

Extension & Community Association Newsletter

December, 2009



Back by Popular Demand....

You asked for it ladies & now you've got it. As many of you have asked to have an ECA newsletter again, here is the first of many more to come.

Be sure to get your club "news" in by the 25th of each month and feel free to let me know if you have something you would like to know about or if you have a specific interest that you would like to see an article about. I would also like to reinstate the "Celebrations & Concerns" portion of our newsletter, so make sure you let me know.

You can send me an email (jacquelyne_gordon@ncsu.edu) with your information, or you can either mail or bring in your written information.

Remember, this is YOUR newsletter, so your input is vitally important.

Sincerely,

A handwritten signature in cursive script that reads "Jacquelyne Gordon".

Jacquelyne Gordon
Extension Agent

Family & Consumer Science

Personal Safety Tips

As you are out and about this holiday season, it is important to remember ways you can keep yourself safe while shopping, driving or at home.

When shopping....

- Try to park near the door and/or under the street light;
- When leaving, wait until someone else is going out at the same time;
- Check inside your vehicle before you get in;
- Get into your vehicle as soon as possible and lock the doors.

When driving....

- Know where you are; pay attention to mile markers;
- If necessary, use your cell phone to call *HP (NC State Highway Patrol) or *47 for help;
- If you are stopped, pull off the road, keep your car in DRIVE and only crack your window 1 inch;
- If you choose not to stop where you are, slow down and turn on your emergency flashers. Drive to the nearest lighted and populated area or someone's driveway (where the lights are on in the house).

At home....

- Always leave a light on;
- Have security or motion detector lights;
- Keep your shrubs pruned low;
- If you hear or see things outside, turn on the outside lights.

89TH ANNUAL NC ECA STATE CONFERENCE

This year's ECA State Conference was held in Concord, in Cabarrus County, on October 26-28, 2009. Three Alleghany ECA members, Susan Worrell, Carla Collins, and Eva Rice, as well as FCS Agent, Jacquelyne Gordon, attended. Teaching workshops, heritage craft workshops, off-site field tours, business meetings, honored guests from NC State University, banquet at Lowes Motor Speedway, and Cultural Arts exposition were among the many activities enjoyed by well over 100 ECA members from all over N.C.

Cranberry Surprises

Cranberries are at their peak from October through December, which has led to their traditional presence in the holiday meals. Cranberries provide about 100 calories per quarter-cup and are a rich source of antioxidants. A compound found in cranberries keeps bacteria from sticking to the walls of the bladder and has been shown to help prevent and treat urinary tract infections. Laboratory studies have also shown that these tiny red berries are anti-carcinogenic, although this finding is not yet verified in human studies.

