

THE EEA CONNECTION

January 2022

TEXAS A&M
AGRI LIFE
EXTENSION
Austin County Office

Inside This Issue

Happy New Year.....Pg. 1
District Spring EE Meeting.....Pg. 1
Drive Thru Fundraiser..... Pg. 1
Cultural Arts Contest.....Pg. 1
Commissioners' Luncheon.....Pg. 2
West End Tasters Luncheon.....Pg. 2
Educational Program.....Pg. 2
Gardening & Succulents Program.....Pg. 2
EEA Council Meetings.....Pg. 2
Canned Peaches 5 Ways.....Pg. 3
Surviving Spring Allergies.....Pg. 4
A Shot at Good Health.....Pg. 5
EEA Contributions.....Pg. 5
Safeguarding your Children.....Pg. 5
Dollars for Scholars.....Pg. 5
Wood Painting Workshop.....Pg. 6
Spring Car Trip.....Pg. 6
Mature Driving Program.....Pg. 6
Brookwood Car Trip.....Pg. 6
Cultural Arts Contest Forms.....Pg. 7-12

Happy New Year!

Happy New Year! 2021 is now just a memory! It seems as if it went so fast!! I hope you all are looking forward to another wonderful year as I am. Now that 2022 is here, I am wishing each of you prosperity, blessings and a wonderful year!

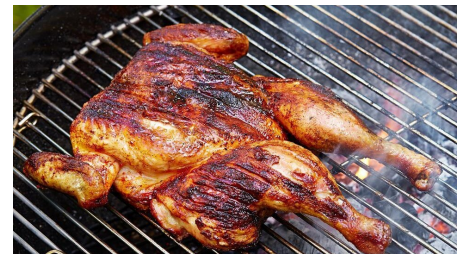


District Spring EEA Meeting

District 11 Extension Education Association Spring Conference will be in Fayette County on Tuesday, March 29, 2022. 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.

Drive Thru Chicken Dinner.....

Just wanted to give you a heads up....we will be shifting gears this year, due to the success of last years event. 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 14th 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.

Michelle Wright
County Extension Agent
Family and Community Health

Mailing Address:
Courthouse, 1 East Main
Bellville, TX 77418

Physical Address:
800 East Wendt Street
Bellville, TX 77418

Phone: 979-865-2072
Fax: 979-865-2065

Email:
Michelle.Wright@ag.tamu.edu
Austin.agrilife.org

Commissioners' Luncheon

EEA's annual Commissioners' Luncheon is scheduled for Monday, February 14th 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



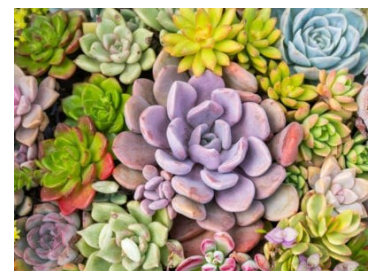
Ladies, please remember that the West End Tasters Luncheon will be here before you know it. The event is scheduled to be held on Sunday, February 20th. If you have any questions, please don't hesitate to contact JoAnn Reichle with West End TEEA.

Medical and Drug Plans Educational Program

There will be a Medical and Drug Plans educational program during the month of January. Meeting is scheduled for Thursday, January 27th at 10:30 am at the Extension Office. Ladies, you are encouraged to bring a friend! There will be a great deal of important information shared at the program.

Gardening and Succulents Program

Spring will be here before you know it! There will be a gardening and succulents program on Thursday, February 24th. The time is yet to be determined. That information will be available after the January EEA Meeting. We will keep you posted.



EEA Council Meetings

Thursday, January 27th

Thursday, March 24th

Thursday, May 26th

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!



canned ***Peaches*** 5 ways



Grilled Cheese with Peaches

- + Canned peaches
- + Whole grain bread
- + Cheddar cheese [low-fat]
- + Spinach



Peach Cooler

- + Canned peaches
- + Milk [low-fat]
- + Lemon juice
- + Nutmeg



Rise & Shine Cobbler

- + Canned peaches
- + Canned pears
- + Prunes
- + Vanilla extract
- + Orange
- + Granola



Chicken Salad & Peach Sandwich

- + Canned peaches
- + Whole grain bread
- + Cooked chicken
- + Celery stalk
- + Apples
- + Mayo [nonfat]
- + Walnuts



Peach Sauce

- + Canned peaches
- + Cinnamon



Find these peach recipes here:
<https://choosemyplate.gov/5-ways-series>

What's?
Cooking
USDA MIXING BOWL





SURVIVING SPRING Allergies

1 in 4
people suffer from allergies



Common Symptoms



Runny nose



Nasal congestion



Coughing



Sneezing



Watery eyes



Itchy nose and eyes



Worsened asthma symptoms (for asthmatics)



Decreased quality of sleep

Triggers

Spring allergies are most commonly related to tree pollens:

- Birch
- Elm
- Maple
- White Ash
- Walnut

Remedies

- Nasal saline rinses
- Nasal steroid sprays
- Antihistamines (*oral or prescription nasal spray*)
- Immunotherapy (*allergy shots*)

Prevention

- Overall avoidance
- Check pollen counts daily and stay inside on high pollen days
- HEPA filter air cleaners in your home
- Wash bedding and clothing often in hot water
- Shower and change clothes after you've been outside on high pollen day

Allergy Testing

Testing can be done with a skin test or a blood test.



