

The Power of Extension



Robeson County Center

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An Inside Glance into Cooperative Extension

I love Extension! Extension offers something for everyone! We offer programs for children starting at five years old and continue to provide lifelong learning opportunities for the young at heart of any age! As the new County Extension Director, it is my goal to make sure we continue to focus our programs on meeting your needs.

The Power of Extension Newsletter provides a snapshot of the educational programs conducted by North Carolina Cooperative Extension, Robeson County Center, which impact the lives of Robeson County citizens. As an educational leader, the organization works with citizens to determine the most important and urgent issues to the community. When the issues have been identified, the staff utilizes university resources to help address these needs. The Robeson County Center works with clients in four main areas: Agriculture, Community Resource Development (CRD), Family and Consumer Sciences (FCS), and 4-H Youth Development. We hope this newsletter provides more information about the opportunities offered by Cooperative Extension.

N.C. Cooperative Extension will continue its efforts to always provide research-based and relevant educational opportunities for the citizens in our county. Together we can make a difference.

Christy Strickland

Christy Strickland
County Extension Director

4-H Youth Development



ACE Master Volunteers Join the Revolution of Responsibility -- Keeping highly motivated volunteers is imperative for the success of nonprofit organizations such as 4-H. One way to maintain this important form of manpower is to offer trainings to allow them to further develop their skills not only as a volunteer but to grow personally. Robeson, Cumberland, Hoke, and Moore County 4-H Programs joined forces to offer adult volunteers the ACE (Achievement in Continuing Education) Master Volunteer Trainings. The five-part series offers stand-alone workshops to help volunteers gain skills to increase

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the 4-H volunteer capacity. Through the workshops, they can obtain different levels of the ACE Master Volunteer Certification. These workshops centered on the life skills model and utilizing experiential education to engage youth and increase their learning capabilities and problem-solving skills. Evaluation and Results - Written evaluations were submitted by participants measuring their increase in knowledge and potential change in behavior. Based on the written results, 76 percent of the participants said they increased their knowledge on utilizing life skills and experiential learning as a part of their 4-H work. More than half of the respondents, 57 percent, said they would plan with and utilize the life skills model and experiential learning in their future club meetings, while 38 percent said they are already doing this (95 percent of respondents). Of those in attendance, 28 percent stated they were already working on their ACE Master Volunteer Certification, while 64 percent stated they are considering pursuing a certification level. By engaging and training our adult volunteers, 4-H has the opportunity to continue to grow and address the needs of youth in our communities.

Shea Ann DeJarnette, Extension 4-H Youth Development Agent

Youth Leadership Development -- The lack of knowledge and understanding of parliamentary procedure when conducting a business meeting can result in anxiety and stress for adults as well as youth. Meetings can sometimes become disorderly and chaotic without an organized method for conducting the meeting and making decisions. Robeson County's 4-H Program hosted a workshop for 20 youth on parliamentary procedure. Participants were trained on voicing their opinions and making decisions in an orderly democratic way. Evaluation and Results - Part of the evaluation process involved a parliamentary procedure simulation, which involved all participants. Evaluation revealed all 20 youth learned proper protocol of a meeting using parliamentary procedure. The workshop helped build self-confidence in the youth participants, which enables them to properly conduct 4-H County Council Meetings or other business meetings. Teaching parliamentary procedure gives youth a needed skill set to become strong future leaders.



Wendy Maynor, Extension 4-H Program Assistant

Agriculture



Blueberry Pruning Workshop -- Improper pruning and the lack of maintenance pruning can reduce plant health and decrease fruit production. Cooperative Extension received numerous inquiries about blueberry plant culture and pruning. To address this need, Cooperative Extension partnered with a local grower and a North Carolina State University Extension Specialist to provide an interactive hands-on demonstration. Evaluation and Results - Pre and post survey information was provided by 14 of the 24 participants. Respondent evaluations revealed 100 percent increased knowledge in defining the crown, selecting older canes for removal, and the proper time to prune. Ninety-three percent gained knowledge in reasons to prune, proper time to plant, and amending the soil prior to planting. Participants were asked to place a value on the program - average value was \$220. Participants were asked how much this program would help them save, and the average savings was \$275.

Mack Johnson, Extension Horticultural Agent

2014 Farm Bill and Crop Insurance -- One of the challenges facing small and limited-resource farm families is their ability to receive the latest information on government programs that will benefit their farm operations. To address this challenge, Cooperative Extension in Robeson and Sampson Counties hosted an educational workshop on the 2014 Farm Bill and Crop Insurance. The objective of the training session was to provide small farmers with a better understanding of the new programs



available in the 2014 Farm Bill and assist them in program selection through web-based tools. Evaluation and Results - A total of 31 persons attended the session. Follow-up evaluations showed 100 percent of the farmers who will plant row crops this coming year had signed up for the new programs and 77 percent of those farmers used the web-based tools to assist them in making their selection.

