

Marion County Extension Newsletter

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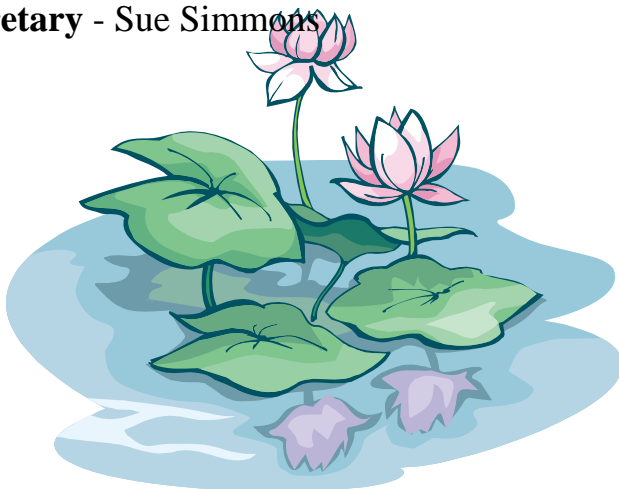
Texas Master Naturalist

President - Ted Barrow

Vice President - Betty Morgan

Treasurer - Rosanna Salmon

Secretary - Sue Simmons



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Beef Committee

Chairmans - Robert and Darlette Schmidt

Lynn Mabus

Johnny McNeely

Mike Clayton

Ray Lewis

Bob Sanders

David Smith

Gerald Harvey

TEXAS MASTER NATURALIST TRAINING **FULL SWING**

The 2010 training of Master Naturalist volunteers began on the weekend of January 22-23. There are nine members in this year's class. At the first class Sonny Arnold, one of the state coordinators, introduced the trainees to the program and Irene Hamel spoke on Volunteers as Teachers. On Saturday they received training on the topics of Ecosystems presented by David Sierra and on Archeology presented by Todd McMakin.

February 19-20 will be the second weekend of classes. On Friday evening Vanessa Adams will present Taxonomy and Plants. Saturday's session will include Dr. Jim Ingold presenting Ornithology with a demonstration on bird banding. In the afternoon Darren Manthei will present Wetland Ecology and Aquatic Systems. Weather permitting trainees will be in the "field" for hands-on activities.

March 26-27 will be the third weekend of classes. On Friday Tim Bister will present Ichthyology. On Saturday Steve Lange will present Geology and Climate. Also schedule is Herpetology with the presenter TBA. In-the-field time is planned if the weather cooperates.

April 23-24 will be the fourth and last weekend of classes. On Friday Allen Smith will present Entomology. On Saturday Ricky Maxey will present Forest Ecology and Management. He and Vanessa Adams will present Rare/Endangered Plants and Animals of the Cypress Basin. Saturday is also graduation day for those trainees who complete the 40 hours of training.

All Friday classes are in Jefferson at Collins Academy. Saturday classes are at the Caddo Lake National Wildlife Refuge in the fire station kitchen area.

Some of the trainees have already received volunteer service hours and advanced training credit. That is commendable! We're excited to have this group of enthusiastic volunteers-in-training.

CYPRESS BASIN CHAPTER FEBRUARY
MEETING

Tuesday, February 9 at 6:30 p.m.
City of Jefferson Multi-Purpose Center
305 East Austin St.

PROGRAM: Nature Realized-Connecting Children to the Land
Presented by Betty Morgan
(1 hour Advanced Training)

As we celebrate the beginning of the New Year and watch it's many wonders unfold such as the cold and snow, looks like it's going to be plenty of moisture for spring gardens and many of the winter flowers are yet blooming. We've faced many new challenges here at the office and across the state, but through it all, it's good and all is well. News for this quarter will include some new calendar updates health related information and a host of information that can be found on the website. A pleasant thought for the new year is: "Life is good and don't you dare miss it." Instead of racing against the busy clock of everyday living, it is suggested that we slow down and "savor everyday moments". Paulette T Cooper, EA CEP 4-H /CD

Energy Program

February 25, 2010 at Kelly Park USDA Rural Development Specialist Don Williams will be in Jefferson. Program will start at 6:00 P.M. At this program we will be filling out the paperwork for Rural Energy for America program. This is a competitive grant application. This is your opportunity to take your rural business and upgrade things that effect your energy bills. This program is for those who would like to get a 25% grant on an energy project Every business from time to time needs to upgrade refrigeration, insulation, lighting, or many other options like air conditioning. Now is the time to do a project for energy savings.



