

# May 2023 Newsletter

Dear Friends,

Spring is here but our minds are already on the summer! The 4-H world has a lot going on with club meetings, project preparations and the countdown to summer camps and fair! May 15th brings about a deadline for a lot of important things so make sure you have your animals enrolled on 4-H online and have signed up for camps and summer trips before this date.

ANR wise, our Master Gardener Basic Training Class has just wrapped up this week. The Master Gardener Association continues to grow, hold meetings and work with other groups such as the pollinator action group to promote horticulture in our community.

May is also mental health awareness month. As the summer gets hectic remember to take a moment to be intentional about self-care. There are lots of mental health resources linked in the HHS portion of the letter. Purdue Extension also offers Youth Mental Health First Aid to help adults respond to youth experiencing a mental health crisis. Britt recently returned from teaching this course on a out of state military base. Britt enjoys getting to travel and delivering this program. If your organization would be interested in offering YMH-FA as a professional development training please contact our office to learn more.

Read on to hear what's coming up fast!

The next 4-H Fair Board meeting will be June 1st at 7 pm in the Community Building. The next Extension Board Meeting will be May 10th at 6:30 pm.

Sincerely,

Britt Copeland, Extension Educator

Jessica Martini, Extension Educator

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## Staff Directory

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### Bess Adams

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### Kasie Bachmann

Office Manager  
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## New Face in the Extension Office

Please help us welcome Cassie Rudolph as our new Summer Assistant! Cassie will start in the office at the end of May.

A welcome note from Cassie:

*Hi, I'm Cassie Rudolph, and I'm so excited to be an assistant this summer. I enjoyed my years in 4-H and currently am a leader for Saluda Kountry Kids. I have recently graduated with an Associates of Science in Elementary Education. I'm looking forward to assisting the county and our amazing 4-H program.*



# Agriculture & Natural Resources

## Jefferson and Switzerland County Master Gardener Association

### Meeting Notices

- **May 25: All Member Meeting** at the Downtown Broadway Fountain to Tour local gardens in Madison from 5PM – 8PM
- **May 26: Optional Group Trip** to W J Strossell & Sons Nursery, Moores Hill, IN & Several small nurseries around Moores Hill. – This is just to visit and buy plants if you want.

Association Meetings are open to the public, so if you want to learn more about master gardeners in

## SAVE THE DATE!



### 2023 PURDUE EXTENSION MASTER GARDENER STATE CONFERENCE

## Back Together Again

**October 6-7, 2023**

PURDUE CAMPUS - West Lafayette, Indiana



More information at  
<https://bit.ly/2023EMGStateConf>

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general you are welcomed to attend. Dues are required for voting members. RSVPs to the extension office are appreciated for non members.

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

## Indiana Corn Marketing Council Seeking Nominations

Per the Indiana Corn Checkoff Law, Purdue Extension Offices are the designated locations for obtaining Petitions of Nomination for the Indiana Corn Marketing Council. District 9 includes: Franklin, Jennings, Jefferson, Ripley, Dearborn, Ohio, Clark, Switzerland, and Scott

Counties.

The At Large Seats represent the entire state of Indiana and a farmer from any district can run for at-large seats. Attached are the Petition of Nomination forms which must be *received* by Amber Myers on or before, June 1, 2023. Petitions are to be mailed to:

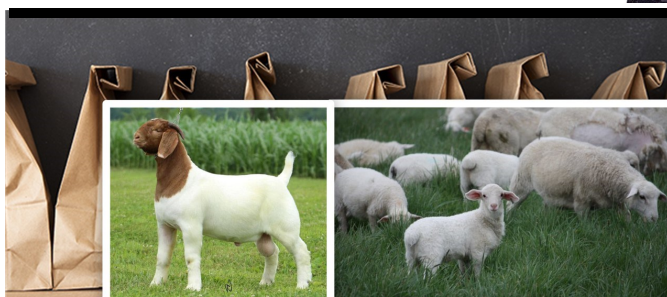
Indiana Corn Marketing Council

Attn: Amber Myers

8425 Keystone Crossing, Suite 200

Indianapolis, IN 46240

If you have questions, please contact Amber Myers at [amyers@indianasoybean.com](mailto:amyers@indianasoybean.com)



Small Ruminant Lunch & Learn Webinars:

## PURCHASING QUALITY GENETICS

Join Cora Reinbolt and Robert Kelly as they discuss things to consider when purchasing new breeding stock for your flock or herd.

