

## Upcoming Events

- December 4: Journey for Control, Neighborhood Facilities Building, 12 noon—1 pm
- January 11, 18, 25 & February 1: Master Wellness Volunteer Training, 8:00 am—11:00 am
- January 26: Family Festival, North Early Learning Center, 10:00 am—1:00 pm
- 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,



**Merry Christmas**  
**and**  
**Happy New Year**

## Journey for Control: Interactive Diabetes Education

**Free!!**

December 4, 2012

12 noon—1 pm

**Lunch  
Provided**



**See Page 13 for  
more information!**

## Weight Management & Diabetes Prevention

**\$5 per person per class  
For supplies and incentives  
(scholarships available)**

**Wednesday's 9-10 am and 12 Noon-1pm**

**January 9, 16, 23 & 30**

**February 6, 13, 20 & 27**

**March 20 & 27**

**April 3, 10, 17 & 24**

**May 1 & 8**

The sixteen (16) week series will be held on Wednesdays with commitment to once a month support group classes for a year. Classes will meet at Baptist Orange Hospital 5th floor classroom.

**To Pre-Register Call the  
Extension Office at  
409-882-7010**

Classes will educate adults to make healthier choices one day at a time.  
Are you ready to look and feel better?  
Do you want nutrition for the prevention of diseases?  
**THEN**  
This is the class for you!

# Family Festival



**North Early Learning Center**

**January 26**

**10:00 am—1:00 pm**



**Come for a day full of Fun!!**

**Food**

**Open to families with  
school age children**

**Entertainment  
Exercise/dance**

**Food demo**

**Plant walk**

**Door prizes**



## Keys to the Courthouse

**WELCOME TO**



Every day, someone in Texas needs help, from finding an after-school program to getting assistance for an aging parent. But people may not know how to get help. How do you know where to go to get all these county services? In Texas, you can dial 2-1-1 to get connected to all the important community services and volunteer organizations in your area.

The Texas Association of Counties Web site ([www.TexasCounties4U.org](http://www.TexasCounties4U.org)) explains how to access county services and has a directory of local county Internet pages. You'll also find more information about counties at <http://vgyi.tamu.edu>.

Look in the front of the phone directory for emergency numbers in your area. Most phone books also list government offices. Often they will list both county offices and elected officials. Also look in the white pages under the name of your county.

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 A&M AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

# NEW IDENTIFICATION REQUIREMENTS FOR ADULT CATTLE IN TEXAS

The Texas Animal Health Commission (TAHC) amended its rules in June of this year to enhance the effective traceability of beef cattle movements in Texas. The rule will require adult breeding cattle in Texas to have an approved form of permanent identification in place at change of ownership.

There are several options for meeting this permanent identification requirement with approved techniques and products. However, in an effort to provide a low cost alternative the TAHC is making the metal clip ear tags available at no charge to producers. These are the same tags used for years for first point testing for Brucellosis.

These metal clip ear tags will be made available from TAHC through multiple locations in most counties. In an effort to assist producers across the state in gaining easy access to these metal clip tags, Texas A&M Agrilife Extension Service has agreed to assist in the tag distribution. Livestock auction barns and interested veterinary clinics will also partner with TAHC in the distribution of tags. Participating AgriLife Extension offices along with other partners will be listed on the designated TAHC website.

Producers may locate the closest tag distributor online at:

[www.tahc.state.tx.us](http://www.tahc.state.tx.us)

or call the

Orange County Texas A&M AgriLife Extension at 409-882-7010.



## Master Wellness Volunteer Training

January 11, 18, 25 & February 1

July 11, 18, 25 & August 1

8am to 11 am

\$20 per person

Receive 40 hours of training, in health and nutrition and give back 40 hours of service to your church, organization and community as a Master Wellness Volunteer.

