

Calendar of Events

Mercer County Cooperative Extension, P.O. Box 530, 463 N. Perry Highway, Mercer, PA 16137
For more information, call (724) 662-3141 or e-mail: MercerExt@psu.edu

2009 Home Canning Workshops



Canning methods have changed since Grandma put up her first jar of peaches. Whether you've never canned or would like to update your knowledge of home canning, join us and learn:

Basic principles of canning--why we do what we do, boiling water bath or pressure canner--which one to use, current recommended canning methods, and much more. The workshop will also cover information on making jams and jellies, jerky, flavored oils and vinegars. Penn State's "Let's Preserve" fact sheets will be available for many fruits and vegetables which include research-based tested recipes and freezing information. You can also check the accuracy of your pressure canner's dial gauge at the workshop. This is recommended yearly before each canning season including new gauges.

DATES, TIMES, AND LOCATIONS

- **July 21**, 6:00-8:30 p.m., Huntington Bank Community Room, 108 S. Market St., New Wilmington, PA
- **July 23**, 6:30-9:00 p.m., Caplan's, 12607 Route 19, Waterford, PA
- **July 28**, 9:30 a.m.-12:00 noon, Crawford County Conservation District, Woodcock Creek Nature Center, 21742 German Rd., Meadville, PA
- **July 29**, 6:00-8:30 p.m., Mercer County Cooperative Extension, Mercer, PA
- **August 13**, 6:30-9:00 p.m., Caplan's, 12607 Route 19, Waterford, PA
- **August 18**, 1:00 p.m.-3:30 p.m., Shenango Valley Community Library, 11 N. Sharpsville Ave., Sharon, PA
- **August 19**, 6:00-8:30 p.m. Crawford County Cooperative Extension, Meadville, PA

Cost: \$10.00 per person

For more information or a registration brochure, please contact the Mercer County Cooperative Extension Office at 724-662-3141 or email: MercerExt@psu.edu. Registration brochure can also be downloaded at <http://mercercountyextension.psu.edu>



MERCER COUNTY 4-H ROUNDUP

August 4 - August 8, 2009

4-H Park - Route 19, 1-1/2 miles north of Mercer



Wednesday, August 5

8:00 a.m. Rabbit Show
10:30 a.m. Sheep/Market Goat Show
3:30 p.m. Dairy Goat Show
6:00 p.m. Beef Show
8:30 p.m. Cheese Auction

Thursday, August 6

8:30 a.m. Market Hog Show
9:30 a.m. Pet Project Judging
9:30 a.m. Poultry Shows
10:00 a.m. Foods & Nutrition Judging
1:00 p.m. Exhibit Bldg. Open to Public
1:30 p.m. Llama/Alpaca Show
3:00 p.m. Dairy Fitting Contest
4:30 p.m. Textile Science Judging
7:30 p.m. 4-H Showcase - Parade of Champions,
Style Show, Dress Up Contest
8:30 p.m. Box Social, DJ Dance

Friday, August 7

9:00 a.m. Dairy Show
9:00 a.m. Exhibit Bldg. Open to Public
11:00 a.m. Guided Barn Tours
Noon 4-H Fun Booths
1:00 p.m. Guided Barn Tours
2:00 p.m. 4-H Olympics
6:30 p.m. 4-H Livestock Sale

Saturday, August 8

9:00 a.m. Horse Show
9:00 a.m. QUALITY ASSURANCE TRAINING
9:00 a.m. Exhibit Bldg. Open to Public
Noon 4-H Park Clean-up Contest
2:00 p.m. Animal Projects and Exhibit
Building Projects Released

****Space may be limited for certain events. For further information, contact the extension office at 724-662-3141****

StrongWomen™ Program
Community Strength Training Program
2009 FALL CLASSES



The StrongWomen™ Program is based upon years of research on how strength training and proper nutrition improve the health of individuals of all ages. Strength is a critical factor in living healthier, more active lives. Research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength. This program is appropriate for both the sedentary and very active.

Penn State Cooperative Extension will be offering the StrongWomen™ strength training program in Mercer County. Participants will need to provide their own hand and ankle weights. Up-to-date nutrition information will be included with each session. The class is offered in both 6-week or 12-week sessions. There is a fee for the series. For more information or to watch a short video to catch a glimpse of what the program is all about go to:

<http://www.extension.psu.edu/strongwomen/>

If you would like to get on the mailing list to be informed about the next StrongWomen™ series planned for Fall 2009, please call 724-662-3141 ext. 301 anytime. Please leave your name, mailing address and phone number. Information about the next series program will be mailed to you as soon as it is available.

Growing Stronger for Life
Cancer: Prevention and Detection

Tuesday, October 6 **6:00 p.m. - 9:00 p.m.**

Leslie N. Firth Learning Center
463 N. Perry Highway, Mercer, PA

- OR -

Thursday, October 15 **9:00 a.m. - 12:00 noon**

St. John's Episcopal Church
226 W. State St., Sharon, PA

Learn more about how to prevent and detect cancer at the 2009 Growing Stronger for Life Conference.

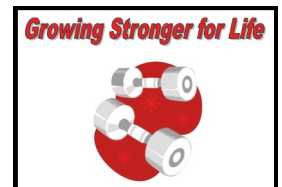
Experts in the field of cancer will be presenting information on the following topics:

- ⇒ environmental factors that may lead to increased risk of cancer
- ⇒ current detection tests and test frequency recommended for the earliest cancer detection
- ⇒ new nutrition research and current nutrition recommendations to reduce your cancer risk

Participants will learn how to assess their current level of cancer risk and will receive resources to develop a plan to reduce their risk.

Please contact the office to be added to the mailing list to receive a brochure for this event (brochures will be available later this summer) at 724-662-3141 ext. 304.

Mark your calendar today so you can plan to join us for this informative conference!



Penn State is committed to affirmative action, equal opportunity, and the diversity of its workforce.

PENN STATE *Making Life Better*®
