

## Upcoming Events

- November 6: Journey for Control: Interactive Diabetes Education, Neighborhood Facilities Building, Noon—1:00 pm
- November 20, December 18: Feral Hog Webinar Series, Texas A&M AgriLife Extension Office, Noon—1:00 pm
- November 17: 2012 Southeast Texas Beef Symposium & Trade Show, Ford Park in Beaumont, TX, 8:30 am—4:00 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,



## Weight Management & Diabetes Prevention



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

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.

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

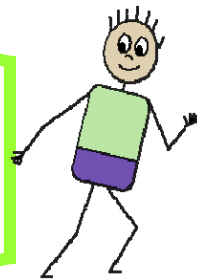
**January 9, 16, 23 & 30**

**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**

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 Farmers' Market Last Month!

Wednesday 3:00—6:00 pm

Saturday 7:00—10:00 am

Pinehurst—in front of

Big Lots

MacArthur Drive



# 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



One key service provided by counties is the veterans' services office. This office coordinates pensions, loans, transportation and other services for veterans and their families.

A county has to decide where to put trash—either to keep it in the county or pay to ship it to a landfill somewhere else. Some counties operate solid waste departments and provide waste disposal for citizens and businesses throughout the county. The service may also be offered to municipalities within the county. Rather than operating their own solid waste departments, some counties contract with private companies that provide this service. A county enforces laws against the illegal dumping of trash.

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.

# **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, 20 & Oct 7 (9 am to 11 am)**

**Session location to be announced**

**Pre-register by calling the  
Texas A&M AgriLife Extension Office  
409-882-7010 , before the desired class session**

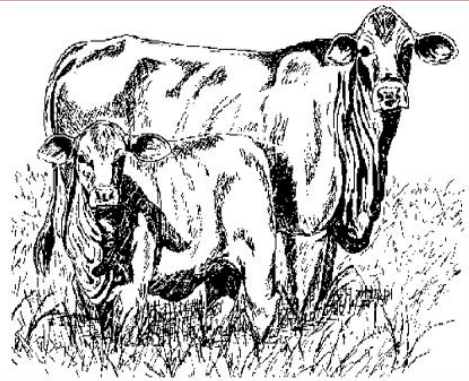
## **New Recipe Finder Website!**

USDA has launched a new recipe finder “Build a Cookbook” tool. This allows a person to create a personalized cookbook using recipes from the SNAP-Ed Connection recipe database.

**<http://recipefinder.nal.usda.gov/>**



# RSVP now for Nov 17, 2012



**Saturday, Nov. 17  
8:30 AM - 4:00 PM**

**WHO'S WHO:**

**Dr. "Buddy" Faries,**  
Extension Program Leader For  
Veterinary Medicine

**Dr. Jason Cleere,**  
Extension Beef Cattle Specialist

**Bryan Daniel,**  
TDA-Chief Administrator for Trade and  
Business Development

**Jeremy Howard,**  
Manufactures of the Bio Preg CHECK  
Blood Testing for Pregnancy

**Joe Moore ,**  
Silveus & Southern Livestock

**Ford Park Event Center**  
5115 I-10 East  
Beaumont, Texas

## Southeast Texas Beef Symposium and Trade Show



*Improving Agricultural Production in Southeast Texas*

**Call in RSVP  
409-835-8461**

**2 CEU Credits**

### The focus for the Beef Symposium and Trade Show:

- **Health Management for Rebreeding**
- **Rebuilding the Herd**
- **Agricultural Issues-**  
**Chief Administrator from TDA**
- **Blood Testing Cattle for Pregnancy**
- **Pasture and Rain Fall Insurance**

**Mandatory RSVP by Nov 7th**  
**\$20 admission RSVP**

C/O Ricky Thompson  
Ag Extension Office  
1225 Pearl St., Suite 220  
Beaumont, Texas 77701  
Phone: 409-835-8461  
Fax: 409-839-2310  
Email: r-thompson@tamu.edu

**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**

# 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*

## State Fair of Texas—Dallas

CONGRATULATIONS to Madison Miller, Dusty Trails 4-H member and a 9th grader at Little Cypress Mauriceville for winning Champion Market Barrow Hampshire. Madison along with her market barrow, Todd competed with a total of 149 Hampshire market barrows. The barrows were broken down by weight into four classes and Madison and Todd were in the third class where they won. This was Madison's first time to participate at the State Fair of Texas in Dallas.

We are so proud of Madison and her barrow, Todd for all their hard work and dedication in winning this honor at the majors.