Ways in which Volunteers can help their communities include

- Developing or strengthen faith based wellness programs
- Worksite wellness programs
- Wellness programs in your civic group



Classes taught by

Paula Tacker, L.M.S.W., C.D.E

County Extension Agent

Family & Consumer Sciences

To pre-register call the Extension Office

409-882-7010



Earth-Kind<sup>®</sup>  
Landscaping



Earth-Kind uses research-proven techniques to provide maximum gardening and landscape enjoyment while preserving and protecting our environment.

The objective of Earth-Kind is to combine the best of organic and traditional gardening and landscaping principles to create a new horticultural system based on real-world effectiveness and environmental responsibility.

The principal goal of Earth-Kind include:

- ♦ Water conservation
- ♦ The safe use and handling of fertilizers and pesticides.
- ♦ Reduction of yard wastes entering urban landfills
- ♦ Landscaping for Energy Conservation

As your interest and knowledge in these areas grows you will have an increased awareness of the many programs, practices and activities that are Earth-Kind. Working together we can make a difference in conserving and protecting our valuable natural resources.

Visit the Aggie Horticulture Earth-Kind website at:

<http://aggie-horticulture.tamu.edu/earthkind/>

## Take the Earth-Kind Challenge!

Is your landscape contributing to a healthy and sustainable environment? There's one way to find out, take the Earth-Kind Challenge. It's easy. Just answer the series of questions about the cultural principles and practices used in maintaining your landscape. You'll also find links to Earth-Kind information along the way to assist in determining the most appropriate response.

<http://aggie-horticulture.tamu.edu/earthkind/challenge/>



# 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*



**Congratulations  
Chandler Boswell  
Mighty Pirates 4-H  
Won Grand Champion Roaster  
at the Orange County Livestock Show**

## 4-H NEWS



### **TURKEY PICK UP**

**December 5**

**4 pm to 6 pm**

**YMBL Office at Ford Park**

### **SWINE, GOATS, LAMBS**

**DECEMBER 10**

**Entry Deadline**

**At 4-H Office**

### **ROASTER PICK UP**

**JANUARY 2**

**4 pm to 6 pm**

**YMBL Office at Ford Park**

### **RABBITS**

**Need to have ear tag numbers  
when completing entry form.**

**Must have entry forms  
completed by  
5 pm February 4**

**Call our office before coming  
by. We will be moving at the  
end of the year.**





## 4-H NEWS



## Join Texas 4-H for LEADERSHIP LIVE!

An opportunity to motivate youth and adults to enhance their leadership skills. Hear presentations by youth development professionals about making a positive difference, becoming engaged, and increasing your impact with others in your community.

*A Video Streaming Leadership Experience*

### Presenters

**Dr. Chris Boleman**  
Texas 4-H Program Director



**Dr. Kevin Chiek**  
Extension 4-H Specialist



**Lisa Whittlesey**  
Extension Program Specialist

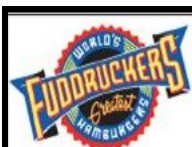


During Leadership Live, tweet your questions and comments to: @Texas 4-H using #leadershiplive4h

**Monday, December 10, 2012**

**7 pm to 8:30 pm**

Access webcast from: [texas4-h.tamu.edu](http://texas4-h.tamu.edu)



## 4-H Day @ Fuddruckers

Dine at any of the Fuddruckers below and Fuddruckers will donate 15% of sales to the 4-H Fuddruckers Scholarship fund, with a portion benefiting your local 4-H program.

