

THE TEEA MESSENGER

VOLUME 2

SUMMER 2016

TEEA MESSENGER

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MARBLE FALLS, TX



A STORY TO KEEP

Julia Moseley

You may have read this before, but I've had it for four or five years, and I average reading it about once a month. It reflects my feeling about my attitude.

The 92-year-old, petite, well poised and proud lady, who is fully dressed each morning by eight o'clock, with her hair fashionably coifed and makeup perfectly applied, even though she is legally blind, moved to a nursing home today. Her husband of 70 years recently passed away, making the move necessary.

After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready. As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having just been presented with a new puppy. "Mrs. Jones, you haven't seen the room, just wait."

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged... it's how I arrange my mind. I already decided to love it. "It's a

decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away—just for this time in my life. Old age is like a bank account: you withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the Bank account of memories. I believe that I will be just happy as I make up my mind to be. Thank you to the whole state for your part in filling my Memory bank. I am still depositing.

I loved the TEXAS theme in Waco last year, and I'm just as excited about the BUTTERFLY theme this year in Plano. I'm very excited about the State Conference on September 13 & 14. It will be really great. Everyone is working very hard to make it a success. Financially, the hotels are less expensive and registration is \$10 cheaper. I think you will love the facilities at the Plano Centre. Soooo...please come to the 89th Texas State Conference in Plano.

I'm on the downhill slide of my term, and I want you to know that I've loved every minute. You have all made me feel so special.

Thank you!!!

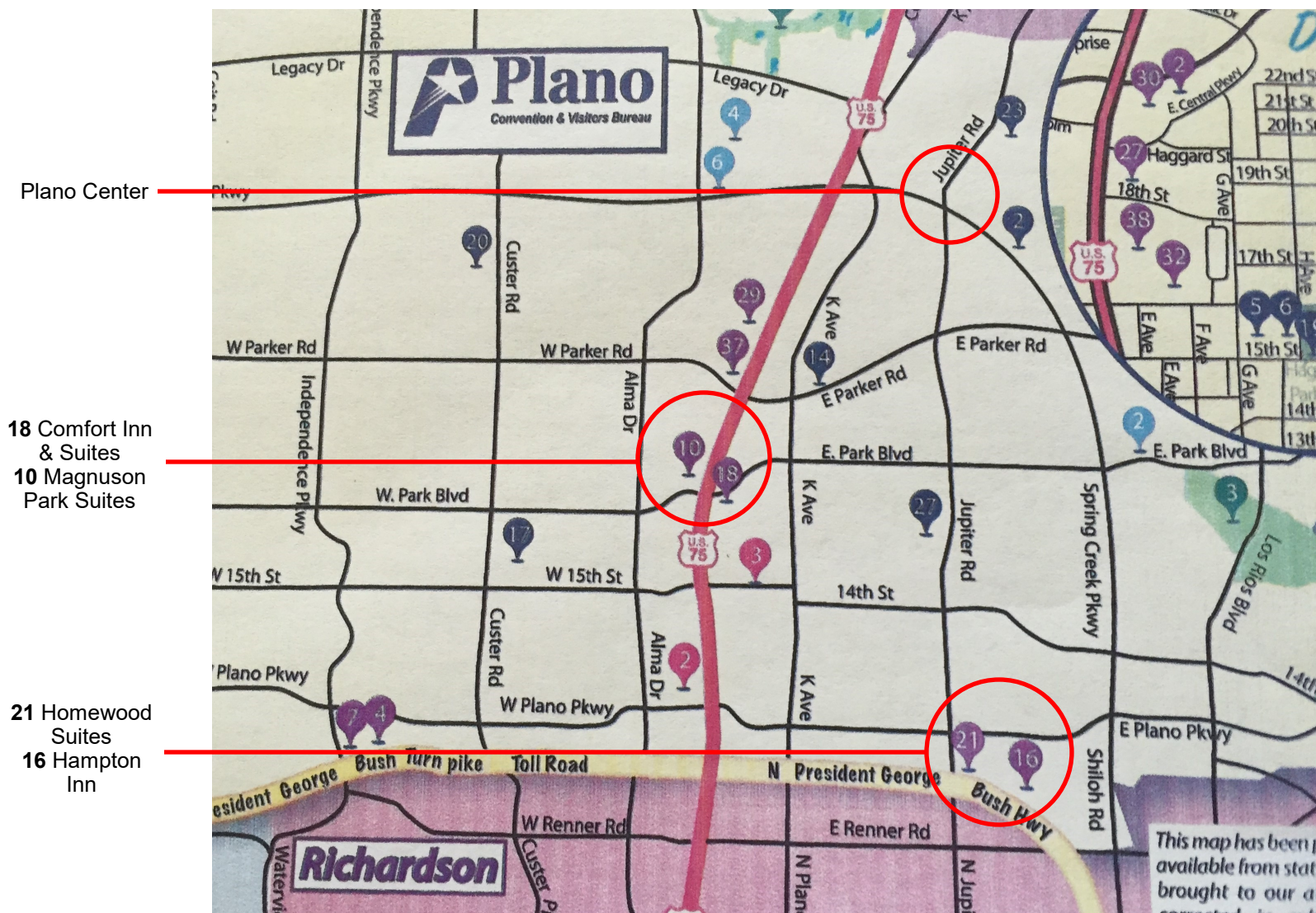
♥ Julia with an open heart
TEEA State President
2014 - 2016

2016 TEEA State Conference Schedule TUESDAY, SEPTEMBER 13, 2016

REGISTRATION	8 — 11 am
PAGE TRAINING	10 — 11 am
CULTURAL ARTS	8—12 Drop off
COUNTRY STORE	8 am - Opens
ALUMNAE SILENT AUCTION	8 am – Opens
TEEA SALES	8 am - Opens
EARLY BIRD WORKSHOPS	9—10:00 am
“My Journey Through Quilting”	
“Creating Awesome Containers”	
EARLY BIRD WORKSHOPS	10:15—11:15am
“Avoiding Frauds and Scams”	
“How Food Allergies & Celiac Disease Affect Seniors”	
ALUMNAE LUNCHEON	11:30 am – 12:45 pm
OPENING SESSION	1:00 pm
DISTRICT GATHERINGS	6:30 pm

WEDNESDAY, SEPTEMBER 14, 2016

DELEGATE VOTING	8—8:45 am
BUSINESS SESSION	9:00 am
LUNCH & LEARN (Lunch included)	noon
EDUCATIONAL WORKSHOPS - Session 1	2 – 3:00 pm
Delegate Education Workshops	
“Navigating Pinterest”	
“Adult Bullies”	
Optional Member Educational Workshops	
“Being Mindful with Less Stress”	
“Bee Keeping and Honey”	
EDUCATIONAL WORKSHOPS – Session 2	3:30—4:30 pm
Delegate Education Workshops	
“Nutrition: Myths and Facts”	
“Dementia and Care Giving”	
Optional Member Educational Workshops	
“Who Gets Grandma’s Yellow Pie Plate”	
“Ancient Grains”	
CLOSING SESSION – BANQUET	7:00 pm



Plano Center

18 Comfort Inn & Suites
10 Magnuson Park Suites

21 Homewood Suites
16 Hampton Inn

The 2016 State Conference will be held at the Plano Center, 2000 E. Spring Creek Pkwy. We have contracted with four hotels that are not far away and are easy to get to from the Center. All four hotels offer a hot breakfast. The four hotels, locations, and rates are as follows:

1. Headquarters hotel - Comfort Inn and Suites - 700 Central Parkway East. Rooms begin at \$84 and go up to suites from \$114.
2. Magnuson - 640 Park Blvd. - All rooms (King and Queen) are \$78.
3. The Hampton Inn - 2813 E. President George Bush Hwy - they have a shuttle. Kings are \$122 and Queens are \$132.
4. The Homewood Suites - 2601 E. George Bush Parkway - in addition to the complimentary breakfast

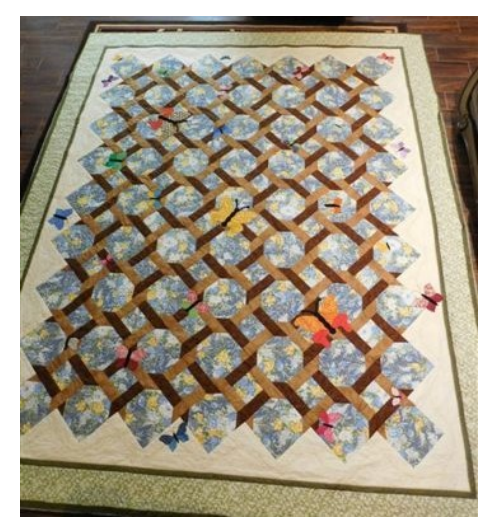
and WIFI they offer a complimentary dinner, evening drinks, and a shuttle. King Suites and Kings, 2 Queen Suites from \$139 to \$169.

This is the link for everyone to click on to make reservations, <https://mmxreservations.com/plano/pc/TEEA> or you may call 1.972.941.5866 Monday - Friday 8 a.m. - 5 p.m. to make your reservations directly with Shane. He can give you specifics about all four hotels. If you have any problems and need help with reservations, call Julia Moseley at 1.817.220.7759.

TEEA QUILT GIVEAWAY

By Kay Chastian

This beautiful king size quilt will be on display at the 2016 TEEA State Conference in Plano in September. The quilt is named "Garden Trellis" with beautiful appliquéd butterflies all over. Tickets are available through your District Directors and TEEA Board as well as on site at the 2016 state conference (\$1 each). It will be displayed in the General Assembly Hall of the conference and used for a photo backdrop throughout the conference. The quilt will be given away at the closing session of the conference. You do not have to be present to win.





“MILLIE’S TIDBITS”

By Millie Barrow
President-elect

God has been good and filled our lakes and tanks. We have not had to water the yard nor the garden. I am not going to complain about the rain, however, it would be nice to save a little for July and August!! Pray for those who have lost their homes in the many floods around Texas. Houston and the surrounding areas have really suffered.

I hope your gardens are prospering. I have harvested green beans, squash, Swiss chard, and peppers and they are so good.

The Manual Committee has been hard at work reviewing the Manual page by page. We will have some changes and some updates that will be ready by October. The District Directors will be given one copy of the changes at the Fall Board Meeting and they will make every County Chairperson a copy at their fall training. We only make the changes that are necessary due to the cost of printing. Always remember the Manual is online at www.teea.tamu.edu.

At the Spring Board Meeting in Brownwood, all members were excited about the upcoming State Conference to be held in Plano. Early Bird and Education workshops are in place with good topics. Something for everyone! District 4 & 5 Directors - Velma Tate and Ellen Manning have been working hard to make sure they have taken care of everything. Look for the full information elsewhere in the Messenger.

Two positions will be open for next year on the State Board - Second Vice President of Programs and Secretary. We have two members for each position that have been nominated by their club and county and endorsed by their districts. They have submitted their resumes, so please look for them in this issue of the Messenger. Read and discuss the nominees with your club and county to select one for your delegates to vote for at State Conference. These are two very important positions.

Stay safe, see everyone at the TEEA State Conference in Plano.



BETTY BAUGHN,

1st VP of Leadership

TEEA Board just met last week and it was very successful. I felt we accomplished everything that was on the agenda. We did have a tornado warning for about 45 minutes and had to go to a designated area, but it passed us by, thank the good Lord. He was truly watching over us.

I hope everyone enjoys their summer and has a wonderful time. I am looking forward to seeing you at State Conference in September.

Please remember to get your Annual Reports in on time.



NYANZA PRICE

2nd VP of Programs

Let us all thank God for the rains which we have received. We are thankful now because we don't know what we will receive in the coming months. I pray for all of the families who were hurt in the recent flooding. At our May board meeting plans were finalized for the state conference.

The Education Chairs have been busy, also. I have been in contact with them by phone, e-mail and in meetings. They are ready for you with great thought provoking presentations. Our Education Chairs will be giving you a brief synopsis in of their presentation in this newspaper. Their topics are: "Adult Bullies", "Navigating Pinterest", "Nutrition: Myths and Facts" and "Dementia and Caregiving". The presenters are outstanding.

We will also have "Early Birds" and "Member" workshops. The "Early Bird Workshops" will begin at 9:00 am on Tuesday, so come early and don't miss out. The "Member Workshops" will run concurrent with the "Delegates Workshops." There is something for everyone and I can assure you, you will not be disappointed.

Plan to attend the state conference in Plano; it will be one you will always remember.

“If a cluttered desk is a sign of a cluttered mind, then what are we to think of an empty desk?”

Albert Einstein



KAYLENE LAYTON

State Secretary

What a great Spring Board meeting! We had all kinds of experiences, we got so much accomplished; we had wonderful food, learned some new things, and made new friends, spent some time fretting over a tornado warning and shared the Men's restroom as the tornado shelter. That is a lot to pack into just 2 days, but, we did it! My prayer is that all who traveled to Brownwood made it home safely. Thanks to President Julia for all her hard work and to all those who helped make this meeting special.

As I think about this being my last trip to the 4-H center for TEEA, I have so many great memories. The staff at the center excels in what they do. They are so friendly, and can't do enough to be of help if you have a problem. If you have not visited the Center, it would be worthwhile just to go by, take a tour, and see what all takes place there.

I have made so many friends while on the Board as State Secretary. We have shared good times and bad. It is wonderful to know that we love each other and pray for each other. I will truly miss them all.

The TEEA Board is looking forward to the 89th State Conference in Plano in September. If you have not already made your plans to attend, I would encourage you to do so. You will miss a great time if you are not there, and we will miss you!

See you in September.



\$\$\$\$ MONEY TALKS \$\$\$\$

Kay Jacob
TEEA State Treasurer
kjacob1954@gmail.com

Hello, summer is back and it is HOT and Steamy in South Texas!!!!

As of May 23 TEEA has 2670 which includes 200 new members. We keep adding new members but losing a lot of members too. So let's try to keep current members and add at least another 300 members next year!!!!

County Presidents, a little reminder to get your State Registration forms to your District Directors by July 1, so they can get them turned into me by July 15.

We all have deadlines we have to meet to have a successful State Conference. There will be no on-site registrations but there will be one day registrations for our host districts.

The 2016 State Conference in Plano will be GREAT. I am happy to announce that we are able to go down on the price of registration this year. Hopefully this will help get more people to be able to come to this conference. A lot of hard work has gone into preparing for this conference and I think you all will be pleased. We will have informative educational programs, interesting workshops and a great facility. I am looking forward to seeing EVERYONE there.

As you know we have been having problems filing our 990's this year! Rest assured that I have been diligently working with the IRS. Hopefully, we will have this resolved as soon as possible.

Thanks for your help and patience this past year. It has been a pleasure serving as your State Treasurer. If I can be of any help, please don't hesitate to contact me at any time.



GREETINGS FROM COLLEGE STATION!

By Joyce Cavanagh, Advisor
PhD., CPFPE

I am writing this article to meet a June 1 deadline to Lela! While June 1 is an important milestone to the Messenger, it's even more important to many Texans because it marks the beginning of hurricane season. If you live along the coast, in a county inland from a coastal county or in an area where hurricanes have historically tracked, you know the importance of planning for disasters and emergencies. But, all of us should take the task of planning for emergencies and unexpected disasters seriously.

