



Extension - Tipton County

## THE START OF A NEW YEAR!!

It's October, and I hope everyone is enjoying this excellent weather we've been having. I know fall marks the end of our growing season, but October is one of my favorite months. It's that final burst of color from our goldenrods, and mums and the autumn leaves.



## Have a happy, healthy Halloween!



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There is **always** space in the Extension Newsletter for important information you would like to share. If you have an activity, club meeting, event or community service opportunity, or other event related to Purdue Extension coming up, please send an email to Mary Anne Cowan at [Cowan13@purdue.edu](mailto:Cowan13@purdue.edu). Thank you.



Extension - Tipton County

# Tipton County Extension Fall Open House

Something for **EVERYONE!!**

*Ages: Kindergarten—65+*

*How Can Your Local Extension Office Help You?*

**TONS OF ACTIVITIES & FREE REFRESHMENTS!**



**October 18, 2023**

**3 PM—6 PM**



Please, stop by and meet the Extension Employees.

Find Out What We Can Do for You!





## What is Farm Stress? Stop by our Open House to find out more!

We are a mix of Health & Human Science educators and Agriculture & Natural Resource educators from across Indiana that seek to provide tools, resources, and programs that help farmers adhere to the day-to-day stresses of operating an agricultural business. We deliver two programs, each focused on the health and well-being of farmers. These are, Communicating with Farmers under Stress and Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset. For more information please check out our website at [www.extension.purdue.edu/farm\\_stress](http://www.extension.purdue.edu/farm_stress)

### Woolly Worm Predications

Folk wisdom holds that the woolly bear can be an indicator for upcoming winter weather when caterpillars are found in the autumn. There are two methods of prediction that can be employed. In the first, looking at the caterpillars for the relative amount of black hair versus orange hair



demonstrate how drastic winter might be. The more black hair compared to orange, the worse winter will be. A more analytical version of this folk wisdom is that the 13 body segments of the caterpillar represent the 13 weeks of winter. Looking at where black versus orange appears can tell when winter will be at its worst on the calendar. Others believe that the direction the caterpillars are crawling can predict the weather. Does it work? It may not surprise anyone to hear that this particular method of winter foretelling has been found inaccurate. No correlation has been found between caterpillar color form and the severity of winter. Woolly bears can be highly variable in their coloration, not only year-from-year, but caterpillar-to-caterpillar.

Source: Jonathan L. Larson, Entomology Extension specialist, Kentucky Pest New

October 2023

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## It's Crunch Time



Each October, in recognition of National Farm to School Month and National Apple Month, Hoosiers, big and small, come together to create “The Crunch Heard ‘Round The State.” On any October date of choice, school groups, community groups, and businesses crunch into a locally or regionally produced apple at the same time while learning about everything from healthy eating to food production, agriculture careers, and more. States across the Midwest region participate in the Great Apple Crunch, impacting more than a million Crunchers each year.

In partnership with the Indiana Department of Education, Purdue Cooperative Extension provides Hoosier Crunchers information, learning activities, and videos that promote

agriculture, healthy kids, and resilient equitable food systems. While Apple Crunch provides a great opportunity to incorporate fun hands-on agriculture in the classroom, it is not just for kids! Adults can explore healthy eating, and local food sourcing too while enjoying some organized apple-themed activities such as an apple pie baking contest, a trip to a local orchard, or enjoying some locally brewed ciders during a chili cookoff! The sky above the apple orchard is the limit!

To get started, pick your Crunch event date, and think about who your Crunchers will be and with whom you might partner. Consider forming a Crunch Committee to help brainstorm some ideas and share the work. Your county’s 4-H team and Extension office would be happy to help you brainstorm! Then complete the registration form so we can count your Crunch event toward our 200,000 Hoosier Crunchers 2023 goal. The sooner you complete your form, the sooner we can mail you some Crunch stickers. We will also send you a Crunch Guide with some ideas, but you know your Crunchers best of all, so be creative with your event and just plan something fun that promotes and supports local agriculture! Be sure to take plenty of pictures and videos at your event, and make sure at some point, everyone stops for a Crunch countdown where everyone takes a bite of their apple at the same time! Be ready to hear that CRUNCH!