**Thursday, May 18**  
**12 Noon (EST)**


<https://tinyurl.com/PurdueSGMay23>

**NEXT SESSION:**  
*Micronutrients and Nutritional Diseases*  
Thursday, August 17 (12 noon EST)

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# Agriculture & Natural Resources



**MONTHLY HOT TOPICS**  
12:00 - 1:00 pm EST

<b>APR 20</b>	Turfgrass	Aaron Patton Turf Extension Specialist
<b>MAY 18</b>	Soil	Eileen Kladvko Professor of Agronomy
<b>JUN 15</b>	Plant diseases	TBD

ONLINE REGISTRATION: [bit.ly/3V30MvK](http://bit.ly/3V30MvK)

**PURDUE UNIVERSITY** Extension

Join Purdue Extension specialists for a free virtual discussion on the latest research and best practices in a different area of expertise each month.

May 18: Soil with Eileen Kladvko, professor of [Purdue Agronomy](http://bit.ly/3V30MvK)

Register using this link: <http://bit.ly/3V30MvK>

## Indiana Grazing Schools return: Producers, educators and input providers invited

WEST LAFAYETTE, Ind. – From the [Indiana Forage Council](http://www.indianaforagecouncil.org) and Purdue Extension, the Indiana Grazing School program returns this June. Livestock producers will have the opportunity to gain hands-on training in implementing improved grazing systems.

The program is also hosted by the U.S. Department of Agriculture Natural Resources Conservation Service and the North Central Sustainable Agriculture Research and Education program.

Topics to be covered include soil fertility, water delivery, fencing, grazing system options, animal health and plant identification. The program will offer two training sessions. The registration fee is \$75 and covers the cost of management information and a meal and refreshments on the program's second day. Additional attendees from the same operation can attend for a reduced \$50 fee. Dates and locations for the Indiana Grazing School sessions are as follows:

- June 9-10, Southern Indiana Purdue Agricultural Center, 11371 East Purdue Farm Road, Dubois, IN 47527
  - June 16-17, Randolph County Extension Office, 1885 S. U.S. Highway 27, Winchester, IN 47394
- The programs will run from 1-6 p.m. on Friday and 8 a.m. to 5 p.m. on Saturday. Attendees will hear from featured speakers and hosts Keith Johnson, Purdue Extension forage specialist; Jason Tower, Southern Indiana Purdue Agricultural Center superintendent; Bethany Funnell, DVM, Purdue clinical associate professor of veterinary reproductive medicine and surgery; and Grant Burcham, DVM, veterinary diagnostician.

“The Indiana Grazing Schools are an opportunity to network with instructors and other producers,” John-

son said. “Much of the training will be held in the pasture, which lends itself to a great environment for learning skills and gaining ideas for better use of a pasture as a feed resource for livestock.”

Tower said, “The grazing schools bring together a great team of presenters to share very applicable information that producers can take back to their operations and implement immediately.”

Trainings will consist of field tours and pasture walks. There also will be small-group discussions with featured experts and other school participants.

“We’re extremely excited to host this event and make this educational opportunity accessible to all invited,” said Amy Alka, Randolph County Purdue Extension educator, agricultural and natural resources.

Further event details and the registration form can be found on the [Indiana Forage Council website](http://www.indianaforagecouncil.org). The registration deadline is June 2. For questions, contact Tower at [towerj@purdue.edu](mailto:towerj@purdue.edu) or 812-678-4427.