Recently at a meeting of the State Emergency Management Council at the State Operations Center in Austin, Nim Kidd, Chief of the Texas Division of Emergency Management, shared statistics about the prevalence of disasters in Texas. Texas ranks #1 in the incidence of federally declared disasters in the nation over the last several decades. This is not an area we want to be ranked as #1, but one where we have no say. The most common disaster has been flooding, which can affect anyone no matter where they live! Damages from these disasters have totaled in the billions of dollars. Unfortunately, record-breaking rainfall in May has given us flooding in several parts of the state – adding to our long history of disasters. At the 2015 State Conference, the *Evacuating for Emergencies* program was introduced. If you haven't had

this program presented to your club or county association, ask for it. Consider offering it in your community as a public service. In addition, AgriLife resources are available on our website at <http://texashelp.tamu.edu> to assist in preparing a disaster supply kit and a Grab and Go Box for financial records. Our *After a Disaster* publication is a compilation of our fact sheets with information on recovering from a disaster. In the AgriLife Bookstore, www.agrilifebookstore.org, you'll find publication EF-CS005, *Personal and Family Financial Records Inventory*, a downloadable pdf file for recording information about your financial accounts and other helpful information. You can add these publications to your supply kit. Many of these resources are available in ebook format that can be downloaded to mobile devices which makes them easily accessible when needed during or after a disaster.

Many of us have escaped being directly impacted by the current flooding, tornadoes, and other damages from the rains, but we may not escape the next disaster. To borrow a phrase from Scouting, Be Prepared! And help your neighbors Be Prepared. There's no better time than now!

CVU HOURS

By Gwen Risinger
Certified Volunteer Unit (CVU) Booklets now must be submitted by July 1. This change in date is so the names receiving awards can be included in the TEEA Annual Report which is published and distributed at the State Conference in September.

"Follow your bliss and the universe will open doors where there were only walls."

~ Joseph Campbell



ALUMNAE NEWS

Grace Glaze, Chairman

The Scholarship Committee has selected six very deserving college students of the ten applicants to receive the TEEA Alumnae Scholarships. We were delighted to see so many applicants and so many of the TEEA member's grandchildren. The winners are: Jacob Michael McComb District 12, Jane Leathers Alumnae Scholarship, Hayley Elsie Meyer District 12, Ruth Taylor Alumnae Scholarship, Dairian Diamen Pope District 11, Dr. Bonnie McGee Alumnae Scholarship, Shelby Lynn Stary District 11, Dr. Judy Warren Alumnae Scholarship, Kade Lynn Kahanek District 11, Immediate Past President Cathy Hanzik Alumnae Scholarship, Joshua David McComb District 12, Alumnae Scholarship, the Committee awarded each student a \$500.00 Scholarship. The applications are found in the TEEA Manual (teea@tamu.edu) Chapter 12 Pages 19-20 with instructions how to apply for the scholarships. You may fill the application in on the web.

As you know these scholarships are made available from the proceeds of the Alumnae silent auction at the state conference, memorials, and donations received each year. The amount and how many scholarships given next year will depend on how much money is collected from the silent auction and drawing at the State Conference in Plano in September at the Alumnae Silent Auction booth. Please be generous again this year, you may donate articles to sell tickets on or items for the

silent auction. Please stop by the booth and bid. The auction is open to all members attending the conference. If you will not be able to attend the conference, you may mail your donations to me, Grace Glaze 2835 CR 385 El Campo, Texas 77437. I would like to remind you I also accept memorials thru out the year. The Alumnae booth will need your help to staff the booth, placing items for display and selling the tickets. I already have several items committed for the drawing and auction. If you have some time at the conference, please volunteer.

The Alumnae Luncheon and meeting will be on Tuesday, September 13, at noon, at the conference center. Your county chairman will have the information for you to register. The lunch menu will be a Deli Luncheon Platter Assortment of meats and cheeses, Choice of three different breads, Pasta Salad, Dessert Bar, Tea, Coffee, Water. Past TEEA board members and the present board are Alumnae members.

I attended the May TEEA board meeting. If you have news about any of the Alumnae members, please send the information to me. Looking forward to seeing each of you in Plano I would love to hear from you if you are not attending the conference.

IN MEMORY

- Novella Hewitt - Randall Co. - District 1
- Rita Morrow - Jones Co. - District 7
- Ginney Bishoff - Grapevine - District 8
- Anna Belle Richardson - Granbury - District 8
- Leila Alexander - Travis Co. - District 10
(Violet Alexander's Mother-in-law)
- Genevieve Beard - Buda - District 10
- Annia Belle Weisner - Elgin - District 10



4-H NEWS

Violet Alexander
4-H Representative

You can borrow money at the bank on this being my last plea for "COINS FOR FRIENDSHIP". The TEEA Board voted in October to use the September 2016 donation to purchase a new canopy for the area of the wall climbing. In talking with the new summer staff at the Texas 4-H Center in Brownwood this past at the May TEEA Board meeting, they were delighted that this is what we chose to fund. SO MY PLEA IS PLEASE DIG DEEP IN YOUR BEAUTIFUL PURSES FOR THOSE COINS (dollars will work also) SO WE CAN REACH OUR GOAL.

ELECTIONS

Nyanza Price
Election Chair

Elections will be held Wednesday, September 14. Elections will begin at 8:00 am and end at 8:45 am. You must have a delegate ribbon to vote. Those delegates who have misplaced their credentials will not vote unless certified by the district director. There is no talking in the election room. You will enter one door and exit another. Doors will be manned by members of the election committee. The doors will close promptly at 8:45 am. No will be admitted after the doors are closed. If you are in line at 8:45, you will be moved inside. The election went smoothly in the previous years and we hope for the same this year.



NAVIGATING PINTEREST Don't Get Lost Along the Way

Jan Meador
District 1 State Education
Chair
Kay Rogers
Dallam & Hartley Counties
CEA-FCS

What is Pinterest? Why do I need it? What can I get from Pinterest? We will give you the answer to these questions and much more in our educational program in September at the 2016 State TEEA Conference in Plano. A program about Pinterest has been requested by our members for a couple of years now, so we are planning an informative program to get you on board and find out what it is all about!

Pinterest has so much to offer in today's world. There are so many ideas for use in our homes, or daily lives. The categories are countless; home décor, health, kids or grandkids activities, art, sewing, quilting, and recipes, oh so many recipes!!

We will teach you how to join and how to pin to your boards. You will be able to navigate Pinterest with ease. Plan to join us in September for lots of fun, plenty of educational information, some take home patterns and a couple of demonstrations. See you then!!

"Rejection doesn't mean you aren't good enough; it means the other person failed to notice what you have to offer."

~ Mark Amend



DEMENTIA & CAREGIVING

Cita Honeycutt
Education Chair - District 3
Presenter: Andrew B. Crocker
Extension Program Specialist
111-Gerontology and Health
Texas A&M Agrilife Extension
Service

A diagnosis of dementia can be frightening for the person receiving the diagnosis, their family members and caregivers. Learning more about dementia can help. This program will provide a broad overview of various types of dementia and give some tips for caregiving.



ADULT BULLIES

Connie Troxell
Education Chair-District 5

We all have been working on our Education programs and they are good. My program this year is on "Adult Bullies." You will learn the signs, symptoms, and behavior of serial bullies including sociopath, corporate psychopath, workplace psychopath, online and cyber bullies. You will also learn how to deal with bullies, how to respond to bullies, and that there is life after being bullied. Bullying is a form of abuse-emotional, verbal or physical. Adult bullies are much more prevalent than many want to admit.

"For me, literacy means freedom. For the individual and for society."

~ LeVar Burton



NUTRITION: MYTHS OR FACTS

Cathy Hanzik
District 9 Education Chair
Eating for health outcomes received a lot of press: “Pineapple is a good food to reduce inflammation,” “Sugar causes Diabetes,” “Brown eggs are more nutritious than white eggs,” “Red meat is bad for health.” How can we avoid all of the “hype” coming from so many channels and separate fact from myth? This educational program will help identify some of the “tell-tale” signs of nutrition myths and remind us of how to find reliable sources of nutrition information.

For an update on my parents: My Mama fell and hit her head on January 20 and required emergency surgery from a subdural hematoma. Most of February, she lay in a hospital bed unresponsive. It was a very grim time. However, I have good news to report. Mama is home and the only two things that I am noticing is that she sometimes has trouble finding her words and a little trouble with her hand fine motor skills. She is a miracle and her doctors have told her so. My Mama turns 90 on July 12. My Daddy is doing great for a 92 year-old man. He has trouble walking, but other than that, he is healthy.

“Every time you take a risk or move out of your comfort zone, you have a great opportunity to learn more about yourself and your capacity.”
~ Jack Canfield

EARLY BIRD WORKSHOPS TUESDAY

“Avoiding Frauds and Scams”

By Joyce Cavanagh, Associate Professor and Extension Family Economics Specialist
This program will present the top frauds and scams directed at older people. Learn how to protect yourself from becoming a victim.

“Creating Awesome Containers”

By Dotty Woodson, Education Extension Program Specialist for Horticulture
This workshop will teach you how to create new eye catching containers for flowers and vegetables that will beautify your home and landscape.

“How Food Allergies & Celiac Disease Affect Seniors”

By Julie York, CEA-FCS Agent Upshur Co.
Food for Gluten intolerant people. She will talk about how to help this group of people enjoy their food. She will explain the reason some people cannot tolerate gluten and the outcome of not following a gluten free diet. This will include recipes and sources of finding gluten free ingredients.

“My Journey Through Quilting”

By Kay Chastain
Kay will give some interesting techniques that work for her and some of her experiences she had while making quilts and other quilted projects. She will tell about some helpful tools and short-cuts to making a perfect quilted top.

“It’s discouraging to think how many people are shocked by honesty and how few by deceit.”
~ Noël Coward

MEMBER WORKSHOPS WEDNESDAY

“Being Mindful with Less Stress”

By Master Wellness Volunteers of Collin County
Learn ways to accomplish your goals in life without creating more stress. Everyday stress can be handled using the right tools. Come and learn these tools.

“Ancient Grains”

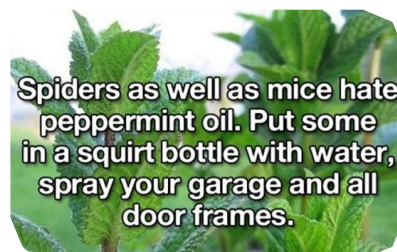
By LaJuana Thames, District 6 TEEA Director
Ancient grains were unknown at one time. Now they are undergoing a revival in popularity. This program will spotlight many different ancient grains and their use in our diet and foods. Many ancient grains and products will be on display. Take home a sample!

“Bee Keeping and Honey”

By Scott Martin - Lufkin Past President of BEE Keepers Association
Mr. and Mrs. Martin will work together to tell about bee keeping, processing honey and the value of honey. There are different kinds of honey depending on the source of nectar the bees use. Mrs. Martin uses honey to make craft items like candles.

“Who gets Grandma's Yellow Pie Plate”

By Dr. Joyce Cavanaugh, TEEA Advisor - Texas A&M AgriLife Extension
This is about how to divide up your belongings among your heirs so there will be no arguing.



New U.S. Dietary Guidelines

Based on the most recent science, the 2015-2020 Dietary Guidelines for Americans were released at the beginning of 2016. Before you say, “here we go again,” let’s take a closer look. The guidelines may sound familiar, but there are some differences from years past.¹



Overall guidelines. For the most part, these guidelines don’t advise you about how much to eat of different foods, such as vegetables or meat. Instead, they focus on helping you fit healthy eating into their own unique lifestyle. To that end, they provide three examples of healthy eating plans: a healthy American diet, a Mediterranean-style diet, and a vegetarian diet. What these three types of diets share is an emphasis on more plant-based foods, healthy fats, and whole grains. The guidelines also suggest making meals and snacks from scratch. That helps avoid the common pitfalls of processed foods, such as high levels of salt and sugar. Overall, a healthy eating pattern includes:

- Any vegetable, but preferably a wide variety
- Fruits, especially whole ones
- Grains—with at least half being whole grains
- Fat-free or low-fat dairy
- A variety of protein sources, including seafood, lean meat, poultry, eggs, beans, peas, nuts, seeds, and soy products
- Oils¹

Specific guidelines. The last set of guidelines came out in 2010. They simply advised people to reduce their intake of added sugars, without giving numbers. The newest guidelines, however, are more specific. They suggest you limit added sugars to fewer than 10 percent of your daily calories. Right now, added sugars account for more than 13 percent of Americans' daily calories.¹

Soft drinks, fruit drinks, sweetened coffee or tea, flavored waters, and alcoholic beverages account for nearly 50 percent of all added sugars we consume. A recent study revealed that people who drink sugary drinks daily tend to put on more deep belly fat over time.² That's the kind of fat that surrounds vital organs and is linked to type 2 diabetes and heart disease. Other sources of added sugars are snacks and sweets, as well as foods like bread and prepared meals.

The new guidelines also suggest that you limit saturated fats to no more than 10 percent of your daily calories. That's a goal that fewer than a third of Americans meet.

Sadly, these fats can increase levels of bad cholesterol, and your risk of stroke and heart disease.⁴ About a third of saturated fat comes from prepared foods containing cheese or meat—foods like burgers, tacos, and pizza—as well as dairy products, snacks, and sweets.¹ Finally, the guidelines advise eating fewer than 2,300 milligrams per day of salt—a little less than a teaspoon. That's a guideline that nearly all Americans are failing to meet. But it's not something to ignore. That's because too much salt can increase blood pressure, which also increases risks of heart disease and stroke.³

Nothing herein constitutes medical advice, diagnosis, or treatment, or is a substitute for professional advice. You

should always seek the advice of your physician or other medical professional if you have questions or concerns about a medical condition.

Sources:

1. HealthDay: "New U.S. Dietary Guidelines: Limit Sugar and Salt, Boost Fruit and Veggie Intake." Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_156575.html Accessed 1-29-16.
2. HealthDay: "Sugary Drinks Tied to Increase in Deep Belly Fat." Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_156625.html Accessed 1-29-16.
3. HealthDay: "Americans Still Consume Too Much Salt: CDC." Available at: https://www.nlm.nih.gov/medlineplus/news/fullstory_156574.html Accessed 1-29-16.
4. AHA: "Saturated Fats: Available at: http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/Saturated-Fats_UCM_301110_Article.jsp#.VqveilLERUs Accessed 1-29-16.

Article contributed by
Dian Lemons

- Life is an opportunity, benefit from it.**
- Life is beauty, admire it.**
- Life is a dream, realize it.**
- Life is a challenge, meet it.**
- Life is a duty, complete it.**
- Life is a game, play it.**
- Life is a promise, fulfill it.**
- Life is sorrow, overcome it.**
- Life is a song, sing it.**
- Life is a struggle, accept it.**
- Life is a tragedy, confront it.**
- Life is an adventure, dare it.**
- Life is luck, make it.**
- Life is life, fight for it."**

~ Mother Teresa



Jan Meador
Candidate for State 2nd VP of Programs

Hello, I am Jan Meador from Dalhart in Dallam County. I have been married to my husband, Keith for 43 years. We have five children, three sons and two daughters. Four have families of their own and they have given us eleven beautiful grandchildren, with another to arrive in December. Our youngest daughter Jordan, is not married, she is a juvenile probation officer in Midland. We are members of Central United Methodist Church in Dalhart.

