

November 2023 Newsletter

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Hours:
Monday - Friday
8 a.m. - 4 p.m.

Find us Online:

Website:

www.extension.Purdue.edu/Jennings



Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt

Fall Festival & Annual Update

Another Fall Festival & Annual Update is in the books! Thank you to all of our volunteers, 4-H'ers, and Jennings County FFA members who helped make the event a success. Congratulations to The Hickory Huskers, comprised of Bernie, Cari, and Therese Hauersperger, for pulling out the Indiana Trivia win!



Jennings County Staff



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Rebekah Cartwright
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County Extension Director
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Stacey Lane
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Thank you to our sponsors!

Jennings County 4-H
Jr. Leaders



Jennings County 4-H
Livestock Committee



Crimson Oak
RESTAURANT & PUB



2355 E US 50
North Vernon, IN



Tailfeather Farm Market



November 4-H Newsletter

Jennings County 4-H

2023



Dear 4-H Families & Volunteers,

We are about a third of the way through the 4-H Enrollment period! It is very important that 4-Hers and volunteers are re-enrolled by the January 15th deadline! You must be re-enrolled for 2024 to sign up for camps, submit scholarships, enroll animals, and much more. Please, if you have questions or need any help with enrollment, contact the office by calling 812-352-3033.

Happy Thanksgiving,
Rebekah Cartwright
4-H Youth Development Educator



Looking for Junior Staff for 4-H Camp

The applications for any 4-H member in grades 8-12 who would like to serve as a Junior Director, Group Leader, Counselor, or Counselor in Training (CIT) for 2024 Southeastern Indiana 4-H Camp are now available! All Junior Directors, Group Leaders, Counselors, and CITs are considered Junior Staff members for camp. Just like last year, the Junior Staff and camp application are a single electronic application on 4-H Online. You must be enrolled in 4-H to apply to be Junior Staff. Find the event titled 2024 Southeastern Indiana 4-H Camp and follow the instructions. Payment is not required for you to apply for a Junior Staff position. Payment is due on May 1st of 2024. **Junior Staff applications are due on November 17th!**

Important Dates

November

- 4 Llama Club Outing to North American Livestock Expo
- 6 Barefoot Bandits Meeting 6pm
- 7 OFFICE CLOSED - Election Day
- 10 OFFICE CLOSED - In observance of Veterans Day
- 13 4-H Council Meeting 5pm
- 13 Livestock Committee Meeting 6pm
- 14 Muscatatuck Mudpuppies 6pm
- 16 JC Riders Meeting (Goins Farm) at 6:30pm
- 17 Jr. Camp Staff Application due
- 23 OFFICE CLOSED - Thanksgiving Day
- 24 OFFICE CLOSED

Can you find the four H's hidden in the 4-H newsletter?



HEAD



HEART



HANDS



HEALTH

Club Meetings & Events

- **Barefoot Bandits 4-H Club**
 - November 6, 6:00pm Library
- **4-H Council Meeting**
 - November 13th, 5:00pm Library
- **Livestock Committee Meeting**
 - November 13th, 6:00pm Library
- **Muscatatuck Mudpuppies**
 - November 14th, 6:00pm at 6170 N CR 500 E North Vernon, IN 47265
- **Junior Leaders**
 - November 15th, 6:00pm at the Extension Office
- **JC Riders**
 - November 16th, 6:30pm at the Goins Family Farm

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Adult Volunteer Training

Any adult volunteer who has enrolled, but has not completed the online training videos, may attend an in person volunteer training December 11th, at the Jennings Co. Public Library. The exact time is still to be determined. You must have submitted your 4-H online enrollment before attending! The online training videos or the in person training are mandatory to be approved as a 4-H volunteer.

Please contact Rebekah if you are interested in attending this in-person training.



