



Texas Extra

TEXAS EXTENSION ASSOCIATION OF
FAMILY AND CONSUMER SCIENCES



Winter 2018 Edition

A Note from the President

from the desk of Felice Acker

Oh New Year....a time for family, friends, reflection and maybe some cooler weather (up here in the Texas Panhandle we are starting to feel like winter!). What a year we have had as an association. We held an amazing National Conference! With so many people helping, so many people attending, it was so much fun, and I loved being a part of our group. I can't say enough how many good things people had to say about us and the conference. Thanks to Lorrie and Linda, every committee chairman, and everyone that attended!

I also want to encourage each of you to take a moment and reflect on all you have accomplished in your jobs. I know that we get through each day, each program, each series, each contest, and quickly must move on to the next thing on our calendar. I hope you will stop and truly look at the numbers of people you served. Even if you feel it was small you still were making an impact in lives of Texans, young and old every time you provide education! Take a moment and just know you are valuable, and your work is needed!

I encourage each of you take time off!! Start the new year making sure you put some balance into your work and home life. The best way to do that is use time off!! We earn it, enjoy it, turn you phones off and email off and enjoy a day off.

I am so excited to see what 2019 holds and where we will go! I try to find a word for the year each January. I hope if you don't maybe you will consider it. Find a word that encourages you challenges you fits with what you are looking to in the year. Write it down and put it somewhere where you will see it often.

My word this year is –Optimism. I want to see the good in everything and hope for successful outcomes in all that I do.

Happy New Year!
-Felice

2018-2019 Leadership Team

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In this Edition...

| | |
|------------------------------|----|
| President's Message | 1 |
| 1st Vice-President's Message | 2 |
| TEAFCS and TEEA Partnership | 3 |
| District News | 4 |
| Winter Board Snapshots | 28 |
| Important Dates/Deadlines | 29 |
| Editor's Message | 30 |

A Note from the First Vice-President

Awards Updates

from the desk of Lynette Babcock

As we begin 2019, I hope that you will reflect on all of the great programs that you did in 2018 and decide to complete an awards application. I know that our TEAFCS members are doing exciting things and deserve to be recognized.

The following information will be important as you complete your awards applications.

NEAFCS Awards: Texas Due Date – February 20, 2019

The 2019 NEAFCS Awards Manual and other excellent resources (including 2018 Award Winner Applications) are available at <http://www.neafcs.org/award>. The 2019 awards application link went live on December 1st.

New for 2019

- Innovative Youth Development Program Award
- Include Educational Technology Award with the Internet Educational Technology Award.
- Photo will be required but not scored.

Reason: Types of photos varied, judges questioned scoring process, and award committee recommended this adjustment. Manual will state: "Applications submitted without a photo will not be accepted. File #4 is a JPEG file and required for the application to be submitted."

Award applicants please remember:

- Use video files that are compatible with Windows Media Player or web links for videos; create easy access for judges.
- Protected documents or videos—include User name & Password for judges' access.
- 3 upload spaces; each space holds only last document uploaded.
- Combine files with Adobe Acrobat; create PDF files, merge, and order.
- One picture required in last (fourth) space; application not accepted if not loaded.
- Do Not include "extra" pictures in written application.
- Large teams of more than 20 members, in last space put "additional team members listed in application." Refer to Procedure #5 on page 5 of Manual.
- DO NOT enter awards for another person; entry tied to your member profile. Exception: Team Awards
- Confirmation email lists files uploaded.

NEAFCS Awards Deadline for Texas: Wednesday, February 20, 2019

- Awards will be submitted electronically to NEAFCS using the online process. <http://www.neafcs.org/awards>
- Send the following to l-babcock@tamu.edu
 - A copy of your awards submission confirmation page only.
 - A list of team members for any team awards submitted.

TEAFCS State Only Awards: Due April 8, 2019

The same awards as last year will be offered in 2019. The awards information is in the process of being updated on the TEAFCS website <http://teafcs.tamu.edu/>. The password for accessing the awards information is fcsagent. An awards manual has been created for 2019 and the forms have been updated. If you would like awards information before it is available on the website, please contact Lynette Babcock at l-babcock@tamu.edu. Please remember the following when submitting TEAFCS State Only Awards:

- Members will email their completed applications to Lynette Babcock at l-babcock@tamu.edu by April 8, 2019.
- Please submit application and any required documents as a single PDF document.

If you have any questions, please feel free to contact me. The TEAFCS Awards Committee is looking forward to hearing about the great things that our members have done. Don't wait, begin those applications today!

TEEA & TEAFCS "Potholder Partnership Project"



What an honor it was to have 2,914+ potholders to distribute throughout the 2018 National Extension Education Family & Consumer Sciences (NEAFCS) Annual Session that was held in San Antonio, Texas at the beautiful Rivercenter Marriott Hotel on September 24-27, 2018.

In November 2017, the State TEEA Board of Directors approved the request of making potholders in the shape of Texas, from the Texas Affiliate of Family Community Health Agents who were planning the special annual session with participants from across the United States coming to enjoy Texas. And “enjoy” they did throughout the week, with a special “touch” of love that was provided by the statewide TEEA membership. From the beginning to the end of the Annual Session ALL of the “handmade with love” potholders were distributed to the National NEAFCS board of directors, participants & guests, keynote and workshop speakers, van drivers, hotel management & workers, vendors, and exhibitors!!! They were amazed and very appreciative of their tokens of appreciation toward helping make the 2018 NEAFCS Annual Session in Texas an unforgettable experience.

We as TEAFCS members would like to extend a great big “Texas Sized” THANK YOU to all of the 12 TEEA districts and county members for their wonderful contribution and project. Their dedication and support toward this partnership and our hosting of the National Annual Session was AMAZING, AWESOME & APPRECIATED!! Thanks also to all of the CEA/FCH Agents and TEAFCS members across Texas that participated in the project. May everyone be blessed for the wonderful contributions that made the project such a success!!!

District 2 Happenings

District 2 Association Meeting

It's beginning to look a lot like Christmas and FCH agents in District 2 are spreading some Christmas joy. As part of the association meeting in December, agents participated in a festive holiday Christmas cookie and recipe exchange. Agents also pulled out their paint brushes for a rustic barn quilt painting session.



Bailey, Castro, Lamb and Parmer Counties

The FCH agents of Bailey, Castro, Lamb and Parmer County host their annual Simply Christmas week. This year the agents presented recipes to use during the Christmas season, holiday stress tips, demonstrated chalk couture and participant got to take home their own homemade wooden ornaments.



District 3 Happenings

Childress County



Local Youth Complete Extension's Kids Crockin' Series

The Childress Family & Community Health Committee recently happily recognized sixteen local youth and their families for successful completion of the Kids Crockin' healthy cooking series. The program is offered annually by Childress County AgriLife Extension at no charge to third through fifth graders. The 3-session series, was held in the Childress Elementary Cafeteria. Activities included recipe demonstrations, food tastings, hands-on food preparation tasks and nutrition lessons – all centered around the concept of youth being able to help prepare healthy meals for their family, using a slow-cooker.

