

North Carolina Cooperative Extension Montgomery County



December, 2024

From the Director's Desk

As we prepare for this last month of 2024 and head into a New Year in 2025, 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 have lots of 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 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 2025 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



Our County Extension Director recently received a grant from the NCDOT through their Bicycle Helmet Initiative program to provide helmets to children in our county. This year's Candor Tree Lighting will be held on Friday, December 6th from 5:45 PM - Until. Kids who receive a bicycle at the town's event will receive a helmet free of charge. Each year, more than 3,000 pedestrians and 850 bicyclists are hit by vehicles in NC. On average, about 160 pedestrians and 20 bicyclists are killed each year in NC. Properly-fitted helmets can reduce the risk of head injuries by at least 45%. Less than half of children under age 14, wear a bike helmet. Cooperative Extension appreciates this partnership opportunity to help properly fit more children for helmets in our community. Photos are of



last year's event where we provided 53 helmets to kids in the community.

Montgomery County Tree of Hope Christmas Assistance Program is co-sponsored by Montgomery County 4-H & NC Cooperative Extension along with Montgomery County Schools, Communities in Schools and the Montgomery County Partnership for Children. Over 350 children from Montgomery County have been identified to benefit from the program and distribution of gifts will occur on December 13th. Be on the lookout for photos in our next newsletter of this wonderful outreach. We would like to extend a huge thank you to everyone who sponsored children this Holiday season by choosing a child to adopt, donating to our coat and toy drive or by donating money to the cause. We are so appreciative of the support of our community. Because of you, we can make a difference in our county one child at a time.

Montgomery County 4-H is selling Christmas Trees and Wreaths to support our 4-H program. We still have some trees and wreaths left for sale. Please contact the Extension Office at 910-576- 6011 if you have not purchased yours yet.

Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Callicutt, Nutrition Educator

Eat Smart, Live Strong



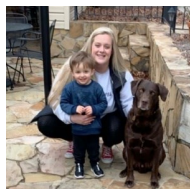
We started working with the congregate meal site at Troy-Montgomery Senior Center to provide the Eat Smart, Live Strong program in November. This program focuses on two key components of health – making wise food choices and being physically active most days of the week. It is imperative that adults eat at least 3 ½ cups of fruit and vegetables per day – and the majority should be vegetables, with fruits sprinkled in. The program will conclude at the end of November.



Go, Glow, Grow



Go, Glow, Grow has concluded at both Mt. Gilead Elementary and Star Elementary Schools. Through this curriculum, preschoolers learned to make the connection between eating healthy foods and beginning to live healthier lives. All six lessons were delivered at both schools. All teachers / staff indicated that they believe the North Carolina Foundations for Early Learning and Development standards were fully met through the Go, Glow, Grow curriculum. One hundred percent of teachers reported that their students look forward to the lessons and that they see their students trying new foods. One teacher reported talking more about healthy food options with their class. Teachers also reported that their students are more willing to try more fruits and vegetables specifically and their students know which foods belong in each category.



Elizabeth's Healthy Recipe Corner

Broccoli Rice Casserole

Ingredients

- 1 1/2 cups rice, uncooked
- 3 1/2 cups water, divided
- 3 tablespoons margarine (or butter)
- 1 medium onion, chopped
- 1 can (10.75 ounce) condensed cream of mushroom soup, reduced sodium (or reduced sodium chicken, celery, or cheese soup)
- 1 1/2 cups 1% milk
- 7 1/2 cups frozen broccoli or cauliflower or mixed vegetables, chopped
- 8 ounces low-fat cheddar cheese, grated

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 °F and grease a 12x9x2 inch baking pan.
3. In a saucepan, mix rice, salt, and 3 cups of water and bring to a boil.
4. Cover and simmer for 15 minutes. Remove saucepan from heat and set aside for additional 15 minutes.
5. Sauté onions in margarine (or butter) until tender.
6. Mix soup, milk, 1/2 cup of water, onions, and rice. Spoon mixture into baking pan.
7. Thaw and drain the vegetables and then spread over the rice mixture.
8. Spread the cheese evenly over the top and bake at 350 °F for 25 to 30 minutes until cheese is melted and rice is bubbly.





4-H Youth Development Anna Hamilton

Livestock Club

The Montgomery County 4-H Livestock Club collected and packed 25 Clover Care Kits to be distributed to children in western NC affected by Hurricane Helene. Thank you to everyone who donated supplies and assisted with the process. Community service is a key part of 4-H helping youth develop skills like teamwork, communication, and problem-solving while making a difference for others.



South Central District Friendsgiving

Montgomery County 4-H had the pleasure of taking 7 teens to the South Central District Friendsgiving event, planned in part by SCD Vice President Marla Medina. The teens had a great time socializing, decorating cookies, hearing from local veterans, and engaging in a community service project. We enjoyed getting to see all the smiling faces and Marla's hard work!



