

June 2022 Newsletter

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Dear Friends,

Fair time is just around the corner. We are looking forward to seeing everyone on July 8-15 for a celebration of 4-H and our members hard work. As things start to speed up we have a few new faces in the office to help us out. Diane Thorpe is returning again as our Summer Program Assistant and Jonathan Stockdale is our summer intern.

If you are or know a k-12 educator looking for professional growth points we have a great opportunity this month to learn about Nature of Teaching, a grab and go program from Purdue Extension on wildlife education and conservation. Several specialists from campus will be coming down to teach the program. Read more about this on page 2.


FairEntry is now open until June 27th. This is the last technological hurdle before fair. Please help us by filling out FairEntry so we can print tags, show bills, and more to ensure a smooth fair. Other updates and reminders include Fashion Revue info, Rabbit Meat Pen Tattooing, Exhibit Hall Watch Sign Up and more.

Please reach out to our office with questions or information on upcoming opportunities. The next 4-H Fair board meeting will be June 2 at 7 pm in the Community Building. The next 4-H Expansion and Review Meeting will be August 29 at 6 pm in the Extension Office. The next Extension Board Meeting will be September 28 at 6:00 pm in the Community Building.

Sincerely,



Britt Copeland, Extension Educator



Jessica Martini, Extension Educator

New Face in the Extension Office Jonathan Stockdale– Summer Intern

Jonathan is joining the extension office as our summer intern this year. Next time you are in say hello! Below is a brief bio so you can get to know him.

Jonathan grew up in Jefferson County where he attended Southwestern High School and participated as a 10-year 4-H member. Currently he is going into his senior year at Purdue University in West Lafayette, Indiana where he is majoring in Agricultural Education with a minor in Organizational Leadership. At Purdue Jonathan is currently serving as the President of the Indiana Association of Agricultural Educators-Purdue Chapter as well as a member on Purdue's Livestock Judging Team. In his free time he enjoys judging livestock shows as well as raising a show pigs with his younger brothers.



Agriculture & Natural Resources

Nature of Teaching Coming to Madison, Big Oaks



FREE* WORKSHOP
for K-12 EDUCATORS,
MASTER NATURALISTS,
& ENVIRONMENTAL
EDUCATORS

EARN
16 PROFESSIONAL
GROWTH POINTS

RECEIVE
up to \$200 STIPEND

PURDUE EXTENSION
The NATURE OF TEACHING

What Can You Expect?


- ▶ Earn 16 Professional Growth Plan points
- ▶ Receive up to \$200 stipend
- ▶ Each participant will receive a resource binder containing lesson plans
- ▶ Lunch (provided)
- ▶ Hands-on outdoor activities
- ▶ *Registration is \$25, refundable upon completion.

Materials received during the workshop are suitable for Indiana K-12 Standards in English/Language Arts, Health and Wellness, and Science.

After taking this workshop, participants will be able to create additional lesson plans using the provided material.

Focused on the academic and health benefits of connecting children with nature.

DATE and LOCATION



June 23-24, 2022
Big Oaks National Wildlife Refuge
Madison, IN

PRESENTED BY:
Rod Williams
Professor and Wildlife Extension Specialist
Madison Phillips
FNR Extension Intern
Shelly Williams
K-5 Instructional Coach
Rob Chapman
Biological Science Technician

REGISTRATION

To register, please click [here](#), or visit the Nature of Teaching website at purdue.edu/nature

Enrollment is limited. Be sure to register and pay early to guarantee your spot! The \$25 registration fee will be refunded upon completion of the workshop.

Please make checks payable to Purdue University and mail to Rod Williams, 610 Purdue Mall, Hovde Hall, Suite 130, Rm 142 West Lafayette, IN 47907-2040

We must have a minimum of 10 participants to offer this workshop. The deadline to register is June 10th. For additional workshop information contact Rod Williams at rodw@purdue.edu or call (765) 496-7075.

Lectures and Activities

Educate and introduce participants to the many ways of connecting children with nature!

