

THE EEA CONNECTION

TEXAS A&M
AGRILIFE
EXTENSION

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Looking Forward—We are off and running!!

I am sincerely hoping everyone is off to a great start this year! Things are moving fast and furious in the EEA and I am so excited about the road ahead! I hope you all are looking forward to another wonderful year as I am. We had some sad moments but we've also had some great ones too! I am wishing each of you much love and happiness! Most importantly, if there is anything that I can do to make this year a little brighter, don't hesitate to ask.

District Spring EEA Meeting

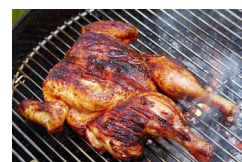


District 11 Extension Education Association Spring Conference will be in Hallettsville, Texas on Tuesday, April 11th. Look for more details coming in the near future. Delegates will be voted on soon. Ladies, if you can, come and show your support for our new District 11 TEEA Chair, Knellen Quinteros! We are so proud to

see one of our own leading this great organization on the district level. Congratulations Knellen! We will keep you posted.

Drive Thru Chicken Dinner.....

The opportunity will either happen in the spring or summer. We will definitely keep everyone posted because all hands will be needed on deck. More details to come!!



County EEA Cultural Arts Contest

Monday, February 13th 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 and rules are 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. Joan 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 in Lavaca County.

Commissioners' Luncheon

EEA's annual Commissioners' Luncheon is scheduled for Monday, February 13th at St. John 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

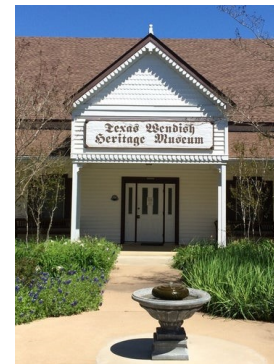
Ladies, please remember that the West End Tasters Luncheon will be here before you know it. The event is scheduled to be held on Sunday, February 19th. If you have any questions, please don't hesitate to contact JoAnn Reichle with West End TEEA.

Two for the Price of One! Collectible Program and Declutter Program

There will be two educational opportunities held on Thursday, February 23rd at the Extension office. The Collectible program will start at 10:30 am and will be conducted by Mr. Kenneth Stein. The Declutter program will begin immediately after the Collectible program by yours truly. Come prepared to learn and have fun! Ladies, you are encouraged to bring a friend!

Road Trip Time— Wendish Heritage Museum!

The Texas Wendish Heritage Museum preserves the history of the Texas Wends, Slavic immigrants from Lusatia, an area in Easter Germany. Today the Wends of Lusatia are called the Sorbs. Come and learn how the Wendish families began arriving in Texas in 1849. The trip is scheduled for Tuesday, April 18th. Friends are welcome! If you want to participate, please sign up by calling the Extension office. Be prepared for great time and fantastic comradery.



EEA Council Meetings

Thursday, March 23rd

Thursday, May 25th

Thursday, July 27th

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!

Chicken Fried Steak Air Fryer Minis

Servings - 6 (3 STEAK BITES PER SERVING)

Ingredients

- 2 Tablespoons parsley flakes
- 1 Tablespoon garlic powder
- 2 teaspoon pepper
- 1 Tablespoon onion powder
- 1 teaspoon crushed red peppers
- 2 1/2 Tablespoons paprika
- 1 teaspoon salt
- 1 pound 95% lean ground beef
- 3/4 cup 1% Milk
- 2 large eggs
- 2 cups flour
- 2 cups panko breadcrumbs



Instructions

1. Wash hands and clean the food prep area.
2. In one bowl, combine ingredients for homemade seasoning and put aside.
3. To prepare breading stations, set out 3 medium size bowls. In the first bowl, place flour and one-third of the homemade seasoning and mix. In the second bowl, whisk 2 eggs with milk. In the third bowl, lightly mix panko breadcrumbs with another one-third of the homemade seasoning mix.
4. Next, take the ground beef in a bowl and lightly mix the remaining one-third homemade seasoning mix into the beef. Take about 1 tablespoon size piece of beef and form into palm size square minis. Place in a bowl or on a plate until all are ready to coat.
5. To bread, first place steak minis in the flour bowl to coat, then place in egg bowl to dredge, and then place in breadcrumb bowl to cover the minis with breadcrumb mixture.
6. Continue the process until all steak minis are breaded.
7. Place steak minis in the air fryer basket in one even layer and air fry at 370 degrees for 10 minutes turning halfway.

Source: <https://dinnertonight.tamu.edu/recipe/chicken-fried-steak-air-fryer-minis/>

Nutrition Facts	
6 servings per container	
Serving size	3 (191g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 510mg	22%
Total Carbohydrate 54g	20%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 1g Added Sugars	2%
Protein 26g	
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 5mg	30%
Potassium 485mg	10%

*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.





Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

- Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.
- Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties if slicing and chopping is a challenge.
- Make eating a social event. Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A community center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The ability to absorb vitamin B12 can decrease with age and the use of certain medications can decrease absorption. Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. Speak with your healthcare provider to determine what, if any, supplementation is right for you.
- If you use or are considering taking dietary supplements, it's important to track and discuss all dietary supplements with your healthcare provider to determine what is right for you. This includes beverage supplements which can be a source of added sugars. The My Dietary Supplement and Medicine Record can help you track your supplement and medicine use.



Source: <https://www.myplate.gov/life-stages/older-adults>

Be Active

Being physically active can help you stay strong and independent. For older adults, regular physical activity supports a number of health benefits, including brain function, balance, and bone strength.

Aim for 150 to 300 minutes of moderate-intensity aerobic activity and at least 2 days of muscle-strengthening activity per week.



Safety First - Always!

Knellen Quinteros, a North Austin County EEA Club member, conducted an educational program entitled "Safety Comes First—The Importance of Proper Canning" during the month of November!



The countywide educational program for local EEA members focused on proper canning practices. She shared information on the importance of using safe canning practices that are always researched based. She expressed that grandma's canning procedures will not work for today's consumers. She explained how research has evolved over the years and that safety must come first.

Healthy Aging Program

The educational program was conducted by Pat Allee of the West End EEA Club. Pat shared a variety of specifics related to the art of healthy aging. She explained the differences between normal and abnormal aging as it pertains to cognition, as well as how to reduce the risks associated with cognition decline. She shared a variety of tips and strategies to assist with the healthy aging process.



Wood Painting Workshop

The wood painting workshop will once again be held at the talented Joan Buenger's home in Industry. The workshop is currently scheduled for Thursday, March 16th at 9:00 am. We will also be eating lunch at the Star at 11:30 am. Look for more details to come. But save the date!



Coins for Friendship

All clubs are asked to start bringing their Coins for Friendship 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.

Program Planning Meeting

The annual "Program Planning Meeting" is scheduled for Thursday, May 25th at the County Extension Office. The meeting will start at 10:00 am. Your participation will ensure a truly successful meeting. If you have questions, feel free to reach out to the County Chair, Joan Buenger.

Brookwood Car Trip

Just FYI! Mark you calendars for another trip to Brookwood in June. More information will be shared as we get closer to the event. Please save the date!



Getting Ready For Spring Planting Time



In January, EEA hosted a countywide educational program for the citizens of Austin County entitled “Get Ready for Spring Planting Time”. The program was conducted by Mr. Henry Flower. During his presentation he shared preparation strategies for freezes, insect issues, soil testing, the importance of irrigation during the winter and fertilizing, mulching in the gardens, types to use, why and much, much more. Great information to get everyone primed to get thinking about spring!

Families Reading Every Day

On January 27, EEA conducted a countywide educational program opportunity to talk about a wonderful program that is used to encourage children to read. Jessie Kokemor, of North Austin County EEA, shared the creative ways the “Families Reading Every Day” program promotes reading for 15 minutes daily to children for four weeks. At the end of the program, members were encouraged to consider the program as a worthy investment for friends and loved ones.



Cultural Arts Exhibit and Competition

Objectives

- To establish a broader understanding and awareness of the arts.
- To create expressions and to expand artistic abilities to the club members and others.
- To envision individual growth, inspiration, and enrichment through participation in varied "Forms of Art."

Texas Cultural Arts Exhibit Categories

1. Afghans, Tablecloths, Bedspreads, Blankets, and Throws – knitted, crocheted, and weaving
2. Ceramics, China, Porcelain, and Pottery
3. Craft Painting – tole and decorative, stenciling – may include wood, metal, glass, fabric, and gourds
4. Decorated Garments – purchased or handmade – embellished or decorated with fabric, ribbon, trim, stones, and/or lace (clothing and accessories)
5. Fabric Creations – (must be made of fabric) – may include dolls, animals, baskets, pillows, braided rugs, door stops, crocheted rag rugs, etc.
6. Fiber Arts – crocheting, knitting, tatting, macrame, and spinning – may include clothing, doilies, scarfs, and other small items
7. Garments and Accessories Handmade – sewing
8. Needlework – needlepoint, crewel, embroidery, candlewicking, smocking, and counted cross stitch
9. Machine Embroidery
10. Any Holiday or Seasonal Decoration – any holiday, any medium
11. Jewelry – may include beads, clay, paper, shells, stones, watercolor, and wood
12. 12 A-1. Painting – Oils
- 12 A-2. Painting – Watercolors
- 12 A-3. Painting – All Other
- 12 B-1. Drawing – Pencil
- 12 B-2. Drawing – Charcoal
- 12 B-3. Drawing – All other
13. Paper – may include note cards and pages
14. Traditional Scrapbooks (handmade)
15. Digitally Produced Scrapbooks (Computer – Shutterfly, Creative Memories, etc.)
16. Photography – photo paper – black and white
17. Photography – photo paper – color
18. Photography – any other medium (canvas, glass, wood and fiber) (No larger than 16 x 20)
19. Quilts – smaller than 50 x 70 – Hand Quilted
20. Quilts – larger than 50 x 70 – Hand Quilted
21. Quilts – smaller than 50 x 70 – Machine Quilted
22. Quilts – larger than 50 x 70 – Machine Quilted
- 23 A. Quilts Twin Size or larger – Hand Quilted – constructed and quilted by two or more members
- 23 B. Quilts Twin Size or larger – Machine Quilted – constructed and quilted by two or more members
24. Recycled Items – any medium
- 25 A. Wall Hanging – not Quilted
- 25 B. Wall Hanging – Quilted
26. Miscellaneous (items that do not fit any previous category)