# Agriculture & Natural Resources

## May Garden Calendar

Purdue Consumer Horticulture

### Indoor plants and activities

- Many indoor plants can be moved to shady locations outdoors but only after the danger of frost has passed. Plants will dry out more often outdoors, so keep a close eye on soil moisture. Sinking the pots in soil will help slow down moisture loss.
- Now is a good time to take cuttings of houseplants to increase a collection or share with friends. Stick cuttings to root in media, such as vermiculite, perlite, or potting soil. Roots grown in water tend to be weak from lack of oxygen and do not adjust well to planting in soil.
- Fertilize houseplants according to label directions. Foliage plants require relatively high nitrogen fertilizer; flowering houseplants respond best to fertilizer high in phosphorus.

### Lawns, woody ornamentals and fruits

- Prune early spring-flowering trees and shrubs after flowers fade.
- Plant balled-and-burlapped or container nursery stock, and water thoroughly.
- Remove and destroy overwintering bagworms from landscape trees and shrubs.
- Follow a spray schedule to keep home-orchard crops pest free. While trees are in bloom, use fungicide sprays without insecticide to avoid injuring bees. Follow label directions. More information is available in [Managing Pests in Home Fruit Plantings](#) (Purdue Extension publication ID-146-W).
- Thin apple tree fruits, if needed, about three weeks after petal fall. Apples should be about 8 inches apart. Mother Nature may have taken care of thinning fruit set this year!
- Apply fungicides to roses to control diseases such as black spot.
- Purdue turf experts recommend that if you are going to fertilize your lawn in May, apply 3/4-1 pound of nitrogen (N) per 1,000 square feet with a product that contains 50 percent or more of slow-release fertilizer. Try to schedule the application prior to a rain or irrigate following application to move the fertilizer off leaf blades.

### Flowers, vegetables and small fruits

- Plant frost-tender plants after the danger of frost has passed for your area. This includes warm-season vegetables (such as tomatoes, peppers, eggplant, and vine crops) as well as most annual flowers and tender perennials (such as cannas, gladiolus, dahlias, tuberous begonias, and caladiums).
- Pinch chrysanthemums and annual flower plants to keep them compact and well-branched.
- Make successive plantings of beans and sweet corn to extend the harvest season.
- Thin seedlings of early-planted crops such as carrots, lettuce, spinach, and beets to their proper spacing.
- Harvest early plantings of radishes, spinach, and lettuce.
- Both asparagus and rhubarb season may be delayed this year due to the slow progression of spring.
- Harvest asparagus by cutting or snapping spears at or just below soil level
- Harvest rhubarb by cutting or grasping the stalk and pulling it up and slightly to one side.
- Control cucumber beetles (which are carriers of bacterial wilt) as soon as cucumber plants germinate or are transplanted to prevent disease.
- Remove blossoms from newly set strawberry plants to allow better runner formation.
- Remove unwanted sucker growth in raspberries when new shoots are about a foot tall.



### Enjoying the Foliage?

Purdue Extension Forester Lenny Farlee has a great youtube channel to help you identify trees native to Indiana. Learn more at [puext.in/3KkL4Xq](https://puext.in/3KkL4Xq).



# 500 by Fair



## A Challenge & Celebration for Jefferson County 4-H Volunteers

The pandemic hit a lot of organizations hard, and it has taken several years to rebuild membership numbers. Knowing this, we want to celebrate our 4-H enrollment success this year. Currently, enrollment is at **489 4-H members in Jefferson County, a 3% increase from last year!** It has been several years since we were over 500 members and we are close to seeing that again. We all know the best marketing strategy is having a great product to begin with. That's why we are focusing our current volunteer trainings around *retention*. **We are challenging our already amazing 4-H Volunteers to help us hit 500 4-H Members before Fair. Here is where we need help:**

### Continue our Delivery of 4-H Programing in New Places in the Community

- We have been busy delivering SPARK Clubs, going to schools and new groups the past few years and it has led to growth and new opportunities.
- Recently the Boys and Girls Club has asked us to put together a 4-H Day for their summer programing. We are hoping to enlist Junior Leaders and older members to bring 20-30 minute project demos once a week. A sign up sheet will be emailed to club leaders in the coming days.

### Welcome and Support New Families

- Thank you club leaders for supporting and attending the "New to 4-H Meet and Greet" this spring!
- **Keep an eye on your 4-H Online Club Roster**– new enrollments are still coming in! Contact the office if you have trouble pulling it, we are happy to do it for you.

