

UNIVERSITY OF MARYLAND EXTENSION

GARRETT COUNTY

MARCH 2021



WE ARE OPEN

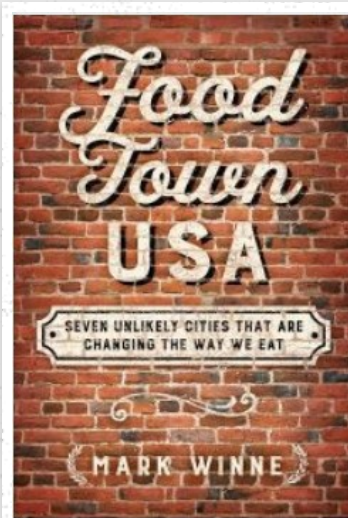
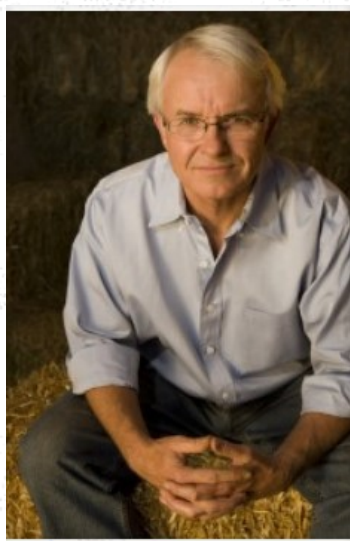
GREAT NEWS! We are now open to the public since our county government facilities have reopened as well. We have a different protocol than before so please call us at 301-334-6960 to get instructions for your visit. A mask will be required to meet with any member of our team. If you do not need to meet in-person, please give us a call or send us an email. We can even set up a Zoom meeting if that fits your needs.

As always, we are here to serve you and help answer any questions you might have related to 4-H Youth Development, Agriculture, Home Gardening, Health & Nutrition, Financial Wellness, and much more.

**WESTERN MARYLAND FOOD COUNCIL
VIRTUAL 3 DAY CONFERENCE**

GROWING A HEALTHY FOOD SYSTEM IN A PANDEMIC WORLD

A VIRTUAL THREE DAY CONFERENCE
THURSDAYS / MAR 25 / APR 1 / APR 8 / 2021
1PM to 3:30PM



The Western Maryland Food Council will host a virtual three-day conference titled, “Our Food, Our Future: Growing a Healthy Food System in a Pandemic World” on March 25, April 1, and April 8. The conference will kick off on Thursday, March 25 from 1:00 to 3:30 PM with keynote speaker Mark Winne, Senior Advisor for the Johns Hopkins Center for a Livable Future and author of the book Food Town, USA: Seven Unlikely Cities that are Changing the Way We Eat.

The theme of the first session is “Becoming a Food Town, USA: Building a Robust Western Maryland Food System.” The second session will focus on “Food is Medicine: Regional initiatives that incorporate healthy food to improve diabetes control.” The third session will address “Food Access: Making healthy food accessible to vulnerable populations during a

pandemic.” The culminating event will be a special community dialogue titled, “Eat. Learn. Council: A Day of Civility” with guidance from the Allegany County Choose Civility chapter, Allegany College of Maryland’s Democracy Commitment Committee, and Frostburg State University’s Communication Leadership Lab.

The conference is open to anyone interested in food systems and their impact on regional health. Registration is via Eventbrite. For more information, visit the Western Maryland Food Council website or phone the University of Maryland Extension office at 301-334-6960.

Register [HERE](#).

JOIN MARYLAND GROWS BLOG

Maryland Grows blog is a great place to read about adventures in gardening from lots of contributors and Extension professionals all around the State. Ashley Bodkins, our Garrett County Master Gardener Coordinator, will be providing a post to the blog every month. You can sign up to receive email notifications each time a new blog is posted or follow on social media sites like Facebook, Twitter, YouTube, or Instagram. Check out this February post to get inspired to plan for a raised bed this gardening season.



Planning and budgeting for a ne...

marylandgrows.umd.edu

Even though it is snowing again today, I am dreaming of gardening season and I am working on a budget for a new raised bed garden that will be 8' x 4' x 12". I have always grown vegetables in a traditional in-ground garden, which only requires some tools for preparing the soil, soil amendments,...

