

SEPTEMBER 2023



Extension - Tipton County



Hello! We hope that everyone had an amazing summer. We have lots of activities planned for this year, so if you thought last year was fun, then this year will blow your socks off!



Wouldn't it be worthwhile to know the benefits of Extension programming? Within our newsletters, you can find out about the recent programs held throughout our communities and discover the impact these programs make in the lives of our friends and neighbors.

We once again want to wish Emily Peterson good luck in her transition to the Jennings County Purdue Extension office. Here are a couple things that staff wanted to share about Emily.

"Emily, you will be missed, but we know that you have great things ahead of you. Wishing you all the best in your future endeavors." - Mary Anne

"Emily, thank you for bringing such a bright and spunky spirit into the office every day and making everyone laugh. I'm so glad that I've had the chance to work with you and can now call you a friend. Tipton won't be the same without you!" - Ryleigh



#### 4-H

Brian Howell

#### ANR

Open

#### CWC

Ryleigh Scott

#### HHS & CED

Eric Hillis

#### Office Manager

Jill McKibben

#### Secretary

Donna Grimme

#### Program Assistant

Mary Anne Cowan

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Tipton, IN 46072

(765) 675-1177

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<https://www.facebook.com/TiptonCountyExtension/>

# Health & Human Sciences

## Meatloaf in a Mug

I know, I know, it doesn't sound great. At least it didn't to me at first. But, let me tell you, maybe it doesn't come out looking like the photo to the right but, it's good! Below is the recipe we tried at the Family Resource Center on August 1. I was joined by a great group of ladies and we each made a meatloaf in a mug.

### **Ingredients**

- 2 T 2% milk
- 1 T ketchup
- 2 T quick cooking oats
- 1 tsp onion soup mix
- 1/4 lb lean ground beef

### **Directions**

1. In a small bowl, combine the milk, ketchup, oats and soup mix. Crumble beef over mixture and mix well. Pat into microwave safe mug coated with cooking spray.
2. Cover and microwave on Hi for 3 minutes or until meat is longer pink and thermometer reads 160° F; drain.
3. Let stand for 3 minutes. Serve with additional ketchup if desired.

Nutrition: 393.2 cal, 25 g. fat, 87.3 mg cholesterol, 17.3 g carbs, 736.3 mg sodium

Join us for our next "sweet" Meals in a Mug program on Tuesday, October 31st at 4:00 PM. You can register at <https://bit.ly/3CmSo3C> or by scanning the QR code.



## Finding a microwave safe mug



Look for "microwave safe" on the bottom of the mug and avoid metal decoration. If you aren't sure, test using the following method.

1. Place the mug to be tested in the microwave oven. Do not test any metal mug or a mug with metal, gold or silver trim.
2. Measure 1 cup of water into a 1 or 2 cup glass measuring cup. Place beside the mug you want to test.
3. Microwave on Hi for 1 minute.

### **Result**

1. If the mug is cool and the water in the measuring cup is warm, the mug is microwave safe.
2. If the mug is hot and the water in the measuring cup is cool, do not use the mug for microwaving.

# TIPTON COUNTY CARES SUMMIT

**THEME:** Understanding the tools to keep us mentally healthy

**Understanding  
Crisis Care**

Hear from DMHA's Kara Biro about Indiana 988 & 4C Health about Mobile Crisis Team

**Finding  
Resources**

Hear from FSSA's Tara Morse about Indiana 211 & the Tipton County Family Resource Center

**Panel of local  
Leaders**

Hear from local leaders about the current state of mental health and substance misuse in Tipton County.

**REGISTRATION**



**Tipton County Foundation**

1020 W. Jefferson St  
Tipton, IN 46072

**SEPTEMBER 28**

9AM- 1PM

**Lunch Provided!**

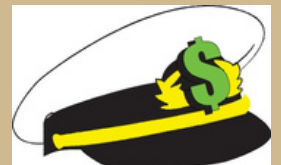
Made with PosterMyWall.com

## Captain Cash



Eric Hillis

With a new school year upon us, we have the opportunity to educate our youngsters about basic money management skills. If you are a 3rd grade teacher and would like me to present Captain Cash to your students, please call me at 765-675-1177 or send me an email at [jehillis@purdue.edu](mailto:jehillis@purdue.edu). [Click here](#) to learn more about the program.





