2022 TERSSA/NCCEAPA
State and National Conference

### Sun, Sand Scoutions

for the Mind, Body and Soul





SEPTEMBER 20<sup>th</sup> THROUGH SEPTEMBER 23<sup>rd</sup>
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

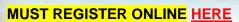
**QUESTIONS** 

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

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

FIRST and LAST NAME	
STATE	

### **REGISTRATION FEES**

- □ EARLY BIRD Payment received by June 30<sup>th</sup> \$160
- □ REGULAR Payment received by August 1<sup>st</sup> \$175
- □ LATE Payment received after August 1<sup>st</sup> \$190

### **GUEST MEAL FEES**

- □ AWARDS LUNCHEON Thurs September 22<sup>nd</sup> \$30 Per Person X \_\_\_\_\_ \_\_\_
- □ DINNER Thurs September 23<sup>rd</sup> \$45 Per Person X \_\_\_\_\_
- □ BREAKFAST Fri September 23<sup>rd</sup> \$20 Per Person X \_\_\_\_\_

TOTAL AMOUNT DUE \$ \_\_\_\_\_

PAYMENT Make Check Payable to NCCEAPA-NED

Mail to Christy Boyce

NC Cooperative Extension1209 McPherson St, Elizabeth City, NC 27909

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

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# Sun, Sand Sun, Sand Solutions for the Mind, Body and Soul

### SEPTEMBER 20th THROUGH SEPTEMBER 23rd

### **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** 



## Sun, Sand Bolutions

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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**