

PURDUE EXTENSION *TIPPECANOE COUNTY*

OUR HIGHLIGHTS

MASTER GARDENER PROGRAM

ANR Educator, Pat Williams, talks about the fall 2023 Master Gardener Basic Training Course that started in September.

4-H JUNIOR LEADERS

4-H Youth Educators, Dee and Megan, discuss the Junior Leaders program and how to get involved.

BALANCING WORK AND LIFE

HHS Educator, Brock Turner, presents a program on "Work-Life Balance" to Creekside Animal Hospital.



FALL IS HERE!



Master Gardener Association of Tippecanoe County's entry in Prophetstown State Park's 14th Annual Trail of Scarecrows.

As we bid farewell to the scorching days of the summer months and embrace the gradual transition into the crisp, colorful days of October, we are delighted to bring you another installment of our newsletter.

From the exciting happenings at 4-H Youth Update to the start of the Master Gardener Training classes, we've curated a selection of articles and insights to keep you informed and engaged.

So grab your favorite beverage, find a comfy spot, and dive into the pages of our August and September newsletter. We hope you'll find inspiration, information, and a sense of community as we journey through the tail end of summer and the beginning of the fall season together.

Make sure to join the journey of Purdue Extension-Tippecanoe County on social media! Real time updates and information for you to enjoy.

Facebook- **Purdue Extension- Tippecanoe County**

Instagram- **@tippeco_extension**

Happy reading!

Amanda Graupner
Marketing and Virtual Programming

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NUTRITION EDUCATION PROGRAM ADVISORS

Our NEPAS share the many activities they have been involved with including volunteering at some back-to-school- events and finishing up classes at Fowler Theatre.



**We will be a leader in
providing relevant,
high-impact
educational programs
that transform the
lives and livelihoods
of individuals and
communities in
Indiana and the world.**



AGRICULTURE AND NATURAL RESOURCES

PURDUE EXTENSION'S AG AND NATURAL RESOURCES (ANR) EDUCATORS SERVE AS A RESEARCH BASED, UNBIASED INFORMATION SOURCE FOR COUNTY AND STATE CONSTITUENTS ON A VARIETY OF TOPICS INCLUDING: CROPS, AG BUSINESS, LIVESTOCK, NATURAL RESOURCE, HORTICULTURE, SMALL FARMS, URBAN AG, PESTICIDE USE, AND LAND CONSERVATION. IN PARTNERSHIP WITH PURDUE UNIVERSITY SUBJECT MATTER EXPERTS, ANR EXTENSION EDUCATORS CAN PROVIDE RELEVANT AND PROVEN BEST MANAGEMENT PRACTICES TO ADDRESS MANY CLIENT'S SITUATIONAL NEEDS.

In August, Pat had his last Junior Master Gardener class rounding out the 9-week successful program. We already have a waiting list for summer 2024 and anyone can call the extension office to be placed on the list. We are still maintaining the J.M.G. gardens and donating the produce.

Pat continues to present programs at a senior day facility and public libraries. He's presented two of nine scheduled classes at the West Lafayette Public Library and helped with the Citizen Science wrap up meeting regarding new tomato cultivars. He also met with the Tippecanoe County Library to schedule more programs throughout the year and was part of the first Re-imagining



"We already have a waiting list for summer 2024 and anyone can call the extension office to be placed on the list."

Dr. Pat Williams / Agriculture and Natural Resources Extension Educator

Agricultural Diversity team meeting in Benton County which is part of a USDA grant through Purdue.

The fall 2023 Master Gardener Basic Training Course started in September.

The program will run through the second week of November. We have 16 students this year and the program is going very well. The Master Gardeners were part of two different "GrowLocal" garden

tours. Close to 200 second graders plus teachers at Vinton and Miller Elementary participated. The Bi-State Agriculture group met to plan out our winter education schedule.

Our Community Wellness Coordinator, Betsy Coffing, has been busy. Both at work and at living life!

August was filled with many meetings leading to new partnerships with local schools, Tippecanoe County Women, Infants & Children, Lafayette Transitional Housing Center (LTHC), Purdue nursing faculty, and the Briarwood Apartments of Lafayette food pantry and garden.

In September, she attended "The Working Hungry Viewing and Discussion" at the Long Center for the Performing Arts. This 30-minute film tells the story of three Indiana families struggling with food insecurity and explains why systemic solutions are needed to make sure that no family experiences hunger in our community. After the screening, community leaders discussed how to address food insecurity in our community through systemic change, and band together to urge our elected officials to take action. The program was sponsored by Lafayette Urban Ministry, Bread for the World, and Food Finders Food Bank, Inc.

Betsy also took some time to travel! She was out of the state on vacation a majority of September, traveling to Utah and Colorado with her husband, son, and in-laws.