Rules – Cultural Arts Exhibit

1. Only Texas Extension Education Association members are eligible to enter the exhibit categories. TEEA members are those who have paid state dues in a timely manner. **Dues must be paid before entering on any level.**
2. **Kits will be allowed.**
3. Only one item per person may be entered in each category. If it is a set – limited to 4 pieces (Example: Jewelry – ring, bracelet, necklace, earrings)
4. Each county will hold its own elimination and may send the first and second place winners in each category to district competition.
5. Each district may enter only the first place winner in each category for state competition.
6. Each article must be the work of the TEEA member or members, if applicable, displaying the work, **said work completed during the past year.**
7. Type or print the description of each article on the TEEA Cultural Arts Form (sample form on page 6-34; forms for duplication on page 6-35), and attach the form to article. Entries will not be accepted unless this information is already attached at the time the item is checked in for competition. The County Association Chair and the District Director **must** sign this form.
8. For State competition, District Directors should send a list of Cultural Arts District Winners to the Host District Cultural Arts Exhibit Chair following district competition.
9. Each winner is responsible for getting exhibits to and from the state conference site.
10. Each winner should provide their own materials to exhibit the articles. Tape and nails cannot be used on the walls.
11. Entries will be exhibited by category.
12. Neither the district nor the state will be responsible for any lost, misplaced, or broken items. We do not anticipate any misfortunes, but this disclaimer must be clearly understood by all exhibitors.
13. Hostesses will be on duty at all times.
14. Each entry must be judged at the state level in the same category it was judged at the county and district levels.
15. Judges will judge entries in each category and award a first and a second place ribbon. If the judges should decide that no entry deserves a ribbon, they have the option to award no ribbons.
16. The form attached to each item (sample form on page 6-34; forms for duplication on page 6-35) **must** be folded so that only the category number, category name, and description can be seen by the judges.
17. Judges will consider the criteria on the Cultural Arts Judging Score Card on page 6-33.
18. Best of Show item will be selected by the judges from the first place winners at the State Conference Cultural Arts Exhibit.
19. The County Association Chair will complete the Cultural Arts Winners form for Counties (Sample on pages 6- 36 to 6-37A; download form from TEEA website Forms tab) and send to the District Director 30 days prior to the District contest.

TEEA Cultural Arts Form

This form **must** be attached to each item entered in the Cultural Arts Contest. It must contain the following information. **Please print or type.**

Category No. _____	Category Name _____
Item & Description _____	

(Fold under on dotted line.)	
Name of Exhibitor _____	
Mailing Address – Street _____	
City _____	Zip Code _____
Signatures: _____	
County Association Chair: _____	
District Director: _____	
County _____	District _____

Items without this form attached **at the time of entry** will **not** be accepted for judging. Fold the form on the dotted line so only the category, item, and description can be seen.

The same form must be attached at all levels of competition. The County Association Chair will sign the form certifying that the item won at the county level and will be the same item entered at the district level. The District Director will sign the form certifying that the item won at the district level and will be the same item entered at the state level.

The next page has multiple forms, which are provided for duplication purposes.

TEEA Cultural Arts Forms for Duplication

Category No. _____ Category Name _____

Item & Description _____

(Fold under on dotted line.)

Name of Exhibitor _____

Mailing Address – Street _____

City _____ Zip Code _____

Signatures: _____

County Association Chair: _____

District Director: _____

County _____ District _____

Category No. _____ Category Name _____

Item & Description _____

(Fold under on dotted line.)

Name of Exhibitor _____

Mailing Address – Street _____

City _____ Zip Code _____

Signatures: _____

County Association Chair: _____

District Director: _____

County _____ District _____