

4-H YOUTH DEVELOPMENT



The following are current news items and events that may be of interest to you. If you have any questions regarding any of the information covered in this newsletter, please call us at 427-3152.

Sincerely,

Kyle Weaver, *Purdue Extension Educator*

Julie Threadgill, *Purdue Extension Educator*

Tanya Pike, *Office Manager*

Mark Your Calendar

- ♦ **Jr Leader Meetings** will be held on the following dates: February 15, March 7, April 18 & May 16. All meetings will be held in the Extension office conference room at 6:30 pm. 4-H Members in grade 7 or higher are invited to join Junior Leaders.
- ♦ **Shooting Sports Safety Meetings** will be held on February 24 & March 9 at 9 am at the Tech Center. Anyone who wishes to participate in this project needs to sign up prior to March 1. You must currently be in grade 3 or above to participate. Range meeting schedules will be handed out at the safety meeting. The Outdoor Skills option has been added for this year.
- ♦ **Beef Tagging** will be held on Saturday, February 24 from 7-9 a.m. at the fairgrounds. Anyone wanting to participate in the beef project, must bring your animals to this event. All steers and commercial heifers must be tagged.
- ♦ **Annual Extension Meeting** will be held on February 26 at the Technology Center. Please see page 8 for further information.
- ♦ **Goat, Sheep & Swine Tagging** will be held on Saturday, April 27 from 7-9 a.m. at the fairgrounds.
- ♦ **Drop/Add Deadline for projects is May 15.** Reminder: All livestock must be enrolled online by May 15.

Find us on the internet at:

<https://extension.purdue.edu/Switzerland>

Like us on Facebook at:

<https://www.facebook.com/purdueextensionsswitzerlandcounty/>

Find us on Instagram:

[@PurdueExtensionSwitzCo](https://www.instagram.com/PurdueExtensionSwitzCo)



2024 Fair Dates

June 29—July 6.

**Exhibit Hall projects
are due on
Saturday, June 29th
from 8 a.m.-noon**

No Exceptions!!



2024 4-H Project & Rule Changes

The following projects have changes for the 2024 fair season. Project requirements will be given with project publications & record sheets.

Animal Projects Changes

- Goat
- Poultry
- Rabbit
- Sheep
- Overall Livestock



Exhibit Hall Project Changes

- Aerospace
- Electric
- Garden
- Genealogy



CONGRATULATIONS! 2024 4-H Camp Jr. Staff

Plans are currently underway for the 2024 4-H Camp!!! Congratulations to the following 4-Hers who will be Counselors in Training, Counselors or Jr. Directors, at the 2023 4-H camp! Switzerland County will be well represented at camp again this year! Camp applications will be available in March.

Counselors in Training

- Peyton Cunningham
- Trinity Hall
- Mason Jones
- Taylor Kappes
- Dalton Slaughter
- Alayna Smith

Counselors

- Dawson Baker
- Aryonna Cunningham
- Amber Detmer
- Dakota Fields
- Jenal Flynn
- Kellen Griffin
- Ethan Harbert
- Casen Haskell
- Luke James

- Sydney Loudon
- Briar Pennington
- Ashton Purvis
- Peyton Richards
- Payton Stow
- Nigil Sullivan
- Joel Threadgill
- Maizen Wainscott

Junior Directors

- Rosa Jones
- Madalyn Levell
- Wyatt McAllister
- Emily Miller
- Ethan Rayles
- Sam Schroer



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REQUIRED Livestock & Exhibit Hall Project Dates, Deadlines & Requirements

County Identification Dates:

- Beef—Saturday, February 24, 7-9 am
- Goat, Sheep, Swine—Saturday, April 27, 7-9 am
- Poultry/Rabbit—Thursday, June 13, 6-8 pm



4HOnline Entry Deadlines: (v2.4honline.com)

- Beef and Dairy Beef Steers, Beef Heifers, Beef/Dairy Feeder Calves, Dairy Cattle, Goats, Horses, Sheep, and Swine by May 15.

