

EXTENSION CONNECTION FOR PULASKI COUNTY

Spring, 2022

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Hello everyone,

I am the Interim County Director and ANR Educator Phil Woolery. Sam Williams, our County Director, and her husband Rob welcomed a new baby boy on January 16. His name is Summit Pierce and was 20 ½" long and weighed 7 lbs. 5 oz. After spending a week at the hospital, he finally came home last Saturday. Big brother Ridge and sister Ripley were overjoyed! Sam will not be back in the office until mid-April.

Our office manager, Sue Rosenbaum, will also be on leave starting February 16 for about a month. Amy Nelson, 4-H secretary, and Kirsten Calloway, our part time secretary, will be very busy as we prepare for spring events and the coming county fair.

If you have not already enrolled for 4-H, please do so as soon as possible. Project clubs such as Dog and Horse and Pony are already planning their yearly meetings. Don't miss out! I have a pesticide meeting coming up on February 22nd at the Bethel Bible Church west of Winamac on 14 West. More details will be in the Ag section of this newsletter. Mandy, HHS educator, has been busy teaching Captain Cash at the Eastern Pulaski Elementary School along with her First Mate, Amy. Marla White, NEP, has been going full stride ahead with teaching classes at Senior Centers, the Elementary and Bela Vita Pregnancy Center in Knox.

The Learning Lab is in full operation as Excel classes are currently being taught. Please check out the full schedule of classes in this newsletter. We are also sharing space in the Lab right now with the Adult Learning Center during the renovation of the Pulaski Justice Building next to the Court House.

Call or stop in anytime and we will do our very best to answer your questions or give you help in any way we can. Looking forward to spring and I'm sure you all are!
Phil Woolery

**PULASKI
CO. 4-H FAIR
June 25-
June 30, 2022**



\$20 for 2022 Classes for Learning Center Continue...

For 2022 we will continue to charge only \$20 for all our former \$30 classes !! You get 4 hours or more of instruction in topics such as Getting Started, Excel, Word, Publisher and Power Point. We still have our free one session classes on Face Book and eBay. Learning QuickBooks is offered at a fantastic \$35 for 3 sessions! Please find an enclosed brochure of classes and descriptions. Some classes are not set but if at least 3 people express interest we will get one scheduled. Please call if you would be interested in knowing when a class is coming so we can notify you ASAP. (574-946-3412)

New Email or Mailing Address? Please contact our office or email srosenba@purdue.edu with the new information so we can get your newsletter to you as soon as possible.

CALENDAR

A complete listing of 4-H meetings and events are listed on calendar in 4-H section of newsletter.

February, 2022

- 8,9 Advanced Excel, Learning Lab, 2-4 or 4-6 PM
Call 574-946-3412 to register.
15,17 Basic Excel or Basic Word, 1-3 or 6-8 PM
21 Office Closed-President's Day
21 4-H Council and Fair Board, 6:30 PM, Bethel Bible Church, 14 West, Winamac
22 Learning About eBay-Free, 6-8 PM, Call to register 574-946-3412, Purdue Learning Lab
24,28 Basic or Intermediate Excel, 1-3 or 6-8 PM

March, 2022

- 1 Ag Outlook, 1 PM, Bethel Bible Church
7 Extension Board, 7 PM, Bethel Bible Church
7,8 Basic Excel, Learning Lab, 1-3 or 6-8 PM
21 4-H Council and Fair Board, 6:30 PM, Bethel Bible Church
22,24 Intermediate Excel, 1-3 or 6-8 PM, Learning Lab
29-30 Basic Word, 1-3 or 6-8 PM, Learning Lab

April, 2022

- 4 EH Council, 5:45 PM, Extension Office
7,14,21 Elementary Spanish Class, 3:45-5:15 PM-call for details
12,13,19 Quickbooks, Learning Lab, 6-8 PM
15 Office Closed for Good Friday
18 4-H Council and Fair Board, 6:30 PM, Bethel Bible
25 YQCA Certification Mtg., 6 PM, Co. Hwy. Garage
26,28 Intermediate Excel, Learning Lab, 1-3 or 6-8 PM

MARY POWERS ENDOWMENT FUND:

Mary Powers was a long time educator for Pulaski County Extension. Before her passing, Mary created an endowment through the Pulaski County Community Foundation. Each year, funds are given to the Extension Office to provide support to the Pulaski County Extension Service to carry out the role and mission of Extension. These funds may be used for training, leadership development, program support, and in other ways to develop & enhance people. Any Extension group wishing to request funds may do so by contacting the Extension Office for a request form and/or to ask

2022 4-H Animal Shows Scheduled: (Eastern Time)

June, 2022

- 24 4-H Dog Obedience & Showmanship Show, 2 PM, Location TBA
25 4-H Poultry Show, 11 AM
26 4-H Sheep Show, 9 AM
26 4-H Beef Show, 5 PM
27 4-H Swine Show, 8 AM
27 4-H Horse & Pony Contesting, 6:00 PM
28 4-H Rabbit Show, 8 AM
28 4-H Goat Show, Noon
28 4-H Dairy Show, 7:30 PM
29 4-H Horse & Pony Pleasure Show, 8:00 AM
29 Ultimate Showman Contest, 5 PM
30 4-H Cat & Pet Pals Show, 8:30 AM
30 4-H Dog Agility Show, 10 AM, Dog Park
30 4-H Auction, 6:00 PM



PURDUE EXTENSION

NUTRITION EDUCATION PROGRAM

Marla White,
Nutritional Extension
Program Assistant

Happy February! The New Year is already a month in and many of us feel the need to set new goals physically, nutritionally, and financially. I always feel the need to finish home projects, set a strict budget, find more time to exercise, and eat healthier. I often find myself trying to do them ALL at once and becoming completely defeated. Anyone else ever feel this way?

This time of year can prove difficult for most of us to keep active and moving with inclement weather, busy schedules, and frigid cold temperatures and makes it almost easier to cozy in with a blanket and some comfort snacks. It's important to not overwhelm yourself with a rigid set of goals that you won't be able to maintain or achieve. This can lead to discouragement and giving up completely when we face road blocks like weather, illness, or just everyday life! How do we get past that feeling? Well, by being SMART about our goal setting!

When setting goals, make SMART goals. **SMART** stands for:

Specific: Be specific about what exactly you are going to do. (example: I am going to eat more vegetables each week.)

Measurable: Can you measure it? How will you measure it to track your progress? (example: I will eat vegetables 3 times a week)

Attainable: Make sure your goal isn't too big or too small (Example: setting a goal to eat 1.5 cups of vegetables every meal of the day would not be realistic. Setting a goal of eating 1.5 cups 3 times a week would be challenging, but something to build on.)

Relevant: Why is this goal important to me and how will it help me? (Vegetables are important and contain many nutrients. They're out of season right now, but I know that they are important to fuel my body.)

Time bound: Put a date or timeline on your goal. That way you can track your progress (At the end of the week I will count how many times I had vegetables.)

You can use this tip in setting goals for yourself physically as well! Start small, be proud of your successes and watch yourself make better decisions for yourself each day! A **SMART** goal of 15 minutes of physical activity 4 times a week could easily become 30 minutes 4 times a week a month later because you took small attainable steps!

Have fun, and be well!

We are still accepting donations to be a part of the 2022 4-H Booster Club-please consider doing so to help the youth of Pulaski County. See 4-H section of newsletter for the form to fill out.

