

Marion County Extension Newsletter



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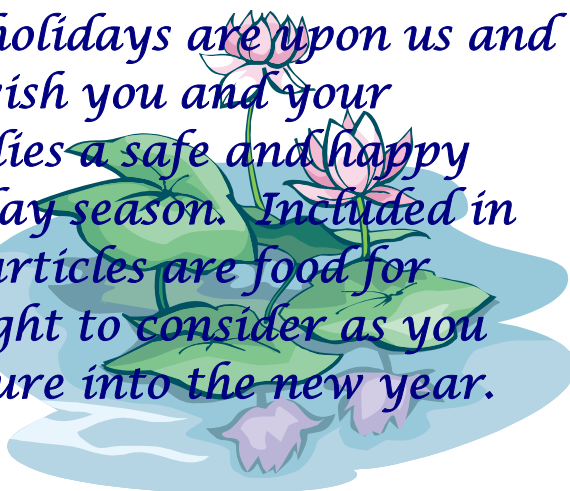
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The holidays are upon us and we wish you and your families a safe and happy holiday season. Included in our articles are food for thought to consider as you venture into the new year.



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Agriculture Programs Committee

President: Cindy McNeely

Vice-President/Treasurer: Ray Lewis

Secretary: Jane McBride

Members: Johnny Neuville

Terrie Neuville

Lin Mabus

Oil and Gas Leasing Program



Judon Fambrough of the The Real Estate Center at Texas A&M University came to Jefferson, TX on November 10, 2008. Mr. Fambrough is an Attorney at Law and Professor. His program was titled "Hints on Negotiating an Oil and Gas Leasing". He gave a targeted talk about leasing your land for oil and gas. His talk included many clauses and conditions that need to be in a gas lease, and how to terminate an oil and gas lease.



There were 32 who attended this program. If you would like more information about this program or want to watch it at home view the Marion County website at <http://marion-tx.tamu.edu/>. Or call the Marion County Extension office 903-665-2421. This event was sponsored by the Port of Jefferson Abstract Company, Jeffersonian Institute, and the Collins Academy.

Brood Mare Program



Associate Professor and State Extension Equine Specialist Brett Scott gave a three hour presentation on Brood Mares. Brett gave us valuable information about body condition scores, nutrition during pregnancy, fouling, disease problems associated with pregnancy and recovery of those animals once the foal is here. Publication were offered Horse Pastures for Texas, Nutrition and Feeding Management of Broodmares, Best Management Practices for Equine Disease Prevention, and Feeding Young Horses for Sound Development. All of these publication can be found on the Marion County Website at <http://marion-tx.tamu.edu/>.

The most important time during the broodmares pregnancy is the third trimester. Horses for the first six month may not even show pregnancy. The foal begins gaining weight between the 6th and 7th month. It now weights about 20 lbs. This is key because the development of the unborn foal is growing more rapidly averaging about 1 pound per day. It is important that during the third trimester 7th through 11th months the mare be receiving 1.5 to 2 percent of total body weight in total feed daily. For top quality horses feed a minimum of 18 % crude protein using alfalfa hay or legume grazing roughage are good sources.

Pesticide Licence earned in Marion County

On December 16, 2008 the Texas Department of Agriculture will make a visit to Kelly Park. The class will start at 8:00 a.m. and should end at 2:00 p.m. Cost is \$10 if you RSVP a seat. We will except late registrations for \$15. You can RSVP by calling 903-665-2421. Lunch will be provided by Riverport BBQ.

Oversized and Stuffed

Oversized and Stuffed was well received by both youth and adults. More that 180 5th and 6th grade students at the Jefferson Middle school got to ask questions and learn about the benefits of eating a proper diet and exercise. Seniors in the AARP/Diabetes group seemed more interested in learning about their BMI or body mass index scores. Mrs. Carolyn Perkins Franks was the guest speaker. For more information on this program contact the extension office.



President Northcutt, Mrs. Perkins &
Agent Cooper

A Holiday Thought

In recent News article found in the December 2008 AARP magazine, there appeared an article titled "Supper Healing". The Article highlighted a simple thought for those of us that are ill which may or may not have any merit. However, the thought was a statement made by a Harvard doc and former cancer patient stating that: "even though we may not know it—our bodies have an amazing ability to repair themselves after a serious illness or injury". The writers suggest that there are three key elements that aid in this healing power and they are: how we eat, sleep and move. The solutions given along with other information are: Don't neglect Nutrition by not eating the foods that will provide the nutrients such as Vitamins A, C and others that can help us get better. They suggest that five small meals are much better. Three medium size meals and two nutritious snacks are recommended. The writers suggest that we should make sleep a priority. We all need seven to eight hours but, the writers suggest that more is needed to heal the body and even though we need more rest, it is most important that we spend time exercising. The author's state they have found in one of their studies that of people with identical small wounds, the people who exercised healed ten days faster than those who didn't."

