

September 2025 Newsletter

Dear Friends,

Schools are back in session and fall is right around the corner. We are looking forward to getting back into classrooms with the Junior Master Gardener Program this month and 3rd Grade Ag Day on Sept 11th! We are also gearing up for some fun fall activities and blocking dates for the spring.

The next 4-H Fair board meetings will be September 11th and October 2nd at 7pm in the Community Building.

The next Extension Board Meeting will be September 15th at 6 pm in the Extension Office.

Sincerely,

Britt Copeland, 4-H ANR

Savannah Stout, 4-H/HHS

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6TH ANNUAL JEFFERSON COUNTY 4-H TRICK OR TREAT DRIVE THRU

JEFFERSON COUNTY 4-H FAIRGROUNDS
3767 W SR 256 MADISON, IN 47250

OCTOBER 30, 2025
5-7 PM

ALL COMMUNITY YOUTH ARE INVITED TO:

COMMUNITY GROUPS ARE INVITED TO:

- Enter Extension Office Parking Lot, Exit Gate 3
- Stay on your in your Cars with headlights on, under 10 mph. *Not responsible for kids outside of cars being eaten by a T-Rex, trick or treat at your own risk.
- Learn about 4-H along the way!
- Complete our scavenger hunt for additional prizes!
- Call the Extension Office (812) 265-8919 to have a booth!

PURDUE UNIVERSITY
Extension - Jefferson County

Purdue Cooperative Extension Service is an equal access/equal opportunity institution.

Agriculture & Natural Resources

Flexible Lease Workshop

This online program will be offered twice - so pick which time works for you:

Tuesday, Sept. 16 - from 7 to 9 pm
OR Tuesday, Sept. 23 - from 9 am to 11 am

Register by Sept. 12, 2025

Registration Link: cvent.me/xeaWL3

\$25.00 per Household/Farm



able to help make the decision?

This workshop will be offered two times to allow participants to pick the best time. The first offering will be Tuesday, 9/16 at 7 pm. The workshop will be repeated on Tuesday, 9/23 at 9 am.

The registration fee for this workshop is \$25. Individuals wanting to participate in this virtual workshop can sign up at <https://cvent.me/xeaWL3>. The Purdue Land Lease Team will send an e-mail with the Zoom link to connect from your home computer, tablet or smartphone.

Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

If you are in need of accommodations to attend this program, please contact Bill Horan prior to the meeting at 260-824-6412 and horan@purdue.edu by September 12, 2025.

If you need an interpreter or translator, please contact Bill Horan prior to the meeting at 260-824-6412 and horan@purdue.edu by September 12, 2025.

Landowners and farmers can learn more about flexible leases for farmland by participating in a Purdue University Extension virtual workshop. The workshop will include a presentation and discussion to help you decide if a flexible land lease arrangement is right for your farm. This program will help you get answers to questions such as:

- How does a flex lease compare with a share and cash lease?
- What are the risks and rewards?
- What do you need to include in a flex lease?
- What tools and resources are avail-

PURDUE UNIVERSITY Extension

Invasive Species Action Meeting

Thursday, September 11, 2025

Obtain Private (PARP) and Commercial Applicator Credits:

CAT 1, 2, 3A, 3B, 6, 11 & RT - 2 CCH Credits

If wanting to obtain PARP credits - \$10 will be due at the meeting

- **Invasive Species Plant issues in Scott County**– Kaila Laplace, Regional Specialist for State of IN Cooperative Invasives Mgt.
- **Using Drones to apply Chemicals to control invasives**– Heidi Potter, Clark County Purdue ANR Educator & Drone Specialist
- **How to control Invasive Species** – Jason Larson, IN DNR SE Regional Ecologist
- **2025 OISC Regulatory topic** – How to become a spray drone pilot in Indiana – Tom Springstun, Scott County Purdue ANR Educator

Meeting to be held at Scottsburg High School,
500 S Gardner Street, Scottsburg, IN 47170
6 - 8 pm EST

Purdue University is an equal opportunity/equal access/affirmative action institution. If you are in need of accommodations to attend this program, please contact Tom Springstun, ANR Educator, prior to the meeting at 812-752-8450 or tspringstun@purdue.edu

PURDUE UNIVERSITY Extension
PURDUE EXTENSION
MASTER GARDENER PROGRAM

Spring 2026 Master Gardener Interest Survey

The Purdue Extension Master Gardener Program offers expert-led training in horticulture, plus opportunities to give back through local volunteer projects.

