

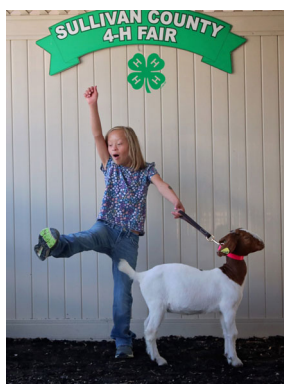


Extension - Sullivan County

## Sullivan County Extension N.E.W.S.

[extension.purdue.edu/sullivan](https://extension.purdue.edu/sullivan)

**Purdue Extension Sullivan County Staff:** **Cheryl Casselman** Director, Extension Educator Health & Human Sciences/4-H Youth Development, [ccassel@purdue.edu](mailto:ccassel@purdue.edu); **Michelle Danko** Office manager, [danko2@purdue.edu](mailto:danko2@purdue.edu); **Susan Gofourth** Program Assistant/Secretary, [sgofourt@purdue.edu](mailto:sgofourt@purdue.edu) ❖ Office: 812-268-4332



### First year Sullivan County 4-Hers are free!

Woo hoo! Thank you to the Mike Sprinkle Memorial Fund, all 4-Hers who complete their first year of 4-H will be reimbursed \$15 with their project premium money after the 2025 Sullivan County 4-H Fair.

Thank you to the Mike Sprinkle family!

Get enrolled today at [v2.4honline.com](https://v2.4honline.com).

Contact the Extension office if you have questions or need assistance at 812-268-4332 or [sullivances@purdue.edu](mailto:sullivances@purdue.edu).

### Be a financial supporter of Sullivan County Extension programs

You can provide much needed support to those who would otherwise not be able to afford Purdue Extension programming, such as Safe Sitter (teen babysitting training), Matter of Balance (for those with a fear of falling), Dining with Diabetes (nutrition education for those with diabetes or those who have family members with diabetes). Also, we welcome assistance with 4-H program supplies for year-round programs and the

Sullivan County 4-H Fair. Please contact Cheryl Casselman, Purdue Extension Sullivan County Director, to learn more at [ccassel@purdue.edu](mailto:ccassel@purdue.edu) or 812-268-4332. Or stop in to talk with her at the Extension Office Monday-Friday between 8 a.m. and 4 p.m. Thank you for considering these opportunities to improve the lives of those in our community.

### Purdue Extension Sullivan County is hiring!

For the Agriculture & Natural Resources/4-H Youth Development Extension Educator vacancy job description and link to apply go to <https://bit.ly/3BIUwWf>. Please share with anyone you think is a good fit.

### Budgeting-Food-Family-Healthy Living-Wellness-Physical Activity

For a listing of Health and Human Sciences programs that Cheryl offers, scan the QR code below or give her a call at the office at 812-268-4332. If the topic of interest to you isn't listed, she can create it. Contact Cheryl today to schedule a program or speaking engagement.



#### Cheryl Casselman

Purdue Extension Sullivan County  
Director

4-H Youth Development Educator

Health and Human Sciences Educator  
[ccassel@purdue.edu](mailto:ccassel@purdue.edu)

# Southwest Indiana Birding Opportunities

## Goose Pond Fish & Wildlife Area

Goose Pond Fish & Wildlife Area has succeeded anyone's expectations for breeding and migratory stopover site for birds, including herons, cranes, rails, shorebirds, waterfowl, raptors and song-birds.

Sandhill Cranes and American White Pelicans stage at Goose Pond on their way to and from their breeding grounds in the north. Additionally, the Goose Pond area has become a stopover site for Whooping Cranes in the Eastern Migratory Population.

The property is 8,900 acres, so a good way to bird it is by driving county roads slowly while looking and listening, then stopping at individual units to scan or walk the levees.