## 4-H NEWS

# Congratulations to all the Winners at the Orange County Livestock Show

**Grand Champion Rabbit**-Zachary Willey; Orangefield Jr. FFA

**Reserve Champion Rabbit**-Abby Turner; LCM FFA

**Grand Champion Roasters** – Chandler Boswell; Mighty Pirates 4H

**Reserve Grand Champion Roasters** – Zachary Hester; Mighty Pirates 4H

**Grand Champion Swine** – Tommy Byers; Vidor FFA

**Reserve Grand Champion** – McCartney Miller; Dusty Trails 4H

**Grand Champion Lamb** – Troy Watson; Vidor FFA

**Grand Champion Goat** – Ethan Logsdon; Dusty Trails 4H

**Reserve Champion Goat** – Coop Longron; Orangefield Jr. FFA

4-H is a **community** of  
 **young people**  
**across America** who are learning  
**leadership, citizenship** and  
**life skills.**

## 4-H NEWS



### Tag-In

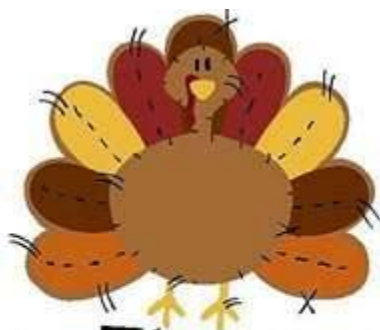
Swine, Goats, Lambs & F-1 Heifers  
for South Texas State Fair (YMBL)

December 8, 2012

9 am to 11 am



Orange County Livestock Association  
Fair Grounds



Happy Thanksgiving



### TURKEY PICK UP

**December 5**

**4 pm to 6 pm**

**YMBL Office at Ford Park**

### SWINE, GOATS, LAMBS & F-1

**December 10**

**Entry Deadline**

**At 4-H Office**

### 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.**

2013 South Texas State Fair in Beaumont  
March 21—31, 2013

## 4-H NEWS

### *Important Date & Information for Majors*



*Before submitting entry forms to 4-H Office must have*

*All paperwork completed, this includes  
entry form, release form, W-9 (in exhibitors name)  
and  
quality counts certification*

*If your paperwork is not filled out completely,  
and turned in on time you may forfeit your  
chance to show.*

*Ft. Worth Livestock Show & Rodeo  
Entry Deadline in 4-H Office - November 13*

*San Antonio Livestock Show & Rodeo  
Entry Deadline in 4-H Office - November 28*

*Houston Livestock Show & Rodeo  
Entry Deadline in 4-H Office November 28*



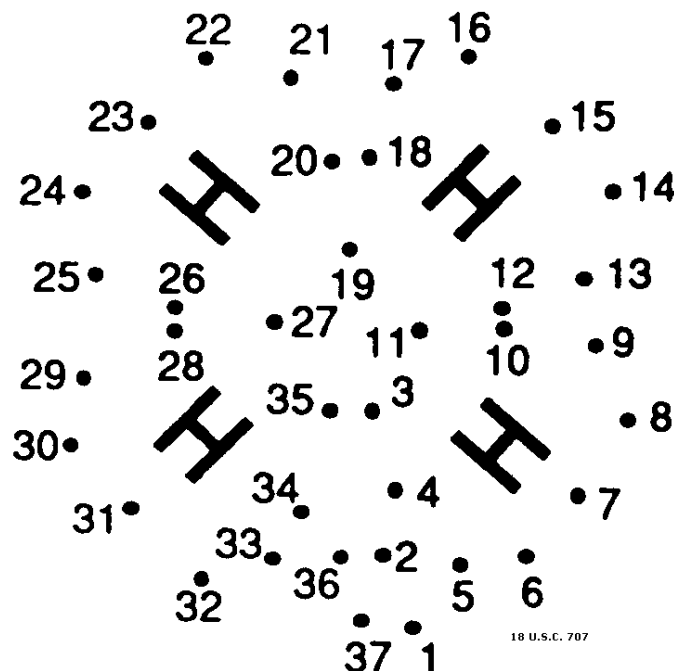
## 4-H NEWS

# 4-H PLEDGE

I pledge my **HEAD** to clearer thinking,  
 my **HEART** to greater loyalty,  
 my **HANDS** to larger service,  
 and my **HEALTH** to better living,  
 for my club, my community,  
 my country, and my world.