Please help us spread the Crunchtastic fun of Indiana Great Apple Crunch both before and after your event by sharing on social media!

Please be sure to use the hashtags #IndianaAppleCrunch & #F2SMonth Register here: [https://purdue.ca1.qualtrics.com/jfe/form/SV\\_5pe77DNuSg73TYa](https://purdue.ca1.qualtrics.com/jfe/form/SV_5pe77DNuSg73TYa) Questions or need some additional support?



Contact your Captains of Crunch: Laura at [LJDodds@Purdue.edu](mailto:LJDodds@Purdue.edu) and/or Ashley at [aheller@doe.in.gov](mailto:aheller@doe.in.gov)

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## HEALTH AND HUMAN SCIENCE



### BENEFITS OF SLEEP

On Monday, September 18th, I had the opportunity to present Sleep On It: Why Sleep Matters to caregivers at the Family Resource Center. We'll be back with programming on October 16th and October 30th. Stay tuned for topics!

### 50+ LIFESTYLE EXPO

Our CWC, Ryleigh Scott, and I attended the 50+ Lifestyle Expo put on by the Encore Lifestyle and Enrichment Center. We provided information on topics that all effected brain health. Those included:

- Nutrition labels
- Healthy lifestyles
- Improved sleep
- Stress management
- Physical activity
- Social connectedness



If you didn't get a chance to stop by the expo but would like information about any of these topics, please stop by the office or send an email to [jehillis@purdue.edu](mailto:jehillis@purdue.edu).

#### Eric Hillis - CED/HHS



I would like to take this opportunity to mention (or maybe declare or proclaim!) how amazing our front office is. They are the smiling faces you see when you visit us, not that the rest of us don't smile. Donna, Jill, and Mary Anne are the glue for our office and do an amazing job keeping us in line. Next time you are in the office, give these ladies a pat on the back!

## ASK A MASTER GARDENER

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### Fall Gardening Tips

#### Flower Gardens



Pull annual flowers that are planted in the ground. Some annuals in pots may survive to the next year if the pot is stored indoors in a cool location (do not allow plants to freeze). Lightly water the pot occasionally. If there is still green foliage by early spring trim it back, remove any other dead foliage, fertilize lightly and increase watering.

Dig flower bulbs that are not winter hardy (such as canna, dahlia and gladiolus) before the first frost and store them in a paper bag in a cool dry location.

Foliage of perennial flowers can be trimmed back but do not cut too close to the crown of the plant. Some people prefer to leave the spent blossoms of some flowers, such as cone flowers, so birds can feed on the seeds during the winter. Some perennial foliage can be left until early spring to help protect the plant from winter cold but do not leave diseased or insect damaged foliage. This foliage should be removed and disposed of in the trash and not be used for compost.

Hydrangeas: Some varieties bloom on “old wood”. These should not be cut back or they will have no bloom the next season. Except for dead or broken branches these should be pruned soon after they finish blooming. Some varieties bloom on “new wood” (foliage that emerges in the spring). These are best pruned closer to the ground in late winter. Some varieties bloom on old and new wood so these should be pruned after blooming. You can search on the internet to find out how to care for your particular variety.

Other flowering shrubs: Most flowering shrubs should not be pruned in the fall or they may not bloom in the spring. Except for dead or broken branches its best to do any pruning on these after flowering in the spring.

## ASK A MASTER GARDENER

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### Fall Gardening Tips

#### Vegetable Gardens

Make a map of the location of this year's plants and save it for next spring so you can rotate the location of plants in the garden. If you plan ahead next summer, you can take a photo of the garden when it's growing to use the following year (in case you can't find the map you made in the fall).

When production has ceased clear off vegetation and cut it into smaller pieces for the compost pile. Do not put diseased or insect damaged foliage in the compost. Dispose of this foliage in the trash.

