

The EEA Connection

Texas A&M AgriLife Extension Service

Austin County

11/01/2022

EEA State Conference

The 94th State Conference of the Texas Extension Education Association was held September 13th and 14th in Lubbock with “Rocking Around with TEEA” as the theme. Kay Jacob was the TEEA State President. Attending from Austin County as voting delegates were Knellen Quinteros, Pat Allee, and Doris Glenewinkel. Jessie Kokemor was a member delegate. The early bird workshops on Tuesday morning were “Not Your Grandmother’s Quilt” and “Applique.” After the opening ceremonies and introductions, recognition awards were announced. The Bleiberville EE club was recognized as a 90-year club. Individual members were recognized for years of service. From Austin County, the members recognized were Evelyn Kieke and Marilyn Dierking for 50 years, Cindy Slator and Carolyn Balke as 30-year members, and Pam O’Brian and Lora McCarthy for 20 years. The Austin County TEEA was honored for Outstanding Contributions in Community Service for 2021-2022.



On Wednesday, Melvin Atkinson from the 4-H Conference Center at Brownwood explained all the facility updates being made. TEEA gives money to the 4-H Center and awards 12 4-H scholarships each year. The lunchtime speaker was the Honorable Ellie Torres, the Hidalgo County Commissioner for Precinct 4, who encourages women to take roles in leadership. Educational workshops were “Canning-Has It Changed from Your Grandmother’s Days,” “Planning Parties with Pizzazz,” “Family Literacy,” and “Healthy Aging and Remembering It.” Optional workshops were “Human Trafficking” and “Entertaining Essentials.” In the Cultural Arts contest, Bonnie Schulz won first place with her Grizzly Mountain quilt. Second place winner was Barbara Vohs with scratch art. Joan Buenger won third place with wooden painted Pilgrims. Bonnie Schulz also won third place on a pillow, a Transcontinental Railroad quilt, a scrapbook, and a photo. Other Cultural Arts exhibitors were Carolyn Balke and Jessie Kokemor.

The newly installed state president is Polly Krenek. The TEEA State Advisor is Dr. Joyce Cavanagh, Texas A&M AgriLife Extension Service. The 95th State Conference will be in Beaumont in 2023.

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EEA State Programs

Planning Parties with Pizzaz! – During the month of September, members had the opportunity to participate in a countywide educational program to learn how to creatively plan and host special occasions. Doris Glenewinkel, a Bleiberville EEA member, shared practical strategies on how to plan parties with ease and decor! She shared a variety of tips related to entertaining, menu planning, floral arrangements, napkin décor, and games.



Safety and Personal Protection Program – In September, members had the opportunity to participate in a countywide educational program to learn important tips which could save your life in and away from home. The Safety and Protection Program was conducted by a former teacher, Vicki Hanak, of Brenham, Texas. Vicki is a certified instructor and NRA-qualified shooter. Vicki has an extensive history of teaching situational awareness classes and firearm safety classes. The information shared will truly assist participants with the necessary information to keep themselves safe at home and in public places.

Annual Barbecue Fundraiser

Thanks to everyone for giving their time, energy, resources, and dedication to the annual barbecue fundraiser! You ladies and your dedicated spouses turned it up a notch on the day of the event. Around 600 plus barbecue plates were prepared at Schovajsa's Catering Company on July 8th to raise funds to support your work and projects in the community. The fundraiser was coordinated by Judy Schulz and Doris Glenewinkel of Bleiberville EEA. Funds raised will go to support local non-profit charities, as well as educational programs, which bring awareness to the field of Family and Consumer Sciences. We appreciate you holding fast to your mission to work with Texas A&M AgriLife Extension Service to strengthen and enrich families through educational programs, leadership, development, and community. Thanks for your continued support to reach out and serve the communities of Austin County.



HATS OFF!

Hats off..... ladies for another successful year at the Austin County Fair. It was a lot of hard work, and it could not have been accomplished without your assistance. The time and dedication you give to Austin County is absolutely amazing and will never go unnoticed! You are an intricate piece to the puzzle and the greatest worker bees in the world. Thanks a bunch and know that your work is not in vain but dearly appreciated.





