

Quarterly Newsletter

WELCOME TO THE QUARTERLY NEWSLETTER!

The Quarterly Newsletter is a summary of the accomplishments of Purdue Extension Harrison County over the past quarter in order to be Indiana's educational partner for life!

Our Purdue Educators and Harrison County staff, are working hard to provide quality education and services to all members of the county. Looking ahead, we have many exciting programs and opportunities to come in 2024. We strive for excellence as we continue to change and grow in order to best meet the needs of our community while delivering unbiased, research-based information to Harrison County.

WHAT'S IN THIS QUARTER'S ISSUE:

- Purdue Extension Harrison County
- Agriculture and Natural Resources
- Community Development
- Health and Human Sciences
- Nutrition Education Program
- 4-H & Youth Development



Tara Beckman

Health and Human Sciences &
Community Development Educator

Ariel Camm

Agriculture & Natural Resources Educator

Position Open

4-H Youth Development Educator

Katie Davidson

Community Wellness Coordinator (CWC)

Cindy Finerfrock

Nutrition Education Program Advisor (NEPA)

Mary Eve

Office Manager

Jocelyn Faith

Extension Program Assistant

Jane Lasher

Administrative Assistant

Julie Age

Administrative Assistant

Position Open:



**4-H Youth Development
Educator**

See inside for details



You're Invited!

ANNUAL EXTENSION BOARD MEETING & OPEN HOUSE

Tuesday, March 5th, 2024 6pm-8pm

Purdue Extension Harrison County invites you to our Annual Extension Board Meeting & Open House on March 5th at 6:00pm at the Extension Office.

A complimentary grazing table and beverages will be provided. Thank you to Blackman Farms for sponsoring refreshments at this event.

Join us for:

- Educational Breakout Sessions
- 2023 Extension Educator Reports
- Introduction & Election of Extension Board Members
- Presentation of Awards

Please kindly RSVP by Friday, February 16th, 2024



Purdue's Broadband Team is working to enhance internet connectivity for all Indiana residents
#BoilerBroadband



- DidYouKnow the state will be investing a significant amount of federal dollars to build broadband? Help them know where to invest by taking speedtests. How fast is your internet connection? Take a speed test and provide additional information on your internet connection. If you don't have internet available, you can report the lack of service too. Visit: <https://connectingindiana.com/>
- Does your home not have internet access? Or is your service slow and unreliable? Register for the Indiana Connectivity Program to see if providers bid on your address to get better service. Learn more: <https://www.in.gov/ocra/broadband/icp/>
- DidYouKnow there is a federal program that can help pay for your home internet bill? Wish you had home internet, but your budget is a bit tight? Learn more about the FCC Affordable Connectivity Program at: <https://www.fcc.gov/acp>

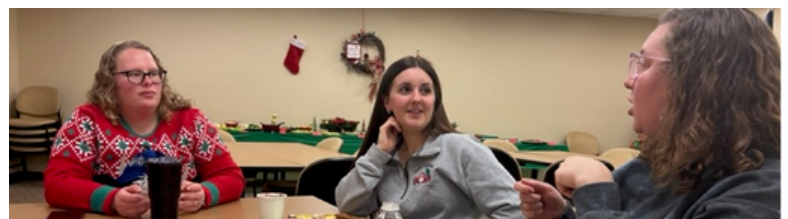
Position Open: 4-H Youth Development Educator

- By providing results-driven educational opportunities, Indiana 4-H strives to be the premier, community-based youth program, while helping to develop and empower young people to reach their full potential. A 4-H Youth Development Educator helps young people see themselves as unique, resilient, life-long learners who actively participate in their own future – setting personal goals and practicing self-determination.
- 4-H Youth Development Educators work with community partners to create and develop educational opportunities centered on science, citizenship, and healthy living. They provide leadership to the county 4-H program, focusing on 4-H clubs, groups, and youth education initiatives. A significant responsibility of the 4-H Youth Development Educator is to recruit, train, and develop the volunteers who work closely with the youth population.
- Dedicated to helping improve the quality of life for current and future residents, Educators collaborate with local, county and state agencies, partner organizations, businesses, and schools to analyze needs, develop, implement, and oversee vibrant and sustainable research-based educational programs, and provide resources and expertise to the local community. The link to apply for this position is <https://careers.purdue.edu/job-invite/29968/>.



