AgriLIFE EXTENSION
Texas A&M System

Improving Lives. Improving Texas.

Orange County AgriLife Newsletter

July 2012

Upcoming Events

- July 4: Independence Day Holiday
- July 14-15: South East Texas Youth Beef Camp, Whites Memorial Park-Anahuac, TX, See Page 8 and 9 for more information.
- July 23-24: Safe Sitter Training, 9 am—4 pm, Mauriceville Community Center.
- July 30-31: Youth Cooking Camp, 9 am—4 pm, Mauriceville Community Center. See page 15
- Aug 7, 14, 21, 28, Sept 4: Green Thumb Series: Plant Propagation and Botany, Mauriceville Community Center, 6 pm—8 pm, see page 13
- Texas Master Gardeners: 2nd Thursday of each month; 6:00 pm @ The Salvation Army Boys & Girls Club -Open to Public
- Texas Master Naturalist: On even months the meeting is on the 3rd Thursday, 6:30 pm, Open to Public, August meeting is at the Neighborhood Facilities Building in Orange.

"I Have What It Takes to be Your Babysitter"

Safe Sitter Training

Ages 11 - 14

See page 3 for more details!

July 23—24

9 am to 4 pm

Mauriceville Community Center

Learn CPR and other safe babysitter practices.

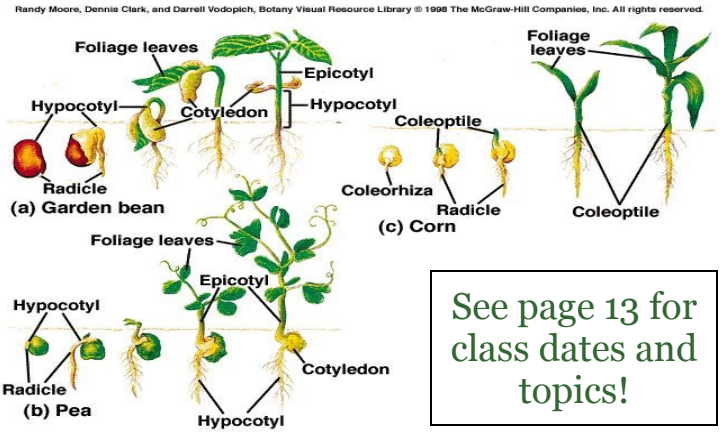
Cost: $40
(Scholarships Available)

Includes:

- Completion card
- Official Safe Sitter Handbook
- Babysitter Kit

Green Thumb Series

Plant Propagation & Botany



See page 13 for class dates and topics!

Learn how to propagate new and different plants. Participants will take home propagated plants to grow to maturity.

Health Care Survey: Let your voice be heard!

Dear Friends of Extension,

We are working with a group of people to survey our communities and see what ideas and concerns you have for health care and preventive services for the area where you and I live. Please click on the link below or type it into your internet and complete this short survey. You are encouraged to share these links with friends and family as well. The more our voice is heard the better the local resources will be. Thanks guys for your input and assistance!

English Survey: www.zoomerang.com/Survey/WEB22FM939G8E3

Spanish Survey: www.zoomerang.com/Survey/WEB22FPPBQXZJL

Keys to the Courthouse

Counties are authorized to provide public parks and other recreational facilities (such as swimming pools and tennis courts) within the county and to promote recreational activities (such as organized athletics, individual participant sports and indoor and outdoor games of various kinds). The goals of a county parks and recreation department might be to provide a high-quality park system for the residents of the county; to develop and maintain regional parks and community centers; to preserve natural and historic resources; and to provide recreational programs and activities for youth, adults and senior citizens.

