

North Carolina Cooperative Extension Montgomery County



November, 2024

From the Director's Desk

It's hard to believe that the Christmas Season is already upon us! This year has flown by. We are pleased to be able to provide the **2024 TREE OF HOPE Christmas Assistance Program** again this year. The TREE OF HOPE program is a community-supported collaboration between Montgomery County Schools, Communities in Schools of Montgomery County, NC Cooperative Extension – Montgomery County Center/Montgomery County 4-H and the Montgomery County Partnership for Children, along with several of our local businesses, and numerous individual donors and volunteers. This program is designed to help families that may need support in providing Christmas for their children but we cannot do it without the support of our community.

You may ask, **"How Can I Help?"**

You can help by:

1. Adopting a child this Holiday season by choosing a Tree of Hope card from one of the businesses in the community. We also have cards available at our office—just stop by or call and we can be sure you get one.
2. Donate new or gently used toys, coats or blankets and deliver them to NC Cooperative Extension – Montgomery County Center at 203 West Main St. Troy.
3. Donate financially (tax-deductible). You can write a check to MCPC (with Tree of Hope in the memo line) and deliver to the Montgomery County Partnership for Children or to Cooperative Extension. If you prefer to donate online, you may donate at the following link: <https://mcpccs.square.site/treeofhope>
4. We thank the community for all of your many years of supporting this program! We could not do it without your support



**HELP US HELP KIDS
THIS CHRISTMAS**

Christmas Toy & Coat Drive

Suggested Items Include:
Coats of all sizes (Baby - Adult Sizes Needed)
Blankets
Arts & Craft Supplies
Sports Balls (Basketball, Soccer, Baseball, Softball, Football)
Baby Dolls / Barbies / Babydoll Strollers
Superhero Toys / Fortnite / Minecraft
Educational Learning Games
Children's Board Games
LEGO's / Building Blocks
Cars & Trucks

You may also choose to make a tax-deductible contribution.
You can make checks payable to MCPC
or you may donate directly at:
<https://mcpccs.square.site/treeofhope>
or by scanning the QR code.



**DROP OFF UNWRAPPED GIFTS BY DECEMBER 2ND AT MONTGOMERY
COUNTY COOPERATIVE EXTENSION OFFICE:
203 W. MAIN STREET, TROY**

Montgomery County Cooperative Extension is an equal opportunity provider.

Family & Consumer Sciences Updates

Rhonda Peters, FCS Agent

Elizabeth Callicutt, Nutrition Educator

Go, Glow, Grow



We are pleased to announce the completion of the Go, Glow, Grow nutrition program with Pre-K students at Troy Elementary, Star Elementary, and Mt. Gilead Elementary. We are also excited that kindergarten and first grade students at Tillery Charter have also completed the program. This means over 150 students have the foundation they need to start building a life with healthy choices. We hope to reach Green Ridge, Candor, Family Worship Ministries, Wescare, and Head Start in the spring.

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New Nutrition Programs Coming Soon!

Our FCS Agent and Nutrition Educator are working hard to complete training on a new nutrition curriculum called Food Smarts. This curriculum will increase our capacity to offer nutrition education and cooking demonstrations in the community. Stay tuned for future classes!

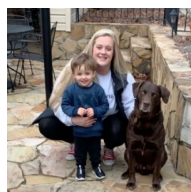


Cooking Live with Extension

We were excited to start a new season of Cooking Live in partnership with the Troy-Montgomery Senior Center. In October, our Fall Intern (Emerson Williams) demonstrated how to make a delicious apple cinnamon bar recipe. We welcome you to join us live on the last Wednesday of every month at 10:30, OR by watching the recording video at the Troy-Montgomery Senior Center Facebook page.

Coming Up in FCS in November

- **Eat Smart, Live Strong at Troy-Montgomery Senior Center: FREE for all participants. Sessions will meet at 10:30 on Tuesday, November 12; Tuesday, November 19; Thursday, November 21; and Tuesday, November 26.**
- **Real Money, Real World program at West Middle School in collaboration with Communities In Schools Montgomery County (November 22)**



Elizabeth's Healthy Recipe Corner

Crustless Pumpkin Pie

Ingredients

- 3/4 cup sugar
- 1/2 cup all-purpose baking mix for biscuits (or use Master Mix - see notes for link to recipe)
- 2 tablespoons vegetable oil (or cooking oil of choice)
- 1 can (14 ounces) evaporated milk, non-fat
- 2 egg
- 1 can (15 ounces) pumpkin
- 3 1/2 teaspoons pumpkin pie spice
- 2 teaspoons vanilla extract

Directions

1. Wash hands with soap and water.
2. Preheat the oven to 350 °F and lightly grease a 9 or 10 inch pie plate.
3. Combine all ingredients in a medium mixing bowl or a blender.
4. Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.
5. Pour into the pie plate.

