

North Carolina Cooperative Extension Montgomery County Extension News



January 2021

From the Director's Desk

As we head into a New Year in 2021, we stop to reflect on all that Montgomery County Cooperative Extension has accomplished this past year in our community and we are making plans for new opportunities ahead! There is much work to do and I am excited to lead a wonderful team of professionals with NC Cooperative Extension in Montgomery County! We have lots of new faces in our office and we look forward to all of the wonderful ideas and programs that our entire staff will bring this year. If you have any suggestions of programs that you would like to see offered or if you would like to serve on any of our advisory committees (Agriculture, 4-H & Family and Consumer Sciences or our Extension Advisory Committee), please let us know. Now is the time to get involved. We need the voices of our community to continue to make the greatest impact possible. We look forward to all that 2021 has to offer as we aim to bring research based knowledge from both of our land grant universities (NC State University and NC A&T State University) to the citizens of Montgomery County.

For more information regarding any of our Cooperative Extension Programs in Montgomery County, please contact our office at 910-576-6011 or visit our website at **montgomery.ces.ncsu.edu**

Introducing our 4-H Youth Development Extension Agent



Tracy Blake is our new 4-H Youth Development Extension Agent and she joined our team on December 1st, 2020. Tracy is a graduate of NC State University with degrees in both agricultural education & international studies. After graduation, Tracy started her teaching career serving under-privileged youth through the Teach For America program. She spent a total of 5 years teaching both high school science and agriculture. Tracy recently returned to North Carolina after spending three years in Texas while her husband served in the US Army. She has three children of her own and enjoys working with youth, spending time outdoors, and working with horses and livestock.

We are excited to have Tracy join our team and look forward to all that she will bring to the 4-H program in Montgomery County!



4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

Montgomery County Tree of Hope Christmas Assistance Program is co-sponsored by Montgomery County 4-H along with Montgomery County Schools, Communities in Schools and the Montgomery County Partnership for Children. 563 children from Montgomery County were identified to benefit from the program and distribution of gifts occurred on December 10th. See a few photos below from this year's program. We would like to extend a huge **THANK YOU** to everyone who donated money or gifts this Holiday season to the cause. Because of you, we can make a difference in our county one child at a time.



New Virtual 4H Youth Program: The Be You Montgomery Series

Happy New Year, 4-Her's! We are offering an exciting new k-12 program this year called the Be You Montgomery Series. Each month, on the last Monday of the month at 6PM, we will meet virtually on Zoom, to learn, collaborate, and participate in community service projects. The first meeting will be held on Monday, January 25th. The theme this month is New Year New You! We will be learning how to make a wish pillow, set S.M.A.R.T. goals for 2021, and kick off our Valentine's for Veterans service project. The first 20 registered participants will receive a free wish pillow kit! To register, or find additional information please visit our website www.montgomery.ces.ncsu.edu/ or call 910-576-6011.

Registration: <https://forms.gle/umtkrYd11UCcuhaa8>



4-H Scholarship & Honor Club Application Deadline



Are you a 4-H'er who will be entering college in the fall 2021 semester? If so – you are eligible to apply for 4-H Scholarship. Scholarships are for any graduating High School Senior in 2021. There are lots of 4-H Scholarships to apply for. Also – please remember if you have a renewable scholarship, your 4-H Agent needs to register you. Ask your 4-H Agent for the county deadline. They are due February 1, 2021, to the State 4-H office. It is also time to get your NC 4-H Honor Club Application ready. Being a North Carolina 4-H Honor Club member is more than just an honor. It is the chance to give back to the 4-H program using the knowledge and skills that 4-H helped you to gain. Honor Club seeks members who want the opportunity to contribute to the club's motto – Service – by continuing their involvement even after aging out of the 4-H program. Talk to your 4-H agent about the county deadline. They are also due to the State 4-H Office by February 1.

4-H Scholarship Application information, as well as NC 4-H Honor Club Application, can be found here: <https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/>



Winter Enrichment

Save the date for an exciting VIRTUAL enrichment opportunity from the South Central District Officer Team! Ages 13-18. January 30, 2021, from 10am-1pm More details and registration link coming soon!

