



North Carolina Extension & Community Association, Inc.
2015 Conference Registration
October 23-26, 2016
Hawthorne Inn, Winston Salem



Savor the Flavor

Name _____ County _____
Address _____ City _____ State _____ Zip code _____
E-mail _____ Phone _____

Special dietary needs- include all foods due to allergies or religious beliefs: _____

In case of an emergency, contact: _____
Emergency Daytime Phone _____ Emergency Evening Phone _____

I am a: (check all that apply)

____ Leadership Team ____ County President ____ Past State President ____ Liaison Agent
____ NCCE Administrator ____ Guest ____ First Time

Optional Tickets ____ # @ \$15 - Mrs. Hanes Cookie Factory

Choose your hands-on workshops with first - 1, second - 2, choice. Spaces are filled as registrations are received.

Monday, October 23 Pre-conference 9:00

____ Book Covers - \$5
____ Amata Painting - \$5

Monday, October 23 Pre-conference 10:30

____ Book Covers - \$5
____ Amata Painting - \$5

I would also like to purchase Guest Meals

____ Monday Lunch - \$25.00
____ Monday Dinner - \$40.00
____ Tuesday Lunch - \$25.00
____ Tuesday Banquet - \$40.00
____ Wednesday Lunch - \$25.00

Registration Deadline:

Full Registration (by 10-1) \$140.00 _____

Late Registration (after 10-1) 160.00 _____

Pre-conference workshops \$ _____

Tours \$ _____

Guest Meals \$ _____

TOTAL

Registration & Fees \$ _____

(Registration fees transferable, not refundable)

Make checks payable to:
North Central District ECA & mail to:
Mary Nell Richie, Treasurer
351 Richie Road
Mocksville, NC 27028

NCECA Service Longevity Awards

Due September 15

Recognition will be given to those achieving longevity in membership. Those who have achieved 25 years and 5-year increments there after, as a member will be recognized. County Council Presidents should submit names of members who deserve this recognition. Please send only one report per county!

Please print or type the name, as it should appear on the certificate

Name	Year Joined	County	District

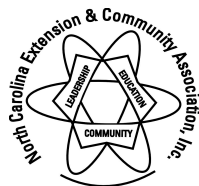
Remembrance Ceremony: A Remembrance Ceremony honoring ECA members who have passed away since the last Conference will be held during the Banquet on Tuesday night. Submissions should be made with registration. Additional submission can be made through October 1st. Please have your information in on time to maintain the dignity of the ceremony. List names and counties of deceased.

Name _____ County _____
Name _____ County _____
Name _____ County _____

OUTSTANDING SERVICE AWARD

If your county has NOT named and submitted an Outstanding Volunteer name to Geri, it's not too late!

NAME _____ COUNTY _____



Savor the Flavor

NCECA State Conference
October 24-26, 2016

Hawthorne Inn, Winston Salem, NC



2016 NCECA Conference Agenda

Sunday, October 23

6:00-8:00 NCECA Leadership Team

Monday, October 24

8:30 – 11:30 Conference Registration Open
Raffle Basket Check in
Cultural Arts Check in

9:00 – 10:00 Pre-conference Workshops
Amata Bark Painting (\$5)
Book Covers (\$5)

10:15 – 11:30
Amata Bark Painting (\$5)
Book Covers (\$5)

9:00 – 11:30 Preconference Tours
Mrs. Hanes Cookie Factory (\$15)
Shop Old Salem – on your own

12:00–1:30 Opening Lunch –Polly Caudle, NCECA VP- North Central District
Speaker - ***“You Laugh a Lot”***- Renee Henderson

2:00 – 5:15 Basket Raffle open

1:45 – 3:15 Workshops
Educational - Seasonal Container Gardening
Educational - Wonderful World of Teas
Educational - Master FCS Volunteer: History of CES & FCS
Educational - P.A.T.H

