

Upcoming Events

- Aug 9—Sept 27 (every Thursday): Living Well Class, Baptist Orange Hospital-5th Floor Classroom, 9:00 am—10:00 am
- Aug 9—Sept 27 (every Thursday): Do Well Be Well with Diabetes Class, Baptist Orange Hospital-5th Floor Classroom, 10:00 am—11:00 am
- September 17: "Want to Know the Relationship Between Congestive Heart Failure and Diabetes?" Presentation: Baptist Orange Hospital, 5th floor classroom, 5:30 pm—6:30 pm.
- September 24: Hay Sample Deadline for the Southeast Texas Hay Testing Campaign. See Page 14 for more information.
- 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,



Want to Know the Relationship Between Congestive Heart Failure & Diabetes?



Free
Presentation!!!



See Page 3 for details!!

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



Fire prevention services in a county can be done by the county itself, by a city contracting with the county, by a volunteer fire department, by a rural fire prevention district, or by certain water districts. A volunteer fire department is an association of individuals, sometimes incorporated, who are willing to fight and prevent fires without getting paid. A county can help local departments through state scholarships, grants and loans. Counties can issue burn bans during times of extreme drought and limit the sale or use of fireworks.

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 Agricul-



Improving Lives. Improving Texas.

Want to Know the Relationship Between Congestive Heart Failure & Diabetes?



*Join us for a Presentation by
Dr. Miguel Castellanos, Cardiologist
followed by
Diabetes Education by
Paula Tacker, CEA-FCS, C.D.E.*

*September 17
5:30–6:30 pm
dinner provided*

*Presentation will be held at
Baptist Hospital Orange 5th floor classroom*

*Seating is limited. Call today for your reservations
409-882-7010*

Master Gardener Program



Green Thumb training is going well with educational programs focusing on plant propagation techniques, plant anatomy, and an overview of various ornamental plants for the landscape. Participants have learned how to propagate using heel cuttings and mallet cuttings on woody ornamentals.

Softwood and greenwood cutting techniques were used to propagate Sunny border blue veronica, Pee Wee Oakleaf hydrangea, and Green sage.

Monocot leaf cuttings were made on Pineapple lily. These plants can produce a new plantlet at the cut surface of the leaf veins. Sections of leaves are cut about one inch wide with the cut being at right angles to the leaf veins. The cuttings are placed in potting soil vertically and a new plantlet will form at the bottom cut edge. This can take 5-8 weeks.

The class worked with Golden Creeping Jenny which is a ground cover that is propagated by stem-tip cuttings and semi-ripe cuttings.

Crested leopard is a plant with green leaves with natural and normal

yellow coloration appearing as spots on the leaves. The class propagated the plant using division techniques. The Variegated spiral ginger was also propagated using the division technique.

The vanilla vine was propagated using a modified stem girdling techniques. The vanilla vine has preformed aerial roots and the girdling process stops the flow of sap partially and this encourages rooting.

Donkey ears plant was propagated by taking a leaf cutting with a small plantlet that was already formed on the leaf tip.

The ferns White rabbits foot and Black rabbits foot fern was propagated by dividing the creeping rhizomes. This is an interesting plant where the rhizome creeps out of the pot and resembles a rabbit's foot. As the rhizome ages a new adult fern (sporophyte) develops.

The Green Thumb class on propagation finishes up in September. The next session will start on October 16 with a focus on fruit and nut production.



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*

AgriLIFE EXTENSION
Texas A&M System



**One day can make a difference.
One day 4-H is going to change Texas.**

This October 13th, all over our state, 4-H clubs will once again be going out into their communities to lend a helping hand in exciting new ways. What will you do?

Choose something as simple as mowing a local neighbor's lawn, or organize hundreds of your 4-H friends and design a project that benefits your entire county. Whether you work by yourself or with other community groups—it's all good!

Sponsors and donors, we need your help! Get behind this unprecedented opportunity for outreach and help us show Texas, our country, and the world why 4-H IS the future!

Be creative—the sky's the limit! Let's join together and show everyone the power of 4-H—one day!

Information for organizing your communities one day 4-H event are available on-line now at the Texas 4-H and Youth Development Site. As more ideas are shared and more information is developed it will be available on the site, so check back on regular basis.