Provisions from the American Disability Act will be considered when planning educational programs and activities. Please notify the Orange County Extension Office 5 days prior to event at 409-882-7010 if you plan on attending an Extension educational program and need specialized service. Educational program serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, political beliefs or national origin. The Texas AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

"I Have What It Takes to be Your Babysitter"
Safe Sitter Training
Ages 11 - 14

- *Familiarize teens with the responsibility of babysitting.*
- *Provide information to become capable, caring, trustworthy and responsible sitters.*
- *Teach skills and techniques needed to become competent babysitters (i.e. CPR).*
- *Help develop the confidence needed to handle situations that could happen when babysitting.*
- *Help teens develop a positive attitude about the care of children.*
- *Prepare teens in the business aspects of babysitting.*

July 23—24

9 am to 4 pm

Mauriceville Community Center

Cost: $40
(Scholarships Available)

Snack and Lunch Included

Includes:
- Completion Card
- Official Safe Sitter Handbook
- Babysitter Kit

Call the Texas AgriLife Extension Office to Pre-register
409-882-7010

Master Gardener Program

Summer officially arrived on June 20th. Daily showers this month helped to cool things down a bit. Those scattered showers sure are appreciated by our summer gardens and have been a welcome change of pace. Green thumb classes are progressing along with such a vast amount of knowledge and enthusiasm. Topics covered included Soils, EarthKind Landscaping, Lawn Establishment and Maintenance, and Landscape Design. Learning about the different types of soils in our region is of great importance when it comes to planning what will grow well. Soil testing helps to determine what may be needed to amend the soil or type of fertilizer needed for proper growth of plants, trees and grasses. Topics also covered were EarthKind Landscaping where class participants learned about water conservation, composting and appropriate plant selection. The simple practice of applying mulch to landscape plantings and gardens provides huge benefits to the environment. Mulch significantly reduces the amount of moisture evaporated from the soil, annual weed populations, and helps moderate the soil temperatures for better root growth.

Compost is a rich, dark-brown, crumbly, soil-like material. The class learned some structures to make compost in and the factors that influence the rate of the compost process. The class also learned about the different types of lawn grasses, how to establish them, and maintenance practices to support a high quality lawn. The landscape design class taught about design considerations for different uses including the front public area which is the first view visitors have of the home and the private or outdoor living area that is used for recreation or outdoor cooking. The principles of design addressed scale, balance, and rhythm to create a beautiful landscape. This information will be of great importance in lawn care and landscaping as the class improves their homes and shares the information with family and friends.

Green Thumb Series #4

Plant propagation and Botany will be the next training module offered starting August 7th thru September 4th. These classes are held every Tuesday night from 6:00 p.m. to 8:00 p.m. @ the Mauriceville Community Center. Total cost is $30.00 for all five classes for this module and classroom material.

Knowledge of plant categories, plant parts, flowers, fruits, seeds and germination will ensure a better crop or landscape. Environmental factors can also affect growth and productivity. Plant nutrition is different for many species of plants.

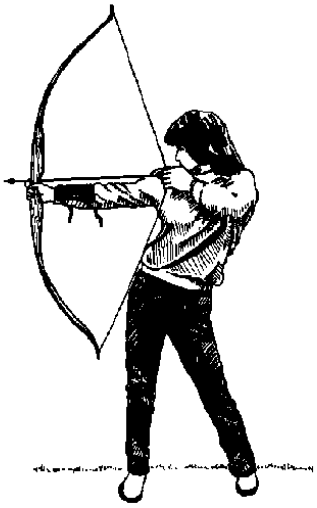
Propagation can be performed to create such a vast array of different plants to share with others or increase your own supply. You can propagate hibiscus, angel trumpets, roses, pentas and the list goes on. Come join in on the education to increase your knowledge and the fun of learning how to make your own cuttings become new plants!!!!