**P** PURDUE UNIVERSITY | Extension

MICHIGAN STATE UNIVERSITY

Extension

**UF** IFAS Extension UNIVERSITY of FLORIDA

# SUSTAINABLE LIVING SERIES

*INFORMED, ENGAGED, AND EMPOWERED FOR THE FUTURE*



**Sustainable Living Series**

**LEARN HOW YOU CAN LIVE & LEAD A MORE SUSTAINABLE LIFESTYLE.**

- You will explore topics such as energy, water, and food and learn how these three work together as a system.
- You will delve into the U.S. economy and understand how our consumption of goods impacts our world.
- You will discover ways to take action in your home and community to reduce your footprint and increase your handprint.
- You will learn how people across the country are making a difference for their communities.
- You will earn a digital badge when you complete the course.

These institutions are committed to providing universal access to all of our events. For disability accommodations such as sign language interpreters and listening devices, please contact Linda Seals, lseals@ufl.edu. 321.474.3748 at least 2 weeks in advance. Advance notice is necessary to arrange for

## REGISTER NOW!

<https://tinyurl.com/5pw5ybdtd>



The Sustainable Living Series meets ONLINE weekly on Wednesdays from 6:00 PM to 7:30 PM EST.

September 13, 20, 27 and October 4, 11, 18, and 25.

**CLASS FEE: \$125**

A limited number of scholarships are available.

Apply here:

<https://tinyurl.com/bdeatndf>

# GET WALKIN' BEGINS!

Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle. Need some motivation but don't have time to attend a class? Perfect. We can help! Get WalkIN' is a free e-mail based walking initiative being offered through Purdue Extension in Putnam County. To learn more, contact Abbi Smith at [asmith22@purdue.edu](mailto:asmith22@purdue.edu). **THIS PROGRAM IS OPEN TO THOSE OUTSIDE PUTNAM COUNTY, INDIANA AS WELL!**

PURDUE EXTENSION  
**GET WALKIN'**  
PROGRAM

*Helping Hoosiers get on their feet!*



SCHOOL OF NURSING



Want to improve your health  
...but short on time...and lack motivation?

This **FREE**, email-based walking program has you covered! Sign up, walk, and get email support.

**Starting date: September 5th**  
**You will receive a total of 16 emails.**

**To sign up: email [asmith22@purdue.edu](mailto:asmith22@purdue.edu)**  
**Register by: September 1st**

For more information or to join us, contact: Abbi Smith at [asmith22@purdue.edu](mailto:asmith22@purdue.edu) or 765-653-8411.

# Ask Your Master Gardener



For many years the Tipton County Master Gardeners have been raising vegetables and fruit in our community. The harvested produce is taken to Emanuel Lutheran Church for distribution to the community through their food pantry. So far this year they have donated over 950.93 pounds of fresh produce.

The Master Gardeners also plant and maintain the flower beds in front of the Purdue Extension Office and auditorium buildings at the 4-H grounds.

If you have any gardening questions for our Master Gardeners, please email us at [tiptonces@purdue.edu](mailto:tiptonces@purdue.edu) to receive a detailed message in response to questions about plant problems, plant or insect identification, or general gardening questions.

For help with:

- Insect identification and diagnosing
- Plant identification
- Solving garden and landscape plant problems
- Urban-cultivated plants
- Associated environmental, disease, insect, and other pest problems
- Household insect pests of food and clothing



Extension - Tipton County



# 4-H Youth Development

## End of Fair Reminders:



Please make sure to pick up projects left after the fair, as well as projects that have returned from the Indiana State Fair. Please have your projects picked up by September 14th. The office is open Monday through Friday from 8:00am to 4:00pm.

## Mark Your Calendars!

**Sunday, October 1** - 4-H enrollment for 2023-24 opens in 4-H Online

**Saturday, October 21** - 4-H Leadership Summit in Carmel, IN. 4-H members in high school and all adult volunteers are invited and encouraged to attend!