I have been an EEA member for 17+ years. I served on the Randall County board as the 4-H Representative for numerous years, then moved to Dallam County in 2002 and joined a lovely bunch of ladies in the Dalhart EE Club. Offices I have held include: Club President, 1st and 2nd VP, 4-H Representative, Association Chair, Co-Chair, and Secretary. District 1 Director for 2 terms and State Education Chair for 1 term.

I love being a member of EE Clubs. I enjoy planning, organizing and teaching programs to club members and my community. I especially enjoy presenting programs to our state. Programs I have written are O Wholly Cow for the group educational program in 2011, P to the Power of 4 in 2015 and for 2016 my program will be Navigating and Understanding Pinterest.

I would love to become the next State 2nd VP. I have a few goals I have set for myself if I am elected.

- Work closely with the new education chairmen to maintain the high quality programs we are accustomed to.
 - Plan informative and interesting educational or inspirational programs for the Lunch and Learn meeting at our state conference.
 - Serve with the state officers in the most effective way possible.
- Paid political ad provided by
Jan Meador.



Connie Troxell
Candidate for 2nd VP of Programs

I am running for 2nd VP of Programs. Currently I am serving as the Education Chair for District 5. I really enjoyed doing my first program last year, "Emergency Evacuations", and am looking forward to this year's presentation on "Adult Bullies".

My husband, Ron, and I live in Tyler and have been married for 33 years. We have 2 children, 2 granddaughters, 1 grandson-in-law and 2 great grandchildren. We have a paint company which we have owned for 35 years.

I have been a member of TEEA since the early 1970s, but have been very active since 1995. TEEA has made me more confident in myself and my ability to give programs and demonstrations. I also volunteer with activities in the county when needed. I have held every position in the county from chair to parliamentarian and am currently serving as parliamentarian. I belong to two clubs in the county, serving as president of one and am an active member of the other. We are recruiting new members with innovative programming and ideas.

I love to read, am active in church, enjoy crafts, scrapbooking, bowling, and am serving on the Texas Women's 500-600 State Bowling Association. I serve as Chair for Senior Citizens Day at the Fair and help out in agri-world and take entries in Arts and Crafts for the Fair as co-chair. I judge 4-H contests and as a Master Judge I judge local fairs. I am a Master Wellness volunteer, serve as Chair for the Smith County FCS committee, assist with the Better Living for Texans Program and Friend to Friend. I am ready for a new journey and would enjoy serving as your 2nd VP of Programs. I want to be a vital part of this organization to help gain new members.

Please consider me as 2nd VP for Programs.
Paid political ad provided by
Connie Troxell.



Rexine Scarborough
Candidate for State Secretary

My name is Rexine Scarborough. I would like to be your State Secretary.

In life we make important personal decisions. I believe my priorities are God, family, country, state, and community. In beginning community work I realized working with young people was very rewarding, watching them grow, and making life decisions is great.

As a professional I was a legal secretary, accountant, payroll manager, human resources, and benefits administrator. These positions helped me to work with people and taught me how to be a leader.

My husband, Jim, and I live in Montgomery County and have been married for 54 years. We have two children, eight grandchildren and one great grandchild. Our children, both won the Gold Star and I Dare You 4-H awards.

I worked with the youth in scouting as leader and district manager, 4-H leader and chaperone to 4-H events in Brownwood and 4-H competitions. I have served on sports committees, as board member, coach, and umpire. I worked with the Montgomery County Fair on several committees. In 1993 my mother finally won and I joined TEEA. I am currently a member of Town & Country Club in Montgomery County. I have held every club and county office and am currently District 9 Director. I feel that TEEA does an excellent job of supporting the 4-H youth of Texas and I want to continue to serve on the state board to continue the support of the youth at the state level. I am proud to have the support of my club, county, and district to be qualified for this position.

Through the years I have learned a valuable lesson: "if it is to be it is up to me" either as a co-worker or leader I have to give it at least 100% or more.

I would appreciate your vote for state secretary.

Paid political ad provided by Rexine Scarborough.



Gwen Risinger
Candidate for State Secretary

Hi, I'm Gwen Risinger and I'm running for the office of State Secretary of TEEA. The positions of Secretary from the local club level, county organization level, District level and the state level are essential to the continuation of TEEA. I've gained so much personally being part of such a vital organization. We need the continuing education for ourselves, our families and our communities. Our support of 4-H helps enrich lives with skills, education and goal setting. I'm proud that I've been part of supporting all of our scholarships, 4-H, Adult Career and Alumnae.

I have been married to my husband, Thad for 55 years. We have 2 sons, 4 grandsons and one granddaughter with another grandson expected in July. We are both originally from West Texas, met at Texas Tech, lived outside the state for a several years and have settled near Blanco since our retirement in 1994. Both sets of my grandparents were farmers as well as many of my relatives. I learned a lot about the hard work it takes to make a living at farming cotton and other crops, raising cattle and chickens, not to mention coping with weather and economic conditions. My grandparents and parents believed strongly in education which is not always just academic.

My offices in TEEA have been District 10 Director (twice) and Educational Chair for District 10 for the term of 2 years. The educational programs during that time were "Necessary Documents" and "To Toss or not to Toss". Other positions I've held have been Secretary, Treasurer, Vice-President and President of my club and our County Council. I've been responsible for the Certified Volunteer Unit recognition process for the last several years.

I appreciate your vote.

Paid political ad provided by Gwen Risinger.

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**RANDALL COUNTY
GOLDEN SPREAD
QUILTERS**

By Sylvia Jordan

The Golden Spread Quilters meet on the first Saturday and the second Tuesday of each month. The first Saturday is our "sew day". New projects are introduced each month and great food and fellowship are in generous supply. Recent projects: paper piecing, and chicken pin cushions (adorable). The second

Tuesday is our regular business meeting and the favorite sew-and-tell. Our members are gifted sewers and are all ways willing to share their talents. May sew-and-tell was all about heirloom quilts. Members brought quilts handed down through their family, hand pieced and hand quilted, stunning in beauty and treasured beyond price. Four of our members entered quilts in the 2016 Ogallala Quilt Festival. They took home four ribbons: Chris Edler, first time entry, Beverly Peterson, Ann Powell (last year's Best-of-Show recipient), and Belinda Rivas. We are proud of the quality of work our ladies accomplish and talents they are willing to share with our group. Belinda Rivas was chosen volunteer of the year for our group and will compete with others in Randall County. Belinda has served as our treasurer for several years as well as our Friendship Coins for State Association project. Belinda is also the National Treasurer for Behcet's Disease. She has been a key member of several national fund raisers and will participate in the fund-raising-walk next month. We are so very proud of her and the work she does for this organization as well as our own group. We currently have 28 members. Diane Stephens is our President, Susan Stach is Vice President, Chris Edler is Secretary, Belinda Rivas is Treasurer and Marcie Grabber is County Delegate.

Please feel free to look us up on Facebook or Golden Spread Quilters on the web to see pictures and reports of our meetings. We would love to answer your questions or have you join us.

POTTER EEA NEWS

By Julie Neusch

The Potter EE Clubs have done it again! They came to the aid of another non-profit. We held our annual PEEA Spring Luncheon on May 10, in the fellowship hall at Grand Avenue Baptist Church in Amarillo, with about 50 in attendance. Our speaker for the event was Traci Rogers, who is the local director for No Boundaries International (NBI), a non-profit which helps remove people from human trafficking situations, and whose offices are located at the location of our luncheon. Tracy opened our eyes as to the need for support of such an organization. Our service project for the event provided more than 80 bags filled with personal care items for NBI. In addition, we donated many more personal care items that were not packaged in those bags, plus a Wal-Mart gift card for \$25. Following the luncheon, some of our members took a tour of their outreach facilities. They are a very worthy organization, and once again, Potter County members have stepped up to the challenge, going above and beyond expectations.

During the luncheon, we awarded our Taylor Lokey Scholarship to two deserving 4-H-ers, Joanna Lowry and Laura Corder. Also, an announcement was made that Zada Sharp of Sunnyside Club will be our county's nominee for the Texas Treasure Award. Her application will be sent to our District Director in the fall.

All I can say is "Good job, Potter EE Clubs!"

"We talk about miracles. What is miracle? When the sun rises, isn't that a miracle? The miracle is what is going on within you. The fact that you exist is a miracle. This life that comes day after day is miracle. And when you start seeing that, your life will be filled with joy."

~ Prem Rawat

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HOCKLEY COUNTY NEWS

By Gail Turnipseed

Fourteen members from the two EE Clubs (Moonlighters in Levelland and Ropes in Ropesville) and FCS Agent, Marsha Blair attended the District 2 Spring Conference in Brownfield. A great time was had by all.

On April 14 the Moonlighters EE Club went to the Texas Tech Museum to view the antique quilt exhibit. They found this very interesting. Pictured l.

to r.: Gail Turnipseed, Verna Bowman, Crystal Riggins, Nell Morris and Sharon Robertson. After touring the Museum, the group went to lunch before returning home.



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PARKER COUNTY NEWS

By Kim Smith

Thursday February 18th TEEA Texas Extension Education Association, Country Crossroads District 3, group of Parker County honored the Weatherford Police officers. (Blue Matters), with baskets of homemade goodies created by its members, as a "Thank you" to all our Law Enforcement officers for the outstanding service they provide for our community.



PARKER COUNTY NEWS

By Kim Smith

The Country Crossroads TEEA Group of Parker County met on May 19, 2016 at the home of Antoinette Reed for the installation of officers for 2016-2017. We were blessed to have a special guest prepare our meal. A BIG Texas "Thank You" To Chef Joel, all the way from Georgia. He prepared a beautiful chicken and steamed vegetable plate, accompanied by a wonderful salad and an awesome peach and apricot tarts. Kim Smith reporting for Country Crossroads



Officer installation 2016-2017 l to r, front row: Kim Smith (President), Antoinette Reed (Parliamentary), Kathy Hardin (2nd President), Ida Clayton (2nd Vice President), 2nd row: Carol Arrant (Reporter), Shirley Riebe (Treasurer), Nancy Mahan (Secretary), Betty Mullins (Corresponding Secretary), Frances Lilley (1st Vice President). The theme of our installation by Francis Lilley was "Hands". The importance of all our "hands" working together to accomplish great things!

BAYLOR COUNTY HOSTS TRI-COUNTY RALLY DAY

By Rhonda Wilson

The counties of Baylor, Haskell, and Knox meet once a year for Tri-County Rally Day. Baylor County was host this year in Seymour on April 19, 2016. The program in the morning was on quilts presented by Virginia Stanley, who displayed different kinds of quilts and patterns. A time of Show & Tell was held and members presented items they had made, including some beautiful quilts. A covered

dish luncheon was held at noon. After lunch members toured the New Whiteside Museum of Natural History in Seymour.



BOWIE HOSTS DISTRICT MEETING

By Kathy McPeters

Bowie TEEA hosted the District 3 Spring Conference where 58 attendees were welcomed by County Judge Rick Lewis to Montague County. Sandra Reynolds of Justin-tiques, Nocona, gave an informative program detailing how her love for antiques and collectibles led to her current entrepreneurial adventure. Carrying the theme of the speaker, tables were decorated with antique canning jars and other vintage items each dated and labeled with their story from the owner.

Bowie had a strong participation in the Cultural Arts division with 10 ribbon winners: Julie Browning, 1st Photography, 1st Wall Hanging, 3rd Small Quilt; Robin Bowling, 3rd Miscellaneous; Valerie Franks, 1st Garments; Donna Roth, 2nd Fiber Art, 1st Large Quilt, 1st Miscellaneous; Sheila Schindler, 1st Fabric Creation and Maria Trichka, 1st Small Quilt.

Club members handcrafted a vintage quilt flower pin for everyone as a memento of the day.



Robin Bowling, Mary Lynn Guedry, Sheila Schindler, Marie Trichka, Vivian Younker, Elsie Lacy, Liz Bower and Jo Kleinhans work on quilt flower pins for Spring Conference



Sheila Schindler, Marie Trichka, Vivian Younker, Julie Browning, Mary Lynn Guedry, Carla Whitaker, Donna Roth, and Genine Ringstaff decorate table for District 3 Spring Conference

"The key is to keep company only with people who uplift you, whose presence calls forth your best."

~ Epictetus

WISE COUNTY NEWS - GREENWOOD EE CLUB

By Bobby Ashley

February 8 Bobbie, Janice, and Dixie Range, District 3 Director attended the annual Springtown EE Club's "Heart of the Home."

Pre-club meeting, we had a card signing for our "Stuffing Stockings for Soldiers." We elected delegates for Spring Conference. We made plans for Walk Across Texas and selected Shelby Vanover for our club scholarship winner. We also had a new member join, Paulette Jackson.

March was a very nice month and saw Janice Millican, Linda Hood - FCS Agent, Tanya Davis and Bobbie Ashley on their way to Montague for the District 3 Spring Conference. Also attending were Dixie Range and Gerry Galloway.



Janice Millican, Linda Hood - FCS Agent, Tanya Davis & Bobbie Ashley

Bobbie Ashley pictured with Dixie Range was recognized as a 30 year member. Marie Burchard received a 25 year certificate, but was unable to attend. Bobbie Ashley and Marilyn Collins were also winners in cultural arts.



At our next meeting, members came early to sign cards. Our team is also doing very well with our Walk Across Texas. We have been participating for nineteen years.

In April we did a pre-meeting card signing. Linda Hood - FCS Agent presented "Eat What You Grow" and Janice Millican presented "Don't Let Blue Get to You," both programs from the 2015 conference in Waco. Under new business, we voted to support a Gardening Project at Slidell ISD.

We adjourned to attend a new house warming for Gerry and Don Galloway. Pictured are Joyce Enis, Carol Shaffer, Jan Morrow, Gerry Galloway, Janice Millican, Linda Hood, Suzy Willeford, Pat and Marilyn Collins.



Joyce Enis, Carol Shaffer, Jan Morrow, Gerry Galloway, Janice Millican, Linda Hood, Suzy Willeford, Pat & Marilyn Collins.

The May rains have brought Wise County lots of blessings and stressing. We had an early meeting date due to the holiday weekend and other commitments. Gerry presented the final mock-up of the flyer to go in the Wise County Co-op magazine in preparation for the Fall Festival. Another step towards our Fall Festival is our quilt raffle.

Pictured with the quilt are Dixie Range and Janice Millican.



During the Walk Across Texas wrapup, Bobbie Ashley was recognized for walking 580 miles. Pretty good for an 83 year old.

D I S T R I C T 4
DALLAS COUNTY NEWS

By Dian Lemons

The exciting news from Dallas County is that District 4 had a very exciting meeting and Cultural Arts Day. We are looked forward to showing off our aprons for the Apron Contest. Andrew Crocker, one of our favorite extension agents was there to educate us at our business meeting April 12. The next day we had fun with demonstrations and workshops while we competed in Cultural Arts. We have found the perfect speaker to coordinate with the theme for both days, "Cooking up Relationships with TEEA." Our speaker was from Texas Woman's University. TWU has a special collection of over 15,000 cookbooks. We met at the Denton AgriLife Extension Office so we were just down the road from the University's Collection. To really get us in the feel of things the tables had old kitchen items displayed the tables. We also finalized plans for hosting the 2016 State TEEA Conference in Plano. We welcome everyone to Plano. There are some great restaurants and a nice Antique Mall on Highway 75 with a tea room.

