

# THE TEEA MESSENGER

<http://teea.tamu.edu>

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TEEA MESSENGER  
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## Happy Days Are Here Again for TEEA

Howdy Guys and Gals,

What a wonderful conference we were able to have during these turbulent times caused by this pandemic. It was great to be able to see everyone. I really enjoyed myself with the wonderful speakers and the educational programs were fantastic. Our Roaring 20's Fashion Show was so very

entertaining, and it looked like the participants had a great time. I do believe the caterers did a great job and those desserts!!!! WOW!!! I hope you enjoyed yourselves as well!!

A **BIG THANKS** go to Laquita Gruver, District 3 and Judy Hutchison, District 8 for hosting our conference. I think they did a great job considering both of them were serving their first year and had never been on the Board before. They worked extremely hard, and their members really stepped up and helped their leaders. A **SPECIAL THANKS** to Ola Culwell for her help with District 3 responsibilities, Violet Alexander for her triple duty accomplishments-Education Chair, Voting Chair, and Alumnae Chair, and finally Nyanza Price for helping with the voting and the retirement of her Board Members.

I am so proud to be your TEEA President. What an honor and privilege you have given me. We have new Board Members that are ready to start

helping their counties, clubs, and members get the information they gather at our Fall and Spring Board meetings. If you have any problems or suggestions, please share them with your club president, county chair, District Director, and me. Everyone is willing to help and answer any question. If we don't know the answer, we will find out.

Oh yeah---I'm still here--LOL. I am Kay Jacob and I live in Kleberg County with my husband, Jim. We have a small ranch where we raise cattle, horses, and Boykin Spaniels (bird dogs). We have four children between us-Jana (Brian) of Katy, Terri (Mike) of Guatemala, Will (Stacy) of Corpus Christi, and Tony (Jamie) of Medina. We have eleven grandchildren that are ages 27 to 4.5. Jacob (Mariam), Joshua, Katie, Drew, McKena, James, Ethan, Naomi, Gentry, and Karis. We are super proud of all of them.

In the middle of October, the Executive Committee, District One Director, and

District Two Director will meet in Lubbock to start planning our next State Conference that will be September 13-14, 2022, so mark your calendars.

Again, thank you for your confidence in me. I will work hard to make my last year the BEST EVER. If I can be of any help to answer questions or anything at all, please feel free to contact me.

Many Thanks and Hugs,  
Kay Jacob, State President

[TEEAkjacob2020@gmail.com](mailto:TEEAkjacob2020@gmail.com)

361-947-1070

Any Alumnae  
memorials or  
donations should now  
go to:

Violet Alexander

7411 Albert Rd.

Austin, TX

78745-6105



**Polly Krenk**  
**President-Elect**

Hello Ladies

It was wonderful seeing all of you and hope a you enjoyed the State Conference. Congratulations to districts 3 and 8 District Directors for the planning and coordination and all the club members for their hard work. You did an excellent job!

The early bird, and optional workshops and delegate programs, I heard great comments from everyone I talked to. Education chairs congratulations on your choice of programs and speakers. I am looking forward to hearing them at our "Lunch and Learn" program in February.

Our main speaker on Wednesday, W. F. Strong, was an excellent speaker and very enjoyable. I did purchase his book for my husband and he is really enjoying reading it. Hopefully, soon I too will get to read it.

Our Lunch and Learn speaker, Dr. Craig Rotter, is a great speaker and his program on Rural Leadership is a very educational program in leadership training. I am sorry, that his time was cut short and the volume and power point was hard to hear and see

in the back of the room. I do have a copy of the power point and hope it will soon be on the TEEA web site.

Unfortunately, unforeseen problems sometime arise during a conference of this size, but we work through them and make notes for the next year's conference. Of course, there are things that happen which are beyond our control. We had excellent evaluations and comments. Thank you for taking the time to fill them out. This helps us with future conferences.

The 20's Fashion show was a great success. All the ladies who entered had beautiful dresses depicting the fashions of that era dancing the night away doing the Foxtrot, Charleston, and the Breakaway. Ladies, all of you deserve an award and hoping you will join us wearing your favorite 50's attire at the 2022 State Conference in Lubbock.

I want to thank the outgoing District Directors for their leadership and dedication to their clubs, counties and districts. The TEEA board appreciates your volunteering and the many hours that you have put into the TEEA organization.

To the incoming District Directors, thank you for volunteering, we know you will do a great job and I am personally looking forward to working with you.

For those of you who don't know who I am, I was the First Vice President of Leadership

but now I am the President-Elect. I joined TEEA in 2010. In 2013 myself and five other ladies reorganized the Oatmeal Home Demonstration Club, which dissolved in 1989, into the Oatmeal TEEA Club.

We still have a small club, but the community is growing, and with new people moving in we are hoping to expand the club membership.

My Husband, Michael, and I live on the family farm and ranch, where I was born and have lived most of my life. I have four children and 4 grandchildren. We love to play dominoes and all go to the lake fishing together.

Since this is the last messenger until the new year, enjoy the fall weather and the changing colors of the leaves. Give thanks for the wonderful gift of family and friends. Happy Thanksgiving and remember the reason for the Christmas Season.

Wishing each of you and your family, good health, love and happiness.  
Polly Krenk



**Jan Meador**

**1st Vice President for Leadership**

Happy Fall Y'all! I am excited and ready to go to work for TEEA as the newly elected 1st Vice President for Leadership. One of the most important lines of communication in TEEA, is from the 1st VP to the District Directors. This information should be effectively communicated and understood so District Directors will be able to educate and explain the forms and other information to the Association Chairs.

I'm looking forward to a great term. The manual updates should be posted soon if they aren't already up. All board and director contact information will also be posted with the updates. I appreciate the support I have always had from all of you TEEA members, I thank you for that!

Love to all- Jan Meador



**D'Ann White**

**2nd Vice-President for Programs**

My name is D'Ann White. My husband and I have been married for 27 years. We have six children, four grown and two still in school, all of which I have home-schooled. My husband pastors a church in Kountze, which is a small town just north of Beaumont.

Being a pastor's wife, we have moved quite a bit. We served as missionaries in Mexico for five years. We have also lived on the Texas border in both Eagle Pass and Del Rio, as well as in the small town of Sylvester, located near Abilene. We are now in the process of buying a house in Kirbyville (near Jasper), which I am greatly looking forward to as it has some acreage... so I can get back to raising animals and gardening. We think we would also like to try our hand at beekeeping as well. Regardless of where we have lived, we have been (and will continue to be) extremely involved in both our church and the community.

I have been a member of TEEA for nine years now, and have served in various leadership positions at the club, county, and district levels. This is my second term as second vice-president for programs, and I am having a blast. The programs for the state conference in Temple were absolutely amazing! I would like to congratulate all the education chairs for all their hard work, and I hope everyone enjoyed the programs. I look forward to working with the education chairs on the programs for this upcoming year.

I am also TEEA Sales Committee Chair and want to thank everyone for your support through buying items from TEEA Sales. This last year, we did add some items including: notepads, adhesive phone wallets, and we do have some lanyards like the ones we had at State Conference.

Thank you all for what you do in your communities whether it is with TEEA or through other organizations!!! Volunteers are important and your time does not go unnoticed!!!

The Board is looking forward to 2022 in Lubbock. Hopefully all are looking forward to attending in 2022.

Membership dues are due now. Get your dues to your County Chair so that they can forward them to your District Director. Looking forward to a good year. Remember there is an award, \$100.00 for the most new members and also \$100.00 for the greatest percentage increase.



**Angela Pierce**

**State Secretary  
TEEA Sales Chair**

Greetings and Salutations!! I pray that all is well. I am Angela Pierce your State Secretary. I have been on the board for five years, going on six. I continue to be amazed at how giving and wonderful members of TEEA are. I am looking forward to the next year and seeing what great things happen.



**Rexine Scarborough**

**State Treasurer**

Our 2021 State Conference was a success. It was great to see members enjoying being out visiting with friends and making new friends. The Fashion Show was outstanding. All the models were great.

Our Silent Auction was great. TEEA Sales did good. Country Store had great items—District 3 and District 8 did a great job. Cultural Arts had great items.



**Andrea Woolley**

**District 1 Director**

I am Andrea Woolley and I live just a short ways outside of Spearman, Texas in Hansford County. My husband, Gary, and I have been married 20 years. WE have three grown children and five grandchildren. We farm and ranch.

I've been a member of TEEA for 11 years. I am a fourth generation member of TEEA. My great-grandmother, grandmother, and my mother were all members of the Home Demonstration, our TEEA predecessor, in

different panhandle counties. Those being Potter, Monroe, and Sherman Counties. And now me, in the Happy Homes Club in Hansford County. While in Happy Homes, I have been Messenger-Reporter, Secretary, Treasurer, and President. I also have held the offices of Secretary and Chairman on the HAndsford EEA Council. I've been a District delegate for 8 years and a State delegate for 6 years. I have entered in the Cultural Arts Contest for 10 years at both the District and State levels, winning "Best of Show" at District on one occasion.

Growing up, I was involved in sewing, livestock, and horse club as a 4-H member. I held offices of Secretary and President in my 4-H Club. My show steers won reserve grand at our county show and also 2nd in my class at the tri-state fair held in Potter County the only year I entered. I was honored by my club as Riding Club Queen and received the "I Dare You" award as well as the "Gold Star Girl" award. Also my record book advanced to the State competition. Later, in life, my son joined 4-H, I became a 4-H Leader and Sponsor. I've assisted with the County Quilt Show and helped organize the Veteran's program in Hansford County. I'm also on the Methodist Church funeral family meal committee. I want to thank the District 1 members for electing me to serve you. I'm excited to be

The new Director for District 1 and it is my hope that I can bring my skills to the TEEA and make a positive difference.

Hansford County helps with the Veterans Program, make Snowman Soup treats and butterfly treats for the Hansford Manor, Water for 1st Responders, help with bingo at the Manor, furnish treats for County Judge and Commissioners, and help with a family at Christmas.



**Sheila McCormack**

**District 2 Director**

Greeting to the Ladies and Gentlemen of TEEA, We are starting our new year for TEEA and introducing ourselves to our members both old and new. My name is Sheila McCormack, District 2 Director. I live in west Texas about halfway between Lubbock and Abilene. Some things I enjoy doing are watching old westerns, Hall Mark movies, Reading a good mystery and playing game, working crossword puzzles and doing celebrity cyphers.

I enjoy gardening, both flowers and vegetables. Working on old cars pre 60's and old Harley's and Indians. I like to travel to new places and relaxing in a hot tub. I'm a Missionary Baptist and attend church weekly. That's enough about me. Hope to get to meet each of you at the next State Meeting which will be in Lubbock, Texas. Districts 1 & 2 are hostessing. Rock and Rool, the 50's and Buddy Holly. Get your poodle skirts ready. See y'all there.

Stay safe and be well,

Sheila McCormack, DD2

[sheilateea1951@gmail.com](mailto:sheilateea1951@gmail.com)

Phone: 325-207-8445



**LaQuita Gruver**

**District 3 Director**

The State Convention in Temple, Texas was a great success from reports that my members gave me. I was unable to attend the State Conference in Temple this year due to the failing health of my husband; and

am forever grateful to all of those that stepped up and attended to my duties. A special thanks to all of the District 3 attendees, you were angels of mercy. I have included a picture of the District 3 attendees at dinner in Belton at one of my favorite restaurants, Parker County doing a skit to explain going to the State Convention.



I heard great reviews of the Cultural Arts submissions and congratulations to all the winners. The reviews that I heard about the stupendous County Store are numerous; thank you District 3 and District 8 for all the work you did, it was a sight to behold.

Parker County celebrated TEEA Proclamation Week on September 27<sup>th</sup> this year with a visit to the Parker County Commissioners Court. A picture is included below. YAY TEEA!



District 3 is planning our Fall Training/Meeting to be held in Parker County at the AgriLife building. This will be a casual event, and lunch will be provided. We will be sharing ideas on recruitment, fundraising, advertising, being involved in community events (we need to let the communities know we exist). Bring your ideas and let's have some fun too.



**Linda Smith**

**District 4 Director**

The State Conference was full of fun and entertainment this year. Just what we needed after a tough year like this last one. It was so nice to see and talk to old friends and make new ones. I wish everyone could attend this meeting at least once. The classes were full of information that you could take home and use and I want to say thanks to the teachers of those programs.

I want to congratulate Rains and Cooke county for their extreme involvement in TEEA during the Coronavirus Pandemic. Cooke County won the Outstanding County for Honor Roll of Counties and Rains won the Outstanding Education Program County. I wish I could give all my counties Outstanding workmanship honors during the Pandemic. All of you are awesome for the amount of work you have contributed to your counties and TEEA. Thank you from the bottom of my heart.

It was brought to my attention yesterday that our beloved Ed Kinter will no longer be with us. He has decided to go a different direction with his new wife and family. We are going to miss you, but we understand. Thank you for all the years you have served TEEA and your county. God be with you and yours always.

Hi, I am District 4 Director and I live by Lake Tawakoni in Point, Texas. My name is Linda Smith and I have been married for 45 years. Together, my husband and I have 4 children, 3 are still with us. We have 9 grands and 4 great-grands and we love having them at our home. My job outside of home was being an elementary school teacher. My teaching career didn't start

until my children were grown and gone therefore, I only taught for 20 years and retired.

I love God, quilting, fishing and chilling out. Quilting is what has me going in this direction. I joined Piece makers in 2012 where I got to know Kay Chastain. She encouraged me to become a part of TEEA, so here I am. Kay dragged me around Texas, taking me to different meetings that occurred so I could learn what she did. I'm afraid I was not a very good student, but I appreciated her efforts.