Clean soil and vegetation from plant supports and store them for the winter.



## 4-H YOUTH DEVELOPMENT



National 4-H Week is **October 1-7!** You can use this week to educate your friends, family, and peers about what 4-H is and what it means to you! Wear 4-H shirts to school, decorate your locker, and share what 4-H means to you!

**ENROLL**

**▶ NOW**

2023-2024 4-H Enrollment will be OPEN Oct 1, 2023-January 15, 2024, visit [www.v2.4honline.com](http://www.v2.4honline.com) to enroll! Returning members can update their profile; new members can create one.

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The **Annual Community & 4-H Celebration** will be held **November 20th** at the Tipton County Fairgrounds. Further information will be coming. It promises to be a wonderful evening of entertainment, fellowship, and food.



### **Brian Howell, 4-H Youth Development Educator**

4-H enrollment begins on October 1! Be on the look out for enrollment information and other resources to get ready for the 2023-2024 4-H year!



## 4-H YOUTH DEVELOPMENT

Below is an updated list of current projects for the upcoming year.

Achievement Records	Aquatic Science
Arts & Crafts: Candle Making	Arts & Crafts: Ceramics
Arts & Crafts: Holiday Project	Arts & Crafts: Latch Hook
Arts & Crafts: Leather Craft	Arts & Crafts: Metal Craft
Arts & Crafts: Miscellaneous Craft	Arts & Crafts: Pottery
Arts & Crafts: Reed Craft	Arts & Crafts: Wearable Art
Arts & Crafts: Macrame	Collections
Crops	Dairy Foods
Gift Wrapping	Micro Mini Tractor
Microwave Cooking	Outdoor Chef
Pocket Pets	Scrapbook
Special Interest	Sports
Strawberries	Travelogue
Aerospace	Animal Education
Beef	Beekeeping
Cake Decorating	Cat
Child Development	Communications
Computer	Construction & Architectural Replica
Consumer Clothing	Dairy Beef
Dairy Goats	Dog
Electric	Entomology
Fashion Revue	Fine Art (Drawing & Painting)
Floriculture	Foods
Forestry	Garden
Genealogy	Geology
Health	Home Environment
Horse & Pony	Junior Leaders
Lawn & Garden Tractor Safety & Skills	Meat Goats
Model Craft	Needle Craft
Photography	Poultry
Pygmy Goats	Rabbits
Sewing	Sheep
Shooting Sports	Small Engine
Soil & Water Science	Swine
Tractor Safety & Operator Skills	Veterinary Science
Weather & Climate Science	Wildlife
Woodworking	Zero Turn Mower Safety & Skills

## 4-H YOUTH DEVELOPMENT

Below is an updated list of Mini 4-H projects for the upcoming year.

Mini 4-H Arts & Crafts	Mini 4-H Beef
Mini 4-H Cat	Mini 4-H Dog
Mini 4-H Goats	Mini 4-H Horse & Pony
Mini 4-H Poultry	Mini 4-H Rabbits
Mini 4-H Sheep	Mini 4-H Shooting Sports
Mini 4-H Swine	Mini 4-H Building Construction Models
Mini 4-H Collections	Mini 4-H Family History
Mini 4-H Flowers	Mini 4-H Foods
Mini 4-H Forestry	Mini 4-H Garden
Mini 4-H Model Building	Mini 4-H Photography
Mini 4-H Sewing	

### Tractor Supply Fall Paper Clover: 10/4/23 – 10/15/23

- From October 4-15, customers can purchase a paper clover at checkout in stores nationwide or online at [TractorSupply.com](https://www.tractorsupply.com).
- Ninety percent of all donations will directly support 4-H youth in the state in which they were made, while the remaining 10% will support national 4-H programming.
- Donations from the campaign strengthen educational programs and provide opportunities to help students develop the skills necessary to take on proactive leadership roles and pursue training in their desired fields.
- More information will be available in a few weeks.