What will you do, *one day*?

texas4-h.tamu.edu

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

STEERS

Tag-In/Validation September 15, 2012

Entry Deadline September 17, 2012

Steer Show March 26, 2013

POULTRY

Order/Entry Deadline September 26, 2012

Turkey Pickup December 5, 2012
at YMBL Office

Roaster Pickup January 2, 2013
at YMBL Office

Broiler Pickup February 6, 2013
at YMBL Office

Poultry Show March 22, 2013

*NOTE: All poultry pickup will be from
4-6 pm*

Fall Show Preview

Dayton FFA Chapter
Saturday, September 22
Ansan Rigby Memorial Arena Dayton

Check in 6—7 am Show starts at 8 am
Pigs, Goats, Steers & Heifers

Entry fee \$25 per head
Showmanship \$5 per head at gate

Pigs and Goats shown by weight
Steers shown by breed division & weight
Heifers shown by breed division & age
(5 head constitutes a breed)

For more information contact:
Christina Odom
936-256-2510 ext 4855 or 409-781-0222

2012 Texas Rice Festival

The Texas Rice Festival will be held on
October 3-7, 2012

Winnie-Stowell Park in Winnie
Livestock show entries must have the County
Agents signature for all 4-h'ers showing.

Entries for the photography contest should be
turned into the Rice Festival office by 4 pm on
the 21st of September.

If you want to participate in the rice cooking
contest to jump start the food project, entries
are due 9-9:30 a.m. on the day of the show
which is October 6th. Call the Extension office
for entry forms and rules

4-H NEWS

Swine Validation Information
2012-2013 Majors Swine Validation Program
(Fort Worth, San Antonio and Houston)
Tag Order Due in Orange County 4-H Office by
September 21, 2010



ORDER YOUR 2012 ONE DAY 4-H T-SHIRTS



*You may place your orders beginning
September 1st through Sept. 25th.*

The site will close at midnight on Sept. 25th.



T-Shirt Cost: \$10.00 per shirt

ORDERING INSTRUCTIONS

1. Go to: www.barefootathletics.com/cof
ENTER CODE: **COF28361**
2. Enter sizes and quantities for each item, enter the 4-H member's full name, and then click "Add to Cart".
3. Check your selections and make any necessary corrections.
4. Once your order is correct click "Proceed to checkout".
5. Enter your billing information.
6. Verify that your order is correct. Check the box next to "Yes, I agree with the terms and conditions", and then click "Continue".
7. Enter your payment information and click "Pay for Order". You will receive a confirmation email.
8. Orders will be shipped to address given on order form.

ORDER DEADLINE
SEPTEMBER 25, 2012

NO LATE ORDERS WILL BE ACCEPTED

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

Orange County Livestock Show
PO Box 1084
Vidor, TX 77670-1084

Rabbit Entry Forms

PARTICIPANT: _____

PARENT/GUARDIAN: _____

ADDRESS: _____

PHONE NUMBER: _____

E-MAIL OF PARENT: _____

CHAPTER OR CLUB: _____

\$25 Entry Fee Per Animal
(No Refunds)

**ENTRIES MUST BE POSTMARKED BY
SEPTEMBER 19, 2012**

EAR NUMBERS—1. _____ 2. _____ 3. _____

I, _____, acknowledge a receipt of a copy of the 2012
Orange county Livestock Show Rules available from my FFA Advisor or County Extension Agent

**Makes Checks payable to : OCLSA
Mail to: OCLSA, PO Box 1084, Vidor, TX 77670-1084**

If you have any questions concerning the rabbit meat pen show, please contact:
Eddie Miller, Rabbit Show Chairman 409-284-2427 or
Tommy Harrington, Rabbit Show Chairman 409-504-5210

**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



Ask your local
Anderson Bean
Retailer about the
Limited Edition
Horse Power
Texas 4-H Boot.

All Texas 4-H Members can now receive
10% off Anderson Bean, Horse Power
Macie Bean and Anderson Bean Kids Boots.
Check out these participating retailers!

IESKEY'S
Terkey's Saddle Shop
Weatherford, Texas
terkeys.com
(800) 955-9555

**SOUTH TEXAS
TACK**
South Texas Tack
Brenham, Texas
southtexas tack.com
(822) 284-8225

NRS
National Roper's Supply
Decatur, Texas
nrs-world.com
(800) 457-0246

DW
Dollar Western Wear
Lubbock, Texas
dollarwesternwear.com
(800) 793-4568

**MULE
BARN**
The Mule Barn
Madisonville, Texas
mulebarnonline.com
(978) 348-8869

andersonbean.com

Anderson Bean Boot Company through their new alliance contract with the Texas 4-H Foundation, is now offering 10% Discount on their complete line of Anderson Bean, Horse Power, Macie Bean and Anderson Bean Kids Boots to all 4-H members this year. They have a limited number of the Texas 4-H boots still remaining and those can be ordered as well through these participating retailers. Certificates will be made available on 4-H Connect that a member, once approved, can download, similar to the Volunteer Screening Certificates. This certificate would need to be presented at the participating retailer to receive the discount. They can print the certificate off as many times as they would like during the promotional period. Currently not all Anderson Bean retailers are accepting the certificates. As additional retailers are added, we will update the list. Attached is a jpeg ad that can be used in your upcoming news release promoting 4-H Enrollment and the discount offer.