Meeting new people and making new friendships are a must for me, so being in TEEA helps me achieve this goal. This past year has been extremely difficult due to unexpected health issues so I apologize if anything has been an inconvenience for anyone. Life is a journey, so please bear with me as we continue our journey together. God bless you and yours.



**Susie Blackmon**

**District 5 Director**

Hello everyone,

Let me introduce myself to you. I'm Susie Blackmon and I live in Rusk (Cherokee County). My husband and I have lived there for over 30 years. I have three children, eight grandchildren, and four great-grandchildren.

I am a third generation TEEA member. I first joined TEEA in 1976. I was a member of the Pilgrim Home Demonstration Club in Anderson County, where my mother and her four sisters belonged. I was a member there until I started working outside the home and was unable to attend the meetings.

When my first husband died, I wanted to continue my education. Our county extension agent at that time encouraged me to apply for the adult scholarship that TEEA offered, and I was fortunate to be awarded the scholarship in 1989. This helped me pursue my associates degree.



In the early '90's I was instrumental in forming the Rusk EEA club for working women. I served as the President and was active in the club until I took a job that was out of town. I was a state employee for fifteen years. During that time, I worked in Child Protective Services, Adult Protective Services, and Care to the Aged & Disabled programs. I was the Administrative Assistant to a program manager for Child Protective Services when I left the agency to go back to school full time. I received my Bachelor of Science degree of interdisciplinary studies from Stephen F. Austin University. I was employed with Rusk ISD as a junior high math teacher until I retired in 2014. Being retired, I was able to become active with TEEA again. I have been a member of Ponta EEA since 2016 and currently I am the Vice President of the County Association.

I am also on the Cherokee County Child & Family Services Board. This board provides for foster children's needs that state funding doesn't cover. I also volunteer at our Rainbow Room, which is an emergency resource for the basic needs of children and families during times of crisis.

My husband and I are both Cherokee County Master Gardeners and stay very busy with that organization's projects. This fall I am the Scarecrow Trail

committee chair. This event is a fundraiser for HOPE (Helping Others Pursue Enrichment).

I am excited to be the new District 5 Director and look forward to working with the other District Directors and the State Executive Board.



**Edith Jones**

**District 6 Director**

**NEWS FROM FAR WEST TEXAS**

This year District Six had three members who were able to go the distance to Temple for the 2021 TEEA State conference. Abigail Pritchard, Midland and Ector County and Karan Heffelfinger, Pecos County Texas Agrilife Extension Agents and TEEA Members, along with District Six Director, Edith Jones, were in attendance and taking care of business for our D6 counties.

Connie Berry, El Paso County, a past TEEA State Treasurer,

District 6 Director numerous times as well as an Education chairman from D6 has passed away in August of 2021. She was dearly loved for her participation in TEEA and she will be greatly missed.

We have lost numerous members in our district. Our goal this year is to revamp and establish new clubs and to increase our membership in the clubs that are presently active. The new State Educational Programs and the Members Optional workshops look very promising to help full fill our plans. All in all this was a wonderful conference. Thank you, President Kay Jacob and your Executive Committee Members.

Thanks to April Thompson, Messenger Editor. You are doing a great job!!!

I want to express my thanks to our support group from TAMU. Dr. Cavanaugh, her staff, regional directors, our extension agents especially in District Six, Abigail Pritchard, Midland and Ector counties, Karan Heffelfinger, Pecos County and Haley LaCraz Ward County and my agent and her secretary, Dena Floyd and Shelia LaLonde.

Thank You to Districts Directors 3, Laquita Gruber and 8, Judy Hutchison for presenting the 93<sup>rd</sup> TEEA State Conference

location and for all of their hard work to make us feel welcome to their city.

Be Safe in your activities and travels. See you in Lubbock, TX for the 94<sup>th</sup> TEEA State Conference, Nov. 3-5, 2022.



**Becky Tankersley Lange**

**District Director 7**

I joined the Irion County Extension Education Club in 2015. I am proud of the fact that my mother, grandmother and aunts were all charter members of the club. I have served as secretary from 2016-2017, VP from 2018-2019. A has served as county chair since 2020. I am excited to fulfill the duties as District 7 Director.





**Millie Barrow**

**District 8 Director**

Hello, I am Millie Barrow, the new District 8 Director. I am happy to be a member of the State Board again. I have held several offices on the Board and I am a past State President. Currently I am the Eastland County Chair and belong to the Morton Valley EE Club.

I live at Lake Leon in Eastland County on a small ranch/farm. We raise Aberdeen Black Angus cattle and chickens! Love those fresh eggs. Our Daughter, Sherinda, moved here and built a home at the front of our property, about a mile from us. It is so nice to have her close. My husband, Ron, and I have been married 60 years last month. We have one daughter, one grandson, one granddaughter, and four beautiful Great granddaughters!

I am excited to be working with all the TEEA members in District 8 as well as everyone in the great state of Texas. TEEA is the

best organization in the USA! Together as a Team we can accomplish anything!



**Betty Anderson**

**District 9 Director**

Hope everyone is well and Healthy!! I know everyone is ready to start the new year in October. It has been a hard year due to the Covid-19 for a lot of our members.

We had a great State EEA Conference in Temple, all of our member enjoyed it very much. The work shops were great and hope we can shared with our counties and clubs.

Burleson County won the District 9 Honor Roll for 2020-2021. Hardin County won the Most Educational for 2020-2021, Congratulations to both counties. Brazoria and Ft. Bend counties are working very hard to get their EIN numbers in good standing, Thank you Gwendolyn Jewett for all the

help, We're all working on our membership list and EIN report for 2021-2022.

Our Fall Training is November 16, 2021 on Beaumont. Looking forward to seeing all of our members.

Have a great and safe Holiday!!!!



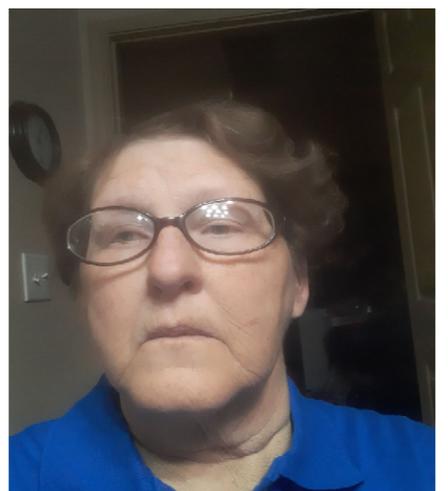
**Gwen Risinger**

**District 10 Director**

District 10 enjoyed the State Conference in Temple in September. We learned a lot and will broadcast all of the information throughout the year - from Beekeeping to the latest on Medical Info. Some members had to commute from a hotel in Waco because of the hotel plumbing problem but the Hilton Garden Inn was very accommodating with chartered buses. The speakers were very informative throughout.

I have been appointed for a year's term while I search for a

District Director Elect. While I have enjoyed and are enjoying the time in this position, it is time for personal reasons to set an end.



**Peggy Viets**

**District 11 Director**

It's so hard that another TEEA year has gone bye! As we say goodbye to the 2020-2021 year, I would like to say THANK YOU to District 11 FCH agents, county chairs, and members. Upon completion of the 2020-2021 annual report, a total of the value donated was \$154,067.85.

The 2021 State Conference was held in Temple. Hats off to Districts 1 and 3 for a job well done! The programs were great and I hope all attendees return home and share these with their counties. The fashion show of the 1920 fashions was thoroughly enjoyed by all. District 11 had 27 attendees that came to the conference. District 11 Education Chair had the honor to introduce

Gayle Bludau, Victoria County FCH Agent, and Karen Lyssy, Calhoun County FCS Agent, as they presented the program on Herbs. Austin County was recognized as Outstanding County for Honor Roll of Counties in District 11 for 2020-2021. This county totaled 962 hours of time to clubs, community, and the 4-H program. They presented 3 scholarships totaling \$1,200. They spread their work through 20 news articles. Wharton County was recognized as Outstanding Education County in District 11 for 2020-2021. This county presented 8 programs which reached 180 people. Calhoun County had a husband and wife team, Michael and Peggy Viets, recognized for their volunteer time in the organizations they participate. Michael had 1817 hours. Peggy had 539 hours. Rachael Monday will be returning to the State Board as District 11 Education Chair. Peggy Viets will be returning to the State Board as District 11 Director. CONGRATULATIONS DISTRICT 11 FOR A JOB WELL DONE FOR 2020-2021! We accomplished a lot.

October 1, 2021 begins a new year for all of us. I am ready to begin! Registrations have already begun as we read these articles in this edition of the Messenger. My dreams for District 11 for 2021-2022 are to hold regular meetings and

encourage new members to join this great organization.

Plans are in progress as we speak for the District 11 Fall Training. Fayette County will be the host and it will be held on December 1, 2021 in La-Grange. More information will be provided as soon as plans are finalized. HERE'S TO A GREAT NEW YEAR! Let's work together and make things happen for District 11.



**Dr. Ida Acuña-Garza**

**District 12 Director**

Dr. Ida Acuña-Garza is in her second year as District 12 Director. She has been involved in TEEA work as a member for over 37 years serving as president and treasurer of her local club, County TEEA Chair, and Vice-Chair. Her current employment is with the South Texas Literacy Coalition, a non-profit serving over ten counties

in South Texas. Before that, she served as a research director for a nonprofit whose mission was to encourage minority students to graduate from high school and plan on an agricultural career and graduation from Texas A&M! Before that, she served as a County Extension Agent for 32 years serving Willacy, Starr, and Hidalgo Counties. In addition, she serves on the Edinburg Public Library Advisory Board and represents literacy on the Lower Rio Workforce Solutions Board. Her goal as District 12 director is to increase membership by offering various membership options for the TEEA, including virtual learning.



**Genine Ringstaff**

**Education Chair, District 3**

- From District 3 lives in Montague TX in Montague County
- Member of Montague County TEEA club since 2014

- Married 39 years to my Amazing husband Chris and we have 2 children with great spouses and 6 Grand kids
- Leader of Kingdom Kids children's ministry in Montague and Praise & Worship leader for Nocona Hills Comm Church
- Mary Kay Cosmetic business owner for 28 years
- Was an active 4-H member from 9yrs old till graduation
- My Passion is to teach children and others how much



**Dolores Davis**

**Education Chair,  
District 12**

Howdy from Kleberg County! Hopefully, everyone is enjoying the cooler weather. I had a great time at the conference and met so many nice folks. The programs were very informative. Now, it is time to think about Lubbock!



**Lynda French**

**Education Chair, District 7**

Hello everyone.

I'm a true Texas gal from Burnet County and live out in the country near Briggs, TX. I've been married to my husband Fred, for 23 years. Retired from the State of Texas. During those 30 plus years of service, I served on State and National boards representing Texas and the Southwest Region. A third generation TEEA member for 15 years. At the club level, I have held the offices of Club President, Vice President, and Parliamentarian and on the county level I have served as County Association Chair and Treasurer, and District Director of District 7 (2013-2015). I've had the honor of serving as Chairman, Treasurer, and secretary of the Burnet County Leadership Advisory Board. I also serve on the Board of the Oatmeal Community Association, Burnet County Area Fair, and the

Burnet County Farm Bureau. I grew up in 4-H and received the Gold Star Award. I continue to support 4-Hers and the agents and staff of the Burnet County AgriLife Extension Office. I enjoy reading, needlework, exploring genealogy, working in the greenhouse and supporting my husband in his hobbies.

I am excited for the opportunity to serve as Education Chairman. I hope that the programs we bring will be interesting and a great benefit to the members of our organization.



**Rachel Monday**

**Education Chair, District 11**

This is my second year as District 11 Education Chair and I am looking forward to our workshops in Lubbock next year. I have been a member of TEEA for ten years and I live in Victoria. As a member, I have held various offices including secretary, County Chair and District 11 Director. I have one daughter, Raushanah and one

son, Jeremy. I also have one granddaughter, Jazlyn and a great-granddaughter, Zaelynn. My mother, Juanita Delaney (age 100) and I are both members of Pleasant Green EEC.

Prior to the pandemic, I organized and volunteer in a jail ministry. I participate in voter registration drives and judging at county fairs. My spare time is spent facilitating and attending bible study classes. I also enjoy traveling, reading and exploring genealogy. As a retired school administrator, I maintain an interest in the education of others, as well as, the education of myself. I am looking forward to creating an environment which is conducive to helping to promote the leadership and spiritual development of women.



**April Thompson**

**TEEA Messenger Editor**

Howdy from North East Texas! I am a 4th generation member of TEEA and truly enjoy spending

time with the members who have become friends and new faces at meetings, State Conference, and Board meetings. You will find me most of the time with Angela Pierce at the TEEA sales table at State Conference since she's my sister and TEEA traveling partner—we have such a good time together! I am blessed to be in the same club as her and our mother.

I have been married to my husband, James, for 23 years and we have 2 grown daughters, 1 grandson, and 1 grand daughter.

I enjoyed seeing everyone at the 2021 State Conference in Temple and am looking forward to the 2022 Conference in Lubbock!

