

June 2023 Newsletter

Dear Friends,

Summer is here and so is fair season. This letter is jam packed just like our 4-H Calendars. Please reach out to

our office with questions or information on upcoming opportunities. The next 4-H Fair board meeting will be June 29th after Pen Set Up in the Community Building. The next Extension Board Meeting will be September 27 at 6:00 pm in the Extension Office.

In this Issue

- 2 PAC Field Day, Master Gardeners, Fair Schedule
- 3 FairEntry
- 4 Exhibit Hall Watch Sign Up, Senior Reminder, Club Updates
- 5 Junior Leaders, Fashion Revue, Quality Care, Pen Set Up
- 6 Mini Camp, Leadership Award
- 7 Stress and Anxiety
- 8 Upcoming Events

Sincerely,



Britt Copeland, Extension Educator



Jessica Martini, Extension Educator

Thank you, Jess!

Later this month our 4-H Youth Development/ Health and Human Sciences Educator Jessica Martini will transfer to the Community Wellness Coordinator position within the Purdue Extension Nutrition Education Program. Jess will deliver free programming to Ohio, Switzerland, Jefferson and Scott Counties. Everyone in the office is excited for her next journey but sad to see her go. While here, Jess helped to grow the 4-H program from 438 members to 509, delivered great HHS programming on diabetes, mental health, nutrition and more to several new and existing audiences in our community and was an invaluable member of the team. Jess will still be here to help with the 2023 4-H Fair. If you see her wish her well!



Farewell note from Jess:

Thank you so much for welcoming me into Jefferson County 2 years ago! It has been wonderful working here, and I look forward to continuing to serve Jefferson and the surrounding counties in this new role.

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4-H Community Building Mural

The 4-H Fair Board received a grant from the Community Foundation to fund a mural on the 4-H Community Building to give some new life to our beloved front building. Stacy Hardesty Gray has been commissioned to paint the 52 foot long mural. She will begin on Sunday June 4th and is looking for clubs or members that are interested in helping her with the priming layers and other parts. If you are interesting in helping to leave a lasting mark on our grounds please contact your club leader to organize a group outing or Mrs. Gray to sign up to help. Her email is shardestygray@yahoo.com. We are excited to see it come to life!

Agriculture & Natural Resources

Jefferson and Switzerland County Master Gardener Association

Meeting Notices

- June 23rd– Rescheduled Downtown Garden Tour– Last month’s walking garden tour is rescheduled to this date. Look for an email from The Master Gardener Officer team with final details. If you are not on the mailing list contact the office.

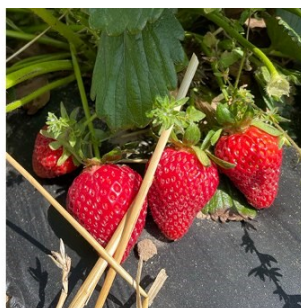
Association Meetings are open to the public, so if you want to learn more about master gardeners in general you are welcomed to attend. RSVPs to the extension office are appreciated for non members.

You can also check out the [JSCMGA Facebook Page!](#)

SOUTHWEST PURDUE AGRICULTURE CENTER
FIELD DAY

**SAVE THE DATE:
JUNE 28, 2023**

Mark your calendar to join us for the 2023 SWPAC Field Day. Learn about crop production, farm management and other agriculture topics from Purdue and NRCS experts. Open to the public!



LEARN MORE:

purdue.ag/swpac [@SWPurdueAg](https://twitter.com/SWPurdueAg)

CONTACT:

Barb Joyner joynerb@purdue.edu | 812-886-0198

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4-H Youth Development



2023 Jefferson County 4-H Fair Schedule

The 4-H fair schedule can be found on the second page of your 4-H Handbook, available in the office, or online at <https://extension.purdue.edu/county/jefferson/>. **The Fair Schedule with commercial events will be posted later in the month.**

Don't forget the fair dates are July 7-14th and Exhibit Hall Check in is July 6th.

New Livestock Check Out Time

Starting in 2023 Livestock Checkout will start at 11 pm instead of 10 pm. This change is being implemented to enhance the safety of our 4-H Members. The intention is to reduce traffic conflicts with Midway goers and Livestock Trailers by moving check out farther from the time the midway closes. A more streamlined traffic flow and portable flood lights will be moved into position to help with this endeavor as well. A reminder that all livestock must be penned or tied from 5-10 pm each night of the fair when foot traffic is the highest in livestock barns.



4-H Youth Development



Fair Entry

Fair Entry Opens: June 1st– 28th

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 28, 2023!**

If you do not fill out Fair Entry by June 28th 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 30th so we can enter your divisions and projects for you.

