



MCRC Weekly Newsletter

March 10, 2023

A Brief Thank You

We wanted to thank everyone who was able to attend our annual meeting and regional dinner earlier this week. It was a pleasure to connect and interact with you all in person for the first time in a long time. We truly appreciate all the relationships we have around the Mid-Carolina region, and do not take these partnerships for granted. We look forward to continuing to work with you all as we strive to make the Mid-Carolina region the best version of itself!

Notable Notes From the Region

-Major Investment in Lillington: ILC Dover, a world leader in the design and production of biopharmaceutical, pharmaceutical, and medical devices has completed its construction of an almost 50,000 square foot facility in Lillington. Once the building is up and functioning, ILC Dover is expected to hire between 50-100 employees in Lillington. The new building will increase ILC Dover's capabilities to pre-fill trusted-weight cGMP raw materials for the growing biomanufacturing market, as well as remain competitive in the cell and gene therapy markets. The new facility adds to the large investments that life science companies have made in Harnett County in recent years.

-Upcoming Music Festival in Dunn: This Saturday, the City of Dunn will be hosting the Lucknow Music Festival. The free event will feature nine bands playing on two different stages throughout the day. Festivities go from 1:00-9:00 PM in downtown Dunn's commercial district spanning from U.S. Highway 421 to East Edgerton Street and from U.S. Highway 301 to Railroad Avenue. There will be multiple food vendors and local artisans at the festival, and all downtown parking lots will be open for festival attendee parking.



Special Training for Local Government Professionals

The North Carolina Associations of Regional Councils of Government in collaboration with the UNC School of Government will be holding a one-time, special training on techniques and strategies for retaining local government employees. This session will report local government survey data on recruitment and retention patterns in North Carolina, where local governments are experimenting with a range of tactics to slow employee turnover, attract qualified employees, and build adequate job candidate pools. The session will also discuss the top predictors of turnover intentions from survey data collected from over 5,000 local government employees. Session attendees will learn about recruitment and retention patterns and strategies from the perspective of both managers and employees. The hybrid training will take place on Wednesday, March 22 from 9:00 AM-12:00 PM. Registration cost is \$40, and all who are interested in attending can register through [this link](#).



Save the Date for Mid-Carolina Senior Games

It's almost that time of the year, the Mid-Carolina Senior Games are only a little ways away! This year will be the 37th Annual Mid-Carolina Senior Games taking place in Cumberland, Harnett and Sampson counties. While opening ceremonies are just around the corner, registration for the games is still open. Click this [link](#) to sign up and register for the numerous sports events or Silver Arts categories open. The final deadline to register for the Mid-Carolina Senior Games is March 31. The Mid-Carolina Senior Games is for participants aged 50 and over. If you have any additional questions regarding the Senior Games or would be interested in volunteering for any of the events, please email Lashonda Gough at lgough@mccog.org.



Retirement System Rates Posted

The North Carolina Department of the State Treasurer recently announced its Local Government Employees Retirement System (LGERS) contribution rates for FY 2023-24. The posted rates can be found on the Retirement System Division (RSD) website, or by clicking [this link](#). The table is ordered by five-digit employer code, but is also searchable (by employer name) within a browser or by downloading the PDF. RSD staff advises that employers referring to this document should read the first page carefully, and may call RSD's Employer Reporting group at 919-814-9816 with questions.



SE4A Seeking Sponsors

The Southeastern Association of Area Agencies on Aging (SE4A) is holding their annual conference in Asheville this year from Sunday, August 27 to Wednesday, August 30. The SE4A has been in action for 50 years and now includes memberships from 9 states. If you or anyone you know would be interested in sponsoring this marquee event, please [click here](#). All sponsorship offers must be submitted by June 16. For more information on the SE4A Conference, please contact Tracy Honeycutt at thoneycutt@mccog.org.



NC Senior Tar Heel Legislature Members Needed for Sampson and Harnett Counties

The Mid-Carolina region is in need of delegates and alternates for the North Carolina Senior Tar Heel Legislature (NCSTHL). Sampson and Harnett counties require more alternate members to the legislature, and Sampson County specifically needs additional delegates as well. The NCSTHL is for all state residents aged 60 and up. Members of the NCSTHL are volunteers from all walks of life. Some are retired,

some still work. They commit to educate themselves about how the state's aging services and funding streams work, evaluate the effectiveness of the distribution network, measure the impact of current policies and processes, and act to propose legislation that addresses the problems. To inquire about appointment as a NCSTHL delegate or alternate, contact Tracy Honeycutt, thoneycutt@mccog.org, or 910-323-4191 x27.