The series was co-sponsored by AgriLife Extension's Better Living for Texans (BLT) program, Childress Women's League and Mrs. Minnie Lou Bradley. Childress County Extension Agent, Dawn Dockter planned and organized the series. "This has been collaborative effort", she said. "As with all Extension programs, volunteers play a large role, and we always enjoy working together on this program." Members of the Childress Family & Community Health Committee assisted with the planning, implementation and evaluation of the program. "Sandy Koepke, Janet Word, Cynthia Edwards, Faith Self, Shelly Preston and Minnie Lou Bradley were key players in this effort and we couldn't provide quality programs like this one without them. It requires all of us working together – especially this year as it was our largest group to date."

In addition to committee members, two of Mrs. Jill Teran's FCCLA students also assisted with the program this year. "Cayla DeHaas and Jazlyn Piedra were a big help this year," Dockter said. "They assisted with all three sessions and even presented a lesson on Food Safety. We really enjoyed working with them."

Recipes such as Special 'Baked' Apples and Slow-Cooker Lasagna were among the favorites tasted by attendees. The food was prepared ahead of time by Mrs. Dockter and several volunteers and then transported to the cafeteria. Food demonstrations and hands-on activities were also provided at each session.

In order to successfully complete the series, children had to be accompanied by at least 1 adult and attend all three sessions. In addition, they completed simple assignments which included helping with meal-related chores at home such as cleaning up after a meal or helping to shop for groceries.

Those that completed the series received a complimentary recipe book containing all recipes from the class, nutrition and food safety information, and tips for using a slow-cooker. In addition, each family received a new slow-cooker, compliments of Childress Women's League and numerous kitchen utensils, aprons, and nutritional education items from the BLT program and the Texas Beef Council.

More District 3 Happenings

Wise County

As Seen on TV Kitchen Gadget 101

It can be quite a challenge to keep up with the latest and greatest “as seen on TV” items and determine whether they would be a good fit for you family. With these thoughts in mind Wise County Extension Agent Tanya Davis and her coworkers Chrissy Karrer, Jacqueline Gonzalez and Todd Vineyard collaborated with the Leadership Advisory Board and program area committees to plan and implement the As Seen on TV, Kitchen Gadget 101 two hour program. Fifty participants experienced demonstrations and presentations from real people with samples of food from three small kitchen appliances: pressure cookers; air fryers and sous vide cooking. Information provided the benefits, versatility, ease of use, approximate costs, and ways to prepare a healthy meal using each appliance. The Path to the Plate component focused on food safety practices. Agents from surrounding counties joined us to assist with food preparation and serve as presenters for the appliances. Thank you to Sherri Halsell, Lynette Babcock, Alinda Cox, and Kayla Neil. Results of the survey indicated that participants were appreciative of beneficial information that will assist them in their decision about which products to add to their kitchen.



Haskell County

Approximately 79 participants were involved along with Haskell Co. CEA-FCH Darlene Hopkins and Taylor Co. CEA-FCH Jane Rowan conducting an educational cooking demonstration at the West Texas Fair and Rodeo-Abilene, Texas “Spotlight Kitchen” entitled Dinner Tonight – Quick, Healthy, Cost Effective Recipes. This educational cooking demonstration featured the “Dinner Tonight Essentials” cookbook recipes for Tex-Mex Corn Dip and Dessert Nachos. Participants were encouraged to sign up for the weekly Dinner Tonight newsletter or order a copy of the cookbook at dinnertonight.tamu.edu.



District 4 Happenings

Hopkins County

Ten Head Start parents completed an 8-week Walk & Talk Series, held at Douglass ECLC in Sulphur Springs.

Agent Johanna Hicks presented a weekly nutrition presentation or cooking demonstration, followed by the group walking together. On the rainy days, a simple workout video was played inside.

The group logged 6226.56 miles during the 8-week period, and two participants reported losing weight due to better dietary intake and increased physical activity. All reported that they are more aware of the foods they eat and have increased fruit and vegetable intake.



The Hopkins County Extension staff held their annual Leadership Banquet to highlight program impacts and recognize volunteers. Eight members from the Hopkins County 4-H program were featured as program speakers. Each 4-H'er spoke on a different topic: 4-H family legacy; leadership, shooting sports; Gold Star, Family Life Project, 4-H Record Books; Community Service, National 4-H Week events; Public Speaking, 4-H project Show; Video production and special speaking engagements; Dairy project, Dairy judging; and Youth Beef Ambassador program, district officer activities, and state round-up. Hopkins County Judge, Robert Newsom, led the audience in a standing ovation and commented on the bright future of the Hopkins County 4-H youth.

Outstanding Extension Supporter of the Year was awarded to Joan Brennan, a Master Wellness Volunteer, Master Gardener, and community volunteer. All Master Wellness Volunteers were recognized and presented certificates for their hours of service in 2018, totaling 485 at the time of the banquet.

More District 4 Happenings

Hunt County

Hunt County Agents Sara Allen (Ag/NR) and Sarah Latham (FCH) hosted the first annual Texas Cottage Law program on November 9th. Forty-eight county residents attended the program. Hunt County Texas A&M AgriLife Extension partnered with Hunt County Health Department and Texas Department of Agriculture as well as Texas A&M AgriLife specialists Julie Prouse and Dr. Blake Bennett.

The program gave participants an in-depth look at laws surrounding cottage laws. Participants learned about state and county laws and regulations, budgeting and marketing, business plans, resource inventory, local farmers market regulations, as well as health code guidelines.

Texas Cottage Law

One-day Program

Friday, November 9, 2018
8:30 am - Registration
9:00 - Program Begins

Fletcher Warren Civic Center, 5501 Business Highway 69 S.
\$25.00 per person (lunch included)


Julie Prouse, Texas A&M AgriLife Extension Associate, Food Protection
Understanding the Texas Cottage Law and Farmers Market Laws

Dr. Blake Bennett, Texas A&M AgriLife Extension Economist
Conducting a Resource Inventory, Preparing a Budget, & Marketing Your Product

Debra Wamke, Hunt County Health Department Food Inspector
Cottage Food Law and Farmers Market, Q&A

Texas Department of Agriculture and much more!

