

Upcoming Events

- January 9, 16, 23, 30, February 6, 13, 20, 27, March 20, 27, April 3, 10, 17, 24, May 1 & 8: Weight Management and Diabetes Prevention Classes; Baptist Orange Hospital, 5th floor classroom, 9 am–10 am and Noon–1 pm
- January 11, 18, 25 & February 1: Master Wellness Volunteer Training, 8:00 am–11:00 am
- January 14: Ants, Ants, and More Ants, Gould Community Center—Vidor, TX, 6 pm–8 pm
- January 26: Family Festival, North Early Learning Center, 10:00 am–1:00 pm
- January 29, February 5, 12, 19: Green Thumb Series: Plant a Vegetable Garden, St Mary's Catholic School, 6 pm–8 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,



ANTS!!!!

Problems?? You Betcha!!



Texas Leaf Cutter Ants

ANT SEMINAR

PRESENTED BY

"Dr. Bart Drees"

"Dr. Roy Stanford"

Raymond Gould
Community Center

January 14th, 2013 *Vidor, Texas*
6:00 pm. til...

Questions...
We have
Answers!!



Raspberry Crazy Ants

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.

Sometimes friends and neighbors can tell you where to go for help. You can also ask local law enforcement, your county Extension office, or your local library. These people want to help and that is their job. They will give you confidential information and guidance.

Finally, visit your courthouse. Many courthouses have directories to tell you what services are available and where to go to access those services. If you don't find a directory, ask!

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.

Grow Healthy Families- Plant a Vegetable Garden

The Texas A&M AgriLife Extension Service is holding a series of classes called the Green Thumb Series. If you are interested in learning about vegetable gardening, then this is for you. You will leave the class with a knowledge of starting your garden, seeds, and some transplants that you started in the class. With today's economy, gardening is a great way to save money and to feed your family healthy foods.

\$20 per person covers the classes and materials. (Scholarships available, but please call the office before the class.) Please call the Extension office if you are interested so we can plan for the class materials.

409-882-7010

St Mary's Catholic School
2600 Bob Hall Rd, Orange, TX
6:00 pm—8:00 pm

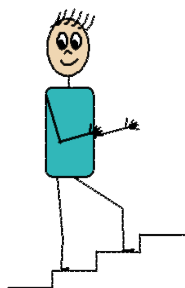
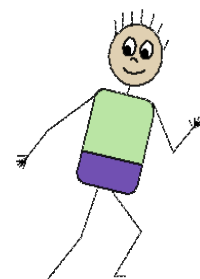
Class Dates

January 29, February 5, February 12, February 19

Class Topics

Sprouts, Shoots, and Roots
Planning and Preparing your Garden Area
Structures for Planting Year Around
Thrillers, Spillers, and Fillers-Container Gardening
Spice Up Your Life with Herb Gardening

Weight Management & Diabetes Prevention



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

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

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.

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

Classes will educate adults to make healthier choices one day at a time.

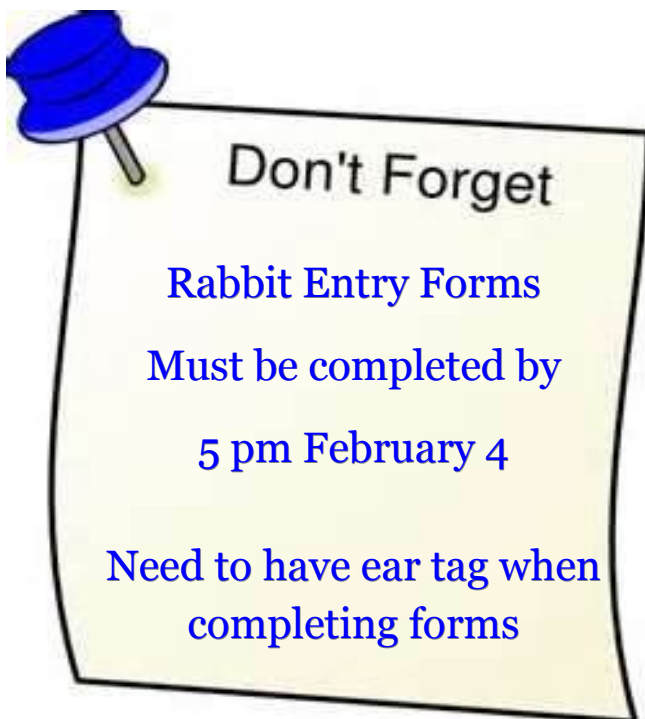
Are you ready to look and feel better?
Do you want nutrition for the prevention of diseases?

THEN

This is the class for you!

