

The EEA Connection

TEXAS A&M AGRI LIFE EXTENSION

July 10, 2015

Inside This Issue

Awards/Officer Installation	Page 1
State Meeting Attendees	Page 1
Club Info Needed	Page 1
Next Council Meeting	Page 1
Membership Awards	Page 2
Membership Forms	Page 2
Progressive Dinner	Page 2
Cool Passengers.....	Page 2
Chicken Italiano Recipe	Page 3
Fair Judging Opportunities	Page 3
Help Your Vehicle.....	Page 3
Operation Xmas Child	Page 3
How to Kick Back	Page 4
Cultural Arts	Page 4
Austin County Fair Info	Page 4
Stroke Program	Page 4

Awards Ceremony and Officer Installation

The Annual Awards Ceremony and Officer Installation is scheduled for Sunday, August 9th at 4:00 p.m. at the Austin County Courthouse Basement Meeting Room. Please join us as we recognize our 2015-2016 County/Club Officers and members for their outstanding service to EEA and Austin County.



State Meeting Attendees

Several Extension Education members from Austin County will represent Austin County at the 2015 State TEEA meeting in Waco, Texas. Those attending will be Jessie Kokemor, Doris Glenewinkel, Knellen Quinteros, Carolyn Balke, Gaye Farr, Karen Landrum and Judy Schultz. Your voting delegates will be Doris Glenewinkel, Knellen Quinteros and Jessie Kokemor. Have fun, ladies, and we look forward to your report in September!

NEXT EE COUNCIL MEETING

The next EE Council Meeting is scheduled for Thursday, July 23, 2015 at 2:00 pm in 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.

Club Information Needed

Club Presidents, please check your files to verify that you have sent in all of your club's information pertaining to committees and officers for the 2015-2016 EEA handbook. If you have sent in your information, we thank you in advance.

Membership Awards

An officer installation ceremony will be conducted for all the upcoming 2015-2016 Extension Education club officers, Council officers and Council Committee members. **In addition, membership awards will be presented for the 2014-2015 year.** Our records indicate the following members are due to be recognized this year. **If you notice an error or omission, please notify me as soon as possible.** We want to make sure that our records are correct.

Last Name	First Name	2015
Grawunder	Birdie	65
Henske	Ellen	25
Havemann	Gloria	15
Coufal	Verna	10
Kuehn	Delores	10
Lehmann	Betty	10
Smentek	Mary	10
Thiel	Betty Ann	10
George	Marie	1
Kutra	Laura	1



Cool Passengers Are Happy Passengers!

Maintaining a comfortable driving environment reduces fatigue, which can play an important part in driver alertness and vehicle safety. During extreme summer heat, a properly operating air conditioning system can be more than just a pleasant convenience. If a car's air conditioning is not maintaining the interior temperature as well as it did in the past, it may mean the refrigerant level is low or there is another problem. Have the air conditioning system checked by a certified technician.

Membership Forms

Members if you have not turned in any remaining forms, please submit your 2015-2016 membership forms to your club president or the Extension Office as soon as possible. We want to make sure that no one is forgotten and that all members all accounted for during the next EEA year. Only those members who submit a form will have their membership paid. Thanks for your assistance in advance and for making Austin County EEA what it is!



Progressive Dinner

Ladies, mark your calendar because we are planning a fantastic event to end the summer! EEA of Austin County will be sponsoring a "Progressive Dinner" on Sunday, August 9th at the Courthouse in basement meeting room. Each club will be responsible for preparing a portion of the meal for all members. Dinner will be served immediately following the Officer Installation and Awards Ceremony. In addition, please be prepared to share information related to the history or birth of your EEA Club.

Club Assignments are:

- North Austin County—Appetizer
- Sealy—Main Dish
- Wallis—Side Dish
- West End—Salad
- Blieblerville—Dessert

Please RSVP your attendance by Friday, July 31st at the Extension Office. (979-865-2072)

Slow Cooker Chicken Italiano

- 4 chicken breasts, boneless and skinless
- 2 cups marinara sauce
- 1/3 cup chopped tomatoes, fresh or canned
- 1/2 cup Italian dressing
- Spaghetti or rice for serving
- Parmesan cheese for serving

1. Place all ingredients in slow cooker.
2. Cover and cook on low for 4 hours.
3. Serve over spaghetti or rice with a sprinkle of Parmesan cheese.



2015 Fair Judging Opportunities

Ladies, if you would like to judge any of the surrounding county fairs, please contact Carolyn Balke as soon as possible. Judges are always needed! The pay is minimal but the opportunity is priceless!