### 2012-2013 4-H Days

Sept. 8	Oct. 23	Nov. 20
Dec. 18	Jan. 22	Feb. 19
Apr. 23	May 21	Jun. - Roundup Wk



Beaumont	Killeen	Midland	College Station	Lubbock	Temple	Corpus Christi	Midland	Waco
4545 Dowlen Rd. 409-898-8973	2301 E. Central Tx Exp. 254-699-7700	4101 E. 42nd St 432-362-4330	1704 George Bush Dr 979-696-7142	5501 Slide Road 806-687-3833	3111 S. 31st St. 254-742-1700	1949 S. Padre Island Dr 361-587-0808	4511 N. Midkiff Rd. 432-689-0448	1411 N Valley Mills Dr 254-776-0961

## 4-H NEWS



**Mark your calendars!**

### **2013 State 4-H Shooting Sports Games**

#### **Archery & Shotgun Events**

**July 15-20, 2013**

**San Antonio**

**Hunting & Wildlife, Muzzleloading,  
Pistol, & Rifle Events**

**July 22-27, 2013 Callahan County**

**Registration for ALL State Games Events will be open**

**May 1-June 16, 2013**

**on 4-H Connect**

**and will be completed by the individual**

**(not the coach as it has been in recent years past)**

#### **NEW— 4-H Archery Camp**

*Texas 4-H Archery Camp*

*Texas 4-H Center in Brownwood*

*January 19-20, 2013.*

*This camp is open to 4-H members age 9 to 18 wanting to improve their shooting knowledge and skills in recurve and compound archery, and certified 4-H archery coaches desiring to learn more about coaching archery, archery equipment, archery games, and improved shooting skills.*

*Youth participants should have beginning or intermediate experience in shooting archery and understand the*

*basic archery safety and range rules, and whistle commands.*

*Adults and youth participants must provide their own equipment.*

*Registration on 4-H Connect November 12—December 16, 2012. Registration is limited to the first 30 youth registrants and the first 10 adult coaches.*

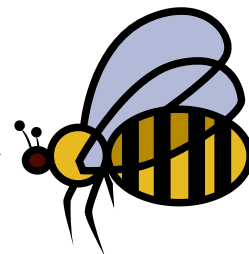




## 4-H NEWS

### Beekeeping Essay Contest

The Beekeeping Essay Contest is sponsored by the Foundation for the Preservation of Honey Bees, Inc.. Any youth interested in participating in the contest must follow the instructions for the Texas selection process. Each State Winner, including the national winners, received an appropriate book about honey bees, beekeeping, or honey.




Deadline for all submissions to the State 4-H Office is January 10, 2013. For more information please visit the following website

[http://texas4-h.tamu.edu/project\\_entomology/beekeeping](http://texas4-h.tamu.edu/project_entomology/beekeeping)

## 2013 Winter and Spring Event Dates

<i>January 4-6</i>	<i>Teen Retreat</i>
<i>January 4-6</i>	<i>Texas 4-H council Workshop</i>
<i>March 8</i>	<i>Level I Challenge Course Re-Certification</i>
<i>March 8-13</i>	<i>Level I Challenge Course Certification</i>
<i>March 22-24</i>	<i>Texas Parks and Wildlife Department, Becoming an Outdoors Woman Workshop</i>
<i>April 19-21</i>	<i>Texas 4-H Shooting Sports Extravaganza</i>
<i>April 22-26</i>	<i>Spring Fling for Seniors</i>
<i>May 19-31</i>	<i>Summer Staff Training</i>






**LAQUINTA**  
INNS & SUITES

## Traveling Around?

Save 15% for being a 4-H supporter at LaQuinta

LaQuinta Inns & Suites is proud to be a part of an Alliance Agreement with the Texas 4-H Program. Supporters can enjoy a 15% discount on any of the 700 plus locations. Visit LQ.com (code TX4H) or call 800-SLEEPLQ. Ask for the "TX4H Youth Discount."



## 4-H NEWS

TEXAS A&M  
AGRI LIFE  
EXTENSION

TX4HP-1-12



# Click It!



## 4-H Photography Project Activity

Level 1: Beginner

### Photography Skills YOU Can Learn

Review the list below and based on what you want to learn in the 4-H photography project, click it, and see if your leader or parent can help start your photography project!