Help us plan the next class!
Scan the QR Code to take a quick survey and let us know your availability and interest.

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Agriculture & Natural Resources

Fall Pruning and Planting for Indiana Gardens

By: Karen Mitchell

Fall is quickly approaching, bringing cooler temperatures, refreshing rains, and fewer pests. It's a perfect time to tackle garden tasks, from pruning perennials to planting vegetables.

Pruning

Fall is a good time to prune out dead, damaged, or diseased plant material. You can also tidy up perennials that have finished blooming and make light shaping cuts on shrubs. Consider saving some stems when cutting back the spent blooms of herbaceous perennials. When left standing, these stems provide habitat for pollinators and food for wildlife while also adding winter interest to a garden that may otherwise remain empty for the cold months ahead.

Do not prune spring-blooming shrubs such as lilacs, forsythia, or spicebush in the fall, otherwise you'll cut off next year's flower buds. The bigleaf and oakleaf hydrangea also produce blooms on old wood. These are best pruned immediately after flowering. Always use sharp, clean tools and cut just above a bud or branch junction at a slight angle. For pruning best practices along with a comprehensive list of recommended pruning times for common woody perennials, refer to Pruning Ornamental Trees and Shrubs.

Planting

Fall is prime time to plant hardy perennials, trees, and shrubs. The soil remains warm long after the air temperature drops, giving roots time to establish before the ground freezes. Aim to finish planting by mid-to-late October in most parts of Indiana. Consider natives such as purple coneflower (Fig. 4), serviceberry, or buttonbush for low-maintenance beauty. Visit the Indiana Native Plant Society's Native Plant Finder to explore other native options for your landscape.

It's also the season for planting bulbs for spring blooms and vegetables for a fall harvest. Tulips, daffodils, and crocus should be planted before the soil freezes to provide a burst of early spring color. You can also sow quick-growing cool-season vegetables like leaf lettuce, spinach, and radishes for a fall harvest. Check out **The Fall Vegetable Garden** for a planting guide on cool-season vegetables.

Prep for Winter Protection & Spring Success

Trees, shrubs, and perennials should continue to be irrigated deeply up until the ground freezes. Add a layer of mulch after the soil cools to insulate roots from harsh temperature swings. Be sure to keep mulch a few inches away from tree trunks or shrub stems to prevent rot or rodent damage. **Winterize Your Trees** offers more tips on protecting your perennials from the often frigid and dry conditions of an Indiana winter.

Referenced resources:

Pruning Ornamental Trees and Shrubs – Purdue Extension HO-4-W
<https://www.extension.purdue.edu/extmedia/HO/HO-4-W.pdf>

Indiana Native Plant Society's – Native Plant Finder
<https://finder.indiananativeplants.org/>

The Fall Vegetable Garden – Purdue Extension HO-66-W
<https://www.extension.purdue.edu/extmedia/HO/HO-66-W.pdf>

Winterize Your Trees – Purdue Extension FNR-484-W
<https://www.extension.purdue.edu/extmedia/fnr/fnr-484-w.pdf>



Tuesday, December 2nd from 4:30 pm to 7:00 pm Jefferson County 4-H Fairgrounds Community Building

The JSCMGA invites you to attend their annual Holiday Wreath Making Workshop! Evergreens will be locally sourced and donated by Master Gardener Volunteers for you to craft into your own holiday creation! If you would like to donate greenery to the workshop please contact the office to schedule a drop off. Ribbons, wire, clippers, and forms are provided but please feel free to bring your own craft supplies to add to your wreaths.

RSVPs are greatly appreciated to Purdue Extension-Jefferson County
Please call (812) 265-8919 or email copelanb@purdue.edu to register.



Program Cost: Wreath Making is free. Free will donations to cover the cost of materials are greatly appreciated. Donations in excess of material costs will fund programs such as Junior Master Gardener at local schools with the Madison Community Grocery Project.