# Community Wellness Coordinator

## Growing Together Grant

As the grant period comes to an end this month, I am excited to announce the incredible impact our gardens have had on our community. The Tipton County community garden has harvested over 971 pounds of produce that was donated to Emanuel Lutheran Church. Additionally, the Howard County community garden donated over 3,400 pounds of produce to five different donation sites.



## Community Nutrition

This month I am meeting with local partners to discuss plans to improve community-wide nutrition in Tipton County!

## Ongoing Initiatives:

- Growing Together
- TCSC Share Tables
- Worksite Wellness
- Chronic Disease Management
- Howard County Food Access



## Ryleigh Scott - CWC Coordinator

I am your Community Wellness Coordinator. I grew up in Terre Haute, Indiana and pursued my undergraduate degree in Food Science at Purdue University. I was also a four-year student athlete at Purdue, so I bleed the Old Gold and Black!

As a CWC, my job is to support funding and implementation of resource opportunities that will improve health and wellness throughout Tipton County.

# October Information

## October Schedule of Events

- **October 2nd**
  - \* 6 PM—Beech Grove 4-H Club Meeting
  - \* 7 PM—Tipton County Fair Board Meeting
- **October 3rd**
  - \* 9 AM—Encore Center Community Bingo
  - \* 6 PM—Mid-America Threshers Meeting
  - \* 6:30 PM—Master Gardeners Meeting
  - \* 6:30 PM—Junior Leaders Meeting
- **October 7th**
  - \* 6 PM—MATA Meeting
- **October 10th**
  - \* 1 PM—Extension Homemakers Achievement Day Entries
  - \* 7 PM—4-H Council Meeting
- **October 11th**
  - \* Extension Homemakers Achievement Day Program and Dinner
- **October 12th**
  - \* 11 AM—Mobile Food Pantry
  - \* 6:30 PM—Tipton County Tractor Puller's Association Meeting
- **October 13th & 14th**
  - \* Antique Toy & Train Show
- **October 18th**
  - \* 3 PM—Tipton County Extension Office Open House—HOPE TO SEE YOU THERE!
- **October 20th**
  - \* 8:30 AM—4-H Youth Fall Project Day Camp
- **October 21st**
  - \* Happy Goat Lucky Yoga
- **October 24th**
  - \* 9 AM—Encore Center Community Bingo
  - \* 6:30 PM—Community Band Concert with Special Guest—Kokomo Men of Note
- **October 28th**
  - \* Happy Goat Lucky Yoga
  - \* 4 PM—Touch-A-Truck: Trunk or Treat



October 2023

Tipton County

# COMPASSION IN ACTION DIGNITY DRIVE

DONATION DRIVE FOR:  
SOCKS &  
PERSONAL HYGIENE PRODUCTS

## Donation Collection Details

Please, drop off your donations of:

- Socks (any size/any style)
- Hygiene Products

at the Tipton Extension Office location listed below.

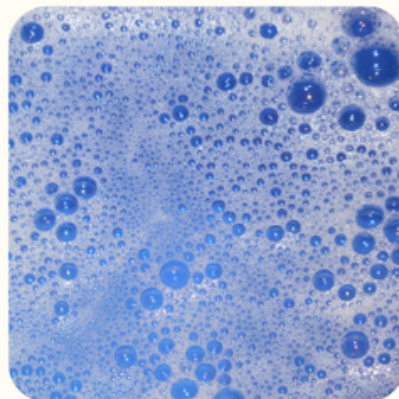
Donations will be accepted the entire month of October through November 20th.

## Who Will Receive the Donations?

Your compassionate donations will be distributed to several organizations in Tipton County, as well as both Tipton County school systems.

 **Contact Us**  
765-675-1177

 **PURDUE UNIVERSITY** | Extension - Tipton County



8 AM - 4 PM  
MONDAY -  
FRIDAY

**PURDUE  
EXTENSION**

1200 SOUTH MAIN ST.  
TIPTON, IN 46072



October 2023

# Contact Us



## **4-H**

Brian Howell

## **CWC**

Ryleigh Scott

## **HHS & CED**

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Extension - Tipton County

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