

Upcoming Events

- October 4—November 15 (every Thursday): Do Well Be Well with Diabetes Class, Baptist Orange Hospital-5th Floor Classroom, 12:00 pm—1:00 pm
- October 16, 23, 30, November 6, 13: Green Thumb Series #5, Mauriceville Community Center, 6:00 pm—8:00 pm
- October 23, November 20, December 18: Feral Hog Webinar Series, Texas A&M AgriLife Extension Office, Noon—1 pm
- November 17: 2012 Southeast Texas Beef Symposium & Trade Show, Ford Park in Beaumont, TX.
- 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,



**Do Well, Be Well
with Diabetes Classes**
Noon - 1:00 pm



5th Floor Classroom
Baptist Orange Hospital

Every Thursday
Oct 4 - Nov 15

*Green
Thumb
Series*

Fruit & Nut Production

6 pm to 8 pm

Mauriceville Community Center
Off Cohenour Road Mauriceville

Oct 16: Citrus
Oct 23: Pecans/Walnuts
Oct 30: Stone Fruit
Nov 6: Berries
Nov 13: Grapes & Figs



Orange County Farmers' Market

Wednesday 3:00—6:00 pm

Saturday 7:00—10:00 am

Pinehurst—in front of

Big Lots

MacArthur Drive





Do Well, Be Well with Diabetes Classes



Noon - 1:00 pm

Every Thursday

5th Floor Classroom

October 4 - November 15

Baptist Orange Hospital

Please call The Texas A&M AgriLife Extension
Office to Pre-register for the classes.

Do Well, Be Well classes are for adults with Type 2 Diabetes.

Please plan to attend all of the classes to obtain the most
educational benefit.



Keys to the Courthouse



Texas counties have the responsibility of ensuring the health and welfare of persons within the county. Counties can establish hospitals to provide health care and collect taxes to pay for county hospitals. Counties can establish Emergency Medical Service districts and set up 9-1-1 Emergency Telephone Systems.

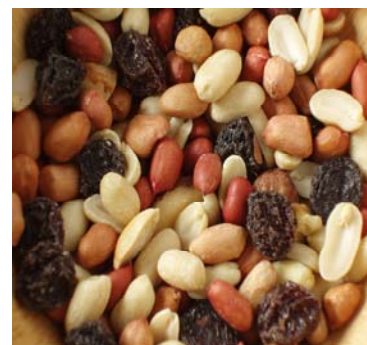
Some counties have medical clinics where people can receive preventive care such as checkups and immunizations, and care for minor illnesses. Like all other county services, the county health department is the local service provider for the state of Texas. Programs like WIC (Women, Infants and Children) may enroll families through the county health department and then provide payments or services from state funds.

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.

Green Thumb Series



Fruit & Nut Production



6 pm to 8 pm

**Mauriceville Community Center
Off Cohenour Road Mauriceville**

- Oct 16: Citrus
- Oct 23: Pecans/Walnuts
- Oct 30: Stone Fruit
- Nov 6: Berries
- Nov 13: Grapes & Figs



***\$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

***For additional information visit our website
Orange.agrilife.org***



Farm Law Likely to Expire

*From CQ Today Online News,
Sept. 18, 2012:*

"The law currently governing the nation's farm and food aid policy now seems destined to expire at the end of this month, with congressional leaders opting to delay a fight over how to reauthorize those programs until after the elections...Barring last-minute developments, this means the 2008 law (PL 110-246) will expire Sept. 30, because the House goes into recess at the end of this week and will stay out until after the Nov. 6 elections. This would be the first time since 1973—considered the starting point for the modern era of farm policy—that a farm bill will have expired. Major activities authorized in the farm bill, such as the Supplemental Nutrition Assistance Program (SNAP), would continue. Legislation to keep the federal government funded until March 27 includes money for SNAP, formerly known as food stamps.

