



TEXAS EXTENSION ASSOCIATION OF FAMILY & CONSUMER SCIENCES AGENTS

Texas Extra

President's Message Kathy Smith

2010 - 2011 LEADERSHIP TEAM :

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The first week of February, Diana Weise and I attended the Joint Council of Extension Professionals conference in San Antonio. The conference included speakers from Washington who provided us with valuable information about grants. There are many Federal funded grants available, and we were led step by step through the grant process. It was also interesting to visit with Extension educators from across the nation, and discussing with them the situations in their states.

This past month, Diana and I, along with leadership from the other Texas Extension professional associations, had the opportunity to participate in a teleconference with Dr. Dromgoole. He reported that Dr. Smith had been in Austin to testify in front of the Ag. Committee. He also reported that the Senate subcommittee on finance went well.

Budget Update: There is now an additional 2.5% budget cut, and the Chancellor's office will cover this additional money that was called back. Right now they are holding positions and are not purchasing equipment. There is no plan to cut positions at this time.

Every state is facing Federal cuts. Federal funding for Texas Extension may be reduced by 11%. They do not expect cuts in formula funding. The vote for cuts passed in the federal House of Representatives, but has not been voted on in the Senate. This will come to a vote on the 18th of March. Contacts by key supporters have been en-



I still believe that we have the best job in the world as Extension educators. We are facing tough times, but what we can do best is deliver quality educational programs and help improve the lives of families in our counties.

couraged and made.

The proactive approach for Extension is to increase revenue. Partial cost recovery will help. We as educators need to do our part to support the partial cost recovery program. If it is successful, there will be a minimal number of positions that will be eliminated. Approximately \$4.3 million needs to be raised, and

this includes revenue from publication sales, fees, and specialist programs. There is also an initiative to address distance education and the use of technology, such as Skype, to conduct programs.

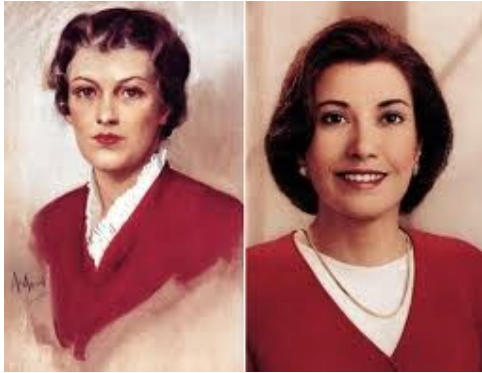
Meeting with Administration

On March 30, 2011, TEAFCS Executive Officers will meet with Texas AgriLife Extension Service administration, including Dr. Ed Smith, Mr. Kyle Smith, Dr. Bonnie McGee, and Dr. Darrell Dromgoole, in College Station. The purpose of this meeting is to share FCS program highlights and concerns from our association. If you have any questions, suggestions, or recommendations you would like to have addressed in our meeting, please send me your questions. Our meeting will be a couple of hours.

That afternoon, we will meet with Extension Specialists to share concerns and recommendations for programming. Again, if you have suggestions or recommendations, please let us know.

Betty Crocker was an Extension Agent

Cheryle Jones Syracuse, Historian (NC), Jan Scholl (PA), Christine Kniep (WI) and Marsha Goetting (MT)



Though we have long been told Betty Crocker was a fictional character and her photograph and signature formulated from a variety of women, there was a real woman behind the Betty Crocker moniker. She was an Extension Agent before she went to work for General Mills.

This is one of the pieces of information the Montana Affiliate shared when they submitted their state association history to be archived on the on the NEAFCS website.

As detailed in the Montana Affiliate history, in 1917, the U.S. Department of Agriculture Extension Service selected Janette Kelly as Home Demonstration Agent in Stillwater County. Her role was to share the results of government-sponsored home economics research from Wheat Basin to Park City. By 1921, Kelly had been hired by Minneapolis's Washburn Crosby Company, now known as General Mills, and set to work [establishing the company's first test kitchens](#).

When consumers subsequently flooded the company with baking questions, a signature was created to personalize responses from Kelly and what would grow to be her staff of 50 women. The chosen name honored retired company director William G. Crocker. The first name Betty was selected simply because it sounded friendliest. So, with the stroke of a pen, Janette Kelly became Betty Crocker. There's a [complete history of Betty Crocker](#) on the General Mills website.