You are also invited to apply for our new:

PURDUE EXTENSION MASTER GARDENER BASIC TRAINING

Thursdays Noon- 3pm, Feb- May

The training includes 40 hours of content spread over 12 weeks, a text book and a chance to network with several local & state horticulture experts. Pick up an application at the wreath workshop or email copelanb@purdue.edu for more information.

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PURDUE UNIVERSITY Extension
PURDUE EXTENSION
MASTER GARDENER PROGRAM

4-H Enrollment for 2026 Begins October 1st



National 4-H Week is October 5-11th

The Beyond Ready theme continues with National 4-H Week 2025. It may seem like fall was just a few days ago but last year's seniors have moved into college dorms, started postsecondary education programs or joined the workforce. That means it's time for us to start preparing our youth to be Beyond Ready to start their next adventure.

Get involved with National 4-H Week!

Nominate or Volunteer to do a 4-H Member Video Spotlight!

- We are looking for 4-H members to spotlight on our social media. The goal of this series is to promote 4-H enrollments and teach a brief piece of knowledge a member has learned from project participation. We are especially looking for older members in static projects that can impart a tip or skill in a 2-3 minute video.
- Examples from last year are archived on our YouTube Channel: <https://youtu.be/5nor3AXUfCE>.

Have a Booth at our Drive Thru Trick or Treat!

- Manning a booth could be a fun outing for your club and shows the community what 4-H has to offer. If your club would like to participate contact the office! See flyer for more details.
- **The Pumpkin Painting Contest is back!**
 - Plan a club meeting for October and decorate as many pumpkins as you want. Our esteemed panel of judges will evaluate on creativity and originality.
 - Winners are displayed at Trick or Treat and will receive some 4-H Swag!

Volunteer to Speak on the Radio during National 4-H Week!

- Contact the Extension Office if you are willing

Share our Posts and Tell your Friends!

Enroll in 4-H for 2026 Starting October 1st

Enrolling on time ensures you don't miss out on any of the year round programs 4-H has to offer such as 4-H Camp, Purdue Trips, SPARK Clubs and other special events. Visit 4-H online at v2.4honline.com to reenroll after October 1st. As always, let the office know if you have any questions, would like to help with upcoming events or have ideas for new programming. Our Office is open M-F 8-4 pm and our phone is (812) 265- 8919.

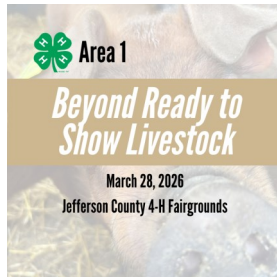
Save the Dates!

The Jefferson County 4-H Fair will be July 13-18, 2026. The full fair schedule will be released in the 2026 Jefferson County 4-H Handbook when it's finalized in December but events will follow the normal format with project check in July 7th and livestock check in on July 11th.



A One day Summit for Junior Leaders, Club Officers & any 4-H member ready to take on leadership roles in Southeastern Indiana on October 10, 2025 in Madison, Indiana.

Area 1 4-H Educators are Planning a full day Leadership Retreat for Youth in Grades 7 & Up on **October 10th**. You'll meet club leaders and Junior Leaders across Southern IN while doing low ropes courses, campus tours and more.



Beyond Ready to Show Livestock Program
March 28, 2026



Southeastern Indiana 4-H Camp
June 1-5, 2026



Jefferson County 4-H Fair
July 13-18, 2026



Indiana State Fair- Jefferson County Results



Aerospace

Wyatt Johnson Blue
Jackson Wheeler Red
Shane Hardy Red

Animal Education- Beef

Liam Taylor Orange

Arts & Crafts

Kora Malcomb Blue
Braylinn Curry Blue
Rylan Smith White
Noelle Henderson Blue

Beekeeping

Koehn Smith Blue
Paisley Hitchel Orange
Elijah Copeland Orange
Lillian Cox Orange