Pesticide Applicators Last Chance Videos

February 24, 2010 at Kelly Park the showing of the 8 hours videos to earn 8 hours of continuing education units. The class schedule will start at 8: 00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m. Lunch will be on your own. There is no cost to get these hours.

February: The month of Love and National Heart Health Month

Even though the month of February has all but come and gone, we hope that Valentines was all that it was suppose to be. However, the opportunity to love your health and heart really goes on forever. We've read that Heart disease is the Number 1 killer of women (men aren't really that far behind). There are a variety of measures we can take to reduce our risk. The key is getting started and recognizing the signs. I've gathered from a variety of information from many sources and some simple solutions recommended by Spokeswoman from the American College of Cardiology and author of "Slay The Giant: The Power of Prevention in Defeating Heart Disease, "By the time you have chest pain or shortness of Breath, the process is incredibly advanced." The good news is that she feels that unless one has a congenital condition or genetic predisposition to cardiovascular disease, one can almost control their risk of heart disease by 80% with diet, exercise and lifestyle changes. For more in-depth information, it is suggested that one contact their personal physician to determine a health plan that is designed to meet their needs. (February, 2010 Better Homes And Gardens, pp 185-86)

Three-day grazing school to address increased challenges in beef production

By: Robert Burns, 903-834-6191

OVERTON -- Too little rain, too much rain, high fertilizer prices and a volatile cattle market – both inexperienced and the veteran beef producers will learn strategies to deal with all these scenarios at the Pasture and Livestock Management Workshop set March 30 - April 1, said a Texas AgriLife Research scientist.

"We can't change the weather; we can't change cattle prices," said Dr. Monte Rouquette, AgriLife Research scientist and one of the course instructors. "But we can teach management strategies to help producers deal with these issues."

The grazing school is now accepting enrollment, (no comma)for the workshop, which will be held at the Texas AgriLife Research and Extension Center at Overton. Center facilities include classrooms and hundreds of acres of research pastures with ongoing cow-calf and stocker studies.

The 2010 course will be the 10th year the grazing school courses have been held at Overton. In the past, attendance has not been limited to Texas, also drawing students from Alaska, California, Arizona and foreign countries.

“This year, for the first time, we’re including a wildlife segment,” Rouquette said. “Dr. Billy Higginbotham will talk about a variety of wildlife issues: pond management, white-tailed deer and feral hogs.”

The instructors are scientists and educators with AgriLife Research, the Texas AgriLife Extension Service and Texas A&M University. Seven of the instructors are full professors and four are Texas A&M Regents Fellows. Most come from agricultural backgrounds and several have weekend cow/calf operations.

Disciplines represented by the instructors include forage management, forage fertility, animal nutrition, small-grain and ryegrass management, soil fertility and chemistry, animal breeding and genetics, fisheries and wildlife, agricultural economics and entrepreneurship, and agricultural engineering.

Enrollment for the three-day course is \$350 and includes all meals, coffee breaks, refreshments, a workshop handbook and individual access to all the instructors. Students will earn three continuing education units in the general category toward their Texas Department of Agriculture pesticide applicator’s licenses.

"Because the course includes quite a bit of one-on-one interaction with the instructors, we limit enrollment to 50 people per session," Rouquette said.

Instruction will be divided among the classroom, the field and hands-on activities, Rouquette said. In-field demonstrations will cover all aspects of running a beef operation, from establishing and maintaining high-quality forages to calibrating sprayers, taking soil samples, castrating and vaccinating cattle, and dehorning calves.

Also included will be training on writing a business plan for a ranch, keeping proper records, choosing the appropriate forage species for different soils, understanding soil fertility, establishing forage systems that minimize winter feeding costs, setting correct stocking rates, choosing the right cattle breeds, promoting good animal health, marketing cattle and the use of remote sensing cameras in wildlife management, according to Rouquette.

The course was originally intended for those just beginning a beef cattle operation, but the comprehensive nature of the course attracted those with more experience in the business, he said.

"Usually, about 25 percent of the enrollment consists of people who are absolutely new to ranching and pasture management, 50 percent who have some knowledge and 25 percent who have extensive

experience," Rouquette said.

A full agenda can be found at <http://overtton.tamu.edu/grazingschool.htm> .

To register or for more information, contact Jennifer Lloyd at 903-834-6191 or jlloyd@ag.tamu.edu.

