

Spring 2019 Edition

A Note from our President

from the desk of Felice Acker

Happy Spring!! I love Spring. I love when everything starts to bloom, and the weather gets warmer. In the last issue, I encouraged everyone to find some balance and take some time off! I hope you have done that but if you haven't, do it now, this spring. Go look at your calendar and find 2-3 days that you can take off. They don't have to be together. Take a Friday one month, a Tuesday another. Then don't just look at your calendar, go into Workday and take it off!! If you do that you are more than likely not going to commit yourself to something else. You will take it off!! And that is how we help ourselves! We find a way to enjoy our jobs when we are rejuvenated!

Speaking of our jobs, I know this is a busy time of year. There are so many contest, meetings, and programs being conducted. Remember to have someone take a photo of you doing your job. Share that on your social media, and Be proud of the work we are doing.

We are getting ready for Spring Board meetings the end of April. If you have any questions, please send those through your Directors and Associate Directors.

Have a great Spring and thanks for all you do for Texas!

-Felice

2018-2019 Leadership Team

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Historian

In this Edition...

President's Message	1
1st Vice-President's Message	2
District News	3
Important Dates/Deadlines	18
Editor's Message	19

A Note from our First Vice-President

from the desk of Lynette Babcock

Awards Updates

The deadline for submitting TEAFCS state level awards and scholarships is April 8, 2019.

These awards were developed as an additional way to recognize our members as well as some of the individuals and groups that provide support to FCH programming efforts.

State only awards categories include:

- Family Development and Resource Management (Family Life, Parenting Financial Management, Housing, Clothing, Etc.)
- Nutrition, Health and Wellness (Non-BLT Related programs only.)
- 4-H and Youth Development
- Curriculum Enrichment
- Multi-County Programming
- Excellence in Community Development
- County Judges and Commissioners Court
- Friend of Extension
- Woman of the Year (Nominee must be from the District hosting the state conference.)
- Specialist Award for Distinguished Achievement
- Paraprofessional Award
- Extension Support Staff

Awards guidelines and applications are available at <https://teafcs.tamu.edu/awards/>.

The password for accessing the “state only” awards page is fcsagent. All awards should be submitted by email to Lynette Babcock, l-babcock@tamu.edu. Please submit applications as one PDF document.

TEAFCS also has two scholarship opportunities available. The Professional Development Scholarship is for members pursuing postgraduate study. The Ann Sonner Scholarship is for students majoring in in a Family and Consumer Science related field that is a sophomore, junior or senior in college. Please visit <https://teafcs.tamu.edu/> for information about scholarship requirements and applications.



District 1 Happenings

Moore County

Moore County Extension Agent Carolyn Prill-Bennett works with students on My Plate Food Chains at Sunset Elementary in Dumas, Texas. Learn Grow Eat Go (LGEAG) program is being taught to 200 4th graders in the Dumas ISD school system to promote healthy eating and square foot gardening in the community.



Dallam-Hartley Counties

Kay Herron-Rogers, CEA-FCH of Dallam-Hartley counties, teaches youth to make Black Bean Quesadillas at recent Dinner Tonight Junior event in Dalhart, Texas. Rogers partners with Jill Pronger Killian of Sherman County and Carolyn Prill-Bennett of Moore County to bring healthy eating instruction to area Headstart parents and youth in the Northwest Panhandle cluster.



District 4 Happenings

Dallas County

Walk Across Texas at Dartmouth Elementary - Students at Dartmouth Elementary in Richardson ISD kicked off Walk Across Texas on February 15th. Agent Brittany Martin coordinated the kick-off event, which included students and teachers walking a mile around the school and a dance party. Students will walk with their classes through the next 8 weeks during school, but they will take their goals home too! Residents of the Duck Creek neighborhood, which surrounds the school, are making use of their sidewalks and walking trails to help the school reach its physical activity goals. They hope to walk enough miles to visit many cities in Texas, while learning geography in the classroom at the same time. Agent Martin will help them wrap-up their success, and will use the “Hydration Station” to talk about smart beverage choices, at their Family Fitness Night celebration in April.



Hopkins County

The staff of the Hopkins County Extension Office held a welcome reception for the Extension Assistant, Jessica Taylor. Jessica will serve an 18-24-month period, and will assist Agents Johanna Hicks and Mario Villarino with programming, 4-H events, LAB meetings, and all aspects of Extension. She has a bachelor's and master's degree from Texas A&M-Commerce with an agriculture emphasis. The staff is pleased to have her on board!