October State Programs – Rescheduled for November

The state programs that were originally scheduled for October 27th have been rescheduled. These programs are scheduled for Thursday, November 17th. There will be one held at 11:30 a.m. and the other at 1:00 p.m. In addition, there will be a soup and salad luncheon scheduled at 12:00 noon. Please bring your favorite recipes for all to enjoy!

Winterizing Your Car

1. Get the right kind of oil change. Are you approaching the time for a 30,000-mile full service for your vehicle? If so, don't procrastinate! Among other things, the service should include an oil change, and the oil used should have the right viscosity, or thickness, for your vehicle at this time of year.
2. Make sure you can see. When's the last time you replaced your windshield wiper blades? They usually work effectively for about one year, so be sure to invest in some new ones if you're due.
3. Give your battery a little TLC. This is an ideal time of year to make sure your battery's posts and connections are corrosion-free and that your battery has all the water it needs. If your battery is more than three years old, have a certified repair shop test its ability to hold a charge.
4. Examine your belts and hoses. When you have that full service done on your vehicle, make sure the belts and hoses get checked for wear and tear — even if you're driving a modern car. Cold weather can do a number on belts and hoses, so they deserve attention.



5. Check your tire pressure. Your tires must be properly inflated to ensure you'll have the best possible traction as you drive along — and traction is often severely jeopardized in wet, snowy or icy conditions. The air pressure in your tires has likely dropped as the weather has gotten colder, so it's important to see where things stand now.
6. Do you have four-wheel drive? If so, it's important to check the status of your four-wheel-drive system and be sure it's working correctly — especially because most drivers don't use their 4WD systems in the pleasant summer months.
7. Get the antifreeze mixture just right. Aim for having a 50-50 mix of antifreeze (coolant) and water inside your radiator. This will prevent the mixture from freezing even at ridiculously cold temperatures.
8. Prepare an emergency kit and store items (a blanket, flashlight, jumper cables, first-aid kit, etc.) in your trunk during the winter months.
9. Know what to do if you get stranded. Don't wander away from your car unless you're completely sure about where you are and how far away help is.
10. Refer to your trusted owner's manual. Make sure you have it and use it for guidance.

Source: MSNBC





Decorating for Fall on a Shoestring Budget

Fall is a time of change, so why not take a little time to make some quick, easy and inexpensive updates to your home, to reflect the spirit of the season! Here are some great ideas to inspire you to enjoy the season in every part of your home!

1. Line a pretty bowl or tray with a cloth napkin, and fill with nature finds, acorns, seed pods, pinecones, or even pretty stones. Now nestle a small cup or bowl into the center of the larger bowl, fill with water, then tuck mum, daisy, or sunflower blossoms inside the small cup. A pretty centerpiece for any table, or even a friendly greeting to set on your front porch!
2. Pick up some wire edged ribbon from your local discount store in wonderful fall shades. It doesn't have to be orange! Golds, greens, browns, any deep earthy color will do! Now wind your ribbon around your everyday displays for an immediate autumn boost! Let the ribbon wind and curve naturally in and out of your decorative objects on mantels, shelves, or the top of armoires or entertainment centers. Tie a bow with a wavy trail of ribbon around baskets or display bowls. Even tie your guest towels with it!
3. Make a pretty fall wreath for your front door. Pick up a grapevine or straw wreath for just a couple of dollars at the craft or discount store; they are perfect for the season. Take the kids on a nature walk and gather organic elements for your wreath. Small pieces of driftwood, a tiny bird's nest, seed pods or pretty stones are all great ideas! Always remember to gather responsibly! Now use your glue gun to attach all the items, and finish with a pretty fall bow, or wind a silk fall leaf garland around the whole wreath. If you don't have a glue gun, twist ties from bread bags can be used to

wire the items on from the back. Hang on your front door, over a fireplace, or over your bed.

