

Weekly Pile for Week of November 28 2011

Happy Holidays Everybody,

Included is the Weekly Pile of Information for the Week of November 28, 2011, Extension's Equine related educational information & announcements for Rockingham & Guilford Counties. To have something included in the Weekly Pile, please follow these simple guidelines.

- Information included needs to be educational in nature &/or directly related to Rockingham or Guilford Counties.

- Please E-mail information to me by Wednesday each Week.

- Please keep ads or events as short as possible - with NO FORMATTING with NO unnecessary Capitalization's, and NO ATTACHED DOCUMENTS.

(If sent in that way, it may not be included)

- Please include contact information - Phone, Email and a like.

- PLEASE PUT WEEKLY PILE IN SUBJECT LINE when you send in to me.

If I forgot to include anything in this email it was a probably an oversight on my part, but please let me know!

If you have a question or ideas that you would like covered in the Weekly Pile, please let me know and I will try to include. As Always – I would like to hear your comments about the Weekly Pile or the Extension Horse Program in Rockingham or Guilford Counties!

Included in This Weeks Pile:

1. Health Care for Horses

2. ATTENTION: YOUR FEEDBACK Is NEEDED!

3. Notes from Molly the Intern

4. You Asked

5. AgNews Update 11/28/11 from the NC Agribusiness Council

6. Social Media for Farmers Workshops

7. History book celebrates 100 years of Family & Consumer Sciences

8. Various Things To Ponder

9. December 4 - Bryan Park riding trail workday

10. December 3-4 Holiday Classic Open Horse Show

11. Cooler Horsemanship Christmas Special - December 17, 5:30-7:00pm

12. 2012 Organic Commodities and Livestock Conference Jan. 12-13 Rocky Mount NC

13. 2012 NC Forage & Grasslands Council Winter Conference January 25th Greensboro

14. HAY DIRECTORY

15. Take A Load Off

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1. Health Care for Horses

Crystal Smith, Extension Agent, Virginia Cooperative Extension Service

Thoughtful and planned care will allow your horse to live a longer and healthier life. Good equine husbandry is based upon the principle of preventive care -- problem prevention rather than problem treatment. This requires embracing all aspects of horse care that affect its health and well-being. The purpose of this publication is to provide broad overview of health care for horses. More detailed information is available through your local extension agent and/or veterinarian.

Housing

There is a wide range of suitable methods to house horses. The most natural method is to keep horses on pasture. Pasture-based horses tend to have fewer disease and behavioral problems than horses housed in more confining circumstances. As a general rule, a stocking rate of one horse per two acres is recommended to maintain pasture quality. Additional acres may be needed depending on soil quality, topography and other animals present. Higher stocking rates will necessitate elevated levels of pasture management such as mowing, fertilizing and rotating pastures, and may require supplemental feeding. Pasture-kept horses must have access to fresh, clean water at all times and adequate shelter during weather extremes. Shelter may be natural, such as mature tree stands, or constructed open sheds. Constructed sheds must have 100 to 150 square feet per horse that will use the shelter. Constructed sheds should be positioned to optimize drainage and should face away from prevailing winds. The shed should be structurally sound, well ventilated and have safe interior and exterior surfaces. It is generally recommended that sheds be set back at least 50 feet from property lines and 100 feet from neighboring houses. Check with local authorities for specific requirements and zoning regulations. Pasture fencing

should be durable and safe. Wood or diamond mesh make excellent perimeter fencing choices for horses. Electric tape is a good choice for fortifying existing fencing or for subdividing a pasture for grazing management. The best fencing material will not only depend on cost, but also the age and temperament of the horses to be contained. Gates should latch securely and not have openings in which the horse could get a head or limb caught.

Other suitable methods for housing horses include dry lots and stables. Dry lots have little or no vegetation and are usually used when suitable pasture is not available or as part of a rotational grazing program in order to limit damage to wet or overgrazed pasture. Fresh, clean water, appropriate fencing and adequate shelter must be provided (see above). Dry lots should be well-drained so that horses are not standing in mud. They are frequently constructed with a stone base and are covered with natural clay or crushed stone but may also use geotextile or filter fabric. Measures need to be in place to control erosion of stone, soil and manure into areas that will impact water quality. Manure should be removed regularly. Your local soil and water conservation district will have advice for preventing run-off and protecting water quality.