A Shot to Good Health

Doris Glenewinkel, member of the Bleiberville EEA Club, conducted an educational program entitled “A Shot at Good Health” during the month of November! The program focused on the transmission of Covid 19 and the many ways the virus can transfer by people, insects and objects. During the presentation she also shared the variety of ways that people can protect themselves to help to eliminate and reduce the spread of the virus. In addition, she gave some informative information about viruses and bacteria as well as comparisons between the two. She expressed the importance of keeping our immune systems healthy to keep them at bay. Finally, Doris shared how critical it is to keep our vaccinations up to date.



Doris Glenewinkel



EEA Putting Their Money Where it Counts!

Your annual contributions to local nonprofit groups in Austin County was given. We want to thank each of you for your hard work throughout the year! Because of your efforts, you are making a difference in the lives of so many residents in Austin County! Thanks for all you do to represent EEA in the communities of Austin County!

Safeguarding Your Children From Exploitation

Knellen Quinteros, of North Austin County EEA, did an excellent program on how to protect children from exploitation. She shared a variety of ways to keep our children safe and what key elements to watch for as a parent or grandparent. The eye-opening program brought light and awareness to a very dark topic.



**DOLLARS
FOR
SCHOLARS**

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 17th 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.

Spring Car Trip (Overnight Trip and Festival Hill)

Plans for the spring car trips have not been finalized just yet. Plans are for us to stay overnight for one but not for the other. Joan and Carolyn will be leading the efforts for these two opportunities and we will keep you posted!! Stay tuned for the details!

Mature Driving Program

On April 19th EEA will be hosting the Mature Driver program in Austin County which will be sponsored by AgriLife. The Mature Driver Safety program is designed for **drivers 55 and older**. It is geared at providing instruction on motor vehicle laws, rules of the road and the effects that medication, fatigue, alcohol, visual, or auditory limitations have on a person's driving ability. The presentation will be held on the morning of the 19th (the actual time will be determined soon) and the checkup event is scheduled that afternoon. Depending on the number of registered participants, we will continue checkups on the morning of the 20th if needed. All participants must register in order to participate in this hands on educational opportunity. It will be open to the public and advertisement will start at the end of February. If you have questions feel free to reach out to me.

Brookwood Car Trip

During the month of December, 18 EEA (Extension Education Association) members of Austin County, participated in the exciting car trip to Brookwood. While there the members enjoyed a fantastic time of fellowship while touring the beautiful facility which is home to many adults who are who physically and intellectually disabled. The facility does an excellent job spotlighting the spectacular hand-crafted projects made by the residents and sold at Brookwood.



Goals Meeting

The annual "Goals Meeting" is scheduled for Thursday, May 26th 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, Knellen Quinteros.

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, dollies, 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. Quilts Twin Size or larger – Hand or Machine Quilted – constructed and quilted by 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 _____

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 _____

Cultural Arts Judging Score Card

Criteria for Categories 2, 3, 12: Ceramics, China, Porcelain, Pottery, Craft Painting, Painting & Drawing

Execution 12 _____

Artistic Appeal 10 _____

Technique 8 _____

Total: _____

Criteria for Categories 10, 11, 25A: Holiday and Seasonal Decoration, Jewelry, Wall

Hangings – Not Quilted

Originality 12 _____

Workmanship 10 _____

Artistic Appeal 8 _____

Total: _____

Criteria for Categories 1, 6, 8, 9: Afghans, Tablecloths, Throws, Crocheting, Knitting, Crewel, Needlepoint, Fiber Arts, Hand Stitchery, Machine Embroidery

Workmanship 12 _____

(Evenness of all stitches and ends concealed, etc.)

Color Harmony 10 _____

Design 8 _____

(Difficulty of task)

Total: _____

Criteria for Categories 4, 5, 7: Decorated Garments, Fabric Creations, Handmade Garments

Design 12 _____

Appearance 10 _____

Technique 8 _____

(Seams straight, neatness, etc.)

Total: _____

Criteria for Categories 13, 14, 15, 16, 17, 18: Paper, Traditional & Digitally Produced Scrapbooking, All Photography

Composition 12 _____

(How pictures are put in and color coordination)

Clarity 10 _____

(Explanation of picture, finish; matting, or edging)

Neatness 8 _____

Total: _____

Criteria for Categories All Quilts 19, 20, 21, 22, 23, 25B-Wall Hangings-Quilted

Workmanship 12 _____

(Corners meet, straight even stitches, no puckers)

Color Harmony 10 _____

(Eye appeal, color palettes to match)

Design 8 _____

Total: _____

Criteria for Categories 24, 26: Recycled Items, Miscellaneous

Originality 12 _____

Technique 10 _____

(How well it is done)

Execution 8 _____

Total: _____