Thanks to Marsha A. Goetting and the other members from Montana for submitting this fun bit of Montana Association history with us! For their complete history, visit to the [Historical Archives](#) on the NEAFCS website.

The archives can be found under the "About Us" tab, select the "Affiliate Histories" links. There you will find 22 state / Affiliate Association histories posted. If your state has not submitted a history yet, you are encouraged to do so. You never know what interesting facts you may uncover!



Words of Wisdom

If you're going through hell, keep going.
- **Winston Churchill**

When you get to the end of the rope, tie a knot and hang on. - **Franklin D Roosevelt**

I am only one, but still I am one. I cannot do everything, but still I can do something. And because I cannot do everything I will not refuse to do the something that I can do. - **Hellen Keller**

The main thing is to keep the main thing the main thing. - **Stephen Covey**

Lots of people want to ride with you in the limo, but what you want is someone who will take the bus when the limo breaks down. - **Oprah Winfrey**

Do not fear to be eccentric in opinion, for every opinion now accepted was once eccentric.
- **Bertrand Russell**

HIGHLIGHTS FROM AROUND THE STATE

District 1

The District 1 Agents welcome Andrea Stelting, the new Donley County Extension Agent for Family and Consumer Sciences effective February 1st.

Andrea was raised in Paducah, TX. She attended Johnson and Wales University in Charleston, SC earning degrees in Hotel/Restaurant Management and Hospitality Sales and Meeting Management. Since graduation, Andrea served as the Director of Housing at Vernon College for seven years. She joined the Texas AgriLife Extension family eighteen months ago serving Childress County. Andrea has a lengthy 4-H background and served as 4-H coordinator in Childress.

Andrea focuses on providing educational programs including health, wellness, nutrition and the importance of a strong family unit. Andrea will also work closely with the Donley County 4-H club. "I am very happy to be a part of the Donley County community. It means a lot to me to live in a place where I can help make a positive difference for all residents. My husband, Ed, and I are proud to call Clarendon our new home," said Stelting.

District 2

Recently agents were trained in NuVal, a nutritional scoring system developed by an independent panel of nutrition and medical experts. This system scores food on a scale of 1-100. The higher the score, the higher the nutritional value. Scores are calculated using a system which looks at more than 30 different attributes of a food. Nutrients with more favorable health effects are placed in the numerator, and nutrients with unfavorable health effects are placed in the denominator. Factors included in the calculation include the amount of saturated fat, cholesterol, fiber, vitamins, nutrient density and their poten-

tial health benefits. The more positive aspects of the food, the higher the score. Agents have educated groups such as TEEA, civic clubs, study clubs, HeadStart parents, Senior Center participants, and BLT audiences about this nutritional labeling system.

District 3

Stephens County - On Thursday, February 10th, the Stephens County FCS Committee teamed up with the Breckenridge ISD SHAC to present Heart Healthy Celebration Night. Students in K-6th grades along with their families were invited to the event.

There were several activities going on in different gyms. A Jump Rope for Heart Health along with a 3 on 3 basketball tournament helped to raise extra dollars for the American Heart Association. AgriLife Extension worked with Culinary Arts students from BISD to provide a healthy sack lunch for each participant attending. Janet Nelson, FCS agent, worked with volunteers to provide educational booths using the Family Nutrition Night curriculum. Booths provided were the Health Report Card, Re-Think Your Drink, The Low Down on Snacks, Right Size Your Portions and Let's Get Active.

Approximately 300 people attended the event and plans are in the works to conduct another one next year.

Parker County Extension Agents conducted a program for County Employees on Parker County Friendly Hospitality. The agents took information from the Texas Friendly Hospitality Workshop and adapted it to meet the needs of Parker County.

Kathy Smith also conducted a TEEA Friendly Hospitality program for Extension Education Club members. The program focused on six

points: make a first impression, know your organization, know your community, communication, dealing with conflicts and make a last impression. The members gained some useful information and loved the communication activities.

