

JANUARY 2025

www.extension.purdue.edu/Cass
CassCES@purdue.edu

CASS COUNTY EXPRESS

THE OFFICIAL NEWSLETTER FOR PURDUE EXTENSION - CASS COUNTY

Happy New Year from the Cass County Extension Office! As we step into 2025, we are looking forward to a year of continuing to support our community by fostering growth, knowledge, and resilience.

UPDATE FROM THE COUNTY EXTENSION DIRECTOR

Welcome back to the Cass County Express! We are excited to be working with the Cass County Extension Board to be hosting the 2025 Extension Board Annual Meeting on Tuesday, February 25th.

We will be joined by guest speaker Michael Wilcox of the North Central Regional Center for Rural Development. The meeting is open to the public, with registration required by 2/18/25. There will be a catered meal provided by Oliver's and updates from all Program Leaders in Cass County Extension. Please see the flyer below for more details.

We are always seeking sponsors for the event- please contact the Extension office if you are interested in sponsoring the Extension Board Annual Meeting, all donors are recognized at the event!

The Cass County Extension Board is comprised of community members who offer support, guidance, resources and connections throughout the county to support the mission of Purdue Extension in our community!

-Claire Crum, Cass Co. Extension Director

**Purdue Extension - Cass County
invites you to join us for our
Extension Board Annual Meeting**

**February 25, 2025 at 6:00pm
Dinner is provided by Oliver's Catering**

Learn more about the work of Purdue Extension
in Cass County and the North Central Regional
Center for Rural Development

**4-H Community Center, Cass Co. Fairgrounds
2281 E County Rd 125 N
Logansport, IN 46947**

Please RSVP by February 18th at (574)753-7750 or
cassces@purdue.edu. If you have any dietary needs, please inform us
at that time.



Purdue University is an equal access/ equal opportunity university

Guest Speaker



Michael Wilcox is a senior
associate at Purdue Center
for Regional Development
(PCRD), focusing on
integrating sustainability
into entrepreneurship,
workforce development,
bioenergy, population
dynamics, and land use.

2025 Extension Board Members:

Kelsey Stephens- President

Cody Scott

Mike Englert

Kristen Williamson

Stephanie Fultz

Leah Walthery

Jacob Fisher

Andrea Troxell

Interested in joining the
Extension Board? Learn more
at our website!

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AGRICULTURE AND NATURAL RESOURCES

There are still seeds available for free in the Cass County Extension office! These seeds were donated by Rural King, our Seed Library offers a variety of annual and perennial flowers and vegetables. Seeds are available while supplies last!



NUTRITION EDUCATION PROGRAM

January often brings a focus on healthy eating, but when the cold weather rolls in, fruits tend to fall off our radar. During the winter months, we might forget about the bright, vitamin-packed fruits that can really boost our health. In fact, the USDA's MyPlate.gov recommends that most people aim for 1 1/2 cups of fruit per day, but how do we do that when we're used to sticking with apples and grapes? As someone who works with school classes, mom's groups, and senior citizens, I've made it my mission to bring a variety of fruits to try – especially fruits that might be new to many. Adding a bit more variety can increase the fiber in your diet, while also delivering essential vitamins and minerals that keep us healthy and energized during these colder months.

-Rachel Taylor, NEPA

COMMUNITY WELLNESS COORDINATOR

A new year brings new projects. I am continuing to work with the Cass County Community Foundation on the Farmers Market permanent structure and commercial kitchen project. These additions will enhance the farmers market experience for both vendors and community members. This winter, I will be holding an enrollment workshop for farmers market vendors who would like to begin accepting SNAP and WIC benefits. This will be a welcomed addition to market customers.

-Krista Pullen, CWC



Every year, Purdue Extension hosts the Professional Development Conference (PDC) before Christmas Break.

This conference is an opportunity for educators of all program areas to gather for Professional Development, networking, collaboration and updates from the Purdue Extension State team. This year, a special guest joined us- Purdue Pete stopped by for a photo with Claire, Kailey and Krista!


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HEALTH AND HUMAN SCIENCES

Do you or your clients want to achieve financial wellness, improve health, eat smart, strengthen relationships, or get organized? Purdue Extension Health & Human Sciences can help achieve those goals through our evidence-based, local programs. Call or email Kailey Dockerty to learn more about programs like:

- Where Does Your Money Go? •Empower Me to Be Clutter Free
- Staying Scam Safe •A Matter of Balance
- Dining with Diabetes •I am Moving, I am Learning
- Captain Cash •Air Fryer 101
- 5 Things to do before Collecting SS Benefits
-and many more!

