

Penn State **EXTENSION**

AGRICULTURE | COMMUNITY & FAMILY | ENVIRONMENT

November Program Opportunities

Following is a list of programs being promoted through *Penn State Cooperative Extension in Pike County*. Details on these programs are listed on pages 2—3.

- 11/13 [Registration \(Reg.\) deadline for 11/17 Communications for a Multi-Generational Workforce program](#)
- 11/14 4-H Rough Riders Horse Club meeting
- 11/16 A Palette of Fun 4-H Club meeting
- 11/17 Enhancing Skills for Eldercare
- 11/17 Communications for a Multi-Generational Workforce
- 11/17 Positive Parenting(1st of 4 sessions)—Milford—**POSTPONED TO DEC. 1**
- 11/17 Cooking for Crowds
- 11/18 ForestConnect webinar: Timber Harvesting Aesthetics Part 1 – Timber harvesting options to improve aesthetics
- 11/18 4-H Paw Partners Seeing Eye Puppy Raising Club meeting—**LOCATION CHANGE**
- 11/23 A Palette of Fun 4-H Club meeting
- 11/26 & 27 Office closed for Thanksgiving
- 11/27 [Reg. deadline for 12/1 Positive Parenting program in Milford](#)
- 11/27 [Reg. deadline for 12/3 Positive Parenting program in Matamoras](#)
- 11/30 A Palette of Fun 4-H Club meeting

We have a calendar blog where we will post “up to the minute” program information, including registration deadlines. Go to <http://pike.extension.psu.edu/Newsletters.html> — click on blog.

grow
YOUR HORIZONS

PENNSTATE



an **OUTREACH** Program of the College of Agricultural Sciences and
Pike County Cooperative Extension

PENN STATE Making Life Better®

Contact Us:

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<http://pike.extension.psu.edu>

Penn State encourages persons with disabilities to participate in its programs and activities. If you anticipate needing special accommodations or have questions about the physical access provided, please contact Sue Conrad at 570-296-3400 in advance of your participation or visit.

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11/14—4-H Rough Riders Horse Club Meeting, 11:00 AM, Pocono Ranchlands, Bushkill

11/16—A Palette of Fun 4-H Club meeting, 5:00 – 6:00 PM, Pike County Cooperative Extension office, 514 Broad Street, Milford

11/17—Enhancing Skills for Eldercare—8:30 AM - 4:30 PM, Monroe County Cooperative Extension office, 724 Phillips St, Suite 201, Stroudsburg. The cost is \$65.00 per person, including lunch. Pre-registration, including payment, is required by November 10. If a minimum number do not pre-register, the program will be canceled. Workshop descriptions will be available soon. Topics include Communications for a Multi-Generational Workforce and Live Well, Live Strong, Live Long – Healthy Habits to Promote Bone Health. For a printable brochure, go to <http://tinyurl.com/y8sze74>

11/17—Communications for a Multi-Generational Workforce—8:45 - 11:45 AM, Monroe County Cooperative Extension office, 724 Phillips St, Suite 201, Stroudsburg. The cost is \$25.00 per person. Pre-registration, including payment, is required by November 13. If a minimum number do not pre-register, the program will be canceled. Presenter Dennis E. Gilbert, President of Appreciative Strategies, LLC, a human performance improvement training and consulting business, will explore generational differences and commonalities, focusing on more effective workplace communication. For a printable flyer, go to <http://tinyurl.com/yc84bjp>

11/17—Cooking for Crowds—6:00 - 9:30 PM, Grace Episcopal Church, 827 Church St, Honesdale. Cost: \$25.00 for the first person from each organization. Fee includes the "Cooking for Crowds" Food Safety Manual and a Food Thermometer. Additional persons from the same organization may attend for \$5.00 each (will not receive a manual or thermometer) or for \$25.00 (will receive a manual and thermometer). Pre-registration is required by November 10. For a printable brochure go to <http://tinyurl.com/yafk2np> For more information contact Penn State Cooperative Extension in Monroe County by phone at 570-421-6430, by fax at 570-424-1984, or send an e-mail message to MonroeExt@psu.edu. Please be sure to include your full name and surface mail address.

11/18—ForestConnect webinar: Timber Harvesting Aesthetics Part 1 – Timber harvesting options to improve aesthetics, , 12:00 – 1:00 PM. The webinar will be repeated from 7:00 – 8:00 PM. Dr. Andy Egan will discuss the technical aspects of timber harvesting aesthetics from a woodland operations perspective. Details on the webinar series, access to archived webinars, and registration information is available at <http://www.dnr.cornell.edu/ext/forestconnect/web.htm>

11/18—4-H Paw Partners Seeing Eye Puppy Raising Club Meeting, 6:30 – 8:00 PM, Blooming Grove Fire Hall, 484 Route 739, Lords Valley

11/23—A Palette of Fun 4-H Club meeting, 5:00 – 6:00 PM, Pike County Cooperative Extension office, 514 Broad Street, Milford

11/27—Registration deadline for Positive Parenting in Matamoras, beginning 12/3, First of 4 sessions on "Positive Parenting," Matamoras Borough Building, 10 Avenue I, Matamoras. (Actual dates and times are: 12/3 - 10:00 AM – 12:00 PM; 12/8 - 12:30—2:30 PM; 12/10 - 12:30—2:30 PM; & 12/17 - 10:00 AM – 12:00 PM.) Cost is \$20 per person or \$30 per couple. If a minimum number do not pre-register, the program will be canceled. Parenting isn't easy. With love, limits, and lots of involvement, parents can be a major influence in developing happy, healthy, and well-behaved children. Parenting education can be the key to building strong families. This university developed parent education program provides effective parenting tools and strategies that will benefit families of infants, school age children and teens. If you have wondered, "Where is the manual that comes with being a parent?", this is it. This workshop for parents, parent educators, social service agencies, parenting organizations, schools, foster parents, churches, etc., will focus on respectful discipline practices, showing love while setting limits, parent-child communication, nurturing relationships and more. Incentives for those completing the course include gas cards and educational videos while supplies last. For more information and registration, call Penn State Cooperative Extension (570) 296-3400 or visit tinyurl.com/yald223.

11/27—Registration deadline for Positive Parenting in Milford, beginning 12/1, 6:00 – 8:00 PM, Pike County Cooperative Extension office, 514 Broad St, Milford. (Actual dates are: 12/1, 12/8, 12/15, and 12/22.) Cost is \$20/ person or \$30/couple. Class size is limited to 8 people. Pre-registration, including payment, is required. See description above.

11/30—A Palette of Fun 4-H Club meeting, 5:00 – 6:00 PM, Pike County Cooperative Extension office, 514 Broad Street, Milford

Visit our Pike County PA Master Gardeners blog where helpful gardening tips will be posted frequently.
Go to: <http://pikemgs.blogspot.com/>



Smoking Cessation Resources

* Pennsylvania's Free Quitline 1-800-QUIT-NOW(1-800-784-8669)