Youth Leadership Montgomery



The 2024-2025 Class of Youth Leadership Montgomery has been officially chosen, and it is our largest cohort to date! We had 36 young leaders attend the Orientation Session,

where they learned about the makeup of Montgomery County, local elected officials, and the benefits of living in a rural area. Participants were quizzed on their knowledge of Cooperative Extension and Montgomery County history. Youth also had the chance to explore Real Colors, a personality assessment that gives insight into how individuals are motivated and what are their strengths and areas for growth. Knowing their 'color' will empower these young leaders as they collaborate and go through the program together.



For more information regarding 4-H programming in Montgomery County, please contact Anna Hamilton at (910) 576-6011 or by email at anna_hamilton@ncsu.edu

Agricultural Updates

Owen Washam, Horticulture & Forestry

Emi Briggs, Livestock & Field Crops

NC STATE EXTENSION

Master Gardener | Montgomery County

The Montgomery County Extension Master Gardener volunteers (EMGs) met on November 4, 2024. The November workdays were held on the 16th and 18th. The annual awards ceremony will be held beginning at 5:30pm on December 2, 2024. As the Horticulture and Forestry Extension Agent, Owen Washam serves as instructor and advisor to the Montgomery County EMG volunteer group.

NC STATE

Extension Master Gardener

Come Grow With Us!



Extension Master GardenerSM Volunteers
Montgomery County, North Carolina

EMGV Interest



NC STATE EXTENSION

Master Gardener | Montgomery County



Are you interested in volunteering as an Extension Master Gardener with Montgomery County? Applications for the program will be accepted until November 22, 2024. Owen Washam, Horticulture and Forestry Agent for Montgomery County, will be reviewing applications in December for the class starting in January. For more information, please contact Owen at 910 576 6011 or email him at owen_washam@ncsu.edu.

Animal Waste Credits Zooms

This month, there have been two virtual opportunities for local farmers to receive OIC credits for their animal waste operators license. Every 3 years, the license holder is required to get 6 hours of continuing education. With collaboration of many different counties and agents, a statewide zoom was held to fulfill these needs. Several local farmers participated in these two virtual events to make sure they can be successful on their farms.

Cattlemen's Meeting



The Montgomery County Cattlemen's Association meeting was on November 12th and the topic of discussion was animal nutrition. GM Milling came to present on feed types, components of feed and the benefits of certain types of feed over others. The Cattlemen's next meeting will be on January 14th, 2025 at 6:30 at the Ag Center located at 200 Glenn Road, Troy, NC 27371. If you are interested in attending this meeting, please contact us today!

Beekeepers meeting



The beekeeper's meeting for November was on November 21st and they discussed preparing for the spring. Part of owning any livestock or honeybees is trying to be one step ahead but as state apiary inspector, Shirley Harris stated, "Honeybees are always weeks ahead of us." Are you ready for your spring season with your honeybee's? The next meeting will be on January 16th at 6 pm at Montgomery Community College in building 200 in the multipurpose room.

Congratulations to Deena Jack for winning the Jan-no Lewis Scholarship and to Anne Partna for being selected as her mentor! Lisa Sooy Ducet presented the scholarship to Deena along with her mentor, Anne.

Equine pasture management training

The livestock agent, Emi Briggs, spent the day in Raleigh on November 6th to receive training on equine pasture management. The training focused on rotational grazing for equines, pasture scoring, weed id, and electric fence equipment repair. A livestock owner's biggest asset is their pasture. When you can extend your grazing capabilities by 10, 15, 20 days or even several months, this can be a big savings in hay costs. While not only does strip grazing your equines (or other livestock) save you money in hay costs, it can help with weed management and reduce need for fertilization. Urea in urine can add nitrogen back into the soil and help with plant production. Strip grazing prevents overgrazing (plant stores damage) and allows for the manure and urine to be evenly distributed in the pasture. After practice in pasture score and the demonstration of strip grazing, electric fence equipment and repair was discussed. Topics included poly rope or polytape as an easy tool to use to strip graze, voltage meters and their purpose, how to determine if you had a break in the circuit, positives and negatives (no pun intended) of different charger styles, and fence post types. While there are many, many options for fencing out there, the first step to having safe and secure fencing is working with your livestock to respect said fencing. If you are interested in learning more about fencing options, equine strip grazing or rotational grazing of other livestock, please give Emi a call today.

Need your hay, feed, or forage tested for nutritional value? Soil testing? NC Cooperative Extension & NCDA partner to offer this service. Test now, to save time and money later!

Call 910-576-6011.



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

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/>.

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



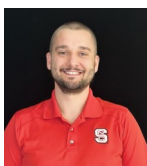
Kim Gibson
Administrative Assistant
kim_gibson@ncsu.edu



Rhonda Peters
Family & Consumer Sciences
rtpeters@ncat.edu



Elizabeth Callicutt
Nutrition Educator
eathompson@ncat.edu



Owen Washam
Horticulture and Forestry
owen_washam@ncsu.edu



Emi Briggs
Livestock & Field Crops
emi_briggs@ncsu.edu



Anna Hamilton
4-H Youth Development
anna_hamilton@ncsu.edu

