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# The EEA Connection

## State Program— Large Grief, Small Grief

There will be an EEA educational program on “Large Grief, Small Grief ” at the Extension Office on Thursday, November 19<sup>th</sup> at 1:00 p.m. Come and find out how to deal with the unfortunate events in life we are faced with in a healthy way. Be sure to invite a friend!

## State Program—Thanks for the Memories

Be sure to participate in the “Thanks for the Memories” educational program on Thursday, November 19<sup>th</sup>. The program will immediately follow the Large Grief Small Grief program. So get there at 1:00pm in order for you to participate in both educational programs. We are looking forward to seeing each of you soon!

## Christmas Card Angels

Before you know it Christmas will be here! Each year we have the pleasure of blessing our community by bringing joy to those living in Senior Centers around the county. If you have Christmas card angels, please bring them to the upcoming Council meeting this month. Your dedication to this project is much appreciated!

## Club Highlights

Club Presidents, please remember to send Knellen Quinteros a review of all activities/ highlights conducted by your club for the 2019-2020 club year. We want to make sure that your efforts in the community are recognized in an excellent manner. This information is important for interpretation events and program promotion. If you have already submitted this information, we thank you in advance.

## Dinner Tonight—Pumpkin Cheesecake Trifle

### Pumpkin Cheesecake Trifle

**Course**                      **Dessert**

**Servings**                    **16 1/2 cup servings**

7 oz Cheesecake Flavor Instant Pudding Mix (2 packets)  
 4 cup 2% milk  
 30 oz 100% pumpkin puree canned  
 1 teaspoon ground cinnamon  
 1/2 teaspoon ground cardamom  
 1/2 teaspoon ground cloves  
 3/4 teaspoon ground ginger  
 1 whole prepared angel food cake  
 1.50 cup pecan pieces toasted  
 1 oz dark chocolate at least 60% cocoa, chopped

#### Instructions:

1. Wash hands and clean the preparation area. Rinse lids of cans before opening.
2. Prepare the pudding according to package directions, chill to set while preparing other ingredients.
3. Combine the pumpkin puree and spices – cinnamon, cardamom, cloves, and ginger.
4. Slice the angel food cake into bite-size pieces.
5. In a large glass trifle dish, layer the ingredients as follows: pudding, pumpkin mixture, pecans, angel food cake, pudding, pumpkin mixture, pecans, chocolate, angel food cake, pudding, pumpkin mixture, pecans chocolate. Opt for a dish that is taller and slimmer than it is wide.
6. Chill for at least 30 minutes and serve. Trifle can be kept for 2-3 days in the refrigerator, but it's best eaten the day it's made.



### Nutrition Facts

16 servings per container	
<b>Serving size</b>	<b>1/2 cup (173g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	17%
Total Carbohydrate 43g	16%
Dietary Fiber 1g	4%
Total Sugars 27g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 123mg	10%
Iron 1mg	6%
Potassium 190mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Membership Forms

Members, if you have not turned in any remaining forms, please submit your 2020-2021 Membership Forms to your club President or the Extension Office as soon as possible. We want to make sure that no one is forgotten and that all members are accounted for during the next EEA year. Only those members who submit a form will have their membership paid. Thanks for your assistance in advance and for making Austin County EEA what it is!

## Carving Pumpkins Knife Safety



It's getting close to pumpkin carving time! It's tempting to pull out your sharpest kitchen knife to get the job done, but you may want to think twice. Using your kitchen knives may lead to more serious injuries and can damage your knives at the same time. Use these tips to make sure carving your pumpkins is a fun & safe activity!

**Use the Right Tools** – Instead of the knives in your kitchen, use the specialty tools in a pumpkin-carving kit—readily found online and in convenience stores and designed for pumpkin carving safety. These tools can saw through rinds, poke holes, and scoop out innards without being razor-sharp. The instruments are also generally small, which makes them easier to control than most knives and easier to use when making intricate cuts.

**Carve Your Pumpkin With Its Top On** – That way you won't be tempted to put your hand inside and cut toward your hand. Hold the top of the pumpkin to stabilize it and cutting with your carving instrument's blade pointing down. Instead of removing the top of the pumpkin to scoop out the insides, think about cutting a hole in the bottom. If you're using a candle inside your pumpkin, you can then place the carved pumpkin on top of the lit candle—rather than awkwardly reaching inside the pumpkin to light the candle.