ARE YOU READY TO BECOME A GARDENER?



Cohosted by UME-Garrett Master Gardener Coordinator Ashley Bodkins and Allegany Ag Agent Sherry Frick, this virtual gardening series features classes such as [Heirloom Tomatoes](#), [Wildlife Friendly Spaces](#), [Growing Apples and Pears](#), and [Herb Gardening](#). Click on each topic for more information or contact Ashley Bodkins at abodkins@umd.edu.

4-H BROILER PROJECT UNDERWAY

We are partnering with Southern States of Oakland for the 2021 Broiler Project for 4-H and FFA youth. We have 14 participants this year signed up for the project. Southern States will be donating 140 broiler-type chicks to the youth to complete the project. The youth will raise the chicks for approximately 8 weeks. At the end of 8 weeks, they will complete their record sheets and compete in the Broiler Show. The Broiler Show consists of two dressed samples judged on quality and appearance.



PERSONAL FINANCE SEMINAR FOR PROFESSIONALS

University of Maryland Extension presents The 33rd Annual
Personal Finance Seminar for Professionals: Moving Us
Forward: Financial Wellness for All!



(Virtual Conference) May 13, 2021, 9 AM - 5 PM EST

In light of the overarching challenges presented in 2020, this year's PFS has a focus on '*moving us forward*' so that we can more accurately anticipate, assess, and address the needs of our communities, clients, and partners. Through recognition of the diversity of experiences and circumstances that individuals and communities possess, we'll touch on strategies to empower others to move toward financial wellness.

In order to enhance your skills and to be inspired by new ideas and resources, we invite you to join us for UME's 2021 Personal Finance Seminar for Professionals.

[REGISTER](#)

POWER UP! FINANCIAL FITNESS FOR ADULTS



POWERUP!

FINANCIAL FITNESS FOR ADULTS

WHY FINANCIAL FITNESS?

Times are tough, which make financial workouts more important than ever. This seven part financial fitness series is for adults of all ages and life stages.

Thursdays, 7:00-7:30 PM Live, Interactive, On-Line

March 11 – Stretch! Setting Financial Goals.

March 18 – Get Fit! Making a Spending Plan.

March 25 – Step it Up! Behind on bills? Start with one step.

April 1 – The Long Haul! Paying for College and Technical School. (One hour, a separate link will be sent to registrants of this session)

April 8 – Build Endurance! Building your savings? Start with Small Goals.

April 15– Flex! Debt getting in Your Way? Get a Handle on It!

April 22 – Monitor! Understanding Credit Reports.

REGISTRATION & MORE DETAILS: <https://go.umd.edu/finfit>

QUESTIONS? CONTACT DOROTHY NUCKOLS
DNUCKOLS@UMD.EDU

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance or other legally protected class.

Dr. Jesse Ketterman and the UME Financial Literacy team are now offering this seven part financial fitness series for adults of all ages and life stages. Register for any or all sessions. Materials will be sent by email prior to each session.

For more information, or to register, visit [PowerUP!](#)

MD ROTA TEAMS WITH ALLEGANY COLLEGE OF MARYLAND TO OFFER CCAR TRAINING

OPIOID CRISIS

IN WESTERN MARYLAND



Maryland ROTA educator Dr. Stephanie Hutter-Thomas will be working with Allegany College of Maryland this fall to offer CCAR Recovery Coach Academy©.

The CCAR Recovery Coach Academy© is a 5-day intensive training academy designed to provide individuals with an understanding of both the art and science of Recovery Coaching. Delivered in a retreat-like environment, the CCAR Recovery Academy© prepares participants to guide and mentor others in recovery from an addiction to alcohol and or other drugs. By focusing on the goals of the individuals being served, participants will learn the key fundamentals of this rewarding work, which CCAR has identified as actively listening, asking really good questions, and treating people as their own best resource, all while discovering and managing our own staff.



KEEPING CONNECTED

We are here to serve you in-person, by phone, email or video conferencing. If you have questions, contact one of our experts to provide solutions.

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extension.umd.edu/garrett-co...

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