2024 4-H Scholarships

In partnership with the Indiana 4-H Foundation, the Indiana 4-H Youth Development Program annually awards more than \$150,000.00 in scholarships to 4-H members to pursue post-secondary education. Scholarships are awarded to recognize youth participating in Indiana's 4-H Youth Development Program on their achievements and life skill development resulting from their participation in a variety of 4-H experiences. on the next page, the different scholarships are listed with brief descriptions. To access the application, visit 4-H Online through the events tab!

Scholarship Help Session - Wed. Dec. 21, 2023 from Noon-2pm. Pop in Conference Room 3 of the JC Public library for as long as you need to get help on your scholarship application. Whether you need help submitting or don't know where to begin, we're ready to help. Bring your green 4-H record folder, any scholarship information you have, 4-H Online login info, & your own laptop or call the Ext. Office to reserve one.



2024 SCHOLARSHIP OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit bit.ly/4hscholarship to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

\$166,725 AWARDED IN 2023



Extension

Health & Human Sciences

NOV
2023

ServSafe Food Manager

****Upcoming Training****
Tuesday, November 28, 2023
Purdue Extension Office
Registration 8:15 AM
Training begins at 8:30 AM
Exam immediately following



**Register online by
November 20th.**

Registration link: <https://cvent.me/Xr1yw1>

Reading Made Fun- Volunteers Needed for 2023-2024!!!

READING MADE FUN VOLUNTEER TRAINING

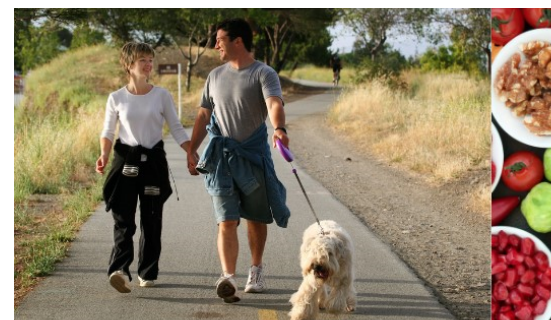
.....
Nov. 29 10 AM
Extension Office
Contact Deidre
for more info!

We are reading in all JCSC, St. Mary's, and CC-NV Kindergarten classes as well as OVO Head Start again this year!!! That's over 17 classrooms each month and we are needing to increase our reading volunteer pool to support our efforts. If you are interested in reading during the months of December to May, please contact our office. Background checks and minor safety training will be required.

30 for 30: Walk-A-Weigh

Join us in walking 30 minutes per day for 30 straight days along with getting information about nutrition and several other topics to improve your health this holiday season!

- Daily social media posts from professionals across the country
- Weekly Facebook Live Walk-A-Weigh classes
- Weekly prizes through participation on Facebook group challenge page!



November 1st-November 30th

Cooperative Extension
30 for 30: Walk-a-Weigh

tinyurl.com/30for30WAW



Tips for a Happy Healthy THANKSGIVING

THANKSGIVING TIPS FOR PEOPLE WITH DIABETES

- ✦ Don't skip meals or snacks earlier in the day to "save" calories and carbs for the Thanksgiving feast. If you skip meals, it may be harder to manage your blood sugar.
- ✦ Be sure to eat breakfast and if your main meal is later in the day, eat a small snack or meal at midday, so that your blood sugar will remain more stable.
- ✦ Take a look at the food on the whole table before you take any. Use the Thanksgiving Plate as a guide for choosing the foods you will eat.
- ✦ Limit the number of grains (starches) on your plate. It might be tempting to have some mashed potatoes, sweet potato casserole, and stuffing—however, limit them to ¼ of your plate.
- ✦ Choose raw fruits and vegetables. Avoid vegetables in creams, gravies, and butter.
- ✦ Stick to calorie-free drinks such as water, tea, seltzer, or diet sodas instead of punch, or mixed drinks.
- ✦ Have a dessert, but take a small portion, eat slowly, and enjoy the taste.