- ☐ Learn how to purchase a camera that is right for me.
- ☐ Learn how a camera works.
- ☐ Learn how to handle and care for a camera.
- ☐ Learn about the various effects a camera can do.
- ☐ Learn how to snap that perfect photograph.
- ☐ Learn how to save and format your photos for storage or display.
- ☐ Learn more about the 4-H Photography Contest, or other contest.
- ☐ Enter a photography contest.
- ☐ Complete a recordbook in the photography category.
- ☐ Give an educational presentation on photography.

What a cool thing but to go and take pictures all day! Well that is what the 4-H photography project teaches you! Well, that and a lot more! Photography is a great way to communicate what is going on in your world, and at the same time learn some very important skills such as learning how to take a great photo, how display photos, how you can do community service through photography, and how to purchase a camera that is right for you!

How do you get started? Look over the list of photography skills you would like to learn more about and then get with a leader, or your parent and start learning!



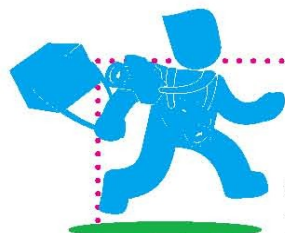
### Photography ! Is more than fun - it's a career !

Did you know that there are a lot of people that make a great living being photographers. Some of them part-time and some full-time! See what you can learn about the career of a photographer! Ask a photographer you may know, search on-line, or read a book/magazine on photography to answer these questions about the career!

1. Job Title: \_\_\_\_\_
2. Job Description: \_\_\_\_\_  
\_\_\_\_\_
3. Education/Training Required: \_\_\_\_\_



## 4-H NEWS



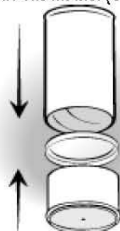
### Here's an Idea! Let's make a Camera!

What you are going to need:

- empty Pringles® chip can
- marker
- ruler
- X-Acto knife or utility knife (ask a grown-up to help you cut)
- thumbtack or pushpin
- masking tape
- aluminum foil
- scissors (if you want)
- bright sunny day

You got your stuff, now let's make it!

1. Take the plastic lid off the Pringles® can and wipe out the inside. (Save the lid!)
2. Draw a line with the marker all the way around the can, about 2 inches up from the bottom. Have a grown-up cut along that line so the tube is in two pieces.
3. The shorter bottom piece has a metal end. With the thumbtack, make a hole in the center of the metal.
4. We're going to use the plastic lid as a screen. If your lid is clear, you may need to apply a piece of wax paper, white tissue paper, or vellum to the lid to act as a translucent screen. Put the plastic lid on to the shorter piece. Put the longer piece back on top. Tape all the pieces together.
5. To keep light out of the tube, use a piece of aluminum foil that's about 1 foot long. Tape one end of the foil to the tube. Wrap the foil all the way around the tube twice, then tape the loose edge of the foil closed. If you have extra foil at the top, just tuck it neatly inside the tube.
6. Go outside on a sunny day. Close one eye and hold the tube up to your other eye. You want the inside of the tube to be as dark as possible—so cup your hands around the opening of the tube if you need to. Look around your yard through the tube. The lid makes a screen that shows you upside-down color pictures!
7. Hold your hand below the tube and move it very slowly upward. Your hand is moving up, but you'll see its shadow move down the screen!



Pinhole Camera resource from:  
[http://www.exploratorium.edu/science\\_explorer/pringles\\_pinhole.html](http://www.exploratorium.edu/science_explorer/pringles_pinhole.html)



For more opportunities in your county, or for more ideas, contact your County 4-H Office.

