

Extension News in Tippecanoe County

PURDUE EXTENSION *TIPPECANOE COUNTY*



OCT 2024

[Tippecanoe County Website](#)



Extension - Tippecanoe County



4-H YOUTH DEVELOPMENT



THE INDIANA 4-H YOUTH DEVELOPMENT MISSION IS TO PROVIDE REAL-LIFE EDUCATIONAL OPPORTUNITIES THAT DEVELOP YOUNG PEOPLE WHO WILL HAVE A POSITIVE IMPACT IN THEIR COMMUNITIES AND THE WORLD.

JOIN US!

BECOME A 4-H MEMBER IN TIPPECANOE COUNTY

Enrollment for Indiana 4-H begins October 1st and members are encouraged to be enrolled by January 15th to receive important updates. Drop/Add deadline for livestock and non-livestock projects will be May 15th.

The 4-H program fee is \$15 per child, and \$45 max per family. The program fees cover insurance, project curriculum development, and club enrichment activities.

The same enrollment dates will apply to Mini 4-H(K-2). However, there is no county program fee for Mini 4-H.

Please click on the following link for further instructions to enroll in 4-H for the 2024-2025 program year.

[Tippecanoe County 4-H Online Enrollment](#)





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2024 INDIANAPOLIS STATE FAIR: CELEBRATING SUCCESS WITH OUR 4-H MEMBERS

The 2024 Indianapolis State Fair was a monumental event for our 4-H members, who displayed an incredible range of talent, skill, and hard work throughout the fair. From livestock exhibitions to impressive arts and crafts, our 4-Hers shined in every category, making us very proud.

This year, several members earned top honors in their respective areas, highlighting not just their dedication but also the strength of the 4-H program in fostering real-world skills. One of the highlights of the fair was seeing the camaraderie among the members as they worked together, supported one another, and shared their passion for learning. Beyond the awards and accolades, it was this sense of teamwork and community spirit that truly defined our 4-H experience this year. Parents, volunteers, and leaders all played a vital role in guiding these young individuals toward their success, and we couldn't be more grateful.

Thank you to everyone who supported our 4-H members at the 2024 Indianapolis State Fair. Let's keep the spirit of success alive and continue to inspire future generations! Go to Tippecanoe County's 4-H Facebook page to see all the success stories.

JUNIOR LEADERS

Junior Leaders is a project that is offered through 4-H for any member that is in Grade 7 or above. Junior Leaders is based on community service opportunities, especially related to the 4-H program and the county fair. Junior Leaders also serve as mentors and role models for younger 4-H members by interacting with them and sharing their experience with them. In order to complete the Junior Leaders project, you need to gain 100 points or more. Junior Leaders earn points by volunteering at different events and attending meetings, approximately one hour of time equals 10 points. Additionally, if a Junior Leader earns more than 125 points, they qualify for the Junior Leader Achievement Trip.

On September 21, the Junior Leaders took an Achievement Trip to Holiday World in Santa Claus, IN. They had a fun day spending time together and riding rollercoasters. We appreciate all of the work that they put into the 4-H program and the fair to complete the project for this year. We are taking another Achievement Trip in December to Pokagon State Park to enjoy a day of tobogganing.

If you or someone you know are interested in this project, please reach out to our office at (765)474-0793 to get involved today!



Junior Leaders enjoying their day at Holiday World.

MASTER GARDENER ASSOCIATION OF TIPPECANOE COUNTY

MANDELA WASHINGTON FELLOWS

Over the summer, the Master Gardeners of Tippecanoe County had a productive day collaborating with African Scholars from the Mandela Washington Fellows program. The Mandela Fellows assisted in enhancing their gardens by painting raised beds, laying weed barrier fabric, and digging holes for their vineyard. In addition to working together, they engaged in cultural exchange through games, a garden tour, and insightful discussions on the disparities of gardening practices in Africa and America. This is the third year they have hosted the Mandela Fellows and they look forward to working together in the future.