Extension Holiday Gathering

Harrison County Extension Office Staff would like to extend our very sincere appreciation and gratitude to the Harrison County 4-H Council for donating several platters and refreshments to our holiday luncheon and open house. Staff and guests had a wonderful time together enjoying a delicious meal and great company. Thank you to everyone who came to celebrate the holidays with us and to those who remembered us with a kind word, card, or gesture. We are truly grateful and fortunate to be able to serve the Harrison County community.



Agriculture and Natural Resources (ANR)



Soil Health Workshops

ANR Educator, Ariel Camm, recently hosted two sessions of the Soil Health Workshop on November 29th, and December 4th, 2023. In order to accommodate all community members, one session was offered in the evening and the other was in the afternoon.

Insights were offered into the basic components of soil and its varying textures, how this affects water flow, as well as factors leading to compaction and drainage issues. Practices for maintaining soil health and sustainability were also addressed with discussion of topics such as erosion prevention, cover crops and crop rotation, and the advantages and disadvantages of conservation tillage practices.

This workshop included useful information for lifelong farmers and landowners, gardeners and lawn enthusiasts, and those interested in conservation issues. Thank you to everyone who came out to learn about healthy soils and to support Agriculture and Natural Resources programming in Harrison County.



Area Succession Planning

Area 2 Agriculture and Natural Resources Educators hosted a Succession Planning event on Saturday, December 9th, 2023. Participants were given guidance on how to pass the farm onto the next generation. They learned about generational differences, family member roles on the farm, long term care protection, and action plans for handing the farm down. We would like to thank all of the sponsors and guest speakers for making this event possible!



Area 2 Pesticide Applicator Program:

Local producers from across southern Indiana participated in Area 2 Pesticide Applicator Program hosted at Crawford County on November 8th, 2023. This event, with over 30 participants, was sponsored by the Indiana Corn Marketing Council and the Indiana Soybean Alliance. Thanks for a great program in partnership with Purdue Weed Science Department and the Office of IN State Chemist!



Master Gardener Soils Presentation

Harrison County ANR Educator, Ariel Camm facilitated a lesson on Soils and Plant Nutrition on January 25, 2024, at the Spring 2024 Purdue Extension Master Gardeners Basic Training hosted at Floyd County. Floyd and Clark County Extension are collaborating this spring to offer Purdue Extension Master Gardener initial certification to 30 interns. The internship consists of a minimum of 40 hours of education and training in 13 core subject areas and also requires a volunteer commitment. The Purdue Extension Master Gardener Program trains individuals interested in horticulture as volunteers to assist Purdue Extension with home gardening education in their own communities. Ariel Camm answered and moderated questions pertaining to soil components, textures, biology, and structure as well as drainage and water movement within soil. Ariel's instruction on plant nutrition, uptake of macro and micro nutrients, soil pH and fertility was also part of the intensive education that is required for Extension Master Gardener certification.



Cattlemen's Annual Meeting

On Saturday, January 13th, at the Harrison County Fairgrounds, around 130 people attended the Harrison County Cattlemen's Association Annual Meeting.

Guest Speaker, Warren Beeler, spoke about beef cattle genetics, the importance of the agriculture industry, and his past livestock and judging experiences.

This annual event is a great way to connect with beef cattle producers.

Thank you to everyone who attended!



Ag Outlook Breakfast

The outlook for the future of Agriculture in Harrison County is optimistic! On Friday, January 26, 2024, Purdue Extension Harrison County hosted an Ag Outlook Breakfast and Meeting, sponsored by Premier Ag. Thank you to Dr. Michael Langemeier, Professor of Agricultural Economics at Purdue University for his very informative and in-depth look at Agricultural statistics in areas ranging from crop production to land values. Dr. Langemeier's presentation focused on 2024 Market Outlooks - resources to evaluate market trends for grain and livestock and the factors which impact those trends. Approximately 30 attendees had the opportunity for education, socializing, and a delicious breakfast, homemade by Harrison County Office Manager, Mary Eve. Thank you to our presenter, sponsors, and to all those who came out to support Agriculture and Natural Resources Extension programming in Harrison County.