A useful property map can be found at [in.gov/dnr/fishwild/3094.htm](http://in.gov/dnr/fishwild/3094.htm)

According to eBird.org website, there were 68 bird species observed in December 2024 at Goose Pond, including Snow Goose, Sandhill Crane, Bald Eagle, Tundra Swan, American Kestrel, Bufflehead, and Canvasback.

### eBird Hotspot Links:

Goose Pond: [ebird.org/hotspot/L319816](http://ebird.org/hotspot/L319816)

Beehunter Marsh: [ebird.org/hotspot/L269568](http://ebird.org/hotspot/L269568)

Main Pool East: [ebird.org/hotspot/L1009192](http://ebird.org/hotspot/L1009192)

Main Pool West: [ebird.org/hotspot/L880154](http://ebird.org/hotspot/L880154)

### Address:

13540 W CR 400 S

Linton, IN 47441

Visitor Center west of SR 59 on W CR 400 S

Hours: property open 24 hours, 7 days a week.

Visitor Center: office hours Feb 15-April 30,

M-F: 8 a.m.-3 p.m. ET

Ownership: Indiana Department of Natural Resources, Division of Fish & Wildlife.



Enjoy a video that's about 3 minutes long about Goose Pond at [www.in.gov/dnr/fish-and-wildlife/properties/goose-pond-fwa](http://www.in.gov/dnr/fish-and-wildlife/properties/goose-pond-fwa)

**Admission:** admission and parking are free, but guests are required to complete a day pass card and return it at the end of their visit.

**Restrictions:** Fishing and hunting are permitted on the property; during hunting seasons, birders should take care to avoid units where hunters may be present.

**Parking:** gravel parking areas are located at most units throughout the property.

**Nearby amenities:** Visitor Center has modern restrooms with flush toilets which are accessible even when the building is closed. Camping is available in the adjacent Greene-Sullivan State

**Forest;** nearest hotel accommodations can be found in the nearby towns of Linton and Sullivan.

**Accessibility:** parking areas and Visitor Center are handicap-accessible; trails and levees in individual units are not.

**Website:** [wildlife.in.gov](http://wildlife.in.gov)

**Phone Number:** 812-512-9185

# #winterbirding

## Indiana Extension Homemakers Association Sullivan County President's Message



The 2024 Annual Homemakers' Christmas Bazaar was a success. Thank you to all who attended to support our hard working vendors on November 21. There were about 300 who attended, shopped and ate. We appreciate the vendors who come out every year to make this the fun and festive event it is.

We still have Goodie Books (recipe books) for sale. Stop in the Extension office anytime Monday through Friday between 8 a.m. and 4 p.m. to purchase them. Please have exact change in cash or check.

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## Become an Extension Homemaker! We're starting a new club!

We're looking for new Sullivan County Homemaker members for a new club!

If you or someone you know is interested in learning more about being a member of a new Sullivan County Homemakers Club, please plan to attend the upcoming informational meeting.

**Sunday, Feb. 23, 2025**

**2-3 p.m.**

**Sullivan County 4-H Fairgrounds**

**RSVP by Thursday, Feb. 20 by calling the Extension office at 812-268-4332.**

We'll discuss membership opportunities and gauge interest in the type of club that should be created. This is an exciting opportunity!

### Extension Homemaker Creed

Written in 1930 by Mrs. C.W. Horne, Hendricks County

We believe in the present and its opportunities, in the future and its promises,  
in everything that makes life large and lovely, in the divine joy of living and helping others,  
and so we endeavor to pass on to others that which has benefitted us;  
striving to go onward and upward, reaching the pinnacle of economic perfection, in improving,  
enlarging, and endearing the greatest institution in the world, the Home.

### Vision Statement

The Indiana Extension Homemakers are dedicated to empowering and enriching the lives  
of individuals, families, and communities.

### Mission Statement

To strengthen families through continuing education,  
leadership development, and volunteer community support.