### Find A Photography Word

L F F Y R D A Z D O B Q F F H  
Y A X W E J R T N H M O W L B  
M O T E R H E C U R T H N A T  
Z I P I J O M O T Q S S T S L  
A S T Z G C A M J I Y L D H W  
A M J D H I C P I X N M Y G A  
Y B B F T U D O F V I I E I U  
W P I J O O O S Q O E F M H Z  
U K D Y Q W X I K W C G I W X  
Z P C L B P I T F C D U L M Y  
M O S P W N U I W Z W E S W Q  
W L I G H T N O O U N Y A I K  
T R F C P D R N B S M E D L K  
J R M J E E R U S O P X E M W  
R U O R U U B E Y K H M J J T

CAMERA  
EXPOSURE  
LENS  
VIEWFINDER

COMPOSITION  
FLASH  
LIGHT

DIGITAL  
FOCUS  
SPEED

### Photography Service Projects

- Take pictures of 4-H projects, events, and activities for use in 4-H member record books, newspaper articles, exhibits, promotion, and recognition.
- Provide photographic services to individuals and groups for special occasions.
- Initiate a column with the newspaper editor and use photos taken by 4-Hers with appropriate captions and/or story.
- Give method demonstrations and/or illustrated talks on different aspects of photography to young and old.
- Coordinate picture-taking in the county with county and city officials, manager of the Chamber of Commerce, school officials, officers of organizations, etc.
- Go to a nursing home and take pictures of residents for their family members as gifts.

For more projects, visit the community service page on the Texas 4-H website at [texas4-h.tamu.edu](http://texas4-h.tamu.edu)

### Other Cool Stuff

You can learn a lot of cool stuff through the photography project and using a camera. From telling a story, capturing memories, or promoting an effort through photos. While this activity sheet has just touched on what you can do in the photography project, you can explore more! Visit the following locations or people and see what else you can learn:

School & public libraries  
4-H Project Groups  
Photography Contest Sites

Photographers  
Texas 4-H website  
Camera Manuals



## 4-H CLUB NEWS

### Club Meeting dates and times

#### *DUSTY TRAILS*

*2nd Mondays of each month 7 pm*

*December 10th*

*Mauriceville Community Center*

*Jessica Mayfield, Club Manager 886-5906*

#### *MIGHTY PIRATES*

*2nd Tuesday of each month*

*December 11th*

*Vidor Community Center*

*Kathy Hester, Club Manager  
790-8835*

#### *CLAYBUSTERS SHOTGUN*

#### *SHOOTING SPORTS*

*Meets from January through August*

*Louis Bazan, Club Manager*

*718-5580*

### **Tweet Up on 4-H Scholarships and Financial Aid!**



The Texas 4-H and Youth Development Program will host its' third "tweet-Up" on Twitter on January 10, 2013 from 7 pm to 8:30 pm. This "tweet-up" will use twitter and to join the conversation, just tag each of your post with the hast tag of #TX4HCONVO. Using this hash tag as you post will then let everyone know your questions and thoughts and we can respond back. This will be your last chance before scholarships are due to ask questions and hear from the experts.

# Journey for Control: Interactive Diabetes Education



Free!!

Lunch  
Provided

December 4, 2012

12 noon—1 pm

Neighborhood Facilities  
Building  
303 North 8th Street  
Orange, TX 77630

CALL 409-882-7010  
To Register

Every person with diabetes should attend this free session taught by certified diabetes educators

- Learn effective ways to manage your diabetes in a fun, interactive group session
- Understanding the link between healthy eating and blood sugar
- Discover the importance of timing your meals appropriately
- Learn to recognize and correct high and low blood sugar levels and much more.



# Weigh Yourself Each Day When You Have Heart Failure

When you have a steady rise in weight, this is a warning sign that your body is retaining too much water and salt. You may also have swelling in your legs, feet, ankles and hands. This could mean that your heart failure is getting worse. Weighing yourself each day is the best way to know if you are retaining fluid.

