BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



Volunteers



MAKE A DIFFERENCE

2021 FCH/BLT COMMITTEE MEETING DATES

Dear Volunteer,

Happy Fall! I absolutely love this time of year! As always, Texas A&M AgriLife Extension is blessed to have you to make an impact on the lives of the people of Brazos County and beyond. You have touched lives across the lifespan. THANK YOU for helping to fulfill the mission of our agency.

Please mark your calendars and plan to attend committee meetings. We will review new and existing opportunities for the remainder of 2021. The next meeting is set for:

*October 25, 2021 3:30 pm (at the new Extension office located at 4153 County Park Court Bryan Texas)

Thank you,
Flora Williams
County Extension Agent
FCH Brazos County

IN THIS EDITION

- Dear Volunteer
- MWV reporting
- Car seat Update
- Dinner Tonight Updates
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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

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



MONTHLY MASTER WELLNESS VOLUNTEER REPORTING

Report hours to http://agrilife.org/mwv by the 2nd of each month. What should you report? Meetings, classes, events, training, worksite wellness using Extension resources. THANK YOU Julie for reporting.

CAR SEAT INSPECTION PROGRAM BOOMING

At the Brazos County Extension Office, we have resumed car seat inspections by appointment. It's great to be back to impacting the lives of parents and caregivers. We have encountered some grateful families over the last few months of being back in operation. See tentative dates for inspections later in this newsletter. Spread the word...passenger safety presentations are available for groups.

PAST & UPCOMING DINNER TONIGHT COOKING EVENTS Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

11:30 AM-1:00 PM; **September 23**

Menu: Cheese Spinach Roll Ups , Avocado Mandarin Tossed Salad, Peach Cobbler

Volunteers who assisted (20 attended): Julie Prouse & Diana Gaytan

Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

10:00 AM-1:30 PM (volunteer time not event time); **October 21**Deep Dish Pizza Casserole, Roasted Carrots, Cherry Vanilla Ice Cream

Volunteers needed for prep, set up, implementation, clean up

Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A



10:00 AM-1:30 PM (volunteer time not event time); **November 11** Mom's Chicken & Dumplings, Spicy Corn Muffins, Pomegranate Fruit Salad

Volunteers needed for prep, set up, implementation, clean up

Email Flora at fewilliams@ag.tamu.edu if you are available to assist.

UPCOMING OPPORTUNITIES

Safety Week Booth

October 7 from 8:00 to 10:00 am

Martin Marietta, Ready Mix Concrete- 1580 Independence Ave, Bryan TX Topics nutrition, healthy eating, and overall health

Volunteers needed to operate an Extension booth (Flora will attend)

Car Seat Inspections

October 8 & 18 from 9 am to 3 pm

Volunteers needed to serve as technicians and scribes needed

Pizza Ranch

October 14 from 8:15 am-2:00 pm

Brazos County Expo

Volunteers needed to facilitate sessions with agents.

We have two booths: one on MyPlate and the other on food safety.



FCH/BLT Committee Meeting

October 25 at 3:30 pm.

(invite a friend or potential committee member)

Invited!

Annual Volunteer Appreciation Lunch November 1, 2021

Brazos County Extension Office 12:00 pm

Join us for lunch at the Brazos County Extension Office. We want to celebrate you with a meal, guest speaker, and recognizing this year's outstanding volunteer. RSVP required.

UPCOMING OPPORTUNITIES

Brazos County 4-H Food Challenge October 28, 2021

Brazos County Extension Office 4153 County Park Court Bryan TX 77802

4:30-7:30 p.m. (Judges and tabulators needed)

NEW MASTER WELLNESS VOLUNTEERS CLASS IN JANUARY 2022







SAVE THE DATE

MASTER WELLNESS VOLUNTEER

2022 Virtual Live Statewide Training

FIRST SESSION, JANUARY 18, 9 AM - 4 PM ONLINE COURSE INTERVENING WEEKS LAST SESSION, MARCH 1, 9 AM - 4 PM

REGISTRATION OPENS NOVEMBER 15, 2021



For More Information and Session Location Contact Your Local County Extension Agent https://agrilifeextension.tamu.edu





MASTER WELLNESS VOLUNTEER

BE ABUNDANT IN HEALTH

Allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

REGISTRATION FEE: \$75 COLLEGE STUDENTS: \$25

Receive 40 hours of training and give back 40 hours of service! Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same.

MASTER WELLNESS VOLUNTEER RECERTIFICATION: \$0

Attend first and last training days to satisfy annual 10 hour training requirement. Give back 20 hours of service annually.

For More Information and Session Location
Contact Your Local County
Extension Agent
https://agrilifeextension.tamu.edu

Texas A&M AgriLife Extension is an equal c employer and program provider. Reas accommodations are provided upon regulaccordance with the Americans with Disabilities Act.

For assistance or to request a reasonable

Current Master Wellness Volunteers can earn 10 hours!

Brazos County Extension has a new place to call "home"

A few years ago, the Brazos County Commissioners Court approved funds for the construction of a new building for the Brazos County office of Texas A&M AgriLife Extension Service/Prairie View A&M University Cooperative Extension Program. The Extension staff closed the old building July 27–29 and re-opened in the new facility on Friday, July 30. The new address is 4153 County Park Court, Bryan, TX 77802.

The staff is excited to join the group of county offices across Texas with excellent facilities centered on the educational environment. The new facility has 9,846 square feet gross conditioned space including a 3,358 square feet meeting room that can be split into two rooms. There is a 169 square feet demonstration kitchen with a camera mounted above the center island that connects to a large monitor just across the hall from a small conference room with wall mounted monitor.

