



SPRING IS HERE, SUMMER IS NEAR!

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

Make sure to spend some time in nature - it's good for your whole body, mind, and spirit! Spring into summer is always a busy time for Texas A&M AgriLife Extension, across the board. There are major livestock shows, youth contests, and of course, the Montgomery County Fair. Your AgriLife Extension Agents, Staff, and Volunteers are hard at work educating the public at these events and more. We are also getting geared up for the Texas Community Futures Forum on May 7th - we need you at this event!

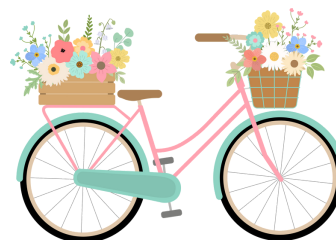
We are proud to host a Master Wellness Volunteer Program in our county! MWV's help Extension staff reach more people through education. This is a great opportunity to give back to your community and receive top-notch training from experts in the field. More information is in this newsletter.

TEEA - Texas Extension Education Association, is a volunteer organization, and they are ready to meet you! Come to a meet and greet with TEEA at the Open Garden Day hosted by the Montgomery County Master Gardeners on April 20th at 9:00 AM - tour the Extension Gardens and listen to quality presentations.

Speaking of volunteers, in April we celebrate National Volunteer Month. We have community members who serve in a variety of ways - committees, special events, helping teach programs, outreach education, program planning, and more. Volunteers are essential to Extension's call to service. We appreciate you!

In This Edition

- Volunteers
- Texas Community Futures Forum
- Upcoming Events
- Recipe Roundup



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WE



Our Volunteers

April is National
Volunteer Month



THANK
YOU

Walk Across Texas!

Walk in the Park!

April 24, 2024

Candy Cane Park in Conroe - 5:30 PM



Join us for a group walk in the park to wrap up our amazing 8-week Walk Across Texas Challenge! Prizes!

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Join us to walk it out for our final WAT Week!

You have done an AMAZING job with Walk Across Texas – no matter how many miles you have logged, you did it! Let's have fun, walk, and celebrate each other.

This is not an exercise session – just show up and walk!

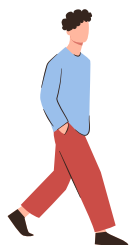
Prize drawings for WAT participants!

Bring your non-WAT friends and family. Meet by the tables near the swing set by the front parking lot facing I-45.

1204 Candy Cane Lane, Conroe, 77301

<https://maps.app.goo.gl/1hBVwVAyeSrMlvsp9>

Hope to see you soon! If we have to cancel due to inclement weather, we will post it to our Facebook page, so be sure to check it!



GO TEAM!



Texas Community Futures Forum

May 7, 2024 6:30 p.m.

Texas A&M AgriLife Extension - Montgomery County
Thomas LeRoy Education Building
9020 Airport Rd
Conroe, TX 77303

Purpose: To identify the needs of Montgomery County residents in order to shape educational programs for the next four years.

RSVP



Texas Community
Futures Forum



Light refreshments will be served, so your RSVP is requested. Please scan the code or contact us to RSVP by May 2nd: 936-539-7822
<https://montgomery.agrilife.org/home/tcff/>

Texas Community Futures Forum

Texas A&M AgriLife Extension has a rich history of providing educational programs that address the most critical issues in Montgomery County. Texas Community Futures Forum (TCFF) takes place every 5 years. TCFF is an opportunity for the citizens of Montgomery County to give input on issues or topics we should address via education or informational programs.

Do you live in Montgomery County? If you answered yes, then we need your voice! We could not do this task without you. Please join us for our county TCFF on May 7th. Please RSVP at <https://montgomery.agrilife.org/home/tcff/>

NURTURING KIDS IN NATURE

CHILD CARE
CONFERENCE



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FAMILY &
COMMUNITY HEALTH

APRIL 13

Chambers | Jefferson

8:30 AM - 3:30 PM

LIT Multi-Purpose Center
855 East Lavaca Street
Beaumont, TX 77705

MAY 18

Brazoria | Galveston

8:30 AM - 3:30 PM

Galveston County Extension Office
4102-B Main Street
La Marque, TX 77568

REGISTRATION

Fee: \$45

April 13 Deadline: April 5

May 18 Deadline: May 10

Limited to 50 total participants

To register, please visit

<https://galveston.agrilife.org/fch/>



ABOUT

Earn six clock hours while discovering programs designed to create learning environments connecting kids to the natural world through hands-on outdoor exploration activities.

