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The EEA Connection

Annual Extension Education Awards Ceremony

On Sunday, August 27th, EEA (Texas Extension Education Association) will have the privilege to recognize several of its outstanding members at the Annual Awards Ceremony. The event will be held once again in conjunction with the Progressive Dinner and will be hosted by the Sealy Moonlighters. The event will be held in Cat Spring at the St. John Lutheran Church. The theme for this year's occasion has been entitled "TEEA Time". Appetizers will start at 4:00 p.m. with the awards program starting at 4:30 p.m. The dinner will immediately follow the awards ceremony around 5:00 p.m. We will also have a tea cup exchange for all mem-

bers who want to participate. Now for the moment everyone has been waiting for.....This year the following members will be recognized:

Joined	Last Name	First Name	2017
1952	Kolwes	Verlien	65
1972	Dierking	Marilyn	45
1972	Kieke	Evelyn	45
1982	Craig	Mary Lou	35
1992	Balke	Carolyn	25
1992	Slator	Cindy	25
2002	Byas	Pat	15
2002	McCarthy	Lora	15
2002	O'Brian	Pamela	15
2012	Farr	Gaye	5
2012	Kollmann	Debra	5
2012	Marx	Kay	5
2012	Meyers	Mable	5
2012	Neumann	Gloria	5
2012	Rudloff	Waldine	5
2017	Klausmeyer	Megan	1
2017	Pieper	Sharon	1

Progressive Dinner

The "Progressive Dinner" is truly around the corner! Please be sure that your club is represented at the next EEA Council meeting in July

to receive your club's dinner assignment for the event. The following menu items will be discussed: Main Dish, Side Salad, Vegetables,

Dessert and the Appitizer. I hope you are looking forward to a fantastic meal and great fellowship!

2016 - 2017 Club Highlights

Club Presidents, please send Jessie Kokemor a review of all activities/highlights conducted by your club for the 2016 -2017 Club year. We want to make sure that your efforts in the community are recognized in an excellent manner. This information is needed for upcoming interpretation events and program promotion.

Please submit the information to her by September 21, 2017.

Fair Committee Meeting

There will be a County Fair Committee Meeting on Thursday, October 26th at 10: 00 a.m. at the County Extension Office. This will be our opportunity to review the 2017 Austin County Fair and discuss possible changes for 2018. Mark your calendars.

Cooking with Low Sodium

Mark your calendars!! There will be an EEA educational program entitled "Cooking with Low Sodium" held at the Extension Office on Thursday, September 7th at 6:30 p.m. You do not want to miss this fantastic program which focus on healthy cooking. Be sure to invite a friend!

EEA State Program

On Thursday, October 26th at 1:00 p.m., there will be a State EEA program conducted at the Extension Office entitled "Who Do You Think You Are?" We would also like to cordially invite you to join us for lunch at a local restaurant. After the conclusion of the Austin County Fair Committee meeting, which is being held at 10:00 a.m., we will decide on a location. If you intend to join us for lunch prior to the 1:00 p.m. meeting, please arrive at the Extension Office by 11:30 a.m.

Spring Car Trip - La Petite Gourmet Shop

On April 6th, 10 EEA members treated their taste buds by venturing to the La Petite Gourmet Shop in LaGrange to participate in a "Lunch N Learn" opportunity which focused on culinary art. The class was led by Chef Mike. He prepared a three course meal consisting of spring vegetable soup with homemade croutons, roasted pork loin with mushroom sauce, buttered herbed zucchini, rice pilaf and lemon and lime meringue pie. The group enjoyed a fantastic meal while learning fun aspects related to cooking techniques and tips, new kitchen products and utensils.



Membership Forms

Members, if you have not turned in any remaining forms, please submit your 2017-2018 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 are 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!

State Meeting Attendees

Several Extension Education members from Austin County will be representing EEA at the 2017 State TEEA meeting in Horseshoe Bay, Texas (September 12-13). Those serving as delegates are Jessie Kokemor, Knellen Quinteros and Doris Glenewinkel. The alternates will be Joan Buenger, Carolyn Balke and Annette Balke. Enjoy your time and we look forward to your report.

Operation Christmas Child

Operation Christmas Child 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. As 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.



