

Summer 2023 Edition

TEXAS EXTRA

Texas Extension Association of Family
and Consumer Sciences



President's Note

As my term as President draws to a close, I wanted to take a moment to express my heartfelt gratitude for the incredible opportunity to serve this amazing association. It has been a privilege to work alongside such dedicated professionals, and I am immensely proud of the progress we have made together. Throughout my past terms as President-Elect and President, I have witnessed the true power of lifelong learning. It is a principle that lies at the heart of our association, and I am grateful for the collective commitment in taking action to improve our professional career as Extension Agents. Our field is ever-evolving, and in order to stay at the forefront, we must never stop learning. Let us continue to embrace curiosity and remain open to new ideas, research, and innovative approaches. In the face of challenges, we have always risen above, demonstrating resilience and determination. Challenges provide us with invaluable opportunities for growth and improvement. As individuals and as an association, we have tackled obstacles head-on, finding creative solutions and turning setbacks into stepping stones. Let us remember that challenges are not obstacles but gateways to progress. May we always have the courage to confront them and the perseverance to overcome them. Taking risks is an essential component of personal and professional development. It is through calculated risks that we explore uncharted territories, discover new possibilities, and create transformative change. Let us be bold in our endeavors, unafraid to step outside our comfort zones and embrace the unknown. Each risk we take brings us closer to realizing our full potential and making a lasting impact on the lives of those we serve.

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Networking has been a cornerstone of our association's success. We have built a vibrant community of professionals who share a common passion and dedication to improving the lives of individuals and families. Let us continue to nurture these relationships, both within our association and with external partners, fostering collaborations that strengthen our collective impact.

As I pass the torch to Norma Munoz, our next TEAFCS President, I am filled with a profound sense of gratitude and optimism. Together, we have achieved remarkable milestones. I am confident that under the leadership of our incoming President, our association will continue to flourish and make a meaningful difference in the lives of individuals and families throughout Texas. Thank you once again for the trust and support you have bestowed upon me during my term. It has been an honor to serve as your President, and I look forward to witnessing the incredible contributions each of you will make in the years to come.

Sincerely,

Joanne Ureste-Armijo

TEXAS A&M
AGRI LIFE
EXTENSION



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

District 1 Happenings....



June 19-21, Moore and potter counties hosted three car seat events in their communities in coordination with state Texas Agrilife, NW Texas Healthcare, BSA and TexDOT. Sixty six seats were distributed to 51 families in need. 12 technicians assisting included Amalia Mata, Jill Killian, Rachel Walker, Meireya Ruiz, Lee Garmany of DPHS, Laviesa Matthews of TexDOT. The panhandle communities greatly appreciate the hard work of everyone involved and the generosity of those who provided car seats to those unable to safely restrain children in motor vehicles.



In Carson County, over 300 kids from Panhandle Elementary School participated in a Youth Walk Across Texas! The WAT! began after Spring Break and concluded the last week of school. Family members joined in the fun during the Kick-Off and Midway Events. A celebration took place at the End-of Year Assembly. Kindergarten through 5th grade teams all surpassed the goal of walking 832 miles across Texas.



40 staff members from Panhandle ISD in Carson County participated in an Adult Walk Across Texas! All five teams of 8 surpassed the goal of walking 832 miles across Texas. The teams had fun competing with each other, and the winning team (pictured here) received gift cards sponsored by the school.



Wheeler, Carson, Armstrong and Gray hosted a youth pajama pant workshop. 23 youth and 15 adults attended this one day workshop where they learned proper garment construction. By the end of the day youth left in there new pair of pajama pants.

District 1 Happenings....



Progressive Farm Safety Day Deaf Smith May 2023

280 Youth 42 adults

38 adults presented with the following organization presenting

Texas AgriLife 2 Sessions

Deaf Smith County EMS

Hereford Fire Department

Deaf Smith Crisis Center

Deaf Smith Electric Cooperative

Atmos Energy

Texas Department of Health and Human Services 2 sessions

NOAA



Hemphill County Walk Across Texas led by Assistant Agent, Hannah Sell has been a success! With over 100 participants the competition is strong,

together they have walked over 17,000 miles. Modern Woodman Fraternal Financial has been gracious enough to sponsor the program.