Management factors such as limited pasture, weather, injury, and the use of the horse may dictate that a horse is stabled for a significant portion of the day. Horse barns should be constructed with health and safety issues in mind. Barns should be located close to turnout areas and easily accessible for trailers and maintenance equipment. Site selection should optimize drainage, ventilation and light. Construction materials should be sturdy and have safe exterior and interior surfaces, including accessory equipment such as hooks, hangers, latches, feeders and waterers. The standard size horse stall is 12-feet-by-12-feet. This size allows enough room for safe movement of the horse and handler in the stall and for the horse to lie down and get up comfortably. Stall walls and doors should be strong and not have gaps that a hoof could get through. Since exercise is important to the physical and mental well-being of the horse, horses that are kept primarily in stalls should be afforded the opportunity to exercise each day. This might include limited turnout to the pasture or dry lot, work in hand, riding or driving.

Feeding

Proper feeding is critical to the overall health of the horse. Improper feeding can cause problems such as colic, lameness, reduced performance and increased susceptibility to infectious diseases. Aside from water, horses need energy, protein, minerals and vitamins in their rations. Proper amounts and balances of these nutrients are important. Nutrient deficiencies, excesses and imbalances all can have a negative effect on health and performance.

When considering what, how, and how much to feed horses, it is important to remember that horses evolved as forage eaters, grazing for upwards of 16 to 18 hours each day and traveling considerable distances as they grazed. Their stomachs are small, with a 2- to 5-gallon capacity, limiting the amount of feed they can take in at one time. Their digestive system is best suited to processing small amounts of food continuously; therefore, horses are most content when they can nibble almost constantly.

With this information in mind, the most natural food for horses is pasture. Most mature pleasure horses doing light to moderate work will do well on pasture alone if they have sufficient grazing time and good quality forage in the pasture. If pasture or sufficient pasture is not available, feeding hay is next best alternative. If fed hay only, most horses will generally require a minimum of 1.5 to 2 pounds of good quality grass hay, such as timothy, orchard grass or fescue, per 100 pounds of body weight daily to meet their needs. This should be split into two to four feedings. "Easy Keepers," or horses that become over-conditioned, or overweight, on this feeding regimen need fewer calories. In this case, feeding a more mature hay with less nutritional value per pound may allow the horse to eat over a longer period of time without becoming over-conditioned. If hay is being used to supplement pasture, then the amount of hay fed will need to be adjusted in order to keep the horse in appropriate body condition. A horse is considered to be in good body condition when its ribs cannot be seen but can be easily felt. An accurate estimate of a horse's weight can be determined with an equine height tape, which are available at most feed stores. Accurate weights of hay can be measured using economical hanging or top loading scales. Good quality hay is green, leafy and free of mold, excessive dust and musty smell.

Horses on forage diets of grass, hay or a grass/hay combination need salt to balance their diets. Depending on the forage fed and the age and performance of the horse, it may also require a vitamin-mineral supplement, and/or protein supplement. Most feed manufacturers now sell vitamin-mineral-protein supplements designed for horses on forage-based diets. These are low calorie and typically fed at 1 to 2 pounds per day for a mature horse.

Because of limitations on intake capacity, forage alone may not meet the nutrient requirements of hard working horses, pregnant mares, nursing mares and growing foals. In these instances, horses should be fed a grain/concentrate to supplement their diets. Appropriate types and amounts of grain/concentrate should be fed based on manufacturer recommendations, and these recommendations should be adjusted based on the body condition and exercise level of the individual horse. Any change in the diet should be done slowly. Forage should still be fed at a minimum of 1 to 1.5 pounds per 100 pounds of body weight daily to keep the digestive tract functioning normally.

Contagious Disease Control

Contagious diseases are those that can be spread from one animal to another. Control programs should be targeted at reducing exposure to disease-causing agents and increasing disease resistance. To reduce contagious disease exposure to resident horses, it should be required that new horses have a negative test for Equine Infectious Anemia (EIA, Coggins Test) and have been appropriately vaccinated and dewormed before they arrive. New horses should be received and maintained in an isolation barn or paddock for 30 days to ensure that sick horses or horses incubating a contagious disease are not inadvertently introduced into the farm population. The isolation area should be physically separated from the resident horses. Separate equipment and preferably separate personnel should be used to take care of the isolated horses. Isolated horses should be cared for after the resident horses. During the 30-day quarantine period, horses should be monitored daily for signs of contagious disease. Common signs to look for are decreased appetite or activity level, coughing, fever and discharge from the nose or eyes.