# DO YOU HAVE **concerns** about falling?



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHO SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns
- **Purdue University Cooperative Extension Service is an equal access/equal opportunity**

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Extension

THRIVE  
WEST CENTRAL

Class location:  
Sullivan County 4-H Fairgrounds  
1361 E. Co Rd 75 N  
Sullivan, IN 47882  
**1:30-3:30 p.m.**

Once a week for 8 weeks  
for 2 hours each time  
beginning February 13  
(2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 3/27, 4/1)

**FREE Program**  
Limited to 12 participants

**To register for the class call:**  
Purdue Extension-Sullivan County  
Cheryl Casselman, 812-268-4332

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

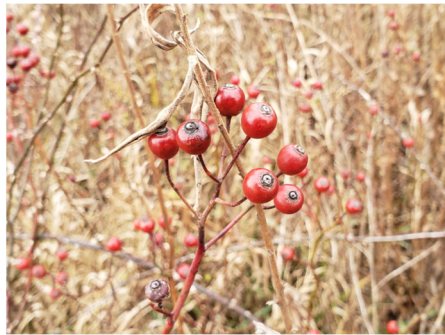
*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*



# Red in Winter – What Are Those Red Fruits I See?



Hawthorne fruit



Multiflora Rose fruit



American Holly



Winterberry fruit



Crabapple fruit



Native Wild Rose fruit

Once the leaves have fallen and the landscape is dominated by shades of brown and gray, bright colors like red catch our attention. There are several red fruits that we may encounter in the late fall and winter here in Indiana that add some color to the landscape. These fruits are retained on trees and shrubs for a variety of reasons. Some are not as palatable to wildlife, so they are eaten later in the season. Some are more resistant to freeze damage and thus cling to branches longer than delicate fruits. There may also be an advantage to their appearance.

Many of these plants have seeds dispersed by wildlife like birds, which eat the seeds and excrete them later, providing an opportunity to produce new plants away from the parent. Many birds can see much of the same color spectrum we do, plus enhanced vision in the ultra-violet bands. Brightly-colored seeds with waxy skins may reflect more ultra-violet light and be more noticeable to the birds.

What are some of those red fruits?

One family of plants accounts for several red fruit we can see in late fall and winter, the rose family.

This family includes apples, plums, cherries, hawthorns, pears and others as well as the roses. In Indiana we have several hawthorns (*Crataegus* species) that produce a fruit resembling a tiny apple.

These vary in size by species but are typically  $\frac{1}{4}$  to  $\frac{1}{2}$  inch diameter and often held in clusters. Hawthorns are typically small trees and may have long thin thorns on the twigs.

Another rose family member are the apples and crabapples with some small native trees like sweet crabapple, *Malus coronaria*, and several varieties of fruit-bearing apples and ornamental crabapples planted but sometimes escaping to natural areas. While our native crabapples are usually about 1-2 inches diameter and green to yellow, the domesticated apples and crabapples often have red fruit in various sizes from large apples to  $\frac{1}{2}$  inch diameter crabapples.

We also have several beautiful native roses in Indiana, and a particularly problematic exotic invasive rose in multiflora rose. Unfortunately, you are more likely to encounter multiflora rose with small  $\frac{1}{4}$  inch clusters of red fruit. Our

native roses typically have larger fruit and fewer fruit per cluster.

Holly is also noted for red fruit and some being evergreen as well. Our native Indiana hollies are all deciduous, losing their leaves in the fall but often retaining the red fruit on the female plants into winter. The most widespread species is winterberry, *Ilex verticillata*, a shrub which is seeing more use ornamentally due to its striking red fruit held past Christmas most years. American holly, an evergreen broadleaved tree, is well-known for its glossy, spiny foliage and red fruit on the female trees. Although not native to Indiana, it is spreading from plantings into natural areas.

Several evergreen hollies from Europe and Asia are also common in ornamental plantings and may escape into natural areas.

Not only are these late-season showy fruit attractive, but they also provide some important nourishment for wildlife when the many other fruits are long-gone.

