

Extension News in Tippecanoe County

# *PURDUE EXTENSION* *TIPPECANOE COUNTY*



DEC 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](#)



4-H Educator, Megan Skiba, helping a student during her Apple Crunch activity. Photo credit: St. Boniface/St. Mary Cathedral Schools Facebook Page

### APPLE CRUNCH

Each October, in recognition of National Farm to School Month and National Apple Month, Hoosiers, big and small, come together to create "The Crunch Heard 'Round the State." Schools groups, community groups, and businesses crunch into a locally or regionally produced apple at the same time while learning about everything from healthy eating to food production, agriculture careers, and more. States across the Midwest region participate in the Great Apple Crunch, impacting more than a million Crunchers annually.

4-H Educator, Megan Skiba, visited Saint Mary Cathedral Elementary School on November 1st to lead each class at the school in the Apple Crunch program. She was joined by Sophie Lindley, the Farm to School Coordinator for the Indiana Department of Education.

### 4-H LIFE LESSON

Adulting 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). Meetings will take place on Tuesdays at 7pm-8pm EST between January 14 and March 4 over Zoom. The cost to participate is \$30. The link to register is <https://4HLifeLessons2025.4honline.com>



4-H participant during the 2024 Tippecanoe County 4-H Fair. Photo credit: Amanda Graupner



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## NATIONAL ASSOCIATION OF EXTENSION 4-H YOUTH DEVELOPMENT PROFESSIONALS CONFERENCE

Both 4-H Educators, Dee Nicley and Megan Skiba, attended the NAE4-HYDP Conference in Boise, Idaho for a week in October. They were able to meet other 4-H Educators from around the county while learning about new ideas to bring back to Indiana.

## NEW 4-H FAMILY ORIENTATION

Join us on January 30 at 6:00pm for an orientation on 4-H for new families. We will be going over useful information, dates, and deadlines. You will also have opportunities to ask questions and to meet other new families.

This meeting will take place at our office (1950 S 18th Street) located on our lower floor.

## 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 experiences 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.

We are taking another Achievement Trip in December to Pokagon State Park to enjoy a day of tobogganing. Additionally, we met in November and elected a new slate of Officers for this year.

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

## 4-H CAMP COUNSELOR APPLICATIONS- NOW OPEN!

### What is 4-H Camp?

4-H Camp is available to 4-H members in grades 3-6 who are enrolled in 4-H in one of the following counties: White, Howard, Pulaski, Cass, Clinton, Carroll, Miami, Tippecanoe, and Newton. This 3-day, 2-night camp brings together nearly 250 youth to learn and make new friends. Some of the activities that kids will participate in at camp include hiking, archery, crafts, nature, foods, sports, swimming, and so much more! Each cabin is led by 2 Camp Counselors, who are high school 4-H members and have been trained by camp staff and Purdue Extension Educators. Campers love returning to camp year after year to learn new things, make new friends, and build important life skills. Applications for campers will come out next year, keep an eye on your email for that information. Space is limited.

**2025 Camp Dates:** June 4-6

**Location:** Camp Tecumseh  
12635 W Tecumseh Bend Road  
Brookston, IN 47923



### Camp Counselor Information:

Camp cannot happen without the help of our awesome Camp Counselors. Applications to become a counselor are now open and will close January 8, 2025, at 11:59pm. All 4-H members in grades 9-12 are eligible to apply. No previous camp experience is required. There are a limited number of spots available. Notice of selection will come after January 17. Camp Counselors must be able to make it to 3 training meetings on February 13, April 16, and May 12 or May 13.

### Benefits of being a Camp Counselor:

- Leadership opportunity
- Spend time with children
- Make new friends
- Resume builder (scholarships, jobs, or college)
- Community service hours
- FUN!

### Application Instructions

Please see the attached application for more information and instructions on how to submit the application on 4-H Online. You can also access the application on our website. Please reach out to Megan Skiba with any questions at [skiba0@purdue.edu](mailto:skiba0@purdue.edu).



# TIPPECANOE COUNTY EXTENSION HOMEMAKERS

## NATIONAL EXTENSION HOMEMAKERS WEEK

National Extension Homemakers Week took place on October 21st through the 25th. It was a time to celebrate the dedication and impact of the Extension Homemakers in Tippecanoe County. This annual event highlights the contributions of individuals who are committed to fostering strong communities, promoting education, and preserving family traditions. Through hands-on learning, service projects, and leadership development, these homemakers work tirelessly to enhance the well-being of residents across the county.

