

Extension Edge

An educational publication of Purdue Extension — DeKalb County



Extension - DeKalb County

July/August 2023

Homemaker of the Year!



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Congratulations
Vi Whittington
Homemaker of the year

Racing to Achieve



Extension Homemakers

Hello everyone,
 Hope you are all doing fine. The gardens are growing. You keep fighting old age. Old age is not for sissies.

Thank you all for coming to sew day. It was a good time. With your help we made 31 baby blankets. Our next Sew Day is July 11th at COB. 9 am - 3 pm. Please bring a dish to share

We have added game night back this year. The first one will be on August 7th at the exhibit hall from 6 pm - ? Please bring a snack to share. Don't forget your laughter.

If you haven't heard we are having a spaghetti dinner this year on October 25th from 4:30 - 7:00 pm at the exhibit hall. We are going to try something new. Dinner will consist of spaghetti (no meat balls), garlic bread, salad, pie and a drink. We will be making noodles on August

24th at the exhibit hall, starting at 9 am until done. The good news is we are only making 12 dozen. YEAH.

WE are hosting the fall district meeting this year, so please mark your calendars for September 11th.

Let's rock the house with all the DeKalb Co. Extension Homemaker WOMEN.

Your President Martha Close

Don't worry if people don't like you.

Most people are struggling to like themselves.

HOMEMAKERS 2023 IMPORTANT DATES

July 4	Independence Day - Extension Office closed
July 6	EH Council 6 p.m., COB (lower level)
July 11	Sew Day - 9 am - 3 pm bring a covered dish to share
July 18-20	24th Annual NVON Conference - West Virginia
July 31	Membership lists & Club books due (2023-24)
Aug 7	Game Night - 6 pm, Exhibit Hall Bring a snack to share
Aug 8	Sew Day - 9 am - 3 pm bring a covered dish to share
Aug 16	Canning/Food Preservation - 6 pm Exhibit Hall
Aug 24-26	Noodle Making Exhibit Hall
Sept 4	Labor Day - Extension Office Closed
Sept 7	EH Council 6 pm, COB (lower level)
Sept 9	Past Presidents Luncheon
Sept 11	Fall District Meeting
Sept 13-15	NE Indiana Homemaker's Camp - Shiloh Park (Marion IN)
Sept 19	Sew Day - 9 am - 3 pm bring a covered dish to share
Sept 28	Homemakers Day at the Fair.

*COB - Lower Level of County Office Bldg., 215 E. 9th St., Auburn.

Fall District Meeting

At DeKalb County Fairgrounds Exhibit Hall

708S. Union St., Auburn, IN 46706

Hosted by DeKalb County Homemakers



**“Leaves are Falling,
Autumn is Calling”**

September 11, 2023

Registration at 9 AM
Meeting at 10 AM
County presidents will meet
at 9 AM

Silent auction, participation,
welcomed and encourage.

Deadline August 11, 2023
Contact Penny Sleeper
260-413-7431
Cost \$15.00

Breakfast
refreshments will be
served.

Lunch: Soup, sandwich,
salad and dessert.

District Meeting • RSVP By Friday, August 11, 2023

Name: _____

Phone Number: _____ County: _____

Number Attending: _____ Amount Enclosed (\$15 per person): _____

Do you have dietary restriction? Please be specific: _____

Make checks payable to DeKalb County Extension
Please mail registration form & \$15 per person to:
Penny Sleeper at 1693 County Rd., 10 Ashley, IN 46705

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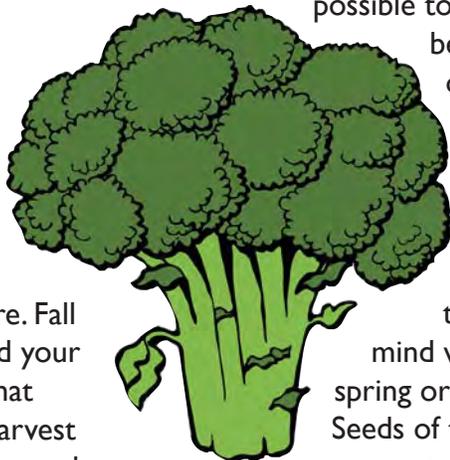
Versatile Vegetables for Fall Gardening

By: Rosie Lerner, retired Purdue Horticulture Specialist

Fall is an excellent time to grow many vegetable crops in Indiana when the gardener can take advantage of cooler temperatures and more plentiful moisture. Fall gardening helps extend your gardening season so that you can continue to harvest produce after earlier crops have faded.

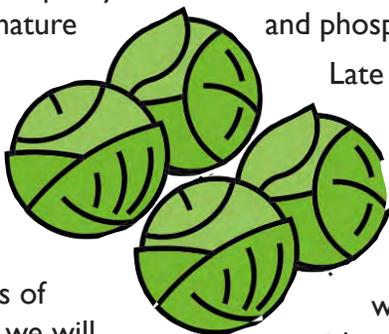
Many vegetable crops are well adapted to planting in late summer for a fall harvest. Early spring-planted crops such as radishes, lettuce and spinach tend to bolt (produce seed) and become bitter in response to hot summer weather. So now is the time to replant and take advantage of the shorter cooler days to come. Broccoli, cauliflower and Brussels sprouts are also well adapted to fall gardening; they produce best quality and flavor when they can mature during cooler weather.

For many crops, insect and disease pests may not pose as much of a problem in fall plantings. However, it is hard to know just how many weeks of good, fall, growing weather we will have in any given year. In much of Indiana, the first 32 degrees F frost date usually falls sometime in mid to late October, but it can also come in September. Look up the fall frost dates for your area at http://www.crh.noaa.gov/images/ind/freezedates_32.