"4-H Since 1902" YouTube Video - Bexar Co. 4-H Promotion Video

If you have a chance, check out the video by some very creative Bexar County 4-H Members. It is a "silent movie" and we think it is pretty cool!

Congratulations to these young people!

<http://www.youtube.com/watch?v=7pQoLH45ROw>



September 19th
through
September 30th

HELP SUPPORT YOUR
LOCAL 4-H CLUBS
..... BY ADDING **\$1** AT CHECKOUT

TRACTOR SUPPLY CO.  FIND A STORE NEAR YOU
AT TRACTORSUPPLY.COM

4-H NEWS

2013 TEXAS 4-H ROUNDUP THEME & LOGO CONTEST REQUIREMENTS

- The logo submitted may be made up of no more than four colors
 - Theme must have "Texas 4-H Roundup" located in it.
 - Theme must have 2013 for its date
- Images may be hand drawn or computer generated
 - Electronic images must be in .jpg format
- If selected, images may be modified slightly for printing purposes

SUBMISSION DEADLINE

Submissions must be received no later than September 21, 2012

PARTICIPANTS

- Must be a 4-H member
- May be a team (no size limit), 4-H Club, or individual submission
 - Participants **must** be from same county

SUBMISSION RIGHTS & CREDIT

- All submissions become the property of the Texas A&M Texas AgriLife Extension Service
 - 4-H members release all rights to submission of theme and logo
- Credit will be provided to individual or team in State 4-H Roundup documentation

WINNING ENTRY

- The winning entry will receive a \$100 gift card

SUBMISSION PROCESS

Print format: mail entry to: Texas 4-H Office c/o Kyle Merten | 4180 State Hwy. 6 College Station, TX 77845
Please include the following information: name, e-mail address, county, mailing address, city/state/zip, and age

Electronic format: e-mail entry to: Mr. Kyle Merten | kjmerten@ag.tamu.edu
Please include the following information: name, e-mail address, county, mailing address, city/state/zip, and age

4-H CLUB NEWS

Time to Start the New 4-H Year

DUSTY TRAILS

2nd Mondays of each month 7 pm

Mauriceville Community Center

September 10th first meeting of the new year

Chili will be provided

Jessica Mayfield, Club Manager 886-5906



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



MIGHTY PIRATES

2nd Tuesday of each month

September 11, first meeting of new year

Vidor Community Center

Kathy Hester, Club Manager

790-8835

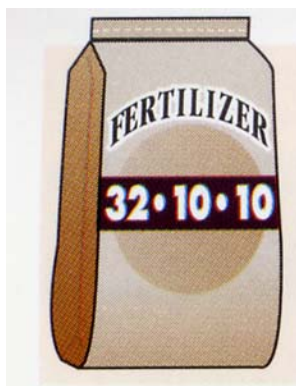


Soil Fertility & Mineral Nutrition Seminars!

Come to the Texas A&M AgriLife Extension Office to attend the online Small Acreage Horticultural Crops Seminars.

Each seminar will include a live webinar session featuring the state's leading authorities. Topics to be covered include:

- ♦ The role of the elements in the plant and in the soil
- ♦ Leaching potential
- ♦ Best method of application
- ♦ Rates and timing of application
- ♦ Efficiency and/or toxicity symptoms



Each Seminar is at 10:00 am

September 4	Nitrogen
September 11	Phosphorus & Potassium
September 18	Calcium, Magnesium & Sulfur
September 25	Micronutrients

**Please Call the Texas A&M
AgriLife Extension Office
before the class so we can
plan for the # of people
409-882-7010**



2012

Southeast Texas

Hay Testing Campaign

**In conjunction with the Southeast Texas Beef Symposium & Trade Show
Ford Park in Beaumont, TX on November 17.**

Hay samples must be submitted by Monday, September 24th.