COMMUNITY WELLNESS COORDINATOR

Our Community Wellness Coordinators help make the healthy choice the easy choice. They collaborate with community partners on broader community change that involves policy, system, and environmental changes.



Briarwood Garden- GrowLocal Garden at Briarwood Apartments of Lafayette.



Bestly, Jarred(husband), and Boone(son) at Zion National Park in Springdale, Utah



TRUNK OR TREAT NIGHT

 Tippecanoe County Fairgrounds
 1406 Teal Road
 Lafayette, IN 47905

 October 26th, 2023
 06:00 - 7:30 PM

Join us and other local community organizations for an unforgettable night!


 Tippecanoe
 County Extension



4-H Registration

OCTOBER 1ST

Visit v2.4honline.com to get started!



 **PURDUE UNIVERSITY** | Extension - Tippecanoe County



Ready for the **CRUNCH**?
Registration is open!

Equal opportunity equal access/affirmative action.

 INDIANA DEPARTMENT OF EDUCATION |  **PURDUE UNIVERSITY** | Extension

NUTRITION EDUCATION PROGRAM ADVISORS

BEST KNOWN FOR COOKING DEMONSTRATIONS AND SHARING FOOD SAMPLES AND COOKING TOOLS, OUR CERTIFIED NUTRITION EDUCATION PROGRAM ADVISORS (NEPAS) OFFER FREE LESSONS FOR CHILDREN, TEENS, AND ADULTS THAT CAN MAKE A HEALTHY DIFFERENCE IN THEIR LIVES.

In August, Jessica Fleck finished up her summer classes at the Fowler Theatre. She had such an amazing experience at the theatre with the groups she taught and is so excited to hopefully partner up with the theatre again next summer!

Tammy Martin and Jessica also had a couple opportunities to volunteer at some amazing back-to-school events in Tippecanoe County in August! Early in the month, they set up a booth at a back-to-school event held by Bethany Presbyterian Church in Lafayette. They loved getting to discuss with community members about their program and hand out fun incentives for the kids and adults who attended the event. Later in the month, Tammy and Jessica volunteered for another back-to-school event at the Tippecanoe County Health Department Student Health Fair. Tammy ran a booth that taught proper hand washing technique, and Jessica ran a booth that

got the kids moving by incorporating some physical activity with a quick lesson about heart health. They had so much fun with all the participants at the event!

In the beginning of September, Tammy started up teaching CATCH lessons to classes at Benton Central Jr/Sr High School. This is her second year teaching at Benton Central, and she absolutely loves visiting the school.



4-H YOUTH DEVELOPMENT

The Indiana 4-H Youth Development mission is to provide real-life educational opportunities that develop young people who will have a positive impact in their communities and the world.

JUNIOR LEADERS

Junior Leaders is a project that is offered through 4-H for any member that is in Grade 7 or above. Junior Leaders is based on community service opportunities, especially related to the 4-H program and the county fair. Junior Leaders also serve as mentors and role models for younger 4-H members by interacting with them and sharing their experiences.

In order to complete the Junior Leaders project, you need to gain 100 points or more. Junior Leaders earn points by volunteering at different events and attending meetings, approximately one hour of time equals 10 points. Additionally, if a Junior Leader earns more than 125 points, they qualify for the Junior Leader Achievement Trip.

The Junior Leader Achievement Trip takes place in the fall following the county fair. The Junior Leader trip is completely funded by the Junior Leader Pop Stand at the county fair, so the trip is free to all Junior Leaders who qualify. On November 4, around 40 Junior Leaders will be heading to Chicago for the day. They will be making visits to the Albanese Candy Factory, Shedd Aquarium, and Medieval Times.

If you or someone you know might be interested in this project, please reach out to our office at (765) 474-0793 to get involved today.



Megan Skiba (left) and Dee Nicley (right) at the 4-H Youth Update Conference in Munice, IN.

YOUTH STAFF UPDATE

Dee and Megan attended the statewide Indiana 4-H Youth Staff Update, where they were able to connect and collaborate with every 4-H Educator from around the state of Indiana. Additionally, they were able to take part in professional development opportunities while learning about new updates/changes for this upcoming 4-H year.

4-H HANDBOOK COVER

Tippecanoe County 4-H is looking for the upcoming 2023-2024 4-H Handbook Cover! Entries must be completed on a regular sheet of paper (8.5 inches by 11 inches). Entries can be submitted by any current 4-H member. Entries must be emailed to 4-H Educator, Megan Skiba, at skiba0@purdue.edu by November 1st for consideration.



LIVESTOCK SKILLATHON

Area 9 hosted their first Career Development Contest of the academic year, the Livestock Skillathon. The Livestock Skillathon was hosted at Benton Central on September 14th. During this contest, youth identify livestock breeds, livestock equipment, livestock feeds, and livestock meats. Additionally, they answer questions related to the livestock industry and livestock facts.