For more information regarding Montgomery County 4-H Programs or to register your child (ages 5 – 18) in 4-H, please contact Tracy Blake, 4-H Youth Development Extension Agent at (910) 576-6011.



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Thompson, Nutrition Educator

Wishing you and your families a Healthy Happy New Year!!!

I recently heard it said that the most useless purchase a person ever made was a 2020 planner! While that certainly brings a few chuckles, I want to remind you that planning is still important. As 2020 proved so clearly, we literally have no idea what the future holds. But a little planning and preparation always helps. As the Family and Consumer Science staff here in Montgomery County continues to plan for 2021, we would love to hear from you to find out what kind of programming you are interested in and which communities are interested. We offer a variety of programming including nutrition (for all ages), healthier lifestyles, food safety, food preparation and preservation, financial management, human relationships and parenting. Our staff can deliver series-based programs or shorter presentations to meet your needs. We serve all ages and all communities from birth through senior adulthood. In compliance with COVID restrictions, we are *currently* limiting face to face workshops, but we have limitless opportunities for virtual programs. If you would like to discuss programming opportunities, please don't hesitate to contact us!

“A New Year– A New Me” seems to be the logo for the start of everyone’s year. Let’s make it happen in 2021! So as you know, food is the fuel our bodies need to work and play. You even need food to rest and sleep. Foods and beverages vary in many calories and nutrients they contain. When choosing what to eat and drink, it is important to get the right mix- enough nutrients, but not too many calories.

**Try
HEALTHY**

Being able to spend time with family is a great way to stay healthy as well. Being with supportive and loving family can positively impact your own personal health and also have a positive impact on the rest of your family as well. Cooking together gives families a time to share, bond and work together. Setting aside time where the family can work together to create a meal gives everyone a chance to pause, catch up and connect with each other. A recipe in mind that you and your family can do the next time you are in the kitchen can be as simple as Blueberry Oat Muffins. Let us know if you try it and what your family’s reactions were – we’d love to hear from you!

Blueberry Oat Muffins

Makes 1 dozen

Ingredients

1 ¼ cups flour

1 cup quick-cooking oats

½ cup sugar

1 teaspoon baking powder

¼ teaspoon salt

2 egg whites

½ cup water

1/3 cup vegetable oil

1 cup blueberries

¼ teaspoon cinnamon (for topping)



Directions

1. In a large bowl, combine flour, oats, sugar, baking powder, baking soda, and salt.
2. In another bowl, beat egg whites, water and oil.
3. Stir in dry ingredients just until it is moist. Fold in blueberries.
4. Fill muffin cups (sprayed with nonstick spray) ¾ full. Sprinkle tops with cinnamon topping. Bake at 400 degrees F for 18-20 minutes, or until a toothpick comes out clean.
5. Cool for 5 minutes before removing from pan, then place on a rack to continue cooling.

Is Your Home Healthy?

New Year's resolutions tend to focus so much on personal health – eating better, losing weight, being more active, and quitting tobacco. While those are all SO important, when was the last time you checked to see if your home was healthy? Having a healthy home means you have safe, decent and sanitary housing that helps to prevent disease and injury. According to www.hud.gov, there is emerging scientific evidence linking health outcomes such as asthma, lead poisoning, and unintentional injuries to substandard housing.

An important step to keeping your home healthy is to check for radon. Radon is a naturally occurring odorless gas that you cannot see, smell or taste- but it is the **SECOND HIGHEST** leading cause of lung cancer – and most people have never even heard of it. The more time you spend in a home with radon, the more your chances of getting lung cancer increases. With many families spending more time in their homes due to COVID restrictions, it is more important than ever to test your home. To find out more about radon and lung cancer, please check out this resource: <https://healthyhomes.ces.ncsu.edu/wp-content/uploads/2020/12/RadonLungCancer-Factsheet-English-WEB.pdf?fwd=no>

Although North Carolina Cooperative Extension will not be able to distribute radon test kits this year, North Carolina residents can visit www.radon.org to request one free test kit.



Nutrition Education at Your Fingertips!!!!