6. Bake until a knife inserted in the center comes out clean, about 50 to 55 minutes.
 7. Cool slightly and keep refrigerated.
- Serve with whipped topping or ice cream.



4-H Youth Development
Anna Hamilton

It's Time for College Applications!

As upcoming graduates work hard to prepare for the next phase of their lives, here are some valuable tips from Harvard College regarding the college application process.

1. Start the process early! Begin considering what colleges interest you and do your research before your Senior year.
2. Be critical in narrowing down the list of schools you are applying to.
3. Mark the deadlines for each application on a single calendar to stay organized.
4. Aim to complete the applications ahead of time to reduce last-minute stress.
5. In your essays, share something new about yourself that isn't included in the rest of your application. The key is to be genuine, honest, and tell a clear story.
6. Extracurricular activities don't just have to be clubs or sports. Include jobs, hobbies, or any other areas where you spend your free time.
7. If the process becomes overwhelming, take an hour from the application to relax before returning with a clear mind.
8. If you have questions about an application, reach out and ask for assistance.

The college application process can be both exciting and daunting, but with support, it is possible to navigate with confidence. Best of luck to all our future graduates!

2024 North Carolina State Fair

Two Montgomery County 4-H'ers competed in the Youth Market Turkey Show this year at the North Carolina State Fair in Raleigh. Christopher and Madilynn both placed in the top 10 in their class. Christopher won overall 1st place in the Pen Sign contest! The youth have reared their birds since June, and we are so proud of how hard they have worked.



Montgomery County 4-H won Second place at the State Fair County 4-H Exhibit Contest. This achievement was made possible through the assistance of the Montgomery County 4-H Livestock Club and all those who supported the exhibit.



Youth Leadership Montgomery

The 2024-2025 Class of Youth Leadership Montgomery is kicking off soon! Applications were due November 1st, and the orientation session will be held in November. Since its inception in 1998, Youth Leadership Montgomery has successfully facilitated twenty-three classes, with over 500 students participating. The program is designed for high school students to develop their communication skills, confidence, problem-solving abilities, and decision-making through hands-on activities and workshops. Participants must be dedicated to personal

growth, self-motivated, and desire to learn more about their community. We cannot wait to see what these amazing future leaders accomplish this year.

Montgomery County 4-H Livestock Club

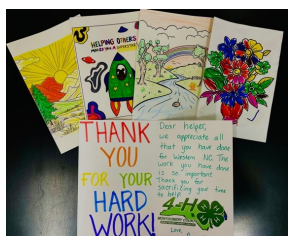


This month, the Livestock Club took a field trip to the Jerome Davis rodeo in Archdale for their October meeting. The youth were able to see participants their age, compete in different events such as Calf Riding, Goat Tying, Pony Bareback, Breakaway, and

Team Roping. In November, the Livestock Club is collecting supplies to pack 25 4-H Clover Care packages for children in Western NC affected by Hurricane Helene. Interested in joining the Livestock Club? Contact Anna Hamilton at anna.hamilton@ncsu.edu.

Card Drive for Western NC

Montgomery County 4-H is collecting handmade cards for individuals in Western NC affected by Hurricane Helene. We currently have over 40 cards to send and will be collecting until November 15th. Cards can be addressed to volunteers, farmers, or community members. There are templates to make cards available to be picked up at the 4-H office.



Youth Spotlight

Our 4-H member, Heidi Young, secured 6th place in the Dr. Kim Ingold NC 4-H Photography contest in the Jr Special Effects category with her photo “Woodland Dwellings.” You can start taking photos for next year’s competition now; entries will be due August

17th, 2025. Congratulations to Heidi on her outstanding work!



