

Upcoming Events

- June 11: Canning Workshop, 10:00 to 12 noon, Senior Citizen's Building, Bridge City
- June 19: Father's Day
- July 4th: Closed for Holiday
- July 18-22: Do Well Be Well, 10:00 to 12 noon, Vidor Community Center
- Claybusters 4-H Shooting Sports: First Monday of each month
- Dusty Trails 4-H Meeting: No meetings during the summer.
- Texas Master Gardeners: 2nd Thursday of each month; 6:30 pm @ The Salvation Army Boys & Girls Club-Open to Public
- Texas Master Naturalist: On Even Months the Meeting is on the 3rd Thursday, 6:00 pm @ Gander Mountain-Open to Public
- Mighty Pirates: No meetings during the summer.
- Wildlife Workshop: Kids age 5-18. June 7, 6:00 @ Tyrell Park Conservatory.



Canning and Preserving Workshop



Saturday, June 11, 2011

10:00 am - 12 Noon

Senior Citizen Building

Bridge City, TX

\$20 per Person

Call 409-882-7010 to Pre-Register.

Certified Food Manager Two-Day Certification Course

June 20 & 21, 9 am to 5 pm

Raymond Gould Community Center

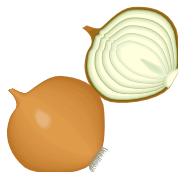
385 Claiborne, Vidor

\$110 Per Person



Must Pre-Register on the website below and print out the form

<http://foodsafety.tamu.edu/course-texas-cfm-descriptions-cost-forms.htm#2day>



ORANGE COUNTY FARMERS' MARKET

Every Saturday

6:30-10:00 a.m.

Every Wednesday

4:00-7:00 p.m.

**Pinehurst - in front of Big Lots
MacArthur Drive**





Be able to identify when store sales are a good deal and stock up

Tips on Grocery Deals

One way I try to save on my grocery bills is to buy everything I can on sale. To do this you have to:

- plan meals around store specials
- be able to identify when store sales are a good deal and stock up

Trent Hamm has describes how this is done at his blog called **Using Grocery Flyers To Plan Meals**.

One option to help you with this goal is called **be centsable gro-**

cery gathering (<http://www.becentsable.net/store-deals/>s) that provides of grocery specials by state and grocery store. If you are “into” grocery prices you might consider signing up to provide information on your favorite stores for others.

Bottom line, you can save money on groceries, but it takes a little more time and energy than just going to the store and putting whatever looks good into the cart.

Paula Tacker, LMSW
County Extension Agent- Family and Consumer Sciences

Keys to the Courthouse

WELCOME TO



The two purposes of early courthouses and county governments were to keep and store records and maintain law and order on behalf of the state government. The state needed local officials who could keep up the vital statistics (births and deaths) and land title records and administer local law enforcement and courts. The

county seats (seats of government) became the primary towns in Texas counties.

Because most early Texans were isolated by distance, county government was often the only governing body people dealt with. Even traveling district judges held court only four times a year in any 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 AgriLife Extension Service, the U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

2011 Rally Day—On the Hunt for Health

The 42nd Annual Senior Citizen's Rally Day held at the Veterans of Foreign War Hall in Orange was a huge success. Approximately 400 Senior Citizens and vendors were in attendance.

Emcee: Orange County Commissioner, Precinct 4, Jody Crump

Award Winners:

Citizen's of the Year: James and Betty Nezat, Bridge City

Oldest Man: John Retasky, 94, Bridge City.

Oldest Woman: Inez Turner, 102, Orange.

Traveled Farthest: Louis Campbell, 45 miles, Wildwood.

Attended most Rally's: Vergie Scales, 35 years.

Most Grandchildren: Walter Pinson with 44 total.

Most Festive Dressed: Donna Cole and Paula Smith

Thank you to the entertainment provided by Britt Godwin and Huey Buxton, Kiwanis Club for serving lunch, Orange County Sheriff's Department, Acadian Ambulance, Committee on Aging, and to all of the vendors and volunteers that made this event successful!



A Huge Success!

Texas Master Naturalist

What is a Master Naturalist? It is someone who's NOT afraid of digging in the dirt and slogging through the mud while giving back to the community.

