

EDUCATING FORT BEND COUNTY

AgriLife Extension Education

Educational programs, provided by Texas AgriLife Extension Service and the Cooperative Extension Program at Prairie View A&M University, in conjunction with Fort Bend County Commissioners' Court in this third quarter of 2011, are in direct response to the needs of our clientele. Despite the size of the audience or subject matter interest, Extension's vision as an outreach organization focuses on attitude, skills and/or knowledge gained to improve the lives of our Fort Bend County citizens, businesses and communities across this county and this great state. We are pleased to provide you with this edition of *Educating Fort Bend County* as a snapshot review of our educational activities here in Fort Bend.



County Extension Director, Fort Bend

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FAMILY & CONSUMER SCIENCES

Clientele Contacts for July-Sept.:

- 249 Educational Sessions
- 35,054 Session Contacts
- 142 Office Visits
- 36 Site Visits
- 19,555 Mail, Email Contacts
- 297 Volunteers Involved
- Demographics:
 - White—35%
 - Black—31%
 - Hispanic—31%
 - Asian—3%

 - Female—37%
 - Male—63%

 - Youth—65%
 - Adults—35%

**Improving Lives,
Improving Texas!**



4-H Sew & So Camp - Rosenberg, TX - Forty youth attended the 2011 Sew & So Camp with 7 volunteers assisting with the instruction. This year, the projects included an apron, pair of shorts, pincushion, pillowcase and two community service projects. An additional project was a fashion storyboard. Fashion storyboard is a new 4-H clothing project which provides an opportunity for the participants to show their creativity in designing clothing, home decorations and pet clothing. The girls concluded the camp with an exhibit and fashion show for their parents on Friday afternoon. Contact Sandra Fry, CEA-FCS.

A Healthy Family Affair - The Cooperative Extension Program of PVAMU and Missouri City Baptist Church sponsored a community health fair entitled "A Healthy Family Affair" on Saturday, August 6th at the Church's Multi-Center. This fair was conducted to provide families with information, supplies and resources to start a wonderful school year. Thirty vendors were present to offer health, fitness, nutrition, financial, and child safety information. Diabetes screenings was provided to 34 individuals and 65 blood pressure screenings were provided by health professionals and students from Baylor College of Medicine, UT School of Medicine, and Prairie View College of Nursing. Fifty-four children received Child Identification Badges offered by the Missouri City Police Department, 35 families received back to school supplies and 20 families participated in the uniform exchange system. A total of 206 individuals representing 68 households participated. Contact: Fralonda Anderson, EA-CEP-FCS.

Simple and Healthy Meals - Brazoria and Galveston County FCS agents co-presented an educational healthy meals program that included one dish meals, slow cooker meals and from freezer to table meals. A cookbook and great tasting dishes were provided after the presentation. Contact Sandra Fry, CEA-FCS.



Fashions from the Cotton Patch - Over 100 people attended Fashions from the Cotton Patch held in late August of 2011. Well over 60 items were entered including the 40 fashion storyboards from the Sew & So Camp and several items from the girls projects during Sew & So Camp. Participants also enjoyed the full day event and particularly a presentation by Dr. Allen Malone, Fort Bend County CEA-AgNR about research trends in cotton as well as a demonstration by Marilyn Simmons, Galveston County CEA-FCS about the uses of cotton oil. The style show represented two divisions—youth and adults. Contact Sandra Fry, CEA-FCS or Dr. Allen Malone, CEA-ANR.

Pantry 2 Plate – The second annual 3-day nutrition camp entitled “Pantry 2 Plate” was held July 6-8. Fifteen youth participated. Lectures included Kitchen Basic 101, MyPyramid, and Living Well, while the demonstrations were made up of recipes involving the use of a bread machine and slow cooker. Post test results indicated 100% were going to follow the food safety procedures, 100% indicated that they will strive to add more fruits & vegetables to their diet, 93% learn to measure dry ingredients correctly, 94 % were able to measure liquids, 94 % will read the nutrition label before choosing a food item, and 100 % enjoy the overall experience. Comments included: “I learned to work with different kinds of food,” “I loved the cooking camp,” “Pantry 2 Plate Cooking Camp was fun and tasty.” Contact: Sandra Fry, CEA-FCS, Fralonda Anderson, EA-CEP-FCS, Maria Rangel, CEA-FCS

