

EXTENSION CONNECTION FOR PULASKI COUNTY

Winter, 2021

INSIDE THIS ISSUE:

Calendar **White**
 Bridges Out of Poverty
 Livestock Show Dates
 Introducing Marla White

Dates to Remember **Yellow**
 Wallet Wellness
 Holiday Gift Giving
 Gift Ideas

Note from Sam Williams **Green**
 Swine Member Reminder
 Showmanship Classes
 Virtual 4-H Volunteer
 Café Series
 4-H Enrollment and Fair
 Entry dates
 Scholarships
 Important Dates,
 Reminders and Updates
 Teens as Teachers

Upcoming Events **Cream**
 Carbon Markets
 Grain Post-Harvest &
 Recertification Workshop
 Top Farmer Conference

Learning Center Brochure **Gold**
 For Winter 2022

Happy Holidays!

We hope this newsletter finds you well and that you are able to enjoy time with friends at family as 2021 comes to a close. Below are a few updates from our office.

In Health and Human Sciences, Mandy was able to have a successful Reality Store program and event with the West Central 8th graders. Thank you to all the businesses & volunteers that make this event a success.

In Agriculture and Natural Resources, Phil's videography skills have led him to lead other groups in learning how to do ag-related videos, including a group in Trinidad!

In 4-H Youth Development, I have been teaching a Movie Spark Club to the Warrior Up Afterschool group where they have learned how to turn their lego creations into videos.

The Learning Center has been active offering classes throughout the fall including Publisher and Excel. Check out the enclosed flyer for upcoming classes. We are excited to maintain \$20 for the cost of most of the classes for 2022 thanks to the grant we receive from the PACE Board.

Best wishes,
 Sam Williams
 County Extension Director



Have a new email or address?

Please contact the Extension Office at 574-946-3412 or email srosenba@purdue.edu

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



\$20 for 2022 Classes for Learning Begin Again in January!

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 are now offering an **ADVANCED EXCEL** in February! We still have our free one session classes on Face Book and eBay. Learning Quickbooks is offered at a fantastic \$35 for 3 sessions! See the enclosed flyer for a full schedule of classes for January and February, 2022. Please call if you would be interested in registering. If you are interested in a class not yet scheduled please let know that also so we can call you when it is. Remember that the Learning Center is part of the Purdue Extension Service and is partially funded through a grant from PACE (Pulaski Alliance for Community Education) to give more educational opportunities to our community. Take advantage of this great opportunity!



CALENDAR

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

December, 2021

- 6 EH Council, 5:45 PM. Extension Office
- 6 Extension Board, 7 PM, Bethel Bible Church
- 9 Grain Post-Harvest & Recertification Workshop

January, 2022

- 7 Top Farmer Conference, held virtually-see Details in the Ag section of newsletter
- 7 Bridges Out of Poverty, Bethel Bible Church, 9 AM-5 PM Call Extension Office to register At 574-946-3412
- 17 4-H Council and 4-H Fair Board, 6:30 PM, Bethel Bible Church

2022 Fair Dates: June 25-30

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

June, 2022

- 25 Poultry Show, 11 AM
- 26 Sheep Show, 9 AM
- 26 Beef Show, 5 PM
- 27 Swine Show, 8 AM
- 28 Rabbit Show, 8 AM
- 28 Goat Show, 12 PM Noon
- 28 Dairy Show, 7:30 PM
- 30 4-H Auction, 6 PM
- Horse and Pony Shows TBA



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**HAVE YOU ENROLLED FOR 4-H
YET FOR 2022?** Do it online or call if
you need help! 574-946-3412
Do not miss out!



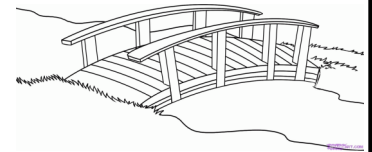
Bridges Out of Poverty, January 7, 2022

9 AM-5 PM EST Bethel Bible Church, Winamac

Focus Points: Poverty Statistics, Relationships, Health Literacy, Communication, Hidden Rules, Stages of Change, and Language

Cost is \$50/person, Lunch Provided

**Call Pulaski County Extension Office at 574-946-3412
to register by Dec.27, 2021**



**PURDUE
EXTENSION**

**NUTRITION
EDUCATION
PROGRAM**

**Marla White
Nutritional Extension
Program Assistant**

Hello! My name is Marla White, and I am the new Nutrition Educator serving this wonderful community. A little bit about me, I am a proud Purdue grad and live just outside of Grass Creek on our family farm with my husband and four kids. I love swim coaching, fishing, and caring for animals.. I hope to see many of your friendly faces soon, and if you would like to start a program, please reach out anytime!

Did you know that families who eat together are healthier and happier? That's why the Purdue Extension Nutrition Education Program encourages families to cook, talk and eat together – and make mealtime part of fun family time. In fact, here are just a few of the benefits that come from eating together:

- Build relationships. Eating together helps build a close relationship with your children. It gives everyone in the family a chance to learn more about each other. Turn off the TV and don't answer the phone during mealtime. Instead, use this time to talk, connect and make memories together. It's a lesson your children will use for life.
 - Eat healthier food. Meals prepared at home are usually better for you than meals eaten while dining out.
 - Learn portion sizes. Teach your kids to take small amounts at first during mealtime. Tell them they can get more if they're still hungry.
 - Promote stability. Eating with your child helps them think things are OK. It sends a message of family stability.
 - Save money. Eating at home saves the family money. It's cheaper to cook meals at home than to dine out.
 - Develop cooking skills. Get everyone in on making a meal. Kids love to cook! Letting them help make meals will make them feel valued and part of the family.
 - Practice social skills. Eating together as a family gives your kids a chance to learn and practice their social skills, table manners and conversation skills.
 - Try new foods. Offer your children new foods, but don't force them to eat them. Let them choose how much to eat. Kids are more likely to enjoy a food when it's their choice. Making their own food choices also helps them learn to be independent.
- Last, but not least, its FUN!