*For additional information,
please contact (903) 455-9885 or
hunt-tx@ag.tamu.edu*



Texas A&M AgriLife Extension is an equal opportunity employer and program provider.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas
Cooperating

**TEXAS A&M
AGRI LIFE
EXTENSION**

District 5 Happenings

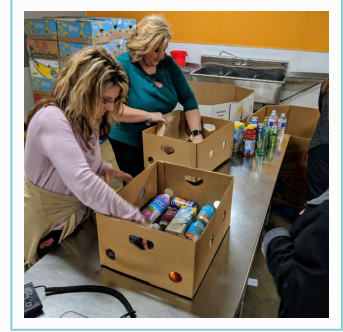
District 5 TEAFCS Association

District 5 TEAFCS Association Service Project

East Texas Food Bank

Tyler, Texas

Boxed approximately 2250 lbs. of food at the East Texas Food Bank



District 5 TEAFCS Association Award Winners

We would like to Congratulate each of you on a job well done.

Texas Extension Association Family & Consumer Sciences

- Continued Excellence Award
- Communications Award (Photography)-1st place individual
- Florence Hall Award-2nd place team
- Family Health & Wellness Award-2nd place team
- Environmental Education Award-1st place team
- School Wellness Award-1st place team
- SNAP-Ed/EFNEP Educational Programming Award-1st place team
- Mary W. Wells Memorial Diversity Award-2nd place team
- Friend of Extension Award – Shelby County
- County Judges and Commissioner Court Award – Shelby County
- Excellence in Teamwork Award – Shelby County team
- Program Excellence through Research Award



More District 5 Happenings

District 5 TEAFCS Association Award Winners (Continued)

Southern Region Association Family & Consumer Sciences

- School Wellness Award-1st place team
- SNAP-Ed/EFNEP Education Award-1st place team
- Environmental Education Award-1st place team

National Extension Association Family & Consumer Sciences

- Continued Excellence Award
- School Wellness Award-1st place team
- SNAP-Ed/EFNEP Education Award-1st place team
- Environmental Education Award-2nd place team
- Community Partnership Award – 2nd place

Team Members

Louraiseal McDonald

Jheri-Lynn McSwain

Claudann Jones

Liz Buckner

Cathy Pearson

Joel Redus

Jennifer Pearman

Holly Black

Mandy Patrick



Outgoing Director Recognition

Louraiseal McDonald – Harrison County

Jheri-Lynn McSwain – Shelby County

Louraiseal receiving her outgoing plaque for 2016-2018 District 5 TEAFCS Director.



More District 5 Happenings

District 5 TEAFCS Association (Continued)

District 5 TEAFCS Distinguished Service Award

Cathy Pearson – Newton County

Louraiseal McDonald – Harrison County

Cathy receiving her 2018 District 5 TEAFCS Distinguished Service Award. Cathy has been in Extension for a total of six years. She works very closely with her local school district with the LGEG program. She is a Child Passenger Safety Technician. She has partnered with the Area Agency on Aging in offering Diabetes Self-Management and Chronic Pain Self-Management classes. She also has worked very closely with FEMA and assisting counties with never-ending paperwork from Hurricane Harvey.



Rusk County

Si Yo Puedo Controlar Mi Diabetes

Liz E. Buckner

A scene from October 18th, during a Rusk County - Si Yo Puedo Controlar Mi Diabetes interactive class activity to reinforce key program points and to add a little fun and physical activity into the lesson. This was led by Mrs. Nelly Zuniga of Crossroads Family Care and Dr. Bruno Romeo, UT Health-Henderson...



Learn, Grow, Eat, & Go!

After another successful semester with “Learn, Grow, Eat, & Go!”, the Rusk County LGEG Committee designed a “LGEG” themed float for the Henderson Christmas Parade held on November 29th. Students and volunteers from the Henderson LGEG class rode on the float.



More District 5 Happenings

San Augustine County

\$117,000 State Farm Insurance Grant

Sandy Jenkins

San Augustine AgriLife Extension Healthy Texas Youth Ambassadors have been chosen to receive training for a distracted driving simulator. Texas A&M AgriLife Extension driving program had received a \$117,000 grant from State Farm Insurance to purchase 4 distracted driving simulators and software made specifically for this program. Each unit is worth \$30,000.

San Augustine Healthy Texas Youth Ambassadors attended the training in College Station on Friday, November 30th and are now able to present the Distracted Driving Simulator program to schools, businesses, civic organizations and any other organization who is interested. The program is targeted for anyone 15 and older and is free.

San Augustine County Healthy Texas Youth Ambassadors are very excited to begin presenting to our community and are also able to go outside San Augustine County.



More District 5 Happenings

Upshur County

Yam'licious Contest

Julie York



Yam'licious Contest Grand Champion Jayden Taylor judges Brandon Dodd, Bethany Nolan and Sara Allen

For the third year, Custom Commodities, Inc. has sponsored the Yam'licious contest during the East Texas Yamboree. Each year, participants from across Upshur County presented a variety of creative ways to implement yams as a main course dish.

A “main course” is basically defined as the heartiest, most substantive dish in a meal, usually containing a protein. Sides and desserts are not accepted in this contest.

Judges have the difficult task of judging in front of the crowd of interested folks, participants and their families. They judge the recipes on the yam/sweet potato presence being easily identifiable, overall appearance, texture, aroma and taste. Yes, they must taste each recipe (unless a food safety concern is present).

Each year, the three judges have given feedback on each entry and have all said how difficult a decision it has been to choose just one winner. They are called “Celebrity Judges” because they are not “trained” food show judges, but rather generally well-known in the community who happen to like sweet potatoes, so it’s a fun time for everyone involved.

In year’s past, hearty recipes were entered like sweet potato chili, tacos, yam sausage bundles and this year was no exception.

Jayden Taylor was the sole participant this year, but since this is not her first cooking contest, her dish was easily a winner. Taylor participates in 4-H Food Shows on the district level and has also competed in district 4-H Food Challenge and Ag Product ID teams.

All recipes are submitted with each entry, and the one entered was noted by the judges to be a strong base that could easily be adapted to fit anyone’s personal desires and remain a healthy staple item.

More District 5 Happenings

Upshur County

Yam'licious Contest *(Continued)*

Since it is autumn and the holiday season, this dish would be perfect to make for family or work parties, but it should be kept and served hot. It is from www.eazypeazymealz.com and is described as a “healthy, easy and insanely delicious dinner that your whole family will love! Ready in 30 minutes.”

Southwestern Sweet Potato and Ground Beef Skillet

Ingredients:

- 1 lb lean ground beef (or black beans for a vegetarian version)
- 2 TBSP chili powder
- 2 tsp garlic powder
- ½ tsp salt
- 2.5 cups sweet potato – skin on, diced (approx. 2 medium sized)
- ¾ cup water
- ½ cup onion, diced (1 medium)
- 1 cup red bell pepper, diced
- 3 garlic cloves, chopped
- 6 ounces baby spinach
- ¼ cup shredded cheddar cheese
- 1 cup diced fresh tomato
- 1 avocado, sliced

Instructions:

Brown ground beef in a large cast iron skillet.