If you have any Messenger questions or need help with anything related to the Messenger Please feel free to reach out to me on my cell—call or text—903-824-1873 or send me an email at:

[teeamessenger2020@gmail.com](mailto:teeamessenger2020@gmail.com)





**Violet Alexander**

**Alumnae Chair**

**THANK YOU — THANK YOU—  
THANK YOU** to all who dug deep and bid on all 74 Alumnae silent auction items along with the 5 pick n draw. Total deposit for Alumnae Scholarship Fund collected at conference was \$3,976.00 so that could be 7 @ \$500.00 scholarships awarded in May 2022. The 5 pick n draw winners were: Velma Tate's beautiful white afghan went to Jan Meador, District 3 Baking Items Basket went to Charlotte Watson, District 3 Mexican Celebration Basket went to Helen Unsler, Joyce Cavanagh's "WestWind Quilt went to Amanda Hensley and Ola Culwell's "American Beautiful" Wall Hanging went to Wanda Lacey. This always seems to be a fun time bidding on favorite items. I want to thank everyone that donated all the beautiful items to support these scholarships. I want to thank Margaret Avery, Mary Van Zile, Lynda French & Lela Goer that stepped up to the

plate to help run this auction on short notice. It wouldn't have run so smooth without your dedication. Julia Moseley was honored so well.

**CANCELLED STAMP COLLECTION—thanks to all who brought the stamps to conference—they are still collecting them so if you still want to do that—bring them to Lubbock next year.**

**Education Chair, District 10  
News**

**By: Violet Alexander**

**WE MADE IT LADIES & GENTS—** another great conference attended, great programs and lots of visiting among friends and making new friends over our great State of Texas. Thanks to all that attended the "A SHOT AT GOOD HEALTH—WE CAN DO IT" program given by Andy Crocker & Morgan Bradley. I asked them to do this program because of the severity of everyone over 50 years old knowing what vaccinations to take. I hope everyone learned something that they are able to take back to their clubs & counties to education on this very important topic of health. Check with your health care provider for more info.

**IN LOVING MEMORY**



**Julia Moseley**

September 15, 1944 - August 12, 2021

Springtown, Texas - Julia Ann Huddleston was born September 15, 1944 to Waldon G and Dorothy Huddleston of Springtown. She was a graduate of SHS went to TWU and earned a Bachelor of Arts in Home Economics. Julia was a teacher at Glen Rose High School where she met and married Laurie Moseley in 1967. They had two children Michael and Marie. Glen Rose was a wonderful place to start a family and the Moseleys were involved in their church, the state park, volunteer firefighters, and other civic organizations.

In 1977, the family moved to Springtown. The Moseleys were teachers at the high school. She tutored and guided countless people toward reaching their goals; she loved helping others learn. Julia was honored to be named Educator of the Year. Scholarships have been named for the Moseleys in Glen Rose and Springtown. Julia and Laurie retired in 2002, and continued their work with civic organizations from the senior center to the Texas Extension Educators Association. She was a servant leader. She was a fourth generation member of the Springtown First United Methodist Church.

Julia was preceded in death by parents Waldon G. and Dorothy Huddleston, husband Laurie Moseley III, and sister-in-law Katie Moseley LaRoe. She is survived by children Michael Moseley of Bedford, Marie Moseley Medina and Manny Medina of Midlothian, sisters Margaret Huddleston Avery and Mary Huddleston VanZile and her husband Larry VanZile of Springtown, sister in law Susie Jones of Allen and her husband Don, grandchildren Marcus Medina and Laurie Medina of Midlothian and nieces and nephews.



**Laurie Veatch**

April 16, 1949 ~ February 7, 2021

Laurie, at the time of her death, was Leedale EE Club President, BEEA Vice Chairman, TEEA Secretary and a member of the TEEA Executive Board.

Laurie Veatch became a member of Bell County EEA March 11, 2013 and aggressively became an intense supporter of the organization. She was elected into the County EEA Chair duties, fulfilling each assignment in a timely manner, sharing each communication with all BEEA members. She volunteered and served as District 8 Parliamentarian through 2016. In April 2016, Laurie was elected as District 8 Director-Elect. Laurie encouraged membership participation, leading by example. In her short membership tenure, she assisted Bell County FCS agent at Healthy Eating Programs, 4-H Military Summer Camp - Healthy Snacks, volunteered at 4-H Hunter's Spectacular running the Silent Auction. In the 2015 4-H State Dog Show she volunteered for 3 consecutive days, supported Bell County Youth Fair multiple days, served as judge or group leader for multiple 4-H competitions, also judging for Milam County Fair, and Williamson County Exhibition Day. She presented 4-H awards sponsored by EEA at Bell County Youth Fair and at the 4-H Awards Banquet.

She served on a panel to critique a pilot program at AgriLife Extension in 2014, arranged an educational trip to Gonzales for BEEA members and guests, coordinated 2 Mystery Trips for Leedale EE Club, and participated in BEEA's annual fund-raiser, "Luncheon with Style" each year of her membership.

Mrs. Veatch has been a delegate for the State Conference several times and has presented "The Magic of TEEA", "IPAD101", "Moving from Knowledge to Practice" and presented "Preparing Monthly and Annual Club and County Reports" at District 8 Leadership Training in November 2015.

Competently chaired and served on multiple committees with the organization, always with a positive, can-do attitude while persuading BEEA members to also participate.

Prior to her time in EEA, she worked as a stenographer, then proof reader, following her retirement she volunteered for 9 years at Seaton Community Center as Manager/Organizer for the community building, also headed up the "Meals on Wheels" program. During the time she was in EEA, she supported various Bell County organizations and was a member of three clubs. She made and donated face masks and plastic mats to various shelters including the Temple VA and she sewed and donated numerous items to Over the Moon for premature babies.

Laurie was dedicated, loyal, promoted EEA, encouraged others, and volunteered without hesitation.

She is survived by husband Dan Veatch, daughter Dana Lee Torrens, son-in-law Rich Torrens, and granddaughters Mariah Munn & Kara Munn, her siblings Dick Hiser, Susan Downey, Beth Gradziel, and Ruth Hiser.





## STATE BOARD OF DIRECTORS

**2021-2022**

*Back Row—Standing: Left to Right—*Rachel Monday (Edu Chair, Dist 11), Barbara Anderson (DD9), Susie Blackmon (DD5), Andrea Woolley (DD1), D’Ann White (2nd VP), Polly Krenek (Pres-Elect), Joyce Cavanagh (Advisor), Dr. Ida Acuna-Garza (DD12), Dolores Davis (Edu Chair, Dist 12), Linda Smith (DD4), Genine Ringstaff (Edu Chair, Dist 3), Lynda French (Edu Chair, Dist 7), Laquita Gruver (DD3), Angela Pierce (Secretary/ TEEA Sales), Millie Barrow (DD8), Rexine Scarborough (Treasurer), Jan Meador (1st VP), and Violet Alexander (Alumnae Chair)

*Front Row -Seated: Left to Right—* Peggy Viets (DD11), Sheila McCormack (DD2), Kay Jacob (President), Jan Meador (1st VP Leadership), Gwen Risinger (DD10)

*Not pictured:* Edith Jones (DD6), April Thompson (TEEA Messenger Editor)

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**BYLAW CHANGES**


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**ARTICLE VI – EXECUTIVE COMMITTEE – Section 5**

A vote of the Executive Committee may be taken by mail, telephone, fax, e-mail, or video conference at the request of the President, and such vote shall have the force and effect of a vote taken at a meeting. The results of the vote shall be reported at the next meeting of the Executive Committee.

**ARTICLE VII – BOARD OF DIRECTORS – Section 7**

A vote of the Board of Directors may be taken by mail, telephone, fax, e-mail or video conference at the request of the President, and such vote shall have the force and effect of a vote taken at a meeting. The results of the vote shall be reported at the next meeting of the Board of Directors.

**ARTICLE VIII – NOMINATION AND QUALIFICATIONS OF OFFICERS – Section 6**

Nominations from the floor may be made only by a member of the same county association as the person nominated. The nominee shall meet the same qualifications as other candidates. Written notice of a proposed nomination from the floor shall be given to the President prior to the session in which nominations are in order. Eligibility for nomination from the floor at the TEEA State Conference is not affected by the May 1 deadline. In the event of a Virtual State Conference, intent to make a nomination “from the floor” must be received by the President and Election Chair 15 days prior to the ballots being mailed.

**ARTICLE IX – ELECTION PROCEDURE – Section 4**

The officers shall be elected by ballot, and a majority of the votes cast shall elect. When only one person has been nominated for an office, the Chair may take a voice vote. In the event of a Virtual State Conference has been declared necessary, elections may be conducted via mail in ballots by USPS or electronic mail, to the Delegates, Board of Directors and Past Presidents, 45 days prior to the opening date of the Virtual State Conference and must be post-marked (or email sent) to the Election Chair 21 days prior to the opening date of the Virtual State Conference. The Election Chair shall appoint a committee of tellers in the area to count the votes.

**ARTICLE XI – DISTRICT DIRECTORS – Section 4**

Nominations from the floor may be made only by a member of the same county association and the person nominated. Written notice of a proposed nomination from the floor shall be given to the District Director prior to the meeting. Eligibility for nomination from the floor is not affected by this deadline. In the event of a Virtual Conference, intent to make a nomination “from the floor” must be received by the District Director 15 days prior to the ballots being mailed.

**ARTICLE XII – DISTRICT DIRECTOR-ELECT – Section 4**

Nominations from the floor may be made only by a member of the same county association as the person nominated. Written notice of a proposed nomination from the floor shall be given to the District Director prior to the meeting. Eligibility for nomination from the floor is not affected by this deadline. In the event of a Virtual Conference, intent to make a nomination “from the floor” must be received by the District Director 15 days prior to the ballots being mailed.

**ARTICLE XIII—EDUCATION COMMITTEE CHAIR—Section 4**

Nominations from the floor may be made only by a member of the same county association as the person nominated. Written notice of a proposed nomination from the floor shall be given to the District Director prior to the meeting. Eligibility for the nomination from the floor is not affected by this deadline. In the event of a Virtual Conference, intent to make a nomination “from the floor” must be received by the District Director 15 days prior to the ballots being mailed.

**ARTICLE XVIII – MEETINGS – Section 1**

D. Remote meeting may be conducted if deemed necessary by the Board of Directors. These remote meetings shall be subject to all rules adopted by TEEA.

1. A member shall address the chair and identify themselves by name to obtain the floor.
2. Members shall submit motions in writing by sending them via electronic mail one week before the remote meeting. Any additional motions required may be made orally.
3. All votes shall be conducted by roll call or unanimous consent
4. Each member shall be responsible for their own remote connection. No action shall be invalidated on grounds of member’s individual connection preventing participation.

**ARTICLE XXIV – AMENDMENT OF BYLAWS**

Section 1. These Bylaws may be amended by a two-thirds of the registered Delegates present and voting at the TEEA Annual State Conference, which may include a Virtual State Conference.

**2021-2022 Educational Workshops**

**O Be Careful Little Eyes What You See**

**By: Genine Ringstaff,  
Education Chair, District 3**

What is happening to our children, grandchildren, nieces, nephews, and friends? There lurks a grave danger for them in this techno world that we live in unless we become informed about what to look for and how to prevent it. God has given us the responsibility to be guardians for all children. Knowledge is Power! Come listen to Belinda Swan as she shares valuable information on protecting our children.

Workshop Objective: To train delegates and members to present this workshop presentation to their clubs and communities. To bring awareness to everyone about online safety.

Workshop Description: Informative presentation that can be shared with your clubs and communities. To help bring awareness of the dangers and overall trends that the National Center for Missing and Exploited Children are seeing with cyber bullying, online enticement, sexting, and online safety for our children.

**The Buzz About Bees**

**By: Dolores Mittadavis,  
Education Chair, District 12**

Howdy from deep South Texas! My program for the State Conference is The Buzz About Bees. Walker Honey Farm is presenting a workshop about the importance of Bees. He will discuss pollination, plants that attract Bees and the many products made from honey. He will also have recipes using honey. This will be very interesting information. Hope to see you there. Have a great summer!



***A Shot at Good Health***

Education Chair  
Violet Alexander

Authors and Presenters  
Andrew B. Crocker, Senior Extension Program Specialist  
Morgan D. Bradley, Program Manager

Description  
Routine vaccinations are staple for protecting our immune systems; but, as we get older, we may fall behind on recommended vaccinations. Truth is, staying up-to-date on vaccinations is a life-long (and maybe life-saving) job! During this session, we will discuss the differences between viruses and bacteria and the associated differences between vaccines and antibiotics for preventing/treating the infections they cause. We will also discuss the recommended schedule for adult vaccination and talking points to help have important conversations with health providers, peers, and family members.

Learning Objectives

1. Describe the difference between viral and bacterial infections
2. Describe the difference between vaccines and antibiotics and how they work
3. Examine the Centers for Disease Control and Prevention's Adult Immunization Schedule
4. Identify communication strategies to meaningfully discuss the importance of vaccinations

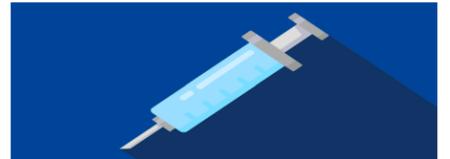
**Cooking with Herbs-The Healthier Option**

**By: Rachel Monday,  
Education Chair, District 11**

This program will be presented by Gayle Bludau, Texas A&M AgriLife Extension Agent for Victoria County. The goals for the program are:

- To create delicious flavors and aromas with herbs and spices in hopes to reduce your desire to use salt, sugars, and fats.
- To increase the consumption of vegetables and fruit by creating unique flavors with herbs and spices.
- To create a desire to be healthier by teaching individuals to "learn to like healthy".

To help those who want to add a little spice to their life, this session will introduce you to the uses of a variety of herbs and spices. Mrs. Bludau is passionate about Health and Wellness. She has been a Family and Community Health agent for 9 years. She has a Bachelor of Science degree in Agriculture Economics and a Master of Business Administration degree from Texas A&M University. She was a State Award Winner in 2018 for her excellence in healthy living programming. Now that she has an empty nest, she enjoys growing her own food and trying new recipes.



Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

**DISTRICT 1**



**Outstanding Education County —2020-2021— Hansford County, District 1**

Back row, left to right: Wanda Wagner, Janie Kunsleman, Terrie, Marianne Pipkin, Lisa Pipkin, Andrea Woolley, Rosetta Barrera, Penny Ralston, Jan Meador

Seated, left to right: Dora Ward, Fran Duncan



**Outstanding Honor Roll of Counties— Potter County, Dist 1**

L to R: Julie Neusch, Teresa Schwertz, Jan Meador



**Texas Treasure Award**

Lisa Pipkin, District 1, Hansford County, pictured with Jan Meador



**Leadership Award**

Marianne Pipkin, District 1, Hansford County, pictured with Polly Krenk and Jan Meador

**Happy Homes TEEA District 1 News**

By: Lisa Pipkin

For our first meeting after summer break on September 7, 2021 we had a big roundup of all Happy Homes Club members!! We met at High Noon in The Barn at Gruver TX. Andrea Woolley and Fran Duncan prepared a wonderful meal with all the campfire decorations!! Our out going President, Andrea, installed the new officers for the new year by using "sweet treats" to inspire the new officers to fulfill their new responsibilities for their respective positions. Andrea Closed the installation of officers by charging all members to add tanginess to our

club. Our club is colorful because of YOU-A RAINBOW! These M&Ms represent the different types of members, Magnificent and Marvelous, that belong to our club!!!!



Pictured L-R Andrea Woolley, Reporter - Francis Biles, President - Myrna Biggers, Vice President - Rosetta Barrera, Council Delegates - Fran Duncan, Marianne Pipkin also Secretary/Treasurer and Lisa Pipkin

Andrea was proud to present 4-H Scholarship certificates to Saxie Ralston and Maggie Davis! Ryan Davis accepted his sister's certificate. Each girl received a \$500 scholarship. Maggie Davis won the District 1 scholarship of \$1,500.00.



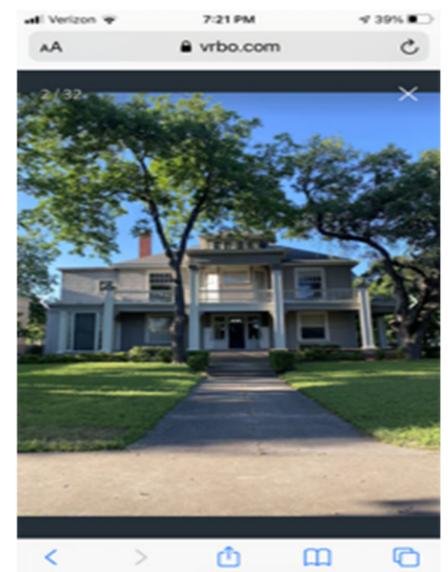
Pictured L to R: Ryan Davis, Andrea Woolley, Saxie Raulston

The 2021 State Conference at Temple proved to be very interesting for the ten Hansford County club members who attended. Our hotel cancelled

on Thursday before we left on Monday. We scrambled to find other accommodations at the last minute and found a VRBO in Temple! The Temple Mansion or The Scott House, was built in 1901 as a home for Dr. Scott along with his wife Maude and later became a hospital of Scott and White. The mansion has a lot of character and charm.

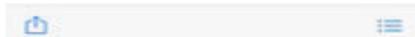


Three of our 20's models posing in the foyer of the estate are L-R Andrea Woolley, Marianne Pipkin and Fran Duncan



We were just blessed to still get to come to the conference! Hansford Co. entered 5 items in the Cultural Arts exhibit. Andrea received 2 second place ribbons on her denim skirt and scrapbook. Janie Kunselman of Town & Country received a blue ribbon on her digital scrapbook. At State Conference Marianne Pipkin was recognized as District 1 Texas Leadership Award winner. Lisa Pipkin was recognized as District 1 Texas Treasure Award winner. Both girls were quite surprised when they announced they had won at State!! The other ladies all had great qualities which made these two girls so humbled and honored to receive this award. Andrea Woolley is our new District 1 Director!! She will be a great asset to the whole TEEA program !! District 1 was awarded the Traveling Award !!!

Town & Country and Happy Homes EEA Clubs met with the Hansford Co Judge and Commissioners on Monday September 27 in honor of TEEA Week!



*Pictured L-R seated: Cheryl Sander, Delinda McLaughlin, Francis Biles, Wanda Wagner, Marianne Pipkin, Mary Allen, Rosetta Barrera, Janie Kunselman, Myrna Biggers, Andrea Woolley, Fran Duncan.*

*Standing: Commissioners, Tim Stedje, Danny Henson, David Thomas, Butch Reed and Judge Benny Wilson.*

Happy Homes met September 28 in the Annex with a lovely meal furnished by hostesses Rosetta Barrera and Mary Allen. Our service projects for 2021-2022 were discussed. Rosetta gave the program on TEEA State Convention. Trusting all TEEA members stay well and count your blessings!!!!



*L-R: Lisa Pipkin—Texas Treasure, Andrea Woolley—DD1, & Marianne Pipkin—Leadership Award*



*Traveling Award*

**DISTRICT 2**

**DISTRICT 3**



**Outstanding Education County - 2020—Swisher County, District 2**

*L to R: Becky Tucker, Sheila Via, Glenda Gibson, Sheila McCormack*



**Outstanding Education County—Parker County—District 3**

*L to R: Mary Vanzile, Wanda Lacey, Willetta Crosslin, Barbara Shepard, Margaret Avery, Antoinette Reed, Shirley Riche, Ola Culwell*



**Outstanding Honor Roll of Counties—Scurry County—District 2**

*Jeanneta McIlroy and Sheila McCormack*



**Outstanding Honor Roll of Counties—Montague County, District 3**

*L to R: Genine Ringstaff, Kathy McPeters, Ola Culwell*

Happy Holidays



**Temple or Bust**

**Dist 3—Country Crossroads News**

**By: Kim Smith**

Member: Shirley Riebe (pictured below) from Country Crossroads are gearing up for the State conference in Temple Texas Sept. 14-15, 2022. Our club did many important behind the scenes tasks to prepare for this conference. LaQuita Gruver Dist. 3 director took charge and guided us on projects for welcome bags as well as country store, items to sell!



**Bowie EEA, District 3 News**

**By: Kathy McPeters**

In May, Bowie EEA attended the Spring Conference in Weatherford and Robin Boling, Donna Roth, Mary Whatley, Sheila Schindler, Julie Browning, Melanie Potter and Lois Neese advanced to state with their blue-ribbon entries in the cultural arts division.



*Winners Melanie Potter Stott, Lois Neese, Donna Roth, Robin Bowling and Sheila Schindler*

A long tradition with our club is a book review by member, Mary Whatley. This year she entertained everyone with a review of The Midnight Library, a story of a young woman's reflection of her life's choices and the impact on others as she learns to live her dreams and absolve her regrets.



*Mary Whatley reviews The Midnight Library*

In August, members meet for a potluck lunch at Salona Community Center and were taught the art of origami by Melanie Potter Stott. Great food and fellowship were enjoyed by all.

September was a busy month as members contributed more than 180 items for the Country Store at the State Conference. Donna Roth, Mary Whatley and Lois Neese were recognized for their cultural arts as blue-ribbon winners at the state level. Later that month, member Sheila Schindler presented a program highlighting her 20-year relationship with an Amish family of basket makers from Iowa and shared insight into their life and traditions. Recipes from this family were later served as refreshments.



*Sheila shows the newspaper of the Amish community*

Bowie EEA continues to support the needs of our community making contributions each month to The Bowie Mission and God's Table.



**DISTRICT 4**



**Outstanding Education County—  
Raines County—District 4**

*L to R: Cindy Pollard, Linda Smith, Kay Pressley, Kay Tadlock*



**Outstanding Honor Roll of Counties—  
Cooke County, District 4**

*L to R: Linda Smith, Elouise Larson, Debbi Clouse*

**Cooke County, District 4, News**

**By: Elouise Larson**

We enjoyed attending State and our proud of our members who participated in cultural Arts. Nichole Petersen and Grady Roller who received 1st places. Congratulations to Ross Point TEEA for 95 Years of being a club. they have 4 generations as members of the group.

Sivells Bend Extension lost won of our biggest Supporters recently, Jimmie

Mossman, He was the fire Chief of the Moss lake Volunteer Fire Department. The fire department allows the Sivells Bend TEEA to use the community center for our monthly meetings.



*Pictured is Mrs. Barbara Mosman, and family accepting a donation from the club in memory of Mr. Mossman from Elouise Larson.*

We announced the Cooke County Education Scholarship winner and Council Chairperson Elouise Larson presented the Scholarship to Amelia Becker (pictured below). She plans to pursue a career as a park ranger. We also want to congratulate Jessica Danglemayer for receiving the District 4 Scholarship. She plans to attend Tarleton State University.



**Hunt County News**

**By: Dinah Rainey**

Hunt County is looking forward to a new year of Extension. We will be celebrating Campbell 100th birthday October 8,2021. We will be sending pictures for next Messenger. Praying for fall to bring less covid and blessings to all.

**Bowie County News**

**By: Shirley Pierce**

Bowie County had two delegates and two State Board members from our county who attended the State Conference in Temple in September. A good time was had by all. The delegates enjoyed the fellowship as well as the educational and optional programs. We are looking forward to the upcoming year and making plans for our counties events and for attendance to the State Conference in Lubok. We hope everyone stays safe and healthy ending 2020 and into 2021.

**DISTRICT 5**



**Outstanding Education County— Cherokee County, District 5**

*Pictured: Susie Blackmon and Connie Troxell*



**Outstanding Honor Roll of Counties—Upshur County, District 5**

*L to R: Joan Warren, Jane Clemens, Joyce Raabe, Connie Torxell, Janice Green, Linda Steger, Julie York*

**New Agent for Cherokee County**

**By: Marylyn Bennett**

Texas AgriLife Extension in Cherokee County is pleased to announce Stephanie "Amy" Walley as the new Family Community Health agent. She begins October 1, and has been training in Palestine since September 1. Amy, however, is no stranger to the county. For the past thirteen years, she has been the director for the Singletary Memorial Library in Rusk, and plans to use her contacts and ideas to impart similar energy to the AgriLife Extension. Amy is an alumni of the class of 1983 Rusk High School, a 2010 graduate of Jacksonville College, and a 2013 graduate of Dallas Baptist University. Her first official event is "Walk Across Texas" which kicks off October 1 at 10 am on the Courthouse lawn in Rusk, and encourages people to establish the habit of regular physical activity. Those most excited to see Amy are the two Texas Extension and Education Association (TEEA) clubs at Central High and Ponta. Formerly called the home demonstration clubs, these clubs have been without an agent for over a year. Amy is anxious to create renewed interest in TEEA, and already has ideas on expanding membership. Welcome Amy!

**Cherokee County Judge Davis Proclaims October 4-8 as TEEA Week**

**By: Marylyn Bennett**

At the Commissioner's Court in Rusk on September 28, Judge Chris Davis signed a proclamation naming October 4 - 8 as TEEA Week. Marylyn Bennett and Susie Blackmon from the Ponta TEEA club were on hand to receive the proclamation. They also presented a "big check" to Judge Davis for Cherokee County clubs Central High and Ponta. The amounts of

financial contributions and community service hours as valued by the state of Texas totaled \$ 21,134.33.

**Cherokee County Wins at Cultural Arts**

**By: Marylyn Bennett**

The Central High and Ponta TEEA clubs of Cherokee County won big at the Cultural Arts District Meeting in July in Tyler. Zoe Ann Conway won second place in the Afghans, Tablecloths, Blankets, Bedspreads, and Throws Category for her crochet East Texas Temperature Blanket. Bobbie Russell won first place in Fabric Creations for her food carrier. Marylyn Bennett won second place in the Garments and Accessories Category for her towel boa. Mary Nell Wofford won second place in the Holiday Decoration Category for her angel wreath. Carolyn Easter won first place in the Jewelry Category for her necklace and earring set. Marylyn Bennett won first place in the Paper Category for her hand marbled and hand lettered greeting card set. Virginia Bush won second place in the Recycled Items Category for her mug rug coaster set. Susie Blackmon won first place in the Wall Hanging Not Quilted Category for her seascape mirror. Susie also won first place in the Miscellaneous Category with her miniature greenhouse, complete with lights. The greenhouse also won BEST OF SHOW. Susie won third place for both her creations at the State TEEA meeting in September. Congratulations Artists!



*Cherokee County ladies at the District Cultural Arts in July 2021*

**DISTRICT 6**



**Outstanding Education County and Outstanding Honor Roll of Counties—Pecos County, District 6**

*Pictured: Abigail Prichard, Edith Jones, and Karan Heffelfinger*



**Outstanding Honor Roll of Counties—Brown County—District 7**

*Pictured: Kay Brown, Martha Baker, Sandra Wylie, Dale Henderson, Courtney Parrott, Denece Hubbard, and Peggy Bostick*

**DISTRICT 7**



**Outstanding Education County — Burnet County, District 7**

*Pictured: Lisa Zinc, Lela Goar, Martha Baker, Polly Krenek, Kerry McDonald, Hazel Risley, Diana Taylor, Lynda French, and Amanda Hensley*

**Taylor EEA, Taylor County News**

**By: Brenda Camp**

If you remember Taylor County in west central Texas includes these towns of Abilene, Tuscola, Lawn, and Ovalo and a few more, but these are where we call home to our two clubs, Sunshine and Honeybees.

Both clubs are small in comparison to others in District 7. But we do pretty much the same things.

In the past months we have been abiding by the Covid-19 “mandates” that are really not mandates, because there aren’t legally any mandates!

