

North Carolina Cooperative Extension Montgomery County



December, 2021

From the Director's Desk

As we prepare for this last month of 2021 and head into a New Year in 2021, we stop to reflect on all that Montgomery County Cooperative Extension has accomplished 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 look forward to all of the wonderful ideas and programs that our entire staff will bring in the New 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 a New Year in 2022 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.



We hope that each of you have a very Merry Christmas and a safe and prosperous New Year! 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



4-H Happenings in Montgomery County

Tracy Blake, 4-H Youth Development

Egg-Cellent Egg Contest

Three Montgomery County 4-H youth submitted a dozen eggs from their backyard flocks for quality testing in Raleigh. They also completed a presentation related to chicken breeds and egg quality.

The results are in! Congratulations to our 4-H Egg-Cellent Egg participants! Elijah Farlow placed 1st in the Intermediate Brown Egg Large/XL/Jumbo Category. Christopher Hogan placed 1st in the Junior Green Egg Peewee/Small/Medium Category and 2nd in the Junior Brown Egg Large/XL/Jumbo Category. Madilynn Bowles placed 2nd in the Junior Brown Egg Peewee/Small/Medium Category. Great Job 4-H'ers!

NC COOPERATIVE
EXTENSION

4-H Members Junior Division

2nd Place

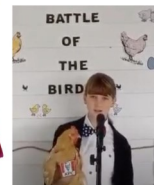


Christopher Hogan
Montgomery County

NC COOPERATIVE
EXTENSION

4-H Members Junior Division

2nd Place



Madilynn Bowles
Montgomery County

N.C. A&T
MONTGOMERY COUNTY

NC COOPERATIVE
EXTENSION

4-H Members Intermediate Division

1st Place



Elijah Farlow
Montgomery County

N.C. A&T
MONTGOMERY COUNTY

4-H Members Junior Division

1st Place



Christopher Hogar
Montgomery County

N.C. A&T
MONTGOMERY COUNTY

4-H'er Seeks Change in Town Ordinance

Brady King (Age 5), a member of the 4-H Livestock club, attended the November 1st Town of Troy Board Meeting in support of changing the town livestock ordinance. The current ordinance does not allow livestock, including poultry, within city limits. The town plans to bring in a consultant and put together a committee, to consider adjusting the ordinance. The change would allow 4-H'ers like Brady, who live in town, to participate in livestock and poultry learning opportunities through 4-H and would also provide citizens of the town to house their own backyard flocks.



4-H Clubs in Action

Creative Hands

The Creative Hands 4-H'ers created bags at their last meeting to donate to the Veterans' Affairs Office. Great job using those hands for larger service!



Teen Cooking Club

Congratulations to Sophia, Ariel, Caroline and Amaya, members of our Teen Cooking Club, who took the challenge to prepare the recipe learned in last month's club meeting. Great job using your skills at home!



Shooting Stars

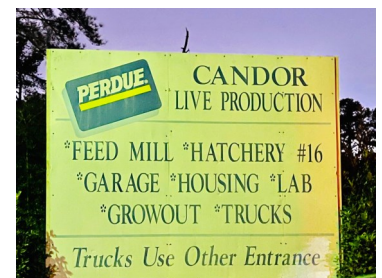
The Shooting Stars 4-H'ers will be riding a float at the Star Christmas Parade on Saturday, December 11th @ 2PM. Be sure to give our 4-H'ers a wave if you attend! The Shooting Stars adopted 2 youth from our Tree of Hope Program this Christmas, combining service and fun this Holiday Season!

CHRISTmas
Parade

Livestock Club

The 4-H Livestock Club toured the Perdue Hatchery in Candor. Photos were not allowed inside the facility, but youth were able to see the entire process from start to finish.

The facility hatches roughly a million eggs four times per week. That's approximately 4 MILLION birds hatched at our local hatchery weekly!



Youth Leadership Montgomery-Teambuilding on the High Ropes Course

Youth Leadership Montgomery met in November for team building at the Carolina Treetop Challenge in Albemarle, NC. There were 5 courses available that increased in difficulty. All youth did a great job completing courses 1-3 and some completed all 5 courses! Way to push your limits and try new things, Youth Leadership!



4-H Greenery Sale

We had a very successful 4-H greenery sale. All trees were sold in presale! We appreciate our community members that support this fundraiser for our youth. The trees and greenery all come from the NC Mountains in Mitchell County. We have a few wreaths left. \$25 without a bow and \$30 with a handmade bow. Call 910-576-6011 or stop by the office from 8am-5pm.



