If you know of someone that may be interested in joining your club, invite them to one of our upcoming events. How could anyone say no to joining, once they see how wonderful all of you are??

Nancy

January Minutes
January County Council minutes are enclosed in this newsletter. They are a draft and will be approved at Spring Fling.

Spring Fling will be held at Sardis Methodist Church on Brevard Rd. Linda Blue, Extension horticulture agent, will provide the program on “Attracting Butterflies with Plants”. The menu is Lasagna (regular or vegetarian) with salad, dessert and drink for a cost of $10.00. Clubs will need to get their money to Nelly Jo Maney, County Treasurer, by April 20th. Club’s will need to specify the number of meat and/or vegetarian meals. Member’s should bring their items for the silent auction and each club bring a table decoration and door prize.

<table>
<thead>
<tr>
<th>INSIDE THIS ISSUE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heritage Craft Classes</td>
</tr>
<tr>
<td>West District Day</td>
</tr>
<tr>
<td>North Buncombe Raffle</td>
</tr>
<tr>
<td>Cultural Arts</td>
</tr>
<tr>
<td>100th Anniversary</td>
</tr>
<tr>
<td>Pennies for Friendship</td>
</tr>
<tr>
<td>Miscellaneous</td>
</tr>
</tbody>
</table>
Heritage Skills Workshops

A big thank you goes out to all our ECA members that have given of their time and talent to teach our Heritage Skills Workshops. Since October we have offered the following classes: Window Stars and Snowflakes – Monika Wengler, Chrismons—Nellie Jo Maney, Floral Design—Ann Stafford, Holiday Cookie Making—Monika Wengler, Beginning Quilting—Mamie White, Beginner’s Knitting—Golda Cox, Gourds—June Wiggins, Tatting—Monika Wengler. The total registration numbers for all the classes were almost 120 participants and some classes had waiting lists. The classes have helped raise the awareness of ECA in Buncombe County and we anticipate they will lead to new club members. The requests continue for additional classes so we are in need of instructors and ideas. If you would like to teach a class please contact Carole Campbell, County President at 667-4861 or Nancy at the Extension office.

Spring District Day ………. May 6

The Spring West District Day is scheduled for May 6th at Trinity United Methodist Church. It promises to be a day of fun, food and fellowship with ECA members from throughout the District. Registration begins at 9:30 and the program will be the “Apron Lady” from Jackson County. It would be great if Buncombe County could have the largest attendance since it is being held here! The registration of $12.00 includes all activities and lunch. Clubs need to get their money to Nellie Jo Maney, District Treasurer, by April 22.

Cultural Arts

If you plan to enter your handmade items for the County Cultural Arts Contest they need to be at the Extension office by 5:00 on Monday, April 26th. Judging will take place on Tuesday, April 27th. If you have any questions contact Cindy Harmon, Cultural Arts Chair, at 777-9946.

North Buncombe ECA Selling Raffle Tickets

The North Buncombe members have finished their quilt and are selling raffle tickets. The money from ticket sales goes towards a scholarship for a nursing student at A-B Tech.

If you are interested in supporting this wonderful cause please contact a North Buncombe ECA member or purchase a ticket from a member at Spring Fling.
State to Publish 100 Years of ECA

In preparation of next year’s 100th Anniversary of ECA in North Carolina the University is publishing a history book of ECA throughout the state. The Buncombe County ECA is working diligently to make sure we are well represented with information from our past 100 years. If you remember some of the projects from the past, please let the Extension office know so the information can be included.

We are also in need of additional individuals to review scrapbooks and write short descriptions of past events. All of our research and information needs to be in Raleigh by the middle of May in order to get the book printed. Let Nancy know if you are interested in assisting on this worthwhile project so we can notify you of future work times.

Club News—No Clubs reported news.

Protect Your Identity

Last year alone, 11.1 million Americans became victims of ID theft, resulting in the loss of $54 billion, according to a 2010 report from Javelin Strategy and Research. You can protect yourself by properly disposing of all personal documents. Our local Better Business Bureau is joining with other local agencies to sponsor BBB Shred Day/Secure Your ID Day.

- Saturday, April 17, 2010
  - 9:00 am-1:00 pm
  - Executive Park – College Street parking lot, Asheville, NC

Residents and small businesses are encouraged to attend the event and take a key step in identity protection by shredding and properly disposing of their sensitive documents. BBB staff will be on-site to provide expert advice and tips for identity theft protection.

Bring up to three boxes or bags (weighing no more than 50 pounds) of documents to be shredded and take home the tips and resources you need to help protect yourself. Documents to be shredded should be removed from binders.

Mark your calendars as the deadline for submitting Club news for the next ECA Echo is 15 May, 2010.

Pennies for Friendship

Since 1936 pennies have been collected for the Associated Country Women of the World. The pennies are joined with coins from other countries to support grants given by the United Nations for fieldwork in developing countries and for informing member societies of help available through these grants. Some examples of programs sponsored by your pennies are: fight nutritional blindness in India, beekeeping in Botswana, sunflower production in Cameroon, goat raising in Haiti and much more.

In addition to collecting pennies at the State ECA Meeting, Clubs, Counties and District ECA groups can collect at each of their meetings. Is your Club collecting?
Successful Aging

The 8th Annual Successful Aging event is scheduled for Tuesday, May 25th at the Crowne Plaza. It is a day of food, learning, and entertainment all for $15.00. The day begins with registration and continental breakfast between 8:30 and 9:00 am. It ends with a marimba band and snacks at 2:45. Many ECA members have enjoyed the day in the past so why not join us this year also? If you did not receive a brochure in the mail call the Extension office at 255-5522. Pre-registration is necessary with scholarships available.

Do You Know the History of Buncombe County Extension Homemakers?

♦ In 1915, the Avery’s Creek unit of the United Farm Women of America was formed and in 1917 changed their name to Avery’s Creek Home Demonstration Club. Other early clubs were Cane Creek and Reems Creek.

♦ In 1949 a group of neighbors on Biltmore Estate started the Biltmore Estate Home Demonstration Club.

♦ In 1966 there were 20 Clubs in Buncombe County.

♦ In 1968, 800 Christmas gift bags were sent to serviceman in Viet Nam.

♦ In 1970, Margaret Decker was elected state president of Extension Homemakers.

♦ In 1978 Celestine Rhodarmer was one of fourteen North Carolina women honored for her leadership and community activities.

Think Spring!

Toffee Crunch Dessert Recipe

Serves: 15                        Time: 20 minutes + chilling

Ingredients
• 1-1/2 cups cold fat-free milk
• 1 package (1 ounce) sugar-free instant vanilla pudding mix
• 2 cartons (8 ounces each) frozen fat-free whipped topping, thawed
• 1 prepared angel food cake (8 to 10 ounces), cut into 1-inch cubes
• 4 Butterfinger candy bars (2.1 ounces each), crushed

Directions
• In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Stir in 2 cups whipped topping. Fold in the remaining whipped topping.
• In a 13-in. x 9-in. dish coated with cooking spray, layer half of the cake cubes, pudding mixture and crushed candy bars. Repeat layers. Cover and refrigerate for at least 2 hours before serving. Yield: 15 servings.

Nutrition Facts: 3/4 cup equals 177 calories, 3 g fat (2 g saturated fat), trace cholesterol, 255 mg sodium, 33 g carbohydrate, 1 g fiber, 3 g protein. Diabetic Exchanges: 2 starch, 1/2 fat.
Source: Taste of Home