

# The EEA Connection

January 8, 2016

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## Happy New Year!

Happy New Year everyone. It's hard to believe that 2016 is here! I often wonder how time flies so fast. I am wishing each of you a fantastic year. I am looking forward to all it holds for us in Extension and EEA! We had a wonderful time last year and this year will be even better. I am extremely thankful for each of you and all that you do to make EEA great. It is truly my pleasure to work side by side with such a fantastic group of people. As we move forward, let's continue to think of ways to get more people involved in EEA. You are a precious treasure to be shared and they have no idea of what they are missing. Have a great year!!

*Michelle*

## District Spring EEA Meeting

Mark your calendars! District 11 Extension Education Association Spring Conference will be held in Sinton, Texas in San Patricio County on Tuesday, April 19, 2016. Look for more details coming in the future. Be prepared to leave early. Delegates will be voted on at the next meeting.

## Baked Potato Luncheon is Around the Corner.....



The Baked Potato Fundraiser is scheduled for Thursday, March 3rd from 11:00 am to 1:00 p.m. 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 Schultz 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. Also each club is asked to donate two deep dish pies. The pies need to be 8" and on a disposable pie plate (all pie plates are non-returnable).

## County EEA Cultural Arts Contest

Monday, February 8th is the date for the County EEA Cultural Arts Contest. Entries must arrive at the St. John Lutheran Church before 10:00 a.m. because judging will begin promptly at 10:30 a.m.! A list of the entry categories is included in this newsletter. A copy of the entry form is also enclosed. Please attach a copy to every item you enter. Don't worry about the signature, Jessie will sign the entries advancing to district competition. See attachment for all rules. 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 April.

**Spring Car Trip  
To  
Visit historic  
sites of  
Columbus!**

**Save the date  
April 7, 2016**

**We will keep you  
posted.**

## Commissioner's Luncheon

EEA's annual Commissioner's Luncheon is scheduled for Monday, February 8, 2016 at St. John Lutheran Church 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 during the month of February so please keep your eyes peeled for more information. If you have any questions, please don't hesitate to contact Gayle Farr with West End EEA.



# Diabetes: 8 Foods to Eat to Beat It!

1. **Whole Grains:** Not all carbs are bad. Foods made with whole grains, such as whole-wheat bread and brown rice, are sources of filling fiber (aiding weight loss, which can reduce your diabetes risk) and nutrients such as potassium, which helps the pancreas release insulin, the hormone that helps your cells use glucose for energy.
2. **Fish, Eggs and Poultry:** Carnivores, rejoice: These foods (poultry without the skin) are fair game in a diabetes-friendly diet. Why? Because they're high in protein (result: full stomach) but typically low in fat (result: better weight management). Fatty fish also contains omega-3 fatty acids, which cut down on cardiovascular problems that can accompany diabetes.
3. **Fruits:** These sweet treats aren't forbidden. Although they do contain sugar, the rate at which it enters the bloodstream is slowed by fiber. Fruits with a red, blue or purple hue might be particularly beneficial, because they're loaded with anthocyanins, compounds that heighten your body's sensitivity to insulin.
4. **Nuts and Seeds:** Craving a snack? Grab a handful of nuts. Even though they're high in calories, they're also packed with filling protein and healthy fat that can help keep your weight in check. If you're a fan of walnuts, you're especially in luck, because their high level of polyunsaturated fatty acids improves the body's sensitivity to insulin.
5. **Green Leafy Vegetables:** Pretty much everyone, with or without diabetes, should eat a lot of veggies—ideally at least three servings per day—and green leafy types, including spinach, kale and such salad staples as romaine, should top the list. They have high fiber and water content that satiates your appetite on fewer calories, and they're an important source of magnesium, which improves the body's ability to turn glucose into energy and keep your metabolism humming (a process that is impaired in people with diabetes).
6. **Legumes:** Beans, lentils and other legumes provide blood sugar–stabilizing fiber and are a great source of protein and other nutrients, including potassium. They also are very low in saturated fat, making them a good substitute for meat.
7. **Healthy Fats:** Because diabetes raises your risk of heart disease, it's smart to avoid saturated fats (found in meat, butter and full-fat cheese and milk products) and trans fats (margarine), which raise your LDL cholesterol levels. Switching to heart-friendly monounsaturated fats (found in olive and canola oil and avocado) and polyunsaturated fats (corn oil, safflower oil) will lower your LDL cholesterol levels.
8. **Low-Fat Dairy Products:** One eight-year study found that postmenopausal women who consumed the greatest amount of low-fat dairy were least likely to develop type 2 diabetes (full-fat dairy had no beneficial effect). Experts theorize that's due to the vitamin D and calcium, which improve sensitivity to insulin.