Orange County 4-H To Make the Best Better

Marie Kenney, BSA, County Extension Agent 4-H/Youth Development
makenney@ag.tamu.edu 409-882-7010

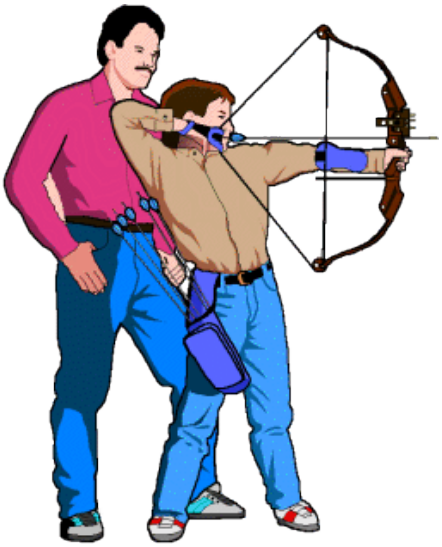
Great News.....

We have one of our 4-H kid's Dad who has agreed to have an.....



ARCHERY CLUB!

Yes, you heard right! Orange County 4-H will have their very own Archery Club.



Archery is for both Girls & Boys!!!

Keep reading your newsletter for more details.

4-H NEWS

OCLS Tag In This Month....

Saturday July 28, 2012

8:00 am until 12:00 pm

OCLSA Barn in Mauriceville

Entry Fee: 25.00 per animal

Roaster cost: $2.00 per roaster

Show Date: October 19th & 20th 2012

No late entries

If there is a transportation issue please contact OCLSA Board Member to make arrangements

Tag In Contact Person

Tommy Harrington 504-5210

4-H NEWS

GENERAL HORSEMANSHIP CLINIC TO BE HELD IN NEW BRAUNFELS THIS SUMMER

Sharpen your skills for upcoming 4-H State and World Shows
3-Day Clinic for only $75 rider

Friday, July 13	Saturday, July 14	Sunday, July 15
6 to 8 p.m.	9 a.m. to Noon Break for Catered Lunch (included) 2 p.m. to 5 p.m.	9 a.m. to Noon

Clinic will be held at Twin Pine Stables located at 3190 Hunter Road, New Braunfels
Well groomed and covered arena, plenty of trailer parking
Individual and group instruction

Clinic will be taught by Tim C. Smith, who has been working in the horse business for over 30 years.

- Owns and operates Stone Arbor Farm & Training Stables of San Angelo, TX, a full care and service boarding, training, lesson and showing barn
- Holds 4-H Open Shows
- Students have placed in top 5 in 4-H District, State and also AQHA shows
- Experienced clinician
- Board member of Sonrisis, a therapeutic riding organization
- Board member of Spur Committee for all horse events in San Angelo
- Board member of Alamo Area Youth Horse Association
- Experienced in Western, English, Speed, Dressage, Hunter Jumper, Polo
- Holds double degrees in Animal Science and Biology with minors in Chemistry, Education, English and Range Management
- Certified Texas educator for 18 years
- Instructor in Horses and Horsemanship at Angelo State University

For more information or to reserve your spot, contact
Denise Buschfort at 830-708-5780 or email twoknees@gvtc.com

4-H CAMPS & CONTEST

South East Texas Youth Beef Camp

July 14 & 15, 2012
Whites Memorial Park - Anahuac Texas
(RV Park Available)
$75 Youth Ages 8 - 18
$100 Late Fee
$25 Adults

4-H, FFA, Potential Beef Project Participants and Adult Leaders

Buckles For Grand Champion
Junior, Intermediate & Senior Showmanship

Bring Your Own Animals and they can Stall Overnight

You May Still Attend if you do not have an Animal

Topics
Selection, Nutrition, Breeding, Showmanship Clinic,
Fitting, Health Management, Showmanship Contest
Beef Skill-a-thon

continued on next page

4-H CAMPS & CONTEST

South East Texas Youth Beef Camp

Speakers Include

Dr. Stanley Kelly
Department Chair Animal Science
Sam Houston State University

Kevin Moore
Owner M6 Ranch

Dr. Jason Cleere
Associate Professor and
Extension Beef Cattle Specialist

Dr. Buddy Faires
Professor and Extension Program Leader
Veterinary Medicine

Dwight Callis
Retired County Extension Agent

TBA
4-H Livestock Ambassador

Sponsored By The
Texas AgriLife Extension Service Offices Of
Chambers, Hardin, Jefferson, Liberty and
Orange County