**Monday, November 20** - 4-H Achievement and Celebration Night, 4-H Community Building



Welcome 4-H'ers to the new year!! We continue to offer wonderful programs and projects for our future leaders.

## Brian Howell, 4-H Youth Development Educator



Thank you to all volunteers, parents, and youth who have worked so hard to make this 4-H year successful.

There are still several county and state fair projects left in the office, please be sure to swing by and get those as soon as possible, we don't want those to be damaged by accident. September is usually a bit of a reset month as we finalize things from this summer and plan for the fall and beyond. That does not mean there aren't 4-H activities happening!

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 Achievement Point Forms** are due by September 1! Achievement Point forms are one place to keep track of your 4-H activities. The accumulation of points that you earn through your 4-H career will help determine the amount of money you can receive when you apply for scholarships your senior year of high school! Blank forms are available in the Purdue Extension - Tipton County Office.

**4-H Achievement Record Books** are due by September 1! 4-H Achievement Records is a project that can help the 4-Her practice record keeping skills while having a thorough record of their 4-H experience (it comes in REALLY handy when applying for a variety of scholarships in high school). You can pick up information in the Purdue Extension- Tipton County Office. If you have already completed this project in previous years, add to your sheets! If you haven't done this project, it is never too late to start whether you are a first year member or a 9th year member. Achievement Records are reviewed, comments are provided, and prizes are given at 4-H Achievement Night in November!

## Volunteer Opportunities Available

The 4-H program relies on the dedication of volunteers to help make a great experience for youth. The following positions are currently needing to be filled. Please contact Brian Howell, 4-H Youth Development Educator, at [howellbm@purdue.edu](mailto:howellbm@purdue.edu), or by calling the Purdue Extension Office at 765-675-1177.

**Blue Ribbon Chasers 4-H Club Leaders-** thank you to Blaire Bennett and Mallory Newcom for leading this club for 2 years.

**Project Superintendents or Content Experts for the following subjects** (In addition to helping with the judging at the 4-H Fair, superintendents are encouraged to offer workshops and be available to answer questions from 4-H members): Child Development; Collections; Natural Resource projects (Beekeeping, Soil & Water, Forestry, Weather, Wildlife, Entomology, Geology); Electric; Model Building/Aerospace; Scrapbook; Sewing; Woodworking

**Overall Livestock Superintendent:** A new position that can be built from ideas and individual strengths. Serve as a liaison to animal superintendents, be an impartial person to interpret guidelines, help coordinate barn set up and clean up.

**4-H Council:** A few positions will be open this fall, to begin in January 2024. 4-H Council is the policy and procedure making board for the county 4-H program.

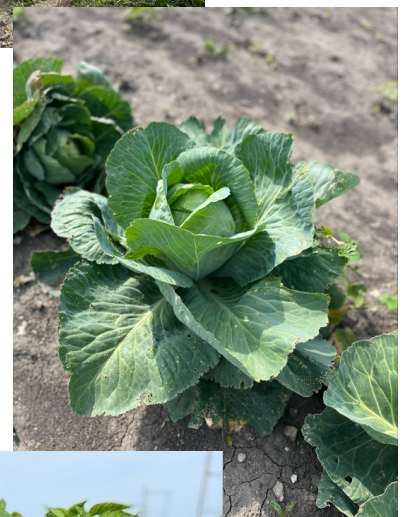




# Community Wellness Coordinator

## Growing Together Grant

As the summer winds down, the Growing Together Grant period also is coming to an end. An incredible amount of produce has been harvested and donated in both Tipton and Howard counties. The exact impact of this initiative will be available next month!



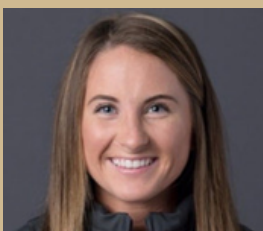
## Peloton Corporate Wellness

Purdue Extension has partnered with the Tipton County Health Department to explore the idea of initiating a county-wide worksite wellness initiative through Peloton. Stay tuned for updates on this project!



