Message from the Liaison

With the daffodils' blooming and the robin's in the yard, it gives optimism that spring isn't far away. I hope you all have had a good winter and your spring will be even better.

Several activities are planned for this spring and I hope you will participate in each of them. Spring Fling is scheduled for Tuesday, April 7 and District Day is set for Thursday, May 7th. The location of District Day has not been announced.

Just a reminder that April’s Executive Board meeting has been changed from the second Friday to the first Friday because of the Good Friday holiday.

I regret I couldn’t visit all the Clubs in March but look forward to visiting with those that are meeting in April. If I miss your club then I’ll come in May. In the next week I will also be providing information on Identity Theft to each Club president so you will have it available for a club meeting when needed.

We have had interviews at our office for a new County Extension Director (CED). The staff isn’t aware of who may be chosen but hopefully we will have someone in the next few weeks.

I am getting my bonnet ready for Spring Fling and hope you are also. See you all on April 7th! I know it will be a fun time with many laughs.

Nancy

Changes In Meeting Dates

At the January County Council meeting it was approved to change the months we hold meetings so we can meet on a more regular basis during the year. The Executive Board will now meet the second Friday of January, April, July and October. County Council will meet the fourth Friday of the same months. All meetings will begin at 9:30 am.
Congratulations!

I have received a note from Buncombe County Social Services thanking the West Asheville Club for their sponsorship of four families at Thanksgiving and another four at Christmas. The club provided all the food necessary for some yummy meals!

**Spring Fling—Blooms and Bonnets**

A wonderful Spring Fling is being planned for Tuesday, April 7th at Sardis United Methodist Church. This year's program will include a show and tell by Debbie Johnson of her hat collection. In continuing the theme of Blooms and Bonnets all attendees are encouraged to wear a hat. It can be an older hat, a new hat or a recently made hat. There will be a hat contest with the bonnets being judged in three categories.

- Most unusual hat/bonnet
- Funniest hat/bonnet
- Most elegant hat/bonnet

To add to the days excitement, each Club is to decorate their table for spring. The traditional silent auction will take place, so begin your spring house cleaning prior to April 7th. Your trash may be somebody’s treasure! Each Club should also bring a door prize valued at $10.00.

The entire day will cost only $7.00 per person with no charge for the laughs and good time. Reservations should be made with Nellie Jo Maney no later than Wednesday, April 1 by calling her at 254-3122.

To save another trip to the Extension office in April for County Council, the Executive Board has decided to use the first hour of Spring Fling for County Council Business. It will also allow your entire Club to participate in County Council Registration begins at 9:30 am with the event beginning at 10:00 am.

*I’ll look forward to seeing you there—I’ll be the one with the hat on!!*

**Save the Date**

The 7th annual *Successful Aging* event is scheduled at the Crowne Plaza for Wednesday, May 20th. We have been fortunate to retain sponsors which will allow us to keep the registration price at $15.00 for the day. The workshops are in the planning stages and look to be very interesting.

Brochures will be going out by the first of May. I plan to put all ECA members on the mailing list so let me know if you prefer not to receive one.

**Happy Spring!**
North Buncombe

The North Buncombe Club is preparing to start their annual quilt to raffle for a nursing scholarship at A-B Tech. We had two members go to Mary Jo’s Cloth World in early January to purchase the material so we will be busy for the next little while quilting our little hearts out. This is a Valentine card that Aileen Buckner, one of our members, showed us how to make out of things we have around the house.

Submitted by Cindy Harmon

Erwin Hills

The Erwin Hills ECA Club meets the second Thursday of each month in the Fellowship Hall at Victory Baptist Church. Our February Program on Healthy Eating was presented by Cathy Hohenstein, Buncombe County Extension Agent.

We concluded our February meeting with a Valentine luncheon. Special guests being Cathy Hohenstein and the Victory Baptist Church secretary.

We are currently completing the pillows for mastectomy patients and making picture books for dementia patients for Memorial Mission Hospital.

Submitted by Nellie Jo Maney

West Asheville Club

Br-r-r-r-r! It’s been a long cold winter – and it’s still going strong. The women of the West Asheville Club have stayed busy during this time by sponsoring 4 needy families for Christmas. We helped them with a delicious dinner and some other goodies.

We’ve also been busy making pillows for breast cancer patients - over 200 so far. The prints on the pillows were very cheerful and everyone is happy to receive them.

Starting the first Saturday in March, we will be doing an indoor yard sale to help raise money for our special projects. The location of the indoor sale will be at The Moose Lodge on Leicester Highway, not far from the intersection of Patton & Leicester. The sales will be held the first Saturday of each month, and there will be food & beverages available. The time will be from 8 am to 2 pm. There will be other people set up to sell other than ECA members, so watch for us and enjoy the day bargain hunting!

Keep warm!!

Submitted by Pam Good

Where is your club news?

We know there are good things being done by every ECA Club in Buncombe County. Share your accomplishments with all the members right here in your newsletter.

Sharing the activities your club or an individual member has participated in may well motivate another club to get active. We need to start bragging about all the wonderful projects we do in Buncombe County.

Deadlines for submitting the articles are the 15th of March, June, September and December. The newsletter will then be published at the end of March, June, September and December.

It’s your newsletter so let’s share your good news with everyone!

You can email the article or mail it to:
nancy_ostergaard@ncsu.edu
Or
94 Coxe Avenue
Asheville, NC 28801
EGG SAFETY

- Cook basic egg dishes until the whites are set and the yolks begin to thicken; they don't have to be hard.

- Cook the eggs or use a pasteurized egg product when making eggnog, ice cream, Hollandaise sauce and other recipes calling for raw eggs.

- Keep eggs and egg dishes in the refrigerator as much as possible, allowing no more than 2 hrs at room temperature for preparing and serving.

- If eggs are used for hiding, do not use these eggs for eating because they can come in contact with bacteria and other germs and may stay out of refrigeration for longer than 2 hours.

Classic Stuffed Eggs

12 large eggs 1 tablespoon vinegar
3 tablespoons mayonnaise 1 teaspoon hot sauce
1 tablespoon sugar 1 teaspoon Worcestershire sauce
1 tablespoon Dijon mustard 1/8 teaspoon salt

Paprika: Garnish with fresh herb sprigs

- Place eggs in a large saucepan. Add enough water to measure at least 1 inch above eggs. Cover and quickly bring to a boil. Remove from heat. Let stand, covered in hot water 15 minutes. Drain. Immediately run cold water over eggs or place in ice water until cooled completely.

- To remove shell, gently tap each egg all over, and roll between hands to loosen shell; then hold egg under cold running water as you peel shell.

- Slice eggs in half lengthwise, and carefully remove yolks. Mash yolks; add mayonnaise and next 6 ingredients. Stir well. Spoon egg yolk mixture into egg whites. Sprinkle with paprika: garnish.

Source: Southern Living, 30 Years of Our Best Recipes

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Buncombe County Extension & Community Association

94 Coxe Avenue
Asheville, North Carolina 28801

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