

# The EEA Connection

Texas A&M AgriLife Extension Service

Austin County

4/1/2021

## Yearbook Planning Meeting



The Program Committee will meet on Thursday, May 27<sup>th</sup> to plan next year's programs and activities. The meeting will take place at the Extension Office Meeting Room. The meeting will begin at 9:30 am and your support and ideas will

make it 100% successful! Please visit with your members for ideas related to tours, educational programs and workshops. This will totally be a grass roots effort. If you have any questions, please feel free to call the Extension Office.

## County Cultural Arts Contest



During the month of February, the Extension Education Association of Austin County hosted their annual 2021 Cultural Arts Contest. The event was coordinated by the Cultural Arts Committee, which was co-chaired by

Joan Buenger of Bleiberville EEA and Gaye Farr of West End EEA. Committee members include – Malinda Schramm, Karen Landrum, Debra Kollman and Gloria Havemann. The Cultural Arts Contest gives members an opportunity to exhibit

## TEXAS A&M AGRI LIFE EXTENSION

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## Newman's Castle & Spring Car Trip

Mark your calendars everyone! It is time to move around! Newman's Castle is scheduled for Monday, April 21<sup>st</sup>. Please meet at Newman's restaurant by 10:00 am on the day of the trip. We will caravan to the location. Cost is \$20.00 per person and it includes lunch. Checks can be made to Extension Education of Austin County.

If you are planning on going to Bush Library (Grounds) on Tuesday, May 4<sup>th</sup>, please meet us at the Walmart parking lot at 9:30 for us to travel together. After the tour, we will travel to Martha's Bloomer's in Navasota. The registration is April 28<sup>th</sup>. Please let Knellen know if you will be attending.

knowledge and skills which express individualism and creativity.

Members who placed 1st and 2nd in their individual category will advance to the District Competition in Calhoun, Texas this spring. Those advancing to District are:

- Category 1- Afghans, Tablecloths, Blankets, Bedspreads, and Throws
1. Barney Zimmerman

- Category 3 - Craft Painting
1. Joan Buenger
  2. Barney Zimmerman

- Category 5 - Fabric Creations
1. Barney Zimmerman
  2. Jessie Kokemor

- Category 6 - Fiber Arts
1. Barney Zimmerman

- Category 7 - Garments and Accessories - Handmade
1. Barney Zimmerman

- Category 8 - Handstitchery
1. Barney Zimmerman
  2. Jessie Kokemor

- Category 9 – Machine Embroidery
1. Malinda Schramm

- Category 10 - Holiday Decoration
1. Knellen Quinteros
  2. Joan Buenger

- Category 11 - Jewelry
1. Patricia Allee
  2. Malinda Schramm

- Category 12 - Painting and Drawing
1. Gaye Farr
- Category 13 - Paper
1. Jessie Kokemor

- Category 14 - Traditional Scrapbooks
1. Joan Buenger

- Category 15 - Digitally Produced Scrapbooks
1. Joan Buenger

- Category 16 - Photo Black/White & color
1. Joan Buenger

- Category 17 - Photography – Photo Paper – color
1. Patricia Allee

- Category 18 - Photography- Any Other Medium
1. Joan Buenger

- Category 19 - Quilts - smaller than 50x70 – hand quilted
1. N/A

- Category 20 - Quilts - larger than 50x70 –hand quilted
1. N/A

- Category 21 - Quilts - smaller than 50x70 – machine quilted
1. Jessie Kokemor

Category 22 - Quilts - larger than 50x70 – machine quilted

1. Annette Balke

Category 24 - Recycled Items

1. Jessie Kokemor
2. Barney Zimmerman

Category 25 A - Wall Hangings – Not Quilted

1. Barney Zimmerman
2. Joan Buenger

Category 26 - Miscellaneous

1. Barney Zimmerman
2. Joan Buenger

## District Spring Conference & Cultural Arts Contest

The District 11 Extension Education Spring Conference was held in Port Lavaca, Texas in Calhoun County on March 23rd, with Peggy Viets, District 11 Director, presiding. Richard Meyer, Calhoun County Judge, gave the welcome. Austin County was represented at the conference by Knellen Quinteros and Doris Glenewinkel. There were several counties in attendance with a total of 30 persons in attendance.