Instructions for entering livestock information in 4honline will be given to 4-H'er at the county tagging day.

Fair Entry Deadlines: (fairentree.com)

This site is where you will enter your projects in specific classes. Exhibit hall judging books and livestock show bills are generated from this site.

For Example: Photography: Color Prints or Color Salon Print.

Beef: Crossbred market steer. Etc.....

- All Exhibit Hall & Livestock projects by June 14.



Livestock Exhibition Requirements & Dates:

- 1 QLC (formerly YQCA) meeting (March 19 at 6:30 pm, April 2 at 6:30 pm at the tech building & June 22 at 11 am at the community building) Registration in the event section of your 4honline account is required for attendance at this meeting.
- Premise ID #



County Livestock Auction Requirements & Dates:

- 3 club meetings
- 1 livestock meeting (June 22 at 11 am other dates TBA)
- 1 completed exhibit hall project

NOTES:

- ♦ We have updated the green handbook. Make sure to get a new one this year!
- ♦ You will be given updated project requirements for any projects you are taking that have changes.
- ♦ Publications and record sheets are available at the Extension office.
- ♦ We also have poster board, sleeves, and electric kits available.



2024 STATE 4-H SHOOTING SPORTS

Events Dates

Register Online!

Air Rifle & Air Pistol

February 24th, 2024

Handcock County Fairgrounds - Greenfield, IN

Archery

March 23rd, 2024

Cutting Edge Archery - Greensburg, IN

Air Rifle, Air Pistol, Rifle & Pistol

April 20th, 2024

Riley Conservation Club - Riley, IN

Shotgun

May 18th, 2024

Indiana Gun Club - Fortville, IN

Muzzleloader (interest required)

May (TBD)

- Team and Individual Entry options
- Ammo for shoot provided
- Participants should bring own equipment
- Bring your own lawn chairs, sunscreen and snacks
- Check in Times from 8-9AM

Registration is required and can be found on 4-H Online (v2.4honline.com) under Events or at the links below.

Air Rifle & Air Pistol

<https://in4hstateshootairpistrif24.4honline.com>

(Register by February 19th)

Archery

<https://in4hstateshootarchery24.4honline.com>

(Register by March 18th)

Air Rifle, Air Pistol, Rifle & Pistol

<https://in4hstateshootpistrif24.4honline.com>

(Register by April 15th)

Shotgun

<https://in4hstateshootshotgun24.4honline.com>

(Register by May 15th)

Muzzleloader

<https://in4hstateshootmuzzle24.4honline.com>

(Register by April 1st)

Questions: Contact David Osborne at osbornda@purdue.edu or 812-689-6511



Extension - 4-H Youth
Development



Purdue University is an equal opportunity/equal access/affirmative action institution.

AGRICULTURE & HORTICULTURE

Winter 2024

Weavers Wisdom

2024 is finally here. It seems like the new year always brings with it the opportunity to do something special. I mean it's a brand new year full of promise and positive energy. Why else would we spend time thinking of a new years resolution? It's because it makes us feel good to start over and get things done. I know that if you are like me you have never actually fulfilled one of those new years resolutions, but we keep making them anyway. Maybe this year will be different. Happy New Year!

Agriculture News

Upcoming Events:

Tobacco GAPS, PARP, and Annual Update

February 22, 2024 6 to 8 pm

Jefferson County Extension Office

Reservations are required.

Please contact the Switzerland County Extension Office at 427-3152 for more information.



Master Gardener

February 1 to May 14, 2024

Applications are due January 31, 2024

Please contact Kyle at the Switzerland County Extension Office at 427-3152 for more information.



