



A Note From the President...

**2016-2017
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SHIP
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Past President

Tanya Davis
1st Vice President

Chelsea Stevens
2nd Vice President

Joan Gray-Soria
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Sally Garrett
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4-H Foundation
Representative

Chelsea Stevens
Web Master

**Cindy
VanDevender**
Historian

Lorrie Coop
2018 NEAFCS
Board Liaison

It is a tremendous honor serving as the President of such an outstanding professional development association. This association has served me in so many ways over the years and I look forward to doing the same. It's exciting to be able to give to something that has professionally made an impact in my life. Thank you so very much for allowing me to serve each of you and this association in that capacity! TEAFCS has so much on the horizon this year. As we prepare for the endeavors ahead, we look forward to working side by side with each of you in order to get things accomplished. In 2018, we have the pleasure of showcasing the beauty of our great state in San Antonio, Texas by hosting the national conference! We are fortunate to have Mandi Seaton and Lorrie Coop as our state representatives on the national level as we embark upon this fantastic opportunity. This will be our time to shine and share what makes Texas so great in our eyes. On another note, if you missed the state conference in Lubbock, you missed a wonderful time of professional development and dynamic fellowship. District 2 went above and beyond during our stay in Lubbock. Thank you so much for hosting us in such an awesome manner for the entire week. At the end of the conference, District 8 extended their invitation and you will not want to miss it!

The 2017 TEAFCS Conference will be in Round Rock, Texas. The dates are scheduled for August 9-11. Please look for information related to the conference in the spring of 2017 in Texas Extra. On the national level, we are pleased to have Texas representation. Currently, Dianne Gertson serves as the Vice President of Awards and Recognition and Karen De Zarn was recently elected to the office of Vice President of Professional Development after being duly installed in Big Sky, Montana. Please join me in celebrating their presence on the national level as well as congratulating them for taking on additional leadership responsibilities. Keep in mind that opportunities always exist on the national level. Please consider running for an office or serving on a national committee. They have several national committees that can be served on from your desk. Possibilities can be limitless. Last but not least, I want to commend you on what you do to make a difference in the communities you serve. I am elated that I have the pleasure of working with each of you in the field of education. Continue to keep up the good work and I look forward to working for each of you throughout the year. Take care and God bless!

Michelle Allen

2016 TEAFCS AWARD RECIPIENTS

Lorrie Coop, 2018 NEAFCS Board Liaison

I am always amazed by the diverse and unique program efforts being conducted across our state that make a difference in the lives of Texans every day. It's been an honor to serve as your First Vice President for Awards these last two years and to help showcase the accomplishments of our members. For those that didn't get a chance to attend the annual TEAFCS Conference in Lubbock this year, here is a recap from the awards program.

Past President's New Professional Award: Jheri-Lynn McSwain

Florence Hall Award: Amy Ressler

Distinguished Service Award: Cheryl Miller

Continued Excellence Award: Angel Neu, Lorrie Coop, and Sally Garrett

Extension Educator of the Year Award: Leesa Wood Calvi

Mary W. Wells Memorial Diversity Award: Jheri-Lynn McSwain

School Wellness Award: Bethany Arie

Early Childhood Childcare Training Award: Sally Garrett, Michelle Allen, Tanya McGonagill, Gayle Bludau, Denise Goebel, Jenifer Boening, Janis Pfeffer

Food Safety Award: Marsha Blair and Mary Collier

Excellence in Community Development Award: Calley Runnels

Newsletters: Linda Wells, Karen Dezarn, Melanie Potter, Sandy Taylor, Milissa Wright, Jacque Behrens, Jane Rowan, Kim Miles, Jennifer Page, Janet Nelson, Labeth Carter, Sheree Hardin, Shelley Amberg, Kandice Everitt, Courtney Redman, Judy Gully, Debbie Hailey, Kathy Aycock, Steve Byrns, Kristy Powell, Jenifer Harris