One thing is for sure – 2020 has helped our youth learn much needed computer skills to help them become more savvy and independent in their learning. There is absolutely no end to what they can learn! We want to remind you that Cooperative Extension at A&T has made an online platform available for nutrition education for youth in elementary through high school grades. This series can be used at home for general interest, to supplement home school learning, or with your classroom (school or church). If you are interested in learning more, please contact Rhonda Peters by emailing rtpeters@ncat.edu. There is no charge for this program!



To find out more about FCS programs in Montgomery County, visit www.montgomery.ces.ncsu.edu or visit us on Facebook. If you would like to discuss bringing programs to your community, please call Rhonda Peters or Elizabeth Thompson at (910) 576-6011 or email rtpeters@ncat.edu or eathompson@ncat.edu

Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association



The Montgomery County Beekeeper's Association did not meet in December. They will plan to meet again on January 21st, 2021.

If you are interested in attending future meetings or learning more about the group, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu.

Master Gardener's Association

The Montgomery County Extension Master Gardeners met on December 2nd at the North Carolina Cooperative Extension office Montgomery County. The group discussed plans for the following year, 2021, as well as a master gardener course that will be administered in 2021.

The course will be offered weekly to help community members learn more about both the practical and precise forms of horticulture. It will also aid in new Initial Master Gardener Volunteers in obtaining their Master Gardener certification through North Carolina Extension.

If you are interested in joining the group or learning more about the Master Gardeners and what they do, please contact Kaitlyn Lamaster at kaitlyn_lamaster@ncsu.edu or call 910-576-6011 ext. 26.

NC STATE EXTENSION

Master Gardener | Montgomery County

Plant Pathogens 101



A workshop is currently being formulated between the Montgomery County Horticulture agent, the Moore County Horticulture agent, and the Richmond County Commercial Horticulture agent. While the date is yet to be set, the workshop aims to help commercial growers and homeowners in understanding the plant pathogens that could be infecting their plants. It will serve in aiding attendees in determining what type of pathogen they are dealing with and the steps needed to obtain a positive identification.

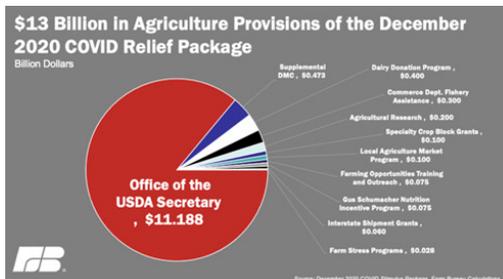
2021 Annual Peach Grower's Meeting

The 2021 Annual Peach Growers Meeting will be held virtually this year on January 26th, 2021 from 9-11 am. The primary focus of the meeting will be pest management. To provide the opportunity to growers that do not have Zoom capabilities, the meeting will be streamed at the Montgomery County Extension Office the day of the event. In order to follow in-building capacity limits, it is asked that you call ahead and reserve a spot to view the live stream. Masks will be required while in the building. To reserve a spot please call the Extension Office at 910-576-6011.



Agriculture Updates

Jamie Warner, Extension Agent, Livestock



COVID-19 Relief Package for Agriculture: In December 2020, after much negotiating, Congress passed a stimulus package in the amount of \$900 Billion, of which \$13 Billion was earmarked for agriculture programs including crops, livestock, dairies, fisheries and processors. These funds will continue to aid in the Agriculture Industry's economic recovery as a result of the disruptions caused by the global pandemic.

NC Horse Blog: Livestock Cooperative Extension Agents from across the state have been busy updating the State Horse Blog with topics to keep owners and horse enthusiasts "in the know"! New articles are being added weekly. <http://nchorse.blogspot.com/> Articles focused on Management, Nutrition, Health Care, Reproduction, Forages and more are all there for your reading and educational enjoyment.

Farms, Food and You Podcast: The most recent podcast episode goes one-on-one with Dr. Steve Lommel, Director of the NC Agricultural Research Service. Dr. Lommel discusses research, discoveries and their impact on farms, food and you! This episode as well as past episodes can be accessed here: <https://cals.ncsu.edu/farms-food-and-you/>.