Navigating Farmland Inheritance (Virtual)

February 27th and March 5th Noon to 2 pm

Please contact the Switzerland County Extension Office at 427-3152 for more information

Keeping the Business in the Family (A Roadmap to Successful Succession)

March 12th 9 am to 4 pm at the Decatur County Extension Office in Greensburg

Please register by calling Decatur County at 812-663-8388 by March 1st

Please contact the Switzerland County Extension Office at 427-3152 for more information

**PURDUE
EXTENSION**

Extension Annual Meeting

February 26, 2024 6 pm

Technology Building

Reservations are appreciated

Please contact the Switzerland County Extension Office at 427-3152 for more information.

2024 Indiana Small Farm Conference

WEST LAFAYETTE, Ind. — Registration is open for the **2024 Indiana Small Farm Conference** — Indiana's premier annual event for the state's farming community. The 12th annual conference and trade show will take place Feb. 29-March 1 at the Hendricks County Fairgrounds in Danville, Indiana.

Join this year's keynote speaker, Michael Kilpatrick, founder of Growing Farmers and host of the top-rated "Thriving Farmer Podcast," to network and learn about thriving in challenging times and adding help to your farm.

Since 2013, the Indiana Small Farm Conference has brought together novice and experienced small-scale farmers to benefit from comprehensive, instructive and enjoyable programming about diversified farming and local food systems. This year's conference will offer eight tracks from which attendees can choose sessions that interest them:

- Urban agriculture
- Vegetable production
- Business
- Livestock
- Resilient agriculture
- Niche opportunities
- Equity and food security

Flowers

"A new and exciting session called fiber farming will include a presentation about sheep, alpaca and rabbit farming for fiber," said Amy Thompson, Purdue Extension's beginning farmers coordinator and a conference organizer. "There will also be a fruit grafting demonstration during the social hour on Thursday evening and several farmer panels and opportunities for networking."

For more information or to sign up, visit the Indiana Small Farm Conference website at purdue.ag/sfc.

Follow the conference on X (formerly known as Twitter) at @SmallFarmPurdue, on Instagram at @purdueffs or on Facebook at @PurdueExtensionSmallFarms, with the hashtag #PurdueSmallFarms.

Writer/Media contact: Nyssa Lilovich, ncililovi@purdue.edu

Source: Amy Thompson, afthompson@purdue.edu



SOUTHWEST INDIANA HOMESTEADING CONFERENCE MARCH 8-9, 2024

Purdue Extension will offer the **Southwest Indiana Homesteading Conference** to help current, beginning, and prospective small farmers in the Tri-State area improve and diversify their small farm and homestead operations.

Friday's sessions focus on food preservation, with topics such as boiling water bath, jams and jellies, pressure canning, and fermenting and pickling with hands-on practice in the kitchen.

Saturday sessions involve an array of small farm presentations, with topics including vegetable production, fruit production, soil fertility, composting, beekeeping, backyard poultry, urban agriculture, cover crops, organic systems, food storage panel discussion, small business resources, rain harvesting and storage, tools for the farm, and mushroom cultivation.

Conference participants will receive information on production methods and processes from a variety of experts to plan for new ventures, improve current production and profitability, and diversify current operations. The event will also feature vendor booths with products and services geared towards small farm and homestead operations. Register at [bitly.ly/swihc2024](https://bit.ly/swihc2024)





Extension - Switzerland County

ANNUAL MEETING

COMMUNITY CONNECTIONS

Please join us as we celebrate Purdue Extension Switzerland County with educator highlights of 2023 programs:

- Kyle Weaver, CED, ANR, 4-H Youth
- Julie Threadgill, HHS, 4-H Youth
- Jessica Martini, Community Wellness Coordinator

We also welcome community partners to highlight their prospective programs :

- Lindsey Simmons, YMCA CEO
- Mark Schutte, Switz. Co. Tourism Director
- Wade Hughes, SCHS Career Coach



