 50,000 trees. Reduce and Recycle!