



# Virginia Cooperative Extension

Virginia Tech • Virginia State University

Brunswick County

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## Extension Newsletter

### New Day's Resolution

Happy New Year! As we ring in the new year for 2020, many begin to make New Year's Resolutions. A few popular resolutions include: losing weight, exercising, and eating healthier. As these goals are for the year, why not make a New Day's Resolution? At the end of each day, you can reflect on the steps taken (or not) towards your overall goals; this can also help with accountability. There are many free health and wellness apps that can help you along your journey. You can encourage your family and friends to support your goals, which can help you stay motivated. Below are a few steps that you can do daily to help make a healthy difference.

- Make half of your plate fruits and vegetables
- Drink water instead of sugary beverages
- Make half of your grains whole
- Eat a healthy breakfast
- Cook healthy recipes
- Take the stairs instead of the elevator
- Make sure to get plenty of rest

It's a brand-new day! Begin your health goal-setting journey today!

#### Reference

Alliance for a Healthier Generation. (5 January 2017).

*Make a new day's resolution.* Retrieved from

<https://www.healthiergeneration.org/articles/make-a-new-days-resolution>

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#### SPECIAL POINTS OF INTEREST

- Learn about Red Imported Fire Ants
- New Year New You
- Youth Development
- Recipe



## QUOTE ABOUT 4-H MEMBERSHIP

"I like 4-H'ers because they are dedicated to excellence; they want to do things better... Next thing I like about them is their examples to other young people. They lead us to greater dedication to our country. They are, by their work, indeed, making this country a better one... As long as we have young people of

these characteristics, devoted with their hearts and their heads and their hands and their health to doing these things, America cannot be anything but successful." **President Dwight D. Eisenhower**, at the 1959 dedication of the National 4-H Center.

*"Please let our office know what you think of this Newsletter representing all members of the Virginia Cooperative Extension Brunswick Staff, we are trying something new for 2020"*

THANK YOU TO  
ALL OUR EXTENSION VOLUNTEERS, ADULTS, TEENS, 4-H, SNAP-ED, AGRICULTURE!



We appreciate all you do for Virginia Cooperative Extension—Brunswick County!

## BRUNSICK COUNTY 4-H TEEN CLUB BACK UP AND RUNNING

Brunswick 4-H has a new teen club! With the previous year's teen clubs being mostly driven by camp, it was decided that the club should be about more! This year, the updated teen club will be taking part in various events both in the county and state. The club will be focused on more community service and hopefully bring fresh ideas to both the county and 4-H.

This year, the teen club is planning to go the Richmond to the Capitol for 4-H Day at the Capitol on February 4<sup>th</sup> and speak to Senator Lucas about topics the teens feel passionate about. One of the topics the club feels is important is the fact that the public schools in the county need more funding. As you may know, other schools around the state put a lot into their schools for the youth who study and learn there. The club feels as though they can go to the Senator to present these issues.



## RED IMPORTED FIRE ANTS

As of November 1, 2019, Isle of Wight, Southampton, Greenville, **Brunswick**, and Mecklenburg Counties were put on the US Department of Agriculture Red Imported Fire Ant (RIFA) Quarantine.

RIFA were found in Brunswick in late 2017. The Virginia Department of Agriculture and Consumer Services investigated numerous calls in the County. Since 2017.

What does the quarantine mean to us now. To learn more check out the VDACS webpage: <https://www.vdacs.virginia.gov/plant-industry-services-fire-ant-suppressionand-eradication.shtml>

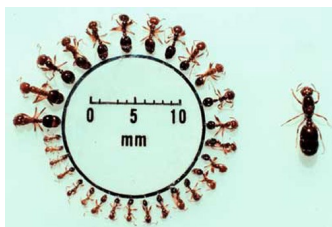
To learn more about RIFA in general from Virginia Cooperative Extension you can look at publication on the website: <https://www.pubs.ext.vt.edu/444/444-284/444-284.html> or feel free to come by the office and pick up some information.

The USDA has even more resources on RIFA for your use. The website address for that information is: <https://www.invasivespeciesinfo.gov/profile/red-imported-fire-ant/resources>

Please take time to educate yourself and you family. RIFA are smaller than most people think they are by photos and RIFA can build large mounds with underground colony being four to six feet deep. The bites and stings from RIFA are painful and can cause blisters. People allergic to wasp stings need to be very careful. If

you have questions on control measures contact the Virginia Cooperative Extension Brunswick County

Office at  
434-848-2151.



RIFA Life stages



RIFA Adult



RIFA Bite and  
Sting marks



Mound at the edge of a  
field

## VOLUNTEER SPOTLIGHT: DALE R. LEWIS

### Dale R. Lewis Shared What Vir- ginia Cooperative Extension Means to Her.

“Brunswick Coopera-  
tive Extension is a con-  
sistent and reliable  
source of information.  
Through programs and  
services, I can count  
on receiving research-  
based, practical re-  
sources to help me in  
various aspects of  
home, family, and farm  
life.”