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*



4-H NEWS

Orange County Livestock Show Association
Spring Bash
February 23, 2013
OCLSA Show Barn Off Highway 62 in Mauriceville

Show Order will be Swine, Lambs, Goats, Steers, then Heifers

Check In for Swine, Lamb and Goat from 7 am till 8:30 am
Show Time: 9:00 am

Check In for Steer and Heifers from 10 am till 11:30 am
Show Time: 12:30

Rules:

Swine, Lambs and Goats are shown by weight

Steers shown by weight and breed

Heifers shown by age and breed

Overall Grand Champion receives belt buckle
Overall Reserve Champion receives Large Rosette
Showmanship 60/40 Split \$5.00 entry paid at gate
Concession stand provided
Generators welcome

Steer and Heifer Classes *Rosettes for Breed Champions*

American, English and Exotic

Class 1 0-6 months

Class 2 7-12 Months

Class 3 13-18 Months

Class 4 19-24 Months

Class 5 24 months and up

Question Contact Tommy Harrington 409-504-5210

Or Jennifer McConnell 409-746-9727

Entry Fee \$20.00 per animal

Make checks Payable to OCLSA

Entry fees will be accepted up until the end of check in.

4-H NEWS

Orange County Livestock Show Association

Spring Bash

Entry Form

Name: _____

Address: _____

Phone: _____

Email address: _____

4H Club or FFA Chapter _____

Circle One

Swine

Goat

Lamb

Steer

Heifers

For Steers and Heifer Only Circle one

American

English

Exotic

Heifer - Age in months _____

Official Use Only

Exhibitor Number _____

Tag # (if necessary) _____

Weight _____

Class _____

Paid _____

Check # _____

4-H NEWS

41st Annual Texas A&M AgriLife Extension Service Summer Horsemanship School Program

A Great, Affordable, Hands-On Opportunity for Building a Strong Foundation and Advancing Your Horsemanship Skills



The 2013 dates have been determined, and registration is now open for next summer! Register today to host a horsemanship school in your county! Youth, parents, and volunteer leaders are all welcome to join in the fun of riding your own horse, enjoying good fellowship with like-minded people, and learning from the Aggie instructors.

Participants receive instruction on basic, intermediate, and advanced horsemanship skills and maneuvers and have the opportunity to practice them with guided instruction. Topics include the following maneuvers: rein aids, lateral movement (hip-in, side-pass, and two-track), collection, stopping, backing, rollbacks, turnarounds (spins), speed control, simple lead changes, and flying lead changes, along with other specialized events, short, interactive lectures, and games.

Overall, counties have been very pleased with the schools. Comments made about the schools include "Very good!", "I am a big fan of these clinics for overall good, solid teaching.", "Very competent and qualified instructors" and "We look forward to this school each year! It is a great program and has a great impact on riders of all ages. Thanks so much."

Over the past 40 years, the program has reached 46,990 youth, parents, and volunteer leaders. A total of 1,344 schools have been conducted, and there have been 235 different college students who have served as instructors in the program.

For the amount of instruction given, the horsemanship schools are quite a bargain. More participants translate into a lower cost per rider. Below is a breakdown of the cost:

Two-day school – 16 hours of instruction

30 riders - \$43.33 per rider
20 riders - \$65.00 per rider
10 riders - \$130.00 per rider

Three-day school – 24 hours of instruction

30 riders - \$51.66 per rider
20 riders - \$77.50 per rider
10 riders - \$155.00 per rider

It is highly suggested that counties recover the expense by dividing the fee among participants. Two-day schools are \$1300, and three-day schools are \$1550. A deposit of \$300 will be requested upon registration, and the remaining balance will be due May 1st.

To register for hosting a school, please go to the following website:

<https://agriliferegister.tamu.edu/>

Keyword Search: **Horsemanship**

Register by phone: 979-845-2604

More information about the program can be found by clicking on the following link:

<http://animalscience.tamu.edu/academics/equine/summer-horsemanship/>

Contact: Teri Antilley, Extension Horse Program Specialist, 979-845-5264, tjantilley@ag.tamu.edu



4-H NEWS

Travis County 4-H Shooting Sports 2013 March Madness Invitational Shoot

The Travis county 4-H Shooting Sports Club would like to invite all Texas 4-H Shooting Sports members to join us on March 2, 2013 in Manor , Texas at the Austin Rifle Club for the 13th Annual March Madness Invitational Shoot. Please look at this shoot as a warm-up for Extravaganza, District Round-ups or the State Event to be held in Clyde, Texas in July. The following is the information and instructions for registering to participate in this event. We look forward to seeing you all there and enjoy a large and fun turnout

DATE: Saturday, March 2, 2013 at Austin Rifle Club, Manor Texas

ENTRY FEES: \$35 for three events (except BB Gun)
 \$5 for BB Gun match to be paid at event (equipment provided)
 \$5 late fee per shooter
 \$3 spectator fee per non-shooter over the age of 9 (waived for ARC members)

REGISTRATION: Deadline—Postmarked by February 16, 2013. Open to any and all registered members of the Texas 4-H Shooting Sports program. Registration may be sent by e-mail to marchmadness@tc4hss.org by February 16, 2013, but email registration fees must be received by February 26, 2013.