Participant Christa Perry says "Walk Across Texas has been a great motivator for me to get moving every day. I feel so much better without the soreness or stiffness that I had in the beginning. This has prepared me for my upcoming vacation where we will walk 5-10 miles a day. My team is very competitive and although that helps push me on the days I don't want to get up early to get my miles in, this has been so beneficial for my health and fitness."



Randall County FCH Agent, Chelsey Rash, conducted two Preserving the Harvest workshops focused on water bath canning, pressure canning, dehydrating and vacuum sealing. The workshops reached a total of 34 participants and included several local entrepreneurs who were utilizing the class as an accredited training to be accepted as a vendor at the Canyon Farmers Market for the 2023 season. Participants were able to enjoy learning about preservation methods through hands on activities that covered food safety, economics and more related to the science of canning. Each workshop was sponsored by a local appliance company who featured a booth with Presto canners, parts and canning utensils. The series was such a success additional classes were scheduled each month until September.

District 2 Happenings....

SPRING SHOWERS BRING MANY FLOWERS TO MEETINGS



THE DISTRICT 2 ASSOCIATION USED ITS MAY MEETING TO LEARN ABOUT THE BENEFITS OF FLOWER GARDENING. THEY TOURED SKYGARDENS--A LOCALLY OWNED FLOWER FARM IN LUBBOCK. THE OWNER SKYLAR HAD A PASSION EARLY FOR FLOWERS BUT PURSUED A LAW DEGREE. SHE WAS REMINDED OF HER FLOWER LOVE AND DECIDED TO START A FLOWER FARM.

THE SIXTEEN MEMBERS THAT ATTENDED GOT A TOUR OF THE FARM AND LEARNED ABOUT FLOWERS GROWING THE THE SOUTH PLAINS AREA, AND WAYS TO ADAPT AND HELP FLOWERS GROW. THEY GOT TO SELECT FLOWERS AND MAKE AN ARRANGEMENT.

SOME OF THE BENEFITS OF FLOWER GARDENING THAT WERE DISCUSSED INCLUDED:

- IS A STRESS-RELIEVING ACTIVITY. SPENDING TIME IN NATURE, TENDING TO PLANTS, AND OBSERVING THEIR GROWTH CAN HELP REDUCE STRESS, AND ANXIETY, AND PROMOTE RELAXATION
- IT TEACHES PATIENCE, RESPONSIBILITY, AND PROBLEM-SOLVING SKILLS.
- OWER GARDENING CAN BE A SOCIAL ACTIVITY, ALLOWING PEOPLE TO CONNECT WITH OTHERS WHO SHARE SIMILAR INTERESTS. IT PROVIDES OPPORTUNITIES FOR COMMUNITY ENGAGEMENT.,

District 3 Happenings....

PARKER COUNTY



KATHY SMITH, PARKER COUNTY EXTENSION AGENT-FAMILY AND COMMUNITY HEALTH, TAUGHT 147 STUDENTS (9 CLASSES) HOW TO PRESERVE JAM SAFELY. THE GROUPS MADE STRAWBERRY FREEZER JAM AND ENJOYED IT THE NEXT WEEK WITH HOMEMADE BISCUITS.



PARKER COUNTY AGRILIFE EXTENSION PARTICIPATED IN A CAREER DAY AT GOSHEN ELEMENTARY SCHOOL IN SPRINGTOWN. PATH TO THE PLATE WAS A FOCUS AS STUDENTS LEARNED ABOUT MY PLATE AND ACTIVITY, BEES AND HONEY, HOW TO MEET A STRANGER DOG, AND OTHERS OVER 600 STUDENTS WERE REACHED.



PARKER COUNTY AGRILIFE EXTENSION OFFERED A GRILLING WORKSHOP. THE CLASS INVOLVED A COLLABORATIONS OF AGENTS IN PROVIDING SAFE GRILLING. PARTICIPANTS GRILLED NEW YORK STRIPS, EGGPLANT AND PINEAPPLE.

District 4 Happenings....