Additionally, any resident horse that becomes ill with a potentially contagious disease should also be promptly isolated. Isolation should continue for at least 10 days after all symptoms are gone. Separate equipment and personnel should be used to take care of sick horses. If separate personnel are not available, sick horses should be tended to after other horses on the farm. Stalls that have housed sick horses should be thoroughly cleaned, disinfected and left empty for as long as possible before being used by other horses.

Disease resistance in horses can be enhanced by proper housing, feeding, exercise and the use of vaccines. Vaccines are health products that trigger positive immune responses and prepare the vaccinated individual to fight future infections from disease-causing agents. There are many vaccines and vaccine combinations available for use in horses. The specific vaccines needed by a particular horse will depend on several factors, including the horse's age, exposure to other horses and geographic location. Your veterinarian will help you determine the vaccination program best suited to your horse.

In general, all adult horses should be vaccinated against tetanus, Eastern & western Encephalomyelitis (EEE & WEE), West Nile Virus (WNV) and rabies each year. Horses that are exposed to other horses during shows, trail rides and other events should also be vaccinated for influenza and equine herpes virus 1 and 4 (EHV-1 and EHV-4). Booster vaccines may need to be given every three to six months for effective immunity. Pregnant mares should be vaccinated against EHV-1 the fifth, seventh and ninth months of gestation. Pregnant mares should also be boosted for tetanus, EEE, WEE, WNV, EHV-1, EHV-4 and influenza four to six weeks before foaling. Only "killed" vaccines may be used in pregnant mares. Foals from appropriately vaccinated mares usually start their vaccinations when they are 3 to 4 months old. Foals from unvaccinated mares need tetanus antitoxin right after birth and should start their vaccines at 2 to 3 months of age. Many other vaccines are available and may be recommended in your area. Again, work with your veterinarian to set up a vaccine protocol specific to your horse's individual needs.

Parasite Control

Controlling internal parasites, or worms, is an extremely important component of horse health care. Internal parasites are silent thieves and killers. The damage they cause often goes unnoticed until problems are severe. The most common and troublesome internal parasites in horses are roundworms, small and large strongyles, tapeworms and botfly larvae. Young horses are more likely to be adversely affected than adult horses. All internal parasites have similar life cycles: Parasite eggs are passed in feces of infected horses; horses ingest parasite eggs or larvae from the environment; parasite larvae migrate through various tissues of the horse specific for each parasite and usually end up in the gastrointestinal tract, where they mature into adults. Migrating larvae can cause tissue damage to the lungs, intestinal wall and blood vessels. The physical presence of the adult worm can cause intestinal irritation and intestinal obstruction and will take valuable nutrients away from the horse.

Unfortunately, there is no single parasite control program that suits all horses and all situations. You should consult your veterinarian to help devise a parasite control program for your horse or your farm. In general, parasite control programs should include appropriate selection and use of anthelmintics, or dewormers, management practices that further reduce parasite transmission and evaluation of the control

program. The dewormer used must be highly effective against the parasite infesting your horse. Your veterinarian can help you determine which dewormer is appropriate for which horses. The correct amount of dewormer must be administered based on an accurate estimation of your horse's weight; using a weight tape is strongly recommended. Routine removal of feces from stalls, pastures and paddocks will decrease the number of parasite eggs/larvae in the environment. Manure should not be spread on pastures unless it has been properly composted for the appropriate amount of time. True composting will kill internal parasite larva in approximately three months, while piling manure and letting it sit will take a year. The effectiveness of parasite control program should be evaluated once or twice yearly by having fecal examinations performed.

Dental Care

Proper dental care is essential to maintaining a healthy horse and regular dental checkups should be included in every horse's health care program. Horses with healthy teeth will be more comfortable, utilize feed more efficiently, may perform better and will likely keep their teeth longer. Common dental problems in horses include the following: sharp enamel points which cause lacerations of the checks and tongue; retained deciduous teeth, or baby teeth and "caps"; malocclusions, the improper alignment of the upper and lower teeth, which lead to uneven wear and overgrowth of teeth; fractured teeth; loose or missing teeth, and infected teeth and/or gums. Regrettably, many horses do not show signs of dental problems until it is too late to correct them. Regular dental care can prevent many problems from occurring and allows correction of minor problems before they become severe. Dental care should begin with foals. Foals should be examined shortly after birth and again around weaning for congenital birth defects. If congenital defects are recognized early, surgical or orthodontic correction may be possible. Dental exams should then be performed once or twice a year, depending on the age and use of the horse. Younger horses, performance horses and geriatric horses will likely benefit from more frequent exams. Your veterinarian will help you set up an appropriate dental care plan.