- The Nature of Teaching overview
- Benefits of connecting children with nature
- Nature and Food Waste
- Grade level collaborations

Field Exercises

Fun and informative, these guided exercises introduce participants to outdoor activities that can be incorporated as part of teaching and learning.

- Educational hikes
- Animal tracking
- Wildlife viewing
- Natural play
- Food waste & the environment
- Trying new foods
- Composting
- Waste free lunches

PURDUE EXTENSION



PURDUE FENCING SCHOOL

"Linkin' It Up, and Keeping 'Em In!"

Learn about fence options and installation through hands-on presentations and demonstrations.

WHEN:

June 18, 2022
1:00—5:50 PM EST

WHERE:

Southern Ind. Purdue Ag. Center (SIPAC)
11371 E. Purdue Farm Rd.
Dubois, IN 47527

TOPICS

- | | |
|-------------------------|---------------------------------|
| Permanent Fencing Types | Fence Laws & Regulations |
| Brace Construction | Portable Fence Options |
| Fence Installation | Energizer Sizing & Installation |



Registration via U.S. Mail: Purdue Extension—Dubois County
1482 Executive Blvd.
Jasper, IN 47546

Name: _____
Address: _____
City: _____ State: _____ ZIP: _____
Email: _____ Cell Phone: _____
Number Attending _____ X \$20.00 Per Person = _____ Cost

Make Checks Payable By June 12 To: **Purdue CES Ed Fund**

Contact Purdue Extension- Dubois County at 812-482-1782 with questions.



Fair Entry

Fair Entry Opens: June 1st– 27th

Fair Entry is the final step in getting your projects ready for the fair. This system takes all of the information you entered into 4-H Online and lets you sign up for the classes and divisions you will exhibit at the fair. This is the system we use to build livestock show schedules and print entry tags. **Please help us by completing fair entry by June 27, 2021!**

If you do not fill out Fair Entry by June 27th your name will not appear on the pen request sheets, won't be listed in livestock show bills and you will have to go to the extension office to fill out fair entry on Project Check In Day which will slow down the process. We understand that finding reliable internet access is a challenge. Please call the Extension Office at (812) 265-8919 or stop by before June 27th so we can enter your divisions and projects for you.

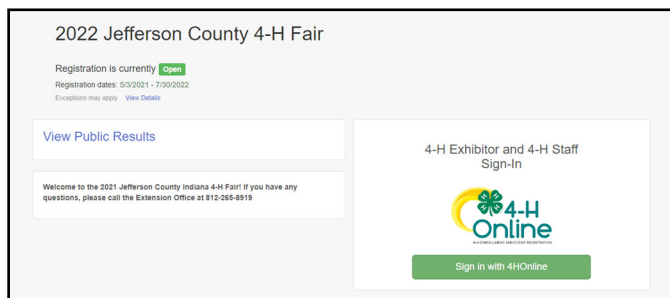
You cannot register your project on the Fair Entry website if you have not paid the \$15 State Program fee and been marked "active" on 4-HOnline.

See below for instructions on how to enter your projects on Fair Entry.

Fair Entry

Instructions for Jeffersoncounty.fairentry.com

1. Go to Jeffersoncounty.fairentry.com
2. Sign in with your 4Honline email and password.
3. Click "Individual"
4. Choose the child you would like to enter.
5. There are no required questions continue.
6. Check your contact information continue.
7. "Add an Entry"
8. Select your "Department"
9. Select your "Division"
10. Select your "Class"
11. Review
12. Select your "Club"
 - a. If this is an animal entry, after you select your club you will enter your animal.
 - b. Adding an animal
 - i. Choose and Existing animal record-SWINE, CATTLE, HORSE, SHEEP, GOATS
 - ii. Enter a New animal record-RABBITS, POULTRY, DOG, CAT
13. Enter a Description for a non-animal entry.



