

EXTENSION CONNECTION FOR PULASKI COUNTY

Fall, 2019

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Welcome to Fall! Below is an update of what is happening in Health & Human Sciences, Ag & Natural Resources, and 4-H Youth Development.

Mandy is gearing up for another year of Reality Store with 8th graders at West Central Middle School. This is a great program where students learn about budgeting and planning for adulthood. The final activity consists of stations where youth pay taxes, purchase necessities, and make decisions to support their families. It is not only educational but fun for all who participate.

Phil is making plans for future Private Applicators Recertification Programs (PARP). Be watching for upcoming dates. He is also planning UAV training classes in September for individuals working to obtain their FAA pilot's license.

Now that school has begun, I am planning school programs such as National Youth Science Day, 4th grade electric circuit boards, 5th grade soil & water programs, and much more. As a reminder, October 1st will kick-off the 2020 4-H program year. At that point, 4-H members and volunteers can re-enroll in 4-H Online and start making plans for their activities for the upcoming year. Contact the Extension Office, if you need assistance or a paper enrollment form.

Sue, Learning Center Coordinator, has planned many classes for the fall including Basic, Intermediate, and Advanced Excel, Word, Publisher, Power Point, Quickbooks and even Basic Spanish! Check out the flyer in this newsletter for more information about upcoming classes. Contact her to learn more about these great opportunities!

Be watching for more information on other activities, trainings, and workshops available to you. Please contact the Extension Office with any questions. We are more than happy to help you!

Samantha Williams, Pulaski County Extension Director

If you have a new email or address please notify us to get it changed on our mailing lists. Thank you!



SAVE THE DATE

COMING
UP

4-H Enrollment begins October 1!!

**EH Make and Take Workshop -
November 9th**

(See details in HHS section of newsletter)

CALENDAR

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

September, 2019

- 9 All 4-H Livestock Meeting, 6:30 PM, Bethel Bible Church
- 11 EH District Meeting, Tippecanoe Co.
- 16 6:30 PM-4-H Council, 7:30 PM-Fair Board-Extension Office
- 26-27 UAV(Drone) training at Pinney Purdue
- 30 Extension Board, 7 PM, Extension Office



October, 2019

- 7 EH Council, 5:45 PM, Extension Office
- 21 6:30 PM-4-H Council, 7:30 PM-Fair Board
- Extension Office
- 22 Cricut Workshop, 6-8 PM, Co. Hwy, Winamac
- 24 School Open House/4-H Promotions

November, 2019

- 1 Reality Store, West Central M.S.
- 9 Make and Take Craft Workshop, Church of the Heartland, Winamac, 9 AM-Noon Eastern

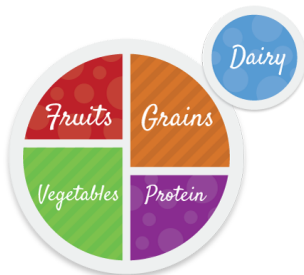


Check newsletter insert on Learning Schedule!

PURDUE
EXTENSION

NUTRITION
EDUCATION
PROGRAM

Deb Winter,
Nutritional Program
Assistant



Nutrition Classes and Free Meal

Come and join us on the 2nd & 4th Thursdays of the month at the Winamac First United Methodist Church Fellowship Hall at noon Eastern. We will discuss how to choose healthy options, receive great recipes, plan healthy meals, shop for less, label reading, food safety, and how to move more. Bring a friend!

Summer Slow Cooker Green Beans

- 2 lbs fresh Green Beans, washed and trimmed
- 2 cups Chicken Broth
- 3/4 cup Bacon pieces
- 1/2 Onion, sliced
- Salt & Pepper to taste



Lightly spray slow cooker or place a liner in the pot. Add the beans, chicken broth, onion, salt & pepper and about 1/2 of the bacon. Cover and cook on high 4-6 hours or low 6-8 hours until the beans are tender. Stir several times during the cooking process and serve beans topped with remaining bacon pieces.



*** Have you heard.... about Bella Vita??

Bella Vita is located in Knox, Indiana. They serve Pulaski and Starke counties. They are a non-profit organization designed to assist those in an unplanned pregnancy situation. Bella Vita provides practical, emotional, and educational support to their clients. Spiritual support is also available. For more information or to volunteer your help, call Deb at the Pulaski Extension office or call Bella Vita at 574-772-2877.