Use fast-maturing cultivars whenever possible to ensure a harvest before killing frost occurs. Check with your local garden centers for available plants and seed. Or if you order by mail, keep the fall garden in mind while planning your spring order for garden seeds. Seeds of the cultivars you want may be out of stock by late summer.

To prepare your garden for a fall crop, remove previous crop residue and weeds. If needed, till or spade about 6-8 inches deep to loosen soil. If the soil has been heavily cropped, you may need to apply additional fertilizer, but you likely can get by with just a light application of nitrogen unless a soil test indicates the need for additional potassium and phosphorus.



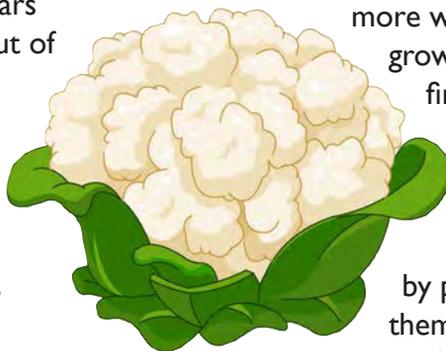
Late summer plantings often suffer from hot soil and/or lack of water. Soils may form a hard crust over the seeds, which can interfere with seed germination, particularly in heavy soils. Use a light mulch of compost or vermiculite over the seed row to prevent a crust from forming. Seeds of lettuce, peas and spinach, in particular, do not germinate well when soil is 85 degrees F and above – shading over

the seed row may help.

Do not allow seedlings and young transplants to dry out excessively. Apply 1 inch of water in a single application each week to thoroughly moisten the soil, if rainfall is inadequate. Young seedlings may need to be watered more often during the first week or two of growth. Young transplants may benefit from light shade for the first few days until their new roots become established.

Indiana often enjoys several more weeks of good growing after the first frost. You can extend the fall growing season for tender crops by protecting them through early, light frosts. Cover growing beds with blankets or throw-cloths supported by stakes or wire to prevent mechanical injury to the plants. Individual plants can be protected with such items as paper caps, milk jugs, plastic water-holding walls and other commercially available products.

Some vegetables that are already growing in the garden will continue to produce well into the fall but are damaged by even a light frost. Some crops are considered semi-hardy and will withstand a light frost without protection. Others are hardy enough to withstand several hard frosts. For more information, visit: <https://www.purdue.edu/hla/sites/yardandgarden/versatile-vegetables-for-fall-gardening/>



HOW SERIOUS IS THIS DROUGHT AND WILL IT CONTINUE?

BY: Beth Hall

The last several weeks have seen very little precipitation across Indiana.

Figure 1 illustrates how much rain was received compared to the climatological normal amount from May 9 through June 7. The entire state received amounts less than normal (where normal would be 100 percent on the map) with central and northeastern Indiana having received less than 25 percent of normal amounts. This has resulted in browning lawns, lowered ponds and streams, and most vegetation starting to look stressed. Why is this happening and how long will it last?

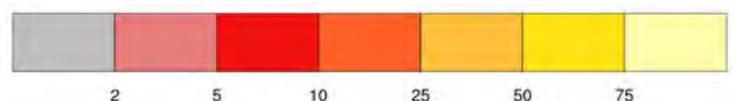
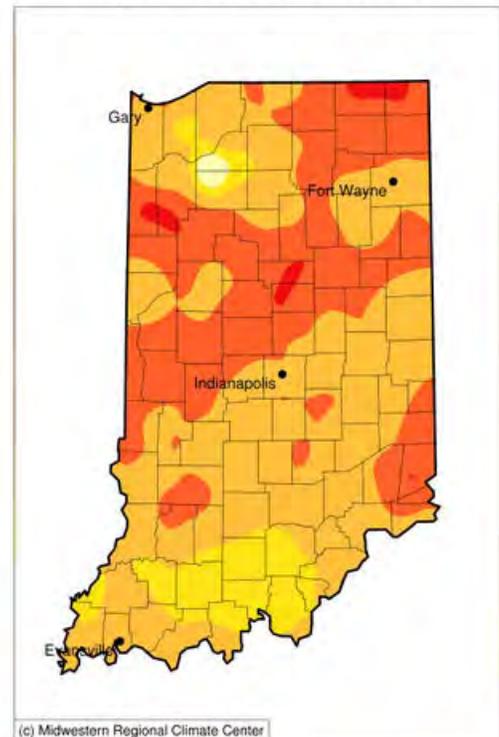
While the El Niño – Southern Oscillation (ENSO) global teleconnection pattern is shifting from the La Niña phase (that has been around for the better part of three years, now) to the El Niño phase, it is difficult to attribute this dryness to ENSO. Atmospheric patterns are shifting and so the Midwest has been the host of a high-pressure system that has effectively been blocking major storm systems from pass through the area. We can thank this high-pressure system for the smokey skies from the Canadian fires, and states south of Indiana can thank the high-pressure system for keeping them relatively wet. That high pressure system has not been all bad for Indiana, though. It has kept humidity low and winds rather calm. Being outdoors has seemed far more pleasant these past few weeks than typical for this time of year! Unfortunately, those lower humidity values and clear skies have also encouraged higher evapotranspiration rates, further drying things out.

As soon as that high pressure can get pushed out of the region, there is a chance that precipitation (and higher humidity) will return. That is indeed what the forecasts and climate outlooks are calling for! Current forecasts are predicting one to two inches of precipitation over the next 7 days. The historical average (1991-2