

**Weekly Extension Update**  
**Purdue Extension, Pulaski County**  
**September 4, 2019**



**General Extension Reminders**

Welcome to the weekly update. Below are weekly reminders of events, activities, and deadlines that relate to Purdue Extension of Pulaski County. If you have questions or concerns, please call the office at 574-946-3412 or link directly to our Website for more information, [www.extension.purdue.edu/pulaski/](http://www.extension.purdue.edu/pulaski/).

**4-H Youth Development**

- **State Fair Projects** are now ready for pick up at the Extension Office! Please pick up your projects as soon as possible.
- **4-H Volunteers:** There are some 4-H projects that do not have Project Leaders. If you are interested in becoming a Project Leader, please contact the Extension Office.
- **It's Mum time!** It's that time again, the Jr. Leaders are selling mums and the orders are due by Thursday, September 5<sup>th</sup>. They are \$8 each or 2 for \$15 and the checks need made payable to Pulaski County 4-H Junior Leaders. The colors you can choose from are yellow, pink, orange, red, purple, & white. The mum pick up is Thursday, September 19<sup>th</sup>, 4-6pm, at the Highway Garage.
- **S.T.E.M.** at the Westside Center on September 19<sup>th</sup> at 5:15pm and the Francesville Public Library on September 24<sup>th</sup> at 4pm.
- **Indiana 4-H GIS Day:** Advancing STEM education with geographic information systems! Friday, October 18<sup>th</sup> from 9am-3pm at the Indiana State Fairgrounds will be the Indiana 4-H GIS Day! Come learn what GIS is and how it is used in everyday life, interact with GPS technology, STEM hands-on activities, and more. Open to 6<sup>th</sup>-12<sup>th</sup> grade youth. Registration is \$20 per person- includes lunch. Contact Danielle Sands for more information: [dsands@purdue.edu](mailto:dsands@purdue.edu) or 765-494-8435.
- **Volunteer Vision:** Stay on track with the 4-H Volunteer Vision at <http://mailchi.mp/acc269dce4c9/wroi8i4x84-3175301?e=cb136a5514%20>

**Learning Center**

Check out the classes that Learning Center is offering the next couple of months. All classes are \$30 (unless noted) and are mostly offered from 1-3 or 6-8 PM EDT. To register or learn more, call the Pulaski County Extension Office at 574-946-3412.

- Intermediate Excel: September 9<sup>th</sup> & 10<sup>th</sup>
- Publisher: September 17<sup>th</sup> & 19<sup>th</sup>
- Basic Excel: September 24<sup>th</sup> & 26<sup>th</sup>
- PowerPoint: October 1<sup>st</sup> & 3<sup>rd</sup>
- Intermediate Excel: October 14<sup>th</sup> & 15<sup>th</sup>
- Cricut (*Come learn the basics and take home a craft!*): October 22<sup>nd</sup> (6-8pm)
- QuickBooks: October 28<sup>th</sup>, 29<sup>th</sup>, and November 4<sup>th</sup> (6-8pm \$45)
- Adult Conversational Spanish: November 5<sup>th</sup>, 12<sup>th</sup>, & 19<sup>th</sup> (6-8pm)
- Youth Spanish: November 7<sup>th</sup>, 14<sup>th</sup>, & 21<sup>st</sup> (3:45-5:00pm)
- Basic Word: November 21<sup>st</sup> (10am-12pm & 1-3pm)

## **Agriculture & Natural Resource**

- **Attention Women Landowners!** Do you have questions about managing your land for you and future generations? Join the Pulaski and Starke County Soil & Water for a day of fellowship, soil health information, a tour, and lunch on September 19<sup>th</sup> from 10am-4pm (EST) at the home of Nicole Clemons (6125 W 550 N Winamac, IN). RSVP by September 13<sup>th</sup> to [Heather.Rogers@in.nacdn.net](mailto:Heather.Rogers@in.nacdn.net) or call 574-946-3243 ext. 3.

## **Health & Human Sciences**

- **Did you know** that obesity affects about 13.7 million children and adolescents? That is almost 1 out of every 5 children. During National Childhood Obesity Awareness Month, check out these tips to help children maintain a healthy weight.  
<https://www.cdc.gov/healthyweight/children>

## **Nutrition Education Program**

- **Chat and Chew with Deb:** Learn about healthy eating with NEP Deb Winter at the Winamac First United Methodist Church Fellowship Hall every 2<sup>nd</sup> and 4<sup>th</sup> Thursday at 12pm (Noon).
- **Oven Fried Veggies:** Skip the fries for these crispy, oven-fried vegetables instead. Serve with a sandwich or on their own as a snack. Find the recipe [here](#).

If you need a reasonable accommodation to participate in any program, prior to the meetings, contact the Pulaski County Extension Office  
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