A members year award was presented to Evelyn Wilke for 35 years of service to EEA. Austin County was also recognized for their role in making potholders for the NEAFCS Annual Session held in San Antonio, Texas back in 2018.

Cindy Kovar and Mary Jo Prince, staff members of the BVI PC Program, presented the Mature Driving Program virtually. The driving program is designed to refresh the driving skills and knowledge of the rules and hazards of the road for drivers over 50. In addition to the program, Karen Lyssy, Calhoun County Extension Agent, demonstrated four Dinner Tonight cooking demonstrations to those in attendance. At the end of the day, the District Cultural Arts contest results were shared.

Members who placed 1st at the District competition in Calhoun will advance to the

State competition in September in Temple, Texas. Those advancing to State level are:

Category 1- Afghans, Tablecloths, Blankets, Bedspreads, and Throws

1. Barney Zimmerman

Category 3 - Craft Painting

1. Joan Buenger

Category 5 - Fabric Creations

1. Barney Zimmerman

Category 7 - Garments and Accessories - Handmade

1. Barney Zimmerman

Category 11 - Jewelry

1. Patricia Allee

Category 12 - Painting and Drawing

1. Gaye Farr

Category 15 - Digitally Produced Scrapbooks

1. Joan Buenger

Category 18 - Photography- Any Other Medium

1. Joan Buenger

Category 21 - Quilts - smaller than 50x70 – machine quilted

1. Jessie Kokemor

Category 24 - Recycled Items

- 1. Barney Zimmerman

Category 25 A - Wall Hangings – Not Quilted

- 1. Barney Zimmerman

Category 26 - Miscellaneous

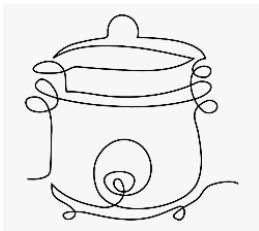
- 1. Joan Buenger

## Spring in in the Air Cultural Arts Workshop

During the month of March, a cultural arts opportunity was held for its members and friends to prepare for with an array of cultural arts items. Joan Buenger of Bleiberville EEA instructed and hosted the event in Industry, Texas. At the end of the workshop, each member left with an array of beautiful spring and summer items to display in their yard.



## Countywide Insta Pot Program



The Insta Pot program is scheduled for Wednesday, June 16<sup>th</sup> at 11:00 am at the Extension office. Please invite others to attend. The program will be conducted by myself and Sally Garrett of Fayette County. Samples will be provided at the end of the program.

## Commissioner “Thank You” Opportunity

Unfortunately, we will not be doing our usual interpretive opportunity as in the past with the court. For this year, we will be going to court. As soon as details are confirmed, we will contact all club Presidents.

## EEA Council Meeting

The next E.E. Council Meeting is scheduled for Thursday, May 27<sup>th</sup> at 2:00 p.m. at the Extension Office. Each club member is welcome to attend, and each club is entitled to one vote.

## Cultural Arts Workshop

The next Cultural Arts Workshop will be upon us soon! The summer cultural arts workshop is scheduled for Thursday, July 15<sup>th</sup> at 10:00 a.m. at the Extension Office. Cost will be 10.00 for all projects. The deadline to register is July 1<sup>st</sup>. Look for more information to come.



## Goals Meeting

The 2021 Goals Committee meeting is scheduled for Thursday, July 22<sup>nd</sup> at 9:30 a.m. at the Extension Office. Committee chairs, please inform your members of this very important meeting. Your participation will make it 100% successful and effective. Please contact Knellen Quinteros if you have any additional questions.

## Drive Thru Fundraiser

In lieu of a bake potato fundraiser, we will now be hosting a drive thru dinner. Date has yet to be confirmed but we are looking at the week of June 20<sup>th</sup>. More details to come.