Operation Christmas Child

Operation Christmas is just around the corner! This is not a mandatory community service project but we wanted to leave participation in the program up to each individual club. Most of you know, Operation Christmas Child delivers millions of gift-filled shoe boxes around the world to boys and girls who are suffering because of war, natural disaster, poverty, illness, or neglect. If you or your club would like to show support once again, please contact Gladys Frank. You may reach her at 885-2477. All boxes must be turned in by November 2nd to Gladys Frank. Boxes can also be dropped off at the Extension Office.

Help Your Vehicle Survive Hot Temperatures

- 1. Heat can zap the life from batteries**
Most drivers think battery problems occur primarily in winter, but summer heat can negatively impact a car's battery even more than the bitter cold of winter. Heat and vibration are a battery's two worst enemies leading to internal breakdown and eventual failure. While drivers cannot do much about the heat, they can make sure their battery is securely mounted in place to minimize vibration.
- 2. Keep your engine cool**
Automobile engines work extra hard in the summer, and it is the cooling system's job to protect the engine from overheating. In addition, additives in the coolant protect the radiator and internal engine components against wear and corrosion. Without proper cooling system maintenance, the odds of long term engine damage, and a summer time boil over, definitely increase.
- 3. Avoid excessive heat where the rubber meets the road**
Driving on under-inflated tires not only affects the handling and braking of a vehicle, it can also cause tires to overheat and increase the likelihood of a blowout. This problem becomes even more of a concern when road temperatures are extremely high. While checking the tire pressures—including the spare—drivers should also inspect the tire treads for adequate depth and any signs of uneven wear that might indicate a suspension or alignment problem.
- 4. Cars need fluids during extreme heat**
Engine fluids are essential to keep a vehicle running smoothly. Most fluids not only lubricate, they also serve as coolants by helping carry heat away from critical components. When fluid levels are low, this cooling effect is reduced, and the possibility of overheating increases. Drivers should check all vehicle fluids including motor oil, transmission fluid, power steering fluid, and brake fluid to ensure they are filled to the appropriate levels. If any fluids need to be topped off, be sure to use the type of fluid specified in the owner's manual.

How to Kick Back, Relax, and Vacation at Home

Texas A&M AgriLife Extension
 Service—Austin County

Mailing Address
 Courthouse, 1 East Main
 Bellville, TX 77418

Physical Address
 20 S. Holland St.
 Bellville

Phone: 979-865-2072

Fax: 979-865-2065

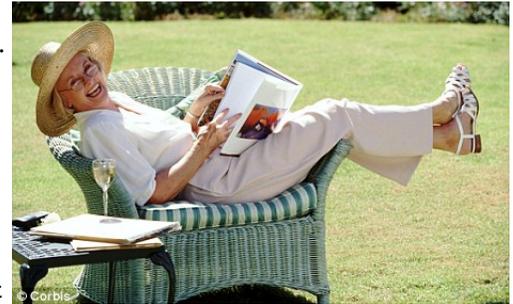
E-mail: mallen@ag.tamu.edu

Take time out—literally. Eliminating reminders of time helps wipe away the stress of the daily grind. Gather up all the clocks in your house and stash them in a dresser drawer. Throw your watch in next to them. Leave them there for the whole day (or two, or five).

Turn off the ringers on your phones and mute the answering machine. Check messages only when you want to, keeping in mind that "not at all" is always an option.

Do an "out of the office" message for your e-mail (even if your office is a corner of the playroom). Say you won't be checking your e-mail till you're back from vacation. Then power down the computer and throw a towel over it.

Skip the news—and maybe even stop the mail—for a week. When you banish the source of stress, the stress itself may follow. The earth will continue to turn even if you're not reading all about it every morning at 7:30 sharp, and sadly, the bills will still be there when your vacation is over.



WE'RE ON THE WEB!!

HTTP://
 AUSTIN.AGRILIFE.ORG

Cultural Arts for State Meeting

Please have all cultural arts items turned into the Extension Office or Joan Buenger by September 1st. This will ensure that all items are taken to represent Austin County in Waco in a fantastic fashion!

Austin County Fair Reminder

Check out will begin
 at 2:00 p.m.
 Pictures start promptly
 at 3:00 p.m.

Upcoming Opportunities

Stroke Program
 by Sharon Glentzer
Date: September 24, 2015
Time: 1:00 p.m.
Place: Extension Office

Evelyn Kieke's Care and Concern Corner

Members 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. The following information has been reported at this time to her so please keep them in your prayers.....

Gladys Frank
 Death of Herbert Frank's Brother