Better Living for Texans (BLT) - BLT is a federally-funded nutrition program designed to help low-income and/or food stamp recipients stretch their food dollar. A series of trainings include the use of PowerPoint presentation and hand-outs were utilized by Terri Bisor, BLT Assistant under the direction of Maria Rangel, CEA-FCS. During this reporting quarter three sessions were presented to a total 847 clientele. In addition to one-shot programs 2 separated series were taught. One related to “Reducing Your Stress,” “Spending Less,” and “Keeping Your Food Safe. ” Participants in this group learned food groups, portion sizes, and learned the negative effects of too much sugar, fat and salt in our diets. The participants of the second series learned how to apply the three keys to good health—variety, moderation and physical activity. Another popular audience group involved school tours at the Fort Bend County Fair. A display of fresh fruits and vegetables was available for participants to see, touch and learn about. The healthy benefits of eating fresh produce was stressed. Maria Rangel, CEA-FCS, Terri Bissor, BLT Assistant.



4-H / Youth Development / Urban Youth Development

Recreation Roadshow - Missouri City Parks and Recreation teamed up with The Cooperative Extension Program in an effort to provide outdoor education and nutritional education sessions to Fort Bend County Residence of Missouri City and to promote the use of local parks during the summer. Program participants were encouraged to utilize the local parks as a way to be engaged in outdoor activity. During the months of June and July a different Missouri City neighborhood park was used to host educational sessions. Outdoor Education activities included: scavenger hunts, archery, science games, and nutrition education. In each neighborhood park the nutrition education component included a healthy snack demonstration utilizing fruits and vegetables. A total of 137 youth participated. “This program helps children discover new experiences that are essential to motivate and inspire their outdoor creativity and increase nutrition education” stated a Missouri City parent. Contacts: Timothy Sandles, EA-CEP-4-H or Fralonda Anderson, EA-CEP-FCS



Seguin Elementary Summer Enrichment Day- On July 26, 2011, 80 students of Juan Seguin Elementary School participated in a Summer Enrichment Day hosted by The Cooperative Extension Program. This program was utilized to promote youth awareness about life skills that support positive attitudes towards health and well-being. Program participants interacted in four concurrent sessions focusing on archery, youth gardening, nutrition education and increasing physical fitness. Contacts: Timothy Sandles, EA-CEP-4H/Y or Major Stevenson Jr., EA-CEP-ANR

Archery Education- Archery education continues to be a growing success in Fort Bend County. Throughout the months of June and July archery was facilitated at the Fort Bend YMCA including the Mustang Community Center and Four Corners Community Center and also the Fort Bend Boys and Girls Club. Approximately 190 youth were educated through program efforts. Contact: Timothy Sandles, EA-CEP-4-H/Y



The ARC of Fort Bend- Nutrition Education is important for all ages and all people. Disabled children frequently miss out on social activities, impeding their ability to better their communication skills and possess an overall healthy well-being. The Arc works for inclusion of people with intellectual and related developmental disabilities in all aspects of society. In efforts to support The Arc of Fort Bend, Missouri City Parks and Recreation and Cooperative Extension Program teamed to provide nutritional and physical fitness education activities to ARC members. In July, the ARC members received nutrition education about healthy breakfast meals, on-the-go healthy snacks, fruit and vegetable consumption and also calcium rich foods. Each Arc member was provided with a healthy snack followed by fitness education. When disabled children participate in regular physical activity, it enhances their motor skills by increasing their strength, coordination, flexibility and balance. Contact: Fralonda Anderson, EA-CEP-FCS

2011 Fort Bend County 4-H Day Camp - 107 youth and 15 team leaders participated in a one-day 4-H Day Camp held at the Fort Bend Fairgrounds in Rosenberg, Texas on July 13. This year's Day Camp focused on summer with a "Summer Beach Bash." The youth participated in arts and craft projects and made photo albums to take home. Another fabulous project was making mug rugs to be donated to nursing homes. They also made beach hats using flowers with the help of Fort Bend Master Gardeners, as well as leather bookmarks under the direction of Big Creek 4-H. There was an exciting round of the popular TV game show, "Minute to Win It" and a great presentation on summer vegetables and the MyPlate program. In addition, the campers enjoyed hotdogs & snacks, played games, won door prizes provided by local merchants, and took home a goody bag loaded with stuff. Contact Dwight Callis, CEA-4H/Y.