Written Press Release: Lorrie Coop

Radio/Podcast: Wendy Hatfield-Hazzard

Television/Program: Wendy Hatfield-Hazzard and Leesa Wood Calvi

Internet Education Technology: Annie Tinsley, Paula Butler, Dana Tarter, Bethanie Arie, Carrie Brazeal, Laura Graves, Rita Hodges, Louraiseal McDonald, Angel Neu, Chelsea Stevens, Melissa Veliz, Lou Ann Taylor, Katy Weber, Jennifer Chilek, Sylvia Frank, Keri Nathaniel, Erica Simon, Suzanne Mitchell, Flor Quintero, Vicki Osbourne, Darciea Houston, Shelly Brazeal, Patricia Rangel

Photography: Lorrie Coop

Social Networking: Angel Neu

Educational Technology: Lorrie Coop

Marketing Package Award: Jheri-Lynn McSwain

Community Partnership Award: Jheri-Lynn McSwain

Human Development/Family Relationship Award: Lorrie Coop, Grace Tidwell, Kathryn Cude, Jimi Coplen

Multi-County Programming Award: Sally Garrett, Michelle Allen, Tonya McGonagill, Gayle Bludau, Denise Goebel, Jenifer Boening, Janis Pfeffer

Nutrition Health and Wellness Award: Amy Ressler

Family Development and Resource Management Award: Amy Ressler

4-H and Youth Development Award: Jheri-Lynn McSwain and Lane Dunn

Fuel Up to Play 60 Programming Award: Bethanie Arie

Family Health and Wellness Award: Amy Ressler

Interdisciplinary Programming Award: Amy Ressler, Yvonne Welther, Michele Scaife, Jenni Adams

2016 TEAFCS AWARD RECIPIENTS

Better Living for Texans: Johanna Hicks

County Judges and Commissioner's Court Award: Swisher County

Friend of Extension Award: Jimi Coplen—Knox County

Specialist Award for Distinguished Achievement: Ninfa Pena-Purcell

Extension Para-Professional Award: Yvonne Welther—Montgomery County

Extension Support Staff Award: Vickie Dunlap—San Patricio County

Ann Sonner Scholarship: Leah Redwine—Armstrong County

TEAFCS Professional Development Scholarships: Jessica Stapper and Jheri-Lynn McSwain

Texas members also saw great success at the Southern Region and National level this year. We will have many members recognized for their outstanding program efforts at the NEAFCS Conference in Big Sky, Montana as well.

Communications Award: Educational Technology: 1st Place Southern Region Winner—
Lorrie Coop

Communications Award: Internet Education Technology: 3rd Place National & 1st Place Southern Region Winner — Annie Tinsley & team

Communications Award: Radio/Podcast: 1st Place National & 1st Place Southern Region Winner—Amy Ressler

Communications Award: Written Press Release: 1st Place National & 1st Southern Region Winner— Jheri-Lynn McSwain

Community Partnership Award: 2nd Place National & 1st Place Southern Region Winner— Lorrie Coop

Early Childhood Child Care Training Award: 2nd Place Southern Region Winner—
Sally Garrett & team

Family Health and Wellness Award: 3rd Place National & 1st Place Southern Region Winner— Amy Ressler

Florence Hall Award: 3rd Place National & 2nd Place Southern Region Winner—Jheri-Lynn McSwain

Florence Hall Award: 3rd Place Southern Region Winner—Amy Ressler

Food Safety Award: 1st Place Southern Region Winner— Marsha Blair & team

Human Development/Family Relationships: 3rd Place National & 1st Place Southern Region Winner— Lorrie Coop & team

Human Development/Family Relationships: 2nd Place Southern Region Winner— Johanna Hicks

Marketing Package Award: 3rd Place Southern Region Winner—Wendy Hatfield-Hazzard & team

Mary W. Wells Memorial Diversity Award: 1st Place National & 1st Place Southern Region Winner— Sonja Stueart-Davis & team

Mary W. Wells Memorial Diversity Award: 3rd Place National & 3rd Place Southern Region Winner—
Louraisal McDonald & team

School Wellness Award: 1st Place National & 1st Place Southern Region Winner— Bethanie Arie

Once again, congratulations to all our winners at the state, regional and national level. I would also like to welcome Tanya Davis, Wise County FCS agent from District 3, into the position of First Vice President for 2016-18 and wish her the best of luck in her new role. She will do an awesome job, I'm sure!