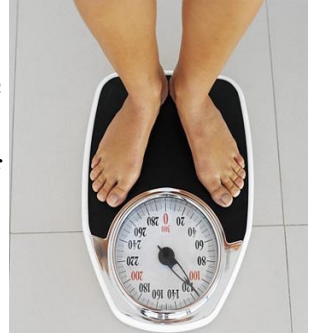


## Why Weigh Each Day:

- ◆ If your weight goes up too quickly, you will know how to follow your doctor's directions for getting rid of the excess fluid
- ◆ Getting rid of excess fluid helps your heart work better and that makes you feel better

## Tips for Weighing Yourself:

- ◆ Use the same scale each day. Put the scale on hard, flat surface – do not place the scale on a rug or carpet
- ◆ Place the scale near a wall or counter to balance yourself as you get on and off the scale – let go of the wall or counter to weigh yourself
- ◆ Weigh each morning after using the bathroom and wearing the same weight of clothes
- ◆ Write your weight on a chart as soon as you get off the scale



## When to Call Your Doctor:

- ◆ If you gain 2 pounds in one day
- ◆ If you gain 3 to 5 pounds in one week
- ◆ If you are not sure what to do to get rid of the excess fluid

If you have questions or need additional information on heart failure please contact:

Carolyn Williams, RN, Case Manager  
Baptist Hospital – Orange  
409-883-1317



## **Feral Hog Community of Practice Webinar**

All Webinars will be held from  
12:00 pm—1:00 pm  
Texas A&M AgriLife Extension Office

**December 18, 2012**

- ♦ **Current and Future Feral Hog Research**
- ♦ Tyler Campbell, Ph.D.—Feral Swine Project Leader, USDA APHIS, National Wildlife Research Center, Florida Field Station

**Please contact the Texas A&M  
AgriLife Extension Office prior to the  
classes so we can prepare the  
materials for the class.  
409-882-7010**



## **Nutritious Snacks For Kids!!**

### Peanut Butter and Apple Triangles

#### Ingredients:

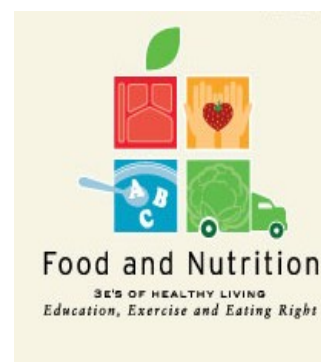
- ♦ 4 slices whole wheat bread
- ♦ 1/2 cup peanut butter, creamy
- ♦ 1/2 cup apple, chopped

#### Equipment:

- ♦ Knives
- ♦ Cutting board
- ♦ Spatula

#### Directions:

1. Cut each slice of bread diagonally to for triangles
2. Mix peanut butter and apples together
3. Spread 1 tablespoon of mixture on each bread triangle
4. Top with another bread triangle
5. Serve one triangle per child



TEXAS A&M 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

## TEXAS A&M AGRILIFE EXTENSION

### IN THE DECEMBER ISSUE:

- Upcoming Events
- Family Festival!
- Keys to the Courthouse
- New identification requirements for adult cattle in Texas
- Master Wellness Volunteer Training
- Earth-Kind/Earth-Kind Challenge
- **4-H News: Pages 5—12**
- Journey for Control: Interactive Diabetes Education.
- Weigh yourself each day when you have heart failure
- Feral Hog Webinar Series
- Nutritious Snacks for Kids!!

## Cherry Cheesecake Pudding

### Ingredients:

- ♦ 1 box of graham crackers
- ♦ 1 container of fresh strawberries or can of cherry pie filling
- ♦ 1 can low-fat sweetened condensed milk
- ♦ 1 large or 2 small boxes cheesecake instant pudding
- ♦ 1 tub (8 oz) lite Cool Whip
- ♦ 2 1/2 cups milk



### Directions:

1. Line bottom of a 9X13 pan or foil pan with pieces of graham crackers
2. Put pudding mix in a large mixing bowl, add milk and stir until smooth
3. Add the can of sweetened milk and stir until smooth
4. Add the Cool Whip and stir until smooth
5. Cut up the strawberries and set aside
6. Pour 1/2 mixture filling over graham crackers and top with strawberries or pie filling and then pour the other half of mixture over the strawberries or pie filling
7. Top it with extra crushed graham crackers Refrigerate it for a couple of hours or overnight until set