



E-Newsletter

MARCH / APRIL 2023

VOL. 2



SPRING IS HERE!

By Caroline Cruz, County Extension Agent - Family & Community Health

Spring is a time of renewal and new growth. Things are starting to "spring" back to life. Wildflowers are blooming, the grass is growing, the pollinators are pollinating, the wind is blowing, and the pollen is floating! What are your favorite telltale signs of spring?

Spring is also a great time for Walk Across Texas! What is that? Well, Walk Across Texas!, or WAT! for short, is an 8-week team-based physical activity program that is free to participate in. Gather up 8 of your co-workers, family members, neighbors, or friends and register your WAT! Team online. WAT! begins with our county-wide challenge on **APRIL 3rd** and goes through May 28th. Join our new county League - Montgomery County Mile Markers!

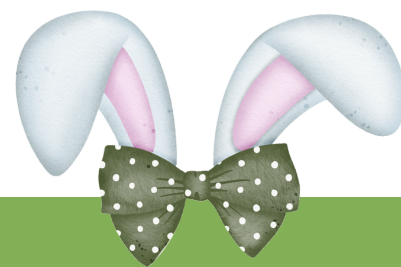
SPRING BREAK FOR NATURE!

The Montgomery County Health for Nature Task Force hosted a new event called "Spring Break for Nature" at the Lone Star Family Health Center. The goal is to encourage families and children to spend time in nature to enjoy the positive benefits to your physical, emotional, and mental health and well-being, and to create family memories with nature! Our partners shared thoughtful information and hands-on exploration activities for kids, like the Project Learning Tree "Shape of Things" activity, where children look for shapes in nature.



In This Edition

- Walk Across Texas! starts April 3rd
- Early Childhood Educator Conference is April 15th
- National Nutrition Month
- Upcoming Events
- Recipe Ideas
- Car Seat Check Up



Fun Spring Facts from Reader's Digest

- The spring (vernal) equinox is the first day of spring, usually the 20th or 21st of March.
- An equinox is a moment in time and space when the sun is positioned directly above the Earth's equator, which happens just twice a year on the vernal and autumnal equinoxes.
- Many meteorologists and climatologists agree that the first real day of spring in the Northern Hemisphere should be March 1.



What's Going On?



MARCH

HELLO SPRING

DATE	EVENT	INFO
3/7, Tuesday	Texas Extension Education Association (TEEA) Montgomery County Monthly Club Meeting; Montgomery County Extension Office; 9:30am - 10:30am	TEEA is always looking for new members! Call 936-539-7825 for info. https://www.teea.tamu.edu
3/13, Monday	Health Literacy Series, session 4 of 5. This weeks' topic is, "Finding RELIABLE Information on the Internet."	10:30 am, Conroe Senior Center, 1202 Candy Cane Lane, Conroe, TX Phone 936-522-3950 https://www.cityofconroe.org/departments/parks-recreation/conroe-senior-center
3/16, Thursday	"Spring Break for Nature" Event at Lone Star Family Health Center; 11am - 2pm. Free nature-themed activities for kids & families	For info. email caroline.cruz@agg.tamu.edu or call 936-539-7825
3/16, Thursday	Behavioral Health and Suicide Prevention Task Force of Montgomery County monthly "All Hands on Deck" meeting. Guest Speaker: Hillary Wylie discussing virtual mental health care and explaining Dialectical Behavioral Therapy	Tri-County Behavioral Health, 233 Sgt Ed Holcomb Blvd S, Conroe, TX 77304 https://communityhelp.org/
3/24, Friday-4/2, Sunday	Montgomery County Fair & Rodeo at Montgomery County Fairgrounds	For info visit https://mcfa.org
3/25, Saturday	Montgomery County Master Gardener Association Spring Plant Sale; 9am - 12pm	For Info. visit www.mcmga.com or call 936-539-7824
3/29, Wednesday	Free Car Seat Check Up Event	To sign up, call us at 936-539-7825

March is National Nutrition Month

National Nutrition Month® is an annual campaign created 50 years ago in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "Fuel for the Future." Eating with sustainability in mind is a tasty way to nourish ourselves during every phase of life and protect the environment. A Registered Dietitian Nutritionist can help you create healthy habits that are sustainable and celebrate your unique needs.