An important reminder for everyone attending the State Conference. Bring your smart phones or download a very current map of the Dallas Fort Worth area. The roads through Dallas are not the same. They change every week, even for those of us who drive on these roads frequently.

RAINS COUNTY ATTENDS DISTRICT CONFERENCE

By Kay Chastain

Rains Co., District 4, was represented by Kay Chastain, Cindy Pollard, Kaye Pressley and Mildred Robbins in April at the District 4 TEEA Conference in Denton. Mildred Robbins received a 20-year membership award, Kay Chastain received a 40-year award, and the Crafty Ladies EE Club received a 40-Year Club Award.



Keynote speaker was Dr. Andrew Crocker, TAMU extension specialist, who spoke on "How to Can Walrus in Pint Jars". Who knew???? Well we did.... and you can too. Dr. Crocker used group participation to create a web of networking to get a big job (a walrus) done.



Rains club members had 25 entries in the District Cultural Arts Contest. They won 9 blue ribbons and 6 red ribbons. The 9 blue ribbon winners will advance to the State TEEA Cultural Arts Contest in September.



More agents, county TEEA chairmen, and club members joined in the exercise with Dr. Crocker.

Kimberly Johnson, Director of Special Woman's Collections at TWU spoke on the second day of the conference. She shared the history of cookbook collection housed at TWU, which is over 68,000 cookbooks.

District 4 & District 5 will be hosting the 2016 TEEA State Conference in Plano this coming September. We will be looking forward to seeing all of you from across the state in Plano.

"WASTE NOT, WANT NOT"

By Brenda Perry

Brenda Perry was the guest speaker of the Piecemakers Quilting EE Club of Rains Co., D4, in April. Brenda presented her collection of over 40 scrappy quilts from her first projects to date, sharing humorous stories of her experiences with each new challenge along her learning path. The Depression Era taught her that there is use in even the smallest scraps which was evident in her fabulous collection of scrappy quilts.



Pictured are Esther Lightwine (left holding quilt) and Brenda Perry (right)

"You are the result of 3.8 billion years of evolutionary success. ACT LIKE IT."

BOWIE COUNTY NEWS

By Shirley Pierce

The EE Clubs of Bowie County celebrated the holidays with a progressive dinner. Our first stop was hosted by the Happy Homemakers in the home of Theresa Ferreira. We enjoyed tasty appetizers and visiting with several members that are unable to get out much. From there we traveled to Maud Church of Christ fellowship hall. Liberty Eylau and Happy Saturdays hosted the salads and the entrée at this location. We enjoyed chicken and dressing, ham, rolls, and all the fixings. We also had a devotional and a Christmas game. The final stop was at Dalby Springs Community Center where we enjoyed pies, cakes, and a variety of other desserts. We also enjoyed a game about Christmas carols and learned how much we didn't know about several of them. All participants had an enjoyable time. . . we started out with full tanks and empty stomachs and ended up with empty tanks and full stomachs. Instead of participating in a gift exchange, the members decided to donate items to the Domestic Violence Shelter. Different club representatives met with the director of the shelter in January and presented the donated items. Pictured from l. to r.: Sandra Stanley, Pam Dennington - shelter director, Camelia Jackson, Theresa Ferreira, and Janet Reed.



COOKE COUNTY NEWS

By Beverly Evans

Sivells Bend EE Club has had a busy winter and spring and it seems that summer and fall will be the same. Club members did a bake sale in the winter and also hosted the Cooke County EEA Christmas. Attendance was very good. The party included dinner, games and an ugly sweater contest. They also had a program "Driving for Seniors". A good time was had by all.



Cooke County EEA members enjoying Christmas party.



During the spring, members have their club programs lined up and a field trip to St. Joe, TX planned. Members will be exploring the rich history of this area of Texas. Montague and Cooke counties are very rich in history. Visitors are surprised at what they find.

Sivells Bend EE Club is small in size (nine members) but they are very active. Members are ready for what the summer and fall will bring them.

Enjoy your summer in your part of Texas!

TARRANT COUNTY NEWS

By Ed Kinter

These ladies representing the three Tarrant County TEEA Clubs are preparing for a Baked Potato Sale fundraiser. Containers (2 oz.) are being filled with sour cream, grated cheese, 2 different kinds of ground meat, and butter. All condiments are prepared the day before the sale as well as the scrubbing of the potatoes and wrapping in aluminum foil. Potatoes are baked fresh the day of the sale and by 12:30 all are sold. This is the best fundraiser of the year.



Elsa Vargas & Billie Tyler



Velma Tate



Naomi Harbert, Ivy Spivey, & Martha Hudson



Lt to RT - Phyllis McMakin, Carolyn Chalender and Karen Pensinger.



SMITH COUNTY NEWS

By Penny Hunter

Connie Troxell has been under going a lot of treatment to overcome cancer. She was told she must wear a mask if she was in a crowd. EEA members didn't want Connie to feel uncomfortable. So members wore masks and hats to show support. The best news is that she is in remission.

SMITH COUNTY NEWS WILDCAT EEA CLUB

By Elaine Jackson

The Wildcat Members with our adoptee Jeri Tigert - Front row; Back is Karen Pensinger, Phyllis McMakin, Sherry Smith and Elaine Jackson. We were celebrating Jeri's birthday on Saturday, February 27th, she was a leap year baby and we celebrated each year as close to the day as we could. She passed unexpectedly on April 18th.



Wildcat EEA members hosted a food preservation workshop. Phyllis McMakin demonstrated canning tomatoes with the assistance of Carolyn Chalender and Karen Pensinger. It was a very successful workshop with 33 attendees.

CHEROKEE COUNTY WELCOMES NEW AGENT!

By Marylyn Bennett

Cherokee County welcomes our new FCS Agent, Ms. Megan Turnmire. Megan earned a Bachelor of Science degree in Family Consumer Sciences at Brigham Young University in Rexburg, Idaho. After graduation, Megan taught school in Idaho. Megan completed the 30 day First Step for Success program in Smith County prior to beginning her career in Cherokee County. This program provides the new agent the opportunity to observe and experience the daily operations of a typical county extension office.

Megan is now fully immersed in FCS projects, Friend 2 Friend breast cancer awareness event, Walk Across Texas, and two TEEA clubs. She said that upon her initial visit she fell in love with the community and the people, and is really enjoying being in Texas. Welcome, Megan!

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PONTA TEEA WINNERS IN DISTRICT 5 CULTURAL ARTS

By Marilyn Bennett

Four Ponta TEEA members were proud winners in the July 22 District 5 Cultural Arts. Elna Perkins won first place in Category 6 Fiber arts with a silver crocheted neck scarf. Virginia Bush won second place in Category 8 Hand Stitchery with a counted cross-stitch wedding sampler she made for her granddaughter. Bobbie Russell won first place in Category 8 Hand Stitchery with an embroidered pillow. Bobbie also won second place in Category 20 Quilts Larger than 50 X 70 Machine Quilted. Marylyn Bennett won first place in Category 20 Quilts Larger than 50 X 70 Machine Quilted with her sampler quilt. Marylyn also won first place in Category 3 Craft Painting with a paint and leather decorated gourd. First place winners are allowed to enter the state meeting cultural arts. Ponta is located in Cherokee County, and our agent is Megan Turnmire.

Upshur County TEEA had a successful Joint Meeting in November! Upshur County Commissioners Frank Berka, Don Gross, & Mike Spencer and Judge Dean Fowler attended.



In December the Court House Christmas is provided by the Upshur County TEEA Clubs. The club also participated in the Yule fest Project – They tied red ribbon bows on 200 candy canes.



In January the Southern Bells and Glenwood clubs hosted its annual Chili Luncheon and it was a success!

In February members of the Glenwood club hosted a Valentine Party for the Gilmer Care Nursing Home; complete with entertainment by Elvis Singer.



UPSHUR COUNTY NEWS

By Gwen Jewett



September 2015 -Upshur County TEEA- Southern Belles and Glenwood Club attended the "Open Heart of Texas 88th TEEA State Conference.



The East Texas Yamboree in October is fundraising time. Joan Warren, Virginia Higginboham, and Betty Kather are ready to serve it up.

D I S T R I C T 7 LLANO COUNTY NEWS

By D'Ann Green

Annie May Cowan is a member of the Packsaddle Club, Llano, Texas since 2002. She celebrated her 100th birthday on April 27.

The Packsaddle Club helped Annie May celebrate at our monthly meeting on April 14. Her official birthday party was April 23 at the Bethel Community Center in Burnet County where she began her membership in TEEA in 1974. A crowd of

family and friends numbered nearly 200 to help her celebrate. Her banker was there and presented her with \$100 in gold coins.

Annie May was born and raised on a ranch in Burnet County in the Bethel Community. When asked if her parents took her to school in a buggy, her answer was "NO! I had my own horse." Her father paid a boy a nickel a day to unsaddle and saddle her horse for her. They horse was allowed to graze while she was in school.

She has many memories and is always happy to share them. We always leave with a smile after the meetings because Annie May is so full of life and is always happy.



everyone enjoyed themselves. Fort Chadbourne was established in 1852. It was decommissioned and used as a picket post until 1873. Now the fort is open to the public. We highly recommend this as a "to do" trip.

Taylor County EE Clubs are busy planning the District 7 Retreat, August 11 & 12 at the 4-H Center on Lake Brownwood. It will be a busy two days and we are looking forward to spending time with our friends across District 7.



Seated l to r: Betty Jennings, Mary Ann Kelley, Marilyn Reid & Carolyn Atkins. Standing: Carolyn Smith, Mary Voorhis, Pat Crawford, Trissa Shott, Harriett Malek, Marcia Lambert & Margie Wheeler.



BURNET COUNTY - LAKE VICTOR EE CLUB NEWS

By Lisa Zinz

Sharon Harriss, Sarah Sultemeir, Jane Parker, and Elaine Holbrook of Lake Victor EE Club just finished mixing a batch of mayonnaise during their program on "Kitchen with Tina".

TAYLOR COUNTY NEWS

By Margie Wheeler

The Honey Bees EE Club of Taylor County went on a day trip for their April meeting. Eleven members and two brave husbands toured the Fort Chadbourne Museum and then had a guided tour of the buildings that are being or have been restored. After the tour members enjoyed a sack lunch picnic on the patio. The weather was beautiful, wildflowers were blooming and

"Forgiveness does not change the past, but it does enlarge the future."
~ Paul Boese

RUNNELS COUNTY NEWS

By Judy Harrison

The 2016 year started off with a program on "Preserving Memories" presented by Linda Huckaby. Among items of helpful information about preserving fabric and other keep sakes was the fact that our cedar chests were not the best place to store fabrics. Most of us had gotten one in our late teen years.

In February Jackie Jenkins gave a program entitled "Don't Let the Blues Get You Down". Signs of depression were discussed and how different age groups are affected. The club kept Jackie busy because she presented the program in March also. The title was "Eating What You Grow"

Those members attending the spring meeting were Martha Crawford, Joyce Carberry, Linda Huckaby, Sarah Craig and Jackie Jenkins.



Many years ago there was a small hamburger business south of Winters known as the Chick Inn. The teenagers would make the "drag" around the Chick Inn and hang out there. It was destroyed by a storm. In 2013 the local Lions Club members built a small replica of the Chick Inn, set it on wheels, and now serve hamburgers and drinks from the side window. This April, members of the Runnels County TEEA club pitched in to help the Loins Club during the Memory Days Festival. A lot of burgers and drinks passed through the window to a hungry crowd. Members shown from left to right are Brenda Hamner, Ruby Carter, Joyce Carbery, Martha Crawford, Judy Harrison and Marianne Ray.



Martha Crawford gave the program in April. The subject was electronic devices and how to use them responsibly.

TAYLOR COUNTY NEWS

By Margie Wheeler

The Honey Bees EE Club of Taylor County has been busy with a new project this year. They are making a quilt – their first ever as a club project. Members meet on days other than regular meeting days to work on the quilt. Carolyn Atkins, current vice president and retired family and consumer sciences teacher has been the "supervisor" on this project.

On March 22 the Honey Bees hosted their annual Easter Egg Hunt at the Lawn Ball Park. Afterwards members met to work on their quilt. KRBC TV in Abilene had a report at the egg hunt and he also met with the members afterwards. His report was on the news that evening at 5, 6, and 10 p.m.

The quilt will be entered in the Cultural Arts contest and members are hoping it will make it to state conference and also the West Texas Fair and Rodeo Quilt Contest. Afterward it will be donated to a local charity for a fundraiser. Who knows what members will decide on next for a project!



Carolyn Atkins & Marcia Lambert, show the club's progress on their new quilt project.

Taylor County EE Club members helped make the Town & Country Women's Fair in Abilene a big success. Programs were presented during the day from gardening to quilting to organizing your home. A style show was presented with several members modeling the latest fashions.

A special presentation was made with Alberta Walker, a member of the Honey Bees EE Club being announced as the District 7 Treasure winner.

Several family members were present with Alberta and her husband, Lloyd. Congratulations Alberta!

A delicious lunch was served by Taylor County EE members.

The Town & Country Women's Fair is held during the Farm & Ranch Expo. This year's attendance was outstanding. The vendors were also outstanding with many of us shopping during the day.

BURNET COUNTY NEWS

By Polly Krenek

On March 18th after the regular Burnet EEA Council meeting members surprised Lois Bowmer with a birthday party celebrating her 95th birthday. Lois has been a member of the Bethel EE Club for more than 42 years. She has seen many changes in the club's name and the programming but she is still very active and attends meetings with her daughter, who is the president of the Bethel Club. All of the members of the Burnet County TEEA are wishing Lois many more years of birthdays and as a member of TEEA. In attendance were Lois' children, daughter Ann Cosper and son, Brownlee Bowmer and his wife, Pam.

Congratulations Lois!



BURNET COUNTY NEWS

On March 31st ten members of the Burnet County EE Association attended the District 7 Spring Conference in Brownwood. The Brownwood clubs did an outstanding job hosting the conference. The facilities and the snacks, Bar-B-Q lunch and the desserts were so delicious. Thank You, Brownwood for a great day. A big thanks to District Director Brenda Camp for a great job and for all her hard work and everything she does for District 7.



Polly Krenek, Burnet County Association chair was selected as the District 7 Director Elect. Polly is also the President of the Oatmeal EE Club, Vice President of the Marble Falls EE Club and Vice President of the Burnet County Area Fair. In 2015 she was awarded the Texas Leadership Award at the TEEA State Conference in Waco.



Linda Rogers from the Redbud/Oakalla EE Club where she has been a member for 10 years and has held offices in the Burnet County Association was chosen as the Education Director for District 7. She will be installed at the State Conference in Plano this September.



Betty Sue Chaney from the Bethel EE Club was selected as the Texas Treasurer Award winner for Burnet County. Betty Sue is one of those workers behind the scenes and is always there doing what needs to be done. She has held many offices in both the club and County in her 33 years as a member of the Bethel EE Club.



