

VOLUNTEER CONNECTION

May/June, 2021

Master Wellness Volunteer Newsletter

TEXAS A&M
AGRILIFE
EXTENSION

MWV's Have a Busy Spring

School is almost out, and summer is knocking at the door! Our Hopkins County Master Wellness Volunteers have been involved in a variety of activities this spring:

Patsy Neal, Joan Brennan, and Marjean Allen have been busy with quilting projects through Stitchin' Heaven.

Joan has hosted sewing days in her home for Dress a Girl Around the World. I'm not sure who all has participated, but I suspect Patsy, Wendy, and Susie have taken part at some point.

Pat Connally has been instrumental in recruiting team members for the Hopkins Rains Retired Teachers' Association for "Walk Through Texas History." The event will kick off on May 11th and go through June 7.

Wendy Johnson has been instrumental in providing ideas for Skills Camp, scheduled for July, 2021. Watch for more information to come!

Marjean has been seen on several occasions at the Extension Office to work on projects. She also attended the Adult Sewing Workshop offered in late March. **Joan, Wendy, and Patsy** assisted.

LaTarra Giles has been assisting Nell Shipp.

Kim Sellers is a proud mom as her son entered basic training for the Air Force. Congratulations to a fine young man!

Linda Tanton is probably getting ready to crank up her canner! Linda always has a good garden!

Sylvia Millsap had a mishap that prevents her from getting out and about, but we hope to see her in the fall!

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A World of Opportunities

*Consider the world of good we can do
by simply being involved!*

*Lots of opportunities are available in the coming months.
Please contact me if you are able to help staff any of these.*

May

- **Saturday, May 1:** 1st Saturday Quilt Project—**Marjean, Patsy**
- **Thursday, May 6:** National Day of Prayer on the square
- **Tuesday, May 11:** Walk Through Texas History begins—**Pat**
- **Tuesday, May 18:** 55+ Health Fair, ROC, 9:00 am to noon—**Wendy, Patsy** (Johanna will set up the night before, but will need you to pack up at the end of the event)
- **Friday, May 21:** Master Wellness Volunteers spring luncheon, Johanna's home (see page 3 for details)
- **Monday, May 31:** Memorial Day, Extension Office closed

June

- **Friday, June 4:** 4-H Project Tour Day, 9:15 a.m., meet at Extension Office (tours include TAMU-C Planetarium, Ag Farm, lunch at student center, and Fox Country Quilts) 4-H families will be given first priority, but if we have room, you may attend. Limit of 28.
- **Saturday, June 5:** 1st Saturday Quilt Project
- **Tuesday, June 29:** judge county 4-H Record books—**help needed**
- **Month of June:** Johanna will coordinate with the Sulphur Springs School District to provide nutrition, physical activity, and safety sessions for their summer day camp. If you would like to assist with any of the sessions (dates to be determined), **PLEASE CONTACT THE EXTENSION OFFICE or text Johanna.**

July

- **Saturday, July 3:** 1st Saturday Quilt Project
- **Monday, July 5:** Extension Office closed in recognition of Independence Day
- **July 19-23:** Skills Camp, 9:00 a.m. to noon, Extension Office—assistance needed with activities; we also need someone who can assist in answering the phone (Barbara will be on vacation)
- **July 28-30:** Johanna will be attending Texas Extension Association of Family & Consumer Sciences state conference.

Thanks in advance for assisting in any way you can!

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners' Courts of Texas cooperating

Master Wellness Volunteer Luncheon

With the crazy year we've had, it is time to celebrate again! You are all invited to an appreciation luncheon at my house!

- Date: Friday, May 21
- Time: 11:30 am (or whenever you can get there)
- Where: 800 CR 1106 W, Sulphur Springs
(Take Highway 19 south 3 miles past Love's. Turn right (west) on County Road 1106 and go .7 mile. The house is on the right-hand corner where 1106 and 1107 come to a "T").



You have all been added to the Community Health/Wellness Alliance e-mail list. We hope to start face-to-face meetings back in the fall.

Hope you will come!

- What we'll do: eat and fellowship. You don't need to bring anything!

Please RSVP if you plan to attend so I can make adequate preparations. 903-342-0425 (cell) or 903-885-3443 (office).

Skills Camp

This camp is designed for students going into 6th and 7th grades. We will need help in making this camp successful. Below are the details as of this writing:

- Dates: July 19-22 (Monday thru Thursday)
- Where: Texas A&M AgriLife Extension Office—Hopkins County
- Time: 9:00 a.m. to noon
- Topics being considered:
 - 1) Cooking (complete meal using oats! Oven Fried Chicken, sweet potatoes with oat crunch topping, tossed salad, yogurt fruit parfait with granola topping, maybe oatmeal cookies)
 - 2) Public Speaking (extemporaneous/persuasive, charades) and perhaps pull in a member of the Community Players
 - 3) Horticulture (Master Gardeners)
 - 4) Woodworking (Mr. Sink cannot help this year, so we would need to come up with someone else to assist (Mario suggested Brad Fain)
 - 5) Aero-dynamics (airport, paper airplane design & flying contest, balsa wood plane craft)

Thanks, Wendy, for helping brainstorm! If anyone else has contacts, please let me know.

Johanna Hicks
Family & Consumer Sciences
1200-B W. Houston Street
Sulphur Springs, TX 75482

Phone: 903-885-3443
Fax: 903-439-4909
jshicks@ag.tamu.edu

TEXAS A&M AGRI LIFE EXTENSION

We're on the web!

<https://hopkins.agrilife.org>

Refresher Quiz

These questions were on your Master Wellness Volunteer quiz.
See if you remember the answers!

- 1) The passage of the Smith Lever act in 1914 created an education system
 - A. Within the Land Grant University System designed to extend education to the people.
 - B. Known today as the 4-H Youth Development program.
 - C. Designed to provide school teachers in rural communities.
 - D. Increase much needed research on rural ways of life.
- 2) Better Living for Texans is a statewide nutrition education program of Extension funded by
 - A. Food & Drug Administration
 - B. Texas Department of Agriculture
 - C. USDA Supplemental Nutrition Assistance Program
 - D. Centers for Disease Control and Prevention
- 3) The Texas A&M AgriLife Extension Service is a statewide education network consisting of
 - A. professional educators
 - B. 100,000+ trained volunteers
 - C. local offices in 250 of 254 counties
 - D. All of the above
- 4) The base program are under which Master Wellness Volunteers will contribute service is
 - A. Agriculture and Natural Resources
 - B. Better Living for Texans
 - C. Family & Community Health
 - D. Community and Economic Development
- 5) The educational information disseminated to clientele is
 - A. Most often found through internet sources
 - B. Based on the latest research available
 - C. Provided by the state legislature
 - D. information from major news outlets

Key: 1-A; 2-C; 3-D; 4-C; 5-B