The House passed the continuing resolution last week, and the Senate is expected to clear it this week. However, international food aid, agricultural trade and rural development programs would expire, as would the Milk Income Loss Contract program that provides dairy-price support. Congress is expected to take some action in the post-election session in order to keep a 1940s farm law from taking effect and significantly raising crop and dairy subsidies. An extension or a new farm bill is needed by Dec. 31 to prevent that from happening."



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*

Texas  **your** movement
4-H **your** story

National 4-H Week, October 7-13, 2012

What Difference Will You Make in one day?
 one day 4-H october 13, 2012

One day can make a difference.

One day 4-H is going to change Texas.

Are you ready? Is your club ready? October 13 is right around the corner. 4-H clubs all over the state will be going out into their communities to lend a helping hand in exciting new way.

Choose something as simple as helping out a neighbor with their lawn, or gather your 4-H friends and do a project for the community. Either way is good. It's all about giving back to your friends and community by lending a helping hand.

Be creative, the sky's the limit! Let's join together and show everyone the power of 4-H—one day! Please be sure to take pictures of your One day event so we can share with everyone through our newsletter.

One day, it can make a difference!

4-H NEWS



It's Time to Get Ready for the 2013 South Texas State Fair in Beaumont. This year's dates are March 21—31, 2013

F-1 HEIFERS, LAMB, GOAT & SWINE

**Need to call the 4-H office
before 5 pm October 12
with tag orders.**

Tag-In will be in December

**Entry fee is \$25 per category and
payable at tag-in**

Entry fee \$10 per pen of 3

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.**



Entry Forms Available October 1st!

FWSSR.COM

817-877-2400

Entry Regulations:

- ♦ **One application per student**
- ♦ **Each 4-H or FFA group can enter a maximum of 6 students, 4 participants & 2 alternates**
- ♦ **All applicants must be 14, 15, 16, 17 years of age as of Jan. 1, 2013 and not beyond their junior year of high school.**
- ♦ **Students may enter multiple years as long as they are eligible**
- ♦ **30 Rodeo performances, 30 Calf Scrambles! Jan. 24—Feb 9. 16 participants, 8 winners per performance**
- ♦ **PRIZE: \$500 Calf Scramble Certificate good toward the purchase of a registered Beef or Dairy Heifer to exhibit here the following year, as well as the opportunity to participate in the scholarship program.**
- ♦ **All scramblers receive T-shirts and caps. All non-winners will receive a free pair of Justin Boots, courtesy of the Justin Boot Company.**

4-H NEWS

<p>Registration is now open for 2013 41st Annual Texas A&M AgriLife Extension Summer Horsemanship School Program</p> <p><u>Register Online</u> Texas AgriLife Extension Conference Services https://agriliferegister.tamu.edu/ Keyword search: Horsemanship Register by phone: 979-845-2604</p> <p>Deposits of \$300 will be required (Please submit by Jan. 31st).</p> <p>Cost of 2-day school: \$1300 Cost of 3-day school: \$1550 (It is suggested that counties recover the expense by dividing the cost among participants.)</p> <p>Topics: Rein aids, hiping-in, side-</p>	<p>passing, two-tracking, bridling-up (collection), stopping, backing, roll-backs, turnarounds (spins), gaits and leads, speed control, simple and flying lead changes, bits and equipment, horse theft awareness, ground safety, and other specialized events.</p> <p>Past 40 years: Over the past 40 consecutive years, a total of 1,344 schools have been conducted. Collectively, the program has reached 46,990 youth, parents, and volunteer leaders, and it represents 3,829 teaching days, for a total of 30,632 teaching hours. There have been 235 different college students (184 female, 51 male) who have served as instructors in the program.</p> <p>More Information: Click on link below. Then click on Summer Horsemanship School Program.</p> <p>http://animalscience.tamu.edu/</p>	<p><u>academics/equine/</u></p> <p>Aggiefest Horse Judging Workshop Saturday, November 3, 2012 Freeman Arena, College Station, TX Starts at 9am \$15 per youth (by Nov. 1st) \$20 per youth (after Nov. 1st)</p> <p>parents and coaches welcome to attend</p> <p>Instruction and practice on halter and performance classes, as well as reasons</p> <p>Register online: www.judgingcard.com</p> <p>Note: Online registration requires one consolidated entry for each FFA Chapter or County 4-H group.</p> <p>More information: <u>http://animalscience.tamu.edu/academics/equine/</u> Click on Equine Workshops and Aggiefest Horse Judging Workshop.</p>
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Changes to 4-H Shooting Sports Coach & Assistance Coach Eligibility