But besides that, we try to have a little fun! Usually both of our clubs try to have a “Spring Fling” where we go “out of town”. But this year we were mostly in lock down for the spring, so when summer came we flew the coup. This summer Sunshine Club went to Albany, Tx. to visit the “Old Jail” in the basement of the courthouse which was turned into an art gallery and to eat they went to the ice cream soda parlor across and down the street. Then across the street

from there is a “kitchen gadget store” everything you could possibly want or need to cook. On the other hand, the Honeybees went way out of town to the city of Cisco, Tx. they visited the renovated “Hilton Hotel” downtown Cisco, right off of I-20, they also found an ice cream shoppe for their lunch. I hear both clubs had a very enjoyable time and even learned a few things, all returned home safely.

The Sunshine group have had very good “other” programs throughout the year, one this past year was on origami, the lady lives in Abilene, makes and teaches classes on origami at the downtown library.

The Honeybees group had the opportunity to help out on a community project at Lawn, Tx. On July 31<sup>st</sup>, Lawn got to have their “Old Car” Show, usually an annual event sometimes, (Covid-19). This event contributes to “On the way Home” a (food pantry, community helping hand organization). This year the Honeybees baked 4 dozen cookies per member, (packaged 2 to a baggie) and handed them out free with BBQ lunch sandwiches or wieners. The Honeybees collected \$256.00 for OTWH.

So, you see even “little ole’ ladies” can make a difference! You just have to get up and do it. Submitted by the ladies of Taylor EEA.

**Lampasas Club News**

**By: Ramona Dahl**

Lampasas club met in June to discuss the upcoming county fair with refreshments at Cherry on Top, a new ice cream eatery.

July is Lampasas annual county fair in conjunction with our Spring Ho Festival. Club members have been training members of another club to take over the reigns. The county fair is a three day event and well worth attending.

We met at the home of Arlene Wingo and painted rocks in August. It was a lovely day to be outdoors and to be in fellowship.



September meeting was attended by 10 members, 2 are newcomers. We will be having a rally meeting with pot luck next month. Linda Oxentenko with birthday card pictured below.



State conference in Temple on the 14<sup>th</sup> and 15<sup>th</sup>, several members will be attending and will be sharing their information from this gathering.

**Redbud Oakalla EE Club News**

**By: Roxanne Dunegan**

The Redbud Oakalla EE Club of Burnet County met on September 20th for their monthly meeting. The program for September was to make baby blankets for their local Pregnancy Resource Center. Eight members cut out and sewed ten blankets. These blankets are provided to the pregnant moms, who come to the Resource Center, after they have achieved various levels of training on how to take care of an infant. The members always have a great time sewing together and helping others at the same time.

**Shelby EEA News**

**By: Ellen Manning**

Shelby EEA traveled to the District 5 Cultural Arts meeting held in Tyler. We received a blue ribbon on a quilt made by Margaret Smith and a blue ribbon on a woven throw, woven by Ellen Manning. Connie Troxell, District 5 Director reminded us to send a picture to the paper. We did have them in the local paper the next day and people still remark about our accomplishments. At our August meeting Peaches Conway, Annette Jackson and Bobbie Nutt remarked that they are looking forward to the State Meeting. For our lesson we talked about "healthy foods" and then we had a chance to paint a picture with watercolors. Even though some did not know they could do that, with paint brushes in hand we put out 4 beautiful pictures of flowers. Walter Manning surprised the others when he showed us that he was finished as he held up his orange flowers with green leaves.



**Redbud Oakalla EE Club News**

**By: Roxanne Dunegan**

Two EEA clubs' members joined together to assist London Jones Fair, AgriLife FCH Agent for Burnet County, at a three day sewing camp for girls with ages between 9 and 16. Polly Krenek from Oatmeal EEA Club and Roberta Eacott, Micki Douglas and Roxanne Dunegan from Redbud Oakalla EEA Club taught sewing projects including an apron, zippered pouch, tea towel and community service project of toiletry holder for the county family crisis center. All of the girls completed their projects and look forward to another camp in the future.



Happy Holidays!



**Sunshine Club in Taylor County, District 7 Activities**

**By: Connie Adams**

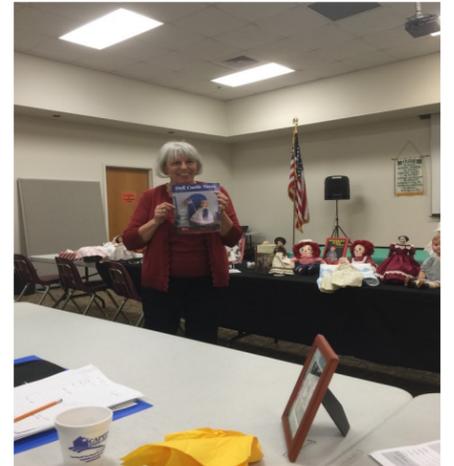
The Sunshine Club of Taylor County met on April 28, 2021 for a program on Origami. Pictured below are Susanna Barrington, librarian/presenter, Connie Adams, Irma Garrett, Trissa Shott (Honeybees member), Glenda Niccum, Sandra Houston (new member) and Gail McMillan.



The Sunshine Club of Taylor County took a day trip on May 26, 2021 to Albany to visit the Old Jail Art Center, shop and have lunch. Pictured below are Beth Ham, Gail McMillan, Sandra Houston, Connie Adams, Glenda Niccum and Irma Garrett in front.



The Sunshine Club of Taylor County met on October 27, 2021 for their regular monthly meeting and enjoyed a program on dolls by Mary Berry of Abilene.



**DISTRICT 8**



**Outstanding Education County and Outstanding Honor Roll of Counties—Leon County—District 8**

*Pictured: Nyanza Price, Judy Hutchison, Martie Hanson, Donna Warren, Beth Jones, Mary Richard, Linda Crosby, Cecila Bell, Carol Foster, Mamie Bell, Donna Barrilleaux, Michaeline Perry, Linda VanNes, Judy Thomason, JP Borah, Gail Huffine, Mary Greer, Novalene Thurston*

**District 8, Milam County, Branchville EEA Club**

**By Rose Freeman**

The Branchville EEA Club is alive and well! The club members have been blessed with good health during Covid. We are, “proudly,” all vaccinated!

The club was sheltered down from the last of March 2020 until the end of February 2021. The members checked on each other during the shut-down to make sure that everyone was okay. The members checked on others in the community, as well! Even though the club was not meeting In-Person, Gifts Bags were decorated and delivered to the Legacy Nursing Facility in Cameron, by the secretary/treasurer, Barbara Walker.

The club resumed In-Person meetings on March 16, 2021, in the Fellowship Hall at Little River Baptist Church. Members made multicolored beaded necklaces as a “Make and Take” Activity. As always, the club does at least one fundraiser a year to help with repairs at “The Masonic Hall”, the Branchville Community meeting place, not Little River Fellowship Hall. The club decided to have 3 Donated Pamper Baskets (pictured below) to raffle off for Mother’s Day. The baskets were donated by Rosetta Wesley, Barbara Walker, Rose Freeman & Ellen Whitfield. Tickets were 1 for \$1.00 or 6 for \$5.00. The raffle was held late March through late April. The winners were from San Antonio, Houston & Cameron. The club raised \$550.00 from the raffle and donations.



The members took a “Wall Hang” home, in March, to decorate with hearts and rhinestones to bring to the April meeting. As usual, Barbara Walker had done the foundation for the “Wall Hangs,” and she always has an example of the activity that we are engaging in. On top of all of that, Barbara Walker made a cape for every member (10) of the Branchville EEA Club and gave it to them at the April meeting. Each member chose a picture to take home to color with map colors to bring back to the May meeting. The pictures were brought to the May meeting to put in a standing frame that the member decorated with jewels at the May meeting.

Branchville EEA Club usually do not have a meeting in the summer, but they decided to have a Special Meeting in June to bring the items that they had made this year and the cape that Barbara Walker had made for each one. The items were to be judged, placed and awarded at the meeting in June. At least, that is what Barbara Walker thought!

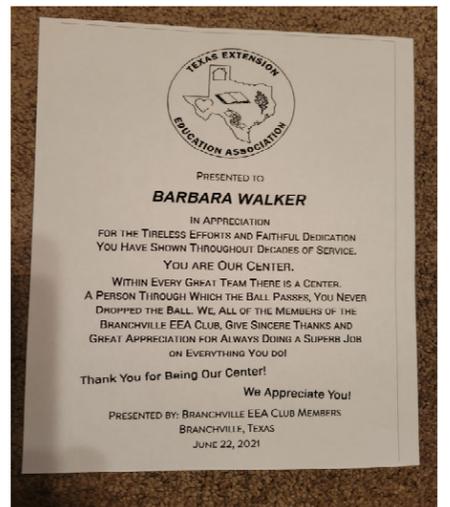
The items made this year were on display on tables in front of the room—pictures below.



The meeting was called to order by President, Jackie Fields. Business was conducted and the club decided to do Gift Bags again for the Legacy Nursing Facility in Cameron. They decided on the size of the bag and items that could go into the bag. The members were divided into groups and each group was responsible for a certain item. The club met in June to host “A Surprise Appreciation Party” celebrating the years of dedication that Barbara Walker has given to the Branchville EEA Club. Barbara Walker was presented with a plaque, a card and \$180.00 in cash, from a unified team. There was also, a decorated cake, croissant sandwiches, a variety of chips and drinks. This was a celebration in unity with deep appreciation for all that she does to help keep the club moving forward! Needless to say, Barbara Walker was so surprised! No one had let the cat out of the bag. She had no idea! “Let’s give flowers to others while they can smell them!” Pictures of Appreciation Party below—it was a joyous celebration!



District 8, Milam County, Branchville EEA Club salutes Barbara Walker for her decades of service to the Milam County Branchville EEA Club. Jackie Fields, President, Annie Terrell, Elder-Barbara Walker, Sec./ Treasurer



Branchville EEA Club says to everyone, “Mask Up, Continue to Take Care and Be Safe!”



**Bell County**

**By: Gayle Pomykal, Reporter**

Bell County EEA Members, who volunteered at the State TEEA Conference, working as Pages, Cashiers and donating items for the Country Store, helping and assisting as needed were: L-R (back) Gayle Pomykal, P. J. Hill, Jane Vancil, Wynona Williams, Kimberly Marx, Alice Hoelscher, Madeline Lambert, (front) Rose Anne Groseclose, and LaVerne Dillashaw.



**Bell County**

**By Gayle Pomykal - Reporter**

Kimberly Marx, Bell County EEA, Leedale member was awarded the "Best of Show Model" for her performance in the "1920's Style Show". The show provided entertainment for the banquet which was held as the closing event of the 93rd TEEA State Conference which was held in Temple, Texas at the Mayborn Conference Center, September 14 - 15, 2021.



**Bell County- Tejas EE Club**

**By Gayle Pomykal - Reporter**

Two lovely ladies from Bell County, Temple Texas, were recognized at the 93rd TEEA State Conference as the "Oldest Members in Attendance". Twins, LaVelle Parsons and LaVerne Dillashaw, age 93 shared the honor.



**Bell County Reporter**

**By Gayle Pomykal**

Bell County was pleased to be the host county for TEEA's 93rd State Conference held in Temple Texas at the Mayborn Conference Center, representing District 8 along with District 3. State President, Kay Jacob and the Executive Board members organized an excellent variety of Early Bird Workshops, Educational Programs, and Optional Programs. Dr. W. F. Strong, Keynote Speaker presented "Texas: A State of Wonder" in an entertaining format. Lunch and Learn speaker, Dr. Craig Rotter gave an educational talk on "Refining Attitudes, Skills and Knowledge as Change Leaders".



*Delegates from Bell County EEA pictured are: Nancy Posvar - County Chairman, Nancy Urbantke - County Secretary, and Rosemary Chudej - Leedale EE Club Secretary.*

**District 8 Erath County TEEA News**

**By: Doris Threadgill**

Achievers, Clairette, and Three Way clubs had some of their members attend the District 8 Spring Conference. Bonnie Wolf, of Clairette, Barbara Poplin of Achievers, Thesia Derrik and Doris Threadgill of Three Way clubs, left for the Conference, held in Georgetown on June 8th. The program was on Mental Health Through the Eyes of the Caregiver, along with



Roaring Twenties Style Show, Cultural Arts Winners, and numerous other awards given. A fun day for all who went. All three clubs are trying to safely start back up after being shut down because of Covid, and hopefully this year will be in a better swing of things.

First meetings of this coming year started with Three Way on September 7th, Clairette on the 13th, and the Achievers on the 21st. Our County Extension Agent, Andrea Brooks, gave a great topic on Food Preservation, with new recipes to help us get started. Questions were answered, and a meal with great fellowship followed. Members were saddened at the loss of Reta Wills, Vice President and long time member of the Clairette Extension Club.



*Three Way Extension Education Club  
Standing: Pat Little, Doris Threadgill, Thresia Derrick, Annette Brumfield, Donna DeCross, Ruby Turner, Beth Miles, Wanda Campbell, Andrea Brooks—Extension Agent  
Sitting: Extension intern, Gloria Lietz, Dixie Worrell*



*Clairette Extension Education Club  
Angel Lowrey, Linda Lowrey, Bonnie Wolfe, Amy Williams, and Charlene Revels*



*Andrea Brooks—Extension Agent—giving program on Food Preparation*



*Achievers Extension Education Club  
Roseanne Keilers, Barbara Poplin, Beth Parham, Bonnie Wolfe, and sitting Gladys Sundbeck*

**Leon County Extension News**

**By: Michaelene Perry**

Leon County Extension Education Clubs enjoyed the Texas Extension Education Association (TEEA) 2021 State Conference in Temple, TX on September 14-15. The host districts were District 3 and District 8, which Leon County is a part. We saw many of the other members throughout the state which was wonderful since we

have not had a state conference since September, 2019. Leon County received 2 awards for Outstanding Honor Roll of Counties and the Outstanding Education County for the State. Our County Chairperson, Martie Hanson of Oakwood Club, led us through all the trials of 2020 and the local members worked very hard to bring education programs, volunteerism, craft-making as fundraisers for all in the Jewett, Leona-Centerville, Oakwood and Normangee communities.