Hoof Care

The time-honored phrase "No Foot - No Horse" emphasizes the importance of healthy feet to the well-being of a horse. Proper hoof care will help reduce lameness problems and allow a horse to perform up to its potential. Good hoof care involves maintaining facilities free of sharp objects that may injure a hoof, feeding a balanced diet that optimizes hoof growth and integrity, regular hoof inspection and farrier care. A horse's feet should be handled regularly from birth. This allows it to get accustomed to having its feet worked with, and frequent observation will help caregivers recognize problems early. In general, a horse's hooves will need to be trimmed every six to 12 weeks by a farrier in order to remove excessive growth and to ensure proper balance. The exact interval will depend on how fast the hooves grow, the horse's activity and the terrain to which it is exposed. Overgrown and imbalanced feet will predispose the horse to a variety of problems, including thrush, a bacterial infection of the foot; hoof cracks, and lameness due to abnormal stress on joints and soft tissues. Shoeing horses is not usually necessary unless hoof wear is greater than hoof growth, resulting in lameness.

Summary

Taking care of horses does not need to be complicated. A solid health-care program will help keep your horse free of disease and allow it to live a happier, longer life. Preventing problems makes more sense than treating them. Working with your veterinarian and/or extension agent will help make the most of your horse's health-care program.

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2. ATTENTION: YOUR FEEDBACK IS NEEDED!

I need YOUR comments about the "Weekly Pile!" (this newsletter) - Yes it is that time of year for me to do some needed reports that are sent into Raleigh. What I need from you is your comments about how this newsletter, or the Cattle Extension Program, has had an IMPACT on YOU!

What is really helpful & useful is if you can include any economic figures (money figures such as how much \$money\$ it could have saved you or how much it made for you due to you doing what you learned from it or by attending one of the programs)

Thanks for any of your feedback!

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3. Notes from Molly the Intern - Molly Stanfield, Student at A&T State University

Buying the Perfect Horse for You

Finding the perfect horse for a person's needs is not always easy. Since everyone has a different idea of what they want in a horse, there are certain questions that need to be asked in order to make sure the horse you are looking at is right for you. Buying a horse can be a long and hard process, but if done right you will end up with just the horse you are looking for. Here is a guide full of information and questions you can ask in your search.

Do Your Homework

Before you go out to look at horses, thoroughly browse the classifieds in magazines or the internet for your breed and/or discipline. Scanning ads on general horse classified web sites, as well as the sale pages of breeders' websites, can give you a

general idea of what you should expect to pay for the type of horse you want. If you work with a trainer or instructor, talk over your expectations and budget to make sure they are realistic. Attend some shows or competitions for your discipline and note what types of horses are winning. Frequently, there are horses advertised for sale at shows. This may be an excellent opportunity to evaluate purchase prospects.

Ask LOTS of Questions

If you ask, the seller should answer truthfully. So it's in your best interest to ask the seller everything you might want to know, including details of the horse's health and soundness history; his behavior in the show ring and on the trail; how he stands for the vet and farrier; and whether he clips, ties and hauls. When you first call about a horse, have a list of questions ready and ask them. It could save you the time and trouble of going to look at a horse that isn't right for you. Ask the seller to send you photos and video, if available, before you go out to see the horse. Tell the seller what you plan to do with the horse and ask the seller directly whether he thinks the horse would be suitable for you. I've found it useful to ask the seller why they are selling the horse. Sometimes they are too honest for their own good! Don't take anything for granted, and be specific in your questions. Trust your instincts. If a seller doesn't answer your questions fully or makes you feel uncomfortable for asking, it's time to move on.

Here are some Questions you can ask:

1. Is he/she registered and do you have the original registration papers?
2. Is the horse a gelding, stallion or mare?
3. What condition is the horse in?
4. Does he have any health problems?
5. What is the horse's personality like? Is it quiet and well-mannered, high-strung or "spirited" and likes to go?
6. What does the horse look like?

7. How tall is the horse?
8. How old is the horse?
9. What kind of training has he had?
10. Is he road safe?
11. What is the horse's recent background? What has he been doing? Has he been out to pasture or has he been used in English, western, 4-H, ranch, trail riding, lessons, driving, roping, reining, cutting, racing, etc.?
12. What vices does he have, if any?
13. Does he load into a trailer? Does he stand tied?
14. Has the horse been stalled or is he a pasture horse?
15. Has he lived alone or with other horses?
16. If handled by a trader or trainer, who owned him before? How long did they own him? Why are they selling the horse? May I speak with the previous owner?
17. Does he have a current Coggins test? If not, are you willing to get the horse tested?
18. Do you have someone at your place who will tack up and ride the horse?
19. Do you have an enclosed arena or enclosed pasture where I can try out the horse? If not, are you willing to take the horse to a public arena, demonstrate riding him and allow me to ride him?
20. If I like the horse, will you hold him for a vet check for me?