Lynda French from the Redbud/Oakalla EE Club and the Oatmeal EE Club was the Texas Leadership Award winner for

Burnet County. Lynda has held many offices at the Club and County level and served as District 7 Director for 2013-2015. She is currently President of the Burnet County Fair for the second time. Throughout her nine years in TEEA she has given many workshops and logged several thousand hours of community service in the CVU program. At the Spring District Meeting in Brownwood Lynda was awarded the District 7 Leadership Award. Congratulations Lynda!

LAMPASAS COUNTY NEWS

By Diana Fisch

In January 2016, the Rumley Club installed new officers for both the club and County chairmen. Club officers installed were Marilyn May, President, Siddonia Umphres, Vice President and Ernestine Garcia, Secretary. County Council officers installed were Arlene Wingo, Council, Chair, Julie Williams, Vice Chair, Elva Walker, Secretary, and Pat Clepper, Treasurer. Diana Fisch was appointed as Reporter.

In February the club invited the local FFA members to present a program on Parliamentary Procedure. Their officers and members did a role play of how to properly conduct a meeting.

In March, Melanie Potter, the San Saba County Extension Agent, gave a program on one of her favorite crafts: jewelry making. She discussed the use of colors and type of beads to put together for different items and types of tools and supplies that are needed to make a quality piece.

Polly Krenek of Burnet was the guest speaker in April and showed members how to make holiday wreaths. Polly told members that when using certain types of fabric or ribbon, particular tools must be used to keep the wreath in a firm state. She showed each step for putting together the wreaths and the different shapes that can be used.

In May, the Rumley club had a local field trip and picnic lunch at Campbell Park with a narrated tour of the Hanna Springs Sculpture Garden given by the Lampasas Association For The Arts

President, Tina Matney. While the ladies had lunch, Tina talked about the different pieces of art and the artists who made them. She explained how LAFTA got started in 2005 by local artist, Nancy Gray, and how important it was to bring the art world to the Lampasas community. Tina stated that some sculptures are purchased by LAFTA, some are donated by locals who have purchased them for the park and others are donated by the artists themselves. Several sculptures have been placed in other locations around the city. Every year new pieces are added thanks to the generous support by the Lampasas community.



In June, chiropractor, Dr. Craig Benton, spoke to the group about the importance of proper exercise and how it helps keep your body in alignment. He talked about new research in chiropractic methods and how they are being used more and more.

Lampasas members joined Burnet club members for an afternoon on the Vanishing River Cruise. The day was overcast but perfect for cooling the weather a bit while they cruised down the Colorado. Blue Heron were spotted and Alli, the tour guide, pointed out various types of trees and shrubs in the area. The waterfalls were beautiful. He talked about the history of the river and how rainfall and drought affect all the plant and wildlife along the river as well as how it affects the homeowners and businesses in the area.

At this time, Rumley Club is getting ready for the Lampasas County Fair during Spring Ho on July 6, 7 and 8. This year's theme for the Spring Ho festivities is "Follow your ARROW". We invite everyone to come view the Fair entries and enjoy the Spring Ho festivities, including

the street dances, beauty pageant, pet parade, carnival and much, much more!



BURNET-LAMPASAS NEWS

On May 25 fifteen members of the Burnet TEEA group and 13 members from the Lampasas TEEA group plus several spouses and friends embarked on the Vanishing River Cruise on Lake Buchanan and up a little ways into the Colorado River. It was a wonderful day, cloudy and a little over cast but not hot nor too much humidity to enjoy a slow cruise for two and a half hours. It was so wonderful to see the lake full and the beautiful Falls Creek waterfall flowing again. We enjoyed a lovely commentary of the area by one of the workers who enjoyed pointing out the herons and several native species of trees and shrubs and a few mountain goats. But best of all we got to visit and enjoy the company of other TEEA members.

D I S T R I C T 8 DISTRICT 8 SPRING CONFERENCE

By Michaelene Perry

Twenty six Leon Extension Education Association (EEA) members from the Buffalo, Jewett, Leona-Centerville and Normangee EE Clubs traveled to the Bell County Expo Center in Belton, TX on April 12 for the annual TEEA District 8 Spring Conference. EE members from 10 counties entered their own counties 1st and 2nd place ribbon winning crafts in the Cultural Arts competition. While the judging took place we proceeded with the business portion of the event. District 8 Director Alice Lance called the meeting to order.

Posting of the Colors and pledges to the American and Texas Flags were presented by Bell County 4-H Ambassadors. The invocation was given by Rev. Darren Walker, Senior Pastor of Belton 1st United Methodist Church. The TEEA Creed and prayer were led by McLennan County Chairperson Betty Hubbard followed by greetings from two County Commissioners, Richard Cortese and Bill Schuman. The formal welcome was given by Belton Mayor Marion Grayson who encouraged us to visit their fair, growing city and to acquaint themselves to the many historical locations within Bell County. Once the introduction of guests and the County Chairpersons were made by Alice, Jackie McLaughlin, Bell County Texas A&M AgriLife FCS, recognized the FCS Agents present for today's program. The total number of EE members and guests was 129 according to the Roll Call of Counties.

District 8 4-H Scholarship awards were presented to four deserving 4-H high school seniors by Alice. The first two for \$250 went to Samantha Merrifield from McLennan County, attending McLennan Community College then to Texas Tech for a degree in Wild Life Biology and Willard Wood IV from Bell County, attending Temple Community College followed by an Electrical Engineering degree at Texas State University in San Marcos, TX. The \$500 scholarship was awarded to Brazos McPeck from Hill County who will obtain his Criminal Justice degree with plans to become a Game Warden. The final scholarship went to Chase Hefferman of Williamson County for \$1000. He plans to obtain his degree in Genetics and American Sciences.

Laurie Veatch, Bell County Chairperson, introduced our first two speakers: Mary Ann Everett who spoke on EarthKind Principles and Susan Terry, EarthKind Landscaping. Both mentioned key elements to planning beautiful gardens and landscaping.

Recognition awards were distributed for longevity by Alice next. These awards are for either a county's club or an individual EEC member. Twenty year recognition was given to

Sue Allsup and Gerry Zummer of Eastland County; 30 year individuals from Bell County were Marie Adams and Joan Plumlee and one 35 year award to Charlotte Watson. From Williamson County a 40 year award goes to Lin O. Brickman. Club awards went to Morton Valley EEC of Eastland for celebrating 70 years as a club and Orchard Lane EEC of McLennan for 90 years. One very special award went to Lohma Reed Davis of Bell County. This young lady of 102 years has been an EEC member for 80 years and still active! What a remarkable woman she is and an inspiration to all of us.

The District 8 Texas Treasure award was given to Bell County's Laurie Veatch. The Texas Leadership award was presented to Bell County's Gayle Pomykal. Door prizes were drawn to lucky attendees whether members or guests.

Luncheon Prayer was said by Hill County and all enjoyed a healthy vegetarian lasagna and salad. Lunch entertainment was presented by Gil Eckrich on Hummingbirds and the variety of their species, their migratory and nesting habits. Mr. Eckrich showed amazing photos of species most likely to be in Texas, the differences between the male (a true "showoff" for colors and beauty) and the female (not so outstanding-almost drab comparatively), how to attract them into your yard and how to discover their nests. This was a very enjoyable and motivating presentation by Gil.

In the afternoon the formal business meeting was overseen by Alice Lance and Clara Jones, District 8 Director-Elect. Collection for Coins for Friendship (to help with the Brownwood 4-H Center) was \$79.80. Dollars for Scholars collection totaled \$97.45 towards the District 8 4-H scholarship fund. After the minutes and treasurer's reports were presented and approved/filed for audit more special awards were presented by Alice. Two counties are recognized with a plaque for the most new members and the highest % of new members for the past year. Winners were both awarded to Leon County. They increased their members by 10, totaling 94 currently for a

10.68% increase. Mamie Bell, Leon County Chairperson, and all the EE Club presidents of Buffalo, Jewett, Leona-Centerville and Normangee are to be congratulated for their promotion of this worthwhile organization for the members as well as the community and 4-H students.

Voting of new TEEA District 8 officers was completed by the delegates from each county. Incoming officers are Clara Jones (Leon) - Director, Laurie Veatch (Bell) - Director-Elect, Mamie Bell (Leon) - Secretary, Jerri Cage (Hamilton) - Treasurer, and Gayle Pomykal (Bell) - Education Chairperson. Appointed by the incoming Director was Michaelene Perry as District 8 Reporter.

Closing out the outstanding day was the announcement of Cultural Arts winners who will advance to the TEEA state competition in September. All EE members were able to vote for the "Best of Show," well deserved by a member of Williamson County. Thanks to all EE members for their entries. The talent of these women is extraordinary. We closed with more door prize winners, an invitation to District 8 Summer Retreat this August at Latham Springs, and a closing prayer.



(L-R) Recognition for providing assistance to Alice Lance with the 2015 State Conference (L-R) Clara Jones (Leon), Michaelene Perry (Leon), Betty Hubbard (McLennan), Nyanza Price (Leon) and Millie Barrow (Eastland)



(L-R) Receiving the most new members and the largest percent of member increase plaque is Mamie Bell with Alice Lance, District 8 Director



Alice Lance (R) presenting the District 8 Texas Treasure Award to Laurie Veatch (Bell)



(L-R) District 8 4-H Scholarship recipients: Chase Hefferman (Williamson), Brazos McPeck (Hill), Stephanie Merrifield (McLennan) and Willard Wood IV (Bell)



Gayle Pomykal, BELL County Vice Chair elected to State Board as District 8 Education Chair.



Laurie Veatch, BEEA County Chairman, Lohma Davis, age 102, District 8 EEA Director Alice Lance.

BELL COUNTY NEWS

By Gayle Pomykal
EEA District 8 holds Spring Conference at Bell County EXPO with delegates and members from ten counties in attendance. Recognition of age 102, Lohma Davis, who has been a member of EEA for 80 years was a highlight of the annual event. She continues to be an active member of Tanglefoot EEA, sharing her knowledge about sewing, cooking, household planning, budgeting and nutrition with members and her community. Her membership began as county Extension Agent in 1936 with Atascosa County where she was in charge of 18 4-H clubs and 23 home economics clubs. Her next extension post was Victoria County, then she settled in the community of Sharp in Bell County where she taught home economics at area schools and formed several home demonstration clubs while continuing her Extension Education membership and volunteer work.

During the conference, Laurie Veatch, Bell County EEA Chairman was voted District Director Elect and also received the District 8 Treasure Award. Additionally Gayle Pomykal was elected as District 8 Education Chair for 2017 -

BELL COUNTY NEWS

By Gayle Pomykal
ALL ABOARD for Bell County EEA members in photo, Doris Severson and Barbra Eaton, along with 32 additional members and families on Saturday April 23. The Hill Country Flyer was boarded at Cedar Park and ambled through the hill country among fresh spring flowers, trees, and flowering shrubs to Burnet. Arriving at our destination at noon, all passengers exited the train and either boarded a transport to a local restaurant, or walked to the city square for browsing the shops and visiting a local eatery for an enjoyable meal. Many of our group enjoyed a "Western Shoot Out" reenactment prior to boarding our train car "Buckeye Lake" for the return to Cedar Park which concluded an enjoyable "Educational Trip" on a beautiful spring day.



**Aspire to inspire
before you expire.**

HOOD COUNTY NEWS

By Patricia McNeely

Hood County TEEA Association held its annual interpretation event on April 6 at the Hood County Annex 1. The county officials were treated to a lunch of lasagna, salad, bread, and dessert. They were thanked for their support of the AgriLife services to the county throughout the year. County Agent, Marty Vahlenkamp, and FCS Agent, Brianne Langdon, shared the success and accomplishments of Hood County residents as a result of the services provided through the county. There were 22 people in attendance which included 6 TEEA members.

BELL COUNTY NEWS

By Gayle Pomykal

Rosemary Chudej of Bell County was the winner of an Extraordinary Garden Tub, valued at \$336.00, during the District 8 Spring Conference held at Bell County EXPO! Rosemary, an avid gardener, excitedly acknowledged the winning number and accepted the items with eagerness and disbelief.



BOOKS FOR NEW BABY

By Charlotte Watson

For over 20 years, Noontime EE Club has donated many, many new children's books towards the Williamson County EE community outreach, "First Book for New Baby." Even though this project began by giving a new book to each new baby born at St. David's Georgetown Hospital, it has expanded this year to giving new books to other children in the community who might not have as much access to new books to read at home. Recipients this year have included children in Head Start, and new babies at both the Williamson County Pregnancy Help Center and at the Annunciation Maternity Home. Members of Noontime

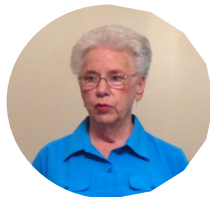
hold just some of their recent donation. They gave forty five books plus gave \$100 from their treasury to purchase an additional ninety books. Each book includes a sticker that tells that the EE Club members donated the books plus a phrase, "We hope this will begin your love of reading." It is an ongoing literacy project designed to help stamp out literacy in Williamson County!



WILLIAMSON COUNTY BELIEVES IN CONTINUING EDUCATION

By Charlotte Watson

Every year Williamson County's Delegates return home from the TEEA State Convention eager to present educational programs, gleaned from the state workshops, to the local clubs. Noontime EE Club always schedules the county's delegates quickly as an educational program are the main feature of each month's club meeting. County Delegates to the 2015 State Meeting and programs they presented during the year were - Judy Adkins, "Eating What You Grow," Kathryn Adamek, "Surviving Emergencies," and Peggy Hergert, "Preparing the Presenter for Progressive Programming." Even though our membership is growing older, each of these programs included elements relevant to each attendee.



Judy Adkins - County Delegate to State Meeting



Peggy Hergert - County Delegate to State Meeting



Kathy Adamek - County Delegate to State Meeting

EASTLAND COUNTY - MORTON VALLE EE CLUB NEWS

By Millie Barrow

Each year Morton Valley EE Club donates a quilt to the Abilene Rehab for their Auction Fundraiser. Members attending the Abilene Rehab Quilt Brunch were left to right: Sandra Owen, Sue Allsup, Clara Mathews, Cheri Clark, Joyanne Hathcock, Cyndee Groce and Marj Lamb. The quilt which was donated is in the background.



MCLENNAN COUNTY EEA

By Betty Hubbard

McLennan EEA met on May 12 for the County Retreat and Association meeting. Betty Hubbard, association chair welcomed everyone. The Progressive Club led the opening with Willie Frances Smith leading us with the 23rd Psalm, telling us how as a child she was taught to say it over and over as a means of falling asleep. Blanche Willis led a discussion of old home remedies such as cures for sickness and hurts. Eunice Dick read the minutes and Betty Hubbard gave the treasurer's report.

Betty Hubbard read a thank you note from Sandra Bigham, newly retired McLennan County Agrilife office manager. Blanche Willis reported on the Open House had at the Extension office on April 19 to try and get new members. Each member can hand out cards to friends telling them about our EE meetings. We will have a booth at the LaSalle Flea Market on September 24. Andrea Baker reported

on an Applebee's Fundraiser we will host on October 22. Tickets will be available in September.

