Message from the Liaison

I hope you all have had a wonderful summer and had time to stop and smell the flowers. We all keep so busy we often don’t take time to enjoy the beauty of our area and what has been given to us.

We recently said good bye to Mary Clayton- McGlaflin as she retired on June 30. We wish her many years of good health and a rewarding retirement.

Don’t forget the picnic on Friday, July 24th at the picnic shelter behind the Woodfin Town Hall. **Check new starting time as it is 10:00 am.** We have found combining County Council with a social function adds to our numbers in attendance and assists with informing members of what is happening in the county.

Therefore we will be having a County Council meeting prior to our program on self defense.

I have been looking over all the articles you have sent in for your Clubs. Wow, I am worn out just looking at all you accomplish for our community!

I hope to see all of you at the picnic! **Nancy**

**Congratulations Maude Hall**

Your Club has been named the Buncombe County ECA Club of the year.

Congratulations Nellie Jo on the thorough job you do as treasurer. As a result of the good work the auditor has sent the following email.

“With the ease of your review, and given these tough economic times, I’ve reduced my fee down to $25.00. This will basically cover my gas and time. I hope this will allow you a few extra dollars to put back into the community for your member’s benefit.”

♦ **PICNIC**

**Friday, July 24**

At the picnic shelter behind the Woodfin Town Hall

10:00 AM

Directions from Asheville

Take 19/23N to Elk Mountain exit and turn left. Go over highway and stay straight until you come to Woodfin Town Hall.
WHO SAYS ECA MEMBERS DON’T HAVE FUN???

SPRING FLING 2009

REEMS CREEK JULY 4TH

MAUDE HALL
The Maude Hall Club continues to be busy sewing pillows that are donated to Reach for Recovery patients after breast cancer surgery. They also make heart pillows for the VA Hospital for surgical patients. Every 2 months they deliver approximately 50 pillows to each location. The Club has recently started to fill a food cabinet at the church. The food will be used to feed the homeless.

Submitted by Harriett Griffin

NORTH BUNCOMBE
The North Buncombe Club is meeting at the home of Ruby McEntire. They are busily working on their annual quilt project.

Submitted by Charlotte Clodfelter

LEICESTER CLUB
The Leicester Club usually meets the second Monday of the month at the homes of Club members or a restaurant we’d like to eat at or a shop we’d like to visit together, etc. Several club members enjoyed the May 20th Successful Aging event. Leicester Club members have cut, sewn, stuffed and delivered over 100 breast cancer pillows to the American Cancer Society so far in 2009. Through church activities, members made prayer quilts, knit caps for preemies at Mission Hospital, and operate a clothing closet and food pantry for local needs and a closet for baby needs.

ACTIVE in community service, members do sewing/mending/other at Brooks/Howell Home, sewing instruction to 4-H members, participation in Leicester Elementary School Christmas Project which served over 55 families with more than 130 children, operates a MANNA Food Bank Community Produce Distribution for those of limited financial resources at the Leicester Community Center which averages over 25 families monthly, provides leadership through Buncombe County Cooperative Extension Advisory Council, Leicester Community Center, Leicester Garden Club, Friends of the Leicester branch of the Buncombe County Public Libraries, and collects pill bottles, pull tabs, and Pennies for Friendship. MOST of all, we offer friendship, fellowship and support to each other.

Submitted by Sharon Perry
ERWIN HILLS

The members of the Erwin Hills Club have been very busy having fun this summer. Our June meeting was a wonderful example of our meetings. Nancy Ostergaard visited with us and presented our program on Humor in Health and how important it is for each of us to put laughter into our daily lives.

Members have been making blankets for preemie babies. After a delicious lunch we continued working on the picture books for Dementia patients at Mission-St Joseph Hospital. We continue to volunteer in many capacities throughout the community.

Submitted by Gilda Brank

REEMS CREEK

The Reems Creek Club held its annual rummage sale in conjunction with United Methodist Church of Weaverville. Thankfully it was not as hot this year as in the previous year. While there were fewer vendors and customers than anticipated, we were able to make enough money to fund our club and support charitable causes.

For the 125th consecutive 4th of July Celebration at the Beech Community Center, the Reems Creek club contributed a History of Homemaking. The exhibit showcased items used by homemakers through the last century. After displaying the cast iron Dutch ovens, washboards and pots, corn shellers, and butter churns, we really appreciated what hard work homemaking used to be. Children’s toys, linens, and cookbooks (including “Good Victuals from the Mountains” edited by the County Federation of Home Demonstration Clubs of Buncombe County, North Carolina, in 1951) completed the picture. Also on display were some “newer” items like early electric toasters, hairdryers, and waffle irons. Hilda Cash gave a demonstration on making a Cathedral Window quilt, Carolyn Rice showed how to make braided rugs, and Monika Wengler demonstrated tatting, while Beth Holtam and Colleen Wilson provided the musical background and Judy Spangler handed out information about club activities. For visitors the exhibit either brought back memories or generated curious questions and excited explorations, depending on their age.

For both of these occasions the Reems Creek Club made a brochure describing our activities in the hope of attracting new members.

Submitted by Monika Wengler

Helpful Hints:

Coffee filters are inexpensive and can be used in a variety of ways other than just in your coffee pot.

1. Clean windows and mirrors. Coffee filters are lint-free so they’ll leave windows sparkling!
2. Protect China. Separate your good dishes by putting a coffee filter between each dish.
3. Cover bowls or dishes when cooking in the microwave....Coffee filters make excellent covers.
4. Put a few on a plate and put your fried bacon, French fries, chicken fingers, etc. on them. Soaks out all the grease.
5. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
Although we all use it, “it” is not usually the topic of conversation at ECA meetings. The topic is toilet paper and how the soft stuff affects the environment.

The fluffiness we like comes at a price: millions of trees are harvested in North America and in Latin American countries, including some percentage of trees from rare old-growth forests in Canada. Although toilet tissue can be made at similar cost from recycled material, it is the fiber taken from standing trees that help give it that plush feel, and most large manufacturers rely on them.

Turning a tree to paper also requires more water than turning paper back into fiber, and many brands that use tree pulp use polluting chlorine-based bleach for greater whiteness. In addition, tissue made from recycled paper produces less waste tonnage — almost equaling its weight — that would otherwise go to a landfill.

For more information:

**DID YOU KNOW?**

Making Kale a Snack

1 bunch of Kale—torn into bite size pieces
1 Tablespoon cider vinegar
1 Tablespoon oil

Mix all together and lay out on a cookie sheet in a single layer. Season with your favorite salt. Bake for approximately 14 minutes at 350° or until Kale becomes crisp. Enjoy this high nutritious snack with a sandwich or just to munch in place of chips.