*Dale R. Lewis is a  
Brunswick County  
Extension volunteer  
and serves on the  
Brunswick County Ex-  
tension Leadership  
Council.*

## BRUNSWICK COUNTY EXTENSION: SITUATIONAL ANALYSIS

This past year Virginia Cooperative Extension—Brunswick County Staff and members of the Extension Leadership Council completed the latest Situational Analysis.

We had many surveys returned. Thank you to all who assisted us. The top four Priority Issues for Brunswick County are:

1. Strengthening Families and Aging Population
2. Youth
3. Finances/financial Management and Economic Development
4. Agriculture and Wildlife

If you would like to see the entire report please stop by our office or look it up on the web at:  
<https://www.pubs.ext.vt.edu/VCE/VCE-596/VCE-596-14/VCE-596-14.html>

Thank you for all you do for our community.

## CHEERS TO THE NEW YEAR AND BETTER HEALTH!

**February is Heart Month-** This American Heart Month, the Centers for Disease Control and Prevention (CDC) and Million Hearts 2022 is a national effort to prevent 1 million heart attacks and strokes in the United States within the next 5 years and are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than 75 million Americans have high blood pressure and out of that number 11 million are unaware of their medical status. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

**Dental Health Month-** In 1950, the American Dental Association

worked with Congress to program February 6th as National Children's Dental Health Day. Now the entire month of February is considered Dental Health Month. The American Dental Association (ADA) sponsors the month to raise awareness about the importance of oral health.

**National Nutrition Month-** A nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, National Nutrition Month, held annually in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. The Academy's National Nutrition Month press releases feature information for the media on activities and messages that the Academy highlights every March, along with events and initiatives around Registered Dietitian Nutritionist Day, also celebrated in March.



## SALMON PATTIES

### Ingredients:

1 tablespoon Canola Oil  
15 ounces canned Salmon  
1 cup Whole Wheat Bread Crumbs  
1 Bell Pepper, diced  
2 Eggs, beaten  
1 teaspoon Onion Powder  
1/8 teaspoon Ground Black Pepper

### Directions:

- Heat canola oil in a skillet to medium heat
- While the skillet is heating, add salmon to a mixing bowl. Use fork to crumble salmon into very small pieces
- Add bread crumbs, bell pepper, eggs, onion powder, and ground black pepper to the mixing bowl and combine with salmon.

- Mix thoroughly and shape into eight (8) patties
- Add patties to the skillet and cook both sides until nicely browned, about 5 minutes on each side.

Servings: 8

Prep Time: 5 minutes

Total time: 20 minutes

Calories: 210

Servings: Vegetable, Grains, and Protein



Recipe adapted from SNAP-Ed Connection Recipe Finder, as listed at: <https://whatscooking.fns.usda.gov>

## USDA INVITES INPUT ON ENVIRONMENTAL QUALITY INCENTIVES PROGRAM RULE

**WASHINGTON, D.C., December 16, 2019** – The U.S. Department of Agriculture's (USDA) Natural Resources Conservation Service (NRCS) seeks public comments on its interim rule for the Environmental Quality Incentives Program (EQIP), USDA's flagship program that helps producers plan and implement 150-plus conservation practices on working lands. The rule – now available on the Federal Register – takes effect upon publication and includes changes to the program prescribed by the 2018 Farm Bill.

"The Environmental Quality Incentives Program gives farmers, ranchers and forest landowners the tools they need to improve their agricultural operations while conserving natural resources," NRCS Chief Matthew Lohr said. "The 2018 Farm Bill further strengthens this popular conservation program to enable NRCS to better support locally led conservation efforts while also expanding producers' ability to address significant resource concerns."

NRCS will make available \$1.2 billion for interested producers in fiscal 2020. NRCS state offices will announce signup periods for EQIP in the coming weeks.

### Changes to EQIP include:

- Creating incentive contracts and payments for incentive practices to better support locally led conservation needs.
- Requiring NRCS to offer an advance payment option for historically underserved producers.
- Raising the payment cap for producers participating in the Organic Initiative to \$140,000 for contracts entered into between fiscal 2019 through 2023.
- Expanding the Conservation Innovation Grant program, which is funded through EQIP, to include opportunities for On-Farm Conservation Innovation Trials and Soil Health Demonstration Trials. The 2018 Farm Bill created incentive contracts, which address up to three priority resource concerns within targeted watersheds and other high priority land-

scapes. While typical EQIP contracts last five years, these contracts last five to 10 years. The Farm Bill also enabled increased payments for priority practices, through which NRCS can designate up to 10 practices in each state to receive the higher rates.

### Submitting Comments

NRCS invites comments on this interim rule through February 17, 2020. Electronic comments must be submitted through [regulations.gov](https://www.regulations.gov) under Docket ID NRCS-2019-0009. All written comments received will be publicly available on [http://](http://www.regulations.gov)

[www.regulations.gov](https://www.regulations.gov). NRCS will evaluate public comments to determine whether additional changes are needed. The agency plans on publishing a final rule following public comment review.

**Applying for EQIP**  
NRCS provides producers with financial resources and one-on-one help to plan and implement conservation practices through EQIP. Popular EQIP practices include cover crops, nutrient management, forest stand improvement, prescribed grazing, irrigation efficiency improvement, and practices related to water quality improvement. Implementing conservation practices can lead to cleaner water and air, healthier soil and better wildlife habitat while improving agricultural operations.