Tippecanoe County Extension Homemakers offer a wide range of opportunities for personal growth and community involvement. From educational workshops and skill-building activities to volunteer initiatives that support local needs, their efforts reflect a deep commitment to making a positive difference. Whether it's teaching life skills, hosting events that bring neighbors together, or supporting youth development through programs like 4-H, their legacy is one of compassion, collaboration, and resilience. National Extension Homemakers Week is the perfect occasion to honor these remarkable individuals and encourage others to join their mission of service and empowerment.



Meadowlark Club getting ready to make child size blankets for local charities.  
Photo credit: Extension Homemaker, Nan Dobbins

## HYGIENE KITS

In October, the Tippecanoe County Extension Homemakers prepared 77 hygiene kits to support those in need. The event was a true team effort, with many dedicated helpers coming together to make a difference. President, Dottie Warner, led the initiative with her passion, and Beatrice, our hardworking Vice President, took charge of delivering over 55 of these essential kits to the local homeless shelter. The remaining kits will be distributed to food pantries, ensuring they reach even more individuals and families who can benefit from this thoughtful gesture.

The group's efforts were sweetly rewarded with a generous donation of donuts from Amalese Adams, which added a delightful touch of gratitude and energy to the day. These moments of giving and teamwork exemplify the heart of the Extension Homemakers—bringing people together to make a tangible impact on the lives of others. Thank you to everyone who contributed their time, effort, and generosity to this meaningful project!



Extension Homemakers creating the hygiene kits for the community.  
Photo credit: Tippecanoe County Extension Homemakers



# 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.

## MATTER OF BALANCE PROGRAM LAUNCH

October kicked off the Matter of Balance program, an 8-session initiative aimed at reducing participants' fear of falling and improving their confidence in staying active. This life-changing program addresses a critical health concern, empowering individuals to lead more independent and mobile lives.

## COMMUNITY HEALTH FAIR

At the Tippecanoe County Community Health Fair, Brock shared essential health information with attendees. This event provided an excellent opportunity to connect with community members and offer resources to promote healthier living across the county.

## ARTIFICIAL INTELLIGENCE PROFESSIONAL DEVELOPMENT

Staying ahead of emerging trends, Brock attended multiple learning sessions on Artificial Intelligence. These opportunities furthered his understanding of how AI can be integrated into education and community outreach, ensuring Extension remains innovative and forward-thinking.



Participants attending Brock's "A Matter of Balance" class.  
Photo credit: Brock Turner



HHS Educator, Brock Turner, at the Tippecanoe County Women's Health Fair  
Photo credit: Amanda Graupner

## COLLEGE OF AGRICULTURE RESEARCH FAIR

Representing both MaPSAC and Tippecanoe County Extension, Brock participated in the College of Agriculture Employee Resource Fair. This event highlighted the broad array of resources available through Extension, helping strengthen connections within the College of Ag and the local community.

## WORK READY CURRICULUM AT RECOVERY CAFE

Brock provided valuable classes to Recovery Cafe participants, focusing on Planning for Life and Time Management from the Work Ready curriculum. These sessions offered participants tools and strategies to effectively organize their time and achieve personal and professional goals, fostering confidence and self-sufficiency.

## STRESS MANAGEMENT FOR THE PURDUE WOMEN'S CLUB

Stress can impact us all, and Brock addressed this challenge by delivering a program to the Purdue Women's Club on Addressing Stress with Relaxation Techniques. This interactive session provided participants with practical relaxation methods to manage stress and enhance overall well-being.

## WOMEN'S HEALTH FAIR

At the Tippecanoe County Health Department's Women's Health Fair, Brock shared essential wellness information with attendees. This event was an excellent opportunity to connect with women in the community, offering resources and advice to support healthier, happier lifestyles.

# 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.

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## CATCH PROGRAM

In October, Tammy wrapped up a CATCH lesson series with 3rd grader students at Earhart Elementary and Vinton Elementary. Lessons taught students the importance of beginning each day with a healthy breakfast and how to incorporate calcium rich-foods into their diets to promote bone health. Students enjoyed preparing fruit and yogurt parfaits as well as making homemade energy bites with dried fruits. In late October, Tammy began lessons with six classrooms of students at Wea Ridge Elementary. CATCH lessons focused on heart health and the valuable benefits of 60 minutes of daily exercise.