Hay Classes

- ~ Bermudagrasses
- ~ Other Warm Season Perennial Grasses
- ~ Warm Season Annual Grasses
- ~ Cool Season Annual Grasses
- ~ Legumes
- ~ Legume-Grass Mixtures

Hay Sample Tested for a reduced \$5



Hay samples may be dropped off at your local Texas AgriLife Extension Services

Chambers County Extension Service

Tyler Fitzgerald, CEA~AG/NR
295 Whites Memorial Park Dr.
Anahuac, TX 77514
409-374-2123

Hardin County Extension Service

440 Monroe Street
Kountze, TX 77625
409-246-5128

Jefferson County Extension Service

Ricky Thompson, CEA~AG/NR
1225 Pearl Street Suite 220
Beaumont, TX 77701
409-835-8461

Liberty County Extension Service

501 Palmer Street
Liberty, TX 77575
936-334-3230

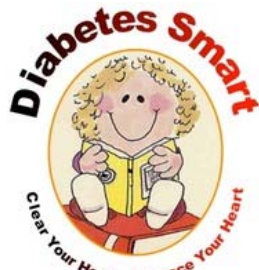
Orange County Extension Service

Dr. Roy Stanford, CEA~AG/NR
11867 Hwy 62 N.
Orange, TX 77632
409-882-7010

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

SMART Goals to Improve Diabetes Management

Specific
Measurable
Action-oriented
Realistic
Time-limited



Start with what is most important to you. What motivates you to want to keep going?

What helps you feel emotionally balanced? Include family and friends, healthcare providers, physicians, counselors, pastor, or anyone else into your life can help with goal setting strategies and staying on track as a form of accountability. We all need someone to ask us on a regular basis "How are you doing with your goals?"

It's all emotional! If someone does not see motivation in staying well, then they won't do it. Motivation can be as simple as wanting to live long healthy live free of complication or a bucket list of life goals. I know there are plenty of people with diabetes who experience enough of that motivation to conquer their emotions over their conditions easily, though I know plenty of people who have a more difficult time. Stress and diabetes go together- glucose levels rise! Learn to manage anxiety and depression. Help your heart; body and mind stay healthy with diabetes. If you want to learn ways to manage anxiety and depression talk to a Licensed Professional Counselor, Clinical Social Worker, Mental Health Professional, or Physician. There are also many books and resources on this topic. If you would like more information on this topic or others contact Paula Tacker, LMSW, CDE- Orange County FCS Extension Agent at 409-882-7010 or at prtacker@aq.tamu.edu

Nutritious Snacks For Kids!!

Chili Bean Dip & Carrot Sticks

Ingredients:

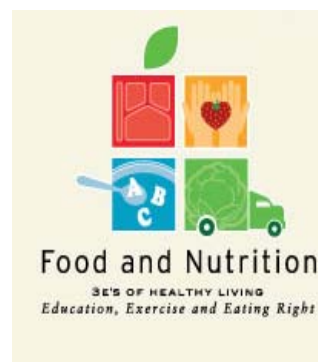
- ♦ 1 cup kidney or pinto beans, cooked
- ♦ 1 teaspoon vinegar or lemon juice
- ♦ 1/4—1/2 teaspoon chili powder
- ♦ 1/4—1/2 teaspoon cumin
- ♦ 1 teaspoon onion, diced
- ♦ 1 pound carrot sticks

Equipment:

- ♦ Mixing bowls
- ♦ Measuring cups and spoons
- ♦ Potato masher

Directions:

1. Place beans in a bowl, and mash with a potato masher or fork.
2. Add lemon juice or vinegar and spices and mix well.
3. Serve 2 tablespoons of dip with 1/2 cup carrot sticks 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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Orange, TX
Permit #12

Return Service Requested



Improving Lives. Improving Texas.

IN THE SEPTEMBER ISSUE:

- Upcoming Events
- Living Well Classes
- Keys to the Courthouse
- “Want to know the relationship between congestive heart failure & Diabetes?” Presentation
- Master Gardener Program
- **4-H News: Pages 5—12**
- Soil Fertility & Mineral Nutrition Seminars
- 2012 Southeast Texas Hay Testing Campaign
- SMART goals to improve Diabetes Management
- Nutritious Snacks for Kids!!

Chicken Bow Tie Sausage Pasta

Ingredients:

- ♦ 3 cups cubed cooked chicken mean
- ♦ 1 cup grated cheddar cheese
- ♦ 1 can green enchilada sauce
- ♦ 1—8 ounce fat free cream cheese (softened)
- ♦ 1—8 ounce fat free sour cream
- ♦ 1 can of drained black beans
- ♦ 6 flour tortillas

Directions:

1. Preheat oven to 350 degrees.
2. Lightly grease a large baking dish.
3. To the cooked chicken, add cream cheese-softened, sour cream, and green enchilada sauce.
4. Cut the flour tortillas in half, then line the bottom of the baking dish with the flour tortillas.
5. Place a layer of the chicken mixture on top of the tortillas.
6. Add the can of black beans on top of the chicken mixture.
7. Sprinkle half of the cheese on top of the black beans.
8. Repeat the layer of tortillas and chicken mixture followed by sprinkling the remaining cheese on top.
9. Put in the oven to bake for 30 minutes or until the cheese has melted.