14. What do you want to do next?
 - a. Add another Entry-for this child
 - b. Add another Entry for this Division-same child, same division
 - c. Register another exhibitor-new child
 - d. Continue to payment- You have completed all entries for all children.
15. YOU DO NOT NEED TO PAY
16. Review your entries, click Submit
17. Make sure you make it to the THANKS! page.
18. CONGRATS! YOU ARE ALL DONE! See you at the fair!



4-H Youth Development



Reminder: Good Biosecurity Practices continue to be important for Poultry

The Highly Pathogenic H5N1 Avian Influenza continues to be a concern here in Indiana. A backyard flock was affected in Johnson County last month. Hobby poultry owners are encouraged to be aware of the signs of avian influenza and report illness and/or death to the **USDA Healthy Birds Hotline: 866-536-7593**. Callers will be routed to a state or federal veterinarian in Indiana for a case assessment. Poultry producers should strengthen biosecurity practices to prevent the introduction of HPAI into their flocks. The following are some sound biosecurity practices: Keep an "all-in, all-out" philosophy of flock management. Protect poultry flocks from coming into contact with wild or migratory birds. Keep poultry away from any source of water that may have been contaminated by wild birds. Avoid visiting other poultry farms. If you do visit another farm or live-bird market, change footwear and clothing before working with your own flock. Do not bring birds from slaughter channels, especially live-bird markets, back to the farm.



Jefferson County 4-H Goat Workshop June 18th



When: June 18th, 2022

7:30 am	Registration
8:00am-12:00pm	Boer (Meat)/Wether Goat Workshop
12:00pm-12:30pm	Lunch/Registration for Dairy Goat Only
12:30-4:30	Dairy Goat Workshop



Where: Jefferson County Fairgrounds Show Arena

What: We have guest speakers, all with many years of experience with goats, coming to educate all of our current and future Goat Exhibitors.

RSVP: Please RSVP to the workshop by calling or texting Jessica Morrison, 4-H Goat Superintendent, @ 812-292-4472.

10 Year Member & High School Senior Information Still Needed!

Please assist us in collecting the following information as soon as possible.

Please submit a high-quality digital photo of yourself to this drop box from your smart phone or computer:

<https://bit.ly/JeffSeniorSpotlight>

Please submit a brief autobiography to the same link in a word document (2 paragraphs or less) with your future plans, favorite 4-H memory and quote. You can also email your photo and bio to copelanb@purdue.edu if that is easier. Should you have any questions, please call the office, at 812-265-8919.

Exhibit Hall Watch Sign-Up

Monitoring the Exhibit Hall to ensure 4-H member's projects are taken care of is a task that requires all of us to complete. You can still sign up for days your club is not responsible for, but club leaders are encouraged to help fill slots on their day by recruiting members and parents.

Please fill out this Sign Up Genius or call the office to fill it out for you.

<https://bit.ly/exhibithallwatch22>





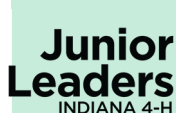
4-H Youth Development



4-H Volunteer Training & Fair Preview: June 23rd at 6pm

All 4-H Volunteers are invited to a Volunteer Training and Fair Preview event on June 23rd at 6 pm in the Community Building. Come to the event prepared to get a sneak peek of the 2022 Jefferson County 4-H Fair and learn best practices for working with our 4-H youth.

We hope you will join us for a night of information sharing and togetherness before our fair begins! All project superintendents, 4-H club leaders, and other 4-H volunteers are encouraged to attend. If you have any questions, contact your Extension Educators at the Extension Office at (812)265-8919.



Next Meeting: Mini 4-H Day Camp

June 25th at 9:30 am in the Community Building

Join us at 9:30am in the Community Building to help us with Mini 4-H Day Camp. The Junior Leaders did an excellent job planning for the event during the May meeting, and we can't wait to see how those plans unfold. This is definitely a leadership opportunity that you don't want to miss.