**Lenny Farlee, Extension Forester, Purdue Department of Forestry & Natural Resources**

# WHERE DOES YOUR **MONEY** GO?

## 2-PART WORKSHOP

Does it seem like your income is shrinking and your bills are expanding?

Find extra money by considering some of your spending leaks:

- Dining out at \$30.00 per week equals \$1,560.00 per year.
- One bottle of cola at \$1.50 per day equals \$547.50 per year.
- One pack of cigarettes at \$5.00 per day equals \$1,825.00 per year.

Where Does Your Money Go? is a program designed to help consumers better understand how they spend their money. Program activities include determining your spending priorities and habits as well as creating a spending-savings plan.



February Session 1—Wednesday, Feb. 19, 2025. Time: 1:30-3 p.m.

February Session 2— Wednesday, Feb. 26, 2025. Time: 1:30-3 p.m.

(Pre-register before 4 p.m. on Feb. 18 by calling 812-268-4332.)

March Session 1—Tuesday, March 4, 2025. Time: 1:30-3 p.m.

March Session 2— Tuesday, March 11, 2025. Time: 1:30-3 p.m.

(Pre-register before 4 p.m. on March 3 by calling 812-268-4332.)

April Session 1—April 2, 2025. Time: 10:30 a.m. to Noon

April Session 2— Wednesday, April 9, 2025. Time: 10:30 a.m. to Noon

(Pre-register before 4 p.m. on April 2 by calling 812-268-4332.)

### Location

Sullivan County 4-H Fairgrounds

Purdue Extension Sullivan County office conference room

1361 E CR 75 N, Sullivan, IN 47882 — 812-268-4332



*Presented by: Cheryl Casselman*

*Purdue University Extension Educator, Sullivan County*

*Health and Human Sciences*

*ccassel@purdue.edu 812-268-4332*

# Clover Monthly January 2025

Sullivan County 4-H monthly communication for 4-H members, families, leaders, fair board, and council.

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## Important Dates

4-H enrollment 2024-2025 preferred enrollment until Jan. 15  
Extension office open to help with joining 4-H: Jan. 12, 2-4 pm  
4-H adult volunteer enrollment 2024-2025 until Jan. 15  
4-H Camp: June 8-11, 2025 (Shakamak State Park)  
Office closings: Jan. 1 and Jan. 20  
Middle School Night Out at Sandbox, Terre Haute: Feb. 6  
Sullivan County 4-H Fair: July 12-19, 2025  
Indiana State Fair: Aug. 1-17, 2025 (closed Mondays)  
Indiana State Fair: Aug. 7-23, 2026 (closed Mondays)

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## Cancellation Reminder

Please remember that ALL Extension meetings are cancelled if school is dismissed early or cancelled due to inclement weather. This applies if only one or more Sullivan County school corporations cancel classes due to inclement weather.

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## Attention Grand Champion Sycamores 4-H Club Members!

### Club news from Kennedy Gofourth

After receiving your feedback about our meeting schedule, I have decided to make some changes to ensure more of you have the opportunity to attend! Starting in February, we'll alternate our meetings between the first Tuesday and the first Wednesday of each month. This way, we can better accommodate everyone's schedules.

Meeting will begin at 6:00 pm in the 4-H building.

Tuesday, February 4

Wednesday, March 5

Tuesday, April 1

Wednesday, May 7

Tuesday, June 3

Wednesday, July 2

Thank you all for sharing your thoughts and helping us create a more flexible schedule! Also, a big THANK YOU to everyone who participated in bell ringing! We had an amazing turnout, and your hard work truly made a difference.

Let me know if you have any questions, and I can't wait to see you all at our next meeting!



# LEARN ABOUT DIGITAL DENTISTRY

TUESDAY, FEB. 25

7-8 PM

AT SULLIVAN FAMILY DENTISTRY

2186 N Hospital Blvd, Sullivan, IN 47882



## DR. GREGG SMITH

Dr. Gregg Smith was born and raised in Sullivan, Indiana. He is a graduate of Sullivan High School, Indiana State University, and Indiana University School of Dentistry. He started his Sullivan practice in 1980.