Lorrie Coop

AWARDS UPDATE

By Tanya Davis, First Vice President

I returned from the NEAFCS conference in Montana with new ideas and enthusiasm for making an impact on families in Texas. The Texas delegation was so proud of all our Southern Region and National award winners (there were many). Congratulations to each of you! After attending the affiliate meeting for Vice Presidents of Awards and Recognition I am able to provide updates and information as we begin thinking about 2017 awards applications. The main highlights are:

As in years past, the award numbers allotted per state are dependent on dues submitted by December 31. Please make sure your dues are paid in a timely manner so that we can benefit from the max of award applications/opportunities. You must be an ACTIVE member as of December 31 to apply for awards, as well as be an ACTIVE member the previous year since that is the time period awards are being submitted for.

- Members are encouraged to visit the NEAFCS web site for awards information (note that the NEAFCS Awards Manual will be updated and posted by December 1): <http://www.neafcs.org/awards>

- In order to have applications judged in time for the National deadline, the Texas submission deadline is Monday, February 20, 2017. Please follow the procedure outlined below:

Awards will be submitted electronically to NEAFCS using the online process.

Send the following to me at ttdavis@ag.tmau.edu: a copy of your awards submission confirmation page only and a list of team members for each award submitted.

I know each of you have amazing stories to tell and look forward to assisting you in receiving recognition for the work that you do. Electronic files will be disseminated for judging in Texas from NEAFCS based on what was received by the deadline.

TEAFCS Only Awards: The same awards as offered last year will be available. ALL applications will be done electronically. To review the scoresheet, go to the TEAFCS website. Members will email me their completed applications. The deadline for the TEAFCS Awards will be April 3, 2017

I look forward to working with the TEAFCS Awards Committee to make this a very successful year with our members in the area of awards and recognition.

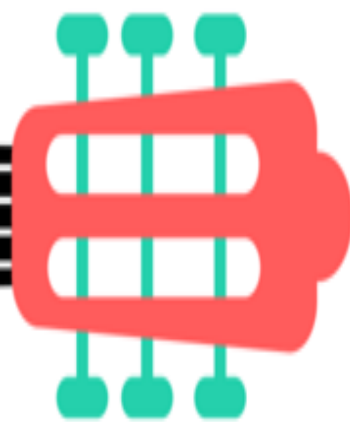
If you have any questions regarding the awards process, please don't hesitate to contact me. I look forward to hearing about the great things our members have done. Wishing you the best!

Tanya Davis

INVITATION TO 2017 STATE
CONFERENCE

TEA-FCS 2017

Round Rock - TX



Rockin' work-life Balance

August 9-11

The Marriott at La Frontera

Book by July 24th to get the room rate of
\$99.00

HIGHLIGHTS FROM AROUND THE STATE

Statewide

NEAFCS Conference 2016

Fun in Montana! Texans at the National Extension Association of Family and Consumer Sciences conference in Montana invited participants to San Antonio in 2018 with a fiesta-themed wagon.



The wagon was part of a parade featuring all affiliates in attendance. Texas' float won best wagon overall!

District 3

Cooking Demo

Jane Rowan and Darlene Hopkins gave a cooking demonstration entitled "Somewhat Homemade" at the West Texas Fair and Rodeo in Abilene at the Spotlight Kitchen with Chef Darlene Walton.



Career Day

Career Day 2016, a collaboration between Texas A&M AgriLife Extension - Knox, Haskell, King, Cottle, Stonewall, Kent, and Foard counties, and hosted in Goree, TX by Knox County was a success. Approximately 270 students from 10 different school districts had the opportunity to listen to 25 speakers regarding a variety of careers and speak to college representatives about their programs and scholarships. Approximately 40 local volunteers and 25 teachers/counselors helped implement the event.