Multi-County Home Food Preservation 101

GRAYSON, FANNIN AND LAMAR COUNTY FCH AGENTS PARTNERED TO OFFER A HOME FOOD PRESERVATION 101 PROGRAM. DR. JENNA ANDING TRAVELED FROM COLLEGE STATION TO CONDUCT THE 2 DAY HANDS-ON WORKSHOP. DAY 1 FEATURED WATER BATH CANNING AND PARTICIPANTS MADE STRAWBERRY JAM. DAY 2 FOCUSED ON PRESSURE CANNING BASICS AND SALSA WAS ON THE MENU, ALONG WITH A SPECIAL SESSION ON DEHYDRATING. GRAYSON COLLEGE CULINARY PROGRAM GRACIOUSLY OFFERED THEIR TOP NOTCH TEACHING KITCHEN FACILITY AND CLASSROOM FOR THE WORKSHOPS.

Rockwall County Walk Across Texas

ROCKWALL COUNTY COMMISSIONER'S COURT AND HUMAN RESOURCES COLLABORATED WITH AGRILIFE EXTENSION IN ROCKWALL TO OFFER THE FIRST COMPREHENSIVE ROCKWALL COUNTY EMPLOYEE WELLNESS PROGRAM, RECEIVING A GRANT FROM UNITED HEALTHCARE IN 2022. FCH AGENT, DR. AIMEE SANDIFEER SERVES AS CO-CHAIR FOR THE ROCKWALL COUNTY EMPLOYEE WELLNESS COMMITTEE. EDUCATIONAL PROGRAMS, HEALTH FAIRS, PROMOTIONAL ACTIVITIES, MONTHLY NEWSLETTERS AND WELLNESS CHALLENGES, AND EDUCATIONAL RESOURCES ARE OFFERED AS PART OF THIS PROGRAM.



IN 2023, WALK ACROSS TEXAS AND WALK THROUGH TEXAS HISTORY PROGRAMS WERE IMPLEMENTED. NINETEEN TEAMS, 28 DEPARTMENTS, AND 140 PARTICIPANTS WALKED A TOTAL OF 39,561.03 MILES.

District 4 Happenings....



Hunt County Healthy School Recognized Campus

LONE OAK ELEMENTARY SCHOOL BECAME THE FIRST HEALTHY SCHOOL RECOGNIZED CAMPUS IN HUNT COUNTY. ALONGSIDE COUNTY EXTENSION AGENT, MARY SHOCKLEY THE STUDENTS AND STAFF COMPLETED A CAMPUS WIDE WALK ACROSS TEXAS PROGRAM WALKING A GRAND TOTAL OF 13,750 MILES! IN ADDITION TO THE WALK ACROSS TEXAS PROGRAM AND WITH THE HELP OF OUR HUNT COUNTY 4H HEALTHY TEXAS YOUTH AMBASSADOR, TRINTY RILEY, THE 5TH GRADE STUDENTS COMPLETED THE HANDS-ON PROGRAM CHOOSE HEALTHY. THROUGHOUT THIS PROGRAM THE STUDENTS LEARNED HOW TO THINK ABOUT THEIR FOOD LIKE TRUE SCIENTISTS AS WELL AS HOW TO READ A NUTRITIONAL FACT LABELS, PROPER FOOD PORTION SIZE, AND TO STAY HYDRATED!

Fannin County Car Seat Check Up Event



FANNIN COUNTY FCH AGENT PARTNERED WITH TEXAS A&M AGRILIFE PASSENGER SAFETY, SAFE KIDS, AND TXDOT TO CONDUCT A CAR SEAT CHECK UP EVENT IN THE COUNTY. MISUSE WAS OBSERVED IN ALL INSPECTIONS AND TWO CHILDREN ARRIVED COMPLETELY UNRESTRAINED. TWENTY ONE INSPECTIONS WERE CONDUCTED AND 21 CHILDREN IN FANNIN COUNTY LEFT THE EVENT SAFER THAN THEY ARRIVED!

District 6 Happenings....