Source: All You.com

## Lost Arts Lunch and Learn

The Lost Arts Lunch and Learn has been scheduled for Thursday, January 28th at noon p.m. at the Basement Meeting Room in the Austin County Courthouse. Your participation will make this program 100% effective and 100% productive. Be sure to bring a friend!

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## EEA Council Meeting

The next E.E. Council Meeting is scheduled for Thursday, January 28, 2016 at 2pm 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.



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## Wood Painting Cultural Arts

Another Cultural Arts project featuring creative skills of Joan Buenger is around the corner for all members. Details will be forthcoming but please hold Thursday, March 17th at 9:00 am for the event. The event will be held in West End and will be released in a separate flyer. Hope you can make it.

## Beauty Tips and Skin Care

There will be an educational program about how to keep yourself beautiful with good skin care on Monday, February 22, 2016 at 6:30 pm at the Mrs. Gertie Janda's home, 17 E. Grant, Bellville. Come out and learn how the fountain of youth can be yours forever!

## Recipe Corner

### Berry Breakfast Pizzas (1.05 a serving)



**Ingredients:**

- 1 (16.3 oz.) can refrigerated large buttermilk biscuits
- 2 cups fresh or frozen berries, such as strawberries (sliced), raspberries, blackberries and blueberries
- 3 tablespoons sugar

**Directions:**

Heat oven to 375°F. Lightly grease 2 baking sheets, or line each with a sheet of parchment paper. Separate dough into 8 biscuits of equal size. Press each biscuit into a 5 1/2-inch round and place 4 on each baking sheet. Arrange berries on top, leaving a 3/4-inch border around fruit. Sprinkle sugar on each pizza and bake until dough becomes golden and fruit is bubbly, 15 to 20 minutes.

Source: AllYou.com

## Controlling Lawn Disease, Weeds and Insects

To help prevent lawn diseases during the fall and winter, remove leaves from your yard. Leaves left on the lawn encourage disease by preventing sunlight and air from reaching the grass. Use a rake or blower to collect the leaves and add them to a compost pile. If you'd rather, you can go over them with a mulching mower, chopping them into a fine compost for your grass.

For weed control during the winter months, apply a pre-emergent weed killer. Some products feature a combination fertilizer and weed killer called "weed and feed."

Source: Lowes.com



If you want to learn how to “Enjoy Foods from Many Cultures” please read the insert accompanying this news letter. Most importantly check out ChooseMyPlate.gov for more healthy tips for better living 10 tips to wisely celebrate healthier foods and customs.

- See more at: <http://www.choosemyplate.gov/ten-tips>

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WE'RE ON THE WEB!!  
[AUSTIN.AGRILIFE.ORG](http://AUSTIN.AGRILIFE.ORG)



## Dollars "4" 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 March 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.

## Just for Laughs



A cute little snowman,  
had a carrot nose.  
Along came a rabbit,  
and what do you suppose.  
That cute little rabbit,  
looking for his lunch.  
Ate that snowman's carrot nose,  
nibble, nibble, crunch!

www.empowering2children.com.blogspot.com      Graphics by Graphics Factory

## Focusing Families

### Fundraiser, Dinner and Auction

Friday, January 29

6:30 pm

Austin County Fairgrounds

Speaker: Susie McEntire

\$40.00

## Evelyn's Care and Concern Corner

This is the information we have at this time. Please remember Evelyn when it comes to information pertaining to the members. Any news is welcomed. All news will be communicated to those on her committee. Please keep her in your prayers.

Gladys Frank — Death of her husband, Herbert

Jimmy Buenger — Husband of deceased member, Bitsy Buenger

Delores Kuehn—Death of her husband, Edwin