Cake Decorating

Kora Malcomb Blue
Kodi Malcomb Red

Child Development

Jackson Wheeler Orange

Computer

Callie Copeland Blue

Construction & Architecture

Tyler Hook Orange

Consumer Clothing

Virginia Mehl Red
Ella Grace Morris Red

Dog Poster

Lilliana Clark-Schnebelt Blue

Electric

Brielle Wehner Blue
Raelea Fray Blue
Easton Bechman Red
Jesse Bechman Blue

Entomology

Abel Herring White
Daniel Whitley Red

Fashion Review

Paige Schafer Blue

Fine Arts

Noelle Henderson Blue
Ashlyn Dryden Red

Floriculture

River Smith Red
Clayton Couch Blue

Foods Baked

Brooklyn Brawner Blue
Ivey Applegate Red
Breanna Napier Red
Michelle Brawner Blue
Callie Copeland Orange
Emma Bennett Blue

Foods, Preserved

Paisley Hitchel Red
Breanna Napier Blue
Paige Schafer Blue
Jackson Wheeler Blue
Haley Ferguson Blue

Forestry

Virginia Mehl Red
Jesse Bechman Blue

Garden

Miriam Miller- Herb Blue
Luke Barnes
Potato Red
Banana Pepper Red
Noah Barnes
Potato Blue
Banana Pepper Blue
Jackson Wheeler
Chili Pepper Red

Genealogy

Tinley Crim Orange
Ella Grace Morris Red

Geology

Connor Phagan Blue
Aliza Mehl Blue

Health

Luke Ferguson Blue

Home Environment

Jenna Lamb Red
Paige Schafer Orange
Jenna Owens Red

Model Craft

Camden Green Blue
Thomas Gammons Orange

Needlecraft

Kora Malcomb Orange
Lily Sloan Orange

Photography

Weston Wehner Blue
Lucas Hall Orange
Brenna Wehner Orange
Brena Wehner Orange
Eden Wehner Blue
Eden Wehner Orange
Hannah Skirvin Blue

Sewing Non-Wearable

Emmalynn Frey Blue
Tinley Crim Blue
Raelea Frey Orange

Sewing Wearable

Hayden Curry Blue
Robin Arico Blue
Braylinn Curry Red
Rebecca Ball Red

Shooting Sports

Jenna Lamb Blue
Easton Bechman Blue
Luke Coles Orange

Soil & Water

Jenna Lamb Blue
Michael Briggs Blue

Sportfishing

Jenna Lamb Red
Vinson Phagan Blue

Tractor

Camden May Blue
C.J. May Blue
Elijah Copeland Red
Michael Briggs Blue

Veterinary Science

Jackson Wheeler Blue
Michael Briggs Red

Weather & Climate

Jenna Lamb Blue
Jackson Wheeler Blue
Molly Geyman Blue

Wildlife

Connor Phagan Blue
Jake Coles Blue

Woodworking

Jackson Wheeler Orange

Zero-Turn Mower Safety

Michelle Brawner Blue

Zero-Turn Mower Operator

Michelle Brawner White



Paige Schafer modeling her Fashion Review outfit!