### Keep the Extension Office in the Loop! Turn in your Club Audit forms

- Financial Review and Club Activities Form is due May 15th. These forms were mailed to head club leaders in March. These forms are required to be considered for the Outstanding Club Award.
- Remember the IRS 990 postcard? We have started doing them for you so that's one less thing on the to do list!

### Attend Volunteer Trainings and Let Us Know How to Help

- Remember the key parts of a 4-H meeting: 1 Part Business, 1 Part Learning, 1 Part Fun! The extension office has a bunch of ideas for games and lessons centered around 4-H themes. If you need inspiration reach out to the 4-H Educators! Alinza Deuser is also serving as 4-H Club Volunteer Representative to the Fair Board. Reach out to her for ideas as well.
- **The next 4-H Volunteer Training is June 22nd at 6 pm in the Community Budling.** We will be talking fair logistics and giving you more tools to keep the fun in 4-H.

Regardless if we make it to 500 or not it is important to celebrate that our program is thriving in Jefferson County and that the work 4-H volunteers do in clubs, in barns, in pastures, and in our community is impacting young people in positive ways. Thank you!

## 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 by May 15, 2023.**

- 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](mailto: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.



# 4-H Youth Development



## 4-H Club Updates:

**PASSION CREATIVITY INTELLECT CONFIDENCE**

**UNDERSTANDING**

**LIFE SKILLS**

**COMPASSION**

**HEALTHY HABITS**

**LEARNING**

**LOGIC FUN**

**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 Volunteer Training —

June 22nd at 6:00 p.m. in the Community Building



### 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 Round Up Grades 7-9

Are you a 7th-9th grader and interested in exploring your special interests at Purdue University? **State 4-H Youth Round-Up** is a great place to develop valuable skills, make new friends, see top-notch 4-H entertainers and much, much more.

Check out the [2023 4-H Round Up Booklet](#) for details on the event!

To register go to <https://v2.4honline.com/> or contact the Extension Office before May 15th at (812)265-8919



## 4-H Academy @ Purdue University June 7-9, 2023



**Animal Science**

Exploring Health Careers

## 4-H Academy @ Purdue Grades 9-12

At 4-H Academy, high school students visit Purdue University to interact with faculty and industry professionals and meet new friends from across Indiana.



**Computer Science**



**Plant Science**



**Natural Resources**

Are you a high school student looking for something to do this summer? Join us at Purdue University for the **4-H Academy!**

Contact your county's Purdue Extension 4-H Educator before May 15 to register.



**Intro to EMS**



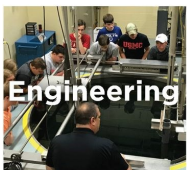
**Personal Finance**



**Flight**

For more information visit: <https://extension.purdue.edu/.../state-programs/academy.html>

To learn more, visit [bit.ly/in4hacademy](http://bit.ly/in4hacademy)



**Engineering**



**Forensic Science**



**Civic Engagement**



**Food Science**



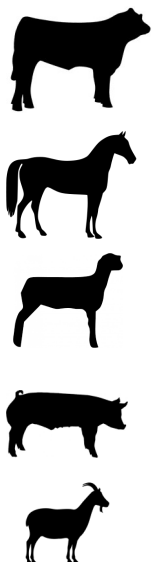
To register contact the Extension Office before May 15th at (812)265-8919

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## Animal ID Enrollment Deadline—May 15th



Anyone wishing to exhibit animals in the 2023 Jefferson County 4-H Fair must have their animals enrolled by **May 15th on 4-H Online**. If you have been putting off your enrollment, this is our hard and fast deadline. **Any animals not enrolled in 4-H Online and properly identified by this date will not be allowed to exhibit at the county or state fair. Rabbits, poultry, dogs and cats do not have to be enrolled online.**

Below are additional resources to help you complete this Animal ID Enrollment Requirement:

- **Link to 4-H Online:** <https://v2.4honline.com/#/user/sign-in>. Make sure that you have the following information:
  - Tag Numbers or Appropriate ID– given at ID Day
  - Premise ID Number– given by BOAH
  - Weight– if taken at ID Day
  - Birthdate– if applicable to species/ show class
- **Instructions on how to enroll your animals:** <https://extension.purdue.edu/4-H/docs/projects/animal-identification/animal-id-instructions.pdf>
- **Watch as 4-H Tech Changemaker, Molly Bruce, shows how to ID Animals in 4-H Online** <https://youtu.be/XwNvtTZK7MM>

You can also call or stop by during normal business hours M-F 8am-4pm, (812) 265-8919.

