

## Leadership Advisory Board

### Travis County

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For more information about these and other events, please call 512-854-9600 or visit our website:

<http://travis-tx.tamu.edu/>

## Calendar of Events

### October 2013

- 1 Get The Facts Nutrition Series - BLT/SNAP Ed.
- 5 Texas Water Star Open House & Field Day
- 6-12 National 4-H Week
- 8 Get The Facts Nutrition Series - BLT/SNAP Ed.
- 9 National Youth Science Day Experiment
- 10 Selecting and Planting the Best Trees for Austin
- 10 Rainwater Harvesting Seminar
- 11 Texas Watershed Steward Workshop
- 12 One Day 4-H Community Service Events
- 16 Beekeeping 101: Getting Started Workshop
- 16 Get The Facts Nutrition Series - BLT/SNAP Ed.
- 19 Fruit Tree Seminar
- 19 Large-Scale Rainwater Harvesting Workshop & Tour
- 29 4-H Food Show County Contest

### November 2013

- 11 Veterans Day Observed - OFFICE CLOSED
- 14 How to Prune Landscape Trees Seminar
- 19 4-H Food Challenge Team County Contest
- 21 4-H Consumer Decision Making Workshop
- 23 Travis County EEA Bazaar - 4-H Scholarship Fundraiser
- 28-29 Thanksgiving Observed - OFFICE CLOSED

### December 2013

- 7 District 4-H Food Challenge Team Contest
- 24-25 Christmas Observed - OFFICE CLOSED

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Cooperative Extension Program

## In Cooperation With... TRAVIS COUNTY COMMISSIONERS' COURT

Samuel T. Biscoe  
County Judge

Ron Davis Commissioner, Precinct 1    Bruce Todd Commissioner, Precinct 2    Gerald Daugherty Commissioner, Precinct 3    Margaret Gomez Commissioner, Precinct 4

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Educational programs of the Texas A&M AgriLife Extension Service and the Prairie View A&M University Cooperative Extension Program are open to all people without regard to race, color, sex, disability, religion, age or national origin.

TEXAS A&M  
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# Making a Difference

FALL 2013

in Travis County



Dolores Sandmann  
County Extension Director  
Texas A&M AgriLife Extension  
Travis County

### Message from the Director:

4-H is the largest non-formal youth education organization in the United States! **Over 5.6 million youth participate in 4-H each year** to become self-motivated, productive and contributing citizens. Join us as we celebrate National 4-H Week, October 6-12, 2013.

Best Wishes,

-Dolores Sandmann

## Getting Back to Basics on Health & Wellness

Two nutrition/wellness initiatives under the banner of *Back to Basics* saw significant activity this past quarter.

The first, Better Living for Texans (BLT) *Back to Basics* series, was completed at the South Austin Senior Activity Center.

"The three-session program addressed 1) how to reduce stress through meal planning and physical activity, 2) spending less and getting more at the grocery store, and 3) keeping food safe," said Crystal Wiltz, Cooperative Extension Program agent for Family and Consumer Sciences, Prairie View A&M University.

Wiltz said a total of 40 people participated. Survey data showed:

- An increase from 56 percent to 89 percent in those who intend to plan their meals in advance.
- 44 percent of participants described their ability to cook nutritious meals for their family as very good.
- 78 percent planned to spend less money at the grocery store.

Sonia Coyle, AgriLife Extension agent for Family and Consumer Sciences in Travis County, held a similar three-session series on reducing stress through meal planning, spending less for nutritious food and keeping food safe.

"During the months of June, July and August we had a total of 95 graduates from this series," Coyle said. She said the *Back to Basics* curriculum was offered at Rebekah B. Johnson Community Center; St. John's Community Center; Alamo Seniors; Rosewood Zaragoza Neighborhood Center; and Ft. Branch, Sierra Vista, Timbers, Meadowbrook, Northgate, Coronado Hills and North Loop apartments.

"During the same period, we have also offered one-time classes called *Get the Facts on Serving Sizes* to a total of 449 people at workforce centers at their east, north and south side locations."





# Urban Producers get a Strong Start with 5-day AgriLife Extension Series

AgriLife Extension presented another successful series of Strong Starts: Urban Farming 101 seminars to 32 participants from Travis and surrounding counties.

The sessions, which took place one day a week over a five-week period in July and August, were coordinated by Daphne Richards, AgriLife Extension agent for Horticulture, in cooperation with Julie Ansley, the county’s agent for Agriculture and Natural Resources.

“This series of five seminars addressed urban farming issues, plus targeted new and potential urban agriculture business people,” Richards explained. “Many of the presenters were AgriLife Extension specialists, including Dr. Danny Klinefelter, Professor and Extension Economist, who presented a one-day seminar on business planning. Vegetable and Fruit Specialists Joe Masabni and Jim Kamas presented on growing fruits and vegetables, and AgriLife Extension Economist Marco Palma introduced participants to the MarketReady and Texas MarketMaker programs.”

