



January 2020

Conservation Conversation

A quarterly bulletin for our volunteers



Willie wants to remind you about the importance of water during winter months

Water helps protect your immune system. Lack of water can dry out the mucous membranes in our lungs and sinus passages, which can reduce resistance to infections.

Drinking water can help you fight winter weight gain. Our brains often mistake thirst for hunger. By consuming more water, we are able to fight those cravings.

Water can help your skin look its most radiant! Moving between a warm room and chilly weather outside can cause your skin to crack and chap. Water is vital in keeping your skin cells healthy.

Water can help you be more energetic. Water can keep

bodily functions well supported and running efficiently. Keep a glass of water handy and sip regularly to stay alert and be energetic during the day.

Water keeps us hydrated... go figure! Cold weather can actually bring on dehydration. Winter dehydration is hard to notice, but artificially warm environments coupled with the dry air can really dry you out.

Remember to keep a reusable water bottle to refill with tap water as you're out and about enjoying the beautiful El Paso winter season!



el paso
WATER

TechH₂O Water Resources Learning Center
10751 Montana Ave., El Paso, Texas 79935
915.621.2000 | tech2o.org

Volunteer Opportunities & Events @ Tech₂O

Upcoming Opportunities!

Educator Workshop: Project WET

Thursday, March 5, 2020,
8:30 a.m. - 4 p.m.

Volunteer Orientation

Saturday, March 7, 2020
11 a.m. - 1 p.m.

Volunteer Meeting

Saturday, March 7, 2020
1 p.m. - 2 p.m.

Are you on track to complete 20 volunteer hours?

Our annual appreciation banquet is coming up in April. This is our time to show thanks and appreciation to volunteers who donate a minimum of 20 hours in the volunteer year.

(March 1- February 28) Unsure of your hours or have questions?
Contact Alma Klages 915.621.2009 or aklages@epwater.org



Signature Events in 2020:

Discover E - Building Curiosity

Saturday, February 22, 10 a.m. – 2 p.m.

Future innovators can discover the world of water engineering through fun-filled, hands-on activities. Our award winning float will be on display. Fifteen volunteers needed to assist.

El Paso Water Festival

Saturday, May 2, 10 a.m. – 2 p.m.

Performances and other activities will take place simultaneously around the grounds of the Tech₂O Water Resources Learning Center. Fifteen volunteers needed to assist.

To register for any upcoming events contact:

aklages@epwater.org
915.621.2009

Check out our calendar of events online, at tech2o.org, for updates to these and other events.



“Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”

— Marjorie Moore