Add 1 TBSP chili powder, 1 tsp garlic powder, and ¼ tsp salt. Stir well to coat the beef with all of the spices.

Cook for 5-7 minutes, or until well browned.

Remove from the skillet and reserve.

Wipe out pan, remove all residual fat.

Add sweet potato to skillet with ½ cup water. Cover and cook for 5 minutes until the sweet potato is tender and the water absorbed.

Remove cover and add onion, bell pepper and garlic to the skillet and all remaining spices.

Pour in additional ¼ cup of water and stir well.

Cook until onion is tender, 5-7 more minutes. If mixture begins to stick, add additional water ¼ cup at a time, and cook until completely evaporated.

Add beef back to the skillet and stir well.

Add spinach to the skillet, cover for 2-3 minutes or until spinach has wilted.

Remove skillet from heat and top with shredded cheese, freshly diced tomato, and diced avocado.

Serve immediately.

District 6 Happenings

Crockett County

What's Cookin' at Wool Growers? – Men's health program

A collaboration between Crockett County CEA – FCH, Kailey Scott partnering with the local Wesley Nurse and Feed Store, Wool Growers. This program aimed to provide health education to men ages 18 – 65. By meeting this demographic where they are, this program was successful in providing health information to a demographic which historically is not interactive with FCH activities in the community.



The local Feed Store is typically buzzing in the early morning hours where men gather together over coffee before moving on with their day. The CEA-FCH and Wesley Nurse provided an egg casserole breakfast prepared with several healthy substitutions, most notably, replacing avocado in place of butter. Along with breakfast, a Healthy Texas Youth Ambassador presented information related to the Dietary Guidelines and physical activity recommendations. The participants were grateful for the meal and pleasantly surprised by their positive reaction to the healthier version of a popular dish. The attendees were also receptive to the information, asking questions, sharing comments, and curious when the next similar program would take place.



WESLEY NURSE
HEALTH MINISTRIES
A mission of the Methodist Healthcare Ministries



Pecos County

Dinner Tonight Cooking Club “How the Grinch Stole Christmas”

The Grinch stole our door prizes, he stole our tree ornaments, he stole our gifts! Can you believe this Grinch? He waved us a good-bye and out he went! The Dinner Tonight had a health Feast with the Grinch of who appetizers of Roast Beast Pinwheel, Grinch Chees Swirl, Brie Bite and Who Eggnog. The main dish was Who Roast Beast. Accompanied by with Who Tossed Salad, and who Potato Hast. For desserts individuals indulged on Grinch Cookies, Lime Grinch Salad, Pink Salad, and who pudding.

Members voted on Best program of the year and Cook of the Year.

Decorations were bright red, lime green, Christmas green and pink!

Member played Grinch bingo and exchanged gifts.



District 7 Happenings

District 7

Texas Extension Association of Family and Consumer Sciences Winter/Christmas Meeting



District 7 FCH Agents met on December 14th for their Winter/Christmas meeting. 11 members were present for this event. Kandice Everitt, CEA-FCH of Runnels and Courtney Redman, CEA-FCH from Tom Green county hosted this event.

Registration/Hospitality kicked off at the Tom Green County Stephens Central Library. A Cookie Exchange Contest kicked off the meeting. Participants brought two dozen favorite cookies (from scratch) along with a copy of the recipe to share. A cooking tasting took place along with selection of favorite cookies. The categories offered were: Prettiest Packaging, Most Unique, Best Looking and Best Tasting.

The ladies enjoyed the tasting of tasty cookies.

The TEA-FCS Business Meeting took place highlighting Texas Extra, Hospitality, Professional Development, By-Laws, Budget, Historical, Awards and Recognition. TEAFCS Winter Board Meeting was reported on by Jacque Behrens and Courtney Redman. New Business entailed-2019 Newsletter Sign-Up, Path to the Plate sign up for San Angelo Stock Show and Rodeo, State and National Awards and Special Recognition.

Meeting adjourned and lunch took place at the Angry Cactus.

Professional Development Program: was HERBS: What, When and How! Presented by Allison Watkins, CEA-Hort. The program ended with participants assembling a holiday wreath with Rosemary and Cedar shavings.

Brown County

Financial Wellness – To educate Brown County residents on basic financial knowledge 72 programs were offered that focused saving, spending, credit, retirement planning, couponing, meal planning, comparison shopping, identity theft, Medicare fraud and Top 10 Scams of 2018 resulting in 882 contacts. Also, monthly articles were submitted to the Brownwood Bulletin on financial matters.

Healthy County Program – FCH agent serves as the Wellness Coordinator for Brown County and coordinates all Healthy County activities as part of the Texas Association of Counties. In 2018, Brown County had 60 employees participate in the Healthy County challenges. Employees that completed at least 3 challenges earned a \$50 Amazon gift card. 28 employees earned the gift card, a 350% increase from 2017. Naturally Slim, a 10-week online weight course had 12 people participate.

Also 3 “lunch n learns” were offered that focused on untraditional physical activity, cooking safely outdoors and fitting into a fitness world.

Texas Extension Education Association (TEEA) – Brown County has 3 very active TEEA clubs with 41 members. Brown County TEEA members volunteered a total of 13,089 hours in their communities and presented \$1,600 in scholarships to four 4-H members. Total value donated to include volunteer hours, dollars, mileage, materials, etc. from 2017-2018 was \$346,602.65. They also have an annual Cultural Arts Exhibit and attended the State Conference.

District 8 Happenings

Navarro County

Food, fiber and fun

Navarro County students attend expo

By Sierrah Sowell

Daily Sun

When you sit down at dinner for a nice home-cooked meal, drive thru McDonald's to grab a quick lunch or crack some eggs to scramble for breakfast, the products we consume go through several processes before they make it to our table.

The fourth grade Corsicana and Navarro County students learned all about this at the annual Food and Fiber Roundup on Nov. 8 at the Navarro County Exposition Center.

Several stations were set up as the students filed in all throughout the arena. The concept for the event was for students to leave with a better understanding of their agricultural environment and farm to table processes.

The first station focused on Lamb and Goats with the help of the Frost FFA students and their knowledge. According to the Texas A&M Animal Science Department, Texas has the highest numbers, and greatest value, of sheep and goats. Some 38 percent of goats, both Angora and meat goats, in the U.S. are in Texas and most of these are in the Hill Country. Texas is ranked third for dairy goats in the U.S. It was interesting to note that most of the market goats, kids as well as culls, are moved directly to processing plants in the upper Midwest and Northeast. This means that these animals play a vital role in the process of food and the wool we receive from the sheep's coat.

This led into the next station, the Cotton Booth. Local cotton gin worker Jacob Reed brought his son, Jackson Reed, to help him out as they explained the process of cotton into thread we use for many purposes such as clothing, blankets, sheets and other products. The duo had a small working gin they used to turn the cotton into thread on the spot and explained how the transformation process works as the students stared in awe.