Nelson Brownlee, Extension Area Farm Management Agent



New cotton leaves injured by thrips

Winning the Early-Season Battle -- Early-season insect damage to cotton can severely reduce yields and profitability. The most common insects of concern are thrips. Thrips are tiny insects, which have straw-like mouth parts used to withdraw moisture and nutrients from tender new plant tissue. High populations of thrips can severely stunt and deform critical leaf tissue that is responsible for producing plant food through photosynthesis. A cotton plant is considered to be impacted less by thrip injury once it has reached the fifth-leaf growth stage. Based on this concern, Cooperative Extension delivered educational information at a Cotton Production Meeting for 70 farmers and consultants.

Research data shared at the meeting revealed applying an in-furrow systemic insecticide application directly to the seed could provide an average of 10 - 21 days of early-season thrip control in cotton. Field scouting and observations were made weekly until the cotton reached the thrip-safe fifth-leaf stage to determine if additional treatments were required. One Robeson County cotton producer applied an in-furrow systemic insecticide application for the first time at planting this spring. Based on field observations, the producer was able to eliminate all post-emergent applications of insecticide specifically for thrips, which saved an average of \$12 per acre in chemical and application cost. Incorporating this practice saved the producer \$18,000 on his 1,500 acres of cotton. Reducing the amount of pesticide applications during production also helps reduce safety risks to employees and environmental concerns for all citizens.

Mac Malloy, Extension Field Crops Agent

2015 Regional Chicken Project -- There is a growing interest in youth to participate in small animal projects. Chicken projects create a more affordable livestock showing option in comparison to the larger species. Cooperative Extension knows the value of livestock projects and the life skills they provide for children. As a collaborative effort between Cooperative Extension's 4-H Program and school ag education classes (FFA), livestock and 4-H agents from seven counties offered the chicken project. Participants could choose between raising laying hens or broilers. Broilers could be given back to be processed and donated to a food bank. The goal was to provide lessons in raising chickens, showing chickens, recordkeeping, and money management. There were 82 participants with 45 participating in the show. Youth raised laying hen chicks from three days of age to four months of age and broiler chicks from three days of age to seven weeks of age. There was an organized showmanship contest, breed show, and record book contest. Youth attended two mandatory training sessions. Prize money in the amount of \$340 was given out to those participants who



placed in the top three in each category thanks to the financial support of Cape Fear Farm Credit. Evaluation and Results - Data was collected through an online evaluation prior to the show, with 75 people completing it. An evaluation was also given at the show and completed by 29 people after the project was finished. They showed 91 percent were very satisfied or satisfied with the overall experience of the project. Evaluations showed that 94 percent of youth improved on responsibility and work ethic, 85 percent improved on communication skills, and 99 percent learned new ideas on raising and showing chickens. Some quotes from participants are "I learned to have more responsibility for something which I know cannot care for itself" and another said they liked best the "exposure to a different type of livestock showing." A parent said "my child has new confidence handling chickens. She has a stronger desire to care for another being."

Taylor Chavis, Extension Livestock Agent

Family and Consumer Sciences



Food Safety Certification -- The Centers for Disease Control and Prevention estimates 48 million people get sick from foodborne illnesses each year, resulting in 128,000 hospitalizations and 3,000 deaths. The National Restaurant Association estimates each foodborne illness outbreak could cost an establishment up to \$75,000 in legal fees, medical claims, wasted food, bad publicity, and/or closure of the establishment. It is critical for food establishment owners to protect both their investments and their customers. To address this need for food safety education, North Carolina Cooperative Extension, Robeson and Scotland County Centers, collaborated with the Robeson County Health Department to provide five 16-hour ServSafe trainings to 66 participants from 33 food establishments. Evaluation and Results - A written exam was administered to all 66 participants. Fifty-one (77 percent) participants earned their ServSafe manager's certification with a score of 75 percent or better. The certifications are good for five years. The 33 food businesses employing these 51 participants can avoid a two-point deduction on their sanitation score for five years. The increase in food safety practices/knowledge directly impacts the food establishments' ability to provide safe food to their customers. This training has potentially saved Robeson County \$2,475,000 in costs associated with foodborne illnesses. Based on these results, food safety certification trainings will continue to be provided in Robeson County.

Janice Fields, Extension Family and Consumer Sciences Agent

Healthier Snacks and Lunches -- The cafeteria environment can have a great impact on a child's eating habits, since 50 percent of their daily intake comes from school. While school breakfast and lunch must meet federal guidelines, foods that come from home are largely exempt from such requirements. Many foods brought to school for lunch/snack are high in fat and low in nutrition. To respond to this issue, the Cooperative Extension 4-H Expanded Food and Nutrition Education Program (EFNEP) partnered with 287 first and second grade students at Rowland Norment Elementary School. Pre and post evaluations were given and collected by all participants. After receiving informative, fun, hands-on lessons about the My Plate, children began to try the healthy recipes at home with their parents and eventually started bringing fruits and veggies for snacks. Teachers were amazed at the different attitude students had towards trying new foods and making sure they washed their hands before eating. Even the cafeteria staff noticed a change in what the children were putting on their lunch trays, and students were not wasting their milk. Rowland Norment has truly been an awesome partnership with a supportive staff, and Cooperative Extension will partner with them next year.