Did you know 3D printers can print teeth? Youth will learn about modern technology in dentistry and see the equipment up close.

Great career exploration opportunity!

### MUST PRE-REGISTER

Must be a 4-H member to attend. To register to attend this 4-H experience (no charge), call the Extension office at 812-268-4332 before noon on Feb. 25.

Enroll in 4-H at: [v2.4honline.com](http://v2.4honline.com)

*Purdue University is an equal opportunity/equal access/affirmative action institution.*

*If you are in need of accommodations to attend this program, please contact Cheryl Casselman prior to Feb. 25 at 812-268-4332 or [ccasselm@purdue.edu](mailto:ccasselm@purdue.edu).*



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Extension - Sullivan County





# 2025 SCHOLARSHIP OPPORTUNITIES

## Senior Year Scholarship

Available to 4-H members in their senior year of high school

## Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

## Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

## Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

**Categories:** Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

**Eligibility:** Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

**Awards:** A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit [bit.ly/4hscholarship](https://bit.ly/4hscholarship) to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

**\$176,880 AWARDED IN 2024**





Hosted by Purdue Extension  
and Indiana 4-H



Extension - 4-H Youth  
Development



# LIFE LESSONS

## VIRTUAL SERIES

# WORKSHOP

Questions?  
Contact local Purdue  
Extension Office.

### ***Adulthood is hard!***

How do you manage your money?

What do you do if your car breaks down?

How do you get a stain out of your favorite pair of jeans?

Join us for **Life Lessons** - a virtual series to learn the answers to these questions and more to get #beyondready for adulthood!

***Open to all high school students (grades 9-12).***



**Jan. 14-  
March 4**



**Tuesdays  
7-8 PM EST/  
6-7 PM CT**



**\$25**  
Includes provided  
material, content and  
supplies



**Zoom and Google  
Classroom**

**Digital Safety - Kitchen Skills - Auto Care - Scheduling Appointments  
Social Etiquette - Laundry Care - Financial Education - Much More!**

**REGISTER VIA 4HONLINE**



<https://4HLifeLessons2025.4honline.com>

Purdue University is an equal access/equal opportunity university/affirmative action institution



# Bridges to Adventure

## Survival Skills

An immersive outdoor survival experience to learn essential wilderness skills, including shelter building, fire starting, and foraging.

February 26th - Virtual Session 7pm-8:30pm

March 1st - Ransburg Scout Reservation 10am-3pm

## Flyfishing

A hands-on fly fishing adventure! Learn not only the art of fly casting, but also how to build fly rods and create custom flies.

March 19th - Virtual Session 7pm-8:30pm

March 22nd - Fairfax State Rec Area 10am-3pm

## Sportfishing

Experience the thrill of fishing, discover how to filet, fry, and savor the delicious results of your catch!

April 2nd - Virtual Session 7pm-8:30pm

April 5th - Raccoon Lake 10am-3pm

## Outdoor Skills

Get a grip on nature, & learn skills to enjoy your time outside, from map and compass reading to knot tying and tracking.

May 14th - Virtual Session 7pm-8:30pm

May 17th - Shakamak State Park 10am-3pm

**\$35**

## Lots of Ways to Participate!!

Go all in! Attend all 4 virtual sessions and all 4 in-person sessions

Attend whatever sessions that fit into your schedule!

Busy, but crave the knowledge? Virtual sessions will be recorded to watch at your leisure



"Purdue University is an equal opportunity/equal access/affirmative action institution."

**REGISTER NOW**  
[bridgestoadventure.honoluluanet.com](https://bridgestoadventure.honoluluanet.com)



# Get help enrolling in 4-H!

## 4-H Open Office Hours

**Sunday, Jan. 12**

**2-4 p.m.**

at the Extension office,  
Sullivan County 4-H Fairgrounds

Hey, parents and guardians! Get help with 4-H enrollment while youth choose from a few fun table activities to learn more about 4-H and explore projects.

