

Making a Difference

CEA Annual Achievement Report (2016) Sumer Burns, CEA-FCS, Stephens County

In-Depth Program Planning (Also attach In-Depth Summary(ies))

In Stephen County Agent Burns had two In-Depth Plans

- 2016 Stephens County Walk Across Texas
 - FCS Program Area Committee
3 meetings
 - Walk Across Texas Task Force
3 meetings
- 2016 Stephens County Food Challenge
 - FCS 4H Committee
3 meetings

In-Depth Program Implementation

Walk Across Texas; Task Force members helped with the following:

- Recruitment of participants and teams
- Training site managers, captains, teachers and other volunteer helpers
- Registration of participants and teams
- Walking for eight weeks and reporting mileage
- Recognition for team walking the most miles and the team reaching 830 miles first
- Kickoff Event, Mid- Way Event & Celebration Event

Food Challenge; 4H FCS Committee members helped with the following:

- 4 day; hands on event
- 20 participants
- mini food-challenge, "My Plate" stations, hands on cooking techniques, etiquette awareness & garnishing 101
- practices to prepare teams for the County Food Challenge
- practices to prepare teams advancing to District.

In-Depth Program Evaluation

Walk Across Texas

A total of 145 Stephens County residents participated in Walk Across Texas. This total reflects participation from the following:

- Average age 39
- 87 Female
- 58 Male
- Teams from banks, schools, churches, courthouse, and organizations

Food Challenge

A total of 20 Stephens County youth participated in the Kitchen Bootcamp- Food Challenge Camp.

- 94.0% of the participants said their understanding of nutrients found in fats had increased.
- 90% of the participants said they will eat more fruits and vegetables.
- 77.8% of the participants said their knowledge gained on nutrients found in minerals had increased.
- 75% of the participants said they will eat less chips, candy, and/or cookies as after-school snacks.

Outreach Program Summary

FCS Programs

“Walk Across Texas” at East Elementary- eight week program; 3 major events (200 participants)

“Walk Across Texas” at Breckenridge High School for FFA students- eight week program; 3 major events (60 participants)

“Welcome to the Real World” for Juvenile Probation Department- 5 series program (10 participants)

“My Plate” for Fit Kids afterschool program – 5 week program (12 participants)

Monthly programs for Head Start Parent Meetings (10 participants)

Cooking Demonstrations for mothers at the Open Door (10 participants)

“My Plate” for Head Start students at East Elementary- 5 week program (80 participants)

LIONS Club- promotional event (30 participants)

Garden Club- promotional event (30 participants)

Rotary Club – promotional event (30 participants)

Heart Healthy Night with SHAC – promotional event (300 participants)

Buckaroo Bash- Back to School event with SHAC; promotional event (300 participants)

Fill the Bus- School Supplies event with SHAC; promotional event (300 participants)

FCS 4H Programs

Sewing Classes- 2 months/ 1x a week sewing practice (25 participants)

Canning Class- one day event (16 participants)

Cupcake Extravaganza- one day event (14 participants)

Arts & Crafts Day Camp- one day event (15 participants)

Kitchen Bootcamp- 4 day event (20 participants)

Food & Nutrition Practice- 2 months/ 1x a week practice (23 participants)

District Nutrition Quiz Bowl- (12 participants)

District Food Show (7 participants)

County Food Show (20 participants)
District Food Challenge (12 participants)

Accountability and Interpretation

- Submitted all commissioners court reports, monthly reports, program plans, and in-depth summaries
- Appeared in person for interpretation at commissioners court meetings
- Marketed and interpreted benefits and values of extension programs through news articles, radio spots, , Healthy Living in Stephens Co. AgriLife Facebook page, Stephens Co. 4-H Facebook page, Stephens Co. 4-H Facebook group, and county website
- Provided In-Depth Summaries to stakeholders; County Judge and County Commissioners which was also published in Stephens Co. local newspaper.

Volunteer Management and Engagement

Stephens County volunteers are recruited by agent and committee members. Volunteers are trained on various subject matters related to educational programming. Volunteers are recognized by FCS committee, Leadership Advisory Board, Adult Leaders Association and 4H FCS coalition.

Human Resources

Stephens County works towards a level of professionalism and dependability in our office. Monthly staff meetings are held and an annual review.

Material Resource Development

- Financial support was given to various programs including: Walk Across Texas, Food and Nutrition Camp, “My Plate” food demonstrations and 4H Programs.
- Received financial and material support by Garden Club member to support 4-H Programs. Fundraisers were conducted for financial and material support for 4H Programs.
- Involved LAB, Family and Consumer Sciences Committees, taskforces and County Commissioners to support Extension Programming Efforts.
- Partial Cost Recovery : Sewing Classes, Arts & Craft Camp, Cupcake Extravaganza and Kitchen Bootcamp

Internal Relationships

- Worked with co-worker on programming and county budget.
- Worked with co-worker to coordinate and plan programs through office conferences.
- Worked with co-workers in working with the Leadership Advisory Board, Adult Leaders Association and Green Acres 4H Club

EXTENDING KNOWLEDGE
Providing Solutions

- Assisted Ag Agent with Rabbit Showmanship Clinic- one day event (25 participants)
- Assisted Ag Agent with Swine Showmanship Clinic- one day event (19 participants)

External Relationships

Agency and businesses helped agent plan, market and implement education programs and provided guest speakers for various programs.

LIONS CLUB	Hibbett Sports	First United Methodist Church
ROTARY CLUB	United Super Markets	The Open Door
SHAC	Walmart	
GARDEN CLUB	Breckenridge American	
WOMAN FORUM	Biggest Loser	
Breckenridge ISD	Party Planet	
Head Start	TSTC	
Breckenridge Chamber of Commerce	Church of Christ	

Other Teamwork Examples

- Assisted with “Dinner Tonight Healthy Cooking School” in Stephenville
- Assisted with “Dinner Tonight Healthy Cooking School” in Weatherford
- Judged County Fair Food Show for Eastland County

Professional Development

- New Agent Gatherings
- Program Excellence Academy I
- Program Excellence Academy II

Professionalism

- Gave support and assistants to programming with co-workers
- Continued relations with County Commissioners, County staff employees including employees in the County Judges office, County auditors, County Clerk and Treasurer. Also continues to support good relationships with janitorial staff.
- Keep office up to date.
- Respond to telephone messages and office contacts in a timely manner. Work appropriate hours in accordance to the duties of an agent.
- Submit monthly reports and other reports in a timely manner.