## Connect the Dots


18 U.S.C. 707

## 4-H NEWS

### Leadership LIVE!

December 10th

7 pm to 8:30 pm

A virtual leadership experience will be hosted at the state 4-H office, while the event will also be live-cast on the web for any 4-H member, volunteer, agent, specialist, or anyone to join in. All you need is a web-accessible device! Speakers from within the 4-H program and agency will provide motivational and real world examples of leadership helping youth and adults be positive contributors in society



### 4-H Healthy Lifestyles Invitational

June 13

During Texas 4-H Roundup

Opened to intermediate and senior 4-h members who can participate individually or as a team. Have the opportunity to participate in a competitive event and utilize the knowledge and skills gained through participation in 4-H healthy lifestyles programs. With a set-up similar to the Consumer Decision Making Contest, the healthy lifestyles invitational consists of two parts:

**Judging-** participants will be presented with a scenario and must individually rank the four products/choices based upon the situation at hand

**Presentation-** teams are presented with scenario and must work together within a given amount of time to analyze the situation, develop a solution and make a team presentation to a panel of judges. For more information go to:

[http://texas4-h.tamu.edu/healthy\\_lifestyles](http://texas4-h.tamu.edu/healthy_lifestyles)



### Share the Fun

The 2013 Texas 4-H Share-The-Fun Guidelines are now posted online: <http://texas4-h.tamu.edu/roundup> There are only minor changes this year but the categories have stayed the same. There will be six categories offered again this year.

Celebrate 4-H  
Choreographed Routines  
Musical/Instrumental  
Solo/band Performance  
Vocal  
Celebrate 4-H  
Poetry/Prose

Each entry may be 1 to 9 participants. The contest is scheduled for Thursday, June 13, 2013 during Texas 4-H Roundup in College Station.

### "Deep in the Heart"

Is now on DVD and available for order from the official "Deep in the Heart" website:

[Http://deepintheheartmovie.com/](http://deepintheheartmovie.com/)

This is a 'pre-release' offering of the DVD which will be released on a larger scale at a later date. With the early release, the first 500 orders receive the CD as a bonus.

The inspirational story of Dick Wallrath is one that has touched the Texas 4-H family and we were fortunate to be included in the movie—and more importantly in Mr. Wallrath's journey. The story is one of living the American dream, overcoming adversity, and most importantly—"FAITH"

## 4-H NEWS

Horse Judging  
April 6, 2013  
Dick Freeman Arena  
Texas A&M University Campus

Entry Deadline—March 24, 2013

Entry Fee \$15

### Description/Objectives:

- ◆ To increase knowledge of Equine evaluation and selection techniques
- ◆ To employ decision making skills
- ◆ To create a sense of team work
- ◆ To learn to make individual decisions and support them with oral statements

There is no limit to the number of youth or teams that can be entered from Southeast District 9. All entries must be made online using the 4-HConnect system and youth must bring an eligibility form with them to the contest.

- ◆ Classes
  - 3 to 4 halter Classes
  - 4 to 6 Performance Classes
- ◆ Reasons
  - Seniors: 1 halter class, and  
1 performance class
  - Intermediates: 1 halter class

### Schedule

7:30 a.m. Registration  
8:15 a.m. Orientation  
8:30 a.m. Contest Begins  
1:30 p.m. Awards Presentation (subject to change)

More details will be made available closer to date of event.



Join Texas 4-H for the 2013 4-H Day at the Texas State Capitol in Austin. This citizenship experience scheduled for February 6, 2013, as a day of learning about the legislative process.

All ages of 4-H members (young to old), along with County Extension Agents and volunteers, are encouraged to attend and be part of the recognition event. The day's activities will include Texas 4-H being recognized in both the Chambers of the House of Representatives and the Senate, as well as office visit to the 4-H members' House and Senate members.

Keep an eye on State 4-H website for more information on the day's events and registration:

