

AUXILIARY NEWSLETTER



May 2009

STATE ASSOCIATION ANNUAL MEETING

The 2009 Annual Meeting in Research Triangle Park was very successful & informative. Thanks to each of you who served as committee chairs and members of the committees. You willingly worked for many hours—before, during and after this event.

The program on Monday “No Child Left Inside—HB 3036” was presented by Shelia Jones, Wake SWCD and Lois Nixon. This legislation which requires that all students spend time outside learning about nature & the environment will grant NC about \$2 million to implement the curriculum. On Tuesday, Sarah Kirby, NC Cooperative Extension Housing Specialist, presented “Consumer Energy Conservation” on how to conserve energy and save money on your household budget.

The 66th Annual NCASWCD meeting will be held at the Raleigh Convention Center on January 3-5, 2010. Lodging will be at the Raleigh Marriott City Center 1-919-833-1120.

NACD SOUTHEAST REGIONAL MEETING

The NACD Southeast Regional Meeting will be held at the Marriott Charleston in Charleston, SC on August 23-26, 2009. Information will be available on NACD's website <http://www.nacdnet.org/> by the end of May.

2009 Officers

Melinda Houser,
President

Betty Matthews, Vice-
President

Pat Jones, Secretary

Jackie Phelps, Treasurer



NATIONAL ASSOCIATION OF CONSERVATION DISTRICTS (NACD) MEETING

The NACD meeting themed “Building a Better Tomorrow” was held in New Orleans, LA on February 1-4, 2009. The 2010 NACD meeting will be held in Orlando, FL on January 31–February 3, 2010. Details for the meeting will be on the NACD website soon (<http://www.nacdnet.org/>).



NC to host 2009 Canon Envirothon

The 2009 Canon North American Envirothon will be held at UNC Asheville on August 2-8, 2009. Volunteers are needed to help make this event successful. Please consider volunteering for this event. Volunteer signup sheets are available at <http://ncenvirothon.org/>.



MEMBERSHIP

The Auxiliary currently has 97 members listed with 66 paid members for 2009. If you haven't paid your \$5.00 membership dues for 2009, please send it to Jackie Phelps, 3905 Rhododendron Dr., Raleigh, NC 27612 as soon as possible.

The membership dues are important to our success since we use this money for our grant project!

GRANTS

The Auxiliary received nine grant applications this year and was able to fund three grants. The guidelines state that one grant will be given per region (coastal, piedmont, mountain)—funds permitting. Grants of \$500 were awarded to: Ramseur Elementary, Randolph County, Cliffside Elementary, Rutherford County and Rutherfordton Elementary, Rutherford County.

Please help make the teachers in your County aware of this grant opportunity. If you need a grant application, contact your local District office, visit the Auxiliary webpage at <http://ncaswcd.org/index.htm> or give me a call (704-435-3640). Mail applications to: **Melinda Houser, 6922 Houser Farm Rd, Vale, NC 28168.**



STEWARDSHIP WEEK

“Dig It! The Secrets of Soil” was the theme for the 2009 Stewardship Week which was observed April 26th — May 3rd. The theme was to help bring awareness to soil which is the foundation for many of the items we use in our daily life, such as food, clothing, clean water, homes and more. For more information or to order products go to <http://www.nacdnet.org/stewardship/>

Eat Smart, Move More, Go Green and be environmentally friendly at the same time!

Prepare more meals at home: 1) Buy fewer processed foods. Cook simple meals from fresh ingredients instead of relying on frozen or highly processed foods. 2) Avoid plastic & paper bags. Bring your own cloth bags from home. 3) Recycle all clean aluminum cans, foil & pans, plastic bottles and glass jars.

Tame the Tube: 4) Unplug the TV. Appliances still use electricity, unless unplugged. 5) Limit Internet & video game time. 6) Eat dinner away from the TV and computer. **Choose to Move More Every Day:** 7)

Walk or bike for trips two miles or fewer. 8) Volunteer to clean a local highway, park or stream. Plant trees, garden or glean crops for hunger organizations. **Right-size your Portions:** 9) Compost fruits & vegetables. Compost makes great fertilizer, and helps reduce food waste in landfills. 10) Plan your meals ahead of time and purchase only the amount of food you plan to eat. **Re-think your Drink:** 11)

Avoid plastic cups & bottles. These take about 500 years to degrade in a landfill. 12) Conserve water. Don't let water run, waiting for it to get cold. **Enjoy More Fruits & Vegetables:** 13) Buy locally grown produce from farmer's markets. Local food is fresher & tastes better. 14) Grow your own vegetable or herb garden.