EVENTS:

18m Archery	.22 Pistol Bullseye	Smallbore 50 ft 3-position Rifle
Air Pistol	Hunter (.22) Pistol Silhouette	Smallbore Rifle Silhouette
Air Pistol Silhouette	Smallbore (.22) Pistol Silhouette	25 yd Muzzleloading Rifle
Air Rifle Silhouette	Precision Air Rifle	25 yd Muzzleloading Pistol
Light Rifle	BB Gun	

Waivers available on the website at tch4hss.org. For more information email to marchmadness@tc4hss.org or call Terry Vaughn 512-853-0490 or Phyllis Gibich 512-844-5831

4-H CLUB NEWS

Club Meeting dates and times

CLAYBUSTERS SHOTGUN SHOOTING SPORTS



**1st Meeting in JANUARY
contact**

**Louis Bazan, Club Manager
718-5580**

MIGHTY PIRATES

2nd Tuesday of each month

JANUARY 15

Vidor Community Center

Kathy Hester, Club Manager

790-8835



DUSTY TRAILS

2nd Monday of each month 7 pm

JANUARY 14

Mauriceville Community Center

Jessica Mayfield, Club Manager 886-5906

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

2013 Do Well, Be Well with Diabetes

Diabetes Education Classes are for

Adults with Type 2 Diabetes.

\$20 per person per session (scholarships available)

2 hour Sessions are held once a week for 4 weeks

February 5, 12, 19 & 26

(9 am to 11 am)

April 1, 4, 15 & 22

(11 am to 1 pm)

June 3, 10, 17 & 24

(9 am to 11 am)

September 16, 23, 30 & Oct 7

(9 am to 11 am)

Pre-register by calling the

Texas A&M AgriLife Extension Office

409-882-7010 , before the desired class session

The Five Minute Parent

Fun & Fast Activities for You and Your Little Ones

Adventures in Art

Add vibrant color to everything in your life!

Sand Scribbles:

Materials:

- ♦ Construction paper or poster board
- ♦ Colored sand
- ♦ Bottle of glue

Directions:

Squeeze the glue onto the paper in letters (child's name), a picture or wacky design. Now sprinkle colored sand on top of the glue. Shake off the excess sand and allow to dry. This project is addictive, so instead of keeping all of them, give a few of your sand scribbles to family and friends.

Painting Press:

Materials:

- ♦ 2 sheets of 8 1/2" x 11" waxed paper (or cut to fit the size of paper you use)
- ♦ Construction paper or typing paper
- ♦ Non-toxic finger paint

Directions:

Finger paint designs onto a sheet of waxed paper. Place another sheet of waxed paper on top and press down gently, squishing the colors together. Peel the top layer off, then press onto a sheet of construction paper. Remove the waxed paper. You can make several prints from one wax painting. With your own painting press, the possibilities are endless!

***Excerpt from the book "The Five Minute Parent" by Deborah Shelton

Nutritious Snacks

For Kids!!

Homemade Peanut Butter

Ingredients:

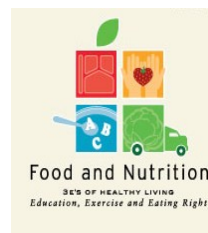
- ♦ 8 ounces peanuts, roasted unsalted (or roast raw peanuts at 300° for 40 minutes)
- ♦ 2 tablespoons vegetable oil
- ♦ 1/4 teaspoon salt
- ♦ 4 slices whole grain bread (or 32 saltine crackers, or 24 pieces of melba toast)

Equipment:

- ♦ Blender or food processor
- ♦ Spatula
- ♦ Spoons
- ♦ Measuring spoons

Directions:

1. Hull roasted peanuts
2. Put 1 cup peanuts in blender or food processor
3. Add oil and salt, and grind until smooth
4. Place 1 tablespoon of homemade peanut butter on any of the grains/breads component food items listed in the ingredient list
5. Serve 1/2 slice whole grain bread (or 4 crackers, or 3 pieces of melba toast) 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

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Permit #12

Return Service Requested

TEXAS A&M AGRILIFE EXTENSION

IN THE JANUARY ISSUE:

- Upcoming Events
- Ants, Ants, and More Ants Program
- Family Festival!
- Keys to the Courthouse
- Grow Healthy Families: Plant Vegetable Garden Classes
- Weight Management and Diabetes Prevention Classes
- **4-H News: Pages 4-9**
- Master Wellness Volunteer Training
- Do Well Be Well with Diabetes
- The 5 Minute Parent: Fun and fast activities for you and your little ones.
- Nutritious Snacks for Kids!!

Black-Eyed Pea Casserole

Ingredients:

- ♦ 1 lb ground meat
- ♦ 1 can stewed tomatoes
- ♦ 2 cans black-eyed peas
- ♦ Jalapenos (optional)
- ♦ Shredded cheddar cheese
- ♦ 2 cups cooked rice
- ♦ 1 can Rotel tomatoes
- ♦ 1 can cream of mushroom soup

Directions:

1. Brown ground meat.
2. Mix all the ingredients except the cheese.
3. Pour mixture into a casserole dish sprayed with Pam.
4. Cover with foil and bake for 45 minutes at 350°.
5. Take off the foil, sprinkle with the cheese and place back in the oven until cheese is melted.