3:30 – 5:00 Workshops
Educational - Master FCS Volunteer: Conflict Resolution
Educational - Wonderful World of Teas
Educational - Master FCS Volunteer: Facilitation Skills
Educational - Smart Phone Technology

5:00 Agents Meeting

6:30 – 8:00 Dinner – Judy Blythe, NCECA President-elect
Speaker – *Celebrating 250 Years in the Town of Old Salem* – Tyler Cox

8:15 – 9:30 p.m. Cultural Arts Viewing
Hands on – Christmas ornament from natural items

Tuesday, October 25

8:00 – 9:00 Registration Open
Cultural Arts Viewing

8:30 – 4:00 Basket Raffle Open

8:30 – 11:45 Workshop - Science of Safe Canning

8:30 – 10:00 Workshops
Educational – Brain Power
Educational - The Puzzle of ECA
Hands on – Service Project – Socks for Brenner’s Children’s Hospital

10:15 – 11:45 Workshops
Educational - Brain Power
Educational - Vitamins
Educational - Yoga for Seniors

12:00 – 1:30 Lunch Lena Darden, NCECA VP –Northeast District
Volunteering, A-Z with Geri Bushel

2:00 – 4:00 Business Session

6:30 Awards Banquet- Faye Lanier, NCECA President

9:00 – 10:30 Raffle Basket pick up
Cultural Arts pick up
Sing Along with ECA Chorus

Wednesday, October 26

9:00–10:00 Morning Session – Esther Collier, NCECA VP- Southeast District
Speaker – Dr. Carolyn Dunn, Department Head, Agricultural & Human Sciences

10:15 – 11:30 Workshops
Educational - Reality of Money – NC SECU
Educational - Local Foods
Educational - Steps to Resiliency
Educational - Master FCS Volunteer: Telling Our Story

12:00 - 2:00 Closing Lunch – Cathy Holmes, NCECA VP – West District
Recognition of NCECA and NCFCS Foundation – Chris Wessel

Cultural Arts

Cultural Arts items may be registered on Monday, October 24, 8:30 - 11 a.m. Judging will take place on Monday afternoon. Viewing will be open 8:15 – 9:30 p.m. on Monday, October 24; Tuesday, October 25, 8 am until 9 pm. Items must be checked out on Tuesday, October 25 after the Banquet. Only one person to pick-up items from the county.

Awards

Recognizing counties and individual members for their service is a mainstay of the ECA State Conference! Be sure your reports are in and your forms are completed in order to be recognized.

- **Outstanding Service Award** – Each county winner will be recognized.
- **Annual Report** – Counties are recognized based on the volunteer activity for the county. Was due to Geri Bushel by March 1
- **Certified Volunteer Units (CVU)** –Members achieving 500 or more volunteer hours of service will be recognized. Was due to Geri Bushel by March 1
- **Service Longevity** – Members will be recognized for length of service at 25 years and at 5-year increments. Report form is in registration packet. Each county should return **one** form with registration.
- **Leadership Award** – One member from each district will be recognized. Application (Appendix D) is due to Geri Bushel September 15.

*** NOTE***

There will not be a Silent Auction this year. Each county is asked to contribute a basket of items, valued at least \$25, representative of the county to be raffled.

Hands-on class descriptions:

Preconference Workshops:

- **Book Covers** – Learn to make decorative journals perfect for recipes, history, jottings, etc.
Instructor:
Cost: \$5.00 per person. Extra kits available at \$3.00
Maximum number of participants in workshop: 25 each workshop
- **Amata Bark Painting** – Process bark from Mexico has an outline of Mexican birds or flowers that you paint. Excellent to frame.
Instructor: Polly Caudle
Cost: \$5.00 per person.
Maximum number of participants in workshop: 15 each workshop

Christmas ornaments from natural items **Instructor:** Sonya Patterson

Socks for Brenner – Paint the bottom of white socks with dimensional paint to donate to Brenner's Children's Hospital as a service project.