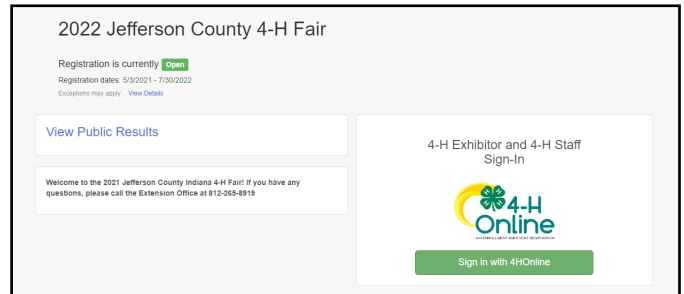
You cannot register your project on the Fair Entry website if you have not paid the \$15 State Program fee and been marked "active" on 4-HOnline.

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

Fair Entry

Instructions for [Jeffersoncounty.fairentry.com](https://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 Club Updates:

PASSION CREATIVITY INTELLECT CONFIDENCE

LEARNING LOGIC FUN UNDERSTANDING

LIFE SKILLS COMPASSION HEALTHY HABITS

CAREERS PERSEVERANCE WORK ETHIC

The Barrel Painting Contest Theme is...

WHAT I WISH PEOPLE KNEW ABOUT 4-H

All 4-H Clubs are invited to enter into the 2023 Barrel Painting Contest!

All barrels must be submitted by Project Check-In on July 6th, 2023.
Barrels will be judged during Project Check-In.
Clubs are encouraged to bring their barrels to the fairgrounds beforehand.



Barrel Painting Contest —

The **2023 Barrel painting contest** theme this year is “**What I Wish People Knew About 4-H**” 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.

4-H Club Photos

Get your club photos to the extension office by June 15th to make the Fair Preview in the paper.

4-H Leader Training June 22nd– Canceled

As you will see when you read on we have too many events scheduled for the end of June so we are freeing up your calendars!

10 Year Member & High School Senior Information Needed!

To celebrate the achievements of our final year 4-H members, the Extension Office is requesting youth submit a photo and a short bio that can be submitted to the paper and published on our social media account. If you are a 10-Year member you will also receive a 10-year member plaque with your photo that will be displayed during fair and presented at the 4-H Awards program. **Please assist us in collecting the following information ASAP.**

- A high-quality digital photo of yourself to this drop box from your smart phone or computer: <https://bit.ly/2023Senior4HMemberSpotlights>
- A brief autobiography to the same link in a word document (2 paragraphs or less) answering the following prompts:
 - Your Name, School, 4-H Club, and favorite 4-H project.
 - Your favorite 4-H accomplishment or memory. (For example: volunteering with Junior Leaders, mentoring younger club members, placing at the fair, etc.)
 - Your future plans after high school (Employment or Continuing/Higher Education plans).

You can also email your photo and bio to copelanb@purdue.edu or you can bring a physical, original copy photo on photo paper to the extension office. For 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/4329hMa>



4-H Youth Development



Junior Leaders Meeting

June 20th at 6:30pm

The next Junior Leaders Meeting will be held on June 20th at 6:30pm at the Extension Office to prepare for Mini 4-H Day Camp! Contact Jessica Martini at (812) 265-8919 with any questions.

Jefferson County 4-H Fashion Revue June 27th at 6:00 pm

All Sewing Wearable, Sewing for Fun, and Consumer Clothing Exhibitors are invited to participate in the 2023 Jefferson County 4-H Fashion Revue on June 27th at 6:00pm in the Community Building. Details will be sent out during the first week of June. Contact Extension Office at (812)265-8919 with any questions.

Livestock Quality Care Training June 28th at 6:00 pm

Indiana 4-H has chosen to replace the required Youth for Quality Care of Animals Training (YQCA) with a new training, Indiana 4-H Quality Livestock Care.

All 4-H members wishing to exhibit beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry and rabbits must complete *either* an in person Indiana 4-H Quality Livestock Care training or an online YQCA training.

Indiana 4-H Quality Livestock Care will cost \$3 and online YQCA will cost \$12. Registration is now collected on 4-H Online Events.

3rd Training and FairEntry Deadline Help Night- June 28th @ 6 pm in the Community Bldg.



Rabbit Meat Pen Tattooing June 28, 6-7:30 pm

Rabbit Superintendents will be in the Beef Barn Thursday, June 28th from 6-7:30 pm 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 Quality Care 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. You will 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.

Pen Setup & Exhibit Hall Clean Up June 29th, 5:30 pm

Please come out to the Fairgrounds on June 29th to help our volunteers set up for fair! Rabbit/Poultry and Sheep/Goat barns have a more labor intensive set up. Head to your respective barns when you arrive at the fairgrounds. Project superintendents will direct you to help where you are needed. The exhibit hall will also need helpers to clean tables and move heavy display cases into position for project judging. Please check in with the Club Leader Rep when you arrive at the exhibit hall. Volunteers are what make our fair possible. Fair will be here before we know it!

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THE WILD WILD WEST MINI 4-H DAY CAMP



WHAT: ←.....

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.

Mini 4-H is for Youth in Grades K-2

Day Camp will include:

- Games with the 4-H Junior Leaders
- Lunch Provided
- Crafts
- 4-H Project Area Exploration
- Lots of fun!

WHEN: ←.....