PROUDLY SERVING THE
SWITZERLAND COUNTY COMMUNITY

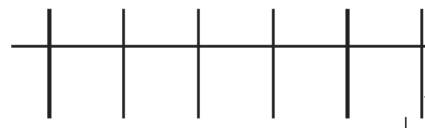


708 W. Seminary St. Vevay

FEB | 26TH | 2024

6:30 pm

PURDUE EXTENSION · SWITZERLAND COUNTY
P.O. BOX 175 · VEVAY, IN 47043 · (812) 427-3152



PURDUE INSTITUTE FOR FAMILY BUSINESS

KEEPING THE BUSINESS IN THE FAMILY:

A ROADMAP TO SUCCESSFUL SUCCESSION

DATE: March 12, 2024

TIME: 9AM - 4PM

LOCATION: Decatur County
Extension Office
545 S Co Rd 200 W
Greensburg, IN 47240

The Purdue Institute for Family Business (PIFB) has created a program, Keeping the Business in the Family: A Roadmap to Successful Succession. This program takes a holistic approach to succession in farm and family businesses; delving into strategic management, relationships, conflict management, and managing stress.

The program will help participants create a timeline and roadmap for the ownership and management transfer process. The training will cover three modules with a total of six hours of educational materials.



Extension

The Succession Planning Team

GUEST SPEAKERS



Kyle Weaver



Heather Caldwell



Renee Wiatt

MODULE 1.

- A. First Steps in Succession Planning
- B. Family Functioning
- C. Strategic Management in the Family Business

MODULE 2.

- A. Dealing with Conflict
- B. Weathering the Storm in Agriculture

MODULE 3.

- A. Visioning Framework
- B. Culture of Collaboration
- C. Roadmap to Succession

RSVP by March 1 by calling
812-663-8388 \$50 a person

HHS Educator's Corner

Julie Threadgill

Winter 2024

HHS/4-H Educator

I hope that this winter season finds you healthy and happy. I can't believe that we are already into February! I have several things to share with you this month. If you are finding that the lack of sunshine is leaving you lethargic this winter, read all about the small changes you can make in your life that will have a huge impact on your overall well being in my article, "Alleviating The Winter Blues– Embracing the Warmth Within" in this month's newsletter.

We have another fabulous Purdue recipe. A warm, protein laden soup will help keep you healthy and provide energy & nutrients to fuel your body through the remaining winter months.

I also want to pass along a fun opportunity!

Is there someone in your county who has an undying passion for IEHA; do they exude enthusiasm to fellow club members? Do they "get the ball rolling" and encourage participation in favorite projects; do they share their love for IEHA with others? Are they willing to go the extra mile for their club, county and community?

Then nominate this passionate individual for the ENTHUSIASM AWARD!

Each county may nominate one enthusiastic individual for the Enthusiasm Award. Nominees are due to District Representatives by April 1st. The awards will be presented at Home & Family Conference in June.

**Dates to Remember:**

Homemaker monthly lessons are available in the Extension Office. Don't forget to stop by and pick them up.

February - Music's Effect on Your Health

March- Alphabet Soup: Make sense of Minerals & Supplements

April– Walking for Wellness

HHS Advisory Board Meeting will be held on Monday, February 12th at 11:30 am.

Annual Extension Board Meeting will be held in person on Monday, February 26th at 6:30 p.m. at the Technology Building. Please join us if you are free.

April 1st– Submit your entries for the "Enthusiasm Award" by April 1st to your district representative.

Save the Dates! Switzerland County 4-H Fair is June 29th– July 6th, 2024.

Homemaker Headlines



Hello Homemakers!

I would like to inform you of the upcoming events for 2024.

FEBRUARY	8	Spice Girls Cooking Club- 1 st Meeting
	22	The Social Club- 1 st Meeting
	27	Family Focus-SC High School Class Valentine Craft
MARCH	8	Council Meeting
	12	Family Focus-SC High School Class Clothespin Wreath
	18	Madison District Spring Meeting Bartholomew County
APRIL	9	Family Focus-SC High School Class Cookie Decorating
	13	Achievement Day Event
MAY	8-9	Madison District Retreat Higher Ground Retreat Center
	14	Family Focus-SC High School Class Picnic & Craft at Ogle Park
	27	2 nd Annual SC Homemakers Hunger Walk
JUNE	7	Council Meeting
	10-12	Home & Family Conference Noblesville, IN

If you have any questions, please don't hesitate to contact me at 812.584.5096.