## 6 Tips for Successful Spring Cleaning

Source: The Spruce

Written by - Sarah Aguirre

The flowers are blooming, the birds are serenading, and the house still feels like it's stuck with winter blues. Spring cleaning is a tradition that allows us to freshen up our homes and get a head start on the often hectic seasons of spring and summer. It can feel like a daunting task, but it doesn't have to be difficult.

Here are six spring cleaning tips to get you started.

### Clean Room by Room

Approaching your house room by room is the most effective way to deep clean it. Create cleaning checklists for each room to help you get organized and to remind you of the areas that need extra attention. Feel free to skip the areas that have been cleaned recently and focus on the parts of your home that were largely neglected over the winter.

### Organize and Clear the Clutter

One of the biggest parts of spring cleaning is often getting rid of clutter. A systematic four-

step approach can be helpful for this. Identify problem areas, analyze reasons for the clutter, determine solutions, and implement these remedies. Sorting your belongings into four categories—trash, give away, store, or put away—can also be effective as you go through the spring-cleaning process. Move the clutter out as soon as possible, whether it's bringing a donation box to a charity or planning a yard sale.

### Get the Household Involved

Make spring cleaning a household endeavor. Even your grandchildren can be excellent helpers. Assign age-appropriate chores, so everyone feels included. Try throwing on some music as you all clean or establishing a household reward as an incentive to get the work done.

### Tackle the Seasonal Chores

Many chores need to be done seasonally, especially in preparation for warmer weather. So incorporate them into your spring-cleaning routine to get them out of the way early. For

instance, tackle outdoor chores, such as cleaning the grill, patio, and outsides of windows, as soon as the weather warms up. Also, store winter clothing, bedding, decor, and other items. And pull out your spring items to give your home a refreshed look.

### Keep Cleaning Products to a Minimum

If you need to shop for new cleaning products for spring cleaning, keep your items to a minimum. Myriad cleaning supplies can create unnecessary clutter, and you probably don't need all of them to keep your home fresh and clean. Opt for a good all-purpose cleaner and microfiber cloths. Those items will cover the

majority of surfaces in your home. Then, purchase other specialty cleaning supplies only as needed.

### Establish New Cleaning Habits

A thorough spring cleaning that covers the whole house is a great opportunity to establish ongoing cleaning habits, which can make the next spring cleaning even easier. For instance, don't try to do all of your spring cleaning in one day or even one weekend. Instead, tackle items on your spring cleaning to-do list for just 15 minutes each day. That will help to get you in the habit of tidying up for 10 to 15 minutes per day even after you're done with your spring cleaning tasks.

## Raspberry Lemon Overnight Oats Recipe

Servings: 1 cup serving



### Ingredients

- 1/2 cup rolled oats
- 1/2 cup Unsweetened Vanilla Almond Milk
- 1/4 cup raspberries
- 1 Tablespoon lemon zest
- 1 Tablespoon chia seeds
- 1/4 cup Lowfat Vanilla Greek Yogurt
- 2 teaspoons Stevia sweetener

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	1 cup (285g)
Amount per serving	
<b>Calories</b>	<b>330</b>
	% Daily Value*
<b>Total Fat</b> 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 115mg	5%
<b>Total Carbohydrate</b> 54g	20%
Dietary Fiber 13g	46%
Total Sugars 8g	
Includes 3g Added Sugars	6%
<b>Protein</b> 15g	
Vitamin D 2mcg	10%
Calcium 345mg	25%
Iron 3mg	15%
Potassium 352mg	8%

\*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.

### Instructions:

1. In a mason jar or tight sealed container, place the rolled oats and almond milk. Stir together. Continue to add ingredients (raspberries, lemon zest, chia seeds, Greek yogurt, and sweetener) and stir after adding each for even distribution.
2. Once all the ingredients are mixed, place in the refrigerator overnight or for 6-8 hours.
3. Serve and enjoy!

\*Overnight Oats are best when eaten within 3 days\*

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