<https://www.eatright.org/national-nutrition-month-2023>





APRIL



DATE	EVENT	INFO
4/3, Monday	Walk Across Texas! Program Begins. Get your Team of 8 signed up now!	https://howdyhealth.org/ or call us at 936-539-7825
4/15, Saturday	Early Childhood Educator Conference: Tremendous Teachers. Jesse Jones Park & Nature Center 20634 Kenswick Drive Humble, TX 77338	Register online or call 936-539-7825 for more info. https://forms.office.com/r/ln2q6E4xi0
4/22, Saturday	Montgomery County Master Gardener Association Open Garden Day; 9 am - 12 pm. Learn about AgriLife Extension in our county.	For Info. visit www.mcmga.com or call 936-539-7824



LONE STAR
FAMILY HEALTH CENTER



FAMILY AND
COMMUNITY HEALTH
TEXAS A&M AGRILIFE EXTENSION

SPRING BREAK FOR NATURE!



Lone Star Family Health Center
605 S. Conroe Medical Drive,
Conroe, 77304
Thursday, March 16, 2023
11 am - 2 pm

**Free Nature & Health
Activities for Kids!**

**Parent Education
Resources!**

Brought to you by:
Montgomery County Nature for Health Task Force

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2023



WALK ACROSS TEXAS!

TEXAS A&M AGRILIFE EXTENSION



MONTGOMERY COUNTY - JOIN NOW!

WALK ACROSS TEXAS!

Join us for a fun, team-based, 8-week physical activity program for adults! Family, friends, or workplace!

WHEN: APRIL 3, 2023 - MAY 28, 2023

LEAGUE CODE: WATL-230307-89580

REGISTER: HOWDYHEALTH.TAMU.EDU

Our County League name is Montgomery County Mile Markers! 2023



@MontCoFCH





The Walk Across Texas! Adult Program is a FREE 8-week program designed to help Texans be more active using a team-based approach. (WAT! Youth Program is also available).

Gather up to 8 people to create a Team and make a goal of walking 832 miles - the distance across Texas! Create a fun team name!

Your favorite physical activities are logged as 'miles walked' and contribute toward your team's mileage total. Gardening, biking, swimming, and dancing all count!

How to join:

- 1. Create or log into your Howdy Health account**
- 2. Click the WAT! Dashboard button under the WAT! Adult section**
- 3. Click the 'Create a Team' button**
- 4. Complete the Create a Team form with county League code (if you will have multiple teams at one site/workplace, you may create and manage your own league but it's not required)**
- 5. Recruit your team members and start logging miles! Encourage each other and have fun!**



Please reach out to learn more:

Montgomery County AgriLife Extension

Name: Caroline Cruz, County Extension Agent

Phone: 936-539-7825

Email: caroline.cruz@ag.tamu.edu

Texas A&M AgriLife Extension has a long history of offering professional development trainings for child care providers. Please join us or help spread the word about this fun and unique early childhood opportunity for teachers of ages 1-6 years old!

EARLY CHILDHOOD EDUCATOR CONFERENCE TREMENDOUS TEACHERS!



TEXAS A&M
AGRI LIFE
EXTENSION



CHILD CARE PROVIDERS | HEAD START & EC TEACHERS | DIRECTORS

SATURDAY, APRIL 15, 2023

8:30 AM TO 3:00 PM

**Jesse Jones Park & Nature Center
20634 Kenswick Drive
Humble, TX 77338**

REGISTRATION

Fee: \$25 per person
Limited to 25 participants
Registration form:
<https://cutt.ly/M9cLdTE>
Deadline: 4/6/23
Make Checks Payable to:
**Mont. Cty Family &
 Consumer Sciences**
Mail Form & Payment:
9020 Airport Road
Attn: FCH
Conroe, TX 77303

INCLUDES

Clock Hours: 6
CEU's upon request
Please bring a lunch.

Project Learning Tree's (PLT) *Trees & Me: Activities for Exploring Nature with Young Children* includes 12 activities and more than 250 learning experiences for families and teachers to connect children ages 1-6 to nature with a focus on trees. Educators will learn through fun, indoor and outdoor activities where toddlers and preschoolers explore nature through their senses, experience trees throughout the seasons, and connect with their community.

During this fun, hands-on training you will:

- Practice modeling PLT activities and get tips for lesson planning specific to your educational setting.
- Learn new teaching skills and become comfortable teaching outdoors.
- Receive PLT's early childhood instructional materials.
- Establish access to a professional network and support system.
- Earn continuing education credits.

PLT's Early Childhood Curriculum contains correlations for NAEYC, Head Start, NAAEE, Natural Start Alliance, NGSS, Common Core and C3 Framework.