More District 4 Happenings

Rockwall County

Fresh Start to a Healthier You - Helping Hands Client Story: Michelle has been a client for several years at Helping Hands. In that time, she has experienced several different setbacks. From failed relationships, separation from her children, financial struggles, and disabling mental health issues...she has endured it all. Michelle reached a point where the Helping Hands Client Service Specialists felt like she had stalled in her efforts to overcome her situation. In an attempt to help Michelle get out of this rut, Helping Hands required her to enroll in the nutrition and financial class series provided by a partnership among Texas A&M AgriLife Extension Service, Better Living for Texans, and Alliance Bank. Michelle was not at all happy about this requirement being placed on her and she made her feelings known. She begrudgingly agreed and attended the first class. Michelle then returned to complete the 3-class series. She loved all three classes. She later apologized for her attitude in the beginning. Michelle expressed a desire to keep moving forward with her education by enrolling to get her GED. The classroom learning environment provided by Rockwall County Extension Agent, Aimee Sandifeer, encouraged her and motivated her to keep the forward momentum toward self-improvement.



District 6 Happenings

El Paso County

There are a number of exciting things happening at the school gardens at Guillen MS, Hart ES and Zavala ES. EPISD Facilities is helping put in an irrigation system to make sure that the plants get plenty of water during the growing season. One of the challenges of a school garden is that both teachers and students have a lot of demands placed on them and are not always available to water.

We are also excited about a gardening course that we will be offering parents as part of Agrilife Extension's Growing and Nourishing Healthy Communities program. The six week program covers everything from choosing a garden location, how to build raised beds and diseases and insects

Pecos County

It was “Great Bowls of Fire” on Feb 21. When the Pecos County Dinner Tonight cooking club held its annual chili cook-off for its members. With three categories to enter, host Gracie Aranda made the evening turn into a virtual road trip to Terlingua, showcasing traditional and creative recipes for the humble “bowl of red.”

Members sampled the chili entries along with all the condiments – sour cream, cheese, onions, cilantro, jalapenos, and more – then acted as judges. The competition was hot (pun intended) but a dessert of ice cream and cookies were on hand to cool things down.



More District 6 Happenings

Val Verde County

Hamburgers for Heroes:

Val Verde 4-Hers gave their hands to larger service on 2/18/2019, by feeding 1,000 HEROES currently serving our community, country and world. These 4-Hers along with their families and community volunteers worked effortlessly and diligently to serve our heroes. Val Verde County is much to proud of!

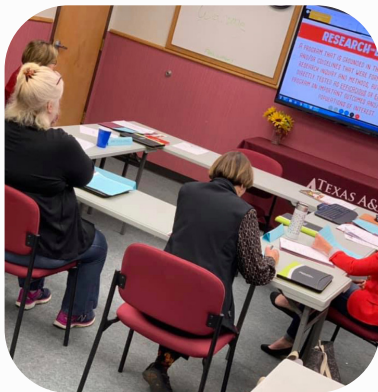


District 9 Happenings

Brazos County

Brazos County Car Seat Fitting Station

At the Brazos County car seat fitting station, 36 car seats have been inspected in the six days that it has been in operation this year. All of the car seats had some sort of misuse upon arrival and 19 seats were collected and destroyed because they were not safe to use. After parents and caregivers received hands on training on how to properly fit their children in seats and to properly fit the seat their car, they were able to demonstrate a proper installation. Master Wellness Volunteers and FCH/BLT committee members worked with agent Flora Williams as scribes and technicians to provide this important service.

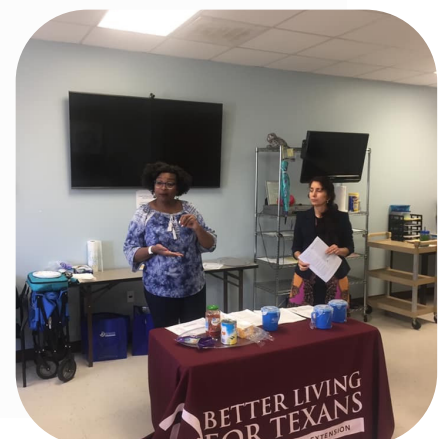


Master Wellness Volunteer Training

Congratulations to the five new Master Wellness Volunteers who went from candidates to interns. They've completed 40 training hours and passed their exams, and are well on their way to completing 40 volunteer hours. They were very fortunate to be a part of the statewide cohort.

A Fresh Start to A Healthier Series

Catholic Charities is a host site of the *A Fresh Start to a Healthier You* series of series that will be conducted in Brazos County. The first group has graduated. Participants were excited to watch the healthy food demonstrations, sample the tasty recipes, to receive tools that reinforced the lessons, and certificates.