Indiana State Fair- Jefferson County Results



Livestock Exhibitors

Beef

Olivia Simpson- 5th

Dog

Simeon Ball & Maxx

Veterans Obedience- P

Sr. Showmanship- P

Clayton Couch & Mercury

5B Obedience- 1st

Advanced B Agility- P

Sr. Showmanship- 9th

Emily Foster & Daisy May

2B Obedience- P

Intermediate A Agility-4th

Sr. Showmanship- 24th

Raelea Frey & Chett

2A Obedience- P

Beginner B Agility- P

Int. Showmanship- P

Esme Reece & Gus

4B Obedience- 2nt

Advanced A Agility- P

Int. Showmanship- P

Eliza Couch & Penny

1A Obedience- P

Jr. Showmanship- 13th

Addy Reece & Ollie

2B Obedience- P

Beginner B Agility- 6th

Int. Showmanship- P

Rosemary Couch & Sophie

2B Obedience- P

Gabe Pedigo & Newman

3B Obedience- P

Advanced A Agility- P

Sr. Showmanship- 5th

Int. Showmanship- P

Avery Wilber & Frankie

2A Obedience- P

Beginner B Agility- P

Emma Frey & Ruby

1B Obedience- P

Beginner A Agility- P

Jr. Showmanship- 17th

Dog Drill Team- 2nd Place Team

Goat

Michael Briggs -6th, 10th, 12th, 12th

Allie Briggs- 9th, 10th, 11th

Swine

Sydney Huff- 1st, 3rd, P

Luke Coles- 1st, 3rd, 4th, P

Jake Coles- 5th, P

Isabella Farmer- P, P

Callie Farmer- P

Sheep

Alli Briggs- 8th, Res Champ Showmanship

Lilly Cox- 6th

Poultry

Ben Copeland- 2nd

Elijah Copeland- 3rd





4-H Youth Development



Junior Leaders
INDIANA 4-H



Next Meetings:

October 10th– Save the Date Leadership Retreat

October 21st– 6:30– 8 pm at Extension Office

Thank you Junior Leaders for all your help during fair with project check in, social media promotion, watering flowers, helping in the office and mentoring youth in our program! More fun is on the way. We are planning a full day of fun on the last Friday of Fall Break, October 10th. We will be hosting surrounding counties Junior Leaders so we can grow together as leaders. Stay tuned for more information very soon!

We will be hosting our annual Kick Off meeting to celebrate the start of 4-H enrollment for 2026! We hope you can join us at 6:30 pm on October 21st at the Fun Factory to kick this year off. There will be Roller Skating, Corn Hole, Pool tables and many other games to enjoy. We will also be planning our Halloween Costumes for the 6th annual Trick or Treat Drive Thru on October 30th! Those wishing to Join Junior Leaders should sign up for the Junior Leaders Project on 4-H Online so we know to keep you informed of our upcoming events! We will continue to send emails, post in the Facebook group and put reminders in the newsletter.



Area 14-H Teen Leadership Retreat

A One Day Summit for Junior Leaders, Club Officers & any 4-H member in grade 7 & UP ready to take on leadership roles in Southeastern Indiana on October 10, 2025 in Madison, Indiana. Event will last from 10 am - 3 pm and will include:

- College Campus Tour
- Low Ropes Course
- Lunch
- Leadership Development Training
- Networking with 4-H Leaders across Southern Indiana

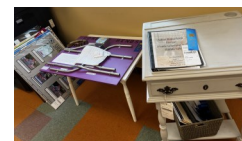
More information and registration to come soon

FALL KICKOFF PARTY
Tuesday, October 21st 6:30-8pm
@ the Fun Factory
Youth in Grades 7-12 are invited to join the Junior Leaders Club for roller skating and games. It's sure to be a fun time!
Call the Extension Office with any questions: (812) 265-8919
Junior Leader Adult Coordinators
Britt Copeland, copelandb@purdue.edu
Diane Thorpe, thorped@purdue.edu

6TH ANNUAL
JEFFERSON COUNTY 4-H TRICK OR TREAT DRIVE THRU
JEFFERSON COUNTY 4-H FAIRGROUNDS
3767 W SR 256 MADISON, IN 47250
OCTOBER 30, 2025
5-7 PM

State Fair Project Pick Up

Don't forget to pick up your state fair projects! We enjoyed having them exhibited at the Indiana State Fair but now we need our conference room back. Any projects not picked up by the end of October will be recycled or thrown away.



4-H Fall Crops Show November 19th 6 pm in the Extension Office

The Fall Crops Show will take place in the Extension Office. Registration begins at 6:00 pm and judging begins at 6:15 pm. Members can review their 4-H handbook for exhibit requirements or review the summary below. Exhibit Requirements:



Alfalfa &/or Mixed Hay – exhibit 1-12-inch (12") thick wafer of hay or about 2 pounds.

Corn – exhibit 1 gallon of shelled corn in a clear container and/or 10 uniform ears.

Small Grains – exhibit

1 gallon (each) of Wheat and/or Oats in a clear container.

Soybeans – exhibit 1 gallon in a clear container.

Fall Vegetables –

5 -Potatoes	5- Turnips	5- Sweet Potatoes
1- Pumpkin	1- Squash	1- Fall Cabbage

You do not have to have exhibited at the county fair to participate in the Fall Crops Show this year. Call the office with any questions. See you there!