Club Leader Reminders: Barrel Contest & Club Photos

PASSION CREATIVITY INTELLECT CONFIDENCE

UNDERSTANDING

LIFE SKILLS

FUN

COMPASSION

LOGIC

HEALTHY HABITS

LEARNING

CAREERS PERSEVERANCE WORK ETHIC

The Barrel Painting Contest Theme is...

FIND YOUR SPARK

All 4-H Clubs are invited to enter into the 2022 Barrel Painting Contest!

Call the Extension Office at (812)265-8919 to reserve a date to come paint your barrel.
 All barrels must be submitted by Project Check-In on July 7th, 2022.
 Barrels will be judged during Project Check-In.
 Clubs are encouraged to bring their barrels to the fairgrounds beforehand.



Attention 4-H Club Leaders!

- The **2022 Barrel painting contest** theme this year is "Find Your SPARK" which celebrates how you can find your passion in 4-H through mastery in a project area. We encourage you to pick up an old barrel from the fairgrounds, paint it with your club name and theme visible and drop it off in the exhibit hall breezeway before project check in.
- If you haven't submitted your **club photos** for the newspaper and our socials please do as soon as you can. You can email photos with captions of members & leaders pictured to copelanb@purdue.edu, koons0@purdue.edu or upload them to box using the link below.

<https://bit.ly/2022jeffersoncoclubphotos>

- If you see your **senior members** anytime soon please help us remind them the extension office needs their photos and bios as well!

4-H Fashion Revue: June 27th at 6:00 p.m.

Are you a sewing exhibitor and planning to participate in the Jefferson County 4-H Fashion Revue? Save the date for our annual 4-H Fashion Revue Contest that will be held on June 27th at 6:00 p.m. in the Community Building. This opportunity teaches youth skills to present themselves in a professional manner by providing an opportunity for youth to model the outfit constructed in the 4-H sewing project.

Fashion Revue Narration Forms will be sent out to all Consumer Clothing, Sewing, and Sewing for Fun exhibitors within the next week. **This year, we are asking that all exhibitors turn in their narration forms to the Jefferson County Extension Office by June 13th.** This process will also be outlined in the letter that each exhibitor receives. Thank you for your cooperation! We look forward to another successful Fashion Revue Contest.

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4-H Youth Development



Pen Setup & Exhibit Hall Clean Up June 30, 5:30 pm

We are hitting multiple birds with multiple stones on June 30th. Please come out to the Fairgrounds on June 30th to help our volunteers set up for fair! Head to your respective barns when you arrive at the fairgrounds. Project superintendents will direct you to help where you are needed. Volunteers are what make our fair possible. Fair will be here before we know it!

YQCA Training June 30, 6-7 pm in Community Building



YQCA is a required training for all Indiana 4-H members who exhibit Dairy, Beef, Goat, Poultry, Rabbit, Sheep and Swine. This certification is required for the Jefferson County 4-H Fair and Indiana State Fair.

Last month YQCA transitioned to a new website: yqcaprogram.org. This website is no longer linked to 4-H Online and will require members to make a new account. The website is set up to allow a parent to enroll multiple children in a family much like 4-H Online. A detailed help document to help you set up a new account and register for upcoming trainings is located here: https://yqcaprogram.org/local/pdf/YQCA_HelpDoc_GettingYourLTCertification.pdf

Registration is required for attendance at in-person YQCA programs. If you have not gotten your YQCA certification yet there is another in person training on **June 30, 2022, 6-7 pm in the Community Building**. If you do not wish to attend an in-person training at the community building you can once again complete the online version for \$12 on the yqcaprogram.org website. In-person YQCA trainings are \$3. Please email a copy of your certificate to copelanb@purdue.edu if you complete YQCA online.

Rabbit Meat Pen Tattooing June 30, 6-7:30 pm



Rabbit Superintendents will be in the Beef Barn Thursday, June 30th from 6-8pm to tattoo Meat Pen Rabbits. **Only Rabbits exhibiting in the meat pen class need to be tattooed.** Stop by the Beef Barn before/after you complete your YQCA training the same night to save a trip to the fairgrounds! Contact the office or your rabbit superintendents with any questions.

