

THE EEA CONNECTION

TEXAS A&M
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EXTENSION

Austin County Office

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Happy New Year!

Happy New Year! 2019 was fantastic but I am looking forward to 2020! I sure hope that each of you are too. Hoping you spent time with family and friends and shared precious memories. Bless each and everyone of you and see you soon! Have a wonderful 2020!



District Spring EEA Meeting—Austin County

District 11 Extension Education Association Spring Conference will be held again here in Austin County on Wednesday, April 16, 2020. Look for more details coming in the future. Delegates will be voted on in the near future. Ladies we will definitely need all hands on deck. Will keep you posted.

Baked Potato Fundraiser is Around the Corner

The Baked Potato Fundraiser is scheduled for Thursday, March 5th from 11:00 am to 1:00 p.m. at the Austin County Courthouse. We are counting on as many members that can to sell tickets. Please contact your



club president for tickets. We will be asking each club to donate a specific amount of cookies. Club Presidents, please contact Judy Schulz for this information. Brownies or bar type cookies are acceptable. Place two cookies in a zip lock bag prior to bringing them to the Extension Office. In addition, there will be two pick up locations in 2020 (Courthouse—Bellville and Industry). Look for further details to be announced in the near future.

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County EEA Cultural Arts Contest

Monday, February 10th is the date for the County EEA Cultural Arts Contest. Entries must arrive at the St. John Lutheran Church in Bellville at 10:00 a.m. A list of the entry categories is included at the end of this newsletter. A copy of the entry form is also enclosed. Please attach a copy to every item you enter. Knellen will sign the entries advancing to district competition at this event. First and second place entries will be announced following the meal. First and second place entries will advance to the District Cultural Arts Contest here in Austin County.

Commissioners' Luncheon

EEA's annual Commissioners' Luncheon is scheduled for Monday, February 10th at the St. John's Lutheran Church in Bellville at noon. This is your day to share the wonderful things you do so well in your community. In addition, all clubs are asked to bring a pot of soup, a loaf of sandwiches, and a dessert. We look forward to having a great day and we hope that as many as possible will join us.



West End Tasters Luncheon



Ladies, please remember that the West End Tasters Luncheon will be here before you know it. The event is scheduled to be held on Sunday, February 16th. If you have any questions, please don't hesitate to contact JoAnn Reichle with West End TEEA.

Scratch Art Program

There will be a Scratch Art educational program during the month of February. Meeting is scheduled for Tuesday, February 28th at 1:00 pm at the Extension Office. Ladies you are encouraged to bring a friend! Come out and enjoy!

Tour of Newman's Castle

Members get your walking shoes ready! Once again, we will explore the beautiful things in and around our county. We will be taking a trip to see Newman's Castle! In addition, we will be eating at Kenney Store. As we get closer, please look for more information pertaining to the trip!



Relax: Tips to Reduce Stress

Source: AllYou.com

1. Meditate

A few minutes of practice per day can help ease [anxiety](#). “Research suggests that daily [meditation](#) may alter the [brain](#)’s neural pathways, making you more resilient to stress,” says [psychologist](#) Robbie Maller Hartman, PhD, a Chicago health and [wellness coach](#).

It's simple. Sit up straight with both feet on the floor. Close your [eyes](#). Focus your attention on reciting -- out loud or silently -- a positive mantra such as “I feel at peace” or “I love myself.” Place one hand on your belly to sync the mantra with your breaths. Let any distracting thoughts float by like clouds.

2. Breathe Deeply

Take a 5-minute break and focus on your breathing. Sit up straight, [eyes](#) closed, with a hand on your belly. Slowly inhale through your nose, feeling the breath start in your [abdomen](#) and work its way to the top of your head. Reverse the process as you exhale through your [mouth](#).

“Deep breathing counters the effects of stress by slowing the [heart rate](#) and lowering [blood pressure](#),” psychologist Judith Tutin, PhD, says. She's a certified life coach in Rome, GA.

3. Be Present

Slow down.

“Take 5 minutes and focus on only one behavior with awareness,” Tutin says. Notice how the air feels on your face when you’re walking and how your feet feel hitting the ground. Enjoy the texture and taste of each bite of food.

When you spend time in the moment and focus on your senses, you should feel less tense.

4. Reach Out

Your social network is one of your best tools for handling stress. Talk to others -- preferably face to face, or at least on the phone. Share what's going on. You can get a fresh perspective while keeping your connection strong.

5. Tune In to Your Body

Mentally scan your body to get a sense of how stress affects it each day. Lie on your back, or sit with your feet on the floor. Start at your toes and work your way up to your scalp, noticing how your body feels

Source: **Gwen Moran**

10 Tips: Enjoy Your Food, But Eat Less

Plan Your Weekly Meals

Before making a grocery list, write down meals you want to make this week. Buying for the week means you'll make fewer shopping trips and buy only the items you need.



