

Marion County Extension Newsletter

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Agriculture Programs Committee

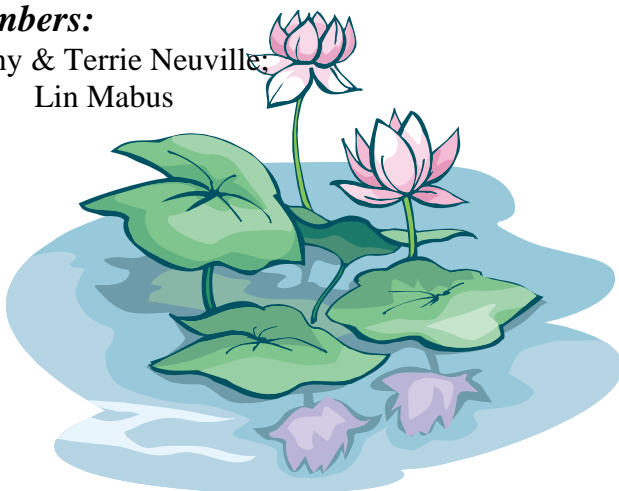
President: Cindy McNeely

V.P. /Treasurer: RayLewis

Secretary: Jane McBride

Members:

Johnny & Terrie Neuville;
Lin Mabus



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Beef Committee

Mike Clayton, Chairman

Members: Bob Sanders, David Smith, Gerald Harvey, Johnny McNeely, Ray Lewis, Lin Mabus



Shawn Roberts Regional Field Supervisor for Texas, Oklahoma, New Mexico stopped by the office yesterday and was telling how this organization helps preserve our hunting heritage here in the States. He also gave us information about how the group helps give \$500 to a local 4-H Shooting Sports group each year after the annual banquet. This money would be a great help to getting our shooting sports group off the ground. It sounds like he is planning to have a banquet in town next summer. He would like to meet with the local shooting sports group in the future.

About the NWTF

The National Wild Turkey Federation is a national nonprofit conservation and hunting organization that, along with its volunteers, partners and sponsors, has worked for the conservation of the wild turkey and preservation of our hunting heritage. When the NWTF was established in 1973, there were only 1.3 million wild turkeys. Today that number stands at more than seven million birds throughout North America, and hunting seasons have been established in 49 U.S. states, Canada and Mexico.

History of NWTF.

Since 1973 the NWTF has grown tremendously as have wild turkey populations throughout North America. But, there is much to do to ensure wild turkeys continue to thrive and that our hunting heritage is passed down to future generations.

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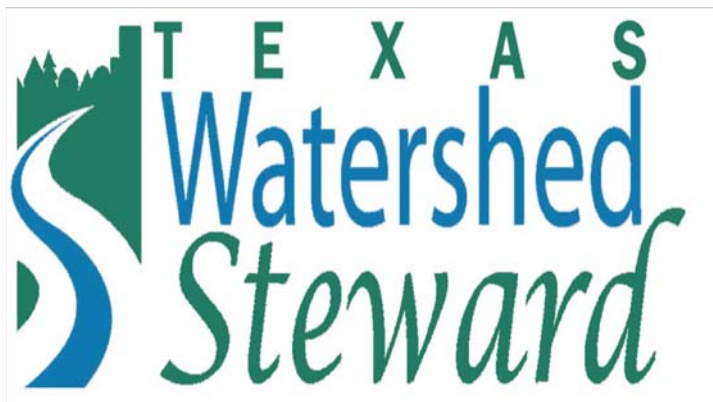
Beef Committee Meeting

December 8, 2009

Location: Kelly Park

6 PM

Bring names of neighbors that are in the beef business and program ideas for 2010.



The Texas Watershed Steward program is a free, one-day educational workshop designed to help watershed residents improve and protect their water resources by getting involved in local watershed protection and management activities.

December 3, 2009: 8:00am-4pm

Jefferson Transportation Center
305 North Austin Street
Jefferson, TX 75657

The workshop will provide an overview of water quality and watershed management in Texas. It will primarily focus on water quality issues in the Caddo Lake Watershed (including Big Cypress Creek and Lake O' the Pines) as well as efforts by the Northeast Texas Municipal Water District, the Texas Commission on Environmental Quality, and the Texas State Soil and Water Conservation Board to help improve water resources and the health of the surrounding watershed.