Superintendents wish to remind you that you are able to tattoo 4 meat pen rabbits if you so wish and pick the best 3 to exhibit at the fair. A meat pen consists of 3 rabbits of the same breed weighing 3 1/2 –5 1/2 pounds and not over 69 days of age.

Poultry Clarification: Multiple Entries of same Breed/Variety Allowed if in a Different subclass (Cock, Hen, Cockerel, Pullet)



During last month's Poultry member meeting we misspoke when asked about showing multiple birds of the same breed. That is allowed and encouraged. Superintendents want to limit 4-H member competing against themselves in the same class so it is fair for everyone, but that is not always possible. The rules were made so that 4-H members could show 4 entries in commercial, 4 entries in Exhibition, and 4 entries in Exhibition Bantam. If you wish to show all four entries of the same breed, you can show a cock, a hen, a cockerel and a pullet. There has been no change to the handbook. This update is just meant to clarify what was said at the poultry member meeting. Please see the excerpt from page 55 in 4-H Handbook for more detail. Read the entire handbook by picking up a copy in the office or online here: <https://extension.purdue.edu/county/jefferson/4h-home-page.html>

Poultry Show Entry Maximum

Exhibitors may enter 4 entries per class. 4 Entries in Commercial, 4 Entries in Exhibition Standards and 4 Entries in Exhibition Bantam. Exhibitors are limited to 1 entry per sub class. For Example, an exhibitor may enter in the Commercial Class 1 set of Pullets, 1 set of Roasters, 1 set of Broilers, and 1 entry of Eggs. But they may not enter 4 sets of Pullets.

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MINI 4-H DAY CAMP



Join us for a day of fun & learning on the Jefferson Co 4-H Fairgrounds!

Mini 4-H is a noncompetitive, exploratory youth development program that gives members the chance to experience 4-H Healthy Living, STEM, and Citizenship programming through hands-on activities.

WHO: ◀.....

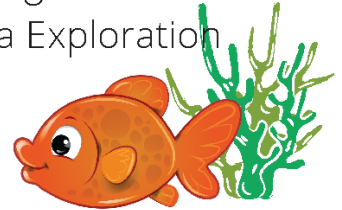
Mini 4-H Members and Youth in Grades K-2



WHAT: ◀.....

"Under the Sea" Themed Day
Camp will include:
• Games with the 4-H Junior Leaders
• 4-H STEM Activities

- Lunch Provided
- Crafts
- 4-H Healthy Living Activities
- 4-H Project Area Exploration
- Lots of fun!



WHEN: ◀.....

Saturday, June 25 from 10am - 2pm at the Jefferson County 4-H Fairgrounds. Check in is located in the Community Building.

COST: ◀.....

This event is free to all Mini 4-H members. Not a 4-H member? It is \$1 to enroll in Mini 4-H for youth in Kindergarten through second grade. Go to v2.4honline.com to enroll!

PLEASE RSVP BY JUNE 20, 2022 ON 4-H ONLINE EVENTS OR BY CALLING THE OFFICE

PURDUE EXTENSION- JEFFERSON COUNTY

Call: (812) 265-8919

Visit: 3767 W SR 256 Madison, IN 47250



Extension - Jefferson County

Purdue Cooperative Extension is an equal access/equal opportunity institution.

Health & Human Sciences

HHS Opportunities/Resources:



IF YOU'RE CONCERNED ABOUT YOUR MENTAL HEALTH OR JUST WANT TO CHECK IN WITH YOURSELF, TAKE A SCREEN AT MHASCREENING.ORG.

FREE. CONFIDENTIAL. ANONYMOUS.

BACK
BASICS **LEARN MORE**
mhanational.org/may



Extension Homemaker Updates:

Upcoming Homemaker Council Meeting:

June 2nd at 9:00am at the Extension Office

Upcoming Smyrna Club Meeting:

June 15th at 12:00pm

Looking to become an Indiana Extension Homemaker? Contact the Jefferson County Extension Office at (812)265-8919 to learn how.