Saturday, June 24 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, 2023 ON 4-H ONLINE EVENTS OR BY CALLING THE OFFICE



Indiana State Fair Foundation

Terry Clifford Memorial Leadership Award

The Indiana State Fair Foundation, and the Clifford family, are proud to offer the Terry Clifford Memorial Leadership Award. The award was created in memory of Terry Clifford, past President of the Indiana State Fair Board, who passed away in August 2022. Terry was a lifelong supporter of the Indiana State Fair, Indiana 4-H and FFA. Ter-

ry's passion for youth in Indiana was on display every day of his life. This award will continue Terry's legacy by recognizing Indiana youth who exemplify leadership and service to their communities. The award will be given annually to one Indiana high school student who has been enrolled in Indiana FFA or Indiana 4-H for a minimum of 2 years and has actively participated in the State Fair within the past 4 years. This is a Leadership Award, not a scholarship. The recipient will not be required to use the proceeds for future educational expenses, but rather for whatever purpose that will allow them to continue to grow as leaders in the community.

The deadline for applying is July 1, 2023. For more information and to apply, please visit: <https://www.indianastatefair.com/p/foundation-mission/giving-opportunities/terry-clifford-memorial-leadership-award>

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Call: (812) 265-8919
Visit: 3767 W SR 256 Madison, IN 47250



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Health & Human Sciences

Practical Ways to Manage Stress & Anxiety

Let's face it: Life can be stressful—and leave us feeling anxious or uncertain. Most of us experience this feeling at some point! Going Beyond the Surface and understanding your stress or anxiety is key to managing it and ensuring it doesn't rob you of enjoyment.

Stress vs. Anxiety

Stress is the physical or mental response to an external cause, such as having a lot on your plate at work, having an illness or dealing with a life change (i.e., a new baby, an empty nest, the loss of a loved one, etc.). Anxiety is your body's reaction to stress, and it can occur even without a current threat. Both can wreak havoc on your body—insomnia, ulcers, headaches, high blood pressure—as well as your mind—frustration, distrust, anger, unhappiness, higher risk for mental illness.

Starting Point: Learn Your Triggers

Learning what causes your stress is a great starting point for learning how to cope and respond to it. Understanding your triggers can help reduce your anxiety and improve your daily life.

- Be aware of your physical stress signals (e.g., neck stiffening, stomach clenching, palms sweating, pulse racing).
- Keep a journal.
- Listen to a relaxation app that helps you actively pay attention to the present moment. See some options here.
- Identify and challenge your negative and unhelpful thoughts.

Managing Stress in the Moment

Stress will still happen, so it's useful to have some "in-the-moment" strategies that help you regain control and composure and move forward. The 3-3-3 method is a common go-to stress reliever, and it's simple and can be done anywhere.

Look around your environment and identify:

- 3 objects
- 3 sounds
- 3 body parts, then move them

This mental trick can help center your mind and bring you back to the present moment. You may also want to take deep breaths, count to 10 slowly (or 20 if necessary) or go for a quick walk, even if it's just to the restroom and back.

Long-Term Coping Strategies

If stress or anxiety are plaguing you, then you may also consider some long-term lifestyle changes to help you manage stress. Experts recommend:

- Exercise
- Eat regular, healthy meals
- Adopt a sleep routine
- Limit caffeine
- Connect with friends and family
- Set healthy boundaries
- Have fun (Laughter does the mind and body wonders!)

Extension Homemaker Updates

Upcoming Homemaker Council Meeting:

June 1st at 9:00am at the Extension Office

Upcoming Smyrna Club Meeting:

June 2nd at Stream Cliff

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



Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
June 1	FairEntry Opens	jeffersoncounty.fairentry.com	
June 1	Homemaker Council Mtg.	Extension Office	9:00 a.m.
June 1	Fair Board Mtg.	Community Building	7:00 p.m.
June 2	Smyrna Homemaker Club Meeting	Stream Cliff	12:00 noon
June 6-9	Southeastern Indiana 4-H Camp	Camp Higher Ground	
June 13-16	State 4-H Junior Leader Conference	DePauw	
June 20	4-H Mini Day Camp R.S.V.P. deadline	Call Extension Office	
June 20	Jr. Leader Meeting	Extension Office	6:30 p.m.
June 23	Master Gardner	Community Building	6:00 p.m.
June 24	Mini 4-H Day Camp	Community Building	10 a.m. 2 p.m.
June 24	Master Gardner	Patterson Nursery	11 a.m.-2 p.m.
June 27	Fashion Revue	Community Building	6:00 p.m.
June 28	YQCA training & FairEntry help night	Community Building	6-7 p.m.
June 28	Rabbit Meat Pen Tattooing	Cattle Barn	6-7:30 p.m.
June 29	Pen Set Up -goat, poultry, rabbit ,sheep	Livestock Barns	5:30 p.m.
July 6	Exhibit Hall Project Check IN	Exhibit Hall	4-7:00 p.m.
July 8-15	2023 Jefferson County 4-H Fair		
Sept. 27	Extension Board Meeting	Extension Office	6:00 p.m.

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