Hope to see you soon!

Debbie Turner



Alleviating the Winter Blues: Embracing the Warmth Within

JULIE THREADGILL



As winter wraps its icy tendrils around us, many people find themselves experiencing the notorious "winter blues." The chill in the air, shorter days, and limited exposure to sunlight can contribute to a dip in mood and energy levels. However, the key to overcoming this seasonal slump lies in embracing various strategies that revitalize both body and mind.

Embrace the Sunshine!- One crucial element in alleviating the winter blues is the healing power of sunshine. The winter months often bring gloomy, overcast skies, leading to a decrease in natural light exposure. Sunlight plays a pivotal role in regulating our circadian rhythms and boosting the production of serotonin, the neurotransmitter associated with mood regulation. Stepping outside, even for a brief walk, can significantly improve one's mental well-being by providing a much-needed dose of sunlight.

Get Plenty of Vitamin D- often referred to as the "sunshine vitamin," is another vital component in combating winter blues. Sunlight triggers the synthesis of vitamin D in the skin, and its deficiency has been linked to feelings of lethargy and sadness. Unfortunately, sunshine is not always a reliable source of Vitamin D in the winter months. Therefore, incorporating vitamin D-rich foods or supplements into one's diet can help maintain optimal levels and support mental health during the winter months.

Establish a regular exercise routine- Physical activity has been proven to be a natural mood booster, releasing endorphins that act as the body's natural stress relievers. Whether it's a brisk winter walk, or an indoor workout routine, exercise not only helps combat lethargy but also promotes better sleep, increased energy levels, and a heightened sense of self-esteem.





Enjoy your hobbies- Engaging in hobbies acts as a powerful antidote to the winter blues, providing a welcome distraction from the monotony of the season. Whether it's rediscovering an old passion or exploring a new interest, immersing oneself in enjoyable activities can bring a sense of accomplishment and fulfillment. Hobbies not only serve as a creative outlet but also contribute to a positive mindset, breaking the cycle of winter-induced lethargy.

Let Music soothe your soul- With its transcendent ability to evoke emotions, music becomes a therapeutic tool in the battle against the winter blues. Whether it's the soothing melodies of classical music or the upbeat rhythms of a favorite playlist, music has the power to uplift spirits and create a warm, comforting atmosphere. Creating personalized winter playlists can be a simple yet effective way to infuse joy into the darker months.

Make time to nurture friendships and relationships- Staying connected is perhaps the most significant aspect of combating the winter blues. The season provides an opportunity to deepen connections with loved ones, whether through cozy gatherings, shared activities, or heartfelt conversations. Building a strong support system contributes to emotional resilience, fostering a sense of belonging and warmth during the colder months.

Easing the winter blues involves adopting a holistic approach, touching on the aspects we've explored. By embracing these strategies, I'm hopeful that your winter will unfold as a season marked by rejuvenation, personal growth, and a sprinkle of joyfulness.



Black Bean Soup

Black beans, carrots, celery, and seasonings are simmered into this hearty soup. Bring out the delicious flavors with a splash of lime juice and spoonful of yogurt at serving.

Recipe adapted from the [What's Cooking? USDA Mixing Bowl website](https://extension.purdue.edu/foodlink/recipe.php?recipe=Black%20Bean%20Soup).