Tree of Hope

The Tree of Hope Christmas Assistance Program is full speed ahead for Pickup Day, December 15th at the old Montgomery Herald Building on Bruton Street. Donations are due by Friday, December 3rd. We appreciate all of the community supporters who "adopted" youth off our trees. We also want to thank the small businesses who put up trees with cards.

- *Front Porch Antiques-Troy**
- *Uwharrie Mercantile-Troy**
- *Yellow Rose Nutrition-Troy**
- *Speckled Paw-Mt. Gilead**

Upcoming 4-H Club Meetings

We are excited to start club meetings again this fall! Clubs are open to all youth ages 5-18. Come join us! Contact Tracy Blake at tracy_blake@ncsu.edu for more information.

Creative Hands-First Tuesday of month, 5-6 pm @ Extension Office, Troy

Shooting Stars-First Thursday of month, 6-7 pm @ Star Elementary School

Teen Cooking Club-First Friday of month, 4-6 pm @ Extension Office, Troy

Livestock Club-Third Monday of month, 6-7 pm @ Ag Center, Troy



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 or by emailing tracy_blake@ncsu.edu

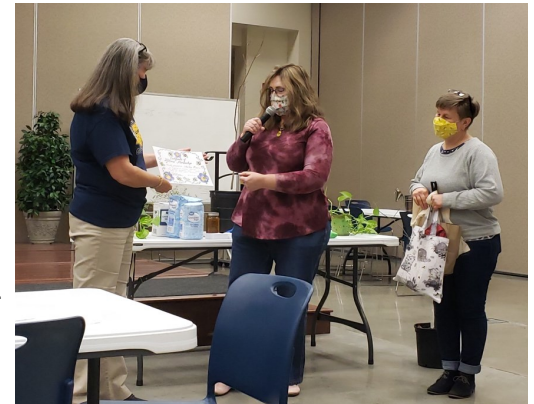
Agriculture Updates

Kaitlyn Lamaster, Extension Agent, Horticulture

Montgomery County Beekeepers Association

The Montgomery County Beekeeper's Association met on November 18th at 6PM in the Montgomery Community College in the large meeting room. The group received the good news that MCC has agreed to let the Montgomery County Beekeepers continue to meet in that room for the next 2 years!

During this meeting the new officers for 2022 were also recognized as follows: President – Lisa Sooy Doucett, Vice President – Kirk Kern, Secretary – Cindy Martin, Treasurer – Anne Partna, and Program Chair – Hugh Martin.



We would like to thank and acknowledge those that have served in these roles for the last two years: President – Shirley Harris, Vice President – Bill Tingen, Secretary – LeighAnn Manness, Treasurer – Patty Tingen, and Program Chair – Tony Harris.

The 2022 Janno Lewis Beekeeping Scholarship recipients were also announced at the meeting. The mentor for 2022 will be Tony Harris and the mentee will be Cynthia Johnson. Congratulations to both beekeepers!

Another big piece of news came that evening when NCDA & CS Bee Inspector, Nancy Ruppert, stood at the front of the room to answer beekeeper's questions. Before opening the floor to members, she told the group that she plans to retire from her position in February of 2022. She is unsure when they will post the position to be filled but wanted everyone to know how much it has meant to her and that she will still be a beekeeper and involved with the beekeeping groups. Thankyou to Nancy for invaluable involvement, advice, and knowledge over the years!

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

Montgomery County Master Gardener's

The Montgomery County Extension Master Gardener group plans to meet on December 6th, 2021 for their monthly meeting and to celebrate the holidays together.

At this same meeting the Montgomery County Master Gardener Volunteers will draw names for their Winter 2021 Raffle, which includes a hand-blown glass snowman from STARworks Center for Creative Enterprises valued at \$150. There is a second prize which includes a painting created by one of the Montgomery County Master Gardener Volunteers, and third includes a gardening bag complete with hand tools.



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. Like or follow the Montgomery County Master Gardener Facebook page to stay up to date on their projects around the county!