Richards said the program is helpful for both home and small-plot producers, including producers who want to grow food to sell at farmers markets or involved in sustainable foods efforts or community gardens.

Other agencies and community experts who contributed to the five-day agenda included the U.S. Department of Agriculture’s Natural Resources Conservation Service and USDA Farm Service Agency, which presented on available resources from their agencies, giving special attention to the USDA’s new microloan program.

“Representatives from the City of Austin’s economic redevelopment and small business development offices provided participants with information on local support for small local business,” Richards added. “Other topics covered included an ecosystems approach to farming, organic methods for integrated pest management, large-system composting, marketing principles,

connecting with farmers markets, and using social media to promote business opportunities. The group also toured two local farms and participated in field demonstrations on erosion control.”

Of the 32 total participants, 22 attended the entire series. Some participant quotes about the program were:

-- “Anyone in Central Texas that has an interest in local food should participate in this wonderful series. All of the speakers offered a wealth of information. It also provided great networking opportunities with other participants.”



Photo: David Pitre, cofounder and farmer at Tecolote Farm, gives Strong Starts participants the inside scoop on investments in farm infrastructure and alternative income streams.

-- “The Strong Starts urban farming series has introduced me to an amazing variety of resources that I know I will utilize as I grow my niche market business.”

-- “This was an extremely valuable series that connected me to other small urban farms and an enormous amount of important resources. I hope to see more training and resource series available to this growing community of small-scale/urban farmers.”

Check-out our NEW Travis County **Central Texas Horticulture** webpage at [aggiehorticulture.tamu.edu/travis](http://aggiehorticulture.tamu.edu/travis) for more information on:

- Home Gardening & Landscaping
- Urban Agriculture
- Youth Gardening
- Green Industry
- Ground to Ground
- Travis County Master Gardeners



# Youth Leadership Project Helps 4-H’ers Become Role Models

Throughout the year, 4-H members have the opportunity to become involved and engaged with numerous activities and events in Travis County and across the state, allowing them to utilize and share the skills they possess.

“Leadership is more than leading an activity -- it involves learning, serving as a role model, being an inspiration to others and making things happen by achieving a set goal,” said Cory Talley, AgriLife Extension agent for 4-H and Youth Development. “The 4-H leadership project helps young people learn and practice leadership life skills, which is a part of every 4-H project.”

Talley said over the past few months several Travis County 4-H senior high school members have shown themselves to be true leaders through their participation in 4-H activities, which included:

- Six youth competing as a team demonstrating proper parliamentary procedure.
- Two youth participating in the Texas Farm Bureau Leadership Camp.
- Six youth attending the District 10 Leadership Lab, where one youth was elected to serve on the District 10 4-H Council.
- Two youth serving as mentors at the Texas 4-H Mission Possible Camp - a camp experience for youth with disabilities.
- Sixteen youth participating in the Youth Leadership Program on public speaking.
- One youth attending the Buckskin Brigades camp, and she was asked to apply as a Junior Counselor for the following year.

“As a 4-H agent, it is my responsibility to fulfill the 4-H motto to ‘Make the Best Better’ through teaching youth to lead by example, and to share their leadership skills with others.”

Talley said the benefits of leadership participation are best reflected in the testimonials from youth commenting on their experiences. Here are a few examples:

Trent Warwick (Mentor for Mission Possible Camp) – “Mission Possible was one of the greatest experiences I have ever been a part of. Our goal as mentors was to give these kids the best possible camp they could ever have. I believe that as a team, we were

able to do just that. Whether it be at the pool, doing crafts, or even rock climbing, there was always a smile on the faces of these kids and that’s what made it even better.”

Anna Dolliver (attended the 12th Battalion North Texas Buckskin Brigade Camp at the El Escondrijó Ranch) -- “This five-day intensive study allowed me to complete the Texas Hunter Certification course. I took part in team projects, individual projects, and learned interviewing skills during mock television and radio interviews. I also had the opportunity to work with a published author as I honed my writing skills.”



Photo: One of the leadership activities 4-H’ers participate in is by serving as mentors and role models for special needs kids at the Mission Possible camp held at the Texas 4-H Conference Center on Lake Brownwood.

## MEET THE STAFF: Maggie M. Johnson, Extension Agent - EFNEP



Maggie M. Johnson began her new journey as Extension Agent, Expanded Food and Nutrition Education Program (EFNEP) in Travis County on August 26.

Mrs. Johnson has a master’s degree in Agriculture from Texas A&M University Kingsville, and a B.S. degree in Psychology/Sociology from Texas A&M Kingsville.

She served as the FCS agent in Williamson County since 2004, and also worked for the Prairie View A&M University-Cooperative Extension Program in Laredo as an FCS agent, reaching limited resource families and youth for 5 years. Over the last several years she has worked in numerous projects in the areas of Health and Nutrition, Financial Education, and 4-H & Youth Development.