

EXTENSION OFFICE HOURS:

MONDAY-FRIDAY 8AM-4PM

CHRISTMAS CLOSED DEC. 23RD & 24TH

NEW YEARS EVE 12/31 CLOSED

NEW YEARS DAY 1/1/22 CLOSED

OPEN
CLOSE



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PURDUE EXTENSION NOBLE COUNTY WOULD LIKE TO WELCOME NOELLE GAERTE!

Noelle has accepted the role of admin assistant at the extension office. Noelle owns and operates her own farm here in Noble County with her husband as well as coaches for the local YMCA swim team. Noelle is excited to be apart of the team!



ANNIE'S PROJECT

EMPOWERING WOMEN IN AGRICULTURE

This 6 week course is a discussion based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field. There is plenty of time for questions, sharing, reacting, and connecting with presenters and fellow participants. Its a relaxed, fun and dynamic way to learn, grow and meet other farm women.



Potential Topics:

- Estate planning
- Farm programs
- Business plans
- Leases & contracts
- Financial documents
- Retirement issues
- Farm Family Insurance
- Agriculture tax issues
- Human resources
- Crop insurance options
- Grain Marketing

Days: Thursday Evenings

Feb. 3rd - Mar 10th 2022

Time: 6:00-9:00 pm

Location: Purdue Extension Noble County

Dekko Rm 2090 N. State Rd 9 Albion IN

Questions?: 260-636-2111

To Register go to: <https://bit.ly/3EK8dRh>

Cost: \$65 per person

To learn more go to: www.anniesproject.org

Purdue Extension Health & Human Sciences



"Walking in a Winter wonderland" isn't just for Christmas. Make sure to stay active this winter. When the weather allows, bundle up nice and warm and get outside. Breathe in some crisp winter air while walking in the sunshine. No matter what your skill level everyone can find activities to keep active during the cold winter months. Physical activity has been shown to reduce your risk of depression, anxiety and help you sleep better. Offset those Christmas goodies with calorie burning exercises that can also improve your overall health and wellness. Even a few minutes a day can impact your life in a positive way. Feel like you are stuck inside? You can still get moving. Below are some seated, chair exercises to start you out from the American Heart Association and the American Stroke Association.

For exercises done in a sitting position, use a straight-back armless chair. Sit up tall with your back pressed against the chair for support. Your feet should be flat on the floor, about shoulder width apart.

Leg Extensions

Purpose: Strengthen the thigh and leg muscles.

Starting Position: Sit tall with your feet flat on floor, shoulder width apart. You may hold onto the sides of your seat for support.

Action:

- Lift one leg off the floor until your knee is straight. Your leg should be slightly lifted off of the chair.
- Hold for a few seconds.
- Return to the starting position with both feet on the floor.
- Repeat on the other side.

Repeat: 6 to 8 times each side.



Bicep Curl

Purpose: Strengthen arm muscles.

Starting Position: Sit tall with your feet flat on the floor, shoulder width apart.

Action:

- Hold hand weights (one to two pounds to start) with your arms straight down at your sides.
- Hold your hands in the position that is comfortable for you, either:
 - Palms facing forward with your thumbs facing out (as shown).
 - Palms facing in toward your body with thumbs facing forward.
 - Palms facing out with your thumbs facing back.
- Keeping your elbows close to your sides, slowly bend one arm and lift your hand weight toward your chest. The lift should take about three seconds.
- If your palm is facing forward, lift straight up toward your shoulder, as shown.
- If your palm is facing in, twist your hand so that your palm is facing your shoulder as you lift.
- If your palm is facing out, lift to the side instead of the front, toward the outside of your shoulder.
- Keep your wrists straight.
- Hold for one second. Then slowly lower your hand and return to the starting position. Take about three seconds to lower your hand.
- Pause and then repeat with the other arm.

Repeat: 6 to 8 times on each side.



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PURDUE UNIVERSITY EXTENSION PRESENTS:



ADULT IN-PERSON COURSE



When: Tues. Feb. 15th, 2022 9am-4pm

Where: Whitley County 4-H Center
680 Squawbuck Road Columbia City

Cost: \$20* per person

Questions?