NCDEQ Opens its Spring Round of Funding

The North Carolina Department of Environmental Quality (NCDEQ) recently opened up its application portals for its spring round of grants. [Allowable grant projects](#) include construction of new or improved stormwater or wastewater collection systems, building viable utilities structures, or developing systems to provide safer drinking water to residents. If you are either interested in applying for a grant or would like more information on the NCDEQ projects, please contact Samantha Wullenwaber at swullenwaber@mccog.org.



Tall Grass Season is Upon us

Are you a member government in the Mid-Carolina Region? Is tall grass an issue in your area? We understand that with the Spring season comes nuisances and code violations around your community. The Mid-Carolina Regional Council is equipped to help address these issues and solve your needs. Please consider reaching out to Samantha Wullenwaber at swullenwaber@mccog.org regarding any code enforcement issues that may be stemming from the Spring weather.

Upcoming COG Events

Sunday, March 12: National Association of Developing Organizations (NADO) Washington Policy Conference, Sunday, March 12-Wednesday, March 15. For more event information, [click here](#).

Monday, March 13: Lower Back and Sciatica Pain Workshop, 2:00 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304. Free workshop for those with back or hip pain. To register, please contact LaShonda Gough at lgough@mccog.org or 910-323-4191, ext. 10. To view event flyer, please [click here](#).

Tuesday, March 14: NC Main Street Conference, Tuesday, March 14-Thursday, March 16, Statesville, NC. For more event information, [click here](#).

Tuesday, March 14: Matter of Balance, Every Tuesday from 1:30 PM-3:30 PM, Tokay Senior Center, 328 W Hamilton St., Fayetteville, NC 2304. This free class is available to those who may have concerns about falling, and the best practices to maintain proper balance. To register please call 910-433-1414. [Click here](#) to view the informational flyer.

Wednesday, March 15: Gentle Yoga, Every Wednesday from 3:00 PM-4:00 PM, Mid-Carolina Regional Council, 6205 Raeford Rd., Fayetteville, NC 28304. Gentle Yoga is appropriate for all levels of experience but is particularly accessible to anyone new to the practice of yoga. Alignment focused and instructive, you will realize the benefits of your practice through improved flexibility and strength. Event is FREE, but registration is required. To register please contact Barbara White at bwhite@mccog.org, or 910-323-4191, ext. 28. To register, please call 910-433-1414. [Click here](#) to view the event flyer.

Thursday, March 16: Sampson County Caregiver's Academy "Helping Those Who Help Others", Grandparents Support Group at 11:00am, Information Sharing and Activities at 1:00pm, Basic Computer Class at 2:30pm, 307 East Main St., Clinton, NC 28328. Registration is required. For more information, please contact bwhite@mccog.org or pmclymore@mccog.org.

Thursday, March 16: Cumberland County Caregiver Support Group, 12:00 PM-1:30 PM, Mid-Carolina Regional Council 6205 Raeford Road, Fayetteville, NC 28304.

Registration is required. The Family Caregiver Education and Support Group provides a supportive and educational environment to enhance the caregiver & family understanding of Alzheimer's & Dementia or related cognitive impairments. Please RSVP to Barbara A. White, 910-323-4191, ext. 28, bwhite@mccog.org or to Carla Smith, 910-323-4191, ext. 23, csmith@mccog.org. To view the flyer for the event, please [click here](#).

Monday, March 20: NC Rural Center, Rural Summit - "Driving Policy Change: All Roads Lead to Rural", Monday, March 20-Tuesday, March 21, Raleigh, NC. For more information, please [click here](#).

Thursday, March 23: Cumberland County Grandparent Support Group, Every 4th Thursday from 12:00 PM-1:00 PM, 4221 Black Bridge Rd., Hope Mills, NC 28348. Are you a grandparent raising grandchildren? We have a support group just for you! Who Qualifies? Seniors 55 and older who are the sole caregiver of a child 18 years of age or younger and is an older relative (not a parent) Seniors 55 and older who are the sole caregiver of an adult with a disability and is an older relative (not a parent) Please contact Barbara White at bwhite@mccog.org or 910-323-4191 for any questions.



UNC School of Government Worthwhile Reads

Hit the Pause Button: Temporary Development Moratoria in North Carolina
(Published 2/23/23) Read [here](#).

Changes in the Emergency Management Act Effective January 1, 2023
(Published 2/28/23) Read [here](#).

ARP Basics Resources
(Published 1/10/23) Read [here](#).



About Us

Mid-Carolina Council of Governments is a multi-county, planning, development, and human services organization. We reach across county and municipal borders to provide technical assistance to our local governments and to administer programs that benefit our region's citizens. Our mission is to provide creative regional solutions to relevant and emerging issues in Cumberland, Harnett, and Sampson Counties while providing a standard of excellence in the delivery of federal, state, and regional services for our local governments and the people they serve.

Mid-Carolina Council of Governments | 6205 Raeford Road, Fayetteville, NC 28304
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