Betty Hubbard presented the program on Planning a Fairy Garden. She gave handouts giving the steps in creating one and had plants and small objects that would be suitable for the garden. Orchard Lane will host a meeting to actually make a fairy garden in the summer.

4-H scholarships for \$300 each were awarded to Blaike Pankonien and Samantha Merrifield. Everyone enjoyed a salad luncheon brought by members. Photo by Christie Merrifield



MORTON VALLE EE CLUB NEWS

By Millie Barrow

Morton Valley EE Club members enjoyed craft time at the February meet. Sandra Owen provided the materials for making a decorated standing note holder. Pictured left to right at the craft table are: Sue Allsup, Millie Barrow, Janis Keith, Cyndee Groce and Wynell Brown.



Holding one of the finished products is Cyndee Groce

Wynell Brown readies the delicious refreshments that everyone enjoyed after completing the project.



NOONTIME DONATES TO LOCAL FOOD PANTRY

By Charlotte Watson
Noontime EE Club has always been supportive of the local food pantry, The Caring Place. Annually, they donate foods indicated on the "most urgent foods needed list." This year, they donated cereals (always needed) and cake mixes. Shown holding this year's donations are front to back, Dedie Johnson, Carola Meister, Stella Guzy, Nelda McCain, Carol Frymire, and Mary Lindsey. Hunger is an ongoing need. For 30 years, The Caring Place has met the hunger needs of residents in Williamson County. Noontime does their part to help.



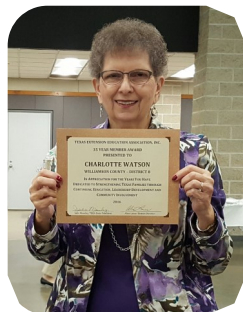
Since Noontime EE Club was organized, members have been involved with Williamson County's Literacy Projects. "First Book for New Baby" has been a strong literacy project supported by all the county's club for 25 years. This year, Noontime reached out in their community and partnered with the Georgetown Head Start program. The children loved having three grandmothers, Mary Johnson, Mary Lindsey, and Charlotte Watson read fun books to them. The children sat quietly and listened attentively. They were very surprised to then receive their very own new book

wrapped with red tulle for Valentine's Day! Books that the county EE Club members had donated were given to each of the 106 three, four, and five year olds who attend the Georgetown Head Start. The Head Start Director, the teachers, and all the children seemed to really enjoy having guest readers. They invited them to come back and ready another day!



MEMBERSHIP AWARDS AT D-8 MEETING

By Charlotte Watson
Charlotte Watson, Noontime EE Club, Williamson County, proudly holds her Certificate of Membership received at the D-8 Spring Meeting. Charlotte was surprised to learn the TEEA was now awarding membership certificates for 25, 30, 35, 40, and 45 year members. Charlotte became involved in TEEA in 1980 when she and her family moved to Texas from North Carolina. Her certificate was for 35 years of membership in TEEA. Charlotte also served on the state TEEA Board for seven years which included 2 years as State President, 1993-94. A 40-year certificate was given to Lin Brinkman, another Williamson County Member, who was unable to attend the D-8 meeting. Both Charlotte and Lin were members of Extension Education Clubs in states where they previously lived before moving to Texas. Both are still very active members of their clubs and involved in their county activities.



MATURE DRIVER PROGRAM

By Charlotte Watson
At this year's Exhibition Day in Williamson County, Noontime EE Club was responsible for one of the morning's programs. Since a couple of members had attended the "Driving for the Mature Driver" member educational workshop at the 2015 State TEEA Meeting, they invited the speaker to come and share the excellent information. Rose Moyer, Coordinator for the Mature Driver Program, gave an excellent presentation. She covered "the effect of aging on driving," how to be aware of driving distractors," "improving one's knowledge of current laws," and "being informed about unsafe driving." The informative packet she gave each attendee was also greatly appreciated. Thanks, Baylor Scott and White and TX DOT, for funding this important program.



Rose Moyer, Coordinator of Mature Drive Program - Baylor Scott & White

HAMILTON COUNTY NEWS

By Linda Pledger
The rain has not put a damper on the activities of Extension Education in Hamilton County.

The annual Spring Fling for Hamilton Extension scholarships was a hit as people dash through the rain drops to arrive at our new larger venue. The programs were outstanding. Gil Eckrich presented amazing clips of bird life which he observed first hand. A bee hive in the hands of Chip Hough gave us a close look at a queen and her court. Judy James, Lady Balladeer of Texas, sang us through Texas history with a flare. The cutest event of the day was the Tiny Dancers from Studio on the Square in Hamilton, with their ballet poses and pointed toes.



Extension Club meetings are always filled with great food and a program that educates. There is a new emphasis on igniting a spark in the county for Extension Education growth.

Pottsville Extension Club will be presenting two scholarships to seniors at Hamilton High School this year: Elizabeth Danielle Sanford and Mason Daniel Code both receiving \$500. Also an Opportunity Scholarship of \$250 has been given to a nursing student in Hospice Care, Jessica Carter attending classes at Ranger College.

Hamilton Extension is open to all those in the county who cherish home and garden. Opportunities for individual growth and development are offered to improve the quality of life for the families of Hamilton County.



"When you've done something wrong admit it and be sorry. No one in history has ever choked to death from swallowing their pride."
~ Author Unknown

HOOD COUNTY NEWS

By Patricia McNeely

The Hood Texas Extension Education Assn. held its First Annual "Thrown Me a Bone" 42 Tournament on Saturday, May 14th, at Harbor Lakes Golf Club, in Granbury. There were 16 teams competing for cash prizes and trophies. Round robin play began in the morning with bracket elimination in the afternoon. Participants came from as far away as Houston, Austin, Paris, (TX), and Decatur to join in the fun. Some players are members of the National 42 Players Association. Local players from Hood County joined in the fun. We look forward to next year's tournament. The Hood TEEA is sponsored by Texas A&M Agrilife, Family and Consumer Science Hood County Agent.



L. to R.: 2nd place - Charles Putegnat & Sheila Rutherford; 1st place - Jody Badum & Aaron Kientschik, and 3rd place - Murrie Wainscott & Keith Mack.

WILLIAMSON COUNTY NEWS NOONTIME EEC's LUNCH BUNCH

By Charlotte Watson

Each month, Noontime EE Club's Lunch Bunch eats at an area restaurant to enjoy food and conversation. If a member has a birthday that month, they also celebrate birthdays. They love to try new restaurants that come to town. In this photo, club members, L to R, Dedie Johnson, Mary Johnson, Charlotte Watson, Stella Guzy, and Carola Meister, were enjoying lunch at the new Sweet Lemon Inn and Kitchen in Georgetown. Yum! Yum! Everyone's food tasted fresh and delicious! Since it is an optional gathering, the group size varies from four to ten. Conversation usually includes recent vacation trips, family goings-on, and upcoming club and county happenings.



EASTLAND COUNTY MORTON VALLEY EE CLUB LUNCH AND LEARN "EAT WHAT YOU GROW"

By Millie Barrow

Millie Barrow put on her hat and gloves for the recent Lunch and Learn Program, taking this state program another step by presenting gardening and preserving information. The quarterly program is one of the community projects presented by the Morton Valley EE Club with support from the AgriLife Extension Service.

She presented "Gardening Tips for Beginners" and the hat was to remind everyone the importance of protecting yourself from the sun while working outside. The gloves were for sun protection as well as other hazards to the hands while gardening. She also suggested wearing long sleeves and sun screen as well as planning your work time early in the morning when it is cooler and the sun is not so intense. The presentation revolved around tips to help create a more productive and low maintenance vegetable garden, i.e. space, preparing the soil, design and planning, mulching, watering, and many more.

Millie also presented a drawing of a "Keyhole" garden designed by a lady from Cisco. It is a raised garden built in a circle with a V-shaped area to stand in to weed, water or harvest. Raised beds make it easier for a person to tend to without having to bend or squat.

To address the question of what to do with your bountiful harvest Millie spoke about canning foods safely at home. She gave pointers for using a pressure canner or water bath canner depending on the types of vegetables or fruit. She cautioned that you need to refer to your canning book as to instructions on preservation and storage of canned products.

An interesting display of old and new pressure cookers, canning utensils, and a variety of canning books was set up for all to see. It is important to check the dial gauge on pressure cookers each year and it can be done at your local AgriLife Extension office.

Other displays included dehydration, vacuum sealing for freezing, jars of canned

vegetables, jams and jellies. Different club members shared ideas and where they learned to preserve and can foods.

The presentation followed a buffet of delicious salads, breads, crackers, spreads and desserts prepared by members of Morton Valley EE Club. A fun drawing for all sorts of interesting and useful garden and household gadgets and jars of homemade jellies closed out the program.

The Morton Valley EE Club meets the second Thursday of each month at the Senior Building on the Hill in Eastland. The meetings are open to the public.



LEON COUNTY NEWS

By Michaelene Perry

On May 16, 2016 the Jewett Extension Education (EE) Club journeyed to College Station for their annual field trip. Learning more was our goal that day and when we arrived at the George H.W. Bush Presidential Library and Museum we did just that. Nine members headed out from Jewett with high expectations for the day and we were not disappointed. Besides the historical information about the years President Bush was in office we were able to take a nostalgic walk through the

1950's with the "Driven to Drive-Finding Our Identity" automobile exhibit. Most of the cars were of the 1950's but there was one 1920's Model T Ford to see. There was the Chevy Corvette Convertible (of course) and Nomad, the Ford Mustang and Thunderbird Convertibles, a GM Cadillac Convertible, a Studebaker and an Edsel. It was truly a walk in the past, with some of the ladies saying "I drove one of those."

In the George Bush Library you could observe and learn events from Dessert Storm, visit and interact in the situation room, sit in the oval office and view many other aspects of White House operations and gifts donated to Barbara and George Bush from many foreign countries which actually belong to the people of the United States housed through the Smithsonian Institute. It was a very rewarding trip through the events of history.

Following the Bush Library tour we traveled to La Riviera Restaurant and Bakery in Bryan, a quaint establishment with a variety of dishes, such as crab cakes, crab-stuffed avocados, quiches, soups, as well as steak, hamburger, and other chicken and fish choices. It was the first time for most of us to visit and it will definitely not be the last. The food was delicious with corn and pumpkin mini-muffins as appetizers, the service nice with great ambiance. The only problem we had was that we were too full for dessert. The bakery aspect will be our key visit next time.

Even though we left Jewett with stormy, rainy weather we had no problems in Bryan/College Station and all will be ready for next year's trip wherever it may be.



LEON COUNTY NEWS

By Michaelene Perry

Leon Extension Education Association (EEA) hosted their annual Cultural Arts Competition and Education Day on Tuesday, March 22 at the Jewett First Baptist Church Christian Life Center. The theme for the event was "Get the Scoop" with decorations provided by Jewett EE Club and the help of guest Peggy Caldwell. The tables were decorated with Ice Cream Makers and a large paper and flower ice cream cone plus table favors for all attendees of ice cream cones filled with candy mints.

The day started by members of the 4 Leon County clubs, Bufalo, Jewett, Leona-Centerville and Normangee, registering their creative talents in the Cultural Arts event. The three judges, Pam Dolezal, Mary Lou Butler and Joy Buddy, had a difficult task in awarding the 1st, 2nd and 3rd place ribbons. Our thanks go out to these ladies for their expertise judging the skill shown with the various categories.

After the welcome by County Chairperson, Mamie Bell and Leon EEA President, Michaelene Perry, the audience was introduced to the newest AgriLife staff members: JoFran Edwards, Office Manager, Laura Petty, Leon County 4-H & Youth Development Agent, and Richard Parish, Leon County Ag & Natural Resources Agent. We appreciate each of them for their expertise with the AgriLife mission and goals.

Next, Clara Jones and DeLonn McCall, both of Leona-Centerville EE Club, reviewed the ground rules for a successful meeting by the audience. In a very fun way, they stressed the decorum for proper etiquette during meetings. Following their topic, J.P. Borah, Normangee EE Club member, gave an overview of the Cultural Arts competition.

The Texas EEA 5 part presentations began with Lora Lea Nichols, discussing "Don't Let Blue Get to You." Lora gave an excellent program on the definition and symptoms of depression.

The second topic was "Eat What You Grow" by Mamie Bell, who practices what she preaches with her large home fruit and vegetable gardens. She encouraged all of the audience to eat

healthy. She gave each of us a paper plate and we had to draw on that plate what foods a child would want to eat. In her presentation, Mamie gave appropriate gifts to the audience such as a safe cutting mat, cleaning brushes and other kitchen items for proper handling.

Clara Jones, our 3rd presenter, discussed Emergency Evacuation Preparedness. As a survivor of Hurricane Rita and stranded on the evacuation route for over 22 hours, she had firsthand experience with what was truly important items to have on hand, when to evacuate and what to have in your car. Something all people who have a cell phone need is the following information in their phone number list: ICE. This is a code word for "In Case of Emergency" where the ambulance, firefighters, police, sheriff or other law enforcement agencies can go on your phone to call a designated family or friend to get information or authorization for health care to you if you are hurt and not able to speak. Also, Clara gave us a website, www.drivetexas.org, to help with evacuation routes, accident re-routing, etc. Another important step for us to take is to register with the 211 phone #. This number is for any special needs population who may need help in an emergency situation.

The 4th speaker was Michaelene Perry who discussed preparing the presenter. If you have ever attended a talk or class and the presenter was really boring...you know what it means to be prepared. All the good points of a lecturer are: keep the topic interesting for the audience with the use of humor, talking clearly and at the audience level, using materials that are relevant, such as handouts, slides or PowerPoint sources, or hands on activities.

The final topic was presented by Laura Petty, our new 4-H & Youth Development Agent. With over 8 years experience with 4-H and youth programs, she discussed "Judging 4-H Projects." The EE Clubs in Leon County work with 4-H students by providing scholarship funds to graduating seniors, and some EE members have family relative (grandkids, nieces, nephews) who are 4-H active

members. Laura encouraged us to get involved with judging some of their events. Also, we were happy to see three of the 4-H students from Leon County: To-be Johnson, Blake McCarty and James Rodell. These three young men discussed their involvement in 4-H competition and what was most beneficial from the judges' critique. They wanted good feedback on how to become a better student of their trade.

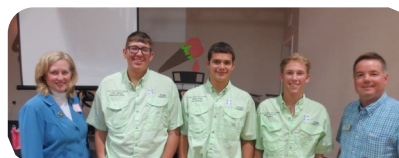
Following the presentations all guests and members enjoyed a salad buffet luncheon provided by EE members. Once the luncheon was completed J.P. Borah and Peggy Bloomer presented thank you gifts to the Cultural Arts Competition judges, announced the winners and invited all to view the craft items. It was a wonderful and educational day for all. Watch for our next Cultural Arts/ Education Day event on the 4th Tuesday of March, 2017. All are welcome to attend. For more information about Leon Extension Education activities you may call the AgriLife office at 903-536-2531.