“The part I like best is passing out cotton to the kids,” said Jackson, who is also part of Mildred 4-H. “It takes 160 days to harvest cotton and the kids can't believe it takes that long of a time, but it does.”

The Beef Booth had special guests Mike Gage and Todd McGraw to explain how cows benefit our food chain and produce milk for consumption. All of the stages of a cow, from a calf to a full grown adult, benefit the consumer for both fuel and land fertilization. The idea of a cow going from an animal to a hamburger at a fast food joint made students really think about the foods they consume and how they are prepared. *(Article continued on next page)*

More District 8 Happenings

Navarro County

(Article continued from previous page)

The Corn and Grains section was taught by Heather Morris who used plant life and wheat stalks to give students a visualization of what the plants they consume really look like. She then explained how we as consumers eat grains more than we may realize either through cereal, oatmeal, bread and even tortillas. She showed students daily name brands they consume such as Chex Mix, Shredded Wheat cereal, and Nutri Grain bars. Seeing the visual of these items made students understand the concept more as they saw what a stalk of wheat can be made into.

When asked what she had learned, Ava Stovall, a fourth grader from Kerens 4-H program, was eager to share.

“I have learned a lot today about cows, goats and sheep,” she said. “The wool we get from the sheep is what makes up our clothes and that is how we get other products as well.”

Swine were another topic as Mike Littrell spoke on how pigs are used for pork products such as bacon and ham. A huge pig was present in his pen as Littrell spoke about raising pigs and the diet they consume while being brought up on a farm. Some of the diet includes wheat bran which is a product of wheat itself and helps for healthy digestion and fat growth within the pig. Students also learned about other types of farming such as organic and conventional.

“We want this experience to give all of our fourth graders, both public and private, the opportunity to be aware of the role agriculture plays in their life in all aspects,” said Lorie Stovall, Texas A&M AgriLife Extension Agent. “Without all of these products, people and services working together, we wouldn’t have all that we do.”

The Farm Bureau trailer was hands-on as students were able to touch and smell the food fed to the different types of livestock along with a deep explanation of what life is like on a farm. Roger Hall answered all of the students’ eager questions and allowed them to experience what the animals eat for their meals each day and in turn what goes into the food they consume.

The Petting Zoo was a new edition this year and students loved it. Several animals including bunnies, goats, sheep, chickens, a dog and even a llama, brought by Gracie Ayers, were available to pet as FFA and 4H students answered questions and handled the animals as each group ventured through.

The Pizza Nutrition station tied all of the other information together as students learned about the final stages of ingredients before they headed to enjoy their lunch of pizza provided by CiCi’s. Sarah Beck, Kaitlyn Benton and Kylie Rogers teamed up to do a group presentation teaching students about the process of making pizza allowing them to touch the dough, smell the herbs and see parmesan cheese grated.

This was Benton’s first time at the expo and she could not have been more excited. *(Article continued on next page)*

More District 8 Happenings

Navarro County

(Article continued from previous page)

“I love being able to teach the kids about something they love, like pizza, while showing them healthy ways to enjoy food,” she said.

As the kids lined up for pizza, apples and ice-cream, a well balanced meal was waiting for them to enjoy. The Blooming Grove 4-H members served the children and helped with clean up.

“This is my fourth year at the expo,” said Blooming Grove FCCLA and 4-H member, Brady Miller. “I really enjoy being able to do this for the kids and the positive effects this event has had is tremendous.”

The program focuses on helping students make healthier choices now so that they can develop these habits for their future. Guiding a student through the process of farm to table allows them to gain a perspective on the food they eat and how it makes it to the places they shop at or the restaurants they eat at.

The sponsors for this years event included: Brinson Ford Lincoln Mercury, Williams Gin & Grain, Inc., Corsicana Livestock Auction, Oil City Iron Works, Inc., Ag Texas Farm Credit Services, Navarro County Farm Bureau, Generations Farm, Gilfillans Hardware, Atwoods, Vitters Tractors, Inc., and CiCi’s Pizza.

The feedback from teachers after quizzing students’ agricultural knowledge before and after the event has shown this effort to be a highly educational and effective learning experience for youth. The students felt the effort was both educational and enjoyable.

Giving the students the option to gain exposure to new ideas and systems is a great opportunity where learning can be fun. Seeing the happiness the petting zoo brought, the enjoyment of the pizza lunch and the interest in the questions the students asked makes this event worth while. The effort of the community has been successful in bringing the world of agriculture to the students and will continue to do so for many years to come.



District 9 Happenings

Brazos County

Flora Williams, County Extension Agent-FCH

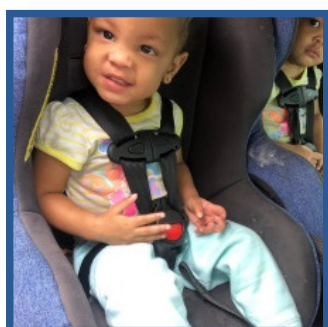
Buckle Bear the Lap Puppet Makes His Rounds

Buckle Bear the lap puppet made rounds to two childcare learning centers in November reminding preschoolers the importance of buckling up on every trip. At the stop at KinderCare Learning Center and St. Michael's Academy, students loved hearing the story of *Bernard in the Backseat* and singing, dancing, and taking a picture with Buckle Bear. Each student received a copy of the book *Bernard in the Backseat*.



Brazos County Car Seat Fitting Station

Nineteen families are riding safer in their vehicles. At the Brazos County car seat fitting station, 19 families which equates to 27 little ones were properly fitted in car seats. Eight unsafe car seats were collected and destroyed. Parents and caregivers received hands on training on how to properly fit their children in seats and to properly fit the seat their car. The fitting station sees families twice a month by appointment only. Thanks to the help of committed Master Wellness Volunteers and FCH/BLT committee members who are certified technicians working along with agent Flora Williams, seats are installed rain or shine. In addition to being a Certified Passenger Safety Technician, Flora completed the requirements to be a Certified Passenger Safety Technician/ Instructor this November at Dyess Airforce Base.



Annual Volunteer Appreciation

Each November a volunteer appreciation luncheon is held as a way to say thank you to the volunteers who give countless hours of their talents and time. Congratulations to Sara Mendez on being named Outstanding Family and Community Health volunteer. Through the dedication of the FCH/BLT committee, Master Wellness Volunteers, and Walk Across Texas Taskforce the vision of Texas A&M AgriLife Extension Service "Helping Texans Better Their Lives" is realized day after day.



Do Well Be Well with Diabetes Fall Class

Each year a spring and fall series of Do Well Be Well with Diabetes (DWBW) is taught in Brazos County. Master Wellness Volunteer, Barb Herrman RDN, served as my co instructor and FCH/BLT committee member, Sara Mendez, Health Promotions Manager at the Brazos County Health Department facilitated the course. The small class of six had great outcomes. One student called the class "life-changing". He stated that "I was diagnosed in 2011 and feared that I would have to spend the remainder of my life feeling tired and run down". This gentleman spoke at our Annual Elected Officials Luncheon and said the classes gave him his life back.



