

Making a Differencein Fort Bend County

2013—Volume 2, Issue 1—WINTER

Special Topics for Winter 2013

- 2013 LAB Working to Identify Issues
- Texas Water Star - A plan for 2013
- Dinner Tonight Cooking School
- Seven Lakes Jr. High 4-H Club
- Better Living for Texans
- Fort Bend Office of Emerg. Mgmt.
- Senior Fraud Expo
- Do Well Be Well with Diabetes
- Take-A-Stand - (against bullying)
- 4H Day at the Capitol Interpretation
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2013 Leadership Advisory Board Met...

Educational programs, provided by Texas A&M AgriLife Extension Service and the Cooperative Extension Program at Prairie View A&M University, in conjunction with Fort Bend County Commissioners ' Court, are in direct response to the needs of our clientele. Throughout 2013 and 2014, our educational programs will continue to address major issues as identified in 2013 by the 2013 Leadership Advisory Board.

These issues broadly include under:

- **Ag & Natural Resources:** land fragmentation; fresh/locally grown produce & food preservation; water quality/quantity; environmental sustainability; and ag profitability
- **Youth Development:** quality/affordable education; after-school youth activities; and crime/bullying against youth
- **Families & Health:** parenting & youth education; nutrition; wellness (diabetes, obesity, healthcare, exercise); and economics affordable housing & healthcare
- **Community & Economic Development:** employment; and water costs, water rights, impact of flooding/drought

Texas Water Star...A plan for 2013



It is estimated that Texans maintain over two million acres of turf. It is also estimated that over 1.37 trillion gallons of water are used annually in the municipal environment to keep us green and lush. In addition, Texans apply an more than 2 million tons of fertilizers and another 71 to 78 million pounds of pesticides in the home landscape. Couple this use of water, fertilizers, and pesticides with the expected rise of the state population to over 46 million by 2060, while at the same time Texas water supplies are projected to decrease by 10%. In preparation for this potential catastrophe, educational programs to conserve water in the urban environment and to reduce the risk of surface and ground water contamination are gravely needed and in the

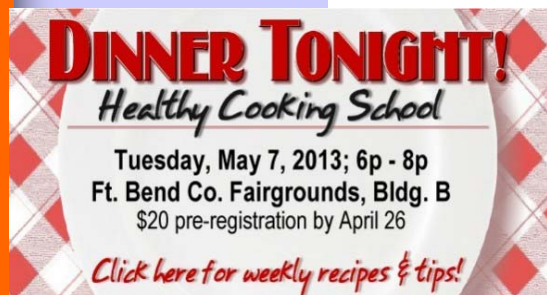
works here at Texas A&M AgriLife Extension Service. For 2013 each agriculture & natural resource agent is implementing the Texas Water Star program plan for 2013 and beyond to address these critical issues. This plan is designed to help grounds maintenance professionals and local homeowners adopt new technology and recommended management practices to improve water conservation in landscapes, while helping to improve water quality by using recommended fertilizer and pesticides applications on a very conservative basis.

Jan. 1—March 31

TOTAL CONTACTS

299 educational. sessions
 98,356 attendees
 423 site visits
 714 office visits
 1,483 phone calls
 21,480 emails
 324 websites
 2,449 mailouts
 146 volunteers assisted

Dinner Tonight Cooking School....Fast, Easy, Fun!



Get Ready for Dinner Tonight! This new and exciting program is new for 2013 in Fort Bend County, and brought to you by Dianne Gerston, County Extension Agent for Family & Consumer Sciences. The Dinner Tonight program encourages family mealtime by providing quick, nutritious, cost-effective recipes to consumers through weekly video webcasts and other web-based methods, such as blogs and Facebook. Every Monday, a new video demonstration is released by a member of the Dinner Tonight! team. Many agents across the state use the Dinner Tonight! program as an educational, as well as a visibility, strategy within their county. Check out: <http://healthyliving.tamu.edu/> for more information and great recipes.

