



Cooperative Extension

COLLEGE OF AGRICULTURE &
NATURAL RESOURCES

NEW CASTLE COUNTY COOPERATIVE EXTENSION, 461 Wyoming Road, Newark, DE 19716

Phone: 302-831-COOP ~ Fax: 302-831-8934 ~ Web: <http://ag.udel.edu/ncc>

SCHEDULE OF EVENTS— MARCH 2012

** Call 831-2506 to register for all events. **

Families and Wellness

- ◆ **3/3— DE Women’s Conference**—A conference that seeks to empower women of all ages, economic backgrounds, and lifestyles for their self development and to improve the status of women. Hear from successful women at Clayton Hall, Newark DE. Register online at: <http://www.delawarewomen.org/about.html>. Cost: \$45.
- ◆ **3/15—Cooking Concepts in the Classroom**—A learning web can help you teach cooking and nutrition concepts in a number of ways. This session will introduce you to some strategies for covering reading, math, and other skills, in addition to preparing recipes. Cost: \$15. 6:30-8:30 pm.
- ◆ **3/20, 3/27, and 4/3—Eat Smart For a Healthy Heart**— This is a program for people with heart disease and their families. Three sessions provide information about heart disease, healthy eating, cooking recipes and demonstrations. After each lesson, participants will have healthy heart knowledge and recipes to take home. Cost: \$45. 6:30 pm—8:30 pm.
- ◆ **4/2—Getting the Most Out of Eating Locally**—What does eating local mean and how can you increase your awareness of local producers and resources? This program will review strategies to increase consumption of local products. Cost: Free. 6:30 pm—8:30 pm.
- ◆ **Two Cent Tips for Delaware**—Are you looking for some inspiring ideas on how to save money, learn about Delaware resources, and stay positive about the future? Browse our monthly newsletters here: <http://ag.udel.edu/extension/fcs/twocentsenews.html> . To subscribe, send an email message with your name to: TwoCentTips@udel.edu with “subscribe” in the subject line. Or, fax information to 302-831-8934.

Financial Workshops

- ◆ **3/5—Getting Organized and Developing a Spending Plan**— This workshop will help you determine what to keep and what to toss, and how to organize a simple filing system for managing your money. We will also focus on building a workable spending plan that will help you accomplish your goals. Beneficial to those who need a basic understanding of where to begin in gaining control of your finances. Cost: Free. 6:30– 8:30 pm.
- ◆ **3/13—Downsizing Your Debt and Understanding Credit**—If your goal is to reduce debt, this workshop will provide you with the tools to do it. We will also discuss weaning yourself off of credit, credit reports, and the importance of a credit history. Beneficial to those who need a basic understanding of where to begin in gaining control of debt and wise use of credit. Cost: Free. 6:30– 8:30 pm.
- ◆ **3/19—Saving on a Shoestring Budget**—If your goal is to try to begin or strengthen a savings plan, this workshop will provide you with the tools to do it. We will also discuss simple techniques to “find money” to save, where to put your savings, and identify motivators that will help you save. Beneficial to those who need a basic understanding of starting a simple savings/investment plan. Cost: Free. 6:30– 8:30 pm.
- ◆ **Bankruptcy Debtor Education** – Designed to meet the needs of those individuals who have filed for bankruptcy and are required to attend a debtor education course. To schedule a class, call the Extension office. The program will be scheduled as soon as possible within a three-week time period. Cost: \$40.

U OF D COOPERATIVE EXTENSION OFFICE—SCHEDULE OF EVENTS—MARCH 2012

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Gardening

- ◆ **3/3—Community and School Garden Information Session**—An information session designed for educators, community members, and gardeners starting or maintaining a community or school garden. Information session will highlight successful, local garden projects, and provide info to help you in your community or school garden. Presenters include U of D, DE Dept of Ag, DE Center for Horticulture, and Healthy Foods for Healthy Kids. 9 am – 12 pm. For more info, contact Carrie Murphy (302) 831-2506, cjmurphy@udel.edu.
- ◆ **3/6—Puzzled by Pruning?** - Solve your puzzle. This course will demystify when to prune, what equipment to use and which techniques are most effective. We will display pruning tools and demonstrate proper pruning techniques using material supplied by the UDBG. Cost: \$15. 7 pm—9 pm. Fischer Greenhouse.
- ◆ **3/7—Beginner Workshop; 3/28—Intermediate Workshop - Growing Vegetables at Home** – Would you like to grow your own vegetables and experience the fresh taste of your own harvest? Our beginner workshop is for those who are planning their first garden. The intermediate workshop is for the gardener that wants to take production to the next level. 7 pm—9 pm. NCC Cooperative Extension Office.
- ◆ **3/8—A Virtual Tour of MG Gardens**—Join Master Gardeners (MGs) in a virtual tour of their gardens. MGs will take you on a pictorial tour of their very different garden spaces. They will reveal their favorite plants, “don’t ever plant” plants, and gardening successes and failures. MGs will share valuable gardening tips and discuss everything from backyard composting to garden design. Cost: \$15. 6 pm—8 pm. NCC Cooperative Extension Office.
- ◆ **3/12—Starting Vegetables and Flowers from Seed**—This class is designed for the novice gardener. Learn techniques, and discover tips, to start and grow plants from seed. There’s nothing better than growing your own fresh vegetables and flowers. Be prepared to get your hands dirty! Cost: \$15. 7 pm– 9 pm. Fischer Greenhouse, University of Delaware Botanical Gardens.

4-H for Youth

- ◆ **3/10—Health Rocks Winter Workshop**—4-H is teaching educators, young adults, 4-H youth, and leaders to deliver the Health Rocks Program to ages 8-14. If you are interested in this Health Living Curriculum, or a way to earn cash, develop presentation skills, self-confidence, and leadership skills, please attend this session. Bring your friends and family. Parents and youth are welcome to attend! 9:45 am—2 pm. Call 831-8866 to register. Cost: Free.

Yes! My family and I want to learn more about Cooperative Extension programs in New Castle County!
Please send me information in the program areas I have checked below:

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|-------------------------------------------------------|-------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> Child Care Provider Classes | <input type="checkbox"/> Financial Management | <input type="checkbox"/> Master Gardener Training |
| <input type="checkbox"/> Home Lawn & Garden Workshops | <input type="checkbox"/> Commercial Agriculture | <input type="checkbox"/> Traffic Safety |
| <input type="checkbox"/> School Gardening Programs | <input type="checkbox"/> 4-H Youth Development | <input type="checkbox"/> Food Safety and Nutrition |
| <input type="checkbox"/> Dining With Diabetes | <input type="checkbox"/> 4-H Afterschool | <input type="checkbox"/> Composting |

Name _____

Address _____

City _____ State _____ Zip _____

Daytime Phone Number _____ E-mail _____

It is the policy of the Delaware Cooperative Extension System that no person shall be subjected to discrimination on the grounds of race, color, sex, disability, age, or national origin.