Tammy continued to teach CATCH Lessons with Wea Ridge students throughout the month of November. Lessons focused on identifying and limiting the amounts of sodium, sugar, and fats added to foods. Students worked together to prepare fruit salads, veggie wraps, and strawberry-banana smoothies.

Next month, Tammy will wrap up lessons at Wea Ridge and begin a series of CATCH lessons with students at Woodland Elementary and Mayflower Elementary.

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## SNACK RECIPE: FRUIT SMOOTHIE (SERVES 2)

*Note: Fruit chunks with need to be frozen overnight.*

### INGREDIENTS:

- 2 kiwi fruits
- 1 banana
- 1/2 cup 100% orange juice
- 1/2 cup frozen mango chunks (or other frozen fruit chunks)

### UTENSILS, ETC:

- Knife and cutting board
- Peeler
- Blender (or food processor)
- Measuring cups

### DIRECTIONS

1. Peel and slice the kiwi fruits and put them in a blender.
2. Measure out the orange juice and frozen fruit chunks.
3. Add the banana, orange juice, and frozen fruit chunks to the blender.
4. Blend until smooth.

*Note: If the recipe must follow the USDA Meal Pattern for after-school snacks, include one of the following ingredients (per participant) to eat along with the smoothie.*

- 1 ounce of cheese
- 1 ounce of nuts or seeds
- 1 ounce of meat
- 1 muffin

*"This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP."*

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**Life Lessons**

Hosted by:  
 Purdue Extension  
 and Indiana 4-H

Some Topics Include:  
 Budgeting/Finances ●  
 Home Care ●  
 Self Care ●  
 Auto Care ●

**SAVE THE DATE**

TUESDAYS JANUARY 14-MARCH 4  
 7-8 P.M. ET/6-7 P.M. CT  
 ZOOM AND GOOGLE CLASSROOM  
 HIGH SCHOOL STUDENTS

Register via 4-H Online! Opens end of November.  
 Questions? Contact local Purdue Extension office.

Purdue University is an equal access/equal opportunity university.

**STRESS LESS AT WORK**

TRY OUR PROGRAM:

**crew** Compassion & Resilience Education at Work

EMAIL BROCK TURNER  
 turnerbm@purdue.edu

**PURDUE UNIVERSITY** | Extension Tippecanoe County

**BE HEART SMART**

LOCATION: TIPPECANOE COUNTY EXTENSION OFFICE

**FEBRUARY 7TH, 14TH, 21ST AND 28TH**

9:30 A.M. - 10:30 A.M.

CONTACT BROCK TURNER  
 turnerbm@purdue.edu

**PURDUE UNIVERSITY** | Extension Tippecanoe County

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

**PURDUE UNIVERSITY** | Extension 4-H Youth Development

# UPCOMING EVENTS

## EVENTS FOR THE MONTHS OF DECEMBER AND JANUARY

### December

3rd- Annie's Project, Cash Flow Documents & Income Statements (Virtual) 6:00 p.m.-8:00 p.m. (ANR)  
7th- Lafayette Christmas Parade  
9th- Private & Commercial Applicator Training Program at Fountain Co. Fairgrounds 8:30 a.m.-11:00 a.m. (ANR)  
10th- Annie's Project, Ratios, Land Leases, & Negotiations (Virtual) 6:00 p.m.-8:00 p.m. (ANR)  
10th- Bi-State Crops Conference at Beef House Restaurant, Covington, IN 10:00 a.m.-2:30 p.m. (ANR)  
11th- Private & Commercial Applicator Training Program at Extension Office 8:30 a.m.-11:00 a.m. (ANR)  
16th- Area 9 Beef Meeting at MaGraw's Steakhouse, Lafayette, IN 6:00 p.m.  
17th- Annie's Project, Tying it all Together & Looking at the Future (Virtual) 6:00 p.m.-8:00 p.m. (ANR)  
24th- Office Closed  
25th- Office Closed

### January

1st- Office Closed  
6th- Registration Opens for "Be Heart Smart" (HHS)  
8th- 4-H Camp Counselor Applications due! (4-H)  
23rd- Women in Ag- Live! (Virtual) 12:00 p.m.-1:00 p.m. (ANR)  
27th- Exhibit Association Meeting at Extension Office 7:30 p.m. (4-H)  
30th- New 4-H Family Orientation at Extension Office 6:30 p.m. (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**

1950 South 18th Street  
Lafayette, IN 47905  
(765) 474-0793



**FOLLOW US!**