

Leadership Advisory Board
Travis County

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For more information about these and other events, please call 512-854-9600 or visit our website: <http://travis-tx.tamu.edu/>

Calendar of Events	
February 2012	
Feb. 16	Rose Care and Pruning Program
Feb. 18	Raising Backyard Chickens Program
Feb. 22-24	Pesticide Applicator CEU Training
March 2012	
Mar. 14	Bed Bugs Seminar
Mar. 15	Planting the Spring Garden Program
Mar. 24	Firewise Landscaping Program
Mar. 28	County 4-H Roundup Contest
Mar. 29	4-H Food Challenge Project Leader Training
April 2012	
Apr. 9	4-H Recordbook Workshop
Apr. 11	Pesticide Application Training & Exam
Apr. 14	Cultivate Your Backyard Birds Program
Apr. 14	East Austin Garden Fair

Extension Matters

in Travis County

WINTER 2011-2012



Dolores Sandmann
 County Extension Director
 Texas AgriLife Extension
 Travis County

Message from the Director:

As the newly appointed Travis County Extension Director, I wanted to take this opportunity to thank all of our Extension support staff, agents, program assistants, instructional specialists, and the many volunteers for their continued efforts to promote the mission of the Texas AgriLife Extension Service—improving the lives of Texans through high-quality, relevant, community-based education.

Together in 2011, we provided more than 4,170 educational programs that reached over 2,493,600 families and individuals in Travis County. We also trained and involved over 1,260 volunteers in our programs who gave back over 36,500 volunteer hours to our community, representing a value of over \$780,500 thousand dollars.*

As we begin the new year, I look forward to continuing our relationships with our many community partners and stakeholders, as well as increasing our volunteer capacity in order to respond to the unique needs of the citizens in Travis County.

Best wishes,

Dolores Sandmann

*Hourly value of volunteer time provided by independentsector.org

4-H Gives Back



One Day 4-H is one day for all the 4-H members — parents, leaders, and volunteers — to step out into their communities and county and say "thank you" by giving back to them for more than 103 years of support to 4-H in Texas. "During the month of October, 4-H CAPITAL Project kids participated in One Day 4-H in a big way." said Lydia Domaruk, Travis County Extension Agent for Urban Youth Development.

CAPITAL Project 4-H'ers wrote 340 letters of support to the young victims of the Bastrop County fires. They learned about the disaster and how it affected the Bastrop communities. They also worked with their after-school instructors to learn about fire safety and how they can prevent wildfires, and stay safe in the event of a disaster. The children then made homemade games and puzzles, drew pictures, and donated gently used toys and books to accompany their letters. The letters and other items were distributed to children at the Lost Pines Elementary school who lost their homes. "Our One Day 4-H letter writing project helped bring a smile to the faces of 85 families," said Domaruk.

Leaders 4 Life Team takes 2nd at National

This 4-H contest consists of four components: a mock meeting (utilizing formal parliamentary procedure), a Q&A session over parliamentary procedure, quiz bowl (4-H history and leadership knowledge) and a service learning project for which they collected over 550 personal hygiene items and \$190 for Front Steps in Austin. After winning first place at State 4-H Roundup, the team earned a trip to compete at the 2012 National Western 4-H Roundup in Denver, Colorado, where they placed second.



In Cooperation With... TRAVIS COUNTY COMMISSIONERS' COURT

Samuel T. Biscoe
 County Judge

Ron Davis Sarah Eckhardt Karen Huber Margaret Gomez
 Commissioner, Precinct 1 Commissioner, Precinct 2 Commissioner, Precinct 3 Commissioner, Precinct 4

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EDITORIAL TEAM

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 Dolores Sandmann
 County Extension Director
 Elida Urtado
 Office Supervisor
 Angela M. Reyes
 Administrative Assistant

Goat Show Teaches Youth Responsibility

The 4-H CAPITAL Urban Animal Science program is conducted in partnership with the Austin Independent School District as a means to help educate at-risk youth about animal science and teach them responsibility and character building. “The program, which focuses on meat-goat projects, allows inner-city youth to “learn by doing,” working with goats kept at Title 1 elementary schools in Austin,” said Julie Ansley, Animal Science Coordinator for the 4-H CAPITAL Program.

Program instruction addresses animal nutrition, anatomy and physiology, basic veterinary science, showmanship and grooming, character development and more. Students are paired during the Fall semester. Each pair is responsible for the care and training of one goat.

On December 3, 2011, 116 Animal Science youth from nine schools participated in the 4-H CAPITAL Classic Goat Show held in Burnet, Texas. “This show allowed our youth to practice important showmanship skills, receive coaching from professionals, and show off their new skills to the 76 family members in attendance,” said Ansley.



Weight Management Series

An eight-week Weight Management series was conducted at Corinth Missionary Baptist Church with 19 clientele participating during the months of November and December. “The goal of this program was to encourage healthy eating, portion control, and physical activity, especially during the holiday season,” said Dr. Crystal Wiltz, Extension Agent for Family and Consumer Sciences with the Cooperative Extension Program, Prairie View A&M University.