Tippecanoe County had three teams participate: One FFA team from McCutcheon High School and two FFA teams from William Henry Harrison High School.

ROBOTICS TEAM

Tippecanoe County 4-H kickstarted a Robotics Club this fall led by Corey Seliger and Jake Guffey. The club consisted of a Senior Team (Gracken) including Isabelle Seliger and Gunnar Berger and a Junior Team (Robotics Alliance) including Grace Madsen and Jackson Fallon. These teams met together several weekends to plan for the upcoming Robotics Competition.

Both of these teams were able to compete at the 4-H Robotics Competition held at the Hamilton County Fairgrounds on September 9. The Senior Team ended up placing first in their division. The Junior Team went on to take home third place while also having the top-scoring notebooks in their division. Congratulations to everyone involved!



4-H ENROLLMENT

Enrollment for Indiana 4-H begins October 1 and members are encouraged to be enrolled by January 15 to receive important updates.

Drop/Add Deadline for livestock and non-livestock projects will be May 15.

The 4-H program fee is \$15 per child, and \$45 max per family. The program fees cover insurance, project curriculum development, and club enrichment activities.

The same enrollment dates will apply to Mini 4-H (K-2). However, there is no county program fee for Mini 4-H.

If you have questions about enrolling in 4-H for the 2023-2024 program year, contact the Extension Office.

4-H VOLUNTEERS

Have you ever thought about volunteering with 4-H? Please give our office a call at (765) 474-0793 and we can help find you a place in our program!

As a reminder, if you are a returning volunteer for Tippecanoe County for the 2023-2024 program year, you will need to re-enroll on 4-H Online on or after October 1.

Without all of the volunteers, our program would not be nearly as successful! Thank you to all of those that volunteer with us!

EXHIBIT ASSOCIATION

Have you wanted to become more involved in the planning process for the Tippecanoe County Fair? The Exhibit Association is a group of volunteers that work alongside the 4-H Educators to host the Tippecanoe County Fair each year. The Exhibit Association has an Executive Board along with Director positions, these are all elected positions. However, the Exhibit Association meets on the third Monday each month at 7:30 p.m. in the large conference room at the Extension Office, and the meetings are open to the public. Feel free to stop by to meet others and learn more about this opportunity.



HEALTH AND HUMAN SCIENCE

Purdue Extension Health and Human Sciences provides education to individuals and communities in each of Indiana's diverse communities. We bring university information to the local level - both in person and online - to help people strengthen relationships, eat smart, improve health, and achieve financial wellness.

BACK TO SCHOOL BASH AND CONVOY OF HOPE

Brock played a pivotal role in promoting the Strengthening Families Program 10-14 at two significant events - the Back to School Bash hosted by the Tippecanoe County Health Department and the Convoy of Hope event hosted by IU Health. By participating in these gatherings, they contributed to equipping families with valuable resources for building strong, resilient bonds.

PROMOTING ACTIVE LIFESTYLES

Collaborating with Bauer Family Resources, Brock co-taught the "I am Moving, I am Learning" program. This effort encouraged educators to encourage physical activity and healthier lifestyles in the classroom, fostering the development of active habits from a young age.

BALANCING WORK AND LIFE

Recognizing the importance of holistic well-being, Brock presented a program on "Work-Life Balance" to the team at Creekside Animal Hospital. If you would like to provide your employees with education on Work/Life Balance, Stress Management, or Stigma Reduction, please contact Brock for more information on our new CREW program.

GUARDING AGAINST SCAMS

In the era of digital connectivity, Brock extended his expertise to the community by presenting "Staying Scam Safe" to attendees at Recovery Cafe. This vital information equipped individuals with the knowledge and tools to protect themselves against fraudulent schemes.

LEADERSHIP AND LEARNING

Our educator journeyed to the National Extension Association of Family and Consumer Sciences Annual Conference, where he participated in the Leadership Experience event alongside his mentor. This

immersive experience promises to shape his leadership journey, ensuring that he continues to inspire in the world of family and consumer sciences.

EXPLORING A.I. FEATURES

Keeping pace with the ever-evolving landscape of technology, our educator attended the system-wide forum on Artificial Intelligence. This strategic move ensures that they remain at the forefront of incorporating cutting-edge tools into health education.

NURTURING STUDENT WELLNESS

At The Crossing school, Brock shared invaluable components of Dimensional Wellness with students. Equipping young minds with holistic approaches to well-being ensures they develop into healthier, happier individuals.