Fresh Start to a Healthier You! Preview Session

Leslie King, CEA-Family & Community Health Val Verde County

Leslie King, CEA-FCH of Val Verde County did a preview of "A Fresh Start to a Healthier You" in SPANISH! This was for the Bilingual/ESL parents group through the school district in Del Rio (SFDRCISD). They meet weekly to learn English, and work on citizenship. They usually invite guest speakers at the end of the week, to mix it up. She previewed this curriculum- brainstorming how to make the meals we already make healthier with MyPlate, writing out a weekly calendar to help plan meal ideas, and family physical activities. We ended with a food demonstration of the "Cowboy Salad"- called the "Ensalada Vaquero" in Spanish. She will be back next year with this group, to do the full curriculum of "A Fresh Start to a Healthier You".



District 8 Happenings....

Katie Sindac, FCH Williamson County

Katie Sindac, FCH Williamson County, presenting information on making jams and salsa. The Water Bath Canning Workshop was held on June 2nd 2023 at the extension office in Georgetown. All 17 participants enjoyed learning and filling their own jars of blackberry jam (freshly picked blackberries from the demonstration garden were used) and salsa. Food preservation is a popular topic in Williamson County—be on the lookout for more classes.

Everyone had a great time at the hands-on Electric Pressure Cooker & Air Fryer Workshop in April 2023. These handy gadgets are great tools that many cooks have in their kitchen but may be too apprehensive on using. During this hands-on workshop, we will take the apprehension out of using these 2 popular cookers, share helpful tips, and use them to make some yummy recipes. The 12 participants were divided into 4 groups to prepare the recipes (2 groups at the air fryers and 2 groups at the Instant pots). The class prepared carnitas and cilantro lime rice in the instant pots, and churro bites and turkey meatballs in the air fryers. Katie Sindac, Williamson County FCH Agent led a presentation on these popular cooking tools, while the class enjoyed the tastings.



Danae Hicks

Ellis County AgriLife Hosts Woof Across Texas

May kicked off a unique spin-off of the Walk Across Texas in Ellis County. In partnership with Waxahachie Animal Management, Woof Across Texas was born. A total of 7 teams including three senior centers and one retirement home completed a total of 7,581 miles in April and May. The 123 participants was a county record of participants to participate in a Walk Across Texas. The Waxahachie Senior Center completed the highest amount of miles for a team with 4,416 miles and the Ennis IOOF completed the highest average miles per participant with each participant averaging over 95 miles!

WOOFACROSSTEXAS
AN 8 WEEK WALKING CHALLENGE FOR TWO AND FOUR LEGGED FRIENDS!



District 8 Happenings....

April Strickland, BLT McLennan County

Over this past Spring as the Better Living for Texans Extension Agent for McLennan County I have seen smiles on my 4-year-old and my 84 year old students who have come to participate in the Growing and Nourishing Healthy Communities gardening program. Nature is for all! We learned and laughed. We explored and engaged. We have wondered and weeded. I get the opportunity to provide education about preparing more nutrition dense recipes, physical activity indoors and especially outdoors, and gardening sustainably. My primary target audiences have been SNAP (Supplemental Nutrition Assistance Program) receiving, SNAP eligible, and or professionals that serve those audiences, motivating them to taste test new healthy recipes, create and or discover adaptive ways to be more physically active and to give gardening a chance and this is what these participants experienced. Many of the families that can't afford enough food sometimes don't think they can afford extra nature and outdoor experiences or adventures and such enough not starting a garden. Beautiful partnerships have formed between Grassroots Community Development, Waco Family Medicine, Mission Waco Urban Reap, Landscape Supply, Bonnie's Greenhouse, and Waco Foundation. Nature Deficit Disorder is an unfortunate biproduct of youth and adults not getting outdoors enough and the GNHC program give everyone a reason to start outdoors and learning gardening concepts so it's not so threatening and the fear of failure is just a little more dissolved. Older adults have been spending more time on their front porches. Kiddos have been running around more as the water plants and getting a little sprinkle in this Texas heat is openly invited. Garden On!



District 9 Happenings....