Dinner Tonight-The secret of crockpot potatoes....

Don't heat up your kitchen baking potatoes in the oven when you can take the easy way out! Preparing bake potatoes in a slow cooker will allow you start the process in the morning and come home to dinner in the evening. There is no easier way to prepare a delectable meal without work or effort. Using the slow cooker method will truly place a smile on your face as well as in your tummy. So, don't delay and try this one today. Use the link below to view the video entitled "Slow Cooker Baked Potatoes" on YouTube. www.youtube.com/watch?v=EkvNy-q5jN8

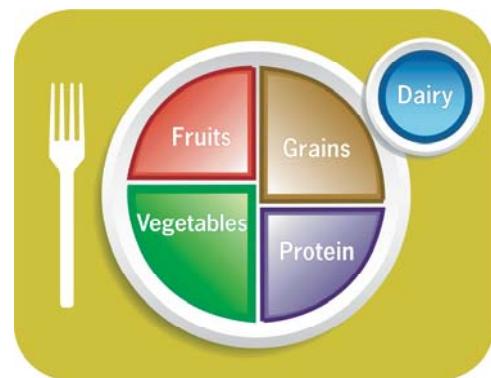


Make Half Your Plate Fruits and Vegetables

Focus on whole fruits more often than drinking 100% juice.

Snack on fresh, frozen, canned, or dried fruits instead of cookies, brownies or other sugar-sweetened treats.

Offer whole fruits without saturated fat, sodium, or added sugars as dessert.



Vary your veggies to include green, red, and orange choices.

Add fresh, frozen, or canned vegetables to salads, side dishes, and recipes.

Prepare your vegetables without sauces, gravies, or glazes to lower the amount of sodium, saturated fat, and added sugars.



Southern Roasted Vegetable Pasta

Ingredients

- 1 medium yellow squash
- 1 medium zucchini, diced
- 1 large red onion, thinly sliced
- 4 tablespoons extra – virgin olive oil, divided
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ cup chopped fresh basil
- 2 cloves garlic minced
- 12 – ounces whole –wheat pasta

Directions

1. Wash your hands and clean your preparation area.
2. Preheat oven to 450 degrees.
3. Wash all vegetables and garlic before chopping.
4. Fill a large pot with $\frac{1}{4}$ teaspoon of salt and water; then bring to a boil.
5. In a medium bowl, toss squash, zucchini, bell pepper and onion with 2 tbs. oil in a large roasting pan or a large baking sheet with sides.
6. Season with salt and pepper.
7. Place the vegetables in the preheated oven. Stirring the vegetables every 5 minutes, until tender and browned for about 10 to 20 minutes.
8. Meanwhile, combine basil, garlic and remaining oil (2tbs.) in a large bowl.
9. Add the pasta to the boiling water and cook pasta until just tender, 8 to 10 minutes.
10. Drain the pasta in a colander or mesh strainer and transfer to the bowl with the basil garlic mixture.
11. Add roasted vegetables and toss well.
12. Serve warm as a side dish with your favorite protein!

Nutrition Facts	
14 servings per container	
Serving size	1 cup
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 199mg	4%

*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.

Spring and Summer Energy-Saving Tips

Operate Your Thermostat Efficiently

Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be. Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature. Find out how to operate your thermostat for maximum energy savings. Avoid setting your thermostat at a colder setting than normal when you turn on your air conditioner. It will not cool your home any faster and could result in excessive cooling and unnecessary expense.

Use Fans and Ventilation Strategies to Cool Your Home

If you use air conditioning, a ceiling fan will allow you to raise the thermostat setting about 4°F with no reduction in comfort. Learn more about using a ceiling fan to increase cooling efficiency.

Turn off ceiling fans when you leave the room. Remember that fans cool people, not rooms, by creating a wind chill effect.

When you shower or take a bath, use the bathroom fan to remove the heat and humidity from your home. Your laundry room might also benefit from spot ventilation. Make sure bathroom and kitchen fans are vented to the outside (not just to the attic).



Keep Your Cooling System Running Efficiently

Schedule regular maintenance for your cooling equipment. Learn about operating and maintaining your air conditioner, evaporative cooler, or heat pump.

