

# Master Wellness Volunteers

## January, 2017

Greetings to all!

We will have a Master Wellness Volunteer Luncheon sometime in March. I would like to host the luncheon in my home. Look at the dates below and let me know which date works best for you:

- Monday, March 20 or 27
- Tuesday, March 21 or 28
- Thursday, March 23

I wanted to give you an update on dates. Some changes have taken place since the last “Volunteer Connection” newsletter went out, so please take note of these changes. I’m also including activities and names of volunteers I have so far:

- Tuesday, January 24: the Community Health/Wellness Alliance will meet at our office at noon to discuss Kids’ Camp and Skills Camp. We’ll discuss location, topics to be covered and speakers for these summer camp. Please come if you can!!
- Saturday, January 28: 4-H Sewing Fun Day, Food Challenge, and Consumer Decision Making—**please note change in schedule!** We will start the sewing activity at 10:00 a.m. I’ll need **LOTS** of help, so those of you who sew will be greatly appreciated! Then, I’ll need help setting up the Food Challenge and Consumer Decision-Making Contest which will start at 1:00-ish. Please contact me. See attached flyer. **Wendy and Joann** have offered to help—more volunteers are welcome!
- Thursdays, February 2, 9: “A Fresh Start to a Healthier You”, Early childhood Learning Center, 8:30 a.m. to 9:30 a.m. If anyone wants to assist with distributing handouts, cooking demos, etc., give me a call.
- Saturday, February 4: Trip to Stitch-n-Heaven, Mineola. Meet at Johanna’s house at 9:10 a.m. to carpool.
- Saturday, February 11: I need a volunteer to help set out lunch for the Together in Texas Marriage Education Workshop, around 11:15 a.m. So far, I have 4 couples signed up. I’ll pop a lasagna in the oven, and have bagged salad, dressing, and tea, along with cookies—just need a volunteer to get it all set out while I’m teaching.

Update on 2017 training—so far, I haven’t had any response to the Master Wellness Volunteer training, so unless I get a surge of applications, the training is cancelled.

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Programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability or veteran status.

### Events Continued:

- Tuesday, February 28: Help needed to set up and implement County 4-H Fashion Show, 4-H Food Show, Food Challenge (if any interest), and Fashion Storyboard (if any interest), Cedar Canyon, starting at 5:30 p.m. I'll need help earlier than that. **Wendy** will help if possible. More needed to serve as tabulators and runners.
- Thursday, March 2: 4-H Educational presentations, Public Speaking, Share-the-Fun contests at Cedar Canyon. We'll start at 5:30 p.m. Need tabulators and runners.
- Thursday, March 2: **Since I can't be 2 places at once, I need a volunteer to set up and stay with an exhibit at the Como-Pickton Student/Parent Health Fair, 5:30 to 7:30 p.m.** Please contact me if you can do this and we'll visit about which exhibit(s) to take!
- Saturday, March 4: Monthly trip to Stitch-n-Heaven for those interested!
- Friday, March 10: Extension Spring Luncheon/meeting for all committees, Master Wellness Volunteers, Master Gardeners, and Leadership Advisory Board. You are all invited!! Noon, at the Extension Office. Watch for a special invitation in mid-February, but save the date!
- Friday, March 31/Saturday, April 1: This is certainly optional, but if any of you would like to assist with judging District 4-H Food Show, Educational Presentations, Public Speaking (Friday), or Nutrition Quiz Bowl, Fashion Show, Consumer Decision Making (Saturday) at North Central Texas Community College in Gainesville, let me know.
- April 4, 6, 11, 13, 18: "Do Well, Be Well with Diabetes", Extension Office, 1:30 p.m. and repeated at 6:30 p.m. Helpers needed for registration, material distribution, refreshment set-up, etc.

That's all for now! Call if you can help with any of these!!

For 2016, our Hopkins County Master Wellness Volunteers contributed 420+ hours. That is excellent! With all the events listed above, it is going to be another busy year!!

For those of you who were unable to be involved in 2016 for various reasons, remember that family comes first, so do what is most important. I hope to see you soon!

Johanna Hicks  
Family & Consumer Sciences Agent  
Hopkins County