2021 Regional Chicken Project: Recruitment for the *2021 Regional Chicken Project* is well underway. If you have youth (5-18 years old) interested in learning more about chickens, chicken production or chicken showmanship, please consider registering for this contest! Registration closes January 12, 2021. This year, laying hen breeds are Rhode Island Reds (brown egg layers) and California Whites (white egg layers). You may also choose to raise and show broilers. The broilers MUST be surrendered after the show so their meat may be donated to a local food bank. Contact Jamie at 910-576-6011 or jdwarner@ncsu.edu for more information.



Upcoming Virtual Events in January

6th, 13th, 20th, 27th – Horse Health Care Series: Every Wednesday in January 2021, Onslow, Lenoir, Jones, Pamlico, and Craven County Extensions will be offering one hour virtual trainings via Zoom. The classes will take place from 7-8pm. Registration is required. After registration, a Zoom link will be sent out the Monday before each class. Topics will include Dentistry, Lameness, Metabolism, Forages, Nutrition and more.

https://docs.google.com/forms/d/e/1FAIpQLSfDmWT1hDUTsRFmM9C9sOah5rgYbsr5k0nIOl3duJ7rrhFC1w/viewform?fbclid=IwAR36W_oEf8I8fOWfJ7PoD4OiNdqKQkbitoeEJyIsBJSe1BBwVgy9xr1i-o_c



14th – Dealing With Livestock Emergencies: This webinar will go over the basics of what to do in an emergency situation involving livestock. <https://www.eventbrite.com/e/dealing-with-livestock-emergencies-webinar-tickets-132323913387?fbclid=IwAR1AJB5UqkCxXcPWgss8PaSD0fz9vEEg5gTUosKzC05ZWkWXkni9BEgOKmY>



14th – ForestHER Webinar: Trail Cameras and Nature Photography: In this webinar learn how to get the most out of the camera in your phone for nature photography and how remote cameras can help you learn more about the wildlife on your property, as well as how to select, set-up, and monitor your camera. https://ncsu.zoom.us/webinar/register/WN_xZQ_ghPGQY2LWbP904uZpA

18th – Growing Beyond Food: Farm to School to Healthcare: The purpose of this summit is to uplift and recognize the local foods work occurring in Northeast North Carolina as well as the youth that participate in this work. We hope to increase knowledge and appreciation of our local food system in youth that participate, as well as provide adults more understanding on how to engage youth in current initiatives and resources that are available to achieve this. This summit is meant to be a jumping board for inspiration and ideas to start or continue local foods work in our region. https://www.eventbrite.com/e/farm-to-school-to-healthcare-youth-summit-tickets-131104827067?fbclid=IwAR0czVvi5ZoZ2Vs7uCx2dUv5rtIWBqavE9icU_G27-Y3ynY3VrmwBLckgpl

26th - Managing Feral Swine: Dr. Jon Holt, Extension Swine Specialists from N.C. State University and Falyn Owens, Extension Wildlife Biologist for the N.C. Wildlife Resources Commission will discuss feral hogs, disease threat & biosecurity, and what options are available to remove feral hogs from or near livestock operations. Registration required for this FREE webinar: https://docs.google.com/forms/d/e/1FAIpQLSd_rzChUW55wNKFILvOKgrf7yGzbdnw3oA9RTC_LSEQQz0EYQ/viewform?fbclid=IwAR0TnvKqghiL1aY4J1uok39YCLvFEQjjoOrSLauAucLPZzOAp0H48C0pO4



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Ask Extension

The North Carolina Cooperative Extension is a service that is meant to help serve the general community, both professional and personal. If you have questions regarding any topic within Horticulture, Livestock, Family and Consumer Science, or Youth Development please do not hesitate to reach out! The office can be called at 910-576-6011 and your question will be directed to the agent that best fits your category. Emails can also be sent directly to agents that you feel would best know the answer. It is a good idea to include pictures if you have a specific situation at hand. The list of agents can be found at <https://montgomery.ces.ncsu.edu/people/>.

STAY UPDATED!!!!



If you haven't "liked" us or "followed" us on Facebook, take the time to do it today! Our facebook and webpages are updated regularly with news articles, posts, and pictures of current and future programs as well as news you can use. Find us at <https://www.facebook.com/North-Carolina-Cooperative-Extension-Montgomery-County-117219574995061/> and on our website www.montgomery.ces.ncsu.edu. If you would like to be added to our email distribution list, please email Kim_Gibson@ncsu

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