Take Notes and Pictures

As the seller answers your questions, it is a good idea to take notes. If you feel uncomfortable bringing your checklist with you to the barn, leave it in the truck and then write down all of the information right after you see the horse. Not only will your notes

be a good guide to help you compare horses, they can also serve as a record of what the seller told you about the horse. Bring your camera and take pictures of the horse standing square from the front, rear and to each side, then review the photos later to make sure you didn't overlook any flaws. Have a friend come along to videotape you riding the horse and review the tape when you get home.

Bring an Experienced Friend or Trainer

Even if you have years of experience, it's smart to bring along an experienced friend when you're horse shopping. Review the features that are most important to you and ask your friend to help keep you focused on them. On the way home, discuss the horse in detail and ask for your friend's honest opinion. If you work with a trainer or instructor, be sure to take them along to see your final choice before you purchase a horse. You may have to pay them for their time, but if their input helps you select a horse that is right for you, that fee will be a good investment.

Try Out the Horse – Thoroughly

You may often hear of people buying a horse "sight unseen." There are many things that a seller can do to disguise a horse's condition and behavior, even in a video. There is absolutely no substitute for trying the horse out yourself. When you call to make an appointment to see a horse, tell the seller that you would like to see him tacked up after you get there. Arrive early and note whether the horse appears to have been worked already. Ask the seller to demonstrate everything that he says the horse can do, including clipping, tying and loading. Have the seller ride the horse first, then ride the horse yourself. If possible, come back to try out the horse a second time, even if it has to be the same day.

Get a Vet Check

Even for an inexpensive or "free" horse, it is strongly recommend to get a vet check. As most experienced horse owners will admit, the initial purchase price of a horse is just the beginning of the investment! An old saying advises that it costs just as much to keep a good horse as it does to keep a bad one, and it often costs more to keep a bad one! Ask your vet (not the seller's vet) to check

the horse for general health and soundness and screen for painkillers and tranquilizers. If your vet advises X-rays, get them. Don't be tempted to accept the seller's word that the horse is sound. You will be glad that you took the time and spent the money to have your vet examine the horse, if only for your peace of mind and health of your other horses. If you are buying the horse from a friend, you will both rest easier knowing exactly what the horse's condition was when you bought him. If he horse becomes lame or ill later, having had a pre-purchase vet check will go a long way to preserve your friendship. If the horse's location makes it impossible to have your own vet examine the horse, hire a local vet not affiliated with the seller to come out and examine the horse for you. If the local vet takes X-rays, ask her to send a copy to your vet back home.

Citations

Tips for the Savvy Horse Purchaser, retrieved on 11/16/11 <http://www.equinelegalsolutions.com/buying.html>

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4. You Asked: Are Corn and Barley 'Heat Feeds?'

Corn and barley are sometimes used or favored as winter feeds because they are mistakenly thought of as "heating feeds." If "hot" implies high energy, yes, corn and barley are "hot feeds." However, corn and barley are not "hot feeds" if "hot" implies heat production.

Heat is produced in the process of digesting, absorbing and metabolizing any feed. And this heat is useful for helping the horse to maintain its body temperature in cold weather. The greatest amount of heat produced during digestion comes from the breakdown of fiber by the microorganisms living in the horse's large intestine. The higher a feed's fiber content, the more heat produced during digestion. Therefore, more heat would be produced from the digestion of high fiber feeds like hay or beet pulp, compared to heat produced from digesting low

fiber grains like corn, barley or wheat. Although low in fiber, even oats produce about 25% more heat during digestion than other grains because of the fibrous hull surrounding the oat kernel.

You can still feed corn or barley in the winter because they contain lots of energy, and energy needs are certainly increased during cold weather as the horse battles the elements. However, if you want to help the horse produce more body heat, feed more hay.

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5. AgNews Update 11/28/11 from the NC Agribusiness Council

Ban on Horse Slaughter Lifted: The U.S. House and Senate passed a conference report that allows for the restoration of USDA-sponsored inspections of horse processing facilities. Since 2005, a de-facto ban on horse processing has been in place because the ag appropriations bill specified that no federal money could be spent to inspect horse-processing facilities. The House voted 298-121 in favor and the Senate voted 70-30 in favor of the bill. A recent GAO report revealed the ban on horse processing resulted in a number of unintended consequences harmful not only for landowners and industry, but also for the well-being of horses in general. The conference report is a major appropriations bill, which would fund several government agencies for Fiscal Year 2012 and provide short-term funding for the rest of the federal government thru Dec. 16.