Here are some basic tips for creating your menu and grocery list:

1. **See what you already have.** Look in your freezer, cabinets, and refrigerator. Make a note of what you currently have on hand. You can save money by using these items in the upcoming week's meals.
1. **Use a worksheet to plan your meals.** The [Create a Grocery Game Plan Worksheet](#) is great for planning your week and figuring out what items you may need to buy.
1. **Create a list of recipes to try.** Find new ideas for healthy and low-cost meals based on what you have on hand, foods your family enjoys, and foods that are good buys.
1. **Visit MyPlate Kitchen for recipe inspiration.** Search recipes by ingredient using [MyPlate Kitchen](#) -- an interactive tool to help with healthy meal planning, cooking, and grocery shopping. Be sure to include some family favorites along with the new recipes.
1. **Think about your schedule.** Choose meals you can easily prepare when you don't have a lot of time. Save recipes that take longer for days off. You also can prepare meals in advance to heat and serve on your busiest days.
1. **Plan to use leftovers.** Think about larger recipes with enough servings for multiple meals. This can reduce the number of ingredients you need to buy, and save you time preparing another meal.

Source: choosemyplate.gov

EEA Council Meetings

Thursday, January 23rd

Thursday, March 26th

Thursday, May 28th

Meetings are at 2:00pm at the Extension Office. Each club member is welcome to attend and each club is entitled to cast 3 votes on any issues requiring a vote or election. See you there!

Paper Mache Educational Program

During the month of November, EEA hosted numerous educational programs. On the 13th of November, a workshop featuring the art of paper mache was held at the lovely home of Lanelle Waldrop. Mrs. Waldrop shared many things with the group including her current project which featured "Old Saint Nick".



District 11 Fall Officers Training



During December, Austin County had the opportunity to host the D11 TEEA Fall Officer's Training. Austin County's delegates were among 40 plus members which represented 15 counties across the district. The training is used to prepare EEA Council Officers for their leadership roles in their prospective counties. The participants use the provided training as a means to guide and assist their county membership with county, district and state opportunities conducted throughout the year. After the training concluded, members got the chance to play TEEA Jeopardy which challenged their knowledge regarding officer roles and responsibilities. This entertaining game created an educational and fun environment for all in attendance.

Home Safety and Maintenance Program

During the month of November an educational program was sponsored entitled "Home Safety and Maintenance" which was conducted by Gay Farr of West End EEA. The leader training program shared the importance of how to properly keep you home safe from intruders as well as maintaining it with proper repairs.

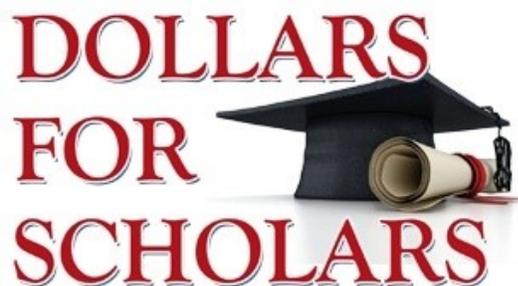
Winter Gardening Program

During the month of November, EEA sponsored an educational program entitled "Winter Gardening" which was conducted by Jeb Poston of Plants-'N'-Things. Jeb shared information pertaining to the best times and best plants to plant during the winter season. This informational meeting was packed with great tips and tricks for even the most experienced of gardeners.



Dollars for Scholars

All clubs are asked to start bringing in their Dollars 4 Scholars contributions to the County Extension Office. Funds will be given to the District representatives in April at the Spring Conference. Dollars for Scholars are collected statewide and these funds are used for special projects at the State 4-H Center in Brownwood. All money is appreciated and used wisely.



Wood Painting Workshop

The wood painting workshop will once again be held at the talented Joan Buenger's home in Industry again. The workshop is currently scheduled for Thursday, March 19th at 9:30 am. We will also be eating lunch at the Star at 11:30. Look for more details to come but save the date.

Festival Hill Car Trip

Spring will be here before we know it so please save the date for our annual car trip. We will be touring the sites and sounds of Festival Hill. As we get closer, details will be shared!

Evelyn's Care and Concern Corner

This will be Evelyn's last Care and Concern article. Evelyn, you will be missed as the Care and Concern Chair! Thank you for all that you have done in the past!



This is the information we have at this time. Any news is welcomed. All news will be communicated to those on the committee. Please keep the following individuals in your prayers:

***Family and Friends of Allen Schubert, Lois Schubert's Husband
Evelyn Kieke***

Program Committee Meeting

The Program Committee Meeting is scheduled for Thursday, May 28th at 9:30 am at the Extension Office. Come prepared to share your ideas and assist with planning and designing the 2020-21 yearbook. Your participation will truly make the meeting 100% successful!