Knox County finished its second Learn, Grow, Eat and Go! program with Benjamin ISD. The program was unique in that we had the opportunity to extend the program outside the classroom. The 4th grade teacher allowed us to use her home, greenhouse and garden plots for the program. The students prepared recipes in an actual kitchen and learned kitchen safety along with participating in the regular curriculum.



Learn Grow Eat Go!

In Wilbarger County, the Learn, Grow, Eat, Go program has been implemented as an afterschool program at the local boys and girls club. Approximately 15 youth have been attending the program that began last Spring and continued through the Summer. As part of the program, last Spring the youth planted and maintained a garden at the club that produced several crops during the Summer including tomatoes, okra, carrots, squash, green beans, and radishes. The youth are now working on their Fall garden where they have planted broccoli, cauliflower, cabbage, and beets. Participants are also learning recipes to prepare using some of the types of foods planted in the garden.

HIGHLIGHTS FROM AROUND THE STATE

District 3

Your Money Your Goals Workshop

Kathy Smith in Parker County conducted a train the trainer workshop on “Your Money Your Goals.” YMYG is a toolkit that was developed by the Consumer Financial Protection Bureau. The tool kit was provided to participants that included lessons for front line staff and volunteers could use to work with clients to building financial empowerment. The training workshop was a one day training for frontline staff and volunteers in financial institutions, social services, legal assistance groups and community and faith-based organization. Lessons included information on working with individuals with financial needs. Also covered were Making spending decisions; checking account decisions; credit and credit reports, avoiding tricks and traps in choosing financial products and more. There were 9 representing 4 agencies who attended the 6 hour workshop. Plans are to offer another workshop in the future.

District 4

Beware or Be Taken!

Brittany Martin, CEA-FCS, held three sessions of “Beware or Be Taken” at the Coppell Senior and Community Center in August. The focus of the program was on preventing scams and swindling targeted at senior citizens. 35 people participated in the program, including both seniors and those who care for them. Feedback for the program was great, and the FCS program is looking forward to hosting it again at other locations in the future.

District 5

Cena Esta Noche

San Augustine County was pleased to offer their first Dinner Tonight program, Cena Esta Noche, at the San Augustine Elementary School before the annual Meet the Teacher Night on August 19, 2016. They had 26 in attendance and they enjoyed several delicious food samples prepared by their 4-H members. Five lucky participants won door prizes of the recipe selections and a crockpot.



Door Prize Winners and San Augustine CEA-FCS Agent, Sandy Jenkins

LGEG at Boys and Girls Club

San Augustine County AgriLife Extension, San Augustine County Master Gardener’s and staff from San Augustine Boys & Girls Club presented Learn, Eat, Grow, Go summer program with approximately 75 children. They all participated in the program that consists of food tasting, stories, gardening demonstrations, games and activities. The children also participated in Walk-Across Texas by walking 2 miles around the high school track each morning. Shelby Savings Bank donated two bicycles and a \$50 gift certificate to the top three walkers.



Community Garden

The Shelby County Community Garden project which was kicked-off this spring is excited to announce that over 531 pounds of vegetables were harvested during the spring/summer growing and donated to the Shelby County Outreach Ministry – Senior Nutrition Site to supplement the senior adult lunch program and for distribution to home-bound elderly in our county.

HIGHLIGHTS FROM AROUND THE STATE



Zucchini, Yellow Squash, Tomatoes, & Cucumbers



Senior Nutrition Site Recipients

This project was established to fulfill the growing need in Shelby County of food insecure senior adults and to also provide fresh vegetables that are high in essential vitamins to this population to improve their nutritional health. “Vitamin A, C and E are essential to the good health of all humans, in particularly our senior adults, that may not receive ample supply through canned and processed foods,” said Jheri-Lynn McSwain, Family & Consumer Sciences County Extension Agent.