Are you a Home-Based Food Vendor?

If you sell food to an end consumer in the state of Indiana, you are either identified as a Retail Food Establishment or a Home-Based Vendor. Most individuals who sell goods at farmers markets or roadside stands are operating under home-based vendors laws. Indiana recently passed a new law ([HB 1149](#)) which includes changes that will impact all persons operating as a home-based vendor.

Two major changes under the new law include 1) how and where products can be sold and 2) the addition of requirements for food handler training.

1. How or where can a home-based vendor sell products? Home-based vendors may now sell their product: - In person, by telephone, or through the Internet and - Delivered to the end consumer in person, by mail, or by a third-party carrier. - All HBV products can only be shipped within Indiana and are not allowed to be shipped across state lines.
2. All home-based vendors must "obtain a food handler certificate from a certificate issuer that is accredited by the American National Standards Institute" (ANSI). ServSafe Food Handler training fulfills this requirement. This certification is valid for three years.

If you are a Home-Based Vendor and need to complete the ServSafe Food Handler training, contact the Purdue Extension Jefferson County Office at **(812)265-8919** for assistance.

Purdue Extension. (2022). New law for home-based vendors. https://extension.purdue.edu/news/county/_putnam/2022/05/new-law-for-home-based-vendors.html

Alzheimer's & Brain Awareness Month

Did you know that the month of June is observed as Alzheimer's and Brain Awareness Month? Alzheimer's is the most common type of dementia. Overall, it impacts nearly 6.5 million Americans (Alzheimer's Association, 2022). Dementia is an umbrella term used to describe a decline in mental ability that is severe enough to interfere with daily life. Alzheimer's can actually be one of many causes of dementia. In total, Alzheimer's Disease accounts for 60-80% of all cases of dementia (Alzheimer's Association, 2022).

Although much remains a mystery in relation to Alzheimer's Disease, factors such as age and family history are some of the most well-known risk factors (Centers for Disease Control and Prevention, 2020). It has also been discovered that Alzheimer's Disease and other forms of dementia disproportionately impact minority groups. Older Black Americans are almost twice as likely as older White Americans to develop Alzheimer's or another form of dementia. In addition, older Hispanic Americans are roughly one and one-half times as likely as White Americans to develop dementia (Alzheimer's Association, 2022).

While there is no cure or definitive prevention for Alzheimer's Disease and other forms of dementia, making healthy lifestyle choices might help to prevent risk factors that can increase the likelihood of developing dementia (United States Department of Health and Human Services, n.d.). Below are 10 ways that may help to reduce your likelihood of developing dementia:

1. Engaging in regular cardiovascular exercise
2. Continuing your education by taking classes, learning new skills, etc.

3. Quit smoking
4. Take care of your heart and help prevent illnesses such as heart disease, stroke, obesity, high blood pressure, etc.
5. Protect yourself from brain injuries by wearing seat-belts, helmets, and taking steps to prevent falls.
6. Eat a healthy diet that is low in fat and higher in vegetables and fruits.
7. Ensure that you get an adequate amount of sleep.
8. Take care of your mental health and manage stress.
9. Stay socially engaged.
10. Challenge yourself by picking up a new hobby, be creative, play games of strategy, etc.