ARE YOU A GUEST AT A FAMILY MEMBER OR FRIEND'S HOUSE?

- ✦ Talk to the host before the day and find out what will be served.
- ✦ Offer to bring along a lower-calorie dish that you know you will enjoy. Check out our diabetes-friendly recipes.

After the meal, try not to hang out near the food to avoid snacking. Find a comfortable spot across the room and focus on socializing instead of eating.



- ✦ After your meal, take a walk with family and friends. Exercise will get you moving, keep you focused on your goals, and give you a break from being surrounded by food. Exercise is also a great way to lower blood sugar levels.
- ✦ Plan a family game of tag, flag football, or Wii™...or any other game that will get everyone up and moving.
- ✦ If you eat too much on Thanksgiving, don't beat yourself up. Don't think you have failed, just make a plan to get back on track.
- ✦ Make a "Healthy Eating Contract" with yourself to set goals for your Thanksgiving meal. Clearly state how you will approach eating during the day, and what you want to accomplish. Be sure to sign and date this contract so that it's official.

ARE YOU HOSTING THANKSGIVING DINNER?

- ✦ Make sure the menu includes lower-calorie foods, such as fruits, vegetables, and lean meats (such as turkey).
Roasting is a good way to cook your turkey. Avoid frying or adding extra fat (like butter) during cooking.
- ✦ When you're cooking, avoid tasting the dish more than you need to. These calories add up and can affect your blood sugar.
- ✦ If you're the host of the dinner, clear the table and put unused food away to help guests avoid snacking.



Nutrition Education Program Updates

Hi all!

I had the joy of watching kids go wild on the courthouse lawn with toilet paper yesterday and enjoyed all the energy and excitement! As we all settle in for the cold, take a cue from our kids and enjoy celebrating the season with others! Here's an update of what has been and will be happening with NEP in Jennings County:

1. Breastfeeding supports at community events! As part of the Health Issues & Challenges grant – Kala Moore, a Community Health Worker with Healthy Communities, has a tent and equipment to set up a comfortable space for breastfeeding moms at community events. Let Kala know if you'd like to have her come to your event by emailing kmoore2@crh.org.

2. The Jennings County Food Security Coalition hosted a Blessing Box Training on October 14th! Thirty individuals and ten different organizations joined the Coalition for the training at North Vernon Church of the Nazarene. You'll start seeing those boxes around the county in the coming months!

3. Food as Medicine is a wrap! Congratulations to the participants in our Food as Medicine program in Jennings County for finishing their last lesson on October 11th!

4. November's Walk with a Doc will be held on Friday, November 3rd at 4pm at the Vernon Gym. Come join Dr. Jen Stanley and Dr. Dashrath Gautam to hear about the health topic of the month and enjoy a walk with others. We'll be indoors at the Vernon Gym to avoid the cold!

5. The Health Issues & Challenges Grant is off and running! The Market 2 Go experience at the Boys & Girls Club in Jennings County has wound up for the year and the HOPE Weekend Food Program, Panther Pantry at Jennings County High School have started their work for the grant!

If you're interested by this work, contact our office or email me at jeffwalker@purdue.edu. Many groups in our community working on these efforts and I'd be happy to connect you!

Healthfully yours,

Jeff Walker: jeffwalker@purdue.edu





Teaching Ag Importance In Jennings Co. Schools

ANR educator, Emily Peterson, and the Purdue Extension staff spent time at our local schools in October! Between the Jennings County SWCD Forestry Field Day and Great Apple Crunch, Emily began to get to know students at each elementary school in Jennings County.

At Forest Field Day Emily and volunteer, Beth Steiner, educated students on the importance of farming and corn production. Students snacked on locally grown popcorn popped over an open fire by Jennings County FFA members.



The Purdue Extension Office taught students about apple production and the importance of local farmers. At the end of the program each student received an apple grown from Doll's Orchards, and they worked together to make the great apple crunch noise by biting into their apple at the same time.



