



TO THE NEW YEAR

Wishing you a safe, HAPPY HEALTHY NEW YEAR from the Vance County Cooperative Extension team!

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EXPANDED FOOD & NUTRITION EDUCATION (EFNEP)

BY NITASHA KEARNEY

The Expanded Food and Nutrition Education Program associate hosted the first Holiday social bringing the graduates of Creating Success afterschool education center to meet the specialized program committee members. The name of the committee is FOCUS; feeding our community, united in service! Committee members in attendance were Chalis Henderson and Wykia Macon. The students endured a sixweek program based upon the Organ Wiseguys curriculum. Students were educated on diabetes health, heart health and increasing water consumption. Graduates had presentations to show committee members of knowledge gained during the program.

For the month of January, EFNEP will migrate to Vance County HS to incorporate the Fuel for Life curriculum into the Foods 1 classes! Stay tuned...

Parenting Program - Incredible Years

BY JAMON GLOVER

The Incredible Years Parenting Program is in week 13 of our first series as we begin discussions about emotional regulation and social coaching.

We are also proud to announce the restructuring of The Vance Parenting Taskforce. Community stakeholders in partnership with the Vance County extensions office met on December 19th to discuss bringing back the task force, which received unanimous support. More details in the following months.

EFNEP

Small Farms Happenings

BY WAYNE ROWLAND

The Vance and Warren County Beekeepers held their December meeting with 915 members present. The preparations for the "Do You Want To Be A Beekeeper" meetings on December 28, 2023 and January 8, 2024 were finalized. The Beekeeper Academy was planned and finalized.

Small Farms program assisted small farmers with reading their soil sample reports. The correct interpretation of these reports will help these farmers know the correct amount of lime and fertilizer to apply to their crops. Providing the correct amount of plant nutrients will increase crop yields and save these farmers money.

Upcoming Events

- Do You Want To Be A Beekeeper 1/8/2024 6pm Vance County Regional Farmers Market 210 Southpark Drive, Henderson, NC
- Vance Warren Beekeepers 1/8/2024 7pm
 Vance County Regional Farmers Market
 210 Southpark Drive, Henderson, NC
- Beginning Beekeepers Academy 1/20/2024 9am Vance County Regional Farmers Market 210 Southpark Drive, Henderson, NC

VANCE COUNTY 4-H

BY MICAH SHARPE



As the month of December comes to a close, Mr. Sharpe visited the Boys & Girls club once more before the holiday season. During his visit, Youth engaged in a team building exercise by building and decorating gingerbread houses. Looking ahead, the youth of the Boys & Girls club are elated to learn about coding robots and best practices for training others in utilizing this skill set.

Mr. Sharpe in his efforts is looking forward to meeting with members of the TEEN LEADS program in the new year. This meeting will serve as a time to discuss various topics within the fields of STEM and Agriculture. The goal of this meeting will be to provide teens with the opportunity to engage in impactful content and ultimately share with younger audiences within the community.

<u>December Ag Updates from Cooperative Extension</u> <u>Vance and Warren County Centers</u>

BY PAUL MCKENZIE

Check your Pesticide Certification & Credit Status

This is a good time to pull out your pesticide certification card to check if your renewal period ends in 2024. If so, remember that you have until Sept 30, 2024 to get needed credits. Private Applicators need Category X credits (2) PLUS the Category V class. The X credits are often offered at the tobacco meeting, grain meeting, field days, etc. The Category V class is normally offered locally sometime during Feb or Mar (details coming soon), with a final opportunity in Aug or Sep. Call us if you want to check on your credits.

Warren County Leasing Two Parcels for Crop Production

Warren County has posted an opportunity to lease two parcels for crop production. Proposals are due Jan 2, 2024. Details below:

- <u>Approximately 18 tillable acres near International Paper</u>
- <u>Approximately 13.5 acres on Airport Rd.</u>

Upper Middle Belt Tobacco GAP Meeting

Starts Monday, January 22, 2024 at 9 a.m. Location will be the Granville County Convention & Expo Center at 4185 U.S. 15 in Oxford, NC.

We will have specialist Matthew Vann and NCSU Faculty to give updates on production and cover issues for the 2023 growing season. GAP Connections will also be in attendance to provide annual training to all tobacco growers. There will be NCDA&CS Pesticide Recertification Credits available. Lunch will be provided!

Following lunch, there will be an option to receive Soil Fumigation Training from the NCDA&CS.

If you have an questions, please reach out to your local extension agent:

- Granville County Mikayla Berryhill 919-603-1350 or mikayla_berryhill@ncsu.edu
- Vance or Warren County Paul McKenzie 252-483-8188 or paul_mckenzie@ncsu.edu
- Franklin County Matthew Place 919-496-3344 or matthew_place@ncsu.edu