District 4

BREAST CANCER AWARENESS

Lou Ann Rollins, (Franklin & Delta Counties), and the Delta FCS Study Club sponsored **"The Power of a Healthy Woman: Breast Cancer Awareness Luncheon"** at the Delta County Club in October where over fifty ladies attended the luncheon.

The menu included Deluxe Chicken Salad, Broccoli Salad, Fruit Salad and Strawberry Cake with pink icing. The ladies enjoyed the pink decorations and using fine china. We had a "Tree of Hope" (White Christmas tree with white lights, clear balls and pink ribbons) to keep in our prayers and thoughts those struggling with breast cancer at this time.

Following the lunch, two local breast cancer survivors, Bonnie Thomas and Judy Silman shared their personal stories. Chris Tobin, RN, MSN, CFNP with Texas Oncology, shared medical and genetic information to the group. Eight people completed in the Hereditary Cancer Risk Assessment and four made appointments for further assessments.



After door prizes, guests were able to visit the four educational booths and pick up goodies.

The next week, I was the main speaker, at the "We're in This Together"-Breast Cancer Awareness Luncheon at the Delta County Library. I was asked to share my personal breast cancer story.

District 5

The 26th Annual Pineywoods Child Care Conference was held on January 22 in Jacksonville for 120 East Texas area child care providers.



The theme: "Going Bananas" was co-sponsored by the Region 7 Education Service Center in Kilgore. Participants received 8 clock hours of educational training including 6 directors hours and 1 hour of Sudden Infant Death Syndrome, Shaken Baby Syndrome and Early Brain Development. Additional sessions were provided by WIC of Palestine and Waco, Stephen F. Austin State University, The Texas Early Childhood Coalition, Texas AgriLife Extension Service-College Station and the Andrews Center. Co-Chairs for the 2011 conference were Wendi Green, Cherokee County and Mandy Patrick, Houston County. Committee members include: Kari Aycock-Angelina County, Holly Black- Anderson County, Paulette Cooper-Marion County, Patrice Dunagin-Smith County, Alyson Hoffman-Henderson County,



HIGHLIGHTS FROM AROUND THE STATE

Claudann Jones-Shelby County, Sarah Colley Jones-Panola County, Louraiseal McDonald-Harrison County, Liz Buckner Mckinney-Rusk County, Angie Monk-Wood County, Joey O'Dowd-Upshur County, Jill Parker-Gregg County and Karen Tucker-Nacogdoches County.

The Cherokee County 4-H Fashion Show took on a new twist this year in an effort to revitalize the contest. The committee partnered with The Landmark in Jacksonville to host a 4-H Fashion Show Luncheon for parents and area residents at the historic building. Participants were treated to new hair styles from area stylist and make-up from the Clinique representative at Bealls in Jacksonville.



"Eating Healthy in Cherokee County" was developed by CEA-FCS Agent Wendi Green as a way to assist area residents in making healthier choices when eating out or at home, fast food or a sit down restaurant. The program has been presented to area high school students, community meetings and area service groups.

District 6

ANNUAL AWARDS RECOGNITION EVENT

The TEEA Club met February 10, 2011, at Alfredo's Mexican Food Restaurant for the Woman of the Year Award.



The Woman of the Year Award was presented to Tina Hagy, who is the Chairwoman of the Craft Club. The Award was presented by Karan Heffelfinger.

Other Awards included:

Newest Member..... Vea Anna Hooker

Recruiter of the Year.....Margaret Acosta

Distinguished Service.....Lee Harris

Cook of the Year.....Seiko Riley



District 7

DISTRICT 7 TAKES A WALK WITH HISTORY

In December, the District 7 FCS agents met for the Winter TEAFCS meeting. 12 agents traveled to Martha Alice Sprayberry's home in Fort McKavett. The ladies had the opportunity to walk on a ranch that is a part of Texas history. Martha Alice's ranch is 3 miles North of Frontier Fort. Settlers would travel through her country to water horses and cattle before their designation to Fort McKavett. The ranch home was settled by her Great Grandparents.

The ladies held their business meeting which the main discussion was the 2010 State Meeting in Horseshoe Bay. Also, instead of exchanging presents amongst each other, the ladies had a surprise baby shower for FCS Agent Leticia Rasmussen, Burnett County. She is due in March.

