

2022 TERSSA/NCCEAPA
State and National Conference

Sun, Sand & Solutions

for the Mind, Body and Soul

SEPTEMBER 20th THROUGH SEPTEMBER 23rd
4 DAYS OF CONNECTING, LEARNING AND SHARING

HILTON GARDEN INN OUTER BANKS

5353 NORTH VIRGINIA TRAIL, KITTY HAWK, NORTH CAROLINA | 844.527.8287

RATES | \$129 SIDE VIEW | \$169 OCEANFRONT | \$189 WEEKEND *Tax not included*

To assure these rates make your reservations directly with the Hilton Garden Inn using the link below in red.

[HILTON GARDEN INN](#)

CASUAL DRESS ATTIRE  RECOMMENDED

PLEASE BRING AND WEAR YOUR NAME TAG 

QUESTIONS

Amy Twiddy, NCCEAPA Northeast President | Amy_Twiddy@ncsu.edu | 252.331.7630

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MUST REGISTER ONLINE [HERE](#)

Friday, August 12, 2022 Registration Closes and Payments Must Be Received

FIRST and LAST NAME _____

STATE _____

REGISTRATION FEES

- EARLY BIRD** *Payment received by June 30th* **\$160** _____
- REGULAR** *Payment received by August 1st* **\$175** _____
- LATE** *Payment received after August 1st* **\$190** _____

GUEST MEAL FEES

- AWARDS LUNCHEON** Thurs September 22nd **\$30 Per Person** X _____
- DINNER** Thurs September 23rd **\$45 Per Person** X _____
- BREAKFAST** Fri September 23rd **\$20 Per Person** X _____

TOTAL AMOUNT DUE \$ _____

PAYMENT Make Check Payable to **NCCEAPA-NED**
Mail to **Christy Boyce**

NC Cooperative Extension 1209 McPherson St, Elizabeth City, NC 27909

Be sure to include a copy of this form with your payment.

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AGENDA

TUESDAY, SEPTEMBER 20th

- 3:00 – 5:00 **Conference Registration**
- 3:30 – 5:30 **NCCEAPA Executive Board Meeting** *Board Room*
- 6:00 – 8:00 **TERSSA Executive Board Meeting** *Board Room*
Dinner *On your own*
- 6:00 – 9:00 **Meet and Greet Hospitality**

WEDNESDAY, SEPTEMBER 21st

- Breakfast** *On your own*
- 8:00 – 9:00 **Meditation On the Beach** State Extension personnel TBD
Learn mediation and breathing to help improve your well-being.
- 8:30 – 10:00 **TERSSA Business Meeting**
- 9:00 – 12:00 **Conference Registration**
- 10:00 – 12:00 **Weeping Radish Brewery and Butchery Tour**
Tour this “farm to fork facility” that processes their beer by applying the Bavaria Reinheitsgebot Purity Law of 1516.
- 12:00 – 1:30 **Lunch** *Provided*
- 1:30 – 4:30 **Take Time For Yourself** *Anna Coker, Northeastern Professional Life Coach*
Experience a personality test based on the Enneagram personality theory.
- 1:30 – 4:30 **Gardening With Grace** *Grace Manzer, Pasquotank Agriculture Extension Agent*
Put together a succulent garden and learn the value of plants.
- 1:30 – 4:30 **Med Instead of Meds** *Helen Eure, Gates County Extension Director*
Explore 7 simple steps to eating the MED way everyday by making easy changes to the foods you eat
Dinner *On your own*
- 7:30 – 9:30 **Special Networking Event**

continued

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continued

THURSDAY, SEPTEMBER 22nd

- 7:00 – 8:30 **Breakfast** *Provided*
- 8:00 – 9:00 **Meditation On the Beach** State Extension personnel TBD
Learn mediation and breathing to help improve your well-being.
- 9:00 – 11:30 **Team Building on the Beach** State Extension personnel TBD
Discover how to problem solve and improve ability to rationalize and think strategically.
- 9:00 – 11:30 **Jockey's Ridge Tour** *Joy Greenwood, Park Superintendent*
Experience and learn about the natural, cultural and historical history of Jockey's Ridge State Park. It's a 427-acre area that includes the tallest active sand dune system in the eastern United States.
- 12:00 – 5:00 **Agri-Pride Simulator** *Paul Smith, Gates Agricultural Agent, NE Ag Expo member*
Step into the cab of a combine, have a seat at the controls and harvest one of North Carolina's crops.
- 12:00 – 2:00 **Awards Luncheon (TERSSA and NCCEAPA)**
- 2:00 – 4:00 **Jeanette's Pier** *Jeanette's Pier Staff*
Come face to face with native fish species while peering into large aquariums and learn about this first state-funded, LEED certified, operated pier in NC.
- 6:00 until **Dinner provided at the Pier House** *Featuring a special guest*

FRIDAY, SEPTEMBER 23rd

- 7:00 – 8:30 **Breakfast** *Provided*
- 8:30 – 10:00 **Hotel Checkout** *Safe Travels!*

NCCEAPA ONLY

- 9:00 – 10:00 **Welcome and Administrative Updates**
- 10:00 – 12:00 **Business Meeting**