Of the 26 homemade craft projects that entered into the state competition Leon County won 15 of them. Also, each club has projects to help the food pantries, nursing homes, EMS and fire departments, 4-H and schools. Come join our organization by contacting Texas &M AgriLife office in Centerville, 903-536-2531



*Lt - Rt JEEC members attending the 2021 TEEA State Conference- Judy Hutchison, Donna Barrilleaux, Celia Bell-Club President, Mamie Bell, Donna Warren, Linda Crosby, Beth*



*Normangee EE members at TEEA State Conf: Mary Richards, Gail Huffine, Mary Greer and JP Borah*



*Lt - Rt Leon County members attending TEEA State Conf: Back Row—Judy Hutchison- JEEC and District 8 Director, Martie Hanson-Leon County Chairperson, Mary Greer, Judy Thomason, Celia Bell, Nyanza Price, Donna Warren, Linda Crosby, Mary Richards; Middle Row—Donna Barrilleaux, Novaline Thurston, Gail Huffine, Mamie Bell, Carol Foster; Kneeling—Beth Jones, Michaelene Perry and JP Borah*



*Lt - Rt Leon County members receiving the Outstanding Honor Roll of Counties and Outstanding Education of Counties: Back Row—Novaline Thurston, Mary Greer, Gail Huffine, Donna Warren, JP Borah, Judy Thomason, Carol Foster, Linda VanNess, Celia Bell; Middle Row—Linda Crosby, Michaelene Perry, Donna Barrilleaux and Mamie Bell; Seated—Mary Richards, Beth Jones, Martie Hanson, Leon County Chairperson, Judy Hutchison, District 8 Director and Nyanza Price*



**LEEA News—May 2021**

**By: Michaelene Perry**

On May 12, 2021 the Leon Extension Education Association (LEEA) presented their annual Education Day and Cultural Arts Competition at the First Baptist Church in Centerville, TX. It was a fun event with a theme of the “fabulous 50’s” attended by over 36 EE members, 24 guests, 4 agents and 9 4-H students who enjoyed the music and décor of table juke boxes, life-sized Buddy Holly painting and a scene from a soda shoppe of the 50’s created by Pam Groba from the Leona-Centerville EE. It brought back many good memories of our past.

Each year educational programs are shared with all attendees from our TEEA State organization on topics to help improve us and to make available to our community-at-large. This year’s topics are: “Thanks for the Memories” presented by Gail Huffine, Normangee EE, discussed memory function in older adults and how to stimulate better brain function with good nutrition, safe medication, and overall health; “Origami” by Carole Huebner and Clara Jones with assistance from the Leona-Centerville EE Club with the history and symbols for paper folding, followed by hands-on crafting; we made a drinking cup (that actually works) and a samurai helmet. The author of the program is an ancestor of Asian-descent who shared stories of many of the activities learned from her grandmother; “Food Safety” was next by Martie Hanson, Leon Chairperson of Oakwood EE where we learned about the type of germs found in improperly prepared, cooked or refrigerated foods. Tips were shared on keeping your kitchen and utensils clean and germ-free; Nyanza Price covered a very pertinent topic on “Small Losses, Big Losses: Coping with Grief. She gave us

helpful ways to identify the kinds of losses, recognizing stages of grief, dealing with the way people grieve and how to help others close to us who are grieving; Just before the provided lunch Laura Petty, AgriLife Family and Community Health Agent and Mamie Bell, Jewett EE presented “Cooking Under Pressure.” Using an Insta-pot we learned how quickly food cooks and how healthy and tasty food can be. Even better we were able to taste some of their cooking—even homemade chocolate yogurt.

Following the programs Martie Hanson, LEEA Chairperson and Nyanza Price presented 3 scholarships to 4-H high school senior students from the LEEA. They are: Callie Harter (Buffalo), Emily Wager (Normangee) and Cole Rappolee (Jewett). Congratulations to all recipients and best wishes with your college endeavors to build your future.

A delicious homemade lunch was provided by the Leon 4-H students with the assistance of Laura Petty. They made baked potatoes with homemade chili with all the toppings and a tossed green salad. Desserts were provided from the EE members from all 4 of the clubs, Jewett, Leona-Centerville, Normangee and Oakwood.

One of the great parts of the program is the Cultural Arts Competition. EE members enter their homemade craft projects in any of 26 categories. The first and second place winners will advance the District 8 competition. First place winners at that level go to the State competition. We look forward to representing our county.

Remember the LEEA group has this Education Day/Cultural Arts with new topics each year from TEEA. Normally it is the 4th Tuesday of March each year; however, with Covid-19 we delayed the date until it was safe to gather and serve a wonderful meal. For more information regarding our

club meetings and programs please contact the Leon AgriLife office at 903-536-2531. We look forward to seeing you in the future.



4 Polka Dots LEEA Ladies



Education Day Speakers L-R—Laura Petty, Carole Huebner, Nyanza Price, Gail Huffine, Martie Hanson and Mamie Bell (absent from photo Clara Jones)



Scholarship presentation (1) L-R—Martie Hanson, Callie Harter and Nyanza Price



Scholarship presentation (2) L-R—Martie Hanson, Cole Rappolee and Nyanza Price



Jewett EE Club members attending Leon County EEA annual Education Day—Cultural Arts program. L-R: Donna Barrilleaux, Donna Warren, Celia Bell, Michaelene Perry, Carol Foster, Karen Robeson, Linda Jones and Mamie Bell (missing from the picture are Beth Jones and Linda Crosby)

**Bell County News**

**By: Polly Elizondo**

Bell EEA held its annual Rally Day on May 3, 2021 at Ocker Brethren Church east of Temple. There were 24 members in attendance. Two county officials, Bill Schumann, Precinct 3 Commissioner, and Shelly Coston, Bell County clerk came to the meeting and shared information about the State of the County. Ms Coston handed out information about a program in Bell County called Property Fraud Alert. A person can register his/her name at the website and if there is any inquiry about their property, a notice is sent to the individual. Mr. Schumann gave updates on activities for road work,

bridges and the extraordinary growth in the county.

Jackie McLaughlin, FCH County Agent, gave out the numbers for Bell EEA contributions for 2020-2021. Volunteer hours totaled 3,095 and with dollar donations, the value was \$95,700.24. Four seniors were presented with 4-H scholarships in 2020 for a total of \$2,400.00. Two scholarships were awarded in 2021, for \$1,000.00 each.

Cultural Arts competition was held during the meeting. First and second place winners in each category were eligible to take her items to the Spring Conference.



Mr. Schumann, Nancy Posvar, BEEA county chairman (center), and Ms. Coston



Jackie McLaughlin (left) handing out a first place ribbon to Joe Ann Smith, Tanglefoot Club President, for her painting



**District 8 Spring Conference & Retreat News**

**By: Polly Elizondo**

The District 8 Spring Conference and Retreat was held June 8, 2021, at the Christ Lutheran Church in Georgetown. The theme was, "Bringing Back the Good Old Days." There were 16 members from the Bell County EEA and the county FCH Agent at the meeting. There were many silent auction items provided by clubs across the District and 3 beautiful baskets from Bell County available for the attendees to try to win. The afternoon Retreat was sponsored by Bell County. We had two crafts available for everyone to try their hand to make. Lexi Ide, 4-H member from Bell County received a \$500.00 scholarship.

When the results of the Cultural Arts were announced, two members of Bell County received a First Place and their items will be competing at the State Conference. They were, Marilyn Herring with her greeting cards and Gayle Pomykal with her craft painting.

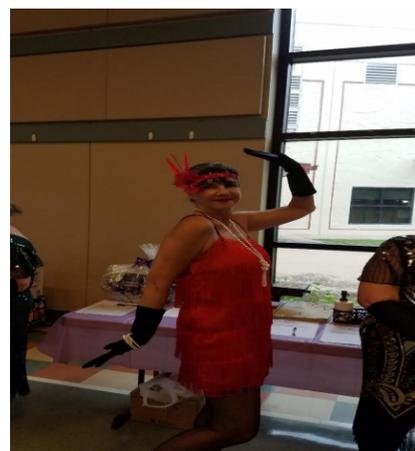
The highlight of the conference was a style show with members dressing in clothes in remembrance of the Roaring Twenties, in line with the Conference theme. There were 6 members from Bell County who participated.



pictured from left to right are Rose Crawford, Lora Blacklock and Doris Marek



pictured are from left to right, Cyndi Horton with her sister, Karen



Pictured Kimberly Marx

**AgriLife Volunteer Appreciation Breakfast—Leon County News**

**By: Michaelene Perry**

On April 28, 2021 the AgriLife staff held a Volunteer Appreciation breakfast for the Extension Education (EE), Master Gardeners, and 4-H groups in Leon County. There was plenty of food and 4-H students prepared delicious cookies in the 4-H emblem. Jewett members Linda Jones, Judy Hutchison and Michaelene Perry and Master Gardeners enjoyed the great food. We enjoyed meeting others in our community who are active in our community. Thank you AgriLife staff: Laura Petty, Richard Parish, Cassie Ferguson and Jofran Edwards.



Pictured starting Lt lower going clockwise-Linda Jones, Jewett EE, Carol Gwosdz, Master Gardener, Joy Raber, Master Gardener, Michaelene Perry, Jewett EE and Judy Hutchison, Jewett EE, (missing from the photo is Donna Barrilleaux)

**Funtier 4th of July Fundraiser Booth-LEEA News**

**By: Michaelene Perry**

Leon Extension Education Association (LEEA) held their annual 4-H Scholarship fundraiser on July 3rd at the Centerville Funtier celebration. This year, like prior ones, LEEA provides delicious pulled pork sandwiches, chips and drinks with this year's meat prepared by Gary Morrow of Oakwood, TX. He won the Houston Livestock and Rodeo barbecue competition in the past. The meat was cooked to perfection and his "special sauce" is wonderful; he will not even disclose his recipe to his wife.

For the last two events we have sold out of food by 1 p.m. (even with increasing supplies by 50%). The funds collected are designated toward 4-H scholarships thanks to donors and all 4 EE Clubs in Leon-Jewett, Leona-Centerville, Normangee and Oakwood who purchase the food supplies to defray the costs. This past year we were able to increase our scholarship support from 1 to 3 high school scholarships thanks to the Leon County community.

Companies who advertise in our LEEA

as well as donors of the food. If you own or work at a community business or even wish to be a private donor, please contact our association through the Leon AgriLife office by calling 903-536-2531. Our association chairperson, Martie Hanson, will contact you.

In Leon County we have the above listed EE Clubs for anyone in the community to join. Come as our guest by calling the AgriLife office number above to find the dates and times of those monthly meetings September-June. We look forward to you visiting to see how we are involved and support food pantries, volunteer fire departments-EMS, community education programs, 4-H activities and competitions, kids summer camps or fun together with game day, field trips and/or craft days.



2021-07-03 LEEA 4th of July Fundraiser- LEEA members working the Pulled Pork Sandwich booth—Lt-Rt: Lower row— Donna Warren, Michaelene Perry, Barbara Hickman; Back row: Lavern Manning, Clara Jones, Carole Huebner, Carol Foster, Martie Hanson, County Chairperson, J.P. Borah, Terri Harvey, Celia Bell, Pam Groba, County Vice Chairperson, Nyanza Price and Linda Jones (missing from photo-Mamie Bell, Patricia Ferguson, Linda VanNess, Judy Thomason.)



### Bell EEA News

By: Polly Elizondo

"Each month the American Legion Post #133 of Temple offers a meal to its members...these meals are prepared and served by local community groups and organizations. The groups use the dinner as a fundraiser, and the American Legion donates any leftover food to local fire and/or police departments.

On Tuesday, August 3, 2021, the Bell Extension Education Association prepared smoked pork sausage, seasoned green beans with potatoes, cole slaw and homemade bread with iced tea and water. While the sausage and bread were purchased from Green's Sausage House in Zabcikville, everything else including about 40 different desserts were donated by BEEA members. Approximately one hundred and seventy (170) plates were served by ten 4-H club volunteers. A good time was had by all and we left with several comments from the American Legion members of "best meal we have had in a long time", "don't change your recipes", and "can you come cook for me?" BEEA is looking for dates to repeat the fundraiser.

### District 8 Conference News

By: Michaelene Perry

On June 8, 2021 Texas Extension Education Association (TEEA) District 8 annual Spring Conference was held in Georgetown, TX. The theme was "Bringing Back the Good Old Days celebrating the Roaring 20's. Those attending from Leon County were 36 members and 1 Agent. Judy Hutchison, District 8 Director (member of Jewett EE Club) coordinated the day with the help of Host counties Hamilton and Williamson.

Thank you to Heath and Charlie Harris, Williamson County 4-H members who posted the Colors and Lillian Black led the pledges to the American and Texas flag, the TEEA Creed and

Motto. The invocation was given by Dan Wooldridge, Sr. Pastor of Crestview Baptist, Georgetown TX and the welcome by Lillian Black, Williamson Co. and Jennie Harrison, Hamilton Co. Judy introduced guests, county chairpersons and TEEA board members present. Laura Petty, Family and Consumer Health agent, introduced AgriLife agents present. Of the active 12 counties 8 were represented at this fun event.