Due to continuing efforts to best protect the safety and wellbeing of all Texas 4-H Shooting Sports participants, Texas 4-H Shooting Sports Coach and Assistant Coach Eligibility Rules have been changed.

Effective Immediately:

- To be eligible to be a Certified Texas 4-H Shooting Sports Coach, you must be **minimum 21 years of age** or older by September 1 of the current 4-H year. (Changed from minimum 18 years of age)

Assistant Coach Certification (formerly titled Youth Assistant Coach Certification) is available to any actively enrolled 4-H member who is 14 years of age or older as of September 1 of the current 4-H year **AND** any approved Adult Volunteer Leader less than 21 years of age as of September 1 of the current 4-H year. An Assistant Coach may assist a Certified 4-H Shooting Sports Coach **ONLY** in the immediate presence of the Certified Coach. Should the Certified Coach be absent for any period of time, regardless how short or long the absence may be, all Shooting Sports activity must cease until the return of the Certified Coach. Assistant Coaches are NOT certified to coach outside the immediate supervision of a Certified 4-H Shooting Sports Coach.

To see full Certified 4-H Shooting Sports Coach Rules & Eligibility, and Assistant Coach Certification information view the **[2012-2013 Important Rules & Procedures, Event Synopsis, and Tentative Schedule of Events](#)**.

4-H NEWS

Orange County Livestock Show Association
Fall Bash Prospect Jr. Breeding Heifer Show
October 20th
Mauriceville Fairgrounds
Off Cohenour Road off Highway 62 Mauriceville



Heifer Show Will Start at 12 noon

Check in for Heifers will be from 10 am until 11:30 am

Rules: Heifers shown by age and breed

Overall Supreme Heifer-Belt Buckle
Overall Reserve Supreme Heifer—Belt Buckle
Showmanship 60/40 Split—\$5 entry fee—pay at the gate
Concession Stand will be provided—Generators are welcome

Heifer Classes—American, English and Exotic

Heifer Age classes

Class 1 - 0-6 months

Class 2—7-12 months

Class 3—13-18 months

Class 4—19-24 months

Class 5—5-24 months and up

Large Rosettes for Breed Champions

Questions contact : Jennifer McConnell 281-793-3364 or Leisa Miller 409-883-8515

Checks payable to: Orange County Livestock Show Association

Mail to: OCLSA PO Box 1084, Vidor TX 77670-1084

Name: _____

Address: _____

Phone: _____

4-H Club/FFA Chapter: _____

Breed: _____ Age: _____

E-Mail Address: _____

***MUST COMPLETE OCLSA MINOR RELEASE, ASSUMPTION OF RISK and IDEMNITY AGREEMENT FOR SHOW. Available through OCLSA or Orange County 4-H Office**

4-H NEWS

2012 Orange County Junior Art Show



The Orange County Junior Art Show is open to all youth residents of Orange County that are 5 years old and in Kindergarten to 18 years old and in 12th grade. The contest is open to students enrolled in public or private school, and those that are homeschooled.