Tamika McLean, Extension 4-H EFNEP Assistant



New EFNEP Assistant -- I am truly blessed to have this opportunity to introduce myself as the newest member of the Robeson County Extension Center family. My name is Rosemary Crumb-Pipkin, and I am the new Adult Expanded Food and Nutrition Education Program (EFNEP) Assistant. I am a Bladen County native, but I have been a resident of Robeson County for years. I am married to my wonderful husband Ronnie, and we have two adorable children, Nishayla and Kayla. Throughout my life, I have enjoyed helping people learn things that are beneficial to their everyday life. As an EFNEP Assistant, I will be able to continue my passion for helping others by introducing beneficial skills and techniques about food and nutrition.

Rosemary Crumb-Pipkin, Extension Adult EFNEP Assistant

Community Resource Development

Local Foods Demonstration -- Robeson County's agricultural base has shifted over the last few years from primarily tobacco and row crops to alternative crops, livestock, and poultry production. Although this type of agriculture has become more diverse, generating a market, specifically a local market, for local alternative crops has been difficult. Cooperative Extension partnered with the Robeson County Farmers Market and Southeastern Medical to offer the Summer Extravaganza at the Robeson County Farmers Market. Local producers donated a sample of their crop for the Extension staff to prepare into healthy, free samples that were offered to approximately 130 patrons at the Farmers Market. Patrons had the opportunity to take part in a written evaluation measuring the impact of the free samples on their purchases. Evaluation and Results - Based on the results from the written evaluations, 97 percent of the respondents stated the sampling encouraged them to buy local produce from producers at the Farmers Market that day. Producers were asked the following week about their sales and stated sales increased that day by 20 - 25 percent.



Mack Johnson, Extension Horticultural Agent
Janice Fields, Extension Family and Consumer Sciences Agent



Upcoming Events

WHEN	WHAT	WHERE	CALL TO REGISTER
August 6 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
August 8 1:00 - 3:00 p.m.	Mars One - Event for Youth	O. P. Owens Agriculture Center 455 Caton Road, Lumberton	Shea Ann DeJarnette 671-3276
August 8 8:00 - 9:00 p.m.	Mars One - Event for Adults and Families	Robeson Planetarium 420 Caton Road, Lumberton	Shea Ann DeJarnette 671-3276
August 10 - 14 8:30 a.m. - 3:30 p.m.	4-H Cloverbud Day Camp Ages 5 - 8; \$40	O. P. Owens Agriculture Center	Denese Prevatte 671-3276
August 10 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
August 17 6:30 - 8:00 p.m.	4-H 4-County Volunteer Training	Cumberland County Center 301 East Mountain Drive, Fayetteville	Shea Ann DeJarnette 671-3276
August 18 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
August 21 11:30 a.m. - 1:00 p.m.	Agricultural Specialized Committee Meeting	Village Inn Seafood and BBQ 3345 Martin Luther King Jr. Drive, Lumberton	Jessie Davis 671-3276
Tuesdays September 1 - November 24 9:00 a.m. - 12:00 p.m.	Extension Master Gardener Volunteer Training -- \$125 Deadline - August 17	Hoke County Center 116 West Prospect Avenue, Raeford	Mack Johnson 671-3276
September 3 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
September 14 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
September 14 6:00 - 7:00 p.m.	4-H County Council and Volunteer Leaders' Association Elections	O. P. Owens Agriculture Center	Wendy Maynor 671-3276
September 15 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
October 1 7:00 – 9:00 p.m.	Goat Club Meeting	Hoke County Center 116 West Prospect Avenue, Raeford	Taylor Chavis 671-3276
October 1 - 5	4-H Volunteer Conference of Southern States	Rock Eagle 4-H Center 350 Rock Eagle Road, Eatonton, GA	Shea Ann DeJarnette 671-3276
October 2 - 11	Robeson Regional Agricultural Fair http://robesoncountyfair.com	Robeson County Fairgrounds 3788 Martin Luther King Jr. Drive Lumberton	
October 12 10:00 - 11:00 a.m.	Robeson County Master Gardeners Association Meeting	O. P. Owens Agriculture Center	Mack Johnson 671-3276
October 15 - 26	North Carolina State Fair http://www.ncstatefair.org/	1025 Blue Ridge Road, Raleigh	
October 20 6:30 - 8:30 p.m.	Robeson County Area Beekeepers Association Meeting	O. P. Owens Agriculture Center	Nelson Brownlee 671-3276
October 23 6:30 – 8:30 p.m.	4-H Volunteer Appreciation Banquet	O. P. Owens Agriculture Center	Wendy Maynor 671-3276

For more information about additional upcoming educational opportunities, please check out our calendar at:

<http://robeson.ces.ncsu.edu>