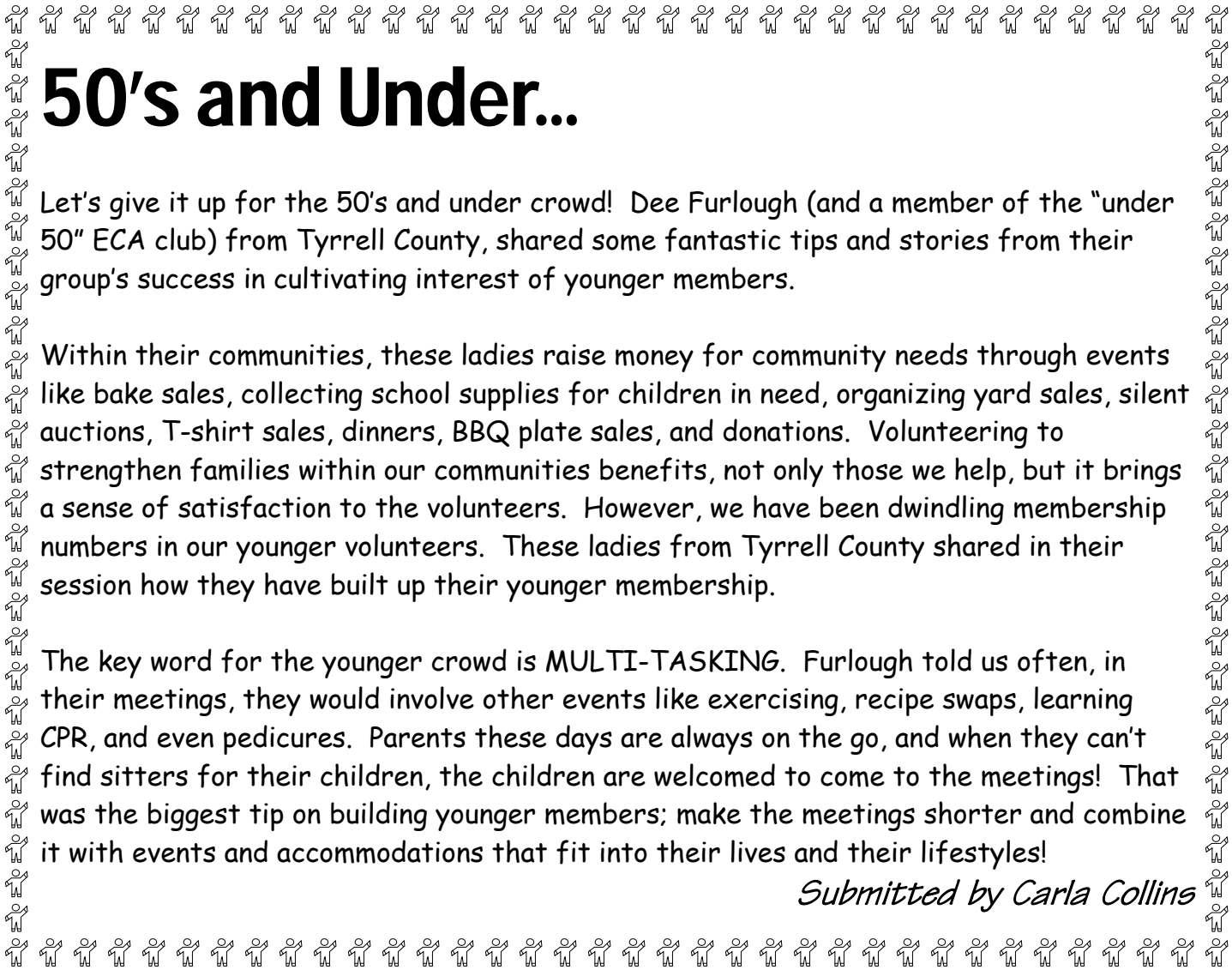


Although fresh cranberries contain higher levels of beneficial nutrients, cranberry juice and dried or frozen cranberries are easy to include in your daily fare. Cranberries are tart, firm, red, and a great addition to salads, muffins and other baked goods, as well to compotes and beverages. Try adding one cup of whole cranberries to a dish of bread dressing and warm in the oven until the berries pop. (Cooking longer will result in mushy, bitter berries.) These bright-red whole berries add attractive color and texture as well as good nutrition. Purchase brightly colored, dark red cranberries. Sort and discard any soft or bruised berries. Refrigerated berries can be stored for one month and frozen berries (in an airtight container) maintain their quality for up to one year.

Congratulations...

...to the Alleghany County ECA for receiving the “Volunteer Service and Activity Award” for outstanding service at the NC ECA State Conference at Concord in October. GREAT JOB ladies!!!





50's and Under..

Let's give it up for the 50's and under crowd! Dee Furlough (and a member of the "under 50" ECA club) from Tyrrell County, shared some fantastic tips and stories from their group's success in cultivating interest of younger members.

Within their communities, these ladies raise money for community needs through events like bake sales, collecting school supplies for children in need, organizing yard sales, silent auctions, T-shirt sales, dinners, BBQ plate sales, and donations. Volunteering to strengthen families within our communities benefits, not only those we help, but it brings a sense of satisfaction to the volunteers. However, we have been dwindling membership numbers in our younger volunteers. These ladies from Tyrrell County shared in their session how they have built up their younger membership.

The key word for the younger crowd is MULTI-TASKING. Furlough told us often, in their meetings, they would involve other events like exercising, recipe swaps, learning CPR, and even pedicures. Parents these days are always on the go, and when they can't find sitters for their children, the children are welcomed to come to the meetings! That was the biggest tip on building younger members; make the meetings shorter and combine it with events and accommodations that fit into their lives and their lifestyles!