Avoid placing lamps or TV sets near your room air-conditioning thermostat. The thermostat senses heat from these appliances, which can cause the air conditioner to run longer than necessary. Vacuum registers regularly to remove any dust buildup. Ensure that furniture and other objects are not blocking the airflow through your registers.

Don't Heat Your Home with Appliances and Lighting

On hot days, avoid using the oven; cook on the stove, use a microwave oven, or grill outside.

Install efficient lighting that runs cooler. Only about 10% to 15% of the electricity that incandescent lights consume results in light—the rest is turned into heat.

Learn more about your options for efficient lighting.

Find out when to turn off your lights.

Take advantage of daylight instead of artificial lighting, but avoid direct sunlight.

Learn more about strategies for efficient daylighting.

Wash only full loads of dishes and clothes. Consider air drying both dishes and clothing.

Learn more about efficient dishwashing and laundry.

Take short showers instead of baths.

Learn more ways to reduce your hot water use.

Minimize activities that generate a lot of heat, such as running a computer, burning open flames, running a dishwasher, and using hot devices such as curling irons or hair dryers. Even stereos and televisions will add some heat to your home.

Learn more about avoiding heat buildup in your home.



Keep Hot Air from Leaking Into Your Home

Seal cracks and openings to prevent warm air from leaking into your home.

Learn more about air sealing new and existing homes.

Add caulk or weatherstripping to seal air leaks around leaky doors and windows.

Find how to select and apply the appropriate caulk.

Learn how to select and apply weatherstripping.

Source: energy.gov

Exhibitor Numbers

Bleiblerville
1 -25

North Austin County
26 - 45

Sealy Moonlighters
46 - 65

Wallis
66 - 80

West End
81-105

Evelyn Kieke's Care and Concern Corner

Carolyn & Jimmy Balke
Golden (50th)
Anniversary

Simon Quinteros
Get Well/Cheer Card

John & Sheila Howard
Get Well/Cheer Card

Evelyn expresses her
thanks for calls, cards
or messages of sympathy
on the death of her
nephew in June.

Don't Forget! Cultural Arts Workshop

Thursday, July 20th
1:30 pm
Extension Office
Meeting Room

Austin County Fair Information

An orientation for ACF workers will be scheduled for Monday, **October 9, 2017**, at 3:45pm for all new workers. This will give us an opportunity to review the process, answer any last minutes questions and put out all last minute fires.

The Country Fair Auction will be held on Saturday, **October, 14th** at 1:00pm. If you have a Grand Champion baked item for the Auction, please have it at the fair-grounds on Saturday by 9:00am.

**Photos for Extension Education Grand, Reserve and High Point winners
will be taken on Sunday, October 15th beginning at 3:00pm.**

Prize money can be picked up in the General Exhibit Building on Sunday from 2:00pm-4:00pm.

**Building setup is scheduled for Wednesday, October 4th and Monday,
9th at 8:30am. Building teardown is scheduled for Wednesday, October
18th at 8:30am.** And check out time for items in the General Exhibit Building
will be from 2:00p.m. – 4:00p.m. on Sunday, October 15th.

2017 Department Chairmen for Austin County Fair

Division	Club
Category A - Clothing Division	Wallis Evelyn Kieke, Gloria Havemann and Evelyn Wilke
Category B - Needlework	Bleiblerville Geraldine Siptak and Annette Balke
Category C - Handicraft Division Category D - Woodwork	Sealy Moonlighters Gladys Frank and Sheryl Muras
Category E- Baked Goods Division - Yeast Breads, Decorated Baked Foods, Candy, Quick Breads	North Austin County/West End Jessie Kokemor, Knellen Quinteros and Gaye Farr
Category F - Pies, Cakes, and Cookies	West End Jo Ann Reichle, Megan Klausmeyer and Lois Schubert
Category G - Canned Foods - Pre- serves & Jams, Jellies & Fruit Butters	Sealy Moonlighters Karen Landrum and Marie George
Category H - Canned Foods-Fruits, Vegetables, Pickles and Relishes.	Bleiblerville Doris Glenewinkel and Judy Schulz
Category J - Photography Division	West End Pam O'Brian and Betty Thiel