Tours:

Monday, October 24, 2016

Mrs. Hanes Cookie Factory - \$15.00

Participants will see how all the cookies are made by hand and will sample the cookies. Moravian Cookies can be purchased to take home.

Accommodations:

Rooms are \$95 plus tax, single or double occupancy, includes breakfast. Cut off deadline is September 29, 2016. After that date, the reduced rate will not be honored. Reservations are to be made under the name **North Carolina Extension & Community Association**



The Hawthorne Inn & Conference Center
420 High Street
Winston-Salem, NC 27101

Toll Free Reservations: 877-777-3099
Phone: 336-777-3000

Directions: The Hawthorne Inn & Conference Center is located off Business 40 near the heart of downtown Winston-Salem, North Carolina.

- ***From Asheville/Statesville/Hickory/Charlotte***

Head East on I-40, then continue East on I 40 Business into downtown Winston-Salem. Take the Cherry Street exit (5-C) onto High Street. The front entrance of the hotel is immediately on your right.

- ***From Raleigh/Greensboro/High Point/Virginia***

Take I-40 West, then take Business 40 split (exit 206) into downtown Winston-Salem. Take the Cherry Street exit (5-C) onto Cherry Street. Take your immediate left at the first traffic light onto First Street. Turn left at the next traffic light onto Marshall Street. Cross over Business 40 and through the next traffic light.

As you head downhill, the hotel's rear parking entrance will be on your right. Turn into the parking lot and drive around the building to the hotel's front entrance.

Workshops:

- **Seasonal Container Gardening: Julie Flowers** Learn how to use companion plants to create seasonal containers. Each participant will make a garden to carry home! **Limited to 20 people**
- **Wonderful World of Teas - Martha Isenburg**
- **Master FCS Volunteer: History of CES & FCS** This lesson will provide a brief overview and history of how Cooperative Extension was formed and how it has evolved over time. It will also review Family & Consumer Sciences history and relevance over time.
- **Master FCS Volunteer: Facilitation Skills** As an ECA volunteer, you are charged with using your background and expertise to help others to solve a wide range of problems and issues in our communities. To do so, you will need a deep understanding of the issues at hand, as well as an ability to connect, motivate, and communicate with diverse audiences to be able to meet their specific needs.
- **Master FCS Volunteer: Conflict Resolution (Level 2)** Conflicts and disagreements are a part of life. Conflict is unavoidable; it's human nature. Conflict is inevitable; it's healthy, and it can be resolved. Since we must live with conflict, how can we adjust our own behavior to make the process go more smoothly and create a positive end result? When conflicts of any kind arise in our groups, it is absolutely essential that we use effective resolution techniques.
- **Science of Safe Canning -**
- **Brain Power - Debbie Cox** Learn the basics of how a brain works. The latest research on brain functioning and aging. The session will be interactive with brain stimulation and game interaction that will be fun and functional for all to use in their everyday activities. Bring a friend and a giggle.
- **Vitamin C - Marilyn Wells**

- **Yoga for Seniors – Jami Lawhon** – Participants will understand the basic concepts of yoga and how to perform breathing, stretching and balance exercises, the physical and mental benefits of regular yoga exercises, and will try yoga poses and be encouraged to continue to practice yoga exercise.
- **Reality of Money – NC SECU**
- **Smart Phone Technology – Amy Lucas and Morris White**
- **Steps to Resiliency**
- **Master FCS Volunteer: Telling Our Story** Telling our story helps us to reflect on the cultural diversity of the communities of which we serve and our ability to empower individuals, support families, and enable communities through education and application. This lesson will describe the importance of telling our story to educate stakeholders about Family & Consumer Sciences.
- **The Puzzle: How does ECA fit? – Wanda Denning** Dr. Martin Luther King, Jr. said, “There is power in numbers and there is power in unity.” Learn how ECA is making a difference locally, nationally and internationally.