**Keep Things Clean, Dry, and Bright** – For pumpkin carving safety, work in a clean, dry, and well-lit area, keep your hands and tools clean and dry, and take your time.

**Don't Let Kids Carve** – Children 14 and younger can participate by drawing the pattern with a marker and cleaning out the pulp and seeds with their hands or a spoon—but make sure an adult does the actual cutting. It's important to supervise older teens, too. Adolescents often become patients because parents think they're responsible enough to be left on their own to carve pumpkins.

**Know First Aid** – If you or a family member gets cut while carving a pumpkin, apply direct pressure to the injury using a clean, dry cloth. If bleeding doesn't stop in 15 minutes, get to an emergency room or urgent-care clinic. If you still decide to use your kitchen knives, be aware that you may cause permanent damage to them by putting more pressure on the handle and blade than they are made for. This can cause damage that may result in safety issues once they return for use in the kitchen.

### Source:

Consumer Reports. Pumpkin Carving Safety Tips – Interview with Stuart J. Elkowitz, M.D., assistant clinical professor at NYU Langone Medical Center in the division of hand surgery.

All About Kitchen Knives. 13 Ways to Ruin your Quality Kitchen Knives.

## Upcoming EEA Council Meetings

**November 19th**  
2:00 pm

**January 28th**  
2:00 pm

Please keep the  
following people  
in your prayers:

**Sheila Howard**

## 2020 Austin County TEEA Awards Banquet and Officer Installation Ceremony

During the month of August, TEEA (Texas Extension Education Association) hosted the 2020 Austin County Awards Banquet and Officer Installation Ceremony. The event was hosted by the Bleiberville EEA Club at the Welcome Church. The



event was spearheaded by Joan Buenger and members chose to celebrate with a summer theme. Texas A&M AgriLife Extension Service of Austin County had the privilege of recognizing several of TEEA's outstanding members at the Annual Awards Ceremony. Members receiving honors at the banquet were: Erika Moldt (1 Year) and Sandy Pillion (1 Year); Marie George (5 Years) and Geraldine Siptak (5 Years); Verna Coufal (15 Years), Mary Smentek (15 Years), Delores Kuehn (15 Years), Betty Lehmann (15 Years) and Betty Thiel (15 Years); and Gloria Havemann (20 Years). The event was held once again in conjunction with the Progressive Dinner. In addition, the following members were installed as EEA officers in Austin County for 2020-



2021: Knellen Quinteros - President; Joan Buenger – 1st Vice President; Jessie Kokemor - Recording Secretary; Doris Glenewinkel – Treasurer; Judy Schulz – Corresponding Secretary; Gladys Frank – Reporter/Historian; and Jessie Kokemor – Parliamentarian. Con-

gratulations everyone and we look forward to a wonderful year!

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. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this activity are encouraged to contact the Extension Office at (979) 865-2072 prior to the meeting to determine how reasonable accommodations can be

## Upcoming EEA Opportunities/Events.....

### District Fall Training

As of right now, things related to our Fall Training hasn't been confirmed. We will definitely let you know as soon as information is received about it. The event is still scheduled for December 3rd and will be hosted by Calhoun County.

### Pot Luck and State Program

There will be a potluck and State Program during the month of January. The meeting is scheduled for January 19th at 12:00 p.m. Noon at the Extension Office. The educational program is entitled "Your Kitchen, Your Health". Come out and enjoy! You are encouraged to bring a guest!

### Funny Quotes Just in Time for the Holidays!

1. "Mail your packages early so the Post Office can lose them in time for Christmas." —Johnny Carson
2. "At Christmas, Tea is Compulsory. Relatives are optional," —Robert Godden
3. "I stopped believing in Santa Clause when I was six. Mother took me to see him in a department store and he asked for my autography." — Shirley Temple
4. "Christmas is the season when you buy this year's gifts with next year's money." — Author Unknown
5. "Santa Claus has the right idea. Visit people once a year," —Victor Borge
6. "What I don't like about office Christmas parties is looking for a job the next day." —Phyllis Diller
7. "Most Texans think Hanukkah is some sort of duck call." —Richard Lewis

Source: Bustle—By Emily Kelley