The Mission: To develop a corps of well-informed volunteers to provide education, outreach, and service dedicated to the beneficial management of natural resources and natural areas within their communities. Many communities and organizations rely on such citizen volunteers for implementing youth education programs; for operating parks, nature centers,

and natural areas; and for providing leadership in local natural resource conservation efforts. In fact, a short supply of dedicated and well-informed volunteers is often cited as a limiting factor for community-based conservation efforts.



Someone who's NOT afraid of digging in the dirt and slogging through the mud while giving back to the community.

4-H Wildlife Workshop



The 4-H Wildlife Workshop was held on May 10th. Fourteen youth attended and had fun eating hot dogs and learning about eleven different fish in the sunfish family. They worked as teams to identify

live fish. This workshop is based on the Wildlife Habitat Education Program (WHEP) and the next workshop will be held on June 7th, 6:00 pm at Tyrell Park Conservatory.



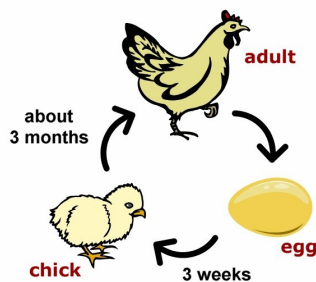
Egg to Chick

Currently there are 18 classes participating in this program in Little Cypress Elementary, St Mary's 3rd Grade, Vidor Elementary, and Pine Forest Elementary.

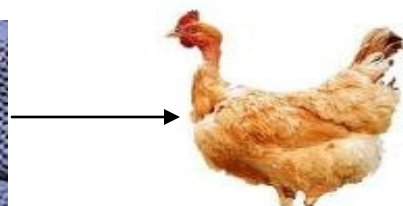
During the 21 day incubation period, the youth learn about the egg to chick development cycle. 4-H/ Youth Development County Extension Agent, Marie Kenney, visits the schools often to do a process called candling. This is a method

that is used to make sure that the embryo is growing properly. The youth have the joy of seeing the hatching of baby chicks and learning about the life stages and about poultry.

This year a class had 3 Turkens hatched...no, this is not a cross between a turkey and a chicken...it is a breed of chicken that originated in Europe.



Turken chick



Adult Turken

Do Well, Be Well with Diabetes

Do Well, Be Well with Diabetes is a free educational program for people with type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

Come and enjoy the chance to ask questions you want answered, make new friends who have the same concerns you do, learn in a supportive, caring environment,

and learn how you can do well, and be well with diabetes.

Our next classes coming up are:

- July 18-22 , 10:00 am–12 noon, Vidor Community Center.
- Mini Cooking Class: August 11, 10:00 am-12 noon, Vidor Community Center.

Call the Extension Office at 882-7010 to Pre register.



Earth-Kind Water Conservation

In an attempt to reduce the excessive water use, Texas AgriLife Extension is educating Texans on the principles of Earth Kind landscaping to help preserve and protect our most valuable natural resource. Traditional landscapes may incorporate one or two principles of water conservation, but they do not utilize the entire concept to reduce landscape water use effectively.

Earth Kind landscaping incorporates seven basic principles which lead to saving water:

- Planning and design
- Soil analysis
- Practical turf areas
- Appropriate plant selection

- Efficient irrigation
- Use of mulches
- Appropriate maintenance

By incorporating these seven principles, you can help preserve our most precious natural resource—water.

The principal goals of Earth-Kind include:

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

Earth Kind landscaping incorporates seven basic principles which lead to saving water.





A love of gardening and search for knowledge is central to why Master Gardeners join the program.

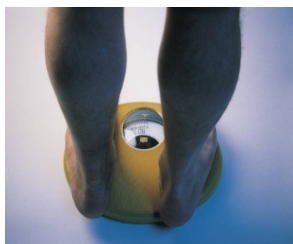
Texas Master Gardener

A love of gardening and search for knowledge is central to why Master Gardeners join the program. They remain Master Gardeners to enjoy the camaraderie and friendship of others who share their interests, to gain and share horticulture knowledge, and to give back to the community.

On the other hand, the 54 Counties that have Master Gardener programs are as individual as the gardeners who inhabit them. Size of overall programs varies from 1 Master Gardener (Madison and Leon) to 8 Master Gardeners (Lamar) to 478 Master Gardeners

(Bexar). Regardless of the size program, there is always a waiting list of individuals wanting to enter the Master Gardener program.