Submitted by Carla Collins

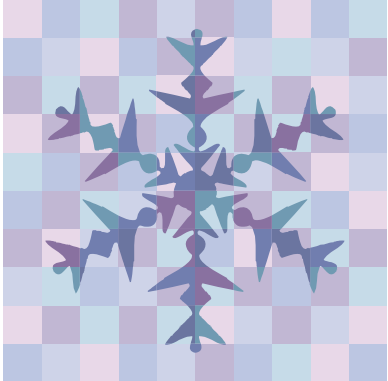
County Council Meeting

A County Council meeting will be held in the County Office Building conference room (2nd floor) on Wednesday, January 13, 2010, at 3:00 pm. Please make every effort to attend, as we need to make plans for our Cultural Arts in early March.



NEW COUNTY COUNCIL OFFICERS

If anyone is interested in becoming an officer on the ECA County Council, please talk with Susan Worrell (657-3251) or Jacquelyne Gordon (372-5597) before our County Council meeting in January.



Mystery Tour

Nine of us had a grand time on Tuesday, December 8, 2009, touring (and eating!) at Mrs. Hanes' Cookie Factory in Clemmons. These cookies are still hand made, cut and packaged to send all over the country. After that, we enjoyed a delicious meal at The Carriage House in Winston-Salem before trekking to see the latest "goods" at the new Goodwill Store on Peters Creek Parkway. Our final stop, as we headed in the direction of home, was at the Amish Store in Hamptonville.

We had a wonderful day, lots of fun and fellowship and some holiday shopping done too!



Thank You....



ECA County Council for the generous donation to the Healthy Carolinians Partnership Breakfast Meeting held on Friday, December 11, 2009, at the Alleghany Wellness

Center. Healthy Carolinians has been working very hard and on a "shoestring" budget this past year to address both obesity and suicide prevention issues in Alleghany County. If you are interested in finding out more about this Partnership, please contact Jacquelyne Gordon, Chair (372-5597) or Jane Wyatt, Coordinator (372-2944). Again...a big thanks to you all!

Dates to Remember...

December 30th

ECA Leadership Training "Building Bridges: Improving Communication Skills"

January 13, 2010

Alleghany ECA County Council

Early March, 2010

Alleghany ECA Cultural Arts

April 13, 2010

ECA West Central District Day

May 18, 2010

ECA Leadership Training "Building Bridges: Are You a Good Listener?"



Club Corner...

Cherry Lane Club ~ The Cherry Lane Club met in November at Pauline Jolly's home. Gerald Leftwich, Head of Emergency Management in Alleghany Co., gave a program on fire safety in the home. Carla Collins presented gifts wrapped in recycled materials. In December, the club will cater the Christmas dinner for Camp Cheerio. Carla Collins will also teach how to make the Christmas ornament that she made in the workshop at the state meeting.

I would like to thank the Council for paying the registration for me to attend the state meeting. I attended the Biotech Research Center tour and was made aware of the research going on in the area of foods and other agricultural resources and how it is all related to our well being. Another workshop was on the foods that are processed and handled incorrectly and the bacteria present which we are not aware of. Dr. Ort and Marshal Stewart of NC State made very good talks and were supportive of the ECA programs and were very aware of the volunteer hours that are given to the Cooperative Extension Service.

Submitted by Eva Rice

Sparta Club ~ The ECA County Council recently decided to donate funds to the Solid Rock Food Closet for Christmas bags. Several members of the Sparta Club are volunteers at the Food Closet, and collectively, have contributed over 2,000 volunteer hours during 2009. They are shown here filling a Christmas bag, which will be given to a client.



Grandma's Cranberry Salad

Ingredients

- 1 (12 ounce) package frozen cranberries
- 1 (8 ounce) can crushed pineapple, drained
- 1 cup chopped pecans
- 1 (10 ounce) package miniature marshmallows
- 1 cup sugar
- 1 pint heavy whipping cream

Directions

1. Put cranberries in a food processor and blend until well chopped. Transfer cranberries to a large bowl, and mix in pineapple, pecans, marshmallows and sugar.
2. In a medium bowl, beat cream with an electric mixer until stiff peaks form. Fold whipped cream into cranberry mixture. Chill until ready to serve. (Or, freeze for 2 hours before serving.)

Nutritional Information

Amount Per Serving Calories: 227 | Total Fat: 13.1g | Cholesterol: 33mg



A Special Message for Special Ladies

I'd like to take the opportunity to wish all of you and your families a wonderfully happy and safe holiday season. It is a pleasure to know and work with all of you and I look forward to doing and learning lots together in 2010.