More District 9 Happenings

Burleson County

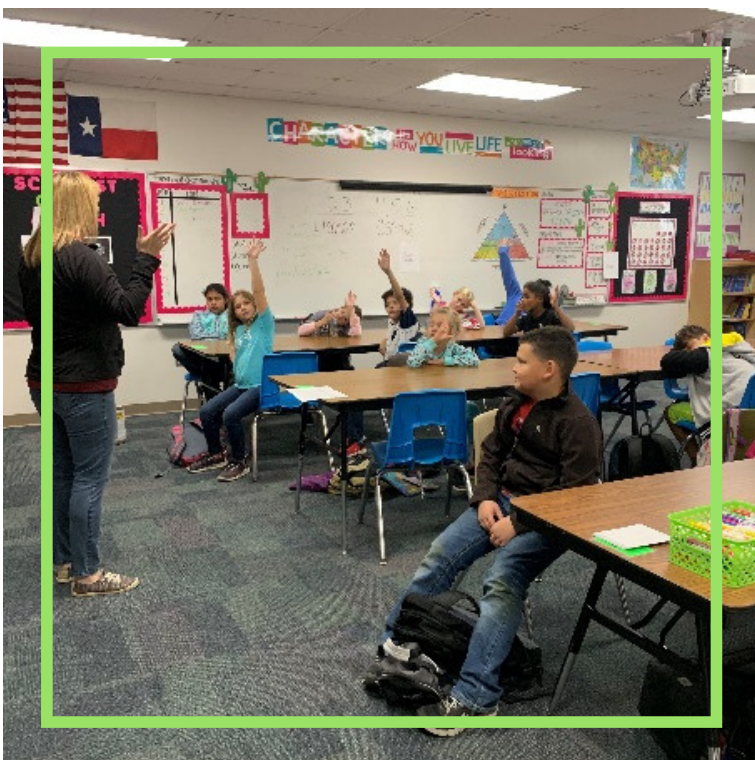
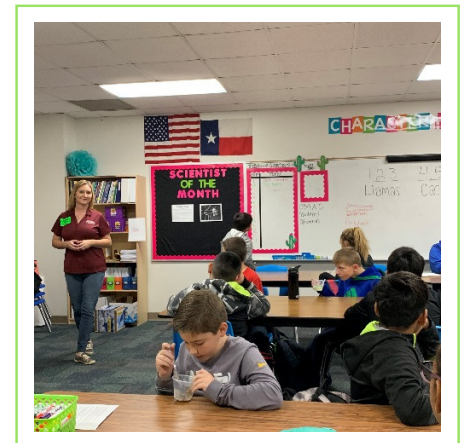
Tina Broesche

Ag Safety Day

In Burleson County we implemented the Path to the Plate program with our Ag Safety Day. The day included ATV, chemical, and gun safety. As well as, first aid and a visit from life flight helicopter. This event is offered to every 5th grader in the county. I also incorporated our County Livestock Ambassador. Together we informed the students about the different types of cattle industries in Burleson County. We also spoke on food safety and why it is important to store and prepare you meat correctly.

Soil and Water Fair

In Burleson County we also offered a Soil and Water Fair for our fourth graders at Caldwell Intermediate School. My co-worker discussed the layers of soil and my office staff played a "If you were a drop of water..." dice game. I discussed the formation of an aquifer and together we made an edible aquifer using ice cubes, ice cream, sprite, sprinkles, and chocolate syrup. Needless to say it was an instant hit!



More District 9 Happenings

Chambers County

Chambers County Extension Office Hosts FRED at MET Head Start



Texas A&M AgriLife Extension Agent Lindy Pitre partnered with MET Head Start in Anahuac, TX to host the month-long Families Reading Every Day (FRED) program to encourage early literacy and family involvement.

During the four-week FRED program – which spanned from Oct. 29 to Nov. 23 – Agent Pitre worked with MET Head Start staff and teachers, students and families to encourage young students to get a jump on literacy.

As part of this program, parents and families were encouraged to read with their children for at least 15 minutes per day for the first two weeks of the program and then for 30 minutes per day for the final two weeks. After the first two weeks, Agent Pitre invited Don Dickens of the Chambers County Office of Emergency Management to come and read to students.

Reading to children on a frequent basis is the most important thing a parent can do to help their child develop essential literacy skills. Research has shown that children who read well in early grades are far more successful. At the end of the program, to celebrate the MET Head Start students' hard work, Agent Pitre held a FRED Celebration on Friday, Nov. 30. Chambers County Health Department Nurse Shalanda Cooper helped Agent Pitre honor the kids by reading each class a story and then presenting each student with a medal. Students will also receive goody bags and their own books to take home. The program was successful as they grow older.

Parents, grandparents and other family members play a critical role in a child's development. Children that have families who are consistently and positively involved in their daily routines are more likely to be self-confident, get along well with their peers and perform better academically.

For more information on FRED and other Extension Programming please contact the Texas A&M AgriLife Extension Service in Chambers County at 409-374-2123.

More District 9 Happenings

Liberty County

“Be A Super Hero: Don’t Wait, Communicate” Mini Child-Care Conference

On October 6, 2018, Liberty County Family & Community Health Agent, Alexis Cordova conducted a 4 hour interactive training for 34 child care providers. The Child Care Super Heroes gained skills on how to triage tasks in a child care learning environment. They learned ways to decrease the stress of multi-tasking and how to manage their time wisely. They also learned how to keep children safe by planning for emergencies of all kind on a routine basis. Communicating the emergency plan to all parties, including parents, is very important.

Providers gained resources to use to assess their classrooms, outdoor learning environments and surrounding areas to increase safety and prevent poison emergencies. The Super Heroes had the opportunity to learn 6 important super powers, or pillars of character, that are important as a professional to help balance all moral principles and improve the ethical quality of decision making. Spider Man, Wonder Woman and Super Man were among the heroes we learned about to learn responsibility and empower tomorrows’ heroes, today! The providers had the opportunity to create “Respectacles” to SEE the best in others and RESPECT differences like THOR. They designed shields of amour, similar to Captain America, to protect themselves, CARE for others and be a good CITIZEN in their community. As a team, they imagined a situation where unfairness takes place in the classroom, then had to turn it into a FAIRytale and create happy endings. They designed a FAIRNESS Super Hero from their story.

The Team Trust Journey was a way they learned to trust and be led by others. All of the hands-on activities could be replicated in an age-appropriate classroom and with minimal supervision. The key to successful child care provider education opportunities is to make the trainings affordable, interactive, fun, engaging, and applicable to their professional environment.