New Effort to Promote Farms, Food: Several farm groups have joined forces in a new organization to lead the public discussion about the changes on the state's livestock farms over the last several decades and how those changes benefit the animals, the environment, consumers, and N.C. communities. Members of the coalition include the North Carolina Cattlemen's Association, North Carolina Farm Bureau, North Carolina Soybean Producers Association, North Carolina Pork Council, and the North Carolina Poultry Federation. As part of its launch, the coalition distributed information to visitors to the North Carolina State Fair in October. For more info, go to www.NCAnimalAg.com.

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6. Social Media for Farmers workshops

This winter and summer, CFSA is excited to present Social Media for Farmers workshops designed especially to help farmers reach new customers and expand their farm businesses. This workshop got rave reviews when it was offered at the Sustainable Ag Conference earlier this month!

We will be offering the same great workshop 7 times in locations throughout NC (see below for dates and locations). And, through the generous support of the Golden LEAF Foundation, we're able to offer the workshop for just \$10, including lunch!

All workshops are limited to 25 participants to allow for lots of hands-on, one-on-one training. Register now at - <http://carolinafarmstewards.org/socialmediaforfarmers.shtml>

Please pass this information along to any interested farmers or ranchers!

Social Media for Farmers

<http://carolinafarmstewards.org/socialmediaforfarmers.shtml>

Want to harness the power of Facebook, Twitter and YouTube to reach new customers and grow your farm business?

You won't want to miss this all-day hands-on workshop designed especially for farmers and taught by social media experts, Johanna Kramer (@durhamfoodie) and Cary and Grace Kanoy (GeoCore Films).

You will leave this workshop with a fully-functioning Facebook and Twitter page (or upgrade your existing pages), the skills to shoot your own short farm video using your cell phone, camera, or iPad, and the training to take better farm photos. Includes lunch.

Cost: \$10

DATES and TIMES:

All workshops will be held from 9:00-4:00 PM.

January 24 - Guilford County

January 31 - Watauga County

February 1 - Gaston County

February 16 - Lenoir County

March 6 - Buncombe County

August 16 - Chatham County

August TBA - Forsyth County

REGISTER TODAY!

Call [919-542-2402](tel:919-542-2402), Email cheryl@carolinafarmstewards.org or On the web at CFSA's online store <http://bit.ly/dUjvcS>

These workshops are funded by a grant from the Golden LEAF Foundation and presented in partnership with the Center for Environmental Farming Systems, 10% Campaign, Food Corps, NC Cooperative Extension, and Know Your Farms

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7. History book celebrates 100 years of Family & Consumer Sciences

If you grew up in North Carolina and your mother or your grandmother has been a major influence in your life, then you will want a copy of Ordinary Women, Extraordinary Service.

The coffee table book chronicles the history of home demonstration, extension home economics and the family and consumer sciences program, as it is called today. The book was created especially for this year's celebration marking the 100th anniversary of North Carolina Cooperative Extension's family and consumer sciences program. It was unveiled in May at the Centennial Gala with over 900 people attending. The program, which began in 1911 in 14 counties, today serves citizens in all the state's 100 counties and the Eastern Band of Cherokee Indians.

The book is a testament to what women have done to shape our state. Perhaps your mother or your grandmother was a member of the volunteer organization called home demonstration (1913-1965) or Extension Homemakers (1966-1999) or Extension and Community Association (2000 - present), or maybe she worked as a county extension agent.

If so, this book is a "must have." It chronicles how this Cooperative Extension education program has helped families in the past and present by teaching practical research-based solutions to improve their lives. The stories are guaranteed to warm your heart.

In addition to highlights from the 100-year history of FCS, Ordinary Women, Extraordinary Service includes a page on each N.C. Cooperative Extension center and is filled with numerous photos from the history of home demonstration.

The book shows the extraordinary impact that the FCS program has made on the state of North Carolina from its earliest days. Through their leadership, members of North Carolina's home demonstration clubs (known collectively today as the Extension and Community Association) helped build many of the civic institutions that are valued today. Some examples are:

Public libraries: In 1938, Cooperative Extension began collaborating with the State Library in Raleigh to develop a reading program for home demonstration clubs. Extension offices and home demonstration club houses were among the state's first libraries in many rural counties. From the early 1940s through the 1960s, clubs raised money for local libraries or book mobiles – libraries on wheels. History shows that in 1941, North Carolina was one

of the most illiterate states in the U.S. By 1957, all but six counties had at least one book mobile, more than any other state in the nation.