There is no entry fee for the contest. Each student may enter only one work of art. All entry forms and art works are due by 5 pm Wednesday, October 10. The entry form and art may be mailed or hand delivered to:

St. Mary's Catholic School
Attn: Madison Bell
2600 Bob Hall Road
Orange, TX 77630

Awards will be announced at the Orange County Livestock Show Association Show Barn on October 20, 2012 following the swine show and showmanship at approximately 10:30 to 11 a.m. Each entrant MUST be present, or have a family member or teacher representative present at the award announcement.

Awards will be given in each of the following grade categories; first place, second place, third place and up to three honorable mentions. There will also be an award given to the overall Champion in each of the following categories; Elementary Champion (K-5th grades), Secondary Champion (6th-12th grades)

For more details, contact Madison Bell, 409-782-1661, Madison_moody@hotmail.com

VENDORS WANTED

- ◆ Booth spaces for non food item vendors are available on Saturday, October 20th for \$35 per space. If electricity is needed, there will be an additional \$5 charge. All monies raised will be used by the Buyers Committee to award add-on funds at the auction. The vendor application and fee must be received by October 6, 2012.
- ◆ No concession stand (food/drink) vendors will be allowed.
- ◆ There will be only one vendor per product category
- ◆ The size of both spaces are 10' x 10'. All booth spaces will be located under a covered pavilion with limited electricity. If you require a larger space, 2 or more booth spaces must be paid for in advance with the application. No exceptions.
- ◆ You must provide your own setups, i.e. tables, chairs, etc.
- ◆ Set up is Saturday by 7 am. Tear down is any time after the conclusion of the auction on Saturday evening.
- ◆ Vehicles are only allowed by the vendor area to set up and tear down and must be removed immediately after.



For additional information or application contact Sabrina Gray, Treasurer 409-670-6260 or Jennifer McConnell, Vendor Committee Chairman 409-746-9727.

4-H NEWS

March 23, 2013 County "Big Time in D9" Event

Photography Contest

The Texas 4-H Photography contest encourages self-expression and allows youth to demonstrate skills learned in the area of photography, including the use of photographic equipment and process of photographs. Some of the highlights/changes to the 2013 contest include:

- Theme category is "Holiday Season in Texas." This theme allows 4-H member to take photos of any holiday from January 1, 2012 to time of entry. The Holiday theme should have photographs that depict a Texas theme/flare or western heritage. Photographs can include nature, landscape, people, animals (domestic and wildlife) as long as the subject of the photo is clearly related to a holiday with a Texas/Western basis.
- Format/Size of Photograph: We have changed the requirement of photo size to assist 4-H members in submitting entries. Photographs should be taken at the highest resolution possible. Photographs must be in a .jpeg, .jpg, or .gif formation. Files submitted may not be larger than 2,048k (2MB). Best of Show winners may be asked to submit a high-resolution file or an original negative, print, or slide.

Entries will be accepted for the state contest between April 1, 2013 and April 15, 2013 via 4-H CONNECT.

It is extremely important that 4-H members, project leaders, parents, and county Extension agents review the descriptions of each category very carefully. Please do not enter photographs into categories that are dupli-

cates from other categories or ones that do not clearly meet the category description. Photographs that do not meet the description of the category will be disqualified.

The 2013 Rules and Guidelines will be posted to the Texas 4-H and Youth Development website for download (<http://texas4-h.tamu.edu>)

Thursday, June 13, 2013, during 4-H Roundup week in College Station.

A complete set of guidelines are posted at

http://fcs.tamu.edu/food_and_nutrition/4-h_youth.php



Fashion Show

To recognize 4-H members who have excelled in clothing projects and exhibit skills in the application of knowledge of fibers and fabrics to wardrobe selection, clothing construction, or comparison shopping, fashion interpretation and understanding of style, good grooming and poise in front of others, and modeling and presentation of themselves and their garments.

Food Show

The 2013 theme for the food show is "Healthy Holidays". This gives you an opportunity to pick your favorite holiday and think of foods typically served during that holiday. Then improve on a recipe to make it healthier.