Program topics included an overview of weight management; setting realistic goals; learning new eating habits; and positive reinforcement. At the conclusion of the series, participants were asked to complete a Customer Satisfaction Survey. When

asked what they liked most about this program, some responses included: “weighing in each week and the goodies received;” “how to eat well;” “the visuals about one pound and five pounds of fat made it clear why I feel tired;” “all the information was very, very informative;” and “the topic of portion control, salt and sugar visuals.”

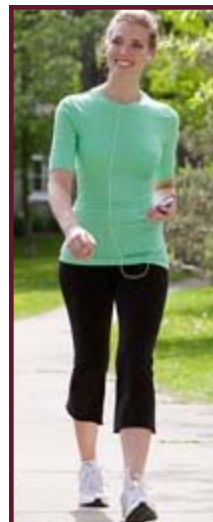
“Participants received the tools needed for a healthy lifestyle supporting portion control, eating more fruits and vegetables, and engaging in physical activity,” said Dr. Wiltz.

Walk Across Texas Improves Health

Walk Across Texas!® (WAT) is an eight-week program designed to help people of all ages support one another to establish the habit of regular physical activity,” said Dolores Sandmann, Travis County Extension Director. “The program, which was developed by the Texas AgriLife Extension Service, is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services.”

During 2011, this program reached the following participants in Travis County. . .

- 5,296 total adults participated on 313 teams.
- 16 agencies/groups participated.
- 3,520 adults finished the program logging 374,246.35 miles.
- Teams walked the equivalent of 451 times across Texas.



\$49.7 million dollars could be saved in potential lifetime health care costs and lost wages for 2011 Walk Across Texas!® participants.

Economic Impact of WAT— Medical research shows that exercise and weight loss can permanently or temporarily delay the onset of Type 2 diabetes in 58 percent of people. “We estimate that 751 of the WAT participants (22%) could prevent the onset of diabetes through increased physical activity over their lifetime,” said Sandmann.

According to the Centers for Disease Control and Prevention, the average annual health care costs for people without diabetes is \$5,642, as compared to \$13,243 for people with diabetes.

“Taking these statistics into account, this could translate to a \$35.7 million estimated potential lifetime healthcare cost savings for 22 percent of female participants, and a \$10.4 million estimated lifetime healthcare cost savings for 19 percent of male participants,” Sandmann said. “And when avoidance of lost wages is added, the estimated total economic benefit could be \$49,707,077 million.”

Master Gardeners Achieve Emeritus Status

During a volunteer recognition ceremony, four long-time Master Gardeners: Don Freeman, Hugh Kane, Ron Miller, and Peggy Stewart, were honored with Emeritus status, meaning that they had performed outstanding volunteer service in the program for a minimum of five years. “Three of these volunteers had been active in our program (Emeritus Master Gardeners must retire from the program before they may be nominated for Emeritus status) since its inception in 1991. All four had performed more than 5000 hours of service over the lifetime of their

participation as Master Gardener volunteers,” said Daphne Richards-Travis County Extension Agent for Horticulture.

“In addition, 23 volunteers who served as Master Gardeners in Training (Interns) in 2011 “graduated” to become fully certified Master Gardeners and 33 new volunteers were inducted as Interns,” said Richards. During the 2011 program year, Master Gardener volunteers performed over 17,000 hours of service, representing a benefit of almost \$360,000 to our community (calculated using the currently accepted per hour value of volunteer time of \$21.36; independentsector.org). For more information on Master Gardeners who have been honored with Emeritus status you may visit <http://txmg.org/member-information/emeritus/>



Photo: 2011 certified Master Gardener volunteers

MEET THE STAFF: Lydia Domaruk, County Extension Agent - Urban Youth Development, and Nathan Tucker, Extension Agent - Cooperative Extension Program - 4-H



Lydia Domaruk has worked for 4-H CAPITAL since January, 2011. As the County Extension Agent in Urban Youth Development, Lydia provides general oversight and management to the 4-H CAPITAL Project. Lydia has been working in the field of youth development for over a decade. She has worked with youth in the areas of environmental education and science enrichment since 1998. Her experience includes summer camps, outdoor education centers, after-school programs, and nature centers. Lydia holds a B.A. in Anthropology from Grinnell College and a master’s degree in Recreation, Parks, and Tourism Sciences from Texas A&M University.



Nathan Tucker is the CEP Agent for the 4-H Program in Travis County, administered by the Prairie View A&M University System. He promotes the 4-H Program to diverse and low-resource audiences. He began the position in December, 2011, and before that, worked for the Texas AgriLife Extension Service in the capacity of Extension Assistant with the Better Living for Texans—Supplemental Nutrition Assistance Program since January of 2007. After graduating from the University of Oklahoma with a major in Spanish and a minor in Business, Nathan attended San Francisco State University, where he obtained a master’s degree in English with a concentration in Linguistics.