

VOLUNTEER CONNECTION

May/June, 2014

Master Wellness Volunteer Newsletter

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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:

Nell Shipp, Doris Counts, and Linda Tanton attended the Spring Leadership Advisory Board (LAB) luncheon, held on March 7 at the Extension Office. Following lunch, a lively game of Extension Quiz Bowl was played. Fun was had by all!

Kim Sellers displayed an exhibit on healthy snacks at the first annual Family Fun & Fitness Night, held at the new Sulphur Springs Middle School.

Nell Shipp, Tracy Irby, and Doris Counts assisted with three Extension exhibits at the Family Fun & Fitness Night- "MyPlate", "Fast Food Fats," and "Fizzics of Soda" while Johanna manned the "Say No to Smoking" exhibit. An estimated 200 attended.

Linda Tanton assisted with the spring 2014 "Do Well, Be Well with Diabetes" series, held in March and April.

Julie Walter remains busy with work and health issues, but keeps a smile on her face!

Kim Sellers remains active with various 5-K races.

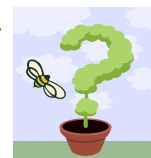
Thanks, everybody! You are a true asset!

Ag-in-the-Classroom

Do you like children?

Do you enjoy interacting with them?

Do you feel a sense of satisfaction when you teach children something new?



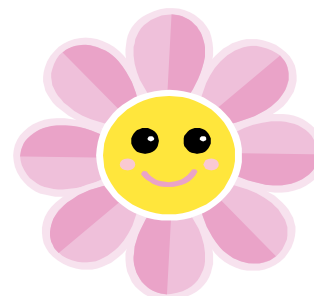
If you answered "yes" to any of these, I have the perfect project for you!

The annual Ag-in-the-Classroom will be held in October, and we're having a planning meeting to firm up a few details. If you would like to assist in some way, please come!

- What: Ag-in-the-classroom planning meeting
- When: Tuesday, May 20
- Time: 10:00 a.m.
- Place: Extension Office

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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 available to assist with any of these.

April

- **Tuesday, April 22:** Kids' Safe Saturday planning meeting, noon, Department of State Health Services
- **Saturday, April 26:** Kids' Safe Saturday, 9:00 a.m. to 1:00 p.m., Kids' Kingdom— help needed with the Extension exhibit
- **Thursday, April 30:** webinar on the Cottage Food Law and Farmers' Market, 10:00 a.m. to noon, you are welcome to come watch this with me!

May

- **Wednesday, May 8:** Community Health/Wellness Alliance meeting to discuss Kids' Camp, 12:00 noon, Extension Office, bring lunch (drinks provided)
- **Thursday, May 15:** Child Safety Seat Check-up, Lowe's Parking Lot, 11:00 a.m. to 2:00 p.m., no charge! Free car seats given away. Help us publicize!
- **Friday, May 16:** Johanna's son graduates from Dallas Baptist University!! Jay & Johanna's 27th anniversary, too!
- **Tuesday, May 20:** Ag-in-the-Classroom planning session—y'all come!
- **Monday, May 26:** Memorial Day, Extension Office closed

June

- **Saturday, June 21:** Hopkins County Dairy Festival Dairy Foods contest, Extension Office. Volunteers arrive 12:00 noon, judges arrive 12:45 p.m.. Entries arrive at 1:00 p.m. followed by judging. Volunteers needed to assist judges, register dishes, and attach ribbons according to judges' placings.
- **June 16, 18, 20, 23, 25, 27:** "Kids' Camp: Fun, Food Fitness", Professional Ag Workers' Building near Kids' Kingdom, 9:00 a.m. to noon—nutrition/cooking; physical activity/games; gardening. Volunteers needed!

July

- **Saturday, July 5:** Hopkins County Tomato Festival (time & details to be determined, but stay posted!)
- **July 7, 9, 11, 14, 16, 18:** Kids' Camp continued. See Johanna for ways you can assist!

Please call Johanna if you can assist!

903-885-3443

Thanks in advance for assisting in any way you can!

Kids' Camp: Fun, Food Fitness

The Community Health/Wellness Alliance wanted to provide a summer activity for children that would get the kids off the couch, away from video games, computers, and cell phones, and into physical activity and nutritious foods. Thus, "Kids' Camp" was born. Several organizations are represented on the alliance, including Texas AgriLife Extension, DSHS, SSISD, CAN Help, Southwest Dairy Museum, and several businesses.

The first three years were a huge success and parents have been asking about camp for this summer.

The 4-week camp will be Mondays, Wednesdays, and Fridays during the last two weeks in June and continue the second and third weeks in July (we'll skip the week of July 1st).

Mondays and Wednesdays will focus on nutrition and physical activity (each about an hour-long session). Fridays will be led by our Hopkins County Master Gardeners.

If you are available to assist on Mondays or Wednesdays, please let me know. You'll be blessed!



Two Boards Looking for New Members

Everybody is so busy these days that it seems as if help can be short at times. Two boards on which Extension Johanna serves are currently seeking individuals who would like to be involved.

- 1) The Fall Festival Board meets the 2nd Monday of each month at 5:30 p.m. at the Civic Center. A meal is typically provided. This board is responsible for planning and implementing the Hopkins County Fall Festival. Most of you have assisted with the Creative Arts Contest or marking off spaces for the Arts & Crafts Show, both of which fall under Extension's guidance. There are many more opportunities to help in other areas, as well.
- 2) The Dairy Festival Board meets the 3rd Monday of each month at 6:30 p.m. at the Southwest Dairy Museum. This board is responsible for planning and implementing the Hopkins County Dairy Festival. Most of you have assisted with the Dairy Foods Contest which falls under the guidance of Extension. There are other aspects of the Dairy Festival which are also very visible events.

If you would like to serve on one of these boards, or simply have your name thrown in as a volunteer, come to one of the meetings and see what it is all about!

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We're on the web!

<http://hopkins.agrilife.org>

Dinner Tonight Cooking Demonstrations

New exciting plans are currently in the works for the Hopkins County Fall Festival! Some of you assisted with the Dinner Tonight Cooking which was held at the Hopkins County Civic Center in 2012. Extension agents from Hopkins (yours truly), Hunt, Rains, Van Zandt and Wood Counties are partnering to bring a new twist to "Dinner Tonight" - live cooking demonstrations at the Fall Festival on October 24 and 25!

In order to pull off something of this magnitude smoothly, we need your input and assistance! Each of us will be implementing a 20 minute demonstration, spaced throughout the two-day period. We will need assistance with tray preparation and clean up, as well as seating visitors, and distributing cook books.

We have an immediate need with which we're hoping some of you can assist—a sponsor for the cook book printing! This will be our biggest expense, and we simply don't have the funds to pay out-right for printing.

We will be glad to recognize our cook book sponsor(s) in all the publicity. If you know of a source who could fund printing of the cook book, please inform Johanna. We have the cook book ready for printing, so the hard work is already done!

2014 Dairy Foods Contest

Volunteers are needed for the 2014 Dairy Foods Contest. Please contact the Extension Office if you can help. Duties are: registration, judges' assistant, setting up the entries with ribbons for display, and clean up.

Or, enter a dish! There is no cost to enter, and all participants will be recognized during the awards ceremony which will follow judging.