CONTACT

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Texas A&M AgriLife Extension Service provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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Join Today

MASTER WELLNESS
 VOLUNTEER PROGRAM

- HEALTH
- NUTRITION
- FOOD SAFETY
- FAMILY WELLBEING

2024

Master Wellness Volunteer Dates:

- May 1st - Statewide Registration Opens.
- June 12, 9 am - 4 pm - In-person training, Day 1.
- You complete additional training online at home.
- July 17, 9 am - 4 pm - In-person training, Day 2.

*Do you want to make a positive impact in your county?
 Consider becoming a trained volunteer!*

Learn more about MWV: <https://agrilife.org/mwv/>

We are excited to host a Master Wellness Volunteer Class!
 MWV's receive top-notch training in topics including health,
 wellness, nutrition, cooking, food safety, family life, and others.

Sign Up on Our Interest List Online - scan the QR code, or call 936-539-7825.

Master Wellness Volunteer
 Training - Montgomery County



MWVs participate in 40 hours of training through a mix of in-person and online learning. On completion of the training, they serve a 40-hour internship with and through their County Extension Agent to learn more about our unique brand of practical, applicable education. Volunteer opportunities are diverse and may include giving presentations for local community groups, assisting with healthy cooking demonstrations, distributing information at health fairs, working with schools and youth, and data entry.

Previous health or wellness training is not required but an interest in living healthfully, and helping others do the same, is. There is a registration fee to cover the cost of the education and training. College students are welcome to become certified MWV's.

Montgomery County Memorial Library System

Mitchell Library: Get Outside!

George & Cynthia Woods Mitchell Library - MCMLS

Friday, Jun. 14, 10am-11:30am

Learn ways to get active and enjoy the great outdoors with your family this summer with some inspiration provided by Texas AgriLife staff. Then, sign up for their new Get Outside pilot program and challenge yourself and others to Get Outside, too!



Come back on Friday, July 19 for the Get Outside Wrap-Up Party. See how well you achieved your goals and enter to win a bevy of giveaways courtesy of Texas AgriLife.



Join us for our first "Get Outside" Family Nature Program hosted at the Mitchell Library Branch!



June 14th, 10:00 AM (Kick-Off) and July 19th, 10:00 AM (Wrap-Up)

We'll have a family-friendly nature activity and learn more about how you can participate in the free Get Outside nature program, where families get a nature-themed bingo-style card to fill out over 5 weeks and become eligible for prizes! This is a fun, free family-friendly program and activity! Parents/caregivers are expected to participate in this program with their child or children. This is not a drop-off activity. Visit the library website schedule:

https://www.countylibrary.org/business_detail_T2_R9.php

Caregivers CONFERENCE SPRING 2024

2024 Spring Caregivers Conference
 Saturday, May 4, 2024 8:30 a.m. to 1:00 p.m. Christ Church Methodist
 6363 Research Forest Drive | The Woodlands, Texas 77381 FREE SKILL-BUILDING AND INFORMATIVE WORKSHOPS FOR FAMILY MEMBERS [...]

Interfaith of The Woodlands /

May 4th
 Click <https://woodlandsinterfaith.org/event/2024-spring-caregivers-conference/> to visit the Caregiver Conference website.
 Presented by Interfaith of The Woodlands

Saturday, May 4, 2024
8:30 a.m. to 1:00 p.m.

Christ Church Methodist
 6363 Research Forest Drive, The Woodlands, Texas 77381

PRESENTED BY

Free skill-building and informative workshops for family members caring for a loved one.

SPECIAL SESSION
Ask the Experts:
Elder Law Panel

Registration Available Online at woodlandsinterfaith.org

Complimentary respite care will be provided for Senior Adults.

FOR MORE INFORMATION
 Call Raymona Lewis, Interfaith of The Woodlands, at 281-367-1230.

SPONSORS

- CarePartners
- Caring Senior Service- Respite
- Christ Church Methodist
- Heart to Heart Hospice
- Interfaith of The Woodlands
- SarahCare Adult Day Care
- Senior Resource Guide
- The Auberge The Woodlands
- The Heritage Memory Care