And, checkout our own Fort Bend County website for more information on Dinner Tonight and the upcoming Dinner Tonight Healthy Cooking School. This school is designed to teach easy, nutritious and economical ways to feed your family. Call our office at 281-342-

Better Living for Texans....Great for Fort Bend

The Better Living for Texans (BLT) is a program in partnership with Texas AgriLife Extension Service, the Texas Health and Human Services Commission (THHSC), and the United States Department of Agriculture's (USDA) Food and Nutrition Service (FNS). BLT provides free nutrition education to assist limited resource individuals and families acquire the knowledge to adopt eating and lifestyle behaviors that are consistent with Dietary Guidelines for Americans and the new Food Guidance System, "My Plate."

Why is BLT important? In 2011, 15% of the state's population received SNAP benefits. Research suggests that limited resource individuals consume diets that are not in agreement with current dietary recommendations, potentially increasing their risk for developing chronic disease. The diets of low-income households, including those with children, often lack variety and are typically inadequate in fruits, vegetables, whole-grains, dairy products, and lean meat. They are also higher in total fat, saturated fat, and sodium than currently recommended by the USDA. This is a concern since dietary quality has been linked to four of the ten leading causes of death including heart disease, cancer, stroke, and diabetes. Free nutrition education and better eating habits may lead to improved health.

Who benefits from BLT programs? The primary audiences of BLT are adult Supplemental Nutritional Assistance Program (SNAP) eligible participants as well as other limited resource families. Within this population, there are numerous audiences that can be reached such as families participating in the Head Start program, Woman Infants and Children (WIC), individuals receiving Temporary Assistance for Needy Families (TANF), SSI recipients, individuals receiving food from food pantries or soup kitchens, and others qualify. To see if you qualify, please contact AgriLife in Fort Bend at 281-342-3034 for more

Seven Lakes Junior High 4-H Club

The Seven Lakes Jr. High 4-H Club is an in-school club that will meet during the day, at the advised period once per month. There will be outdoor activities planned that will focus on five key areas. These areas are horticulture, robotics, environment/wildlife, photography, and egg to chick. An informational meeting was held in September, 2012 with 50 students and the two club managers in attendance. 4-H Agents visited with students about 4-H and the many opportunities that were available. Door prizes were given and each participant received a 4-H bracelet for their attendance. September 2012 will mark the official start-up of Seven Lakes Jr. High 4-H Club.



Fort Bend Office of Emergency Management

The Fort Bend County Office of Emergency Management (OEM) plans and prepares for emergencies, educates the public about preparedness, coordinates emergency response and recovery, and collects and disseminates emergency information. To accomplish this mission, OEM maintains a disciplined unit of emergency management personnel, including responders, planners, watch commanders, and administrative and support staff, to identify and respond to various hazards. In addition, municipalities and various Fort Bend County Departments including Texas A&M AgriLife Extension Service form an efficient working partnership to help educate and prepare citizens of this county.

Mark Your Calendar our Annual Emergency Preparedness Workshop will be held on Friday, May 17, 2013 at the Rosenberg Civic Center. The event is free and open to the public. First responders and elected officials will participate and answer any questions you may have.



Fort Bend 's Senior Fraud Expo....Protecting Seniors from Scams



The Sixth Annual Information Fair & Senior Fraud Expo was held on Friday, February 17, at the Mamie George Community Center with 16 agencies represented, 32 seniors attending and 8 agents assisting. Senior participants learned about Elder Law Issues, Medicare Fraud, and the Prevention of Senior Scams. The Info Fair/Senior Fraud Expo is an event planned by the FCS PAC to provide an opportunity for government and nonprofit agencies to network and learn what services they provide that will help each other best serve their clientele. In 2012 thirteen agencies participate with 56 in attendance. Topics included "Neighborhood Fraud," "Elder Law Issues – Making Your Own Decisions," and "Medicare Fraud." More than 100 volunteer hours were expended to plan and implement the Information

Do Well Be Well.....With Diabetes & Stay Healthy!

The Do Well, Be Well with Diabetes classes were conducted at the George Memorial Library in Richmond during the month of February. Forty-three people attended at least one of the five educational presentations with twelve (12) people graduating by having attended four or five of the presentations. Participants learned about: Nutrition-1st Step to Diabetes Management; One Diabetes Diet - No Longer the Sole Option; Nutrition Labels - For Good Measure at Home & Eating Out; Managing Your Blood Glucose; Diabetes & Exercise; Diabetes Medicines; and Preventing & Managing Complications.