Texas Master Naturalist of the Cypress Basin are gearing up again for another great sessions of programs. The Cypress Basin Chapter of Texas Master Naturalist had eleven new members complete training for 2009. We have four members certified for the Project Wild program with Texas Parks & Wildlife Department. Two of those completed facilitator training. Projects currently include the Head Start facility in Jefferson, Butterfly Garden; it was started in 2008. The 2009 class completed a small garden for residents of local Jefferson nursing homes. A group project is currently in the beginning stages at the Lady Bird Johnson Historical marker in Karnack, the triangle will be planted with native plants and a rustic cedar fence is planned for the future.

Master Naturalist go through 40 hours of rigorous college level classroom training. Complete 40 hours of volunteer projects in the area of nature. Get 8 hours of advanced training. Each member will give 40 hours of volunteer service to communities in Marion, Harrison, and Panola Counties per year to keep certified.

Starting in January. For more information about joining this group call 903-665-2421



Section 9007 Rural Energy for America Program (REAP).

The program may be used for the purchase and installation of a renewable energy system and for energy efficiency improvements to existing buildings/facilities/equipment.

The program is also limited to small rural businesses and agriculture producers as defined in the attached fact sheet.

For those interested in applying for a grant, there is additional information including fact sheets, checklists, application templates and application forms at the following link: http://www.rurdev.usda.gov/tx/section_9007.htm

An energy audit is required for energy efficiency projects with total eligible project costs greater than \$50,000. Those projects under \$50K that have an energy audit completed may receive additional points under the scoring criteria.

The application submission deadline for Fiscal Year 2010 has not been published yet, but the time to start the application process is now.

For more information call (254) 742-9780

Daniel Torres

Business & Cooperative Programs Director

Turfgrass Ecology &

Management Short Course

Five-Day Turfgrass Ecology and Management Short Course (February 1-5, 2010)

The 6th Annual Turfgrass Ecology and Management Short Course will be held adjacent to the Texas A&M University Campus on February 1-5, 2010. Over the past five years the Turf Short Course trained 218 turf & landscape professionals. This turfgrass management continuing education program is designed to provide basic and practical information to new professional turfgrass managers, as well as to provide experienced turf managers the opportunity to review and update their knowledge. The registration deadline is January 15, 2010. The website can be accessed through keywords and course date at <http://agrillifevents.tamu.edu/> or directly at <http://agrillifevents.tamu.edu/events/details.cfm?id=428>

There you will find links to course information, course topics, on-line registration, speaker bios, lodging information, and a downloadable program brochure. Early registration is encouraged, as enrollment is limited to 60 participants. Pre-registration is required through the Texas AgriLife Extension Conference Services.

As we prepare for the holidays that are fast approaching, a few thoughts come to mind relating to past programs that have happened over the last two months and interesting tidbits relating to having a happy and safe holiday that I would like to share with you. I want to also remind you as our extension audience, how much we appreciate you reading and referring our web-site to others you come in contact with. We are always open to publishing information you think others would be interested in seeing on our site, as well as other topics you might like to see addressed.

Educational Program/ Health

Members of the local AARP/Diabetes group recently hosted Extension Specialist, Andrew Crocker at their meeting in October. Mr. Crocker spoke on Healthy Aging and how as we get older, we may develop more chronic diseases such as diabetes, high blood pressure, arthritis and etc. These diseases do not go away and require persistent treatments, medicines and medical care. As a result, they are very expensive and less likely to be healed. To combat some of these ailments, the following prevention methods were recommended: If you are using tobacco, STOP, if you are not participating in a regular exercise program, START. Other lifestyle choices that can help are : maintaining a normal weight,(What's normal for you recommended by your doctor) eat from diets that are high in fruits, vegetables and whole grains, avoid trans and saturated fats, use alcohol in moderation, get 6-9 hours of sleep and always wear your seat belts.

To lower the risk of pre-diabetes, Crocker recommended walking 30 minutes a day at least 5 days a week. To reduce heart disease, identify symptoms and signs early by having regular check-ups. Remember that the majority of health visits last less than 15 minutes and much of your treatment and diagnosis depend on what you say to the health provider or doctor. The AARP members meet the

3rd Thursday of every month at the extension office building.