Register at one of the Extension Offices
by July 2

Providing Quality Practical Beef Programs to Area Youth

Snacks and drinks
Water and lemonade/Kool-Aide will be provided throughout the day
Bring any extra snacks/drinks you may want
Lunch will be provided both days
Steak Dinner Saturday Night

Things to Bring if you have them. Extras may be available.
Lawn Chairs, Show Calf, Trim Rack, Blower Show Stick, Clippers, Water Hose, Soap/Shampoo

4-H CAMPS & CONTEST

I Would Volunteer if Only I Knew…….

Well you can know! You should know! And we will Teach You!

Transpiring Imagination is the theme of the

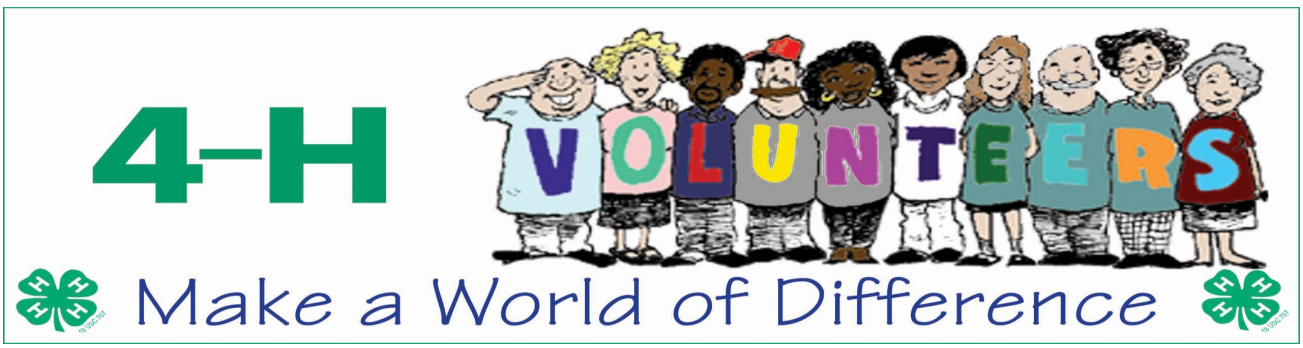
2nd Annual Texas 4-H Volunteer Conference in San Antonio Texas
The event takes place July 27-29 and the price is right! $130

Topics this year will include:

- Club Management
- Project Leader Training
- Scholarships
- Science, Engineering, and Technology
- Food and Nutrition – can you say Recipe Rally?
- Housing
- Golf Challenge
- Livestock Projects
- Social Media
- Dog Project
- Record Keeping
- Citizenship
- Outdoor Challenge
-

This ought to be enough to interest just about everybody. Here is the link to the flyer and all the details!!! http://texas4-h.tamu.edu/volunteer_conference

p.s. your 4-H specialist is in charge of the livestock portion… should be a hoot!



4-H NEWS CONTEST

MADISON COUNTY 4-H SHOTGUN CLUB

FUN SHOOT - JULY 7, 2012

EVERYONE IS INVITED TO SHOOT

MONEY RAISED WILL BENEFIT THE MADISON COUNTY 4-H SHOTGUN CLUB'S WEEK LONG STATE COMPETITION IN SAN ANTONIO, TEXAS. EVERYONE IS INVITED TO SHOOT AND EXPERIENCE WHAT THESE KIDS DO. IT IS EXTREMELY FUN!

WHERE: MADISON COUNTY GUN AND ARCHERY CLUB (4096 CONNER LN) MADISONVILLE TX

TIME: 9:00 AM REGISTRATION

AGE CLASSES: 13 AND UNDER
14 – 18,
19 AND UP

COST: **$35** DOLLARS FOR A ROUND OF SKEET, TRAP, AND 5-STAND.
$10 DOLLARS TO SHOOT ANY SCORE OVER (IF YOU WANT TO)

SOME PRIZES WILL BE GIVEN AWAY AND PLAQUES WILL BE GIVEN TO SOME CLASSES.