Kelly Heckaman: kheckaman@purdue.edu
or Jane Horner: horner8@purdue.edu

Sign-up by Tues. Feb 1st, 2022.

Advanced sign-up online and pre-work required.

To learn more & to register visit:

<https://cvent.me/xwPLVR>

(*Supported by the Substance Abuse and Mental Health Services Administration{TI083276})

Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.



Sleep
Improves sleep quality



Less Anxiety
Reduces feelings of anxiety



Blood Pressure
Reduces blood pressure

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Brain Health
Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Heart Health
Lowers risk of heart disease, stroke, and type 2 diabetes



Cancer Prevention
Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight
Reduces risk of weight gain



Bone Strength
Improves bone health



Balance and Coordination
Reduces risks of falls

Emerging research suggests physical activity may also help boost immune function. Nieman, "The Compelling Link," 201-217. Jones, "Exercise, Immunity, and Illness," 317-344.



Source: Physical Activity Guidelines for Americans, 2nd edition
To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

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Purdue Extension Presents
Bite By Bite: Nutrition for Life

A podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life.



Extension Homemakers Important Dates

January 4th -

Executive President's Council
1 pm Dekko Room

March 1st -

IEHA Scholarships due.
Executive/President's Council
1 pm Dekko Room

March 16th -

District Meeting in Noble County

MICHIANA IRRIGATED CORN & SOYBEAN CONFERENCE

2022

Wed. Feb. 16
9 AM - 3:30 PM

Registration link to come

\$20 registration fee
(\$30 after Feb. 9)
- fee includes lunch -

Blue Gate Theater
175 N Van Buren St
Shipshewana, IN

Irrigation Topics

Disease Management
Nitrogen on Irrigated Sands
On-farm Trials
Pivot Chemigation
Plant Nutrient Budgets
Justifying Water Use

- - -

Experienced Producer Panel
on Best Irrigation Decisions

- - -

*Speakers from
Purdue & MSU Extension*

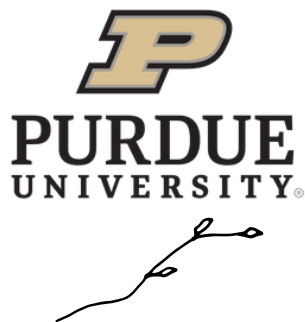


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For more information
call 260-499-6334

Purdue Extension AG & Natural Resources



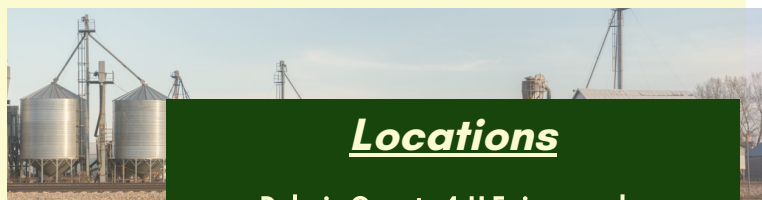
Plant or Insect Questions?

Contact the Extension office for guidance & resources on lawn, garden, and crop questions. Should additional analysis be needed, samples can be sent to the Purdue Pest Diagnostic Lab for \$20-25 (includes lab cost + S&H). Call 260-636-2111 or stop in at 2090 N. State Rd 9, Albion. Plant and insect samples accepted M-F 8am-4pm. We also have soil testing resources available!



'GROW YOUR FARM' FRIDAYS

Developing Key Skills in Younger Crop Producers



Six sessions for producers working towards management responsibility

Join us in-person or virtually on Friday mornings

**Jan. 21-Feb. 25, 2022
9:00-11:30AM Eastern**

Register by January 17
<https://cvent.me/l7RdwB>
\$100 per person

For more information visit extension.purdue.edu/whitley
For reasonable accommodation to participate,
call 260-636-2111 prior to the program.