Agricultural Updates Owen Washam, Horticulture & Forestry Emi Briggs, Livestock & Field Crops

Cool Crops

On October 3, 2024 Extension led a program on cool weather gardening. We had over a dozen local attendees. Participants learned what crops are appropriate for the garden in the fall, and had the opportunity to take home transplants of kale, broccoli, and collards. As a result of the program, most participants reported an increase in gardening knowledge and planned to plant their plants in a fall garden.

NC STATE EXTENSION

Master Gardener | Montgomery County

The Montgomery County Extension Master Gardener volunteers (EMGs) met on October 7, 2024. The October workdays were held on the 19th and 21st. The next business meeting will be held beginning at 5:30pm on November 4, 2024. As the Horticulture and Forestry Extension Agent, Owen Washam serves as instructor and advisor to the Montgomery County EMG volunteer group. He is planning an EMG class for interested individuals, if

you would like to join please contact Owen at owen_washam@ncsu.edu. To be considered for the 2025 class, please apply by November 22, 2024.

NC STATE

Extension Master Gardener

Come Grow With Us!



Extension Master GardenerSM Volunteers
Montgomery County, North Carolina

Orchids are Easy!

On October 10, Troy Public Library and Cooperative Extension invited Linda Thorne to speak to community members about growing orchids. Linda is the owner of Seagrove Orchids in Seagrove, NC. The program was very popular with participants, who reported by survey they felt better about growing orchids and would attend a class like this in the future.



Montgomery County Beekeepers' Association



The Montgomery County Beekeepers Association met on October 17, 2024. Twenty-one attendees enjoyed a covered dish dinner, followed by an expert beekeeping presentation. At this meeting Nancy Ruppert, retired NC Apiary Inspector, instructed participants on getting your

bees ready for winter and spring. The Beekeepers will meet next on November 21, 2024 at their normal location, the multicultural room at Montgomery Community College.



A.I. Clinic



On 10/1, the area specialized agent for commercial dairy, Ashley Robbins, and our livestock agent Emi Briggs, completed a short course on Artificial Insemination in Cattle. With 8 local cattle producers present we were able to have in depth conversations about genetics, estrous cycles, tools required, protocols, semen selection, success rate, benefits and negatives of artificial insemination and more. We spent the morning in the classroom and followed lunch with hands on practice chute side with the new skills learned in the classroom.



MCC Sheep tour

On 10/8/24, our livestock agent, Emi Briggs, met with the Montgomery County Community College Livestock Management program at the Montgomery Sheep Farm for a tour with their farm manager, Ideal Perez, and Owner, Joel Olsen, and to discuss small ruminants. During the tour, solar grazing was the main focus and using the land as dual purpose. During this tour, management considerations were discussed for small ruminants including

nutrition needs, breeding consideration, genetics, parasite management, forage management and ways to get the most out of your crop.



Montgomery County Cattlemen's Association Meeting



On 10/8, the Montgomery County Cattlemen's Association had their monthly meeting. Dr. Negrin - Pereira from UNC Pembroke presented on, "Why the bull is important?" This discussion included breeding exams, loss or gain of revenue relative to your bull, detecting sub-fertility and more.



Relief work in Watauga County for Hurricane Helene

Our Livestock agent, Emi Briggs, spent a few days in Watauga County to assist with Hurricane Helene recovery efforts. From 10/13-10/17, she helped unload hay, feed, fencing and other supplies and get the items to the ones in need. On Tuesday, 10/15, a 50+ truck convoy delivered

hay, feed, fencing, and more. The counties out west will need help for a long time, but seeing the support and being able to help was a great learning experience to help out our county if there was ever the need.



Leap into Sheep Show

On 10/23, our livestock agent went and supported one of our 4H-er's, Brady King. Back in the spring, Brady King was selected as one of ten kids to participate in this statewide program. He was given a sheep to show, and care for. He got to show on the local circuit as well as at the special show at the state fair. During the fair, he showed 3 times. One during the market lamb show and in both parts of the sheep show. We are so proud of him and all he accomplished in this program!



Cattlemen Voting

On 10/30, the NC Cattle Industry referendum vote took place. A few producers came out to vote. The NC Cattle Industry referendum vote is to vote either yes or no to continue the state assessment program. The program assesses farmers at the rate of one dollar per head of cattle sold and uses these funds for producer education and to promote and protect the interest of the cattle industry. We had a few local producers come cast their vote for this program. Results will be available soon.

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.



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



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

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



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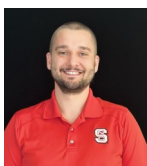
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