4-H Adult Volunteer Updates



4-H Club Leader Representative Position

It is time to appoint a new 4-H Leader Representative to the Jefferson County 4-H Fair Board. The purpose of this position is to represent the interests of 4-H Club leaders as a voting member on the Fair Board. This person is expected to fulfill Fair Board member duties in addition to working with Extension Educators to gather needs assessment data, promote 4-H volunteer training opportunities, serve as a mentor to beginning 4-H leaders, and be a point of contact for 4-H leaders in addition to Extension Educators.

This position is open to 4-H volunteers who were in active status on 4-H Online within the 2024-2025 4-H program year. This position is appointed annually and can serve for 2 consecutive terms. **Any leaders who are interested in the position should contact the County Extension Director, Britt Copeland copelanb@purdue.edu, by October 1st.**

Trinity Stoner, 10 year 4-H member and new 4-H Leader in 2025 is currently nominated for the position of Club Leader Representative.

If multiple parties are interest an email voting link will be sent through 4-H Online on October 1st.

It's Time to Enroll, Enroll, Enroll!



All 4-H Adult Volunteers must re-enroll every year on 4-H Online.

Leaders cannot hold meetings, represent 4-H or be considered 4-H leaders for insurance or liability purposes until they have enrolled. 4-H Online resets on October 1st. Please reenroll now, especially if you are participating in our Trick or Treat Event!

Visit: v2.4honline.com to enroll today.

Volunteer Role Descriptions and Screenings Process continues.

If you are unsure of your volunteer role on 4-Honline reach out to the office for help. We greatly appreciate your time making sure our program is in compliance with state requirements.

Step 1: Choose Volunteer Type:

- **Club Volunteer**
 - Choose this if you are a **leader of a club** such as Hanover No Names or Jefferson County 4-H Southpaws
 - On the second drop down choose **Club Organizational Member**.
 - Also choose this if you are on the **Fair Board or Extension Board Member**.
 - On the second drop down chose **4-H Affiliate Member**.
- **Program Volunteer**
 - If you are just a cool guy that likes to lift gates, weed the tomatoes and do whatever is needed and don't belong to a club choose this option.
 - On the second drop down select **General Program Volunteer**.
- **Project Volunteer**
 - If you are a project **superintendent** for livestock or the exhibit hall select this role
 - On the second drop down select **Subject Matter/Project Leader**. Then add your projects on the third drop down list.
- **New Applicant**– This is pretty self explanatory. If you have never volunteered before select this option.

After you have signed your role description and your normal consents it will say **"Submit Enrollment" You are not complete after this step!**

Step 2: A second screen will ask you to consent to screening (background checks). It's essential you click **show screening questions**, complete them and then advance.

Step 3: Last are your normal training videos you complete every year. After those three steps you are done!

NUTRITION EDUCATION PROGRAM

Community Wellness Coordinator

August 2025

Hello all,

I hope that this message finds you well. Today, I am reaching out regarding updates to the Purdue Extension Nutrition Education Program and my position.

On July 3, 2025, federal legislation (H.R.1 Sec 10107) was passed that eliminates all SNAP-Ed funding nationwide, effective September 30, 2025. As a result, SNAP-Ed programming delivered through Purdue Extension's Nutrition Education Program (NEP) will be phased out over the coming month and the overall scope of NEP services will be reduced. I am writing to share that my position will be eliminated due to this reduction in SNAP-Ed funding. My last day with Purdue Extension NEP is August 15th, 2025.

While my position will no longer be here, I am incredibly thankful for the community partners, volunteers, and coworkers that will continue efforts to improve access to physical activity and nutrition opportunities locally. From first serving as the 4-H/HHS Educator to now working as the Community Wellness Coordinator, I have felt blessed to serve the Jefferson County community for the last four years. I am leaving this work having established lasting impacts, formed excellent partnerships, and made forever friends. I will always be thankful for my time working in this role, and I look forward to what is ahead.

Thank you for your kindness and support over the years!