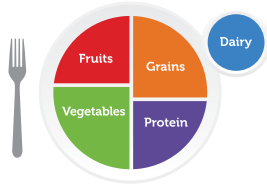
4. Make pressed leaf-stained glass! Gather beautiful fall leaves, and press them under a heavy book between sheets of paper or paper towels. Let dry a few days to 2 weeks, depending on the leaf. Pick up some wood photo frames from the dollar shop or discount store. You will need two frames for every stained-glass project. Remove the glass from one of the frames, and save that frame for another project. Remove the backing of the first frame, and lay the leaves in a pleasing arrangement, but without overlapping, on the picture frame glass. Place the second piece of glass over the leaves as a backing, and use the bendable tabs to secure. Secure a ribbon or chain to the back. Now hang the glasswork in a window, where the sun can shine through the brilliant colors of fall!
5. Add fabric layers to your tables and shelving to add to the cocooning feel of the season. Layering fabric is a designer secret to add a rich sense of warmth and comfort. You can use cloth napkins, fabric leftovers, or finds from the thrift store or garage sales to build your fabric "wardrobe" on a budget! Flat sheets work well as tablecloths or curtain panels. Recover dining room chair seats with some fabric and a staple gun, or sew up a few envelope style pillow covers for your sofa pillows, to update them for the season. Simply look for fabric in your color scheme, and always combine a solid color with patterns to ground the look.

So take a weekend, or even a few evening moments stolen here or there to update your décor for fall, and celebrate the season's natural delights!

Source: Kathy Wilson, an author, columnist and editor of several popular websites including TheBudgetDecorator.com and [Stress Less](http://StressLess.com)

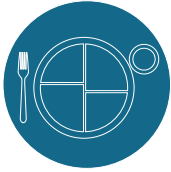


Start *simple*
with **MyPlate**



Celebrations and Gatherings

Healthy eating is important at every stage of life, including celebrations and gatherings. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Serve up variety

At your next event, create a colorful buffet table that includes a variety of foods from all the food groups.



Cheers to good health

Serve water or unsweetened iced tea with fresh mint leaves. Offer seltzer water with a splash of 100% fruit juice or a wedge of lemon or lime.



Make activity part of the fun

Laugh, mingle, dance, and play games. Have fun walking and talking with family and friends after a special meal.



Rethink dessert

Offer a combination of fresh and dried fruit. Put out fixings for guests to make their own trail mix with a combination of peanuts, dark chocolate chips, and dried fruits.



Reduce food waste

Manage leftovers by packing them for guests to take home, adding them to soups or salads, and including extra veggies in omelets, sandwiches, or stews.



Try a twist on your favorite dish

Substitute unsweetened applesauce for butter when baking, or use low-fat milk when a recipe calls for cream. Experiment with low-salt herbs and spices.



Precious Pumpkin Pie

- 1 medium sugar pumpkin
- 1 tablespoon vegetable oil
- 1 recipe pastry for a 9-inch single crust pie
- 2 teaspoon ground ginger
- 2 teaspoon ground cinnamon
- 1 teaspoon salt
- 4 eggs, lightly beaten
- 1 cup honey, warmed slightly
- 2 cup milk
- 2 cup heavy whipping cream



Cut pumpkin in half and remove seeds. Lightly oil the cut surface. Place cut side down on a jelly roll pan lined with foil and lightly oiled. Bake at 325 degrees F (165 degrees C) until the flesh is tender when poked with a fork. Cool until just warm. Scrape the pumpkin flesh from the peel. Either mash, or puree in small batches in a blender.

In large bowl, blend together 2 cups pumpkin puree, spices, and salt. Beat in eggs, honey, milk, and cream. Pour filling into pie shell. Bake at 400 degrees F (205 degrees C) for 50 to 55 minutes, or until a knife inserted 1 inch from edge of pie comes out clean. Cool on a wire rack.



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.

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Service — Austin County**

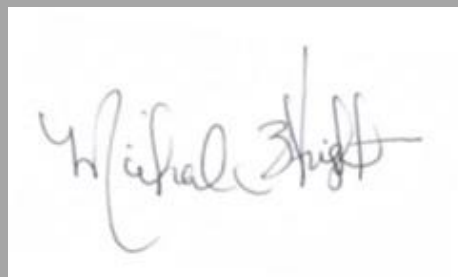
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