## Ongoing Initiatives:

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



**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.**

**I have a passion for health, nutrition, and helping others. I also enjoy reading, exercising, and being with family.**

**I look forward to collaborating with you to improve our community!**

# What Happened on the Fairgrounds with all those Trucks 8-26 thru 8-27?

This is a comment from Cyndi Gurrola regarding the Medallion Transport Holdings Inc. event:



“We’re so thankful and humbled by the success of our first annual **Truckers at Heart Truck Show!** None of this would have been possible without the hard work of our staff, owner-operators, agents, local truck drivers, vendors, and the tremendous support of the Tipton and surrounding communities. We’re thrilled to announce that we were able to raise over **\$20k** for the Ronald McDonald House Charities of Central Indiana!”



SEPTEMBER 2023



**SAVE THE DATE**

***Tipton Co. Extension  
Open House***

**10 - 18- 2023**

More Details to Follow



## September Schedule of Events—Tipton Co. Fairgrounds

Date	Event
Sept. 1 –3	Tecumseh Lodge Pow-Wow
Sept. 7	Extension Homemaker's Fall Project Day
Sept. 7	Tipton Co. Tax Sale
Sept. 7–10	Pork Festival Parking & Shuttle
Sept. 9	Hunter Education Course—DNR—Tipton Co.
Sept. 12	Senior Games & Bingo—Sponsored by Encore Center
Sept. 13–16	Indiana State Trapper's Association Convention
Sept. 15–17	ECTC Horse Shows
Sept. 16	Draft Horse Pulls—Sponsored by Mid-America Threshing Association
Sept. 18–24	Hippie Fest
Sept. 21	Senior Expo—Sponsored by Encore Center
Sept. 26	Community Bingo—Sponsored by Encore Center
Sept. 26	Community Band Concert
Sept. 28—Oct. 1	Gun & Knife Show

## October Schedule of Events—Tipton Co. Fairgrounds

Date	Event
Oct. 3	Community Bingo—Sponsored by Encore Center
Oct. 10–11	Extension Homemaker's Achievement Days
Oct. 12	Mobile Food Pantry
Oct. 13–14	Antique Toy & Train Show
Oct. 18	Extension Office Fall Open House
Oct. 21 & 28	Happy Goat Lucky Yoga
Oct. 24	Community Bingo—Sponsored by Encore Center
Oct. 24	Community Band Concert

# Farm Life

## Word Search Puzzle



H T R A C T O R J X H A R V E S T  
O O Z N M W E B N P A S T U R E F  
R Z C N L H L I V E S T O C K F R  
S C A R E C R O W P B S M N Q A E  
E S P H N A N M O Q D Z U L S R S  
B P A A A M P R Q L R N H X N M H  
A B I D U Y C E E M T R O U G H E  
R C A P D F L I R O O S T E R O G  
N O H R S L F O C A T T L E B U G  
R U P O N N E L F U L D R U Y S S  
E N P Y R C W L S T X H M T T E K  
K T S O H E A W H H C P S E C R F  
O R C A G F S T L I K T L S P A D  
B Y L R L O P G C G Y G N H V B K  
W H E A T K A J C H I C K E N S M  
R M C Z L R C T L P Z G P E R S R  
V R W M X U R T S S M T R P O E V



- |             |            |           |
|-------------|------------|-----------|
| ALFALFA     | FARMHOUSE  | PIGLETS   |
| BARN CAT    | FRESH EGGS | ROOSTER   |
| CATTLE      | GOATS      | SADDLE    |
| CHICKENS    | HARVEST    | SCARECROW |
| CHORES      | HAYLOFT    | SHEEP     |
| CORN FIELDS | HORSE BARN | TRACTOR   |
| COUNTRY     | LIVESTOCK  | TROUGH    |
| CROPS       | PASTURE    | WHEAT     |

SEPTEMBER 2023

# Contact Us



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Tipton, IN 46072  
(765) 675-1177

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The office will be closed September **8th**, 2023



Extension - Tipton County

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