Outdoors & Healthy Living Summer Camp held July 21-22, 2011. The Cooperative Extension Program hosted an overnight camp at Gordon Ranch in Richmond, TX in efforts to expose youth to outdoor activities, identify entrepreneurship opportunities in outdoor education and increase the utilization of the outdoors to foster healthy living. A total of 26 participants age 8-13 participated in this overnight camp. Participants engaged in activities to promote a better understanding of food safety practices, portion control, and healthy meal planning using MyPlate. Physical activity sessions included: daily kinetics, outdoor sports, canoeing, obstacle courses, and swimming. An entrepreneurship workshop was facilitated to challenge youth to explore opportunities in developing their own future businesses that strive to keep citizens engaged in outdoor education. This camp allowed participants to experience a traditional camping experience increasing their ability to adapt outdoor activities for fun and decreasing indoor sedentary lifestyles. Over 75% of participants reported to spending over 4 hours a day watching television during the summer months on the pre-camp survey. Revealed in the post-camp survey, 80% hoped to decrease screen time and to increase visits to local parks and utilize outdoor activities in the future. Contacts: Fralonda Anderson, EA-CEP-FCS, Timothy Sandles, EA-CEP-4H/Y, Major Stevenson Jr., EA-CEP-ANR, and Krystal Wilcox, EFNEP-PP

Agriculture / Natural Resources / Horticulture

2011 AG'tivity Barn - An agricultural awareness event and a collaborative effort between AgriLife Extension and the FBC Fair Association. Many exhibits, depicting agriculture in FBC, were constructed and facilitated by volunteers from the AG'tivity Barn task force, Master Gardener, Master Naturalist groups, North Fort Bend Water Authority and FBC Farm Bureau Association. During the ten day county fair, over 150,000 youth and adults were reached, plus an additional 700 youth as part of school tours. Contact Dr. Shari Grahmann, CEA-H or Dr. Allen Malone, CEA-ANR.



Stock Horse of Texas (S.H.O.T) Clinic & Show - Stock Horse of Texas (SHOT) Clinic attracted 54 individuals from surrounding counties to evaluate rider and horse skills for pleasure and for occupation. Rider knowledge and skills are taught to maximize horse trainability, performance, and safety. Topics included Stock Horse Pleasure, Trail/Versatility, Reining, and Working Cow Horse. Competition took place on Saturday, October 29 to evaluate gain in knowledge and skill. One-hundred-three spectators were present. The event was sponsored by AgriLife Extension Service of Fort Bend County and the Horse Task Force. Contact Dr. Allen Malone, CEA-ANR.

Summer Basic Horsemanship Clinic - Hosted by the FBC Horse Task Force on June 16-17 at the George Ranch Historical Park with twelve youth participating. This 2-day, hands-on, one-on-one horsemanship clinic was for youth and presented by students from Texas A&M University. They cover the basic skills from equipment usage, safety and showmanship at halter to more advanced maneuvers. Some of the advanced skills include horse response to bit pressure, gait transitions and specialized event advice. Contact Dr. Allen Malone, CEA-ANR.



2011 Earth-Kind® Kids Kamp - Fifteen youth participated in the third annual Earth-Kind® Kids Kamp June 6-10 hosted by Master Gardeners. The focus on this year's camp was How Plants Grow. The campers were enthralled by several presenters on various topics relating to plant growth and development and the integral role plants play in our environment. Campers enjoyed hearing about the importance of plants to zoo animals from the horticulture staff at the Houston Zoo, Jurassic plants from a paleobotanist and plant pests and diseases from our own Master Gardeners. Afterwards the campers participated in a beautification project at the Fort Bend County Fairgrounds as a community service project. The 2011 Earth-Kind® Kids Kamp was hosted by the FBC Master Gardeners under the direction of Dr. Shari Grahmann, CEA-Hort. Parents and kampers expressed their gratitude and left with enthusiasm for next year's camp. Contact Dr. Shari Grahmann, CEA-H



Extension's Vision To be the premier 21st Century outreach and continuing education organization in Texas responding to the needs of the people.

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County Extension Agent—Agricultural/Natural Resources
County Extension Agent—Urban Youth Development
County Extension Agent—Family & Consumer Sciences.
Coop. Ext. Prog.—4H/Youth Development
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Paraprofessional -Expanded Nutrition Program, CEP



**Fort Bend County Commissioners' Court
County Judge Robert "Bob" Hebert**

Precinct 1 Commissioner Richard Morrison
Precinct 2 Commissioner Grady Prestage
Precinct 3 Commissioner Andy Meyers
Precinct 4 Commissioner James Patterson

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.