CRD NEWS

A NEWSLETTER PROVIDING INFORMATION FOR COMMUNITY AND RURAL DEVELOPMENT CLUBS IN BUNCOMBE COUNTY

CRD Summer Picnic

The 2011 Community Club Summer Picnic will be held Monday, July 18, 6:30 pm, at the Big Ivy Community Center in Barnardsville. Entertainment will be provided.

As has been the case in the past, the chicken and paperware will be provided by the County Council for this event. Individual clubs are encouraged to bring their favorite vegetables, other meats, salads, desserts, breads and drinks to share.

It would help tremendously if the president of each club would call Deanna Jordan at the Buncombe County Center of NC Cooperative Extension, 255-5522, by 5:00 pm on Wednesday, July 13, to indicate how many people from your club will be attending.

Directions to the Big Ivy Community Center are as follows:

Take I-26W/US-19-N/US-23 N and travel 12.4 miles. Take Exit 15 for NC 197 toward Jupiter; go .3 miles. Keep right at the fork, follow signs for BARNARDSVILLE and merge onto Barnardsville Hwy/NC-197. Travel 6.0 miles and turn right at DILLINGHAM Road/NC-2173. Follow Dillingham Road for 1.0 mile to 540 Dillingham Road. The Community Center will be on your left.

Summer Vacation Stress Reduction

From On the Home Front Newsletter

Do you remember the times as a kid when you could hardly wait for summertime and summer vacations? Do you find as an adult with a family, work and other responsibilities, you long for that summer vacation freedom you had as a kid? Do you find that you dread the summer and the family vacation?

If you answer yes to these questions, you need to find some free time for yourself this summer. Many times we expect our summer vacation to do that for us, when in reality it may be more stressful than our regular routines of work, home and everyday family responsibilities.

Persons with disabilities and persons with limited English proficiency may request accommodations to participate in activities mentioned in this newsletter. Please contact Steve Duckett at 828-255-5522 during business hours at least 3 days prior to the event to discuss accommodations.
You can relieve some of the summer vacation stress. Try these tips and relax more this summer:

- Plan ahead. Take the time now to plan that vacation time and be sure to include some of the fun things you like to do.
- Include time before and after the vacation to be home to gear up for the trip or relax and get moved back home at the end of the trip.
- Delegate some of the responsibilities. Give other family members the responsibility of finding the hotel or other arrangements during the trip.
- Take along some of the relaxing things you like to do, like good books to read, needlepoint, knitting or other craft projects.
- If visiting family, plan some down time during the visit where you have free time and are not rushing to see others.
- Pick places to visit which allow for down time or quiet time.
- Plan to have time other than your vacation for relaxing activities this summer. You can use the longer days to give you time in the garden, to read outside with a cup of coffee in the morning, take an evening walk or star gaze at night.

Remember, even a five minute relaxation break can lead to better health and more energy to do the things you need to do at work and at home.

**Attracting Beneficial Insects**

*From the Mountain Gardener Newsletter*

Of the one million or so species of insects on earth, less than three percent are classified as pests. The rest are either harmless or beneficial. Beneficial insects may include our much-needed pollinators as well as those that prey on other insects.

Insect parasites and predators can be valuable allies in keeping down the populations of harmful insects in the garden. There are several things a gardener can do to encourage beneficials to hang around your garden.

The first step is to avoid the use of broad spectrum insecticides. Some organic products such as pyrethrins and neem oil will kill just as many beneficial insects as harmful ones. Even soaps and oils can be harmful to some beneficials such as ladybug larva and syrphid fly larva.

Attract many beneficial flies, wasps and beetles by planting nectar and pollen plants. Try to keep something in bloom all the time. There are lists available of some good plants for attracting many beneficials, including clovers, vetch, buckwheat, Queen Anne’s lace, parsnips, dill and fennel.