The Six Pillars of Character

District 10 Happenings

Bexar County

Juvenile Probation Department, Community Service Restitution Unit invited Texas A&M AgriLife Extension Service-Family & Community Health to a appreciation dinner. Community Partners were being acknowledge for working with youth in San Antonio. Chief Probation Officer, Lynne Wilkerson thanked all community partners for providing services to the youth. AgriLife had previously provided a food handler's training for youth to help them obtain a job in the food service area. Angie Gutierrez, Family & Community Health Agent and Frances Moreno-Elizondo, Office Assistant IV attended the event and enjoyed a nice dinner.



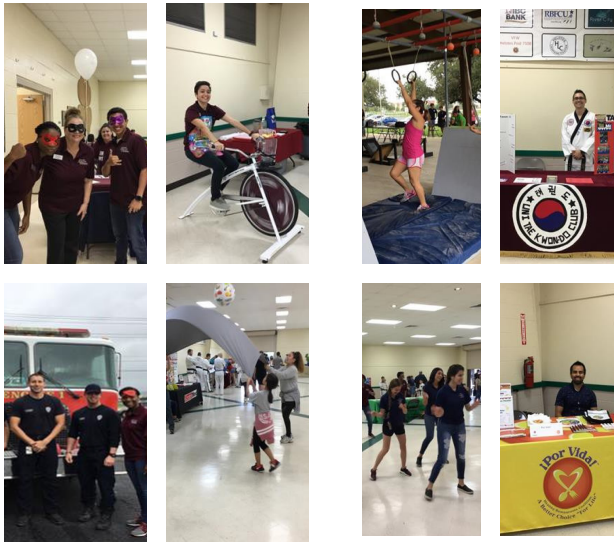
San Antonio was the lucky city to host National Extension Association of Family & Consumer Sciences Conference. Family & Community Health Agent Angie Gutierrez and CEP Agent Grace Guerra-Gonzalez attended this conference for professional development. Grace had the opportunity to speak to program leaders across the nation. The first night there was a special "Howdy" social held at the La Villita to welcome all 835 participants. We had live entertainment from students from the Rio Grande. Health & Wellness Educator, Erika Alaman and Assistant Extension Agent, Caroline McLaren assisted with the bike smoothie to cool people off.



More District 10 Happenings

Bexar County

Family Community & Health Agent, Angie Gutierrez and Health Educator, and Erika Alaman traveled to Southwest District 10 in Uvalde, TX. They demonstrated and provided taste testing of salsa for some special guests. The district office had a representative of Senator Cornyn and State Representative William Hurd's office. They took a tour of the research center to get a first-hand look on the different vegetables and fruits that are being field tested. They also learned about AgriLife's Path to the Plate initiative and how to educate consumers about agriculture, the food we eat and how it connects to our health. Everyone enjoyed the hot tasting salsa. The staff did a great job in representing Bexar County!!



AgriLife's Family & Community Health had their first 4-H Walk Across Texas Kick Off! at the Helotes Activity Center. We had lots of fun in promoting the importance of being active and making healthy eating choices. The Helotes Firefighters and our own BLT educator, Natalie Ramos pedaled away on our bike smoothie. We had UTSA Interns assisting with a jump rope activity and Zumba. We had an obstacle course for all to try and invited business and organization to help us promote being active. We definitely burned some calories.

Heath & Wellness Educator Erika Alaman and County Extension Agent, Angie Gutierrez had an opportunity to assist with the San Antonio Conservation Society Foundation's Heritage Education Tours. These tours are sponsored each year by the San Antonio Conservation Society Foundation to educate our school children about the importance of their hometown, its buildings, culture, and traditions. This year Erika and Angie worked with students from Woodlawn Hills Elementary in SAISD. Students learned about the chapel, granary and housing arrangement. They even learned about how the people that lived in Mission San Juan used a water irrigation system for their crops to grow. Everyone enjoyed the tour.



More District 10 Happenings

Medina County

The Medina County Women's Conference was a sell out this year with approximately 250 women attending from throughout South Central Texas. This year's theme was "Here's to Strong Women; May we KNOW them, May we BE them, May we RAISE them. It is presented by Medina County Sister's, Inc. and Texas A&M AgriLife Extension in Medina County. The educational event is planned by the women of Medina County for the women of Medina and surrounding counties. The daylong event consists of educational and motivational speakers, a catered meal, style show put on by local boutiques, shop and learn kiosks and a silent auction. Proceeds from this year's silent auction raised almost \$4000 and benefitted the San Antonio Alzheimer's Association. Alzheimer's was the health topic of this year's conference.

Keynote speaker was Kelly Swanson, nationally recognized award winning story-teller, comedian, speaker and TV personality. Her humorous yet thought provoking topic was "Who Hijacked My Fairytale: Hanging onto Humor When Life Doesn't Go the Way You Planned. Other speakers and topics included: Judge Vivian Torres: Live and Success as an Immigrant to the United States. Kim Dayoc, School Counselor and standup comic: Happy is a Soul-Thing, Ginny Funk, Alzheimer's Assoc: Healthy Living for Your Brain and Body: Tips from the Latest Research, Dr. Dawn Mayo, OB/Gyn: Keys to Remaining Strong and Healthy Throughout your Lifetime.

An added attraction to the event this year was the recognition of Sister's, Inc. Woman of Courage Award. The Woman of Courage Award is intended to recognize and reward a Medina County woman for service to the community while facing difficult times herself. The award is presented and sponsored by Sister's Inc. Medina County Sister's Inc. was founded in 2010 by local women under the guidance of Sandy Kunkel, CEA. The founders saw a need for an organization that would provide educational, social and service opportunities for women. Membership in the group is about 60 women. The conference is their premier event however they sponsor other educational events and serve the community in numerous ways throughout the year.



District 11 Happenings

Victoria County

Victoria County hosted “Pumping Up the Pumpkin” Healthy Cooking School in November. Participants learned how to cook with Autumn’s favorite crop, pumpkins! Using recipes from the Dinner Tonight database, agent Gracie Rider demonstrated light pumpkin spice lattes (borrowed from Illinois Extension), Pumpkin Hummus, Creamy Pumpkin Pasta, and Pumpkin Pie Cheesecake Parfait. Classes were held at the University of Houston-Victoria and DeTar Hospital for close to 40 participants!