Drug Trends in Youth- Adult Education Program Caroline Cruz, Montgomery CEA – FCH

On May 24th, Montgomery County TEEA members and the FCH Department hosted an educational program called “Drug Trends in Youth”. This was an interactive program using visual aids and education on the dangerous youth trends in alcohol and drugs including illicit drugs and over-the-counter medications. This

Watch UR BAC program, taught by Extension Program Specialist Ben Smith, was for parents, adult family members, school nurses, school resource officers, school administrators, law enforcement, or anyone working with youth. In this eye-opening program, we learned about items sold at smoke shops and convenience stores, clothing that kids wear with drug references, drug and alcohol stash containers sold online or at smoke shops, social media ‘challenges’ that encourage risky drug/alcohol consumption, fentanyl crisis, vaping, e-cigarettes, alcohol huffing, and so much more. This program was a hit, and we hope to offer it again in the future. Our Montgomery County TEEA members are also excited to host this session at the State TEEA Conference this fall. If you have not utilized the Watch UR BAC program in your county, I encourage you to use this amazing educational resource!



Learn Grow Eat & Go Youth Gardening Program by BLT Agent Jasmine Carey, Lora Jorgensen and 4H Agent Zachary Giblin, 4H Program Assistant Linzee Yelderman & Intern Anna Turrabiartes Harris County

LGEG teaches youth to make healthy lifestyle choices like increasing fruit and vegetable intake and increasing physical activity, through fun activities including gardening, and fresh fruit & vegetable tasting experiences. This program implementation was an inter-departmental collaboration between BLT and 4H and included an FCH Intern and a Master Gardener. BLT Agents Lora Jorgensen & Jasmine Carey; 4H Agent Zachary Giblin; 4H program assistant Linzee Yelderman, Intern Anna Turrabiartes, and Master Gardener Mary Montgomery worked together to deliver this series. This program was made possible by a partnership between HISD Ketelsen Elementary School and AgriLife Extension, and was delivered to a select group of 16 students. This 20-session series began on March 27th and will conclude on May 15th. LGEG was developed to engage youth (3rd graders) and their families in school gardens, vegetable recipe tastings, classroom activities, physical activities, and take-home family stories. Lessons are based on the Texas Essential Knowledge and Skills (TEKS) through effective learning activities with both the Learn, Grow, Eat & GO! and Walk Across Texas programs. This is implemented through face to face, use school staff support, and may use volunteer support.

District 9 Happenings....



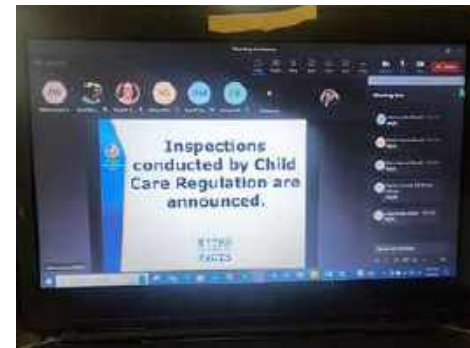
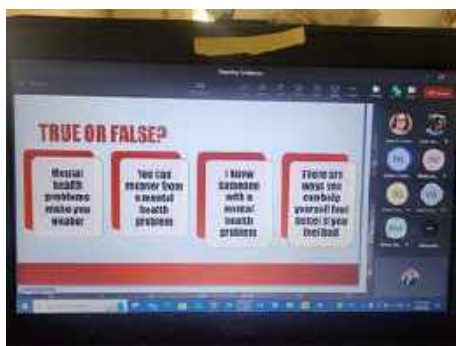
Peace of Mind and Safety Virtual Conference- Multi County Sonja Stueart-Davis, Amanda Krippel, Lora Jorgensen, Jasmine Carey, Khadija Ghaffar, Te'Anna Donaldson, Leticia Hardy, Alexis Cordova

To help parents and caregivers protect the health, safety and wellbeing of children, the Peace of Mind Health and Safety Virtual Conference was conducted in May 2023. The conference was held in May to help parents know what to look for when selecting childcare and camps for their kids during the summer.

In 2022, agents were approached by partners from the Department of State Health Services to educate parents and caregivers on what to look for when identifying childcare due to many individuals, who may not have a license or state approval to offer childcare services, marketing their services on social media sites. Parents and caregivers seem to be attracted to these individuals because of their low fees, not realizing they could potentially endanger their kids in these settings.