CONCESSIONS WILL BE AVAILABLE ON SITE.
ANY QUESTIONS CALL DAVID RADENZ 936- 348- 4263

4-H CLUB NEWS

Most of our 4-H Clubs take a Summer break from meeting. Please check with your club.

CLAYBUSTERS SHOTGUN SHOOTING SPORTS
Louis Bazan
718-5580

TOP SHOTS RIFLE SHOOTING SPORTS
Gary Beall
670-3417

August 1st starts a new 4-H enrollment year on 4-H CONNECT!

All profiles will change to INACTIVE ON AUGUST 1ST

DUSTY TRAILS
882-7010

and you will be required to re-enroll for the 2012-2013 4-H year.

BROKEN SPOKE
Ann Borque
553-2176

It is important that everyone (youth and adults) update their profile before submitting.

HEARTS AT HOME
Julie Walker
659-7087

Sign up in August to received the early bird discount

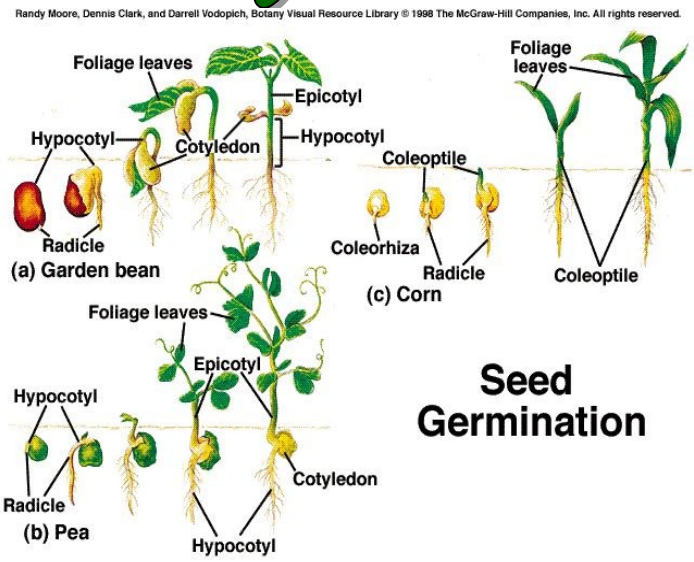
MIGHTY PIRATES
Kathy Hester
790-8835

Green Thumb Series

Plant Propagation & Botany

$30 per person per series covers all classes and materials. Please call the Extension office if you are interested so we can plan for the class materials.

409-882-7010



6 pm to 8 pm

Mauriceville Community Center

Off Cohenour Road Mauriceville

Aug 7:	Plant Categories & Plant Processes
Aug 14:	Plant Parts and Functions
Aug 21:	Flowers, Fruits, Seeds, and Germination
Aug 28:	Environmental Factors
Sept 4:	Plant Nutrition and Hormones

For additional information visit our website Orange.agrilife.org

AADE7™ SELF-CARE BEHAVIORS

HEALTHY COPING

Diabetes can affect you physically and emotionally. Living with it every day can make you feel discouraged, stressed or even depressed. It is natural to have mixed feelings about your diabetes management and experience highs and lows. The important thing is to recognize these emotions as normal. Take steps to reduce the negative impact they could have on your self-care.

The way you deal with your emotional lows is called "coping." There are lots of ways to cope with the upsets in your life—and not all of them are good for your health (smoking, overeating, not finding time for activity, or avoiding people and social situations).

However, there are healthy coping methods that you can use to get you through tough times (faith-based activities, exercise, meditation, enjoyable hobbies, joining a support group).

Having a support network is key to healthy coping. Be sure to develop and nurture partnerships in your personal life with your spouse, loved ones and friends. Go to group educational sessions where you can meet and relate to other people going through the same experiences. Build healthy relationships—and remember that you're not alone.