Master Gardeners with the Mandela Washington Fellows.
Photo credit: Master Garder Assoc. of Tippecanoe County Facebook Page

ASK A MASTER GARDENER

Do you have a question about gardening? a sick plant that needs help? Questions about vegetable or flower gardening? Then visit the Master Gardeners on Thursdays in October, 2024, at the Master Gardener Association of Tippecanoe County gardens, located at 3150 Sagamore Parkway South, Lafayette, IN from 9:00 a.m. to 12 noon. They would love to help you!

SCARECROWS AT PROPHETSTOWN

Our Master Gardener's created a scarecrow exhibit at Prophetstown State Park. Make sure you visit the park and walk the scarecrow trail to see what an amazing job they did!



Master Gardener's scarecrow exhibit at Prophetstown State Park.
Photo credit: Master Garder Assoc. of Tippecanoe County Facebook Page

COMMUNITY WELLNESS COORDINATOR

OUR COMMUNITY WELLNESS COORDINATORS HELP MAKE THE HEALTHY CHOICE THE EASY CHOICE. THEY COLLABORATE WITH COMMUNITY PARTNERS ON BROADER COMMUNITY CHANGE THAT INVOLVES POLICY, SYSTEM, AND ENVIRONMENTAL CHANGES.

STATE FAIR TICKETS

The Indiana State Fair partnered with the Indiana Association of Fairs (INAF) and Feeding Indiana's Hungry (FIH) to implement a FAIRs Care County Food Drive. The goal of FAIRs Care is to raise awareness of local hunger needs and help feed Hoosiers impacted by hunger needs. FAIRs Care taps the passion and ingenuity of county fairs to ensure impact is felt statewide.

The Tippecanoe County Purdue Extension staff distributed a total of 219 State Fair tickets this year as part of the FAIRs Care program. A total of \$630 and 5 pounds of food were donated to Food Finders Food Bank.

This \$630 will be used to purchase food for our neighbors in need. Thank you to our community for supporting not only the Indiana State Fair, but also a great cause.

GREAT APPLE CRUNCH

Join the Great Apple Crunch this October!

Celebrate local agriculture by crunching into a locally-grown apple with Hoosiers across the state. Whether at school, work, or in your community, let's make a 'Crunch Heard Around the State'!

Our goal this year? 220,000 Crunchers supporting local farmers and healthy eating.

Register your event, get your apples, and let's make it happen!

Learn more and get involved at applecrunchin.com.



Participants helping to harvest the squash in one of the local gardens.
Photo credit: GrowLocal Lafayette Facebook Page

GROW LOCAL LAFAYETTE

GrowLocal's vision is that through their efforts, they will participate in the building, nourishing, and nurturing community through establishing and growing urban gardens.

GrowLocal Lafayette's mission is to support and encourage urban gardening through action, education, and organization, and in turn, enhancing community and quality of life throughout our neighborhoods.

In August, they harvested 1,045 lbs of corn for Food Finders Food Bank. In September, participants of GrowLocal were able to harvest two truck loads (700+ lbs) of squash for Food Finders Food Bank. They are doing such amazing work for our community. To find out more, visit their Facebook page at <https://www.facebook.com/growlocallafayette>.

HEALTH AND HUMAN SCIENCE

PURDUE EXTENSION HEALTH AND HUMAN SCIENCES PROVIDES EDUCATION TO INDIVIDUALS AND COMMUNITIES IN EACH OF INDIANA'S DIVERSE COMMUNITIES. WE BRING UNIVERSITY INFORMATION TO THE LOCAL LEVEL - BOTH IN PERSON AND ONLINE - TO HELP PEOPLE STRENGTHEN RELATIONSHIPS, EAT SMART, IMPROVE HEALTH, AND ACHIEVE FINANCIAL WELLNESS.