<http://texas4-h.tamu.edu/capitolday>





## 4-H CLUB NEWS

### Club Meeting dates and times

#### *MIGHTY PIRATES*

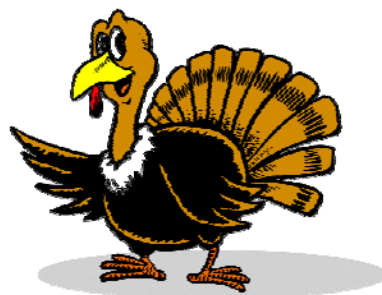
*2nd Tuesday of each month*

*November 13th*

*Vidor Community Center*

*Kathy Hester, Club Manager*

*790-8835*



*Hearts at Home*

*Homeschool Club*

*November 6 at 1:30*

*Mauriceville Community Center*

#### *DUSTY TRAILS*

*2nd Mondays of each month 7 pm*

*November 12th*

*Mauriceville Community Center*

*Jessica Mayfield, Club Manager 886-5906*



#### *CLAYBUSTERS SHOTGUN*

#### *SHOOTING SPORTS*

*Meets from January through August*

*Louis Bazan, Club Manager*

*718-5580*



# 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*

## Journey for Control: Interactive Diabetes Education

Tuesday, November 6, 2012

12 noon–1 pm

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

CALL **1-877-JFC-4545**  
(1-877-532-4545)  
To Register

Every person with diabetes should attend these free sessions 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.

## ***Food Handlers class***

Texas Department of State Health Services  
accredited food handlers program  
This class is recommended for all food service employees  
to help promote the service of safe food

**Must Pre-Register!**

The class is a basic overview of food safety practices that are necessary to ensure you serve safe food at your establishment such as but not limited to:

- Good Personal Hygiene
- Cross Contamination
- Time and Temperature abuse

To PRE-REGISTER Call 882-7010

Classes will be held at the  
Texas A&M AgriLife Extension Service  
Hwy 1442 Orange

**February 25, 2013**

**Or**

**May 21, 2013**

**9 am to 12 noon**

**\$20 per person/payable by  
check or cash the day of the**

## **Certified Food Manager Two-Day Certification Course**

**March 21 & 28, 2013**

**or**

**August 6 & 13, 2013**

**9 am to 4 pm**

This hands-on food safety course will equip you  
with the latest in

- Food safety principles & practices
- Prepare you for the National Certified Food Manager Examination

**\$125 per person includes**

- 2-day course
- national certification examination,
- course book & all course materials

**Must Pre-Register by completing the attached registration form and mail  
to address on form before class date.**

You can also go to the website below and print out the form  
<http://foodsafety.tamu.edu/course-texas-cfm>

March class deadline: March 4, 2012 / August class deadline: July 23, 2012





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

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

### **November 20, 2012**

- ♦ **Feral Hog Disease Issues**
- ♦ Joseph Corn, Ph.D.—  
Southeastern Cooperative Wildlife  
Disease Study, College of Veterinary  
Medicine, University of Georgia

### **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!!**

### **Ants on a Log**

#### **Ingredients:**

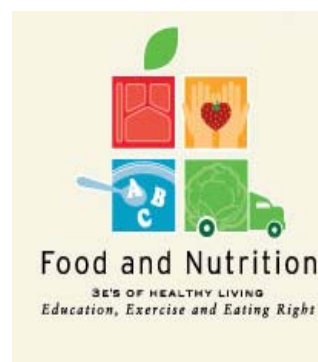
- ♦ 1/2 cup peanut butter (creamy)
- ♦ 8 stalks celery (about 4-6 inches long)
- ♦ 2 cups raisins

#### **Equipment:**

- ♦ Knives
- ♦ Spoons

#### **Directions:**

1. Spread 1 tablespoon of peanut butter on each celery stalk
2. Place 1/4 cup of raisins on top of peanut butter
3. Serve one celery stick 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 NOVEMBER ISSUE:

- Upcoming Events
- Family Festival!
- Keys to the Courthouse
- 2013 Do Well Be Well with Diabetes schedule
- New Recipe Finder Website
- Southeast Texas Beef Symposium
- **4-H News: Pages 5—12**
- Master Wellness Volunteer Training
- Journey for Control: Interactive Diabetes Education.
- Food Handlers Class
- Certified Food Managers Class
- Feral Hog Webinar Series
- Nutritious Snacks for Kids!!

### Peanut Butter Cereal Bars

#### Ingredients:

- ♦ 3 cups Mini Marshmallows
- ♦ 3 Tbsp Butter or Margarine
- ♦ 1/2 cup reduced fat peanut butter
- ♦ 3 1/2 cups crisp rice cereal
- ♦ 1 cup quick oats
- ♦ 1/3 cup mini semisweet chocolate chips

#### Microwave Directions:

1. Spray 13X9 inch baking pan with nonstick cooking spray
2. Combine marshmallows and butter in large microwavable bowl. Microwave on high 15 seconds, stir. Microwave 1 minute, stir until marshmallows are melted and mixture is smooth. Add peanut butter, stir. Add cereal and oats-stir until well coated. Spread into prepared pan. Immediately sprinkle chocolate chips on top and lightly press into cereal mixture. Cool completely in pan. Cut into 40 bars.