A recent study published by the Texas A&M Health Science Center School of Public Health found that older (age 65-93) rural adults fail to meet the recommended nutrition guidelines based on the food guide pyramid. In addition, this study also identified older rural adults as having high levels of obesity and overweight concerns and most of these adults had inadequate dietary intake (low folate, magnesium, and Vitamin E) and were at nutritional risk. Results from a nationally representative study confirm that older rural adults fail to meet recommendations for daily

fruit and vegetable consumption.

The Shelby County Community Garden project was kicked-off in February 2016 after gaining approval from the Shelby County Commissioners Court. Numerous local civic organizations and business rallied to the support of this project by providing funds to get the garden started. “We truly appreciate all the support of the local residents and organizations to back this important life-changing project,” stated Lane Dunn, Agriculture & Natural Resource County Extension Agent.

“Volunteerism is integral to the success of this project.” Dunn went on to say, “We have had 4-H youth assisting with the maintenance and harvesting of the garden, but would like to invite any interested individuals to contact us if you would like to lend a helping hand.”

This past spring the Extension agents planted zucchini, yellow squash, cucumbers, and sweet corn. In addition, they are conducting variety trials on four hybrid tomato species to determine which grows best in Shelby County and has the finest taste between these varieties. This fall, with the assistance of volunteers, the Extension agents are planning to plant broccoli, cauliflower, and onions, to name a few vegetables.

District 8

Safe Sitter

Sheryl Austin in Bell County conducted a Safe Sitter training June-July with the Central Texas Housing Consortium. Eight youth between ages 9-14 participated. Safe Sitters prepares young adolescents for the responsibilities of nurturing and protecting children through hands-on training. Topics include Babysitting as a Business, Child Care Essentials, Safety for the Sitter, Injury Management, Preventing Problem Behavior and Care of a Choking Child/Infant. The minimum age for the program certification is 11, however, some of the parents heard about the class and just wanted their children to get the information. At the end of the training, the participants take a certification exam. Five youth were certified and are ready to seek employment as a babysitter or continue to care for younger family members with new and sharpened skills.

HIGHLIGHTS FROM AROUND THE STATE

District 11

Agent Retreat

Agents in District 11 met in Bishop, Texas at Rancho Cielito Lindo for their retreat this August. After their business meeting, the ladies were able to learn some basics of self-defense from the head of security at the King Ranch. Later that evening, Agents were able to visit with each other, share programming ideas, and learn more about each other's family traditions as they participated in "family game night". Kathy Farrow shared great resources and Agents look forward to implementing them in District 11!



On day 2, the ladies headed to Corpus Christi, where they attended a Cottage Food Business workshop at Windy City Bakery. While there, they also learned basic techniques of cupcake decorating. A great time was had by all!

Walk and Talk

Calhoun County extension partnered with the YMCA and the Wesley Nurse and had their 2nd pool Walk and Talk program this summer. They had 30 participants take part in the 8 week program. Some of these individuals use a walker to get around but in the pool they were running. Carissa Wilhelm HST Health Specialist attended one of the pool walk and talks where she did a presentation to the participants and also joined them in the pool.



Healthy South Texas

The Healthy South Texas Youth Ambassador training was held in Victoria today. Special thanks to the Food Bank of the Golden Crescent for such a great tour to wrap a great day. Our youth ambassadors learned about Healthy South Texas and how to do a healthy cooking food demonstration, then went in the tour. These youth are going to be doing great things for health in Texas!



HIGHLIGHTS FROM AROUND THE STATE

Hey y'all,

I hope you have enjoyed and learned a lot from this edition of Texas Extra.

With the holidays approaching, this time of year always makes me think about family, including ours within Extension. I am thrilled to be able to tell your stories this year as your Texas Extra Editor. Thanks to all who contributed to this edition.

The next deadline to me for submission to Texas Extra is December 15. Please work with your district editor to get me information.

For those of you submitting, please title your email: Texas Extra—District “X”. I am learning each of your faces and names but will never remember where everyone is located. This makes it easier to fill in the information from each district.

Have a wonderful holiday season!

Brittany Martin

Texas Extra Editor