Sincerely,
Jessica Martini



Jefferson County Extension

Homemakers Headlines



Smyrna Club Happenings:

September 17th at Wirt Baptist Church

**Pitch-in lunch at 12:00pm, meeting at 1:00pm*

Bake Sale Booth at the 24th Annual Madison Air Show @ Madison Regional Airport

Saturday, September 27th, 10am—6pm

Madison District Meeting

Friday, October 3rd in Switzerland County

October 15th at Wirt Baptist Church

**Pitch-in lunch at 12:00pm, meeting at 1:00pm*



Parents Forever

Education to aid families in transition after divorce, separation, or custody change

Families face many challenges and sometimes have to deal with transitions. Parents Forever © is an educational program for families experiencing divorce, separation, or a change in child custody. It was developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.



Participants will receive a certificate after completing the course.



***This course is appropriate for adults only. Please make childcare arrangements.*

By completing a Parents Forever course, participants learn to:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.

This program consists of 2 sessions.

You must attend both for course completion.

A conference room will be available at River Valley Resources 100 E Second St, Madison, IN 47250



**September 11th and 18th
5 pm to 7 pm**

Registration required using the link below or QR code:

https://purdue.ca1.qualtrics.com/jfe/form/SV_7TYNn6VfBgICTc

For more information or accommodation, contact the Purdue Extension Jefferson County office at (812) 265-9919, or sdyster@purdue.edu

UNIVERSITY OF MINNESOTA EXTENSION



PURDUE UNIVERSITY Extension

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Pumpkin Spice Smoothie

This is the taste of pumpkin pie in a glass, with fewer calories.

Ingredients

Servings 1

- 1/2 cup canned pumpkin (not pie filling)
- 1/3 cup fat-free, plain yogurt
- 1/3 cup fat-free milk
- 2 tablespoons rolled oats
- 2 teaspoons honey
- 1/2 teaspoon pumpkin pie spice
- 3-4 ice cubes

Quick Tips

Cooking Tip: Keeping the can of pumpkin in the refrigerator before using it isn't necessary, but it helps make a colder smoothie.

Keep it Healthy: Make sure to buy 100% pure pumpkin and not pumpkin pie filling or mix, which looks similar but can have added sugar.

Tip: Fat-free plain Greek yogurt, which has a more tangy taste and more protein than non-Greek yogurt, can be substituted for the fat-free plain yogurt.

Directions

In a food processor or blender, process all the ingredients for one minute, or until smooth and frothy.

Pour into a glass. Serve immediately.



Calories	Protein	Fiber
199 Per Serving	11g Per Serving	6g Per Serving

Nutrition Facts	
Calories	199
Total Fat	1.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polysaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	3 mg
Sodium	106 mg
Total Carbohydrate	38 g
Dietary Fiber	6 g
Sugars	26 g
Protein	11 g

Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Sept 11	3rd Grade Ag Day	Fairgrounds	
Sept 11	Fair Board Meeting	Community Building	7 pm
Sept 11	Invasive Species Mtg/ PARP Opp	Scottsburg Highschool	6 pm
Sept 11	Parents Forever Workshop	River Valley Resources	5 pm
Sept 15	Extension Board Meeting	Extension Office	6 pm
Sept 16	Flexible Land Lease Workshop	Virtual	7 pm
Sept 17	Homemaker Meeting	Wirt Baptist Church	12 pm
Oct. 2	Fair Board Meeting	Jefferson Co. Fairgrounds	7 p.m.
Oct 3	Madison District Meeting	Switzerland County	
Oct 5– 11	National 4-H Week	4-H Online	
Oct 10	Area 1 4-H Teen Leadership Retreat	Fairgrounds	
Oct. 21	Junior Leader Kickoff Party	Extension Office	6:30 p.m.
Oct. 30	Drive Thru Trick or Treat	Jefferson Co. Fairgrounds	5-7 p.m.
Nov 19	4-H Fall Crops Show	Extension Office	6 p.m.
Dec 2	Wreath Making Workshop	Community Building	4:30 pm
Mar 28	Beyond Ready to Show Livestock	Fairgrounds	
June 1-5	Southeastern Indiana 4-H Camp	Camp Higher Ground	
July 13-18	2028 Jefferson County 4-H Fair	Fairgrounds	

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