District 9 Happenings

Brazos County

Saving Money on the Food Budget

Kudos to the well-behaved and attentive career prep students at College Station High School! Graduating seniors focused on saving money on the food budget. They learned to save by using smart consumer tips: planning ahead and taking advantage of sales, coupons, and bargains. The classes concluded with making smoothies that costed a whopping 46 cents each because of using store brands..



Health Talk Express

The Brazos County Health District hosted a Health Talk Express class on Act FAST to prevent a stroke. Brazos County employees learned five symptoms of strokes: sudden numbness, confusion, trouble seeing, trouble walking, and sudden severe headache and what to do if they think someone is having a stroke.

Cooking Well with High Blood Pressure

Lincoln Recreation Center seniors completed the Cooking Well with High Blood Pressure series on February 5, 2019. There were 29 who attended. They enjoyed the low sodium food demonstrations, recipes, and virtual grocery store tour.



Walk Across Texas Sponsored Event

The Brazos County WAT Taskforce made its media rounds to morning and noon shows on TV and radio to promote the 22nd annual event. They visited commissioners court to have the proclamation voted on and were very successful with sponsorships. This year the taskforce has grown tremendously and 257 teams are competing in the sponsored event. At week six, 144 teams had completed the 833 mile mark (we go the extra mile). The kick off event held in February at Post Oak Mall was well attended and Recharge Bootcamp was held at D1 Training was a blast.



District 10 Happenings

Bexar County/San Antonio Texas

Bexar County Rodeo Breakfast

Family & Community Health Agent, Angie Gutierrez attended the 3d Annual Bexar County Rodeo Breakfast. This event invites the Southside community to learn about educational programs offer in the community. She provided educational handouts and gave out vegetable seeds to encourage community gardens. She also ran into Commissioner “Chico” Rodriguez and Judge Nelson Wolff. Who are big supporters of AgriLife.



Walk Across Texas! Training

AgriLife’s Health & Wellness Educator, Erika Alaman conducted a Walk Across Texas training for the staff of the ACE & L.E.A.P. afterschool program with Harlandale ISD. They are getting ready for the kick off where 18 afterschool sites will be competing to see what school walks the most miles. Good luck to all students and team captains.

Growing and Nourishing Healthy Communities

AgriLife’s Urban Agriculture Educator, Takisha Durst conducted our first Better Living for Texans’ Growing Nourishing Healthy community curriculum at the Wille Cortez Senior Center. Participants worked on tilling the soil and then planted vegetables such as: onions, broccoli, swiss chard and herbs such as: cilantro, mint and parsley. Participants were excited about planting and are taking turns watering the garden every day. They can’t wait to harvest time.



More District 10 Happenings

Bexar County/San Antonio Texas

Master Wellness Volunteer Training

Health & Wellness Educator, Erika Alaman and FCH-County Extension Agent, Angie Gutierrez provided a face to face master wellness volunteer training. This was class# 3 for 2019. Participants proudly showed off their sombreros they created from the Learn Grow Eat & Go! curriculum. Some of our participants included UTSA students enrolled in the dietetics program and a 4H club leader from Wilson County. Participants learned about the Growing Nourishing Healthy Communities curriculum and made their own pots out of newspaper, added soil and seeds. The group took a break after learning about Walk Across Texas and together walked a couple of laps to burn calories and stretch out from sitting. Our BLT Extension Assistant, Natalie Ramos demonstrated exercises using resistance bands. It was a day of learning and having fun!



HEB Store Tour

Several AgriLife staff as well as County Extension Director took an educational field trip. They met with a dietitian who gave them a store tour of HEB. They learned about reading food labels, incorporating frozen vegetables to your meals, reviewed dairy products, learned about sugar substitutes and nutrients of different types of vegetables. This event was part of the HEB Slim down Showdown Challenge the county was employees were part of.

More District 10 Happenings

Bexar County/San Antonio Texas

Walk Across Texas! Kick Off AgriLife's Family & Community Health and Harlandale ISD ACE and L.E.A.P afterschool program worked in collaboration to host the Walk Across Texas! Kick-off. They had Commissioner "Chico" Rodriguez kick off the event by thanking all participants and exhibitors that attended event on a cold rainy day. Many of the exhibitors that joined AgriLife share the same vision of, "Help Texans Better Their Lives". They provided educational information on health & wellness. We also had plenty of physical activities like ZUMBA, dance group performance, Bexar County Sheriff K-9 unit and a smoothie bike.