EQIP applications are accepted on a continuous basis. If a producer's application is funded, NRCS will offer an EQIP contract for financial assistance for the cost of implementing the practices. Payment rates for conservation practices are reviewed and set each fiscal year. For more information on how to sign up for EQIP in your state, visit your state website from [nrcs.usda.gov](https://nrcs.usda.gov) or contact your [local NRCS field office](#).

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*The deadline for submitting comments was corrected in this release to Monday, February 17.*



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

Disclaimer: Commercial products are named in this publication for informational purposes only. Virginia Cooperative Extension does not endorse these products and does not intend discrimination against other products which also may be suitable.

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Agent or Virgie Dow at the VCE Brunswick County at (phone number 434-848-2151/ TDD (800) 828-1120) during business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

\*TDD number is (800) 828-1120.

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Brunswick County**

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Website: [www.ext.vt.edu](http://www.ext.vt.edu)



**Virginia  
Cooperative  
Extension**

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Virginia State University  
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## UPCOMING EVENTS

### January

- 8,15,22,29 Healthy Eating and Stating Active as We Age—Sr. Citizens Feeding Site Chase City, Contact Tia Powell 434-848-2151
- 14,28 Southside Senior Citizens Center Nutrition Classes, Brodnax, Contact Tia Powell 434-848-2151
- 14 Tobacco Conference, Southern Piedmont AREC 2375 Darvills Road, 9 am, Contact Margaret Kenny 434-292-5331 ext 7
- 15 Tobacco Conference, Meherrin River Hunt Club, South Hill, 4:00 pm, Contact Taylor Clarke or Vickie Gordon 434-738-6191 ext. 4371
- 16 Greensville County/Emporia: Greensville/Emporia Extension Office, 105 Oak Street, Emporia, VA from 1:00 pm-4:00 pm. Contact Sara Rutherford at 434-348-4223
- 16 Tobacco Conference, Old Dominion Ag Center, Chatham. 4:00 pm, Contact Stephen Barts at 434-432-7770
- 17 Produce GAP Grant Application Due to Office by 5 PM
- 18-19 Natural Resources Education Weekend, Holiday Lake 4-H Center, Appomattox, Registration due Jan 10, Contact Kayleigh Mize at 434-848-2151 for more details
- 21-24 Virginia Forage and Grasslands Council Conferences (21st @Wytheville, 22 @ Chatham, 23@Brandy Station,24@Weyer's Cave), 8 am –3 pm, Contact Margaret Kenny 434-292-5331 ext 7
- 27 Southside Virginia Community College Nutrition Classes, Alberta Campus, Alberta, Contact Tia Powell 434-848-2151

### February

- 4 Brunswick County Farm Bureau Policy Meeting, Reed Creek Hunt Club, Freeman, 6:00 pm, Contact Brunswick County Farm Bureau Office at 434-848-3542
- 5,12,19 Healthy Eating and Stating Active as We Age—Sr. Citizens Feeding Site Chase City, Contact Tia Powell 434-848-2151
- 5 Real Money, Real World, Russell Middle School, Contact Kimberly Martin 434-848-2151
- 5 Brunswick County: Brunswick County Government Annex Auditorium, from 6:00 pm – 9:00 pm. Contact Cynthia Gregg or Virgie Dow at 434-848-2151.
- 6 Tobacco Conference, Halifax, Sutherlin, 10:00 am, Contact Rebekah Slabach at 434-476-2147
- 6 Mecklenburg County: Sandy Fork Hunt Club, Clarksville, VA from 6:00 pm – 9:00 pm. Contact Taylor Clarke or Vickie Gordon at 434-738-6191 ext. 4371.
- 10 Yoga for Kids, Meherrin-Powellton Elementary, Contact Kimberly Martin 434-848-2151
- 10, 24 Southside Virginia Community College Nutrition Classes, Alberta Campus, Alberta, Contact Tia Powell 434-848-2151
- 11 Yoga for Kids, Red Oak Sturgeon Elementary, Contact Kimberly Martin 434-848-2151
- 11 Southside Senior Citizens Center Nutrition Classes, Brodnax, Contact Tia Powell 434-848-2151
- 12 Dark Tobacco Conference, Midway Church, Phenix, 10:00 am, Contact Joanne Jones at 434542-5884
- 12, 13 Yoga for Kids, Totaro Elementary, Contact Kimberly Martin 434-848-2151
- 18 Private Pesticide Applicator Certification, Brunswick County Government Annex Auditorium, from 1:00-4:30 pm. Contact Cynthia Gregg or Virgie Dow

We hope you have found this newsletter helpful.

Thank you,

*Cynthia L. Gregg*

Extension Agent, ANR/ UC

*Kimberly D. Martin*

Extension Agent, SNAP-Ed/FCS

*Kayleigh Mize*

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*Tia Powell*

Program Assistant, SNAP-Ed

*Virgie J. Dow*, Unit Administrative Assistant