Contact: Caroline Cruz, County Extension Agent - Family & Community Health at 936-539-7825 or caroline.cruz@ag.tamu.edu

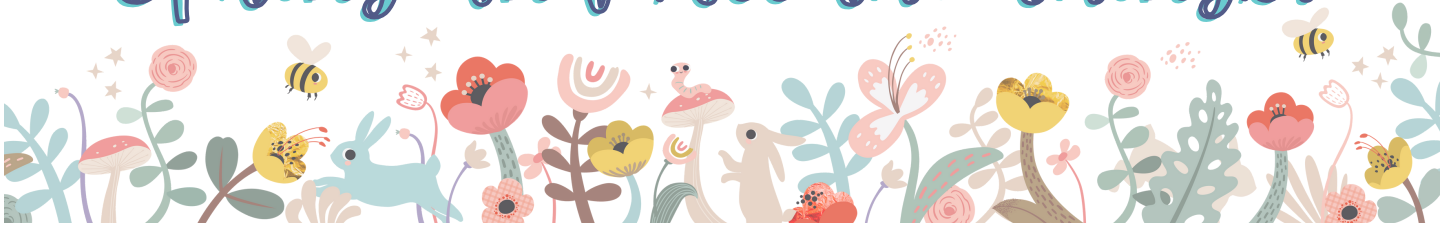
The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive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

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this event are encouraged to contact the Extension Office five days prior to the event by calling 936-539-7825.

Early Childhood Educator
Conference - Tremendous
Teachers - Registration



Spring and All the Things!



CHILD CAR SEAT CHECK-UP EVENT WEDNESDAY, MARCH 29TH CONROE (LOCATION TO BE DETERMINED)

If you are interested in having your child's car seat inspected for safety, please sign up and we'll contact you with scheduling information. This is a free service! Replacement car seats might be available. Call us at 936-539-7825.

VOLUNTEER TIME!

Spring is 4-H Contest season! If you are interested in serving as a Judge for a contest, please call us. Some events are in person, and some take place online. We'd be happy to answer your judging questions at 936-539-7825.



CONGRATULATIONS AND GOOD LUCK TO ALL 4-H MEMBERS PARTICIPATING IN LIVESTOCK SHOWS, MONTGOMERY COUNTY FAIR, AND DISTRICT 4-H ROUNDUP!



Congratulations to the four teams from Montgomery County 4-H that competed in the RODEOHOUSTON Food Challenge Contest! 3 of the 4 teams placed out of the 89 teams competing, and one of our Senior teams, the "Food Fanatics", placed First in their category and advanced to the final heat. They ended up winning 2nd Place Overall! 4-H teaches youth about food and nutrition, food safety, cooking skills, communication and teamwork, and career exploration. Congratulations to these youth and their families! H-E-B sponsored this contest and supported it with their Cooking Connections Chefs.

Recipe Round-Up

Salmon Patties

Ingredients:

- 1 14.75 oz. can reduced-sodium salmon, drained and flaked
- 1 teaspoon lemon juice
- 1/2 cup breadcrumbs plain, grated
- 1 Tbsp. Worcestershire sauce
- 1 Large egg
- 1 Small chopped onion
- 1/4 cup shredded reduced-fat cheddar cheese
- 1 Tbsp. dried parsley
- 1 teaspoon garlic powder
- 1/4 teaspoons black pepper
- 1 Tbsp. shredded or grated Parmesan cheese
- reduced-fat cooking spray



Directions:

1. Combine salmon, lemon juice, bread crumbs, Worcestershire sauce, egg, onion, cheddar cheese, parsley, garlic powder, and black pepper; mix well.
2. Shape into four large patties.
3. Dust lightly with parmesan cheese.
4. Chill for 20 minutes.
5. Preheat the oven to 375 degrees.
6. Lightly coat baking sheet with cooking spray.
7. Bake for 20 minutes, 10 minutes on each side of the patty.

Nutrition Facts:

Calories: 280
 Total fat: 11g
 Saturated fat: 2.5g
 Cholesterol: 155mg
 Sodium: 300mg
 Total Carbohydrate: 16g
 Dietary Fiber: 1g
 Protein: 27g.

Serves: 4



Looking for new recipes? Visit <https://dinnertonight.tamu.edu/>



FAMILY & COMMUNITY HEALTH

Stay Connected

There are many ways you can reach us. Call us at the number below, follow us on social media, visit our website. Are you a community organization, non-profit, or agency that aligns with the mission and values of AgriLife Extension? If so, let us know if we could consider partnering with you on news, events, or classes!



Extension - the "best kept secret" in Montgomery County! Tell your friends!

*Agriculture & Natural Resources
Family & Community Health
4-H & Youth Development
Horticulture
Better Living for Texans*

LOCATED ACROSS FROM THE LONE STAR CONVENTION CENTER



936.539.7825



@TexasA&MAgriLife
ExtensionMontgomeryCounty



9020 Airport Rd,
Conroe, TX 77303



<https://montgomery.agrilife.org>



@MontCoFCH



<https://fch.tamu.edu/>

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