Important Dates: November:

- Beef Quality Insurance Training November 2nd from 6:30-9 at SEPAC
- Beef Quality Insurance Training November 7th from 6:30-9 at Jefferson Co. Fairgrounds
- SCOTT, LAWRENCE, AND CRAWFORD COUNTY AREA 2 PARP - SOUTHEAST DISTRICT 11/08/2023 FROM 6:00 P.M. TO 8:00 P.M. EST AT SCOTT COUNTY FAIRGROUNDS
- VIRTUAL PARP - SOUTHEAST DISTRICT Date(s) - 11/09/2023 11:00 a.m. to 1:00 p.m. EST Link below

December:

- 2023-2024 Indiana Beef Cattle Association (IBCA) and Purdue Area 1 Beef Meeting on December 7th at 6 PM at the Southeast Purdue Ag Center (SEPAC) call 812-352-3033 to RSVP

Jennings ANR Services

Soil Sample and Testing:

The Jennings County Extension Office offers soil sample bags and test forms for sample submission. We have a soil probe available to borrow. Office hours are Monday-Friday, 8am-4pm.

Plant and Bug Identification:

If you need a plant, weed, or bug identified, bring it to our office and Emily Peterson, our ANR Educator, will assist you. Please call ahead at 812-352-3033 to make sure Emily is in the office and available. You may also email photos of the specimen to Emily at epeterson@purdue.edu for ID.



Jennings County Extension now offers

FECAL EGG COUNTS



WHAT IS A FECAL EGG COUNT?

- A quantitative assessment and identification of the number of parasite eggs an animal is shedding at the time of sample collection

WHY SHOULD I GET A FECAL EGG COUNT ON MY LIVESTOCK?

- Fecal Egg Counts assess your livestock's parasite burden and target the parasite your livestock might be suffering from at the time of collection.

SAMPLE COLLECTION INSTRUCTIONS

- Use gloves to collect a fresh sample of feces from your livestock. The sample should still be both moist and soft. It should be collected and turned into the office no more than 6 hours from the time of defecation
- Collect at least 1/2 cup or 4oz. of feces and place in a clean ziplock bag.
- Label the bag with the species of livestock that the sample came from and the animal's identification.

Cost: \$10

LET'S REDUCE ANTIPARASITIC RESISTANCE!

Upcoming PARPs



SCOTT, LAWRENCE, AND CRAWFORD
COUNTY AREA 2 PARP - SOUTHEAST

DISTRICT

DATE/TIME

Date(s) - 11/08/2023

6:00 p.m. to 8:00 p.m. EST

CONTACT INFO

Name: Tom Springstun

Title: ANR Educator

Phone: 812-752-8450

Email: tsprings@purdue.edu

LOCATION

Scott County Fairgrounds

District: Southeast

County: Scott

Address: 527 W. Old State Road 62

Levenworth, IN 47137

EVENT DETAILS

This program is repeated in Lawrence
County and Crawford County. Only 1
program will receive credit.

VIRTUAL PARP - SOUTHEAST DISTRICT

DATE/TIME

Date(s) - 11/09/2023

11:00 a.m. to 1:00 p.m. EST

CONTACT INFO

Name: Ophelia Davis

Title: ANR Educator

Phone: 812-275-4623

Email: odavis@purdue.edu

LOCATION

VIRTUAL

District: Southeast

County: Lawrence

Address:

EVENT DETAILS

Use this link to register before the program
to receive program link. Attendance is
required for the entire program in order to
receive credit.

<https://bit.ly/Nov9VirtualRecertProgram>

2023 OISC Regulation Update; 4R Fertility;
Nutrient Management with Cover Crops

Ag Survey

Please click on the link and fill out the survey!
This could also be found pinned at the top of our
Facebook page.

https://purdue.ca1.qualtrics.com/jfe/form/SV_9LZwKo6MH8cdW9E