Houseplants 101 Series

(All sessions are virtual unless otherwise noted)

To register for one or all of these sessions, visit:
<https://forms.gle/gdUc38FuoYeWrwsv7>

Overwintering Tropicals

November 30th - 12-1PM
Outside in summer, inside in winter - understand caring for plants that love heat during the cold months

Watering & Fertilizers

December 7th - 12-1PM
Watering and fertilizing plants can be a fine line between too much and not enough. Learn a few tips and tricks on properly feeding your plants

Understanding Media

December 14th - 12-1PM
An often overlooked component of plants, media is foundation of our plants - providing support, holding nutrients, and maintaining saturation

Propagation

December 21st - 12-1PM
One of the best parts of having plants is sharing them! Learn about the different ways to propagate and what you'll need to do them

Pests: ID & Control

January 4th - 12-1PM
Knowing what pests to look for, how to control them, and how to prevent them from the start is important in keeping your plants healthy

Natural & Artificial Light

January 11th - 12-1PM
Light can be one of the trickiest things to supply indoors. Noticing what plants need and what you can do to supplement it keeps plants thriving

Plant Exchange (In-person)

January 18th 5:30-7
Bring plants to give away or share cuttings of to the Montgomery County Cooperative Extension Office



Questions, concerns, and accommodation requests related to a disability should be made by November 29th to Kaitlyn Lamaster, 910-576-6011
*NC Cooperative Extension provides dissemination and implementation of agricultural, forestry and natural resource information to the public through the National System of Cooperative Extension, which is a partnership of the U.S. Department of Agriculture and the land-grant universities.

Houseplants 101 Series

The end of November saw the kickoff of the Montgomery County Houseplants 101 Series, beginning with the topic of overwintering tropical plants. This was the first of 6 educational sessions which prelude an in-person plant exchange in January. Those that are interested are still able to sign up for one or all of the sessions remaining using the google link or QR code displayed on the flyer. This series gives people the knowledge they need to better care for their indoor jungle and bring questions to the NC Cooperative Extension Horticulture Agent. If you have any questions or concerns about joining, please email Kaitlyn Lamaster at kmlamast@ncsu.edu or call 910-576-6011.



Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent
Elizabeth Thompson, Nutrition Educator



MERRY CHRISTMAS from the Family & Consumer Sciences Program!!!!

Wow – November flew by in some kind of hurry! We hope that everyone took time to be thankful, to appreciate the many gifts and blessings we’ve received this year, and to tell others how much we appreciate all that they do. November was SUPER SUPER busy in the FCS world, and we are excited to tell you all about the wonderful things that have been happening.

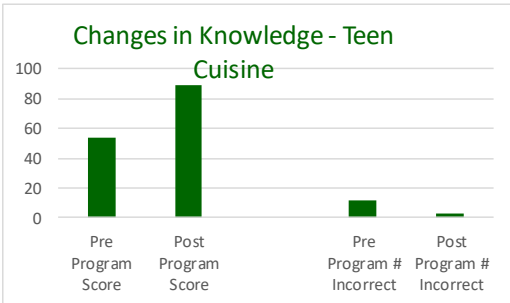
WE GRADUATED!!!!

LIFT at Brutonville Community Center

Eleven ladies completed the Lifelong Improvements through Fitness Together program at Brutonville Community Center. Among them, Regina Wall was honored with a perfect attendance award – indicating that yes, she attended EVERY SINGLE one of the 16 sessions of the program. Every participant that completed the program demonstrated improvements in functional fitness testing, and all reported growth in their personal goals. Best of all, this group plans to continue meeting and working hard even without FCS staff present. THIS is indeed exactly the goals of our programming – to give you the resources needed to empower you to live your best life. Congratulations Brutonville Community!

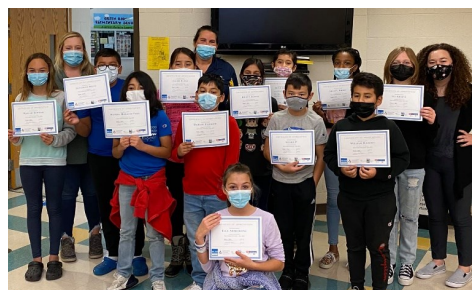


Teen Cuisine at Green Ridge Elementary



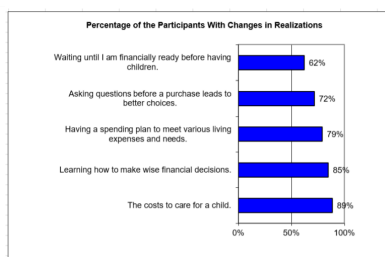
Twelve fifth-grade students completed the Teen Cuisine program at Green Ridge Elementary School, and demonstrated significant growth in knowledge. Prior to the program, the average score on a basic food preparation knowledge test was 53.8%- that score soared all the way to 89.1% by the time the program completed. During the program, students learned about nutrition and basic food preparation skills. To extend learning, youth prepared at least one recipe (sometimes two) at every session. To conclude the program, we held a Family Celebration night where families were invited to come and learn about nutrition and the things their children had learned during the program. At this time, students prepared a light

meal for their family members to enjoy. Parents reported observing their children drinking more water, trying more fruits and vegetables, being more active, and paying more attention in general to things they ate. Additionally, parents report their children wanting to help cook more at home, which has huge benefits to families – especially those with multiple young children. One parent shared, “When we go to the grocery store, she reads the nutrition labels for me and helps me decide what foods are better for our household.” This highly successful program was offered in collaboration with North Carolina Cooperative Extension Montgomery County and Communities in Schools. Special thanks to Dr. Miller, principal of Green Ridge Elementary School for working with us to offer this program.