In December 2024, the 3rd-grade classes at Fairview Elementary completed the Captain Cash program. In Captain Cash, students learn about earning, saving, spending, and borrowing money. About 90 students completed the program and were rewarded with a piggy bank courtesy of Security Federal Savings Bank. Captain Cash is a FREE program available to all 3rd-grade students in Cass County. Contact Kailey to bring this award-winning program to your school!

-Kailey Dockerty

kdockert@purdue.edu



Some Captain Cash graduates at Fairview Elementary with their piggy banks.

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4-H YOUTH DEVELOPMENT



4-Hers in grades 7-12 can attend the NEW Teen Leadership Weekend (TLW) at Camp Tecumseh in White County. 4-Hers from across the State can come together to build leadership skills, connect with their peers and learn how to make an impact in their communities through hands-on workshops and inspiring sessions at this weekend retreat. Enroll for TLC at 4-H Online!

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CASS COUNTY 4-H NEWS

4-H CAREER DISCOVERY MENTOR PROGRAM

Mentors are needed to share your passions, support career exploration, develop an individual connection and give back to your community through the Career Discovery Mentor Program. Approved 4-H Volunteers can become Career Mentors for local youth, meeting with them during the school day to help advise them on a future career, as well as share resources, encouragement and experiences that can help them explore future career fields. To become a volunteer at your local High School, contact Claire Crum at the Cass County Extension Office.

PURDUE EXTENSION

VOLUNTEER 4-H CAREER DISCOVERY MENTORS PROGRAM



As a volunteer, you will:

- Share your passion for your career with youth in your community.
- Support the career exploration journey of youth in your community.
- Give back to your community by engaging its future workforce.
- Receive training to support your goals as a volunteer and mentor.
- Positively impact the life of a young person in your community with individual connection.

For more information, contact: Jennifer Abrell, jlabrell@purdue.edu





Extension - 4-H Youth Development



SUMMER JUDGING DATES & SHOW SCHEDULE

The dates for 2025 4-H Project Judging dates and livestock shows are available on the Cass County Extension website. All dates and times are subject to change as the fair approaches.

As the Summer nears, don't forget to complete all project manuals, record sheets, skill cards or recipe cards that come with your project!

JULY 2025						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5 TACK MOVE IN
6 RABBIT SHOW POULTRY SHOW	7 GOAT, SHEEP, HORSE SHOW	8 CATTLE, LAMB SHOW	9 SWINE, HORSE & PONY SHOW	10 PREMIER SHOWMANSHIP	11 LIVESTOCK AUCTION	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

IMPORTANT DATES



Adult Volunteer Enrollment Nights on Feb. 11th and March 11th

The Cass County Extension Board's Annual Meeting is Feb. 25th at 6:00pm



The Regional 4-H Summit will be hosted Feb. 8th at the Miami Co. Fairgrounds

The Cass County 4-H Fish Fry will be on Saturday, March 8th

SCHOLARSHIPS FOR SPRING

Upcoming volunteer enrollment nights are scheduled for February 11th and March 11th! The Enrollment nights are open to any adult 4-H volunteer who wants to complete the volunteer training! We will watch the training video, help you create or update a volunteer profile and assist with 4-H Online. Reminder that all adults must be approved volunteers before interacting with youth or livestock.

CASS COUNTY 4-H VOLUNTEER ENROLLMENT NIGHTS

I PLEDGE MY HANDS TO LARGER SERVICE...

In-person 4-H Volunteer trainings will be hosted at the Cass County 4-H Fairgrounds:

January 13th 6:00-7:00pm (Cloverleaf)
February 13th 6:00-7:00pm (Comm. Center)
March 13th 6:00-7:00pm (Comm Center)

You can complete all 4-H Volunteer trainings and registrations online through 4-H Online.

<https://v2.4honline.com/#/user/sign-in>

YOU MUST BE AN APPROVED VOLUNTEER TO WORK WITH 4-H YOUTH & LIVESTOCK

4-H LIVESTOCK TAGGING DATES

Tagging Dates for livestock are available below. Please note the change in dates for the Cattle Tagging, which was moved to April 19th due to a schedule conflict at the Fairgrounds. Poultry Blood testing will be announced in the Spring.

CASS COUNTY 4-H 2025 TAGGING DATES



Goats: May 2nd, 5:00-7:00pm
Sheep: May 10th, 7:00-9:00am
Dairy Cattle: April 19th, 9:00m-12:00pm
Beef Cattle: April 19th, 9:00m-12:00pm & April 23rd 4:00-6:00pm