Health and Human Sciences (HHS)



IEHA Holiday Workshop

Tuesday, November 7th, 2023, the Harrison County Indiana Extension Homemakers Association had their annual Holiday Workshop at the Extension Office. Each club did a 15-minute demonstration on how to make a specific food or craft, along with holiday food safety info from our HHS Educator and NEPA, Tara Beckman and Cindy Finerfrock, a demonstration by Office Manager, Mary Eve, and a visit from Santa. The day was full of creative crafts, tasty food, warm conversations, and just time well spent together!



Eat Smart, Live Strong: Healthy Holiday Charcuteries

HHS/CD Educator, Tara Beckman, and Nutrition Education Program Advisor, Cindy Finerfrock, had 4 very successful sessions of “Eat Smart, Live Strong: Healthy Charcuteries” featuring tips and tricks to make your holiday gathering festive, stress-free, and one where every choice is a healthy choice for you and your guests. Participants were also taught the importance of time and temperature safety of foods and how to calibrate a bi-metallic stemmed thermometer, which they could take home to continue implementing food safety practices. Samples and recipes also promoted low-fat dairy and lean protein, while avoiding those traditional cured meat options.



Keep an eye out for “Eat Smart, Live Strong” programs in the future!



Meal Prepping 101: Prep Now, Eat Later

HHS/CD Educator, Tara Beckman, and Community Wellness Coordinator, Katie Davidson, worked together to plan and execute our first ever “Meal Prepping 101: Prep Now, Eat Later” class! We had a full kitchen - with 5 participants, and 3 of them bringing a plus-one partner. The program focused on immersive learning regarding nutrition, meal prepping, and stretching your food dollars, as well as other kitchen-based skills to promote behavior change and sustainability.

The 4 weekly sessions targeted several topics to consider when meal prepping:

- Session 1: Meal Prepping Basics and Using Your Food Dollars Wisely
- Session 2: Food Safety and Knife Skills
- Session 3: Make-Ahead Freezing Ideas
- Session 4: Intuitive Cooking and Using Herbs and Spices to Update a Classic



Meal Prepping 101 wasn't only about walking away after each session with complete meals for the week, but it was really about helping participants connect to quality resources, each other, and their own ways of doing and thinking so that every choice becomes an easy and healthy choice for life!

Nutrition Education Program (NEP)



Eat Smart Live Strong for Seniors

To review "Go/Slow/Whoa" foods, NEP Advisor, Cindy Finerfrock, introduced the 2023 Reindeer Games this December at Corydon's Capital Court! Participants donned red cups as reindeer "hooves." Marshmallow "snow balls" were placed in the center of the table.

The goal: get as many marshmallows as possible on their plates while listening to Cindy's review - which included tips about how often certain foods should be enjoyed and signals about how fast to move. Cindy's students had a blast! "Laughter and skills increased as more 'reindeer' joined in all the games," Cindy said.

Cindy also provided this event to LHDC Milltown Housing for the Elderly in Depauw and SWAG - Seniors with a Goal in New Salisbury.



Morgan Elem. Family Programming

NEP Advisor, Cindy Finerfrock, offered combined Adult & Youth programming this Fall 2023 with Kendra Corrigan & Morgan Elementary's Blue River Services After School Program in Palmyra. This working relationship began at the March 2023 Harrison County Annual Extension meeting with ideas exchanged and connections made. From this initial meeting, needs were assessed, culminating in two Fall 2023 programs; one for youth & one for the adults/parents. The programming focused on making certain the lessons/topics for both age groups used the same nutrition facts & food language, so that participants, as family units, could make healthy easier choices at home. It was well received & attended, with requests to know more about all of the Extension educational programs.