Real Money, Real World.

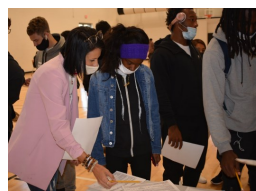
Real Money. Real World. Financial Literacy For Youth

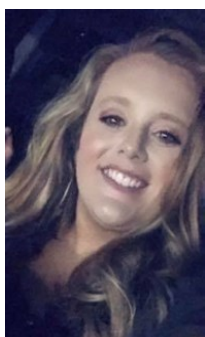


More than twenty-five volunteers gathered at Montgomery Central High School to assist with the spending simulation for Real Money, Real World on Friday, November 19th. During this event, seniors were assigned an occupation, salary, and family size, and charged with the goal of making their money stretch through an entire month after visiting each of

14 stations requiring payment (housing, food, child care, utilities, entertainment, transportation, etc.) Many students and volunteers reported that this was a very eye-opening experience. Students saw the biggest learning improvement (89%) when it came to understanding the costs to care for a child, followed by how to make wise financial decisions (85%). Students also learned the importance of having a spending plan to meet various living expenses and needs,

the importance of asking questions before making purchase, and waiting until they are financially ready before having children. We are so thankful for the huge community support and volunteers that assisted in this program including the Town of Biscoe, Town of Troy, Montgomery Insurance, Montgomery County Partnership for Children, Department of Social Services, Montgomery Community College, First Bank, Montgomery County Department of Health, and Carolina Farm Credit. The program was provided through partnership between North Carolina Cooperative Extension and Communities in Schools of Montgomery County. Special thanks to Anne McLean, principal of Montgomery Central for her partnership and support in implementing this program.





Elizabeth's Nutrition Nuggets

Fall Into Better Health

With the holiday season upon us, it seems everywhere we turn there is another table filled with food, from office holiday parties to family get-togethers. Our Nutrition team, with NCA&T University recently had a holiday potluck mainly to promote our programming, and what all we can offer in our communities to help live a healthier lifestyle. Everyone was in charge of making a healthy holiday dish. We had entrees, side dishes, appetizers, drinks, and even a yummy dessert. I was a little skeptical about trying some of the things, but I sure am glad I did! We improvised healthier ways to eat for the holidays. We had turkey meatballs, healthy macaroni and cheese, grandma's dressing, green bean casserole, deviled eggs, apple crisp, sweet potato cheesecake, as well as an orange cooler. You can get most of these recipes on MyPlate.gov or any North Carolina Cooperative Extension website. This holiday season I challenge you to make a healthy dish or meal for you and your families. I have one recipe that you and your kiddos or grandkids can make over the holidays.

Banana Pancakes

Ingredients:

- 2 eggs
- 1 ½ cups non-fat milk or 1% milk
- 1 tablespoon sugar
- 3 tablespoons oil
- 2 bananas, mashed
- ¾ cup whole wheat flour
- 2 teaspoons baking powder



Directions:

Beat eggs in medium bowl. Add milk, sugar, oil and bananas and mix well. Add flours and baking powder. Mix gently. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees in electric skillet). Spoon ¼ cup batter onto griddle for each pancake. Cook until tops are bubbly and pancakes are dry around the edges. Flip and cook for 2-3 minutes or until golden brown. Refrigerate leftovers within 2 hours.

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

Staff Directory



Chrissy Haynes
County Extension Director
chrissy_haynes@ncsu.edu



Rhonda Peters
Family & Consumer Sciences
rtpeters@ncat.edu



Kaitlyn Lamaster
Horticulture
kmlamast@ncsu.edu



Tracy Blake
Livestock
tracy_blake@ncsu.edu



Elizabeth Thompson
Nutrition Educator
eathompson@ncat.edu



Kim Gibson
Administrative Assistant
kim_gibson@ncsu.edu

Ask Extension

The North Carolina Cooperative Extension is a service that is meant to help serve the general community, both professionally and personally. 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.edu

Check out our current videos by visiting
https://www.youtube.com/channel/UCOIPmzMobAJJoawefJK_ldzA