## The “New YQCA” Requirement

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.



**2nd Training and 4-H Online Animal ID Help Night- May 15th @ 6 pm in the Community Bldg.**

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





# 4-H Youth Development



## Countdown to the Southeastern Indiana 4-H Camp

If you're ready to rock your summer you should get registered for the Southeastern Indiana 4-H Camp June 5th-9th at Camp Higher Ground in West Harrison, Indiana. This camp is for youth in grades 3-12 and is 4-H Member led. Our Junior Directors have chosen "Battle of The Bands" as our 2023 camp theme.

**Registration on 4-H Online Events is due by May 15th.** Camp costs \$220 dollars, thanks to generous donations the cost is discounted to \$110 for Jefferson County 4-H Members.

Contact the office with any questions at (812) 265 8919. We hope to see you on opening night!



## Junior Leaders Intro to 4-H Event—May 17th at La Casa Amiga

### INTRO TO 4-H & DIGITAL INCLUSION EVENT

AT LA CASA AMIGA



MAY 17TH @ 4:00PM

The Junior Leaders & 4-H Tech Changemakers are teaming up to teach youth about 4-H and adults about searching for digital resources and information.

Contact the Purdue Extension Jefferson County Office at (812)265-8919 for more information and to let us know if you plan to attend.

Mark your calendar! The Junior Leaders and 4-H Tech Changemakers are headed to La Casa Amiga on May 17th to facilitate the Intro to 4-H & Digital Inclusion Event. At the April Junior Leaders Meeting, the group discussed ideas for the event and have been preparing 4-H project demonstrations and presentations for the youth at La Casa Amiga.

The 4-H Tech Changemakers are also working on a presentation to help teach adults how to search for helpful resources and information on the internet.

Junior Leaders should plan to meet at La Casa Amiga at 3:30pm. 419 East St, Madison, IN 47250 For more information, contact Jessica Martini at [koons0@purdue](mailto:koons0@purdue) or call (812)265-8919.



## Junior Leaders Meeting

June 20th at 6:30pm

Junior Leaders will not have their regular May meeting due to hosting the La Casa Amiga Event on May 17th. However, 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.





# 4-H Youth Development



## 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](http://v2.4honline.com) to enroll!

**PLEASE RSVP BY JUNE 20, 2023 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



## Jefferson County 4-H Poultry Workshop May 27th 2-5 pm at the Community Building

4-H Poultry members are invited to this free workshop! Attendance at this learning event means you do not have to complete your record sheet. Superintendents will provide an advance blood testing opportunity to speed up check in at the fair. Anyone looking to take advantage of that opportunity must bring their bird in a cage that can be kept outdoors for the duration of the workshop.

Register on 4-H Online events or by calling the extension office (812) 265 8919 by May 24th

### Workshop will include:

- **The Judges POV**

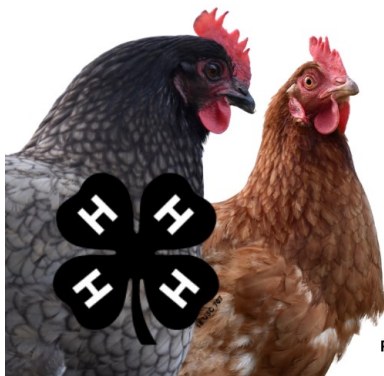
Learn what the judge is looking for when they handle your bird from a guest judge.

- **Nutrition & Parasite Management**

Poultry Superintendents will go over the basics of feeding and caring for your bird.

- **Showmanship**

Senior 4-H Members will do a showmanship demonstration and answer your questions.