EEA Speakers



Cultural Arts Judges



Judging 4-H Projects presenters

"If we all do one random act of kindness daily we just might set the world in the right direction."
~ Martin Kornfeld

LEE COUNTY NEWS

By Lucy Torn & Lillie Smith

The Blue Extension Club hosted the District 9 Spring Conference on Monday and Tuesday, April 4, & 5. The Monday night entertainment was attending the Lone Star Opry at the Giddings High School as a group. On Tuesday the convention was held at the American Legion Hall in Lexington. The theme was PIONEER DAYS. The theme was carried out with decorations and attire from Pioneer days. Many comments were made of memories that were reflected through the atmosphere and decorations.

The room was surrounded by old quilts brought from various families. One quilt was a friendship quilt which had many dated individuals which were related to the present day club. Pictures were taken of the brave pioneer women who chose to dress in fashion. The tables were decorated with beautiful, colorful arrangements and antique items from way back when. A very nice printed program was also provided for everyone. Door prizes were given and baskets were raffled as extra entertainment.

A delicious meal of turkey and dressing and all the trimmings was served by the Blue EE Club. Jennifer Beauchamp was the honored cook.

Cultural Arts was a great success. Many beautiful and talented items were displayed.

The extension clubs are looking for new leadership in the surrounding areas as well as general membership. Please call the Lee County Extension Office for details on how to get involved in this area of extension. Extension Office Num. 979/542-2753.

LIVINGSTON TRIP JEFFERSON COUNTY

By Claudine Hare

On Friday, May 6, 2016 Jefferson County EE members traveled to Livingston, Texas for the annual educational/ historical trip. The Alabama - Coushatta Reservation was the first stop, where we visited the Cultural Center for a power-point presentation of the history of the tribe. Next we traveled on to Livingston where we toured the Carter #5 train engine, the old Jonas

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Cabin, an early 1900's home - all with a very knowledgeable tour guide. Downtown Treasures was visited next where some found treasures to purchase. For lunch we enjoyed great food at the renown "Florida's Kitchen". Next was a presentation at the Trinity River Authority where we learned how/why Lake Livingston Dam was built, how it is operated, about the new construction for additional power and the need for more reservoirs in Texas. Then we stopped by Vanity Fair Outlet for a short shopping spree before continuing the trek back to Jefferson County. Eighteen ladies made the trip with all four clubs represented.

SNOOK EEA TRAVEL CLUB HOSTS CHRISTMAS TRIP TO BRANSON

The Snook Extension Education Association Travel Club invites you to an awesome 6 night/7 days, guided, chartered bus trip to "Holidays in Branson Show Trip Extravaganza" in Branson, MO. The dates for our trip are November 6 thru November 12, 2016. A few highlights of our show trip include PUTTIN' ON THE RITZ SHOW, HUGHES BROTHERS CHRISTMAS SHOW, BRETT FAMILY SHOW, THE MILLION DOLLAR QUARTET, 70'S MUSICAL CELEBRATION, starring Barry Williams (best known as Greg from Brady Bunch), a three course meal on the SHOWBOAT BRANSON BELLE, CHRISTMAS SHOPPING and more surprises along the way.

The cost of the trip is \$882.00 per person (double occupancy). Single rooms are extra. You may pay the \$882.00 in full or in 3 payments of \$294.00 each with the final payment due by July 15, 2016. Included in this fantastic price is the tip for the Driver, Travel Insurance and 16 breakfast/lunch/dinners.

If you are interested, please contact Betty Anderson or Karen Gaas. Trip information packets can be mailed or emailed to you. Contact information: Betty Anderson, Tour Guide 979-229-3778, or Karen Gaas, Tour Guide 979-272-8873 or 979-224-6301

BRAZORIA COUNTY NEWS

By Janis Dohmann

Members of the Extension Education Association of Brazoria County recently met to make vests for the workers of the Captain Shish-K-Bob program, a county program to teach school children about healthy foods. Shown pinning the vests together, L-R, are Alvin members, Glenda Befort, Joyce Taylor, Brenda Buelow, and Dawn Gemmill.



Joyce Taylor is modeling one of the vests at the right. Other clubs present but not pictured were Damon and Brazoria. The 4-H agent, Cameron Arias, had also come to help.



JEFFERSON COUNTY PORT NECHES EEC NEWS

By Claudine Hare

Port Neches EE Club members gathered on May 12 for the club's annual outing. The tour of the authentic 1810 Cajun Home (La Maison Beausoleil) was interesting and educational. This home is located on the grounds of the Port Neches Riverfront Park. The home was restored and is operated by Les Acadiens Du Texas as a museum complex to help preserve the culture and language of the Acadian people who helped settle this area of Southeast Texas as early as 1830. Karen Mills, club member and Les Acadiens Du Texas member, served as docent. The tour was followed by lunch at the Wheelhouse Restaurant on the Neches River, also by the Riverfront Park.

FORT BEND COUNTY NEWS

By Joydella Davis

Fort Bend EEA ladies attended the District 9 Spring Conference in Lee County on April 5. Programs entitled "Pioneer Women of the 21st Century: Daring to Lead" and "Preserving the Harvest" were enjoyed by the delegates and guests. An important lesson on canning is to retire the canning jars after they have been used thirteen times. Canning jars after this time have reached their safest potential. Winners from our county in the Cultural Arts exhibits were Carolyn Jones, first place with her crochet baby blanket, Cinda DeBons first place with her quilt, smaller than 50x70, and Donna VanHorn, third place with her Christmas Doily. Cherie Heimann was the recipient of the \$200 gift card raffle basket. Business included the election of Claudine Hare as the new District 9 Director and Theresa Winebrenner as Director Elect.



Ladies attending were: *Left to right:* Mary Dybala, Kathleen Herold, Pat May, Bernice Meyer (back row), Rose Jaynes, Cinda DeBons and Erna Thielemann

Fort Bend EEA toured the Goya Foods plant in Brookshire, Texas on May 20. Goya provided a very intense tour (several hours) of their manufacturing facility which is only three years old. Members witnessed the packaging, labeling and preparation of shipping Goya Black Beans. At this plant they also prepare kidney beans, refried beans and tomato sauce. With modern technology there are only about 50 employees that work the entire process. The manufacturing process starts with dry beans, which are soaked, prepared and cooked in the cans before being ready for labeling and shipping. Cleanliness in the facility is a high priority.

BRAZORIA EEA

By Brenda Sturman

Members of the Brazoria EEA enjoyed their annual field trip, which was organized by Ms. Brenda Beulow of Alvin. Members were treated to a guided tour of the Alvin Museum and a discussion of the history of Alvin. They also had a guided tour of the Marguerite Rogers home which was built in 1909.

After a luncheon at Kelly's Restaurant in Alvin, members visited the Gander Studio where everyone enjoyed a sign painting project.



SNOOK EE CLUB NEWS

Snook EE Club members Dennis Gaas, Karen Gaas & Betty Anderson present Snook School Superintendent, Brenda Krchnak with trays of cookies for "Teacher Appreciation Week". The Snook EEA Club supports the teachers at Snook ISD.



The Snook EE Club attended the District 9 Spring Conference in Lexington on April 5. Members in attendance were: Back row: Renee Preston, Susan Ondrasek, Betty Anderson, Karen Gaas, Gloria Conrad, Ann Sebesta, Charlene Lednicki Front Row: Lydia Faust, Audrey Swain & Bonnie Chandler



The conference was very successful. We were very happy that Claudine Hare was voted to be the next District 9 Director. Thanks to Rexine for all her hard work. We look forward to next year's Spring Conference.

MONTGOMERY COUNTY NEWS

By Delmyra Trott

February started with us barnstorming for ideas to make money for scholarships. Since our membership has fallen to 6, it is hard to man a program that is not costly. But we managed to make 32 half aprons with pockets for gardeners and because our Master Gardeners in Montgomery County are "rock stars" we were able to have a table at the plant sale in March. We took ice cold water, cookies and the aprons. Thank you Master Gardeners for inviting us to participate again this fall.

The District 9 Spring Conference was in Lexington. There were gorgeous quilts lining the walls and even a small covered wagon in the room. They served a delicious lunch and we were treated to some wonderful speakers. All in all we had a wonderful time with good food and good friends. And we are blessed that Claudine Hare has accepted the office of District 9 Director for 2016 – 2018. She will do a wonderful job.



May 3rd was our Scholarship luncheon. Natalie Brown from Magnolia 4-H won our Montgomery County TEEA County Scholarship in the amount of \$500. Kali Koy of Champion 4-H won the Town & Country EEA Club Scholarship in the amount of \$500. There are also some other 4-H scholarships given by Montgomery County 4-H. We were impressed with the high quality of the applicants. Keep it up kids; 4-H kids are the "bomb". It makes it hard to pick one out of all the great applications.



BRAZORIA EEA NEWS

By Brenda Sturman

The Annual Fun Day for Brazoria EEA members was held on May 2. Members enjoyed participating in one or more of the three arts and craft classes offered. Dawn Gemmill of Alvin taught a class on making necklaces using metal washers. The decorated wood blocks project was taught by Donna Brenton of Damon Mound. Janie Cardenas conducted the class of decorating glass jars with burlap and other enhancements.

The quilt top pictured will be raffled in October at the Brazoria County Fair. Members created free style squares using fabric kits made by Mary Sinco. The top was assembled using the squares and is in the last stages of assembly and quilting.



District 10 2017 Fall Training.

Spring is the 4-H Clothing and Textile Project competitions. EEA had the honor of seeing 35 youth grow through their learning experiences in their role as judges. Five members judged 7 Storyboards, 22 textile items, 8 Duds to Dazzle teams and 7 Fashion Show garments.



Front: Lorine Damerou, Darlene Bohmfalk, Beth Frakenburger (Dist Treasurer), Dorothy Wosnig and Alma Rosenbrock (County Chairman/Delegate)
Back: Rose Marie Smalley, Dr. Charla Bading (FCS Agent), Anne Theiss (Delegate), Valerie Posey and Rose Mary Moczygemba (Delegate)



Una Kunkel pins a corsage on Lorine Damerou as the most senior member in attendance.

BEXAR COUNTY NEWS

By Laura Adams

Ladies from Bexar County got together for a meeting of fun and wreath making. Present were: Myrna Loy Baccus, Laura Adams, Leslie Heckman, Laura Jo Beavers (guest) and Peggy Hudel.



SAN MARCOS EEA NEWS

By Camille Stephenson

As we welcomed the New Year with excitement, we also said goodbye to our Extension Agents Laura Petty and Richard Parrish. We wished them love and good luck with their new endeavors.

Some of our ladies took time to visit the "Japanese Tea Garden" in San Antonio. Strolling over bridges, ponds full of Koi, and beautiful flowers, there was much to see and enjoy. *Left to Right:* Rosa A., Mary Ann T., Pat G., Alicia L., Virginia C., Ana H., and (not shown) Ana Marie F. Nature. Special friendships made the perfect day.



TEEA District 10 Spring Conference was held in Lockhart March 22nd at the Connection Center. We really got into a bit of Lockhart's history when our guest speaker Donaly Brice, author, told the story of "Texas Ranger No Reynolds, the Intrepid." This was a fun conference and we look forward to September and TEEA State Conference. See you in September in Plano.

ELGIN EE CLUB NEWS

By Judith Lundgren

In February the Elgin EE Club had a guest speaker, Hillary Long, Bastrop County Extension Agent of the Family and Consumer Sciences. She gave a program on How to Recognize Signs of a Stroke. Act F. A. S.T. to Prevent Stroke.

F-look for drooping face; A-look for arm weakness or loss of coordination; S-look for speech difficulty; T-Time to call 911
(FYI – They have discovered another test for stroke. Have the person stick out their tongue. If it is crooked or rolls, call 911 immediately. Lela Goar)

D I S T R I C T 10 GUADALUPE COUNTY NEWS

Nine Guadalupe County Extension Education members traveled to Lockhart March 22 with FCS agent, Dr. Charla Bading, for the annual District 10 Spring Conference. Dorothy Altenhof and Rose Marie Smalley received awards for 55 and 30 years of service, respectively. Lorine Damerou received the oldest member award. First and second awards were also received at the Cultural Arts Exhibit.

The Association held their associational meeting March 30, and the 2016 Guadalupe County EEA Memorial Scholarship recipient was announced. Donations were made to the local 4-H Clothing and Textiles and Food and Nutrition Projects, District and State 4-H scholarships, and the 4-H center in Brownwood. Delegates were elected for the State TEEA Conference, which is to be held in Plano in September. It was announced Guadalupe County EEA is to host the

Claudia Murphy showed the entire attending members how to make a cloth or linen napkin rose for the dinner table.

The March program was about the 2016 District 10 Spring Conference in Lockhart given by Judy Lundgren. It was attended by 2 members of the Elgin EE Club, Judy Lundgren, Delegate, and Deanna Tidwell, Alternate Delegate. Judy submitted 5 items and earned one first place on her Decorated/Embellished Garment- with a 1970's themed blue jean jacket in the Cultural Arts.

In April all Elgin EE club members attending the meeting enjoyed a new craft of painting designs/embellishing clay pots to make a solar light holder to take home. Margaret Glassenmayer and Irma Welch attended the Fun Fest in Paige sponsored by the Home and Community Clubs of Bastrop County. Both ladies made several simple crafts and did a "show and tell" to the club members.

Our May program was about Coloring Art given by Judy Lundgren. An amazing thing happens to your brain when we Color Art. Coloring Art sparks your creativity. There are no rules. It is easy to enjoy anywhere, anytime and you don't have to spend a fortune on it. Coloring improves concentration. It is a skill not a Talent. Your brain experiences similar benefits to meditation and anyone can use any colors for your art. You strengthen your motor skills and will have less stress and anxiety. Every club member picked out a special art picture to design and color for the June meeting. Also this art page will be judged at our June meeting.

BLANCO COUNTY NEWS - ROUND MOUNTAIN EE CLUB

By Shelley Levitt

The Round Mountain EE Club hosted its Annual Spring Luncheon April 28, 2016 at the First United Methodist Church in Johnson City. The Luncheon was a "pot luck" composed of the delicious dishes represented in the club's cookbook that was also for sale that day. We also had a very successful Country Store and Quilt Raffle. The quilt raffle alone raised \$558!!

Last fall the club held its first

bake sale in a long time. The bake sale was at Harvest House the first day of deer season. We raised a lot of money for 4-H scholarships and learned more about processing deer than we wanted to.

This spring the club is getting ready for its annual Spring Tour and our Family Ice Cream Social in August. We are also making plans for other fund raising events. We are working with our AgriLife Extension Agent to develop events that will benefit our mission of building and enriching strong families as well as raising funds for our county 4-H students. Our county is small so we want to hold events that will reach out to surrounding counties and bring them into our area as well as serve our county.



CALDWELL COUNTY EEA

By Kathy McCown

On March 22nd the three EE Clubs of Caldwell County (Glenoir, Lockhart, and Luling) hosted the District 10 Spring conference at the Connection Center in Lockhart. Members have been busy all spring preparing for this event. Ninety-three members attended from eight counties. Members of the Disabled American Veterans Chapter 61 of Seguin presented and retired the colors. A welcome was extended by Mayor Lew White of Lockhart. The invocation was given by Reverend Bryan Dziadik from Lockhart's Grace Evangelic Church. Gwen Risinger, District 10 Director, (pictured above) presided over the business meeting. Guest speaker was Donaly Brice, a local author.

Deborah Strickler, county literacy chair, applied for and received books from HEB. Members will meet next month to count and prepare books for distribution to local schools in

September.

