

CHI EPSILON SIGMA

Extension Support Staff Fraternity

Fall 2017

Reminder!

**2017 NCCEAPA & TERSSA
Annual Conference
September 20 – 22, 2017**

**Mountain Lodge and Conference Center
42 McMurray Rd, Flat Rock, NC 28731**



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**THE OHIO STATE
UNIVERSITY**

**COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES**

A Note: from our President...



MICHELLE MOON

I can't believe that Autumn is right around the corner! I am sure there are many of you celebrating the coming of the season of "Everything Pumpkin"! We are over half way through county fair season and the 2017 Ohio State Fair is now over and in the books. For those of you who have wrapped up with your fair and those gearing up – I hope

Your days were/are filled with smiles from your 4-H'ers, handshakes from your producers and happiness from your participants. Those are the things that make all of our hard work and efforts worthwhile.

Don't forget to take some time for family, friends and for yourself once everything is done. You need time to regroup, reenergize and bring your focus back to the year ahead. Then take the time to reflect on what worked, what didn't work and what you can do to improve the process for next year.

I hope that with the many professional development opportunities that are on the horizon, you are planning to attend at least one of them! We have the TERSSA conference coming up shortly in Flat Rock, North Carolina and the Extension Annual Conference in January. I know that the North East Region is holding a Staff Development Retreat November 1st which will provide a 3rd opportunity for many of you. Speaking of Extension Annual Conference, now is the time to start thinking of a topic that you would like to present at the conference as a request for proposals will be coming out shortly. It's a great way to step out of your comfort zone, boost your skills and share your wealth of knowledge with your peers!

Happy Fall!

Michelle Moon
President, Chi Epsilon Sigman



Apple Cutie Pies



INGREDIENTS:

- 2 tbsp Butter
- 3 Granny Smith apples, finely chopped
- ¼ c Sugar
- ¼ c Brown Sugar
- 1 tbsp Cinnamon
- ½ tbsp Ground Nutmeg
- 1 tbsp Cornstarch
- Juice of ½ Lemon
- All-purpose Flour, for work surface
- 2 Refrigerated pie crusts
- 1 c caramel (warmed if necessary)
- Egg wash, for brushing
- 2 tbsp Cinnamon Sugar, for sprinkling

DIRECTIONS:

1. Preheat oven to 375 degrees, line baking sheet with parchment paper.
2. Make apple pie filling: In a large pot over medium heat, melt butter. Add apples and cook until beginning to soften, then add sugars, cinnamon, and nutmeg then stir. Let cook for a few minutes more, then add cornstarch and lemon juice. Remove from heat and let slightly cool.
3. Roll out refrigerated pie crusts on a floured work surface. Slice one into long, ½” thick lattice strips. Set aside.
4. Spread the second pie crust with caramel, then top with apple pie filling. Top half the lattice strips going one direction, then the remaining half going the other direction.
5. Use a cookie or biscuit cutter to cut small rounds. Transfer to parchment-lined baking sheet and discard scraps.
6. Brush cookies with egg wash and sprinkle with cinnamon sugar.
7. Bake until golden brown, 28 – 30 minutes.

I came across an amazing app on Google Store and I need to share!

@MeditateBot

www.facebook.com/MeditateBot

I set a daily reminder for the best time to take a break, stretch and then meditate.

Honestly, it has helped more than I thought it would.

Give it a try!



It's not the load that breaks you down, it's the way you carry it. - Lou Holtz

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