Prep 20 min	Cook 3 hr	Total Time 3 hr 20 min
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Servings: 5

Ingredients

2 tablespoons vegetable oil
1 onion (diced)
2 carrots (diced)
2 celery sticks (diced)
4 garlic cloves (peeled and minced)
1 teaspoon dried basil
1 teaspoon dried oregano
2 teaspoons chili powder (or more to taste)
3 15.5-ounce cans low-sodium black beans (drained and rinsed) OR use 6 cups cooked (dried) black beans
8 cups water
1 cube chicken bouillon
1 lime (juiced)
plain lowfat yogurt (optional)

Directions

1. If using dried black beans, soak them overnight in cold water (about 8 hours). Rinse, place in large pot, and cover with cold water. Bring water to a boil and simmer until the beans are tender (about 30 minutes). Drain before adding to this recipe in step 3.
2. Place a soup or stock pot on the stove over medium heat and when it is hot, add the oil. Add onion, carrots, celery, garlic, basil, oregano, and chili powder and cook about 10 minutes until the onion is soft.
3. Add the beans, water, and bouillon cube. Increase the heat to high and bring to a boil. Then, turn the heat to low and cook about 2 1/2 hours until the beans are very tender and the mixture is uniform in color.
4. If you want a pureed soup, set the soup aside to cool for about 20 minutes. Put 2 cups soup in a blender and put the top on, halfway (this will allow the soup to expand and any steam to escape) and blend until smooth. Transfer to a large container. Repeat using the rest of the soup.
5. Just before serving, squeeze the juice of 1/4 lime on each serving and a tablespoon of yogurt.
6. Serve right away, or cover and refrigerate up to 5 days.



Nutrition Information

Serving Size 2.5 cups

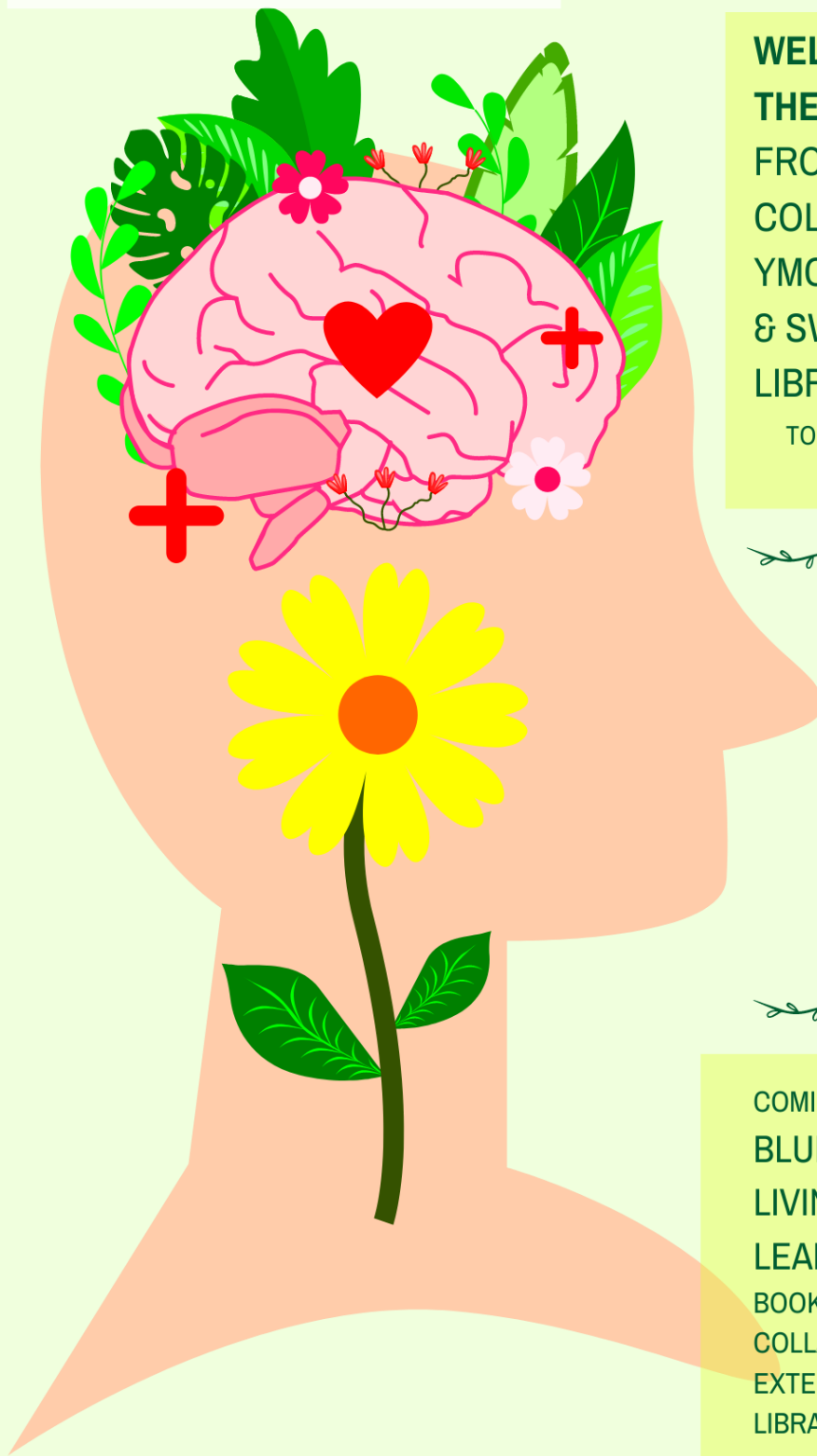
Nutrients	Amount	% Daily Value
Total Calories	322	
Protein	17g	
Carbohydrates	51g	17
Dietary Fiber	20g	80
Total Fat	6g	9
Saturated Fat	0g	0
Cholesterol	0g	
Sodium	613g	26