Though Texas Master Gardeners are united in name, the program's strength lies in its ability to meet the diverse needs of the individual communities it serves. By combining statewide guidelines with local direction and administration, the program offers the flexibility necessary to keep it a vital and responsive organization that serves all of Texas. Interested in being a Master Gardener? Contact Dr. Stanford with Orange County Extension.



What do successful weight-loss maintainers have to teach us?

Maintaining weight-loss can be very challenging. However, it is not hopeless. About one in twenty individuals who lose weight will keep the weight off. Ever wonder why some who 'diet' are successful while others are not? What is their secret?

The National Weight Control Registry is a database

of over 6,000 successful weight-loss maintainers. Researchers use the Registry to see if there are commonalities among the participants that can help us better understand weight loss.

According to the National Weight Control Registry successful weight-loss maintainers: get plenty of physical activity, limit sedentary activities such as television watching, have a consistent eating plan, consume breakfast and monitor their weight.

Weight-loss maintainers get at least 200 minutes a week of moderate intensity exercise such as walking

or swimming. They also limit television viewing to about 10 hours a week. "Another trait of weight-loss maintainers is consistency; they do not 'splurge' because it's the weekend, a holiday or because they are eating out," said Dr. Sharon Robinson, Nutrition Specialist and Registered Dietitian with the Texas AgriLife Extension Service. Sometimes when people want to lose weight they will stop eating breakfast. However, we know from the Registry that weight-loss maintainers eat breakfast daily. Also they monitor their weight by weighing themselves weekly and tracking their food intake daily.

Claybusters 4-H Shooting Sports

Orange County Claybusters 4-H Shooting sports participated in the Sabine Chapter Ducks Unlimited Sporting Clay Shoot held this past weekend. There were 15 4-H kids participating along with adults. The team that consisted of Louis Bazan, Sr., Louis Bazan, Jr., Cindy Pittman, adult, Brian Hopkins, adult and Jesse Thurman received 1st place in their shoot. Orange County Claybusters 4-H meets from February thru

July on the first Mondays from 6-8pm at the Orange Gun Club Mayors Mansion with practices on Tuesdays. The club is opened to youth ages 8 thru 18. For more information contact the Texas AgriLife Extension Office 882.7010.



Left to right Jacob Bilbo, Bradley Bilbo, Greg Charrier, Alex Fontenot & Kacie Nichols.

4-H

Mission Of The Texas 4-H and Youth Development Program:

Prepare youth to meet the challenges of childhood, adolescence and adulthood, through a coordinated, long-term, progressive series of educational experiences that enhance life skills and develop social, emotional, physical and cognitive competencies.

What Is 4-H All About?

4-H is a community of young people across America who are learning leadership, citizenship and life skills. 4-H is about having fun, learning, exploring and discovering. In 4-H, young peo-

ple make new friends, develop new skills, become leaders and help shape their communities.

4-H gives them a chance to pursue their own interests - from photography to computers, from building rockets to raising sheep. A list of 4-H projects is available online. They go places - to camp, to state and national conferences. They learn to be leaders and active citizens.

In 4-H clubs, they serve as officers and learn to conduct meetings, handle club funds, and facilitate group decision-making. In a growing number of communities, 4-H youth serve as youth representatives in municipal or county gov-



ernment or as members of Teen Courts. They give back to their communities. 4-H members get involved in volunteer projects to protect the environment, mentor younger children and help people who are less fortunate.

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Improving Lives. Improving Texas.

IN THE JUNE ISSUE:

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- Earth-Kind Water Conservation
- Texas Master Gardener
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- Claybusters 4-H Shooting Sports
- 4-H

Healthier Key Lime Pie

1 container key lime pie flavored yogurt, fat free

1 package lime flavored jello, fat free

1 container 8 ounce fat free cool whip

1 reduced fat graham cracker pie crust

1/4 cup boiling water

Dissolve jello in water. Let cool; add yogurt and stir with wire whisk. Fold in cool whip

and pour in pie crust. Chill for 2 hours.

Preparation Time: 20 minutes

Cook Time: 2 hours

Serves: 8 servings (1/8 slices)

FOR MORE RECIPES GO TO: <http://healthylthyliving.tamu.edu/>