The Lockhart Club held a garage sale April 30 which was a success.

The Luling club recently sewed 30 pillowcases for patients at Dell Children's Hospital and in May celebrated spring with fellowship, a movie and dinner. Afterwards they visited their eldest member, Betty Gardner and celebrated president, Shirley Gardner's birthday.

MCDADE EE CLUB NEWS

By Kathi Gremillion

The McDade EE Club held their annual garage sale fundraiser on May 14. Items for the sale were donated by the community and club members. The sale was very successful, and all items that did not sell were donated to the McDade School for their garage sale which will be held later in the fall. Some of the proceeds from the garage sale will be used to benefit the McDade Food Pantry, McDade School Band and our local 4-H clubs.

On April 22, our club held a Bingo Party for the residents and staff at the Elgin Nursing Home. Refreshments and bingo prizes were provided by the club. The McDade EE Club holds their Bingo Party for the Elgin Nursing Home residents twice a year, and it is lots of fun for the residents as well as the club members who participate.

At our last meeting on May 18, it was decided that we would not hold regular meetings in June, July and August. Instead we will schedule some activity instead of a meeting, such as a craft day or an outing of some kind, to be determined. When we resume our meetings in September, we will install our new officers who were elected at our May meeting.

GILLESPIE COUNTY - PILOT KNOB EEC NEWS

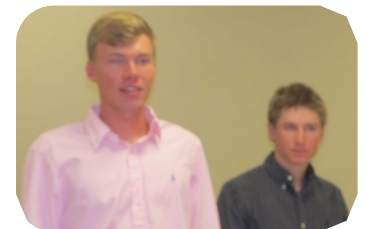
By Helen Usener

Six Pilot Knob EE Club members and the Gillespie County A&M AgriLife Family and Consumer Sciences Agent attended the District 10 EEA Spring Conference on March 22 at the Connection Center in Lockhart. Gillespie County 4-H Club member Blake Tatsch was recognized for

receiving the First Place District 10 4-H Scholarship. Gillespie County EE Club member Erna Jacoby was recognized as a 60 year member. Three Pilot Knob EE Club members Sharon Kott, Corine Klose, Ellen Reeder, and Joyce True had cultural arts entries. Ellen received a red ribbon and Joyce receive a blue and a red ribbon. Joyce's entry of a handmade doll and wardrobe will be going on to TEEA State Conference. At the conclusion of the conference, Ilene Crenwelge Gillespie EE Chairman, extended an invitation to all District 10 EEA members to attend the next Spring Conference in Fredericksburg on March 17, 2017.



On April 14 members were busy hosting the Annual Spring Scholarship Luncheon. Member from the community as well as our EE friends from Blanco, Llano, and Travis counties attended. Brant Crenwelge and Preston Crenwelge were the two Gillespie County 4-H Club members to receive the scholarships.



Erna Jacoby received a certificate honoring her as a 60-year club member in Gillespie County having been a member of the Stonewall HD Club, Cross Mountain and finally the Pilot Knob EE Club. Viola Jones received a certificate honoring her as a 20 year Pilot Knob EE Club member.



GILLESPIE COUNTY NEWS

On May 25 eleven members traveled to Kerrville where they were inspired as they toured "The Sculpture Prayer Garden" and toured the Kerrville Nature Center. From there they traveled to Camp Verde for shopping and lunch. Some of the members also went to Comfort for antique shopping. All enjoyed the Spring Tour.



Front: Helen Usener, Nina Olson, Jeanne Wallace, second: Yvonne Eckert, and Vicki Rust back: Roslee Lochte, Emmie Usener, Judy Leddy, Alicia Franzen, Ilene Crenwelge, and Corine Klose



(left to right) are Laura Lerma -Klesel of Manna Food Pantry in Hallettsville accepting canned goods from Georgie Herman, President of the Moravia EE Club in Lavaca County.

DISTRICT 11 SPRING CONFERENCE

By Carrol Davig, District Director San Patricio EEA members hosted the District 11 Spring Conference on April 19 in Sinton at the San Patricio County Fairgrounds and Event Center. The facility is the newest state of the art facility in South Texas. The theme for the conference was "A Spring Fiesta" and the Event Center was decorated beautifully with flowers, plants and bright table cloths.

Eighty-one EEA members and TAMU AgriLife Agents registered, but because of stormy weather, only 70 brave souls were able to come. The weather in Sinton was great and all who came had a great time. San Patricio County Judge, Terry Simpson welcomed the group to the county as well as San Patricio EEA Chair, L'ella Andrews.

Special awards were given to many of the members. Winning the first place \$500 scholarship was Shane Bentke (Washington Co.). Shane was unable to attend but sent a video to thank the members. The second place \$250 scholarship was presented to Cody Bishop (Victoria Co.).

District 11 Treasure was presented to Evenlyn Fuchs (Washington Co.) and District 11 Leadership was awarded to Judith Finke (Washington Co.). Both members received certificates and gifts to remember the occasion. Their applications were sent to state to be viewed for the state winners.

Certificates and flowers were given to twenty-five EEA members representing 20 to 65 years in EEA and to four EEA Clubs

representing 60 to 85 years of existence.

Two educational programs were presented to the attendees: District 9 & 11 TAMU AgriLife Extension Director of Programs gave a program on "Fraud" and Bobbie Walker, Fayette County gave a program on "Genealogy."

A great lunch prepared by the San Patricio County EEA members was served and enjoyed by all. Afterwards everyone had time to view all of the Cultural Arts entries.

During the business session delegates voted on District 11 EEA by-laws. Cultural Arts winners were announced and TEEA 1st Vice President of Leadership Betty Baughn gave a report on the 2016 State Conference in Plano. The 2017 State Conference at the Horseshoe Bay Resort near Marble Falls was also discussed since District 11 and District 9 will be hosts.

We had stretchers that got everyone moving, a courtesy resolution and many door prizes to everyone's delight before the conference adjourned. District 11 EEA members are now looking forward to the 89th annual TEEA State Conference in Plano.

AUSTIN COUNTY EEA 2016 NEWS COMMUNITY OUTREACH FUNDS AWARDED

By Felicia Falk

Recently Austin County EEA donated funds to several worthy nonprofit organizations in Austin County. The recipients of this year's funds were: R.A.P (Raising Academic Performance), Bellville and Sealy Food Pantries, Gordon Memorial Library, West End Christian Community Center, Bellville Library and the West End Library. Funds donated were raised through EEA's Annual Bake Potato Luncheon. The funds also help to generate income to support all educational programs which are sponsored by the association for the benefit of the community at no charge. If you would like more information on how to become a part of this growing organization, please contact Michelle Allen with Texas A&M

AgriLife Extension Service at [\(979\)865-2072](tel:9798652072).



left to right-Front Row...Jessie Kokemore (EEA President), Cynthia Zorn (Bellville Food Pantry), Michelle Maderer (R.A.P), Judy Reichle (picking up for West End Library) – Back Row...Gladys Frank (picking up for Sealy Food Pantry), Dwayne Virnau (Gordon Library), Adeline Luedke (West End Christian Community Center), Melinda Schramm (picking up for Bellville Library), Gaye Farr (EEA Secretary)

WASHINGTON EXTENSION EDUCATION NEWS

By Judith Finke

"Leadership: Sharing Comes from the Heart" attracted Extension members to the WEEA Achievement Day event on February 9 at the Event Center. Diane Ashorn, President of WEEA and Tanya McGonagill, FCS agent introduced and welcomed the guests. Event planners were the Education Committee Joyce Hanath, Edith Erwin, Mary Lister, Mary Young and Michele Daniels. Members of the Commissioner's Court were guests.

Dr. Edna Kennedy, Supt. of the Burton ISD and Dr. Chris Boleman, Texas 4-H Program Director, Texas A & M AgriLife Extension were the principal speakers giving the components of Today's Leadership.

The First place Cultural Art winners were: Louise Newman, Afghans, Tablecloths, Bedspreads, and Throws; No entry-Ceramics, Barbara Wise, Craft Painting; No entry-Decorated Garments; Barbara Wise, Fabric Creations; Betty Vierus, Fiber Arts; Louise Newman, Garments and Accessories handmade-sewing; Mary Young, Hand Stitchery; Judith Finke, Machine Embroidery; Barbara Wise, Holiday Decorations; Judith Finke, Jewelry; Alice Kyle, Painting and Drawing Barbara Wise, Paper; Judith Finke, Traditional Scrapbooks; Diane Ashorn, Digitally Produced Scrapbooks; Judith Finke, Photography; Kathleen

DISTRICT 11

\$46000 IN COUPONS COLLECTED BY TAITON CLUB FOR OVERSEAS PERSONNEL

By Olivia McDonald

Many members of the Taiton Club cut out and donate coupons. A member and her sister, who is a member of VFW Post 4146 Auxillary of Victoria finished the cutting, sorting and counting the coupons. These are donated to VFW Post 4146 to be mailed to military bases overseas. There are 23 bases presently receiving these coupons to be used at their local commissary. TEEC has donated more than \$46,000 in coupons this year. The latest have gone to the Incirlik Air Base in Turkey.

Taiton Extension Education Club was honored for 85 years as an organization at the District 11 Spring Conference. Gracie Priemeyer received an award for 65 years membership.

Our annual Members' Auction saw lively bidding for fresh vegetables, baked goods and other items.

Flick, Quilts, -smaller than 50 x 70 hand quilted; Barbara Wise in both Quilts- smaller and larger than 50 x70 machine quilted; and Wall hangings and Judith Finke, in both Recycled items and Miscellaneous.

Second place Cultural Arts winners were: Mary Young, Afghans, Tablecloths, Bedspreads, and Throws; No entry- Ceramics; Diane Ashorn, Craft Painting; No entry-Decorated Garments; Louise Newman, Fabric Creations; Mary Young, No 2nd entry, Fiber Arts; Barbara Wise, Garments and Accessories handmade-sewing; Barbara Wise, Hand Stitchery; No 2nd entry, Machine Embroidery; Louise Newman, Holiday Decorations; No 2nd entry, Jewelry; No 2nd entry, Judith Finke, Paper; Chere' Martin, Traditional Scrapbooks; Barbara Wise in Recycled items and Corene Niemyer in Miscellaneous. No 2nd entry, Painting and Drawing; Digitally Produced Scrapbooks, Photography, Quilts smaller and larger than 50x70 Hand and Machine quilted, and Wall hangings.

Louise Newman was named the Fair High Point Exhibitor. Evelyn Fuchs was honored with the County Treasure designation that pays special tribute to local members who have made a difference in their communities through their TEEA work. Her name will now be entered into the District competition.

Judith Finke was recognized with the County Leadership Award. This is presented to someone who has received leadership training, displays leadership skills and teaches others to believe in their own abilities. Her name also will be entered into District competition to be held in Sinton in April. Outstanding Club members for each club were Diane Ashorn, (After Five) Erika Rochelle and Mary Young (Greenvine) Edna Schroeder (Wm Penn) and Viola Warmke (Lunch and Learn). After Five was named the Outstanding Volunteer Club based on the pro rata hours per total members. Club members given the distinction for each club are Pam Bothe and Cindy Lyles (After Five), Daulene Hopmann (Greenvine) Judith Finke (Lunch and Learn) Lena Mae Goessler

(Washington) and Edna Schroeder (Wm Penn).

The Wm Penn Club was given a certificate for 60 years of being an Extension Club. Louise Newman and Marilyn Sommer were charter members and they too were honored for 60 years. Jean Winters was recognized for 45 years, Kathleen Flick and Jeanette Schwartz for 30, Billie Blackshire, JoAnn Buck, Michele Daniels, Dorothy Wilburn and Vera Jean Klausmeyer for 25 years and Rosie Ervin, Amanda Hafer, Joycine Hanath, Daulene Hopmann, Alice Kyle, Blondean Kuecker, Edith Lehmann, Clara Martin, Nelda Muehlbrad and Mavis Smith for 20 years.



Blue ribbon Cultural Art winners were: Judith Finke, Mary Young, Barbara Wise, Kathleen Flick, Alice Kyle, Betty Vierus, Louise Newman and Diane Ashorn.



Red ribbon Cultural Arts winners were: Judith Finke, Mary Young, Barbara Wise, Chere' Martin, Diane Ashorn, Louise Newman and Corene Niemyer.



60 Yr. members - Louise Newman and Marilyn Sommer



Evelyn Fuchs and Judith Finke Washington County Treasure and Leadership recipients.

WASHINGTON EEA NEWS

By Judith Finke
"Spring Fiesta" was the theme of the District 11 EEA Spring Conference held Tuesday, April 19th in Sinton, Texas. The festive décor was carried out in table décor with Serape table runners and colorful paper bouquets, paper picado backdrops and maracas to sound the gavel along with Mexican appetizers and lunch. Twelve Washington County Extension members attended: Diane Ashorn, JoAnn Buck, Michele Daniels, Judith Finke, Kathleen Flick, Evelyn Fuchs, Daulene Hopmann, Cindy Lyles, Tanya McGonagill, Louise Newman, Edna Schroeder and Betty Vierus. Diane, Michele and Betty served as delegates.

Evelyn Fuchs was awarded the District 11 Treasure Award and Judith Finke was named the District 11 Leadership Award winner. Both will be forwarded to the state competition level. Evelyn also received a corsage for being the oldest present. Shane Bentke was the District Scholarship recipient. A short video from Shane thanked the District members.

The local winners in the 12 counties that make up District 11 provide the District Cultural Arts challenge.

Seven Washington County category winners will go on to the State TEEA Conference in Plano September 13 and 14. They are Diane Ashorn, Chere' Martin, Barbara Wise and Judith Finke. Washington County members took second place or tied for second in thirteen categories including Kathleen Flick, Diane Ashorn, Alice Kyle, Mary Young, Louise Newman, Barbara Wise and Judith Finke.

The Wm Penn Club was recognized as a 60-Year Club and Louise Newman and Marilyn Sommer as 60-Year members. Also recognized for membership from 45 years to 20 years were Jean Winters, Kathleen Flick, Jeanette Schwartz, Billie Blackshire, JoAnn Buck, Michele Daniels, Vera Jean Klausmeyer, Dorothy Wilburn, Rosie Ervin, Amanda Hafer, Joycine Hanath, Daulene Hopmann, Alice Kyle, Blondean Kuecker, Edith Lehmann, Clara Martin, Nelda Muehlbrad and Mavis Smith.

The pledges were led by Betty Vierus, and Michele Daniels with the assistance of Cindy Lyles who provided the stretchers. The Washington EEA displayed their rack cards and presented a video that was created by Judith and updated by Michele and Tanya.



left to right back row: Judith Finke, Daulene Hopmann, Diane Ashorn, Betty Vierus, Kathleen Flick, JoAnn Buck, Tanya McGonagill, and Michele Daniels. front row left to right: Louise Newman, Evelyn Fuchs, Edna Schroeder and Cindy Lyles.



60 Year Club members from Wm Penn: left to right: Kathleen Flick, Louise Newman, JoAnn Buck and Edna Schroeder



Evelyn Fuchs District 11 Texas Treasure Award and Judith Finke District 11 Leadership Award

The TEEA Messenger

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Fall Issue Deadline

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