During the morning we enjoyed a presentation by Dr. Quevarra Motan, deputy executive director with National Alliance on Mental Illness by way of a virtual program. What powerful insight she gave into her family dynamic situation. It was a heartfelt guide to dealing with a parent who needed help.

Awards were presented by Judy. Nyanza Price of Leon Co. received the District 8 Leadership award and Cyndee Croce of Eastland Co. received the District 8 Texas Treasure award. Leon County EEA won the "Most New Members" plaque and Lavern Manning of Oakwood won the District 8 Membership drawing.

4-H senior high school students receiving \$500 scholarships were Cole Rapolle, Leon Co. and Lexie Ide, Bell Co. The District 8 Geraldine R. Zummer Scholarship for \$1500 was awarded to Brantley Austin O'Conner, Williamson Co. Prior to the lunch served by 4-H students there was a Roaring 20's style show competition. The 1<sup>st</sup> and 2<sup>nd</sup> place winners will compete at the TEEA State Conference in Temple, TX. 1<sup>st</sup> place went to Gail Huffine, Normange EE and 2<sup>nd</sup> went to Judy Hutchison, Jewett EE both of Leon Co.

Our Cultural Arts event was held with 1<sup>st</sup> place ribbons advancing to the state level. We wish to thank the 4 judges for their time and talents with not only the Cultural Arts, but with the Style Show event, too. Style show

1<sup>st</sup> place winner-Gail Huffine of Leon Co. And 2<sup>nd</sup> place winner-Judy Hutchison, Leon Co. Also, Leon County was well represented in the cultural arts craft competitions with 15 1<sup>st</sup> place ribbons qualifying the items to compete at the state conference.



Lt. to Rt: 2021 District 8 TX Treasure and Leadership Award recipients- Cyndee Croce (accepted by Millie Barrow), Eastland Count and Nyanza Price, Leon County



Lt to Rt: 2021 District 8 Membership Award for Most New Members Martie Hanson, Leon County Chairperson with District 8 Director Judy Hutchison



Membership Award for Largest percent increase in members Millie Barrow, Eastland County Chairperson



Recipient of the 4 H Geraldine R. Zimmer \$1500 scholarship Brantley Austin O'Conner, Williamson County



2021 Spring Conference Judges for the Style Show and the Cultural Arts competition TEEA members 3<sup>rd</sup> and 4<sup>th</sup> far right: Polly Krenek and Lela Goar



Style Show 1<sup>st</sup> place winner-Gail Huffine, Leon County-Normangee EE club



Style Show 2<sup>nd</sup> place winner-Judy Hutchison, Leon County-Jewett EE club

**Bell County, 4-H Banquet**  
By: Polly Elizondo

The 4-H Banquet is an annual event to recognize and honor the 4-Hers for outstanding work in their projects and contest activities. The banquet was held August 9th at the Bell County EXPO Center in Belton. The Bell EEA sponsors the Silver and Bronze Star Awards. These awards are given for outstanding accomplishments to the youth for their overall 4-H experience, Jake Czerwinski was awarded the Bronze Star Award. Bell County has almost 600 youth in their 4-H programs.



Pictured are Nancy Posvar (BEEA chair), left, Jake Czerwinski and Nancy Urbantke (BEEA Vice-Chair and Secretary)

**DISTRICT 9**



**Outstanding Education County— Hardin County—District 9**

Pictured: Betty Anderson and D'Ann White



**Outstanding Honor Roll of Counties—Burlison County—District 9**

Pictured: Peachie Burlin, Renee Preston, Lydia Faust, Betty Anderson, Debbie Zaharis, Ann Sebesta, Marie Olivarrez, Sandy Johnson, Peggy Robinson, Debby Schumacher, and Karan Gaas

**DISTRICT 10**



**Outstanding Education County— Bastrop County, District 10**

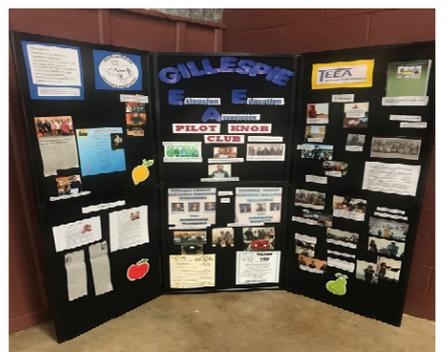
Pictured: Melba Skubiata, Gwen Risinger, Kathi Gremillion, Pat Grube, Cathy Reader, Liz Nelson, Kathy Peachnow, and Lola Cole

**District 10**  
Gillespie EEA/ Pilot Knob EE Club  
By: Helen Usener

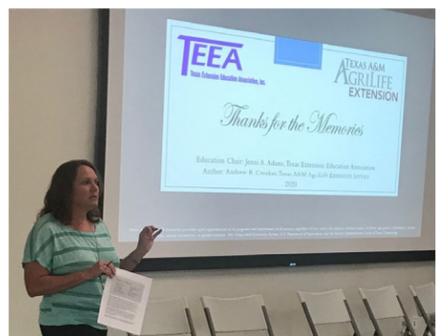
On June 11, Shea Nebgen Gillespie Co. FCH Agent presented the Area Agency on Aging's program- THE F.I.L.E, which is the summary record of financial information, investments & insurance, legal documents, and estate management. We all learned the importance of completing The F.I.L.E. for our family members to have. Also at this meeting the drawing was held for the 26 Spring Luncheon raffle prizes.

"Your Kitchen, Your Food- Food Borne Illnesses" was presented by Rebecca Dittmar on July 9. Members learned many ways to avoid food borne illnesses.

Members had an enjoyable lunch at Backwoods Barbecue on August 13.



The Gillespie EEA/ Pilot Knob EE Club Board with information about programs and events for the past 2 years was on display at the Gillespie County Fair August 26-29. Some of our club members were judges for some of the fair entrees.



On September 10, Shea Nebgen presented the program “Thanks for the Memories”. Members learned about ways to improve their memory.

Pilot Knob EE Club welcomed new members - Marie Guerra, joined in April; Vicki Ristau and Cathleen Straube, joined in May; and District 10 Director Gwen Risinger, joined in September. We are all so happy to have these new members.



Shea Nebgen, Maria Guerra, Sharon Kott, Annabel Wilkinson, Alicia Franzen, Helen Usener, and Kay Doshier attended the 93<sup>rd</sup> TEEA State Conference September 14 & 15. Maria and Kay were first timers. Annabel, Helen, and Alicia were delegates. (Pictured above)

Daniel Rabb of Gillespie County 4-H was recognized as having received a District 10 TEEA \$1500 scholarship.

We sent Happy Birthday wishes to Emeritus Member Vera Good who turned 102 on September 29.

**Caldwell County News**

**By: Sharon Nitz**

During the pandemic, the Lockhart club has had limited meetings, but hopefully will get back on track for the coming year. The Luling and Glenvoir clubs have been able to social distance and have been able to hold their meetings. The Luling club has made

monetary donations to two local non-profits - Foundation Farms and “Stuff the Bus”, a program sponsored by the Lions Club to help students with school supplies.

Two of our delegates to the State Convention had to cancel at the last minute, but our County Extension Agent Elsie Lacey attended. We are all anxious to hear about the programs that were presented. Three of our members received ribbons at the convention. Judy Wheeler received a second place ribbon in wall hangings, Mary Briceno, a third place ribbon in painting and drawing, and Lillie Wendel, a third place ribbon for her lovely quilt— pictured below.



**DISTRICT 11**



**Outstanding Honor Roll of Counties— Austin County, District 11**

*Pictured: Doris Glenewinkel, Jessie Kokomor, Knellen Quinteros, and Peggy Veits*

**Austin County TEEA Attends the 93<sup>rd</sup> Texas Extension Education Association State Conference**

**By: Michelle Wright, County Extension Agent - Family and Community Health Austin County**

The 93<sup>rd</sup> Texas Extension Education Association State Conference was held September 14<sup>th</sup> and 15<sup>th</sup> in Temple, Texas at the Mayborn Center. The theme was “Happy Days are Here Again”. Attending from Austin County as voting delegates were Knellen Quinteros, Doris Glenewinkel, and Jessie Kokemor. The early bird workshops on Tuesday were “All Things Quilted” and “Bugs: The Good, the Bad, and the Ugly”. The bug workshop was presented by Gilbert Eckrich, the outreach coordinator from the U.S. Army Environmental Services. The keynote speaker on Wednesday was Dr. W.F. Strong, Professor at the University of Texas Rio Grande Valley. His speech was on “Texas: A State of Wonder” with all kinds of information about the unique things about our state. The luncheon speaker was Dr. Craig Rotter who works with the Texas Rural Leadership Program, Texas A&M AgriLife Extension. He stressed that everyone matters, and change must happen. We should be fearless but with calculated caution. Educational workshops were on internet safety,

especially with our children, cooking with herbs, a shot at good health, the buzz about bees, and avoiding financial exploration.

The Austin County TEEA won the Honor Roll of Counties for Outstanding Contributions in Community Service for District 11. In the Cultural Arts Contest, red ribbon winners were Joan Buenger in photography with an ocean view photo, Jessie Kokemor with a quilt smaller than 50x70 machine quilted – celebrating each month of the year, and Gaye Farr in the painting and drawing category with a watercolor of cactus. White ribbon winners were Joan Buenger in the category of digitally produced scrapbooks with a scrapbook of St. James Lutheran Church’s 150 anniversary and Barney Zimmerman’s fabric creation – a decorated pillow. Patricia Allee’s jewelry was also part of the competition.

**WCEEA District 11 News**

**By: Olivia McDonald**

Gracie Priesmeyer received a certificate and flowers in recognition of 70 years of membership in the Taiton EEC in Wharton County. Gracie’s Aunt Viola Naiser took her to her first meeting as a new bride. Also in the picture are Cynthia Priesmeyer, Daughter-in-law, Nettie Cornett, Daughter and Susie Priesmeyer, Daughter-in-law. Cynthia, Nettie and Susie have all been members of the Bluebonnet EEC for many years. Pictured below.



Georgia Henderson of Taiton EEC receives the prestigious Wharton County “Friend of WCEEA” Award at the annual WCEEA Luncheon held Thursday, October 21, 2021 at Mikeska’s B-B-Q in El Campo, Texas. Pictured below.



**Victoria County Represented at the State Conference in Temple**

**By: Gayle Bludau**

The Victoria EEA members had a wonderful and educational time at the State Conference in September 2021. The group attended both early bird educational workshops and both educational workshops during the regular session. These outstanding educational programs were noted in the yearbook and will be presented in Victoria County during 2021-2022. The delegates actively participated in the business meeting, where bylaws and budgets were reviewed. The highlights of the conference were the motivational speakers and the Roaring 20’s Fashion Show at the banquet.

- Members attending were as follows:
- Rachel Monday – State Education Committee Chair District 11
  - Debbie Murray – Victoria County Delegate
  - Carrol Davig – Victoria County Chairman, Delegate, Past Association President
  - Lametrica Johnson-King – Victoria County Representative

Gayle Bludau – Texas A&M AgriLife Family & Community Health Agent  
 Joyce Bell – Victoria County Delegate  
 Pictured below.



**Washington Extension Education Association News**

**By: Judith Finke**

The 93<sup>rd</sup> Texas Extension Education Association Conference was held in Temple September 14<sup>th</sup> and 15<sup>th</sup>. The theme was “Happy Days are Here Again” with a Roaring 20’s Fashion Show.

Workshops included: “O Be Careful Little Eyes What You See”, “The Buzz About Bees”, “A Shot of Good Health”, and Cooking with Herbs, The Healthier Option”.

In the state Cultural Arts competition, Louise Newman placed third with her Christmas table runner in Holiday Decorations and Judith Finke placed third with her Black and White Photography “Remembering Dad”.

Attending from Washington EEA were: Kathleen Flick, Patricia Graves, Suzanne Kessler, Edna Schroeder and Hannah Krebs, CEA Family and Community Health. Pictured below.



**Taiton Extension Education Club Resumes Activities**

**By: Olivia McDonald**

The Taiton Extension Education Club met September 8<sup>th</sup> at the Taiton Parish Hall. Members answered roll call by naming the thing they couldn’t make it through the day without. Coffee was the winner by a long shot. The Community project of the month was comfort items for veterans in hospital.

Members voted to change the time of meetings to 10:00 a.m.

Each member was given a raffle ticket for a prize drawing. Winners received fall decorations. A sandwich lunch with ice cream or root beer floats was served. We were reminded of times past when we would enjoy ice cream from freezers with our invited guests.

Members’ auctions have been so successful that we have decided to have a second one this year in November.



*Left to Right: Joan Buenger, Kate Buenger, Jackie Bowden, Betty Bowden, Barney Zimmerman, Danita Schovajsa, JoAnn Reichle, Knellen Quinteros, Doris Glenewinkel, Geraldine Siptak, Gladys Frank, Carolyn Balke, Cindy Slator, Annette Balke, Pat Allee, Jessie Kokemor, Donna Burton, and Marilyn Petrich*

**Come and Get It—Fundraiser Time!**

**By: Michelle Wright**

**County Extension Agent- FCH, Austin County**

EEA (Extension Education Association) of Austin County, which is a direct part of the Texas A&M AgriLife Extension Service, fixed 528 barbecue plates on July 8th to raise funds to support their work and projects in their communities. The fundraiser was coordinated by Judy Schulz and Doris Glenewinkel of Bleiberville EEA. EEA raises funds to support local non-profit charities, as well as educational programs, which bring awareness in the field of Family and Consumer Sciences. EEA works hand in hand with Texas A&M AgriLife Extension Service to strengthen an enrich families through educational programs, leadership, development, and community. Keep up the good work! If you would like to learn more or become a member of the Texas Extension Education Association of Austin County, please feel free to contact Michelle Wright, County Extension Agent - Family and Community Health at (979) 865-2072.