2013 Take-A-Stand - Against Bullying

Conflicts among youth and bullying have been increasing. School districts have been mandated by the Texas Legislature through two bills (House Bill 212 and 283) to adopt and implement a dating violence policy and a discipline management policy. Both bills require training for teachers/staff as well as training/curriculum for youth to address these issues. Currently, there is no standard curriculum being utilized by school districts. Texas

4-H has developed, in partnership with the Texas Rural Mediation Services, a curriculum called Take A Stand! This curriculum addresses both of these issues. Texas A&M AgriLife Extension Service in Fort Bend County in 2013 is developing and implementing educational programming for youth to address bullying in response to expectations set forth by HB 212 & 283. Our expectations is to reach 500 youth by the end of 2013. Stay tuned for results.



4-H Day At The Capitol

ALL 4-H members, parents, and County Extension Agents are invited to join Texas 4-H at the 4-H Day at the Capitol on Wednesday, February 6, 2013 in Austin Texas. This event will be a day filled with 4-H being recognized in both the House of Representatives and Senate Chambers. In the afternoon, spend some time with your legislators and let them know about the great things 4-H is doing in your community.

Registration will open on 4-H CONNECT on Monday, December 17, 2012 and will close January 18, 2013. In order to allow as many 4-H members, parents/volunteers and agents that wish to participate lunch will be on your own. Registration will include a t-shirt, registration materials, and insurance for the event. Lunch will be on your own. The registration fee will be announced in December. For more information; Joe Mask, CEA-4H/YD at 281-342-3034, Ext. 7008

Calendar of public events: For a complete list go to: <http://fortbend.agrilife.org/>

January 2013: 7 – Adult Sewing Class; 8 - 4H Roundup Training; 9 - MG Demo Workday; 11- Ag Tour @ Twinwood US Inc.; 12 - CEU Trng for Texas Young Farmers; 17 - 4H Adult Leaders ' Mtg.; 17- 4H Council Mtg.; 18 - Pesticide Recert. Trng.; 19 - 4H Photography Wksp.; 22 - 4H Livestock Judging Wksp.; 22 - Adult Sewing Class; 23 - MG Entomology Trng.; ABC Child Care Conf. Mtg.; 24 - Adult Canning Class; 25 & 26 - Parenting Connection Classes; 29 - MN Quarterly Board Mtg.; & 31 - Adult Sewing Class;

February 2013: 4 - 4H Record Bood Judging; 5 - Adult Sewing Class; 16 - NRA National Rifle Match, 21 - TEEA Scholarship Interviews; 22 - Master Wellness Volunteer Trng.; 26 - 4H Livestock Judging;

March 2013: 2—4H Photography Wksp.; 2 - Retirement Planning; 3 - NRA Sectional Competition (BB gun) ; 5 - 4H

Texas AgriLife Extension Service

Fort Bend County

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Our Vision

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

Texas A&M AgriLife Extension Service and the Cooperative Extension Program through Prairie View A&M University are part of the Texas A&M System. The Texas A&M System, U.S. Department of Agriculture, and the Fort Bend County Commissioners ' Court cooperate as a team to provide support for Extension educational programming in an effort to reach all Fort Bend County citizens.

We welcome the opportunity to provide your club, school, organization, and business a wide variety of research-based educational programs for 2013. *We do offer something for everyone!*

Extension ' s educational programs are open to all people without regard to race, color, sex, disability, religion, age or national origin. Individuals with disabilities who may require an auxiliary aid, service or accommodation in order to participate in any Extension educational program or activity are encouraged to contact the Extension office for assistance eight (8) days prior to the event date.

To find out more about Extension, its administration, its programs, and its personnel, visit the Extension: <http://agrilifeextension.tamu.edu/> or www.facebook.com/FortBendCountyExtension .

FOR A COMPLETE LIST OF UPCOMING EVENTS— VISIT OUR WEBPAGE!

Vincent J. Mannino, County Extension Director—Fort Bend County,

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www.http://fortbend.agrilife.org/ , [www.facebook.com/FortBendCounty Extension](http://www.facebook.com/FortBendCountyExtension)