CREW PROGRAM PROMOTION

Brock had the opportunity to present and promote the CREW, Compassion & Resilience Education at Work, program to the Tippecanoe County Recovery and Resilience Network. This initiative aims to build resilience and foster well-being within workplaces, providing valuable tools to support mental health and wellness.

AI EDUCATION FOR THE MEN'S GROUP

Continuing their commitment to education on emerging technologies, Brock presented on Artificial Intelligence to the Men's Group at University Place. This session aimed to demystify AI, sharing its applications and benefits in everyday life, particularly within the context of health and human sciences.

INDIANA STATE FAIR

Brock proudly represented Purdue Extension at the Indiana State Fair, spreading the word about the impactful work Extension does across the state. This event provided a fantastic platform for community engagement and outreach, connecting fairgoers with valuable educational resources.

JOYFUL JOURNEY'S CELEBRITY SOFTBALL GAME

In a display of community support, Brock played in the Annual Joyful Journey's Celebrity Softball Game. This fun and lively event brought together community members to support a fantastic organization, with Brock enjoying the opportunity to represent Purdue Extension in such a joyful way.



Brock Turner in Arizona presenting on AI at the NEAFCS Annual Conference.

CERTIFIED WELLNESS PRACTITIONER

Brock reached a significant career milestone by passing his exam to become a Certified Wellness Practitioner through the National Wellness Institute. This certification solidifies his expertise in promoting holistic wellness, allowing him to continue providing impactful health education and support to our community.

AI WORKSHOP AT NEAFCS ANNUAL CONFERENCE

Brock made a national impact by presenting a three-hour hands-on workshop titled "Artificial Intelligence: An Introduction for Extension Professionals" at the NEAFCS Annual Conference in Tucson, Arizona. This interactive session introduced Extension Professionals from across the country to AI, helping them integrate innovative technologies into their work in family and consumer sciences.

COUNSELOR ROUNDTABLE EVENT

As a member of the TRRN Prevention team, Brock helped host the Annual Counselor

Roundtable event. This important gathering of area school counselors shared insights and data from the Annual Youth Summit, focusing on key issues affecting youth in our community and fostering collaborative strategies for prevention and support.

BOOK PARTY

In collaboration with Human Development Specialist Kelsie Muller, Brock co-presented the "Book Party" event at the Ben and Maxine Miller Child Development Laboratory School. This fun and educational program fostered early literacy skills and promoted a love for reading among young children and their families.

FINANCIAL MANAGEMENT CLASSES

Brock also presented Sessions 1 & 2 of the financial management class "Where Does Your Money Go?" This program equips participants with essential financial planning skills, helping them take control of their spending and savings to achieve their financial goals.

NUTRITION EDUCATION PROGRAM ADVISORS

BEST KNOWN FOR COOKING DEMONSTRATIONS AND SHARING FOOD SAMPLES AND COOKING TOOLS, OUR CERTIFIED NUTRITION EDUCATION PROGRAM ADVISORS (NEPAs) OFFER FREE LESSONS FOR CHILDREN, TEENS, AND ADULTS THAT CAN MAKE A HEALTHY DIFFERENCE IN THEIR LIVES.

CATCH PROGRAM WITH TAMMY AND JESSICA

Purdue Extension's Nutrition Education Program Advisors (NEPAs) are bringing the Coordinated Approach to Child Health (CATCH) program to schools and community centers across Tippecanoe County. The CATCH program is designed to inspire children to embrace healthy eating and physical activity in a fun, engaging way.

CATCH is a research-based program that focuses on helping children establish lifelong habits for good health. Through interactive lessons and hands-on activities, children learn about nutrition, the importance of exercise, and how to make healthy choices. The program promotes an active lifestyle by incorporating physical activity into its lessons, making health education a fun and engaging experience for students.

By partnering with local schools and organizations, Purdue NEPAs are ensuring that children in our community receive the knowledge and support they need to lead healthier lives. The program is especially valuable in teaching children how to integrate good nutrition and physical activity into their daily routines, setting them up for long-term health and well-being.