The topics presented during the conference were child passenger safety (car seat fittings and selecting appropriate seats), choosing safe and regulated childcare, outdoor learning activities, mealtime miracles and self-care and mental health. There were approximately 55 individuals who participated.

Feedback from the Qualtrics survey suggests that individuals enjoyed the virtual conference, learned a lot from all presenters and hope that we will offer this conference annually.



District 10 Happenings....



Welcome new Comal County FCH Agent - Amanda Molina!

Amanda has spent the last year and half working with AgriLife Extensions Expanded Food and Nutrition Education Program (EFNEP) in Bexar County. She has a Bachelor of Science in Agricultural Leadership from Texas Tech and a Master of Science in Nutrition Education from American University. She is passionate about educating the community on health and nutrition.



110 second grade students attended Ag field day at the Luling Foundation Farm.

Pictured is Luling Foundation Farm Manager - Mike Kuck, Gonzales County FCH Agent - Gayle Bludau and Caldwell County FCH Agent - Elsie Lacy teaching all about dairy by making "Ice cream in a bag"



Growing & Nourishing Healthy Communities just wrapped up for the Spring in Bexar County at the Granados Senior Center and the Westside YMCA Senior Group! Both programs were a great success with lots of excited participants who were eager to learn more about gardening and had two flourishing raised bed gardens with lots of vegetables and herbs to harvest, such as tomatoes, cucumbers, eggplant, cabbage, broccolini, radish, beets, Swiss chard, purple kale, basil, parsley, oregano, mint, and rosemary.

District 10 Happenings....



Commence the summer activities for Gillespie, Kerr and Kendall County!! 4-Hers had a blast attending the three-day Multi-County Kids Camp with a variety of activities including: Fishing, Racing Pigeons, Cooking Demonstration and swimming, along with a Tour of Schreiner University Gardens, Dutchman's Meat Market and Blue Ribbon Screen Printing!



4-H kids are keeping busy in Travis County this summer! The 4-H FCH Coalition members planned two days of Sewing and Food/Nutrition fun. Under the direction of Master Wellness Volunteer Sue Raye, the team taught how to tie a knot, thread a needle, sew a button and sew running and blanket stitches. They each left with their own watermelon pouch that they created using their new skills.



Sonia Coyle, Travis Co. FCH agent led activities and taught about macronutrients: Carbohydrates, Proteins and Fats along with MyPlate. Participants enjoyed learning ways to embellish their dishes using herbs and colors and had their own mock Food Challenge.

District 12 Happenings....

Congratulations to the Hidalgo County Strong People, Strong Body Participants!

They completed a 24-week program that began in January. The participants meet twice a week and complete the monthly fitness test. Regular strength training can have numerous benefits for individuals of all ages, including improved muscle strength, bone density, balance, and overall quality of life. These individuals noticed numerous improvements in their health, endurance, strength, flexibility, and balance. These participants also walked 3,525.83 miles as a team to completed an eight-week Walk Across Texas program.



94 year old participant of SPSB receiving her certificate of completion.

At the end of the 24 weeks, participants were recognized with graduation ceremony. The Director of Parks and Recreation spoke and encouraged them to continue improving and working on their health journey. Dr. Andrea Valdez presented a recipe from the Dinner Tonight-Emergency Preparedness Cookbook and Joanne Ureste presented them with a certificate of completion. They wrapped up the celebration with a social event at Top Golf, where they practiced their stretching skills.

We would like to thank Xavier and Dina Pena from All-State Insurance Agencies for their kind sponsorship.



Learning how to sew can be a valuable skill for both entrepreneurship and community involvement. The Master Clothing Volunteers host weekly sewing classes. These volunteers use their sewing skills to contribute to our community by creating handmade items. The past quarter, they made 185 handmade book markers to encourage children to read. They donated these bookmarkers to a community center and a public library. In addition, they were able to led a reading summer session.



Dates to Remember....



Save the Date

July 25 -27

We can't wait for the 2023
TEAFCS Conference in
Fredericksburg, TX

*Thank
You*

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Texas Extra Dates

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