Lloyd will have information on class openings, local accommodations and driving directions to the center, Rouquette said.

AARP/Diabetes News

Members celebrated two successful meetings this new year. The January meeting produced their calendar of events and projects for the New Year. Those events also include a planned trip to Eureka Springs set for June with more information to come on the Marion County Extension web page. March meeting will feature "Focus on Literacy, Planning their National Day of Service project and a featured section on focus on health". In April, the Program will feature Attorney Jim Finstrom conducting a program on Will and Trust. The group meets each third Thursday of the Month at 2:00pm and invites the public to participate. Their programs are geared to seniors 55 and over. However, the information is great for any adult.

The 2010 Census

We all know that Census Day is April 1, 2010, and that it's important to count every person in Texas. The Census will impact not only legislative redistricting and the representation of both rural and urban residents, but also the future distribution of \$400 billion dollars in federal funds each year, not to mention the spending and planning of many state and local entities. It is with this thought our Director has volunteered our services to assist in answering any questions the public might have. If we can be of help, please feel free to call. Remember:

Every P-e-r-s-o-n Counts

OPPORTUNITIES FOR PERSONAL GROWTH AND DEVELOPMENT

As the need to decrease budgets and the population becomes more aged, the opportunity to increase service to one's community, family and friends also increases. Young people are often looking for ways to provide a service to their community through volunteering, leadership, citizenship and community service projects for their project record books, scholarship applications and any number of extracurricular activities they participate in. Many adults are also taking on these roles according to a recent article found in an Extension publication called e-Extension. Several writers introduced the following conclusions as benefits by individuals serving as "Caregivers".

Research is finding that because of the type of creatures we are, it goes without saying that many of us desire an opportunity to make a difference in someone else's life before we leave this good earth. Care giving, whether motivated by love, compassion or [duty](#), has an underlying moral quality to it, and can be very satisfying. For many, being there to take care of a family member in need is reward in itself. For some, caregiving is an opportunity to give back to a family member in return for gifts received over a lifetime. Some people also report how their caregiving has helped reinforce positive values in their children; these caregivers find they become role models in how they care for

others. Participants are also finding that there is a sense of personal and spiritual growth development as they reflect on their caregiving experience. Often people have reported a sense of accomplishment at sticking with caregiving despite confusion, stress and fatigue.” Some report how much they have learned from the experience, from others, and from caregiver education classes. This can be very helpful in planning for one’s own future care needs. There are also quite a few people who report spiritual growth from the struggles they faced, the spiritual questions raised, and the meaning they drew from the experience. “

References

- Bearon, L. B. (2004). "The Blessings and Burdens of Family Caregiving." Extension Fact Sheet. Raleigh: NC Cooperative Extension. www.ces.ncsu.edu/depts/fcs/pdfs/fcs464.pdf
- Goldman, C. (2002). *The Gifts of Caregiving: Stories of Hardship, Hope, and Healing*. Fairview: Minneapolis.

CDI Central 2010-02-19

If you or someone you know is planning a run for an elected office, already in office and would like to strengthen their leadership and community development experiences----- This program is for you. As we know, communities both large and small are facing unprecedented changes and challenges with more and more companies “offshoring” and “outsourcing, “ the economic vitality of many communities is seriously threatened. Creating new economic opportunities and a better quality of life is a challenging undertaking and training in the tools and techniques of community and economic development help increase the chances of success in this process. “People from all walks of life, according to Kelly Lyon director of the program, have returned home energized and knowledgeable, ready to assume a leadership role in moving their community forward.” For more information on this program, call us here at the office. You will never regret it.

Farm Pond Management Field Day

Speakers:

Dr. Billy Higginbotham –
Texas AgriLIFE Extension
Service Wildlife Specialist

Ken Hale - Boat Cycle Company

Date: Tuesday, April 27, 2010

Time: 10:00 A.M. – 2 P.M.

Place: Kellyville Ranch
664 Kelly Ranch Rd. West
Jefferson, TX 75657



Catfish meal sponsored by the Marion/ Cass Soil and Water Conservation District

R.S.V.P. Appreciated by April 23, 2010
Please call 903-665-2421

Field accommodations sponsored by Kellyville Ranch

2 CEU for Private Pesticide Applicators

Directions: From Jefferson 3 miles on HWY 49 W.
From Hughes Springs 23 miles on HWY 49.
See this sign next to the Department of Transportation.



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“Improving Lives. Improving Texas.”