The TEAFCS meeting which was going to be held on February 3 was cancelled due to the cold, icy weather.

The District 7 FCS Agents look forward to "Sailing Away to Horseshoe Bay in 2012."

District 10

Recognizing the need to provide women with a venue and opportunity to gather together to laugh, to share, to learn and to make a positive difference in the community, a small group of women starting brainstorming and formed a new group and named it Sisters, Inc. - Sandra Kunkel, FCS Agent serves as advisor. This group planned, organized and executed the 2010 Medina County Women's Conference which was attended by 300 women. The conference theme was "Celebrating the Creative Spirit of Women". Heloise was the keynote speaker - *Have Fun Being Creative...At Work, Home or Play: How to Think Like Heloise*. The evaluations indicated that: 91% of at-



tendees found the information presented to be useful or very useful. 75% found the volunteerism and retail kiosks to be useful or very useful. 99% enjoyed the style show. Sisters, Inc., which now has 60 members, has already begun to talk about and plan for another conference in 2011.

BABY NEWS - Ethan Joseph Stribling was born Friday, Feb 11th. He weighed 9 lbs 12 oz and was 21.2 inches long. Congratulations to proud parents - Sarah & Davis Stribling. Sarah is the FCS Agent in Bastrop County.



District 11

Texas AgriLife Extension Service in Karnes County, along with community partners, hosted a Financial Planning Seminar for citizens of Karnes County. We had 87 participants and coverage from the San Antonio Express News. Participants welcomed the timely information because of the oil and gas industry moving into Karnes County. Sessions included tax implications, money safety, beginning steps, investment options, working with financial professionals, and estate planning. As a result of this program, partners would like to start a quarterly series to help clients adjust to the windfall income they are experiencing.

DeWitt County Extension Education members hosted a luncheon for Courthouse Employees and County Elected Officials. 65 were in attendance. This was a great opportunity to recognize the accomplishments of club members. Extension Agents were given an opportunity to highlight 2010 Texas Agrilife Extension Accomplishments in DeWitt County.

HIGHLIGHTS FROM AROUND THE STATE

District 12

Dimmit County BLT & Youth

Dimmit County FCS agent has been conducting BLT programming with youth at Carrizo Springs ISD. Healthy cooking classes are held 3 times a week with first through third graders who are enrolled in the 21st Century after School Program. The classes are hands on and the youth experience how to use an array of cooking utensils and gadgets. Dishes range from simple things like ants on a log to broccoli, rice and cheese casserole. All grains used are whole wheat and all meats are lean. The kids learn about healthy cooking and the agent emphasizes the importance of reducing the consumption of sodium and fat. Some of the participants' favorite dishes have been yogurt pancakes and pyramid pizza. Every recipe is referenced back to MyPyramid, and at the end of every class they list every ingredient in the recipe and they are to place it in the correct food group.



NEAFCS Member - Only Webinar Thursday, March 31

Dear NEAFCS Member,

NEAFCS member Joanne Kinsey of Rutgers University will present a free webinar for you on Thursday, March 31. The presentation topic is What Everyone Needs to Know About Protecting Their Identity Online and will commence at 2:00 PM Central.

Internet security is an important issue for today's families. During these busy times we do much of our work online, children are online downloading games, parents are shopping online, and everyone is sending e-mail greetings and social networking with family and friends. This session will focus on a few simple strategies you may use to help protect you and your family from Internet predators.

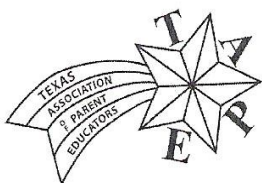
For those unable to attend, the webinar will be recorded and made available for viewing on the NEAFCS website later at your convenience.

This is a professional development member benefit made available to you using Adobe Connect technology through the University of Idaho. The link to the webinar will open 30 minutes prior to the starting time. Audience members will be able to ask questions using the Adobe Connect chat feature.

To participate in the February webinar on What Everyone Needs to Know About Protecting Their Identity Online, simply copy and paste this link into your browser window: <https://connect.cals.uidaho.edu/neafcs/>. When logging in to the webinar, please type in your first and last name, followed by your state (example: Kathleen Olson, MN).