We'll have the computers fired up and ready to help you get enrolled and answer any questions.

Inquire about volunteer opportunities.

### Join 4-H

**Before the January 15 preferred enrollment date,  
so youth don't miss out on any of the fun!**

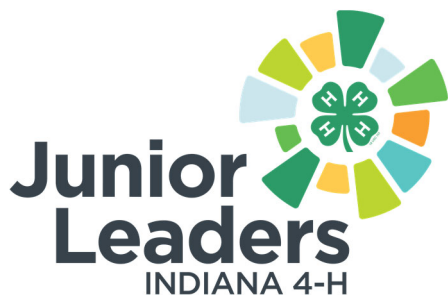
Register or re-enroll at: [v2.4honline.com](http://v2.4honline.com)

**4-H: grades 3-12 ❖ Mini 4-H: K-2**



# Beyond Ready

120 years ago, we were ready.  
Ready to get our hands dirty,  
Ready to learn by doing,  
Ready to push the power of youth forward.  
And as our inspiration grew, so did we.  
When we expanded into every corner of America,  
We were ready.  
Ready to ask questions about the world,  
To show up for our community,  
To become the leaders we were always meant to be.  
And when we evolved into the unstoppable force we are today,  
We were ready.  
Ready to open our arms to every opportunity,  
Every path,  
And every child—  
Generation after generation.  
Over six million of us have been inspired by 4-H.  
It's time to inspire six million more.  
We were ready then. We're beyond ready now.  
After all, it's always been in our DNA.  
Beyond ready for school.  
Beyond ready for work.  
Beyond ready for life—  
And everything that comes with it.



**2024-2025**

**Junior Leader meeting  
and service. Meet at  
Breckenridge in Sullivan:**

**Feb. 12, 5-6 p.m.**

**Junior Leader meetings**

**7-8 p.m. in the 4-H Building**

**March 11**

**April 8**

**May 13**

**June 10**

**July 8**



## 4-H DAY AT THE STATEHOUSE



7th-12th grade youth are invited to join Indiana 4-H Day At The Statehouse. Youth will tour the building, learn about legislative processes, meet with legislators, and experience Indiana history.



**Tuesday February 11th 2025**

**Cost is \$25**

**Overnight Accommodations are available for an additional \$25**

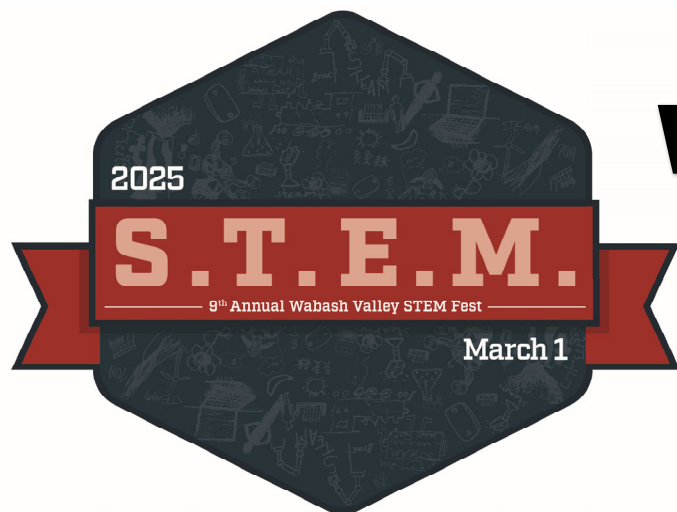
**Space is limited**

**Register Now!**

<https://4HStatehouse2025.4honline.com>



Purdue is an Affirmative Action/Equal Opportunity Institution



## Ninth Annual **Wabash Valley STEM Fest**

### **March 1, 2025**

Sullivan Middle School (Sullivan, IN)

Follow us on Facebook: **Wabash Valley STEM Fest**