For Garnishment, add red and yellow bell peppers or cilantro and lime when ready to serve.

Recipe Source: <https://extension.purdue.edu/foodlink/recipe.php?recipe=Black%20Bean%20Soup>

STEPS FOR A HEALTHIER YOU

JOIN US FOR HEALTH AND WELLNESS COMMUNITY PARTNERSHIP OPPORTUNITIES



**WELLNESS WARRIORS AT
THE Y- MEET EVERY FRIDAY
FROM 11:30 - 1PM
COLLABORATION EFFORTS:
YMCA, PURDUE EXTENSION
& SWITZERLAND COUNTY
LIBRARY.**

TO GET STARTED: CALL ALEC AT THE
YMCA



**GET WALKIN'- MEETS
EVERY TUESDAY &
THURSDAY AT THE Y AT
9AM FOR WALKING
SESSIONS- CALL JULIE
TO SCHEDULE**



COMING SOON!

**BLUE ZONES: SECRETS TO
LIVING LONGER: LESSONS I
LEARNED...**

BOOK STUDY & DISCUSSION
COLLABORATION EFFORTS: PURDUE
EXTENSION & SWITZERLAND COUNTY
LIBRARY



MADISON DISTRICT SPRING MEETING

March 18th, 2024



Presented by the Bartholomew Co. Extension Homemakers

Location: Community Building at the Bartholomew County Fairgrounds,
750 W 200 S, Columbus, IN 47201

9:00 AM Registration includes a continental breakfast. Meeting begins at 10:00 AM

We are lucky to be a Homemaker!



Reservations Due: March 4, 2024
\$15.00 per person & \$10 per county for door prize

All reservations should be sent to:

Bartholomew County Extension Homemakers, c/o Amy Kilby,
3024 Fox Pointe Drive, Columbus, IN 47203

A Box Lunch will be provided by The Rolling Pin
(Sandwich, side, chips & 2 cookies)

Please contact the Purdue Extension, Bartholomew County
office at 812-379-1665 for more info.

(See back side for reservation sheet)



Switzerland County Newsletter Winter 2024

ADDRESS SERVICE REQUESTED

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