Additionally, the Crossroads Diabetes Expo was held the first weekend of November at the Victoria College Health Science Center. Attendees were able to participate in free health screenings, fall risk assessments, watch a cooking demonstration, visit with community partners and listen to keynote speakers. Over 120 people



San Patricio County

Twenty-four San Patricio County Walk Across Texas teams logged a total of 37,641.72 miles over a eight-week period. Participants compete within groups of eight. The program is aimed at helping participants establish the habit of daily physical activity with support from their peers. Research suggests, that when people walk for a period of eight weeks, they are more likely to walk for the long term. Participant feedback indicates that team members increased energy levels, reduced stress and lost weight. Potential economic impact of the Walk Across Texas Program in San Patricio County is \$4,400,591. Participant Comments: “Walk Across Texas is a wonderful program that reminds us to keep moving and try to live healthier. I love being a part of an amazing team that is encouraging and helpful”, “It was great being a part of Walk Across Texas. I might not have lost the pounds that I would have liked to, but I did notice that I lost inches. My health and weight loss journey have not come to an end. I am going to show my family one way of how much I love them, and that will be by staying healthy” and “Diet and exercise are a struggle! Being on a TEAM has brought about inspiration, motivation and fun!! I found myself wanting to do just a little more to support my teammates...I found myself wanting to walk just one more mile today because our competition was tough...can’t let those other teams jump ahead!! But who REALLY benefitted from all this extra work – I DID!! So, thanks to my TEAMMATES for a great time!”



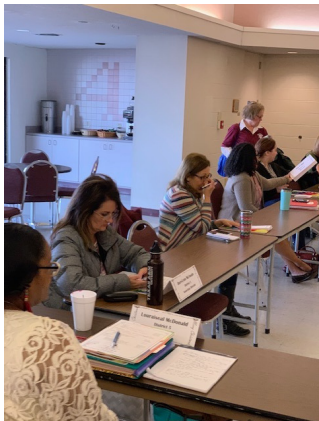
Snapshots from TEAFCS Winter Board Meeting



| Texas Extension Association of Family and Consumer Sciences Winter Board Meeting - Brownwood, Texas December 4-5, 2018 | |
|------------------------------------------------------------------------------------------------------------------------------|--------------------|
| Agenda | |
| Call to Order | Felice Acker |
| Inspiration | Fiona Williams |
| Appoint Members to Review Minutes | Felice Acker |
| Secretary's Report | Gertchen Sanders |
| • Roll Call | |
| • Approval of Minutes from Summer Board Meeting | |
| Treasurer's Report | Amy Reider |
| • Current Balance | |
| • Membership Report | |
| • Instructions for Membership Dues | |
| • Expenses to Date | |
| Director Reports | Director Directors |
| • Status of All Members | |
| • New Members/Life Members | |
| • Retirees | |
| • Volunteers | |
| • Highlights | |
| Executive Committee Reports | Felice Acker |
| • President | |
| • President Elect | |
| • 1st Vice President | |
| • 2nd Vice President | |
| • Treasurer | |



| | | |
|-------------------------------------------------|------------------------------|-----------------------|
| Committee Reports | | |
| • Ethics | Lorenzoni McDonald | |
| • Member Resources | Bonnie Marcus | |
| • Historical | Angela Fiedler | |
| • Public Policy | Lynette Babcock | |
| • 4-H Foundations | Mandy Patrick | |
| • Website | Christina Jones | |
| Unfinished Business | | |
| • 2018 TEAFCS Conference | Division 6 | |
| • 2018 NEAFCS Annual Session | Felice Acker | |
| • Update State Conference Manual | Amy Reider | |
| New Business | | |
| • Update Board Review Committee Assignments | Felice Acker | |
| • Winter Board Meeting Administrative Questions | Felice Acker | |
| • Bring TEAFCS Awards Campaign | Lynette Babcock | |
| • 2019 TEAFCS Conference Update | Amy Reider | |
| Announcements | Felice Acker | |
| Adjourn | Felice Acker | |
| Dates to Remember | | |
| JCEP | February 6-7, 2019 | San Antonio, TX |
| PLEP | April 14-17, 2018 | Washington, DC |
| Spring Board Meeting | May 1-2, 2018 | Brownwood, Texas |
| 2019 TEAFCS Conference | July 25-28, 2019 | Midland, Texas |
| 2019 NEAFCS Conference | September 26-October 2, 2019 | Santer, PA |
| 2020 TEAFCS Conference | September 14-17, 2020 | Shawnee, Missouri, UT |



Important Dates and Upcoming Deadlines

Dates



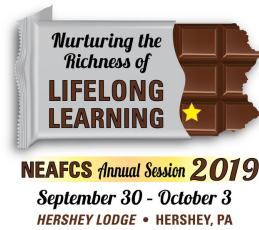
JCEP.....February 6-7, 2019.....San Antonio, TX



PILD.....April 14-17, 2018.....Washington, DC
Spring Board Meeting.....May 1-2, 2018.....Brownwood, Texas



2019 TEAFCS Conference.....July 22-25, 2019.....McKinney, Texas 2019



NEAFCS Conference.....September 30-October 3, 2019.....Hersey, PA
2020 NEAFCS Conference.....September 14-17, 2020.....Snowbird Resort, UT

Upcoming

~Proposals for concurrent sessions and showcases of excellence for our 2019 NEAFCS Annual Session for current NEAFCS members-Deadline for submissions is **January 31, 2019** at <https://neafcs.memberclicks.net>.

~NEAFCS Impact Statement Portal Deadline is **February 1, 2019**

~NEAFCS PILD 1st Timer Scholarship-Deadline **February 1, 2019**; PILD first-time attendees may be eligible for one of the twenty \$300 NEAFCS 1st Timer's scholarships. Contact affiliate President if you wish to be considered for the state PILD team and this award. Only one scholarship per affiliate. The scholarships are awarded on a first come, first serve basis among those who complete the application as directed.

~Consider submitting to the Journal of the NEAFCS; To learn more about submitting an article and being involved as a reviewer, go to <https://neafcs.memberclicks.net/journal-of-neafcs>. Submissions are due **April 1, 2019**.

~If you missed getting your special 85th anniversary pin at the 2018 Annual Session this year, good news! NEAFCS is now selling pre-orders to be picked up at the 2019 JCEP Extension Leadership Conference by you or chapter affiliate. All pre-orders must have payment information with the order form or they will not be processed. The pre-order form must be received at our National Office by the close of business on **January 23, 2019**. Order form

link <https://neafcs.memberclicks.net/assets/documents/order-forms/2019%20Anniversary%20Pin%20Pre-Order%20for%20JCEP%20Pickup-FILLABLE.pdf>



A Note from the Editor

from the desk of Flora Williams



I bid you wishes of a peaceful, productive, and prosperous 2019! Here's a quick reminder of our next set of Texas Extra deadlines:

- March 15, 2019 (release date April 1)
- June 15, 2019 (release date June 30)
- September 15, 2019 (issue release date October 1)
- December 15, 2019 (release date January 1)

All articles for the next edition should be submitted to each District's Texas Extra Editor by your district's deadline. District editors submit one Word document from your district with pictures included in the Word document. Please no .pdf or publisher submissions.

Yours truly,
-Flora Williams
Brazos County
CEA-FCH