**EEA—Spring Car Trip—Newman’s Castle**

**By: Michelle Wright  
 County Extension Agent- FCH,  
 Austin County**

EEA (Extension Education Association) of Austin County, which is a direct part of the Texas A&M AgriLife Extension Service, went on their first road trip in Austin County during the month of April to Newman’s Castle. This medieval experience was extremely fascinating. The group enjoyed their trip which allowed them to experience a little bit of old-world charm right at their back door. For more information on how you can become a part of Austin County EEA, please feel free to contact Michelle Wright, County Extension Agent-Family and Community Health, at (979) 865-2072.



**2021 Annual Cultural Arts Contest**

**By: Michelle Wright**  
**County Extension Agent- FCH,**  
**Austin County**

During the month of February, the Extension Education Association of Austin County hosted their annual 2021 Cultural Arts Contest. The event was coordinated by the Cultural Arts Committee, which was co-chaired by Joan Buenger of Bleiberville EEA and Gaye Farr of West End EEA. Committee members include – Malinda Schramm, Karen Landrum, Debra Kollman and Gloria Havemann. The Cultural Arts Contest gives members an opportunity to exhibit knowledge and skills which express individualism and creativity.

Members who placed 1st and 2nd in their individual category will advance to the District Competition in Calhoun, Texas this spring. Those advancing to District are:

**Category 1- Afghans, Tablecloths, Blankets, Bedspreads, and Throws**

1. Barney Zimmerman

**Category 3 - Craft Painting**

1. Joan Buenger  
 2. Barney Zimmerman

**Category 5 - Fabric Creations**

1. Barney Zimmerman  
 2. Jessie Kokemor

**Category 6 - Fiber Arts**

1. Barney Zimmerman

**Category 7 - Garments and Accessories - Handmade**

1. Barney Zimmerman

**Category 8 - Handstitchery**

1. Barney Zimmerman  
 2. Jessie Kokemor

**Category 9 – Machine Embroidery**

1. Malinda Schramm

**Category 10 - Holiday Decoration**

1. Knellen Quinteros  
 2. Joan Buenger

**Category 11 - Jewelry**

1. Patricia Allee  
 2. Malinda Schramm

**Category 12 - Painting and Drawing**

1. Gaye Farr

**Category 13 - Paper**

1. Jessie Kokemor

**Category 14 - Traditional Scrapbooks**

1. Joan Buenger

**Category 15 - Digitally Produced Scrapbooks**

1. Joan Buenger

**Category 16 - Photo Black/White & color**

1. Joan Buenger

**Category 17 - Photography – Photo Paper – color**

1. Patricia Allee

**Category 18 - Photography- Any Other Medium**

1. Joan Buenger

**Category 19 - Quilts - smaller than 50x70 –hand quilted**

1. N/A

**Category 20 - Quilts - larger than 50x70 –hand quilted**

1. N/A

**Category 21 - Quilts - smaller than 50x70 –machine quilted**

1. Jessie Kokemor

**Category 22 - Quilts - larger than 50x70 –machine quilted**

1. Annette Balke

**Category 24 - Recycled Items**

1. Jessie Kokemor  
 2. Barney Zimmerman

**Category 25 A - Wall Hangings – Not Quilted**

1. Barney Zimmerman  
 2. Joan Buenger

**Category 26 - Miscellaneous**

1. Barney Zimmerman  
 2. Joan Buenger



*Left to Right: Cultural Arts Contest Coordinators- Malinda Schramm, Joan Buenger and Gaye Farr*

**Spring is in the Air**

**By: Michelle Wright**  
**County Extension Agent- FCH,**  
**Austin County**

EEA (Extension Education Association) of Austin County which is a direct part of the Texas A&M AgriLife Extension Service sponsored a cultural arts opportunity for its members and friends to prepare for with an array of cultural arts items. Joan Buenger of Bleiberville EEA instructed and hosted the event in Industry, Texas. At the end of the workshop, each member left with an array of beautiful spring and summer items to display in their yard. If you would like to learn more or become a member of the Texas Extension Education Association of Austin County, please feel free to contact Michelle Wright, County Extension Agent -Family and Community Health at (979) 865-2072.



*Left to Right – Betty Bowden, Barney Zimmerman, Betty Thiel, Gaye Farr, Delores Kuehn, Betty Lehmann, Jackie Bowden, Lois Schubert, Jessie Kokemor, Carolyn Balke, Joan Buenger*

**Road Trip Time with EEA!**

**By: Michelle Wright**  
**County Extension Agent- FCH,**  
**Austin County**

EEA (Extension Education Association) of Austin County, which is a direct part of the Texas A&M AgriLife Extension Service, ventured out on another road trip. The group of EEA members and friends traveled to College Station to visit the Bush Family Gravesite on the grounds of the George H.W. Bush Presidential Center. After their visit, the group enjoyed the enchanting sites of Martha's Bloomers in Navasota. One thing is for sure, there is always room for others in this great association. If you would like to learn more or become a member of the Texas Extension Education Association of Austin County, please feel free to contact Michelle Wright, County Extension Agent - Family and Community Health at (979) 865-2072.



*Left to right: Knellen Quinteros, Judy Schulz, Delores Kuehn, County Extension Agent Michelle Wright, Betty Bowden, Jackie Bowden, Doris Glenewinkel, Joan Buenger and JoAnn Reichle*



**2021 District 11 Spring TEEA Conference and Cultural Arts Contest- Calhoun County**

**By: Michelle Wright  
County Extension Agent- FCH,  
Austin County**

The District 11 Extension Education Spring Conference was held in Port Lavaca, Texas in Calhoun County on March 23rd, with Peggy Viets, District 11 Director, presiding. Richard Meyer, Calhoun County Judge, gave the welcome. Austin County was represented at the conference by Knellen Quinteros, Doris Glenewinkel and Extension Agent, Michelle Wright. There were several counties in attendance with a total of 30 persons in attendance.

A members year award was presented to Evelyn Wilke for 35 years of service to EEA. Austin County was also recognized for their role in making potholders for the NEAFCS Annual Session held in San Antonio, Texas back in 2018.

Cindy Kovar and Mary Jo Prince, staff members of the BVIP Program, presented the Mature Driving Program virtually. The driving program is designed to refresh the driving skills and knowledge of the rules and hazards of the road for drivers over 50. The program was very informational. In addition to the program, Karen Lyssy, Calhoun County Extension Agent, demonstrated four Dinner Tonight cooking demonstrations to those in attendance. At the end of the day, the District Cultural Arts contest results were shared. The Cultural Arts Contest gives members an opportunity to exhibit knowledge and skills which express individualism and creativity.

Members who placed 1st at the District competition in Calhoun will advance to the State competition in September in Temple, Texas. Those advancing to State level are:

*Category 1- Afghans, Tablecloths, Blankets, Bedspreads, and Throws*  
1. Barney Zimmerman

*Category 3 - Craft Painting*  
1. Joan Buenger

*Category 5 - Fabric Creations*  
1. Barney Zimmerman

*Category 7 - Garments and Accessories - Handmade*  
1. Barney Zimmerman

*Category 11 - Jewelry*  
1. Patricia Allee

*Category 12 - Painting and Drawing*  
1. Gaye Farr

*Category 15 - Digitally Produced Scrapbooks*  
1. Joan Buenger

*Category 18 - Photography- Any Other Medium*  
1. Joan Buenger

*Category 21 - Quilts - smaller than 50x70 -machine quilted*  
1. Jessie Kokemor

*Category 24 - Recycled Items*  
1. Barney Zimmerman

*Category 25 A - Wall Hangings - Not Quilted*  
1. Barney Zimmerman

*Category 26 - Miscellaneous*  
1. Joan Buenger

**Washington Extension Education Association News  
Baskets to the County Judge and Commissioner's Court**

**By: Judith Finke**

Washington Extension Education Association presented the Commissioner's Court baskets filled with homemade banana bread, sour crème cookies, peanut brittle and chocolate peanut clusters, jellies and pickles, a jar gripper/opener, as well as a candle, a kitchen towel 'buddy', and machine embroidered dish towels. Filling the baskets were: Michele Daniels, Edna Schroeder, Kathleen Flick, Suzanne Kessler, Joanne Vait, Hannah Krebs and Judith Finke.

Suzanne Kessler, president of the County WEEA, thanked them for their assistance in the Agri-Life program. And for the work of the CEA - Family and Community Life agent Hannah Krebs. She presented a virtual check for \$43,133.40 representing the volunteer hours of the WEEA members presenting programs and serving the community.



*Pictured front row: County Judge; John Durrenburger, Suzanne Kessler, Judith Finke, WEEA treasurer and Michele Daniels.  
Back row: Commissioners Don Koester, Candice Bullock, Kirk Hanath and Joy Fuchs*

**DISTRICT 12**



**Outstanding Education County—Kleberg County—District 12**

*L to R: Delores Davis, Kay Jacob, Dr. Ida Acuna-Garza*



**Outstanding Honor Roll of Counties—Hidalgo County—District 12**

*L to R: Clemencia de Leon, Elida Rodriguez, Dr. Ida Acuna-Garza*



*District 12 members at the banquet  
L to R: Dr. Ida Acuna-Garza, Clemencia de Leon, Elida Rodriguez, and Delores Davis*

**Tips for managing holiday stress**

Prioritizing, planning, budgeting can lessen stress  
By: Paul Schattenberg

<https://agrilifetoday.tamu.edu/2019/12/02/tips-for-managing-holiday-stress/>

While the holidays are a time for joy and sharing, they can also be a time of physical and mental stress, said [Texas A&M AgriLife Extension Service](#) specialists.

"There are many behavioral and logistical changes you can make during the holidays to lower stress and benefit your overall wellness," said Joyce Cavanagh, AgriLife Extension specialist in family economics, College Station.

**Prioritize and plan to help reduce stress**  
Managing holiday stress requires setting priorities as well as avoiding or reducing as many stressors as possible, Cavanagh said.

"Holiday stress can come about from interpersonal relationships, financial pressures, time management issues, lack of sleep and a variety of other stressors," she said. "Financial pressure and time restrictions are often the top stressors during the holidays, so be sure to adequately plan your holiday shopping and family time."

Cavanagh said be sure to budget for gifts to be purchased during holiday shopping pay using cash or a debit card whenever possible. Be realistic when creating a budget by using real prices, not ballpark figures. And don't forget to include extra travel, food and entertaining costs into your holiday budget.

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If you must buy with credit, act as if you have far less than your actual credit limit," she said. "And remember your credit card interest rate to remind you to be more frugal about using credit." Cavanagh said stress also occurs as a result of not adequately keeping track of purchases.

Make note of what you've bought, how much you've spent and who you've bought for," she said. "Jot down items and prices on a note pad or electronic device."

**Count your calories — and blessings**

Cavanagh said holiday stress can lead to overeating, which is one of the biggest challenges to individual wellness during this time of year.

"Try not to eat during periods of high stress," she said. "Be aware of what and when you eat, but don't think you

have to starve yourself to make room for holiday meals."

You can even [alter traditional holiday recipes to make them healthier](#).

Remember to focus on your blessings instead of trying to keep up with the Smiths or Joneses, said Angela McCorkle, AgriLife Extension program specialist.

"Basing expectations or experiences on what we see on social media or in the lives of others can cause stress," McCorkle said. "We can cause ourselves undue pressure to create share-worthy memories rather than enjoying the time with loved ones. Don't worry about what others are doing and just focus on the positive things you have instead of concerning yourself with what others have or what you might be missing."

**Consider thrifty gifting**

McCorkle added there are ways to honor special holidays that cut stress and need little or no spending.

"If gifts are part of the holiday celebration, don't let the pressure of giving gifts surpass your ability to pay for them," she said, "Consider exchanging hand-made gifts such as soaps, baked goods or framed family photos."

**Make time for rest, exercise and recreation**

Cavanagh said a lot of time-management-related stress can be alleviated by allowing additional time when scheduling visits or entertaining others, and by asking for help with holiday activities.

"Try to avoid multiple visits and pad your time to provide flexibility and accommodate any unforeseen circumstances," she said. "Prioritize what's really important to you and your family, then plan your holiday activities accordingly."

McCorkle stressed the importance of getting adequate sleep and finding a way to incorporate some sort of physical activity into your holiday schedule.

She also noted while some people draw energy from being around people, others may find it stressful or draining.

"Whether you draw or discharge energy from being around others, it's always wise to schedule in some relaxation time," she said. "Take a short nap or a walk or do some reading – whatever you'd normally do to get some private time to recharge your mind and body."

## I N M E M O R Y

Maggie Field - Lake Victor EE Club - Burnet - District 7

Edia Delcambre—Jefferson County—District 9

Inez Libersat—Jefferson County—District 9

Connie Berry—El Paso County—District 4

### **NOTES FROM THE EDITOR:**

Hope this edition of the TEEA Messenger finds you all healthy and doing well! Was so awesome to see everyone at the State Conference in Temple in September!

Please remember the next deadline for the Spring 2022 TEEA Messenger is **February 1st, 2022**. Please send pictures in JPEG format or in a word document that I can copy and paste from. Remember I cannot reprint newspaper articles.

If you have questions please feel free to call, text message, or email me. I can be reached at **903-824-1873**—call or text or by email at:

[teeamessenger2020@gmail.com](mailto:teeamessenger2020@gmail.com)

Thank you,

April Thompson

TEEA Messenger Editor