Locations

Dubois County 4-H Fairgrounds
4157 S. State Road 162
Huntingburg, IN 47542

Purdue Extension - Hancock County
802 Apple St. Greenfield, IN

Kokomo Howard Public Library - S
1755 E. Center Rd. Kokomo, IN 46902

Purdue Extension - Noble County
2090 N SR 9 Albion, IN 46701

Pinney Purdue Agricultural Center
11402 South County Line Rd. Wanatah, IN 46390

Purdue Extension - Putnam County
12 Central Square Greencastle, IN 46135

or join the virtual option

Sessions

Strategic Thinking for Farm Management
Pesticide Licensing & Safety, Diversification
Grain Marketing & More
Corn & Soybean Production & Sustainability
Legal Considerations for Ag Production
Farm Resiliency & Growth - Farmer Panel

Purdue Extension Master Gardeners

The Impressive Mullein: *Verbascum Thapsus*



*"If a man beareth one twig of this wort, he will not be terrified by any awe, nor will a wild beast hurt him, or any evil coming near" **

If you have a prairie or perhaps a wildflower garden and have the space, or just have a sunny hill, you might consider letting the Mullein grow. It's a weed, but boy oh boy what a weed. Let one grow at the corner of the house and it feels like an instant sentinel. Mullein can grow over 8' tall and are truly a stunning weed. It's almost like having an instant cactus on your land. The plant definitely understands the saying: one man's weed is another man's flower!

Great Mullein or *Verbascum Thapsus* is a plant that originated in the Middle East and Europe and the settlers brought it over, possibly as an herbal remedy. When the Puritans came to America, they brought their medicinal herb gardens with them. Soon mullein was seen in fields and along roads all over New England. As America moved west, so did the mullein. The plant has been used for centuries as a curative, smoking, casting spells and repelling witches. Native Americans are said to have used the soft leaves as inside cushions for their shoes and the long stalk has been used as a torch, giving mullein one of its many nicknames: minor's candle.

Aristotle recorded the use of mullein in *Historia Animalium*. Fishermen in Germany and Britain record uses of the seeds as a piscicide (fish poison) as early as the 12th Century. Appalachian settlers, who viewed conventional fishing as less manly than hunting, occasionally used mullein to capture fish from the streams. One old North Carolina resident had this to say about his German forefathers, who immigrated in the 1720s: 'They'd heard `bout the new land `cross the waters `n decided to bring thangs that'd help `em git a start. Stinging fish was one easy way of gittin' food at first, so feltwort seeds were brung `long'" (Mille-Isles 7/2010)

By 1818, common mullein was incorrectly described as a native species by Amos Eaton (1776-1842), an American botanist. By 1859, mullein's persistence outside of cultivation seemed to place it in disfavor: "There is no surer evidence of a slovenly, negligent farmer, than to see his fields over-run with Mulleins" (Weed science society of America. Wssa.net)

In favor, or not, *Verbascum thapsus* was first described by Carl Linnaeus in his 1753 *Species Plantarum* and the name *Thapsus* may have come from the Sicilian Isle of Thapsos. Other sources suggest the name 'thapsinos' which translates as yellow might have been the name source. The tall stalk has tiny yellow flowers that when dried can be used as a hair or fabric dye. Ladies in ancient Rome used the flowers combined with lye to give them a golden glow. The word "mullein" is derived from the Latin *mollis*, " or `soft,' which also gave us the words *mollify*, *emollient*, and *mollusc*. It prob-ably reached its present meaning indirectly, as a derivative of the old English "muleyn," meaning "woolen" (Wikipedia 2018)

Mullein stems can grow to 8 feet with a few branches sometimes coming from the top. The entire plant is wooly with soft hairs that help to protect it from unwanted pests. This biennial plant forms a rosette of soft leaves the first year and the stem during the second. The plant dies after the second year but spreads hundreds of seeds ensuring its propagation. Weed or wonder Great Mullein is without a doubt an impressive plant.