Recipes submitted should reflect this year's theme, Healthy Holidays. Also, the four food categories now align with MyPlate: protein, fruits and vegetables, grains and dairy. The paperwork and score sheet has been revised and presentation time has been reduced to two minutes. As always at the state level, all food preparation must be done in the designated kitchen.

The Food Show is scheduled for

Share the Fun

Provides 4-H members the opportunity to compare the skills they have gained with those of other members and with their own previous performances. Such as

- ♦ Musical/Instrumental
- ♦ Solo/band
- ♦ Vocal
- ♦ Celebrate 4-H
- ♦ Choreographed Routine
- ♦ Poetry/Prose

Any 4-H member interested in participating in any of these events listed about, please let our office know.

4-H NEWS

2012 Junior Leadership Retreat

November 9-11
 Texas 4-H Conference Center
 Brownwood

- ◆ 4-H State Council Member lead hands-on educational workshops
- ◆ Dancing, Games & Fun, Fun, Fun!
- ◆ 4-H members ages 9-14

To register visit the 4-H Center website:

Texas4hcenter.tamu.edu

Click on the "Register Now" link.

\$105 for youth & \$70 for adults

Each county is responsible for providing adult chaperones.



4-H Night with Houston Rockets!

Come support your county 4-H program and watch as the Rockets take on the Dallas Mavericks! A portion of every ticket goes back to your county 4-H program. Every 4-H member will get to shoot a free throw on the Houston Rockets home court after the game!

Saturday, December 8th
 7PM @ Toyota Center
 Doors Open at 5:30PM



VS



Order Your Tickets: By Calling: Joelle Hardin @ 713-758-7459
Fax registration form to: 713-758-7343
Email: joelleh@rocketball.com
Mail registration form to: Houston Rockets
ATTN: Joelle Hardin 1510 Polk St. Houston, TX, 77002

# OF TICKETS	TICKET PRICE	AMOUNT DUE
	\$30 Upper Sidelines	
	\$52 Lower Endzones	
	\$75 Lower Corners	

4-H CLUB NEWS

Time to Start the New 4-H Year



MIGHTY PIRATES

2nd Tuesday of each month

Vidor Community Center

Kathy Hester, Club Manager

790-8835

TOP SHOTS RIFLE SHOOTING SPORTS

Meets in Bridge City

Gary Beall, Club Manager

670-3417

CLAYBUSTERS SHOTGUN SHOOTING SPORTS

Meets from January through August

Louis Bazan, Club Manager

718-5580



DUSTY TRAILS

2nd Mondays of each month 7 pm

Mauriceville Community Center

Jessica Mayfield, Club Manager 886-5906



STEPS to QUITTING
prepare focus support
Set your quit date.
Make the date count!

ABOUT WEIGHT
worried worried worried
Don't let weight gain worries stop you!

EQUIP YOURSELF FOR SUCCESS!
Stock up on healthy snacks-
Fresh fruit & veggies are a great choice!
Drink lots of water!

STEPS TO QUITTING
Get ready to quit.
Choose method of quitting.
Make a plan!
Get support.
Seek counseling.
Share with others.
Talk to your doctor.
Get medication--it doubles your chances of quitting!
Stay quit.
Be prepared for withdrawals, cravings & relapses.

Watch your labels-Low fat & low sugar are what you need!
Exercise-it's a great way to relieve stress and relax, in addition to keeping off the pounds!
Remember what you're really gaining-fewer wrinkles, fresher breath, whiter teeth and most importantly, your health!

Friends
Family
Counseling
The more counseling you receive, the better chance you'll have of quitting.
One-on-one
Group
Another smoker
Who is also trying to quit.

GREATLY increase your success rate! GET SUPPORT

Call the Quit Line **877-YES-QUIT**



Have a plan to help you continue your success!

What if someone offers you tobacco?

What if you slip up and use tobacco once you've quit?

Avoid places that will tempt you to smoke.

Avoid alcohol.

If depressed, seek out ways to ward off the blues....seek medical assistance if necessary.