The next time you are in Brazos County stop by and see our new facility!



VOLUNTEER ASSISTED

Certified Food Managers Classes

Yay! August and September Brazos County Certified Food Managers Classes are in the books! Special thanks to Julie Prouse and Health Inspectors from with the Brazos County Health District for sharing each of their expertise.

Certified Food Manager classes are held monthly at the Brazos County Extension Office. Please direct anyone interested to AgriLife to get signed up. Two more classes will be held in October and November.



Julie Prouse and Priscilla Ofori are Rock Stars! August 10 & 26 and September 3 & 20 inspections were offered and 14 little ones are riding safer than before they were upon arriving at the car seat fitting station.

Banquet Presentation

Sara Mendez presented the Outstanding Food and Nutrition project award at the August 8, 2021 4-H Banquet.









More Volunteer Assisted since last newsletter:

- Paid bills (Martha Sanders and Sara Mendez)
- Managed accounts (Martha Sanders and Sara Mendez)
- Attended a committee meeting (Flora Williams, Sara Mendez, Meaghan Threadgill, Katie Zender, Haly Stevens, Marita Astle, Pat Pierson, Morayo Suara, Martha Sanders, Mary Parrish)
- Serves as an officer on the Leadership Advisory Board (Sara Mendez, Pat Pierson, Julie Prouse)
- Assisted with car seat inspections (Julie Prouse & Priscilla)
- Helped to pack old building and unpack new building (Julie)
- Attended Pizza Ranch meeting (Julie and Sara)
- Assisted with Cooking with Flourish at TAMU event (Diana Gaytan & Julie)
- Worked National Passenger Safety event week (Julie)

Thank you to all of the amazing FCH volunteers for all you do!



SAVE THE DATES

- Leadership Advisory Board @ Brazos County Extension Office- October
 15 (for members only)
- Pizza Ranche Brazos County Expo-October 14 (all hands on deck)
- 4-H Food Challenge @ Brazos County Extension Office (judging opportunity)-October 28
- Volunteer Appreciation Luncheon (All committee)
- Elected official luncheon at Traditions Club December 2 (LAB members and outstanding volunteer honoree)
- Brazos County 4-H Food Show @ Brazos County Extension Office-January 27

BLT UPDATES

BETTER LIVING FOR TEXANS TEXAS A&M AGRILIFE EXTENSION

UPCOMING EVENTS:

Be Well Live Well

- Crestview Retirement Community
 - 10AM 10/7, 10/28, 11/4, 11/11, 12/2
- Meyers Senior Center
 - o 2PM 10/12, 10/26, 11/9, 11/23, 12/14

Walk N Talk - Rethink Your Drink

- Larry J Ringer Library
 - o 10AM 10/12, 10/19, 10/26

A Fresh Start to a Healthier You!

- · Hearne Schools
 - o 6pm 10/19, 10/26, 11/3, 11/9

BETTER LIVING FOR TEXANS TEXAS A&M AGRILIFE EXTENSION

Salad with Apples and Raisins

Enjoy this tasty, sweet fall salad with a savory and seasonal entrée. Use Granny Smith or your favorite kind of apples.

Try leaving out the sugar for a tarter flavor.

Serves: 6

Total Cost per serving: \$\$\$\$

Ingredients:

- 10 ounces washed baby spinach, kale, or other greens
- 2 chopped apples
- 1 cup raisins
 - ¼ cup canola oil
 - ¼ cup apple cider vinegar
 - ¼ cup sugar
 - ¼ teaspoon garlic powder



Directions:

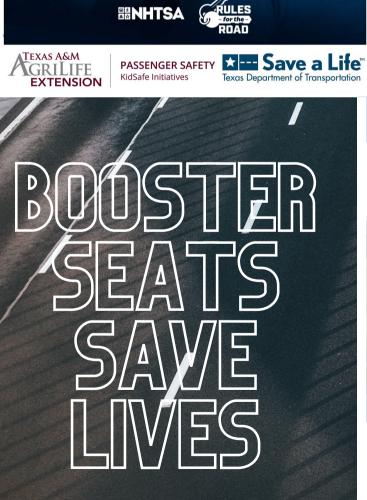
- 1. Combine spinach, apples, and raisins.
- 2. Mix all dressing ingredients and pour over salad just prior to
- serving.



Recipe and photo source: MyPlate Kitchen https://www.myplate.gov/myplate-kitchen

Contact Katie Zender at <u>katie.zender@ag.tamu.edu</u> if you would like to help with these awesome classes!







Give Your Child a Boost!



PREVENT INJURIES:

Use a booster until your child fits the seat belt - usually between the ages of 8 -12.

Watch the Video!



Complete the Evaluation

If your child needs a booster contact:

Flora Williams, 9798230129



PASSENGER SAFETY

Brazos County







\$20

Register by October 13, 2021

at

HTTPS://DOCS.GOOGLE.
COM/FORMS/D/E/1FAIP
QLSDIA3761OM1UXAVI4
TLVWCFKH14_OXLGVNY
PDSK4326UAJLVA/VIEWF
ORM?USP=SF_LINK



Brazos County Fall Childcare Providers Conference

Hand Foot & Mouth Disease | Learn Grow Eat & Go Early Childhood Curriculum | Food Safety for Special Occasions

Texas A&M AgriLife Extension proudly presents three quality hours for childcare providers on health, curriculum, and safety.

9AM - 12 PM / SATURDAY OCTOBER 16, 2021

4153 County Park Court Bryan, Texas 77802

For more information contact Flora Williams at fewilliams@ag.tamu.edu.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