WALK
ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION

More District 10 Happenings

Bexar County/San Antonio Texas

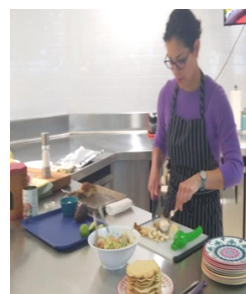
Healthy Texas Youth Ambassadors

During rodeo time in San Antonio the Healthy Texas Youth Ambassadors from several counties provided educational information to HEB customers. They highlighted Texas Agriculture and its connection to food and health. They also facilitated a spin the wheel game that had questions for customers to answer on understanding food packaging labels, what is GMO, what does organic mean? They gave away recipes cards, pencils and stickers. The HEB Chef in the Cooking Connection area supported AgriLife by cooking some delicious recipes for customers and ambassadors to try.



D-10 Extension Association of Family & Consumer Sciences

Family & Community Health agents attended the CHEF Program- Culinary Health Education for Families at the Children's Hospital of San Antonio. Program Director, Maria Palma presented an overview of the program that provides patients with hands on culinary medicine classes to help manage a variety of diagnoses and dietary needs. Ms. Palma demonstrated a recipe and had the agents add their own topping to the delicious black bean tostada with bake chicken.



District 11 Happenings

Colorado, Jackson, Matagorda, and Wharton Counties

The 2019 Western Rice Belt Conference was held in El Campo, TX on January 16th and attended by over 88 people. This year's theme was "Rice the World Over". Each county demonstrated how to make a rice dish common in a country of their choice. Colorado County demonstrated how to make Italian Brown Rice. Jackson County made One Pot Brazilian Chickpeas and Rice. Matagorda County made Uruguayan Rice and Wharton County made a rice dish called German Skillet Dinner. Texas Extension Education Association members from 4 counties helped decorate, find sponsors, cook, and host the event. Each county agent and an assistant helped prepare the dishes for the audience. The guest speaker for the event, Danny Stowers, gave a detailed history of how rice was grown, harvested and sold around the world and in the United States. Over 70 door prizes were given away.



Victoria County

Victoria County hosted their monthly Dinner Tonight at DeTar Hospital on March 14th. Recipes showcased "the luck of the greens" and included new and different ways to incorporate green fruits and veggies into their meals. Around 30 participants were able to sample each dish, provide feedback on their preferred recipes, and ask questions related to food and nutrition. Specialist David Leal assisted Gracie Rider with this program, which is a partnership with one of the local hospitals, DeTar. Representatives from the BEEF Team also had a booth. Master Gardeners provided door prizes for this program and everybody left with a smile.n away.



More District 11 Happenings

Fayette County

Multi-District “Food Preservation in the 21st Century” training for county extension agents was held January 16, 2019 in Fayette County. The workshop was hosted by South & South East Regional Program Leaders Jana Osbourn and Erika Bochat; and Austin, Bastrop and Fayette County agents – Michelle Allen, Hillary Long and Sally Garrett. Extension Specialist Jenna Anding taught the sessions which included hot water bath and pressure canning plus dehydration and freezing of produce. Also assisting was Julie Prouse from Extension’s Food & Nutrition Department. In the afternoon agents participated in hands-on activities to hot water bath and pressure can produce. Anding also provided agents with suggestions on various ways to offer food preservation classes in their counties. Agents left the training with the “So Easy to Preserve” resource book; a class binder with canning resources, tips and recipes; and 2 canned products.

Matter of Balance Series Offered:

After being contacted by the City of La Grange’s Recreational Center about offering “A Matter of Balance” (AMoB) classes, the 8-session series was set for the month of February. A full class of 13 registrants was started on February and agent Sally Garrett and program assistant Jenifer Boening conducted classes every Tuesday and Thursday for 4 weeks. Local Physical Therapist, Debra Hall, attended the 6th class to offer fall prevention tips and suggestions for additional exercises that participants could easily replicate at home. A celebration was held at the final class and certificates presented to class members. One member, who has Parkinson’s, stated she had seen a marked improvement with the AMoB exercises, and she would be continuing with them. Another member said that with the exercises his arthritis and movement in his hands had also improved.



More District 11 Happenings

San Patricio County

Fifty-eight women participated in the 5th Annual San Patricio County Sweet Heart Workshop to celebrate February as National Heart month. Activities included free health screenings, a healthy breakfast, stress management and two healthy food demonstrations. This event is a joint effort by the Sinton Wesley Nurse and Kathy Farrow, San Patricio County Extension Agent. Feedback indicated that all participants planned to adopt a healthy heart lifestyle.'



Important Dates

PILD/April 14-17, 2019/Washington, DC

Spring Board Meeting/May 1-2, 2019/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



NEAFCS *Annual Session* **2019**

September 30 - October 3

HERSHEY LODGE • HERSHEY, PA

A Note from the Editor

from the desk of Flora Williams



Happy spring! Here's a quick reminder of our next set of Texas Extra deadlines:

- 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.

Yours truly,
-Flora Williams
Brazos County
CEA-FCH

Be sure to stop and smell the roses.