Try, try again!

Be Prepared,
Stay Focused

DEALING WITH DIABETES? THE JOURNEY STARTS HERE



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.

CALL 1-877-JFC-4545 (1-877-532-4545) TODAY!
ENROLL NOW BECAUSE SPACE IS LIMITED.

PROGRAM: Diabetes and Healthy Eating

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



Cure • Care • Commitment

The Conversation Map® education tools used in the workshop were developed by Healthy Interactions in collaboration with the American Diabetes Association.

DATE-TIME: Tuesday, October 9, 2012
12:00 PM

EVENT #: 4069830



FREE!!!



Announcing a free, self-paced, [online course](#) for those wanting to learn more about home canning and preservation.

- Introduction to Food Preservation
- General Canning
- Canning Acid Foods
- Canning Low-Acid Foods

This course is offered in the University of Georgia eLC system. UGA requires [registration](#) for you to receive a login.

Go to
<http://nchfp.uga.edu>
to register!

(at the bottom of the page)

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

October 23, 2012

- ♦ **Control Techniques and Managing Feral Hog Populations**
- ♦ Billy Higginbotham, Ph.D.—Wildlife and Fisheries Extension Specialists, Texas A&M AgriLife Extension Service

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!!

Delicious Cottage Cheese Dip

Ingredients:

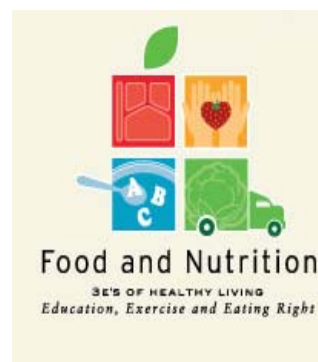
- ♦ 8 ounces cottage cheese (low fat)
- ♦ 3 tablespoons plain yogurt (low fat)
- ♦ 2 tablespoons cheddar cheese
- ♦ 1 tablespoon dill weed
- ♦ 2 teaspoons Worcestershire sauce
- ♦ 1 teaspoon salt
- ♦ 1 teaspoon celery seed (optional)

Equipment:

- ♦ Mixing bowl
- ♦ Measuring cups and spoons
- ♦ Mixing spoon

Directions:

1. Mix cottage cheese with yogurt and cheddar cheese.
2. Add spices and stir until mixed well.
3. Serve 1 ounce with another snack component (such as a grains/breads or vegetable) 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 OCTOBER ISSUE:

- Upcoming Events
- Do Well Be Well Diabetes Classes
- Keys to the Courthouse
- Green Thumb Series #5
- Farm Law likely to Expire
- **4-H News: Pages 5—12**
- Dealing with Diabetes? The Journey Starts Here!
- Free!! Preserving Food at Home: A Self Study
- Steps to quitting tobacco!
- Feral Hog Webinar Series
- Nutritious Snacks for Kids!!



Jack-o'-Lantern Pie



Ingredients:

- ♦ 1 cup boiling water
- ♦ 1 pkg (4-serving size) JELL-O Orange Flavor Gelatin
- ♦ 1/2 cup cold water
- ♦ 1 tub (8 oz) COOL WHIP Whipped Topping, thawed, divided
- ♦ 1 OREO Pie Crust (6 oz)
- ♦ 10 pieces of candy corn
- ♦ 1 piece black licorice (9 inch), cut into 1-inch pieces

Directions:

1. STIR boiling water into gelatin in large bowl 2 minutes until completely dissolved. Stir in cold water. Refrigerate 1 hour or until slightly thickened (consistency of unbeaten egg whites).
2. ADD 2 cups of the whipped topping; stir with wire whisk until well blended. Spread into crust.
3. REFRIGERATE 2 hours or until firm. Just before serving, decorate pie with remaining whipped topping, candy corn and licorice to resemble a jack-o'-lantern face. Store leftover pie in refrigerator.