Publication addresses one can use to find information from good sources are:

2-1-1 Texas - A service of the Health and Human Services Commission's Texas Information Referral Network. Agencies providing food, shelter, rent assistance, utility bill assistance, counseling, child care, after-school programs, senior services and disaster relief.

<http://www.211texas.org>

<http://www.medicare.gov>

Medicare publications <http://www.yourtexasbenefits.com> , <http://www.benefitscheckup.org> and <http://www.eXtension.org>

Health notes for the Holidays

A recent article in the December 2009 issue of Better Homes and Garden gave some great healthy tips for the holidays: 1. To get ones family safely to the chosen holiday destination, it was recommended that the driver needs to be well rested and alert. 60% of drivers according to the article reported falling asleep at least once while driving on the highways. Signs of being tired are: yawning, wondering thoughts, and the inability to remember the last few miles driven. The National Safety Council, according to the article, recommends certain tips to combat this problem. (1)—Start trip early in the day, (2)--Keep the temperature cool where passengers might need a blanket, (3)—Stop every 100 miles or 2 hours, get out of the car and take a brisk walk around (exercise combats fatigue)(4)—Eat a light snack and (5)—Get off the road as soon as fatigue begins to show. It is recommended that one take a short nap in a well lit area. This should never be done on the side of the road where one could be in danger of being struck by another car.

Love that chocolate??

It has been found by researches from Harvard, the University of California at Davis and the U.S. Department of Agriculture (Better-Homes and Garden Dec.2009) confirms that compounds in chocolate improve the blood flow, reduce blood clotting and oxidative damage. It seems that cocoa powder is the best. Coming in a tight second are the dark chocolate bars stated by a spokesperson from the American Dietetic Association according to author Mike Butler. The article states that a 13 oz piece of Chocolate has about 187 calories. Recommended are those with 60% or more cocoa.

Subject: gluten free holiday recipes

As the holidays roll around, it has come to my attention that some of us might be allergic to gluten. Gluten is a substance found in some flour and other products. However, there are some flours that do not contain gluten. For more information, the following websites can be used to avoid such foods.

<http://www.wholefoodsmarket.com/holidays/recipes/glutenfree.php>

Foods to avoid:

<http://www.the-gluten-free-chef.com/foods-containing-gluten.html>

Naturally gluten free foods:

<http://www.the-gluten-free-chef.com/gluten-free-food-list.html>

Dates to Remember

November 19,2009 AA RP Regular monthly meeting. 2:00 pm. The group meets each month except June and July. In August, they hold a defensive driving program many seniors use to reduce the high cost of car insurance.

Saturday December 5th 2009 will be a scheduled work day to complete the Kelly Play ground project. The workday is set for 8:30 am and will include setting in several pieces of equipment. A Friday workday is set to dig holes and possibly pour concrete in those holes to set equipment in. All work time will be greatly appreciated. Please recruit neighbors and volunteers that might have post diggers, shovels, concrete mixing equipment, and any other tools needed to assemble the play equipment. We need gravel, mulch and timbers to surround the play area in order to keep the mulch from washing away. Any resources and ideas will be greatly appreciated. Volunteers are asked to please call and preregister. Youth are also invited to participate. We are adding equipment to increase the usefulness of the park by families through a grant from Prairie View A&M University and USDA. Volunteers through a Youth and adult partnership are essential to the success of the project. Boy & Girl Scouts, 4-H members, Youth groups and community residents are all a part of the formula to make it work.

Call the office, let us know you are coming, bring your family, church group or friend and let's get this done.

December 15, 2009 Foods Workshop, 6:00pm Kelly Park.

Easy to make Christmas gifts, “From the Heart for the Holidays.” Both youth and adults are invited to come and participate. Participants are asked to bring three fruit jars (small) for making Jellies and mixes and \$2.00 for adults, \$1 for youth to cover the cost of the workshop. The county Foods workshop will be discussed and also the new Food Challenge will be demonstrated. Please call and sign up by December 12th in order that we may reserve a spot and supplies for you. 903-665-2421.

December 17, 2009 AARP Christmas Party. Covered Dish. Come and join the group and prepare for the upcoming year. Get the health information you want, have fun and enjoy the fellowship. Be a part of the planning process for seniors. Call and tell us what you are bringing so we can coordinate around your dish.

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“Improving Lives. Improving Texas.”