NEP Advisor, Cindy Finerfrock, has been providing "Eat Smart, Move More" sessions for adults at Genesis House, Corydon. Genesis House is a project of the Harrison County Substance Abuse Prevention Coalition. Cindy also helped to facilitate their House & Alumni Thanksgiving Dinner, making an initial connection with this local transitional housing facility for women in recovery.



Regional Trails Master Plan

Community Wellness Coordinator Katie Davidson is a member of the Align Southern Indiana "Trails Alignment Team". This team has been working on a regional trails master plan to guide future trail work over a six county region, including Harrison, Clark, Floyd, Scott, Washington, and Jefferson Counties. Katie represents the sector of health on this team, promoting health equity and inclusion in future plans. This master plan is nearing completion after community outreach events, input surveys, and edits.

Progress is available for viewing at:
<https://www.alignregionaltrails.com/>

4-H and Youth Development



Electric Camp

3rd-5th graders learned about the exciting world of electricity on November 7th, 2023. Eighteen youth participated in the first 4-H Electric Camp. The day was filled with hands-on projects where they learned about careers, circuits, and the difference between AC and DC.



Mini 4-H Bountiful Breakfast

On November 8th and 15th, 2023, Mini 4-H members were set to work preparing a Bountiful Breakfast with Miss Mary Eve. Each child was instructed to bring in a specified ingredient. After being paired into groups, they worked hard measuring, mixing, slicing, smashing, shaking, and stirring. The end result was a meal of drop biscuits, strawberry jam, handmade butter, and breakfast burritos. After they set the tables, the children, along with their accompanying adults, and adult volunteers enjoyed a wonderful meal. I want to thank the children for working together, and helping with the dishes and after meal clean-up. Thank you also to the caring adults who shared this experience and their expertise.



Painting and Pastries: Winter Gnomes

Due to the high enthusiasm and numerous sign-ups, Extension Program Assistant, Jocelyn Faith was able to open up TWO sessions of Painting and Pastries: Winter Gnomes on November 15th, and December 2nd, 2023.

Both sessions had a wonderful time as youth learned to paint their own unique winter gnomes. Although participants had different experience levels in painting, everyone was able to follow along step-by-step learning new painting skills together! Everyone's paintings turned out great!

Thank you to those who came and had a fun time painting, listening to Christmas music, and enjoying apple turnover pastries.

Thank you to the volunteers who helped the youth in the class as well!



4-H and Youth Development



Mini 4-H Saturday with Santa

Oh what fun it was to attend 4-H Mini's Saturday with Santa! On December 2nd, 2023, Miss Mary Eve planned a morning filled with crafts, cookies, and the big man himself. The children made salt dough ornaments, felt Christmas wreaths, a Christmas card, a glittery angel, a Christmas tree window hanger and even a gift for the neighborhood squirrels. The highlight though was getting to talk to Santa, Mrs Claus, and a helpful elf. Many thanks to them for coming down from the North Pole for this occasion. A big thank you also to the Mini's who donated dried and canned goods. Three full boxes of food were delivered to Harrison County Community Services.



Mini 4-H Felt Craft Workshop

The 4-H Mini Felt Craft class held on Wednesday, January 10th, 2024 was filled with Felt, Flowers, Finger puppets, and Fun! The room was packed with eager young people and helpful parents and grandparents, and of course Miss Mary Eve. It was wonderful watching the Mini's following instructions to make brightly-colored flowers. They then tried their hand at sewing a finger puppet owl. Each did a fantastic job! The puppets are so cute! The kids were given patterns to make more flowers and fun finger puppets for themselves, family, or friends.

All the Mini's took their crafts home in a 4-H canvas basket specially made by Miss Jane in the Extension office. Thank you to all for making this a great evening!



Cozy Candles Workshop

Extension Program Assistant, Jocelyn Faith, led several youth through the process of how to make their own candle using organic additives and essential oils on Saturday, January 6th, 2024. Everyone had the option to make a citrus, coffee, evergreen, or lavender aromatherapy candle.

Candle making can be a tedious and complicated process sometimes, but everyone learned each step of the process together and created their own unique and wonderful smelling candles.

Thank you to everyone that came and had a fun time learning about how to make your own candle!

Thank you to all of the volunteers who lent a helping hand!



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