EXHIBITORS

- A Caring Touch Home Health & Hospice
- Aging in Place The Woodlands
- Always Best Care Senior Services
- Alzheimer's Association
- Assisted Living Locators of Houston
- At Your Side Home Care
- Avatar Home Health Agency
- BBB Senior Medicare Patrol
- Blue Moon Estate Sales
- Canopy Cancer Survivorship Center
- Conservatory at Alden Bridge
- Devotion Hospice
- Field of Vision, LLC
- Houston Area Parkinson Society
- Houston-Galveston Area Council
- Lone Star Legal Aid
- Maximus Star Plus Medicaid
- Merrill Lynch Wealth Management
- Mir Care Consultants
- Oasis Senior Advisors
- Right at Home
- Seamless Senior Transitions
- Senior Care Scout
- Seniors Real Estate Specialists RE/MAX Signature Health Services
- Silverado Hospice
- The Landing at Woodlands Lakes
- The Woodlands Township Neighborhood Services
- Tri-County Behavioral Healthcare

ENVIRONMENTAL EDUCATION CURRICULUM TRAINING WEEK

CONNECTING LOCAL EDUCATORS TO ENVIRONMENTAL THEMED TEACHING RESOURCES

JUNE 4TH-7TH, 2024

Add some new tools to your educator tool-belt!

Curriculum materials are interdisciplinary, backed by sound educational practices and theory, are TEKS aligned, and represent the work of many professionals within the fields of education and natural resource management from across the country. Formal & informal educators welcome!

Project WILD (K-12 Grade)

Tuesday, June 4th, 9:00AM-4:00PM

Jesse Jones Park & Nature Center, 20634 Kenswick Dr, Humble, TX 77338
 \$35 per attendee, 6 hours of SBEC, CPE, and TEEAC credit, receive certificate & curriculum book.

Aquatic WILD (K-12 Grade)

Wednesday, June 5th, 9:00AM-4:00PM

Jesse Jones Park & Nature Center, 20634 Kenswick Dr, Humble, TX 77338
 \$35 per attendee, 6 hours of SBEC, CPE, and TEEAC credit, receive certificate & curriculum book.

Growing Up WILD (Ages 3-7) and Trees & Me (Ages 1-6)

Thursday, June 6th, 9:00AM-4:00PM

Dennis Johnson Park, 709 Riley Fuzzel Rd, Spring, TX 77373
 \$65 per attendee, 6 hours of SBEC, CPE, and TEEAC credit, receive certificate & curriculum book.

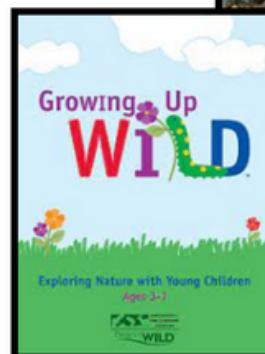
Project Learning Tree: Explore Your Environment (K-8 Grade)

Friday, June 7th, 9:00AM-4:00PM

Jesse Jones Park & Nature Center, 20634 Kenswick Dr, Humble, TX 77338
 \$35 per attendee, 6 hours of SBEC, CPE, and TEEAC credit, receive certificate & curriculum book.

Interested in registering or learning more?

Click the image of the curriculum your interested in to register, or use the links in the description!



To register for these trainings, visit these following websites:

<https://tpwd.texas.gov/calendar/project-wild-growing-up-wild-workshops>

<https://www.texasforestry.org/>



COMING SOON
ACADEMY OF LIFELONG LEARNING
LONE STAR COLLEGE
MONTGOMERY CAMPUS

Fall
2024

Lone Star College - The Academy for Lifelong Learning is a membership community that offers free and low-cost classes, events, and activities for adults aged 50 and older. Texas A&M AgriLife Extension is proud to offer the following classes with LSC - Montgomery

Register for Lone Star College ALL Courses at:
<https://www.lonestar.edu/all> or call: 936-273-7446

Disaster Preparation & Food Safety for the Home
Date: September 18, 2024 Time: 1:00 - 3:00 PM



We are no stranger to natural disasters or major emergency events. In this class, we will learn how to prepare for a natural disaster or an emergency, with a focus on how to keep your food and water supply safe at home before, during, and after a disaster. You will also learn about making your emergency supply kit. September is National Preparedness Month. Be ready! This is an in-person class.

Cooking Well with Diabetes
Dates: October 24th, October 31st, November 7th
Time: 2:00 pm - 4:00 pm



The Cooking Well with Diabetes series is meant to help those living with diabetes or pre-diabetes, their family members, and caregivers who want to learn how to make changes in their food preparation while creating tasty dishes. This series includes hands-on recipe preparation by students with some discussion and teaching. Attendance and participation are expected for all 3 classes.

What's Going On?