In August, Tammy Martin and Jessica Fleck wrapped up thier summer programs and headed back into the classrooms. Tammy began a CATCH series with 3rd grade students at Vinton Elementary and Earhart Elementary. Jessica began a CATCH series with students attending the Hanna Community Center After-School Program, as well as 7th grade students at Benton Central Jr. High School. CATCH lessons with these groups will continue through September and conclude early October.

WALK WITH THE DOC PROGRAM

The Tippecanoe Senior Center is excited to announce the launch of its new "Walk With Doc" class, led by Barb Bunnell. This event offers an excellent opportunity for seniors to stay active while engaging with health professionals in an informal, welcoming environment. Sessions are held on the 2nd and 4th Tuesday of each month at 10 a.m., continuing through November.

The Walk for Doc class is designed to promote both physical and mental well-being, providing participants with an enjoyable, low-impact walking exercise. Barb Bunnell, a seasoned health expert, will guide the sessions, offering health tips and support throughout each walk. Participants can enjoy the benefits of physical activity while learning more about staying healthy and fit in their senior years.

There's no cost to join, and all are welcome. Whether you're an experienced walker or just looking to get started, the Walk for Doc class offers something for everyone. So lace up your walking shoes and come join us at the Tippecanoe Senior Center for this health-boosting, community-building event!



Cheese, fruit, and veggie kabobs prepped and ready for CATCH Lesson 5: Screen Time.

END OF SUMMER FUN



Dee Nicley and Megan Skiba volunteering at the Indianapolis State Fair.



Brock Turner and Amanda Graupner attending the Greater Lafayette Commerce Business Expo at the fairgrounds.



Megan Skiba, Amanda Graupner and Brock Turner volunteering at the Indianapolis State Fair.



Amanda Baitz, Dee Nicley and Megan Skiba at Holiday World with the Junior Leaders.



Brock Turner helping facilitate a "Book Party" on Purdue's campus.



Educators participating in an Oreo activity at their Area 9 meeting.

UPCOMING EVENTS

EVENTS FOR THE MONTHS OF OCTOBER AND NOVEMBER

October

2024 Apple Crunch- The month of October

CATCH Lessons at Wea Ridge Elementary and Woodland Elementary (NEPA)

8th- Grass to Garden Virtual Series 11:00 a.m. - 1:00 p.m.

14th- Office Closed

15th- Grass to Garden Virtual Series 11:00 a.m. - 1:00 p.m.

17th- Garden Tool Maintenance Class at Klondike Library 6:30 p.m. (ANR)

21st- Exhibit Association Meeting at Extension Office 7:30 p.m. (4-H)

22nd- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

22nd- Grass to Garden Virtual Series 11:00 a.m. - 1:00 p.m.

22nd- Tippecanoe County Health Fair at Tippecanoe County Fairgrounds 4:00 p.m. - 7:00 p.m.

24th- Drive Thru Trunk or Treat Event at Tippecanoe County Fairground 6:00 p.m. - 8:00 p.m.

25th- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

29th- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

29th- Grass to Garden Virtual Series 11:00 a.m. - 1:00 p.m.



November

1st and 2nd- Rooted and Resilient Homesteading Conference in Kendalville, IN

1st- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

4th- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

5th- Office Closed

8th- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

11th- Office Closed

12th- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

15th- A Matter of Balance Class at Extension Office 9:30 a.m. - 11:30 a.m. (HHS)

18th- Exhibit Association Meeting at Extension Office 7:30 p.m. (4-H)

21st- Indoor Herb Gardening Class at Downtown Branch Library 6:30 p.m. (ANR)

26th- Crops, Entomology, Forestry Contest at Beck Center (4-H)



Please call the Tippecanoe County Extension Office for any further information. (765)474-0793



Extension

LET'S STAY TOGETHER.

**PURDUE EXTENSION
TIPPECANOE COUNTY OFFICE**

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