Nutritious school lunches: In the 1930s, Extension specialists promoted more milk in children's diets to prevent disease. One way to do that was to serve cream-based soups to children at school. Since there were no lunchrooms in the schools, the home demonstration clubs started cooking and serving soups to school children. This effort became the forerunner of today's school nutrition programs, now administered by the state Department of Public Instruction.

Fresh, local food: Curb markets were started in 1920s to provide farm women with a place to sell fresh fruits and vegetables their families didn't need. The markets helped boost farm income: By the 1940s the curb markets provided over \$1.2 million to farm families when the average North Carolina farm income was \$900 per year. The curb market money helped improve living conditions and send children to college. The markets also were the precursors to today's farmers' markets, offering nutritious, locally produced foods to consumers 90 years ago and today.

In addition, home demonstration clubs played a role in history, coming to the aid of their communities and their country in times of need. Club members helped to feed the sick during the 1918 flu pandemic and their support for the war effort in the 1940s including selling war bonds that helped launch the hospital ship Larkspur, collecting scrap metal, rubber and kitchen fat, and promoting home Victory Gardens.

Nothing shows club members' commitment to education more than the \$100,000 check that was presented to N.C. State University's chancellor in 1966 as seed money for the Jane S. McKimmon Center. Each member had contributed a total of \$2.50 extra from their butter and egg money when paying their dues during a six-year period in the 1950s. Then they encouraged state lawmakers to appropriate the rest of the funds for the building. The building today is a continuing education center as well as conference and training center, hosting more than 2,000 events and 200,000 people each year.

Today family and consumer sciences agents continue to meet the needs of North Carolina's families. FCS provides practical knowledge on money management, health and nutrition, housing, energy savings, parenting skills, Medicare decisions, as well as training for family caregivers, and child daycare providers.

To purchase a copy of Ordinary Women, Extraordinary Service for only \$40 contact Rockingham County Cooperative Extension center by calling [336-342-8230](tel:336-342-8230) or sending an email to brenda_sutton@ncsu.edu. Proceeds from sale of the books will remain in the county to further Cooperative Extension work.

For more information on the book and the FCS Centennial, visit <http://go.ncsu.edu/fcscentennial>

Or call the office at 342-8230 (In Rockingham Co) or 375-5876 (in Guilford Co).

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8. Various Things

Where is the beef?

My Name is Kristin Neill and I raised two steers for about 14 months as my senior project. I did this project to learn more about local foods and about the process of raising and selling steers. This project has taught me that raising beef is a challenging job and better done on a large scale system, rather than just raising two cows. They have been raised on grass and hay only then given grain supplements for 60 days prior to being processed. I can't say organic since the grain was not organic but they have had no hormones or steroids. I had it processed locally at a licensed meat processing facility, where there is a USDA inspector onsite that thoroughly checks the cattle for any diseases. The meat is packaged into vacuum sealed packages and flash frozen. I am selling it by the 1/4 , 1/2 , or whole cow and I can work with you on the cuts and sizes of your packages. The price is a flat \$4 per pound. If interested, let me know!

- Interested in working on a horse farm? Do you mind cleaning stalls and are comfortable handling horses? If this is something you would be interested in, please call [336-402-0356](tel:336-402-0356), Mickey. Location is in Madison, NC.

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9. December 4 - Bryan Park riding trail workday

The next Bryan Park trail clearing day will be Sunday, December 4 at 1:00 PM. We meet at the intersection of Doggett Rd and Hwy 150 in Brown Summit. Please bring loppers, work gloves, and lots of friends. The sooner we get these trails finished, the sooner we can be riding there.

More information: pasharr@triad.rr.com

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10. December 3-4 Holiday Classic Open Horse Show

Be sure to mark December 3-4, 2011 on your calendars for the Holiday Classic Open Horse Show in Raleigh. This show has something for everyone! You can enter the day of the show for an additional fee or you can postmark your pre registration by November 18 to avoid the \$10 late fee/horse. This show has amazing trophies and awards! There are lots of other things happening during this show such as a social on Friday night, vendors, give-a-ways, consignment shop and silent auction. All proceeds benefit the Equestrian Western Club at NCSU and the North Central District 4-H Horse Program. Be sure to check out the web site at: <http://holidayclassicopenhorseshow.webs.com/>

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11. Cooler Horsemanship Christmas Special - December 17, 5:30-7:00pm

Join the students and horses of Cooler Horsemanship for a festive evening of music and horsemanship.