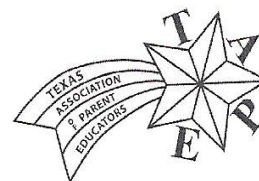
I hope you will create some time for yourself, to take care of your self, and join the live webinar if your schedule allows, or watch the recorded version later. This is something you can do for you.

Kathleen Olson
NEAFCS Vice President for Professional Development



TAPE

Free Webinar



Northside ISD Even Start Family Literacy Program Brenda Faz-Villareal, Program Coordinator

This TAPE Free Webinar features the Best Practices Award Winner—The Northside ISD Even Start Family Literacy Program.

About Northside ISD Even Start Family Literacy Program:

A one-stop family intervention program that provides parents with the skills needed to be their child's first and most important teacher. The program includes services, such as Adult Education, providing parents with basic skills, including English, life skills and the opportunity to earn a high school credential; Early Childhood Education, providing opportunities for children to learn from birth and focuses on the education of very young children from birth through age eight; and Family literacy programs, working in the areas of physical development, social-emotional development and cognitive development and emphasize children's eventual success in school. Moreover, the program includes Parent Education, Interactive Literacy Activities, and Home Visits.

The NISD Program, through a series of community partnerships, offers much more than the standard Even Start program, especially in regards to fostering parenting skills. The program offers parents and children the opportunity to participate in the Precious Minds, New Connections, a parenting education program funded by the Kronkosky Foundation that is designed to help parents and other caregivers of young children become knowledgeable about the critical development of their children.

The Early On/School Readiness program, funded by the City of San Antonio, through collaborations and partnerships, prepares young children to succeed as they enter school. The core objective of this initiative has been to support Early Childhood Education and Family Strengthening strategies by helping children develop communication, problem solving, and life skills important to future school and work success. Join us to learn more about these programs and the best practices recognized at Northside ISD.

Date: Thursday, March 31, 2011

Time: 12:00 pm—1:00 pm

Sponsor: Collin College

Register for this workshop at

www.coe.unt.edu/webforms/cpe-workshop-registration

Brenda Faz-Villarreal has a Bachelor of Arts Degree, Bilingual and Elementary Education Certifications, a Master of Arts Degree in Educational Leadership, and Mid-Management Certification. She has worked at Northside ISD for 19 years: three years as a second grade bilingual teacher, three years as the Success for All Reading Program facilitator, several years as a summer school teacher and program coordinator, and 12 years as the Even Start Program Coordinator. She has attended numerous trainings and conferences over the years, such as Parents As Teachers, Born to Learn curriculum training and conferences, National Family Literacy Center trainings and conferences, Adult Education training, and general district training. She has a reputation for her work and leadership in special programs and her ability to train and maintain staff and participants. She is the former chairman of the statewide Texas Family Literacy Association, and has been a part of Even Start from the early years of the program, contributing to the development of rules and regulations for the organization.

Join Brenda Faz-Villareal and other parenting professionals to learn more about Northside ISD Even Start Family Literacy Program in the TAPE free Webinar on March 31, 2011, 12-1:00 pm Central time. There is no fee to participate, but registration is required. Participants will receive a certificate documenting one clock hour of professional development. Register online at www.coe.unt.edu/webforms/cpe-workshop-registration.

Mark Your Calendars

Don't forget . . .

TEAFCS annual sessions:

2011 - District 10, Fredericksburg, July 26 - 28

2012 - District 7, Horseshoe Bay, July 24 - 26

2013 - District 12

2014 - District 9

NEAFCS annual sessions:

2011 - Albuquerque, NM - September 26-30

2012 - Columbus, OH September 24-28

2013 - Galaxy - Pittsburgh, PA

2014 - Southern Region



2011 TEAFCS Conference July 26-28 Fredericksburg, TX

We invite you to share a fun filled educational state association meeting that promises to generate ideas, enrich your programs and relax you as you "Piece It Together: Family, Home and Work".

Along with the educational workshops on the go, we will be offering sessions with speakers from: Randolph Brooks Federal Credit Union, Texas Beef Council, Dell's Children's Hospital, Texas Bike Coalition and Extension Human Resources Office. Don't forget to bring your family members to enjoy the sights and sounds of Fredericksburg.