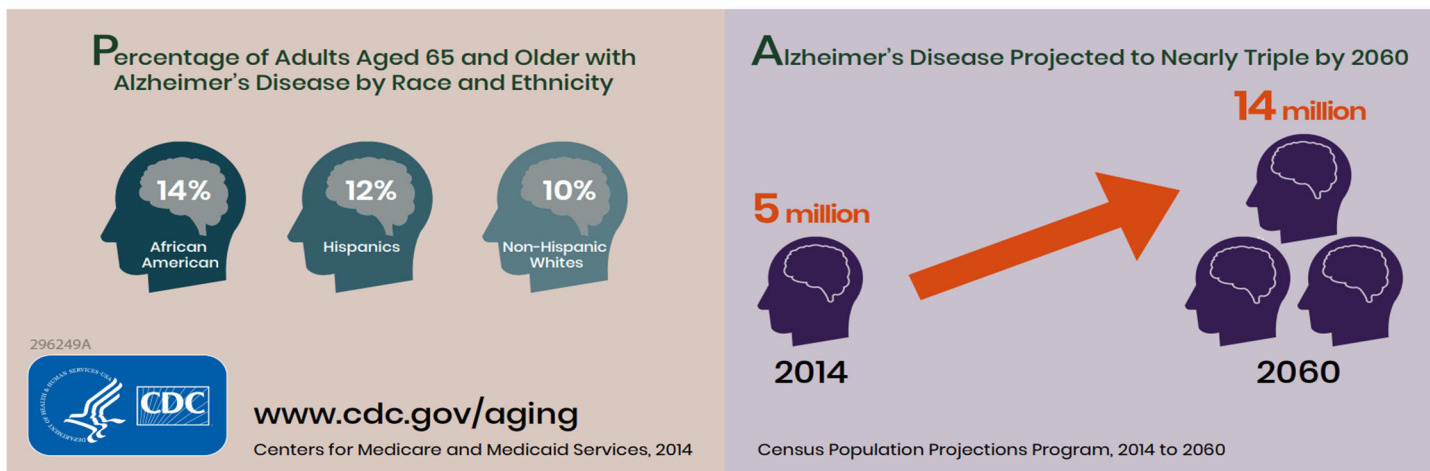
Alzheimer's Association. (2022). Dementia vs. Alzheimer's Disease: What is the difference? <https://www.alz.org/alzheimers-dementia/difference-between-dementia-and-alzheimer-s>

Centers for Disease Control and Prevention. (2020). Alzheimer's disease and related dementias. <https://www.cdc.gov/aging/aginginfo/alzheimers.htm>

United States Department of Health and Human Services. (n.d.). Can I prevent dementia? <https://www.alzheimers.gov/can-i-prevent-dementia>

New Estimates of Americans with Alzheimer's Disease and Related Dementias Show Racial and Ethnic Disparities

Number of Americans with Alzheimer's Disease Expected to Increase



Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
June 1	FairEntry Opens	jeffersoncounty.fairentry.com	
June 2	Homemaker Council Mtg.	Extension Office	9:00 a.m.
June 2	Fair Board Mtg.	Community Building	7:00 p.m.
June 6-10	Southeastern Indiana 4-H Camp	Camp Higher Ground	
June 8-10	4-H Academy @ Purdue	Purdue University	
June 14-17	State 4-H Junior Leader Conference	DePauw	
June 18	Jefferson Co. Goat Workshop	Jefferson Co Fairgrounds	8 a.m.—4:30 p.m.
June 20-22	4-H Round Up	Purdue University	
June 23	4-H Leader Training & Fair update	Community Building	
June 23 & 24	Nature of Teaching Workshop	Big Oaks National Wildlife Refugee	
June 25	Mini 4-H Day Camp	Community Building	
June 27	Fashion Revue	Community Building	6:00 p.m.
June 30	Pen Set Up	Livestock Barns	5:30 p.m.
June 30	YQCA	Community Building	6-7 p.m.
June 30	Rabbit Meat Pen Tattooing	Cattle Barn	6-7:30 p.m.
July 7	Project Check IN	Exhibit Hall	4-7:00 p.m.
July 8-15	2022 Jefferson County 4-H Fair		



Purdue Fast Start Program

Visit <https://www.admissions.purdue.edu/purduefaststart/>

Giving Indiana students another pathway to Purdue and offering their families the opportunity to save thousands of dollars. These are the goals of the new Fast Start program -- and the latest example of our #PersistentPursuit of affordable and accessible education.

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