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## Trophy Sponsorships

Have you committed to sponsoring a trophy for the 2023 Jefferson County 4-H Fair? Make sure to submit your trophy sponsorship payments ASAP so that all materials can be ordered in time! Trophy sponsorships can be dropped off at the Purdue Extension Jefferson County Office Monday-Friday 8:00am-4:00pm. Interested in sponsoring a trophy but haven't reached out? Contact the office at (812)265-8919 to learn what is still available.



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

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.

## Jefferson County 4-H Horse & Pony Camp

The Jefferson County 4-H H&P will hold an overnight clinic/camp experience June 16-17th. This opportunity is for Jefferson County members only. *Registration must be collected on 4-H Online events so that leaders have access to members health forms & permissions slips.* Any H&P members needing help registering should call the office. All communications about the camp will come from the horse superintendent.



# Health & Human Sciences

## Extension Homemaker Updates:

### Important Dates:

#### Upcoming Homemaker Council Meetings:

June 1st at 9:00 a.m. at the Extension Office

#### Upcoming Smyrna Club Meeting:

May 17th and June 21st at 12:00 p.m. at the Wirt Baptist Church

#### Madison District Retreat:

May 23rd and 24th at Camp Higher Ground in West Harrison, IN.—Reg. Deadline May 10



### \$500.00 SCHOLARSHIP

Offered by Jefferson County Extension Homemakers

The Jefferson County Extension Homemakers will award a \$500.00 scholarship to one student at each of the following:

- Madison High School
- Southwestern High School
- ~~Shaw~~ Memorial High School or Christian Schools or Home School.

- 1) Students in Jefferson County attending an Indiana College.
- 2) You may only apply for this scholarship once.
- 3) Eligible applicant must be a graduating high school senior.
- 4) Selection will be made by the County Awards Chairman and a committee of Homemaker members, selected by the Chairman.
- 5) Tuition payments will be made directly to the scholarship winner after official notice of acceptance to a school is presented by the winner to the Homemakers' Council Treasurer.

### Application deadline is May 15.

Questions contact: Jefferson County Extension Office (812)265-8919

Mail to: Jefferson County Extension Homemakers  
3767 W. State Road 256  
Madison, IN 47250

Applications arriving after this date may not be considered by the committee. These rules were decided and approved by those present at the February 1978 Homemakers' Council meeting and reconfirmed in 1996.

\*You do not have to be a 4-H member to apply\*

**Contact Jessica Martini at [koons0@purdue.edu](mailto:koons0@purdue.edu) for an application or stop by the Extension Office M-F 8AM-4PM.**

## Mental Health Awareness Month

May is Mental Health Awareness Month. This year, the National Alliance on Mental Illness (NAMI) is celebrating Mental Health Awareness Month with the More Than Enough campaign.

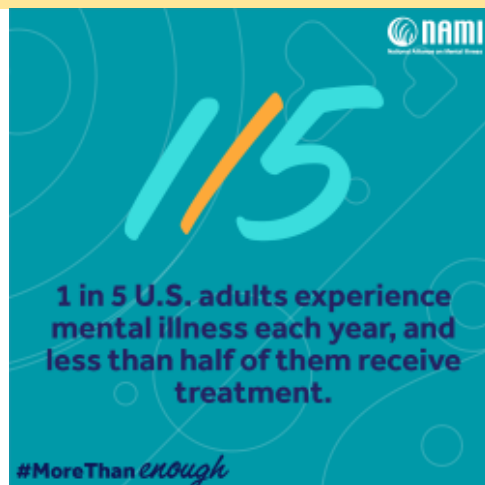
"No matter what, you are inherently worthy of *more than enough* life, love and healing. Showing up, just as you are, for yourself and the people around you is *more than enough*" (NAMI, 2023).

NAMI has created graphics, sample social media posts, and more for individuals to share in celebration of this month.

Follow this link to learn more and access their toolkit:

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

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# Health & Human Sciences

## HHS Extension Resources

### Bite by Bite Nutrition for Life Podcast:

Looking for a podcast to listen to as you drive, wash dishes, go for a run, etc.? Check out Bite by Bite Nutrition for Life!