Admission- \$10.00 - children under 12 Free

www.CoolerHorsemanship.com

kate@coolerhorsemanship.com

[843-304-3407](tel:843-304-3407)

Fiore Farms

7600 Millbrook Road

Summerfield, NC 27358

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12. **2012 Organic Commodities and Livestock Conference**

Jan. 12-13, 2012 in Rocky Mount, NC

<http://carolinafarmstewards.org/oclc.shtml>

The Carolina Farm Stewardship Association's Annual Carolina Organic Commodities and Livestock Conference is coming up January 12th and 13th at Nash Community College in Rocky Mount, NC.

There will be a host of topics of interest to pasture-based livestock and meat producers. The conference is free. See the Brochure at http://sfc.smallfarmcentral.com/dynamic_content/uploadfiles/882/OCLC%20conference%20brochure.pdf

and contact Karen McSwain at karen@carolinafarmstewards.org for more

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13. **Winter Forage Conference Set – NC Forage & Grasslands Council - January 25th – Guilford Ag Center**

The North Carolina Forage & Grassland Council in Conjunction with the North Carolina Cooperative Extension Service will be hosting a series of winter conferences with one to be held January 25th from 12:30 -7:00pm in Greensboro at the Guilford County Agricultural Center located at 3309 Burlington Road. Ray Archuleta, a Natural Resources Conservation Service Agronomist will be this year’s speaker. He will be discussing healthy Soils Reduce Chemical Inputs on Grazing & Cropping Systems and we will also be featuring a local Producer, as well as a Local Producer Panel discussing Dealing with High Input Costs. This producer panel is always an audience favorite.

The cost is \$15 for NC Forage and Grassland Council members, \$25 for non-members & \$10 for Students. For more information, give me a call at 342-8235.

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14. HAY DIRECTORY - A Hay Directory is maintained by the North Carolina Cooperative Extension Service for the Rockingham County and Guilford County area. This directory is intended as a service to both hay producers and buyers in the area. If you are in need of hay or would like to be added (or removed) from this list please call me at [1-800-666-3625](tel:1-800-666-3625) or 342-8235 and let me know your name, address & phone #, type of hay, number of bales, (square or round bales) and weight per bale.

MANAGE YOUR PASTURES!

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15. Take A Load Off –

I need your clean Jokes, so please send em to me! -

Thanks for this send in!

This one is not a funny one, but one that hit home with me. Please take to Heart.

The following is the philosophy of Charles Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them.

Just read the e-mail straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
- 4 Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday.

These are no second-rate achievers.

They are the best in their fields.

But the applause dies. Awards tarnish. Achievements are forgotten.

Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The people who make a difference in your life are not the ones with the most credentials, the most money...or the most awards.

They simply are the ones who care the most

This Christmas Season, give a special gift to those people who have either made a difference in your life,

or those you keep close in your heart, just simply tell them how much they mean to you.

Reach out to those who have No One, we are not short of these individuals, there are plenty of Hospitals & Nursing Homes that are full of them!

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I always want to know what you think of the Weekly Pile, good or bad,
Especially if it has had ANY IMPACT on you. Let me hear from you!

*****I NEED YOUR IDEAS FOR ARTICLES In FUTURE Newsletters!*****

I WANT TO HEAR FROM YOU!!!!!!!!!!!!!!!!!!!!

*Please remember our Troops who are serving our Country (and there families) those who have come home with wounds and the families that paid the ultimate sacrifice. We owe everything to those who are and have served!

Thank You!

The Extension Staff in Rockingham & Guilford Counties would like to wish you a very Safe & Joyful Holiday Season!

I hope that you all have a Safe Weekend!

Ben

North Carolina State University and North Carolina A&T State University

Is committed to equality of educational opportunity and does not discriminate against applicants, students, or employees based on race, color, creed, national origin, religion, gender, age, or disability.

Moreover, North Carolina State University and North Carolina A&T State University is open to people of all races and actively seeks to promote racial integration by recruiting and enrolling a larger number of black students. North Carolina State University and North Carolina A&T State University regards discrimination on the basis of sexual orientation to be inconsistent with its goal of providing a welcoming environment in

which all its students, faculty, and staff may learn and work up to their full potential. The Universities values the benefits of cultural diversity and pluralism in the academic community and welcomes all men and women of good will without regard to sexual orientation.

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