(AARP November & December 2008 p-62-67)

****** Two very important keys to staying healthy and happy for the holiday: 1. wash hands often and keep hot foods hot and cold foods cold.**

Community Development

The Small Business Development program held on December 1st offered great information for those wanting to start a business and those in business. Keys to success include: market research and a need for your product, a sound business plan, figuring in your income for start up and most importantly securing the proper licenses, permits, and obtaining the state documents such as the EIN or tax number to certify that the business is legal and being operated legitimately. Program presenter Jimmy Henry offered marketing through E-Bay as a means to practice one's skills, as well as an in-depth discussion of government contracts for small underserved Minority owned business. He stressed that this could be as simple as selling toilet paper to government offices and never having to store or handle the products. Another or these sessions will be held in the spring if there is interest. Call and pre register for the next class and we will try and make it fit the majority schedule.



Program Speaker Jimmy Henry

Community Development Class

In this time of record-high energy prices and recognition of the ties between national security and energy independence and between utility system reliability and global climate change concerns, energy efficiency is a key approach among the remedies

In November the community development session titled “Energy Efficiency” discussed several ideas that offered suggestions to rural counties and cities on how to work within their organizations to encourage their citizens and employees to become more fuel and energy efficient by capitalizing on the resources at hand and how they can maximize every Btu. Those resources included reduction in power used to heat and light buildings, working to reduce the cost of transportation by looking for alternative sources of transportation related to rail, carpooling, mass transit and getting people to buy into these systems. This session also described how to measure current energy use and to create an energy plan with the technologies, practices, programs and policies that maximize energy efficiency and cost savings.

Building Communities

The December 16, 2008, 11:30-12:30PM, will discuss—***Renewable Energy***.

Renewable energy is part of a strategic approach to energy that reduces carbon emissions, improves energy reliability and may protect against escalating fuel costs. This webinar examines the renewable energy technologies available and how to choose the options best for your community or your site.

Questions to be considered by the presenters include: Is it affordable? Who are the service providers in my area? How do I proceed? What renewable installations are already operating?

It's going to be a great session and all are invited. The sessions are especially open to elected officials, economic development groups and chambers as well as citizens interested in the improvement of their community.

Cypress Basin Chapter of Texas Master Naturalist

Volunteers Needed-Cypress Basin Texas Master Naturalist Group

"The local chapter of the State program, sponsored by; Texas Parks/Wildlife and Agri-Life Extension, extends an open invitation to interested individuals in becoming a Master Naturalist Volunteer.

Join the upcoming training program beginning January 29th, 2009, 6:00 P.M. at the Kellyville Agri-Life Center 5 miles west of Jefferson on State Hwy 49, continuing every other Thursday (10 classes), and 3 field trip Saturday sessions, to become a certified "Texas Master Naturalist". Opportunities exist for volunteerism on local projects and outreach to improve local environmental education, ecology, and eco-tourism.

Certification requires 40 hours volunteer duties in addition to the basic training and 8 hrs specialized-advanced training-yearly. Interested natural science enthusiasts, teachers, and the general community, are welcome to prepare for volunteerism through this State approved training curriculum. Refreshments provided. The cost for the basic training, provided by professionals in their respective fields is \$40.00 (training materials and background check). RSVP requested (by 12/29) to have materials needed for the first class.

Start the new year by being be part of this effort to share the natural wonders we live in and promote conservation efforts of natural resources for the future of the area. To get involved/ have questions?, Contact; Brad Bailey (Program Coordinator); (bwbailey1@peoplepc.com/903-767-1676), Brock Fry at the Marion County Extension; (bafry@ag.tamu.edu/903-665-2272), or Vanessa Adams @ TP+W; (vanessa.adams@tpwd.state.tx.us)/903-679-9817

Website References:

<http://masternaturalist.tamu.edu/>

<http://grovesite.com/page.asp?o=tmn&s=cbc&p=239487>

On the next page you will find the spring schedule.



All classes (except field trips as noted) are from 6:00 to 9:00 p.m. on Thursday evenings, except Saturday Field days (9:00-3:00pm). Key locations around the two county areas will serve as the class locations.

- Educational programs of Texas AgriLIFE Extension are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

Calendar of Events

December

16th, Tuesday Pesticide Test for Licence

Kelly Park Community Center 8:00 AM - 2:00 PM

18th Thursday AARP - Celebration

Kelly Park Community Center

Published Monthly By:

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“Improving Lives. Improving Texas.”