Article Contributor and Photo Credit Cecilie Keenan, Noble County Master Gardener (Quote * Haughton, C. S. 1978. *Green Immigrants*)



Wayne Braswell (Cecilie's husband) is pictured next to mullein for height comparison)

4-H UPDATES

4H'ers need to enroll by 01/15/22 go to v2.4honline.com

Volunteers are also needed and can enroll @ v2.4honline.com



**Do you have a skill you want to share with others?
Workshop volunteers wanted!**
Contact Joanna! jclaudy@purdue.edu

YQCA dates:

- April 4th @ 10am
- April 25th @ 7pm
- May 21st @ 9am

YQCA is Mandatory for youth exhibiting Market Animals. There is a \$3.00 fee for in person classes, you must go to YQCA.ORG to register.

All in person YQCA meetings will take place at the Extension Office- Dekko Room.

4-H CAMP 2022

**Northeast
Indiana
4-H Camp**

June 8-10, 2022- Epworth Forest

Counselor applications can be found at bit.ly/4HCounselorApp.

**Camp Counselors
Needed**



Applications 

- Available Online
- Due on/before **February 1** to your County Extension Office



Purdue Extension Youth & 4-H



2022: 4-H YEAR IN VIEW*

Feb. 8th Tractor Maintenance Meeting - CNHS AG Room 6:30pm

Feb. 19th Beef/Dairy Steer Weigh in (make-up date Feb. 26th)

April 23rd Dairy Feeder Steer Weigh-In

May 16th Project Add/Drop & Animal ID Due

June 18th Open Dairy Steer Show

June 24th & 25th Open Dairy Show

June 24th Manuals/Record Sheets/Q&A Mini & Regular 4-H'ers

June 24th Fair Entry for ALL Projects Due - Mini and Regular 4-H'ers

June 25th 4-H Dog Show

June 25th Poultry Club Pancake and Sausage Breakfast- Mini Barn

June 25th & 26th Open Goat Show (

June 30th-July 4 Mid State Team Tournament H&P

July 9th & 11th Static Project Judging

July 12th Animal Check-In

July 13th-17th Noble County Fair

July 18th Auction & Fair Clean Up

July 30th Area XI 4-H Tractor Driving Contest



(*Additional weigh ins & events to follow, this is what we had confirmed at time of publication)

4-H TOWNSHIP 1ST MEETINGS IN 2022

Albion Twp - Jan 10th @ 6 pm in the Dekko Room

Allen Twp - Community Workers Feb 7th @ 7 pm Calvary Methodist Church;

- Rough Riders- Feb 15th @ 7pm Avilla Community Bldg

Elkhart Twp- Jan 24th @ 7pm Elkhart Twp hall

Green Twp Aggies - Jan 16th @ 4 pm Green Twp Community Center

Green Twp Helping Hands- Feb 2nd @ 6:30pm Green Twp Community Center

Jefferson Twp - Jan 9th 2pm K Vegas Bowling Kendallville (TBD)

Noble Twp - Jan 10th @ 6:30 pm Wolf Lake School

Orange Twp- Jan 22nd @ 6pm Robertson Home

Perry Twp- February 28th @ 7pm West Noble Middle School

Sparta Twp-Feb. 28th @ 7pm Cromwell Library

Swan Twp - Jan 9th @ 4pm LaOtto Community Park

Washington Twp - Feb 14th @ 7 pm Washington Township Community Bld

Wayne Twp- Jan 24th @ 6:30pm Kendallville Public Library

York Twp - Feb 7th @ 7pm Dekko Room



Purdue Extension - Noble County
2090 N State Road 9, Suite D
Albion, IN 46701

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Extension Office

Noble County Extension Educators are available.
If you can't reach us, feel free to email!

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The office is open weekdays from 8 AM - 4 PM.
Check us out on Facebook and Instagram



Find us & get connected!



Facebook:
Purdue Extension Noble County
Noble County, Indiana 4-H
Master Gardeners of Noble County, In



YouTube:
Purdue Noble County Extension
Purdue Extension Area 11 HHS



Instagram:
purdueextensionnobleco



Websites:
www.extension.purdue.edu/noble
4-H Sign Up: V2.4honline.com