Sometimes, emotional lows can be lengthy and have a more serious impact on your life, health, and relationships. This can be a sign of depression. Tell your diabetes educator if you:

- Don't have interest or find pleasure in your activities.
- Avoid discussing your diabetes with family and friends.
- Sleep most of the day.
- Don't see the benefit in taking care of yourself.
- Feel like diabetes is conquering you.
- Feel like you can't take care of yourself.

Did You Know?

Physical activity can influence your mood. If you are sad, anxious, stressed or upset, go for a walk, stand up and stretch, or take a bicycle ride. Exercise actually increases the chemicals in your brain that help make you feel good!

TRUE OR FALSE?

Nobody wants to hear about your problems. When you are feeling down, you should keep it to yourself.

FALSE. You need to talk about your emotions with friends, family, or your healthcare provider. Sometimes just talking about a problem will help you solve it...and loved ones can help you gain perspective.

QUICK TIPS

Recognize the power of positive thinking. When you are feeling down, think about your successes and feel good about the progress you've made toward a goal—even if it's just a little bit.

Find time to do something pleasurable every day.

AADE American Association of Diabetes Educators

Supported by an educational grant from Eli Lilly and Company.

Youth Cooking Camp

Ages 8 to 13

Come and learn food safety,
some new recipes,
and how to have fun in the kitchen!

July 30 and July 31
9 am—4 pm
Mauriceville Community Center
$20 per child

To register and for additional information contact

Texas AgriLife Extension

409-882-7010

Nutritious Snacks For Kids!!

Tuna Salad

Ingredients:

- 4 ounces tuna, packed in water
- 1/3 cup celery, finely chopped
- 1/4 cup reduced fat mayonnaise
- 2-3 tablespoons pickle relish
- 1/2 teaspoon onion
- 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces melba toast)

Equipment:

- Mixing bowls
- Knives
- Chopping board
- Measuring cups

Food and Nutrition
3E'S OF HEALTHY LIVING
Education, Exercise and Eating Right

Directions:

1. Mix tuna, celery, mayonnaise, pickle relish, and onion together in large mixing bowl.
2. Serve 1-1/2 tablespoons on any of the grain/breads component food items listed in the ingredient list.
3. Serve 3 pieces of melba toast (or 4 crackers, or 1/2 slice whole grain bread) per child.

TEXAS AGRILIFE EXTENSION
11867 Hwy 62 North
Or
PO BOX 367
Orange, TX 77631
Phone: 409-882-7010
E-mail: orange-tx@tamu.edu

Non-Profit Org.
US Postage
PAID
Orange, TX
Permit #12

Return Service Requested

AgriLIFE EXTENSION
Texas A&M System

Improving Lives. Improving Texas.

IN THE JULY ISSUE:

- Upcoming Events
- Health Care Survey
- Keys to the Courthouse
- Babysitter Training Class
- Master Gardener Program
-
- **4-H News: Pages 5—12**

- Green Thumb Series #4: Plant Propagation & Botany
- Healthy Coping with Diabetes
- Youth Cooking Camp
- Nutritious Snacks for Kids!!

Easy Chicken Fajitas

Ingredients:

- 1 lb boneless, skinless chicken breast halves
- 1 16-oz can pinto beans, rinsed & drained
- 1 14 1/2-oz can diced tomatoes with mild green chilies, drained
- 1 each medium green, sweet red and yellow bell peppers, sliced into strips
- 1 medium onion, halved and sliced
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon minced garlic
- 6 8-inch whole wheat tortillas, warmed
- Shredded lettuce, chopped tomatoes and fat-free sour cream (optional)

Directions:

1. In a 3-quart slow cooker, combine chicken, beans, tomatoes, peppers, onion and seasonings. Cover and cook on low for 5-6 hours or until chicken is tender.
2. Remove chicken and cool slightly. Shred and return to slow cooker to heat through.
3. Spoon about 3/4 cup chicken mixture down the center of each tortilla. Top with lettuce, tomato and sour cream if desired.