Bite by Bite is a podcast facilitated by Purdue Extension that provides reliable nutrition information and healthy eating tips.

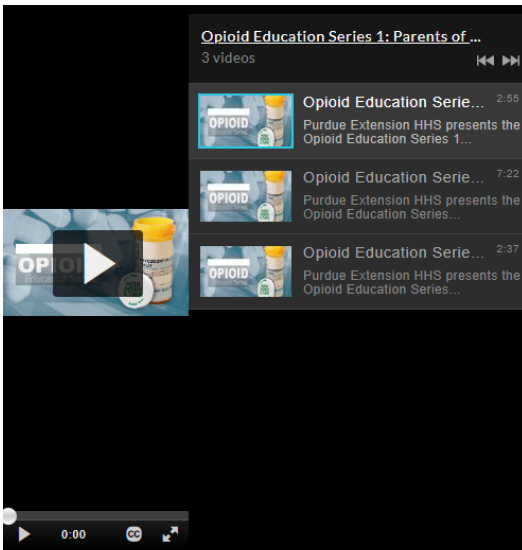
The podcast is available on Facebook, Instagram, Spotify, Apple Podcast and Anchor.fm. Follow this link to listen to the latest podcast "Top 10 Nutrition Myths that Need to Die".

<https://podcasters.spotify.com/pod/show/bitebybite/episodes/10-Myths-Nutrition-Experts-Wish-Would-Die-e21qjcu>

BITE BY  
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NUTRITION FOR LIFE

08

TOP 10 NUTRITION MYTHS  
THAT NEED TO DIE



### Substance Use Education Video Series:

Misinformation and stigma about substance use makes it difficult to change outcomes, but education can help to eliminate that stigma!

Purdue Extension Health and Human Sciences offers a online video series that provides introductory education about substance use. Interested in learning about opioid misuse among teens? Check out Opioid Series 1: Parents of Adolescents.

The entire Substance Use Education Video Series can be viewed by following this link <https://extension.purdue.edu/>

### Happy National Salsa Month! Try this healthy salsa recipe from USDA:

1 cup tomatoes, finely chopped (or 1/2 can, about 8 ounces, low-sodium diced tomatoes) 1/2 cup apple, peeled and finely chopped

1/4 cup onion, finely chopped

2 tablespoons lime or lemon juice

1 teaspoon garlic, finely chopped

1/2 teaspoon vegetable oil

1/4 teaspoon salt

1 teaspoon fresh parsley or cilantro, chopped (optional)

1 tablespoon cayenne pepper or jalapeño chilies, chopped (optional)



Mix ingredients together, refrigerate for 15 minutes and serve cold.

<https://www.myplate.gov/>

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## Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
May 10	Extension Board Mtg.	Extension Office	6:30 p.m.
May 15	4-H Online Animal ID Deadline!!		
May 15	Quality Care of Livestock Training	Community Building	6-7 p.m.
May 17	Jr. Leaders Event	La Casa Amiga	3:30 p.m.
May 18	Ag & Natural Resources Webinar		noon- 1 p.m.
May 20	Jefferson County Classic	Fairgrounds	
May 23-24	Homemakers Madison District Retreat	Camp Higher Ground	
May 25	Master Gardener Garden Tour	Downtown Madison	5-8 p.m.
May 26	Master Gardener group trip		
May 27	4-H Poultry Project Workshop	Fairgrounds	2-5 p.m.
June 1	Homemaker Mtg.	Extension Office	9:00 a.m.
June 1	Fair Board	Community Building	7:00 p.m.
June 5-9	Southeastern IN 4-H Camp	Camp Higher Ground	
June 20	Jr. Leader Mtg.	Extension Office	6:30 p.m.
June 22	4-H Volunteer Training	Community Building	6 p.m.
June 24	Mini 4-H Day Camp	Community Building	10 a.m.-2 p.m.
June 27	4-H Fashion Review	Community Building	6:00 p.m.
June 28	Quality Care of Livestock Training	Community Building	6-7 p.m.
June 29	Pen Set Up	Fairgrounds	6:00 p.m.
July 7-14	2023 Jefferson County 4-H Fair		

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