FINANCIAL FITNESS BEGINS

"Where Does Your Money Go?" made its debut with Session 1, presented to eager learners at FoodFinders Foodbank. This

program promises to foster financial literacy, empowering individuals to make informed choices regarding their finances and overall well-being.

STRESS MANAGEMENT

Recognizing the critical importance of stress management, Brock delivered insightful content to the team at Creekside Animal Hospital. He offered valuable tools to cope with the challenges of healthcare, ensuring a healthier, happier workforce.

AGING IN PLACE

Brock's commitment to enhancing the quality of life for older adults continued with a program on "Aging in Place" at the West Lafayette Library. This session provided invaluable insights into enabling seniors to lead fulfilling lives in the comfort of their own homes.



HHS Educator, Brock Turner at the 2023 Back-to-School Bash Student Health Fair.



"A flower blossoms for it's own joy."

Oscar Wilde

Brock Turner and the other Area 9 Health and Human Science Extension Educators at their Area Meeting. This time, it took place at Barnyard Blooms in Covington, IN.

FROM OUR KITCHEN TO YOURS: THE JOY OF SHARING HOMEMADE CREATIONS

Home is where the heart is, and what better way to warm your heart and soul than with a delicious, homemade meal. In a world filled with fast food and pre-packaged convenience, there's something truly special about preparing a dish from scratch in the comfort of your own kitchen. There's a unique sense of joy that comes from taking a cherished family recipe or a personal culinary creation and offering it to others. It's more than just sharing ingredients and instructions; it's about sharing a piece of ourselves and our culture.

Megan Skiba submitted this recipe to her church's cookbook when she was a young 4-Her in elementary school, and ended up being published in the cookbook. As you can tell by the state of the recipe card, Megan and her family have continued to use this recipe throughout all of these years. One tip Megan learned in 4-H through the Food project is to make sure that you do not over mix the muffin batter. You should immediately stop mixing right when the dry ingredients become moistened with the wet ingredients.

CHOCOLATE CHIP MUFFINS

1 stick butter, softened	$\frac{2}{3}$ cup buttermilk
$\frac{2}{3}$ cup sugar	2 cups flour
2 tsp. baking powder	1 cup semi-sweet chocolate chips
$\frac{1}{4}$ tsp. baking soda	1 T. sugar
$\frac{1}{4}$ tsp. salt	1 tsp. cocoa powder
2 tsp. orange juice	
2 lg. eggs	

Coat 12 muffin tin cups with cooking spray. In large bowl, on medium, beat butter, sugar, baking powder, baking soda, salt and orange juice until well blended. Beat in eggs, then buttermilk, until blended (batter will look curdled). Stir in flour until blended (don't overmix) Add chocolate chips to batter. Spoon into muffin tin. In small bowl mix 1 tablespoon sugar and cocoa powder. Sprinkle sugar/cocoa mixture on top of each muffin. Bake for 16-18 minutes at 400°.

Megan Skiba

UPCOMING EVENTS

EVENTS FOR THE MONTHS OF OCTOBER AND NOVEMBER

October

Great Apple Crunch Begins
CATCH Program- at Wea and Woodland Elementary
Matter of Balance Classes Begin (class is full)
1st- 4-H Enrollment Opens
4th- National Walk and Roll to School Day
16th- Exhibit Association Meeting at the Extension Office
16th- WALLA Class-Winterizing Your Yard and Garden(open to WALLA members)
18th- WALLA Class-Tree Pruning Basics for Healthier Specimens(open to WALLA members)
18th- Indiana Extension Homemakers Association Fall Education Program- 10am Reformed Church
23rd- WALLA Class-Basics of Growing Houseplants(open to WALLA members)
23rd-27th- Indiana Extension Homemakers Association Week
24th- Indiana Extension Homemakers Association FUN NIGHT- 5:30-8pm Extension Building
25th- WALLA Class-Garden Tool Maintenance(open to WALLA members)
25th- Planting and Maintaining Trees- 10:30am WL Public Library
26th- Purdue Extension Trunk or Treat Night- 6-7:30pm Tippecanoe Fairgrounds
26th- Where Does Your Money Go? Class- 6pm WL Public Library
28th- Cybersecurity Event- 1-4pm Extension Office

Please call the Tippecanoe County Extension Office for any further information.
(765)-474-0793

November

Teen Cuisine Lessons Begin- 8th grade girls
4th- Junior Leader Achievement Trip
20th- Exhibit Association Meeting at the Extension Office
22nd- Indoor Herb Gardening for Winter- 10:30am WL Public Library
30th- Where Does Your Money Go? 6pm WL Public Library



Dr. Pat Williams at the 2023 Greater Lafayette Commerce Business Expo modeling a shirt from Freckles Graphics.



Extension

LET'S STAY TOGETHER.

**PURDUE EXTENSION
TIPPECANOE COUNTY OFFICE**

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