SPRING



SUMMER

DATE	EVENT	INFO
April 4,18,25	Stress Less with Mindfulness Series Interfaith of The Woodlands, Time: 10:00 am - 11:00 am Classes: 3/28, 4/4, 4/18, 4/25	For more information, contact Deisy at disaza@woodlandsinterfaith.org or call 281-367-1230
April 11-21	Montgomery County Fair & Rodeo Montgomery County Fair Grounds	Visit https://mcfa.org
April 20	Montgomery County Master Gardener Association Open Garden Day; 9 am - 12 pm. Learn about AgriLife Extension in our county and meet Texas Extension Education volunteers.	For Information visit www.mcmga.com or call 936-539-7824
April 24	Walk Across Texas - Walk in the Park!	Candy Cane Park in Conroe Meet at 5:30 pm
May 7	Texas Community Futures Forum, 6:30 PM AgriLife Extension Office	See flyer in newsletter for more info
May 18	Nurturing Kids in Nature Child Care Conference Galveston County AgriLife Extension Office	https://galveston.agrilife.org/event/2024-child-care-conference-may-18/
May 27	Observance of Memorial Day	Extension Office Closed
June 4-7	Environmental Educator Training Week	See flyer in newsletter for more info
June 14	"Get Outside" Family Nature Program at Mitchell Library	https://www.countylibrary.org/business_detail_T2_R9.php
June 19	Juneteenth Observance Day	Extension Office Closed
July 4	Observance of Independence Day	Extension Office Closed
July 13	"Get Outside" Family Nature Program at Mitchell Library	https://www.countylibrary.org/business_detail_T2_R9.php
Aug. 22 start	Master of Memory Series Interfaith of The Woodlands, Time 10:00 am - 11:00 am classes: 8/22, 8/29, 9/5,9/12, 9/19, 9/26	For more information, contact Deisy at disaza@woodlandsinterfaith.org or call 281-367-1230

Recipe Round-Up

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What's Cooking?

APRIL 2024

GRILLED BEEF & VEGETABLE KEBABS

INGREDIENTS

- ¼ cup balsamic vinegar
- ¼ cup extra-virgin olive oil
- 2 tablespoons whole-grain mustard
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 2 cloves garlic, sliced
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 1 pound tri-tip sirloin steak, trimmed and cut into 32 chunks
- 16 button mushrooms
- 16 cherry tomatoes
- 1 small bell pepper (any color), cut into 16 pieces
- 16 (1 inch) chunks red onion



DIRECTIONS

Whisk vinegar, oil, mustard, oregano, rosemary, garlic, salt and pepper together in a small bowl.

Skewer beef, mushrooms, tomatoes, bell pepper pieces and onion chunks, alternating evenly, on 8 metal or wooden skewers. Place the kebabs in a 9-by-13-inch baking dish and pour the marinade over them. Refrigerate for at least 2 hours and up to 8 hours.

Preheat grill to medium-high. Remove the kebabs from the dish; discard the marinade. Grill the kebabs, turning once, to desired doneness, 6 to 8 minutes total.

Originally appeared: Eatingwell.com, July 2019

NUTRITIONAL INFORMATION PER SERVING:

Calories 237; Fat 10 g; Saturated Fat 2 g; Protein 25 g; Carbohydrates 12 g; Sodium 95mg; Potassium 747 mg; Folate 40 mcg; Magnesium 46 mg

SERVES: 4

RECIPE SOURCE: EATING WELL

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, TXExtension color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Grilling

Taking a few precautions when cooking or grilling outdoors can prevent unwanted fires. Here is a list of fire safety tips for grilling/cooking outdoors compiled from the Texas A&M Forest Service and the National Fire Protection Association:

- Check for burn bans prior to grilling/cooking outdoors.
- Propane and charcoal barbecue grills should only be used outdoors.
- Place the grill away from your home, deck, eaves, and overhead branches.
- Never leave any fire unattended, including fires in barbecue pits.
- Remove any buildup of fats or grease from grills.
- Have a water hose connected to a faucet, uncoiled and ready to turn on at a moment's notice. Have a bucket of water near the grill. If no water is available, have a shovel ready to smother any escaped embers with sand/dirt.

Sources: Be Wary Of Fire Danger When Grilling, Cooking Outdoors, By Paul Schattenberg, Texas A&M AgriLife Communications, July 3, 2020 <https://today.tamu.edu/2020/07/03/be-wary-of-fire-danger-when-grilling-cooking-outdoors/>



AgriLifeExtension



AgriLifeExtension.TAMU.EDU



TXExtension

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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Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in an event are encouraged to contact the Extension Office for assistance at 936-539-7825.