Learn to recognize the beneficial insects or at least to differentiate which insects are harmful enough to worry about. Many of the beneficials are quite small and inconspicuous unless you go looking for them. Here are a few interesting web sites to start your research:

http://www.cals.ncsu.edu/sustainable/peet/IPM/insects/co4biolo.html
http://ipm.ncsu.edu/cotton/insectcorner/photos/beneficial.htm
Saving Money with a Ceiling Fan

From On the Home Front Newsletter

As the summer temperatures begin to heat up, so will the inside of our homes. Most of us look forward to any kind of breeze, either inside or out. One means of getting our inside breeze is with a ceiling fan. Ceiling fans not only provide relief from the heat but can also help homeowners save money and energy all year long. To get the most out of your ceiling fan:

- Make sure that it is installed properly. The UL-listed metal box in the ceiling should be labeled “For use with ceiling fans.”
- Ensure that the blades are properly balanced. (A balancing kit may have been included in the original packaging or may be available from the manufacturer without charge.)
- Turn off the fan when not in the room. A ceiling fan does not cool a room; it only gives a “wind chill” effect to individuals.
- Use the fan to move cool air in the summer (blades rotate counter-clockwise) and warm air in the winter (reverse the motor so that the blades rotate clockwise). In the summer, the fan creates a “wind-chill” effect, making you feel cooler by 2-4 degrees. This allows you to turn the thermostat up 2-4 degrees. In the winter, the rotation of the blades creates a slight updraft, which moves the warmer air at the ceiling downward to warm the room.

Make sure to purchase the proper size fan for the room you are furnishing. A 36- or 44-inch diameter fan will cool rooms up to 225 square feet, while a fan with a diameter of 52 inches or greater should be used in a larger room. Multiple fans work best in rooms longer than 18 feet. Small and medium sized fans will provide efficient cooling in a 4 to 6 foot diameter area, while larger fans are effective up to 10 feet. Ceiling fans are appropriate for rooms with 8-foot ceilings or higher. Ideally, the blades would be 7-9 feet above the floor and 10-12 inches below the ceiling. Fans should be installed so that blades are 18 inches from the walls. For more information, call Nancy Ostergaard, Extension Agent, at 255-5522.

Sealing Ducts

From On the Home Front Newsletter

If you have memories of last winter with the thermostat cranked up and still feeling cold, it may be your ducts are not sealed and some of the heated air is escaping prior to getting to the intended room. In houses with forced-air heating and cooling systems, ducts are used to distribute conditioned air throughout the house. In a typical house, however, about 20 percent of the air that moves through the duct system is lost due to leaks and poorly-sealed connections. The result is higher utility bills and difficulty keeping the house comfortable, no matter how the thermostat is set.

Because some ducts are concealed in walls and between floors, repairing them can be difficult; however, exposed ducts in attics, basements, crawlspaces, and garages can be repaired by sealing the leaks with duct sealant (also called duct mastic). In addition, insulating ducts that run through spaces that get hot in summer or cold in winter (like attics, garages, or crawlspaces) can save significant energy.

Additionally, if you are replacing your forced-air heating and cooling equipment, make sure your contractor installs the new system according to Energy Star quality installation guidelines. A quality installation will include a thorough inspection of your duct system, including proper sealing and balancing of ductwork, to help ensure that your new system delivers the most comfort and efficiency.

Partial information source: http://www.energystar.gov
Rain Barrel Sale!

Because people are still asking about rain barrels, we are offering them for sale. The 80-gallon barrel from Rain Barrel USA (a North Carolina company) measures 37 inches high and 28 inches wide. It is made of 20% recycled high-density polypropylene. The heavy concave lid channels water flow into the barrel. The screened entry blocks leaves, debris and insects; the dark green color discourages algae growth. The barrel has two overflow ports to move water away from your home, and it comes complete with fittings and installation instructions. You can find more information at: http://www.rainbarrelusa.com/80%20Gallon.html

80 gallon barrel - $110 + tax
Payable by cash or by check made payable to “Buncombe County”

To purchase a barrel, come to the Buncombe County Center of NC Cooperative Extension, 94 Coxe Avenue, Asheville, NC 28801 (corner of Coxe and Hilliard) or call 828-255-5522.

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Dates for CRD Activities

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Did you know that you can get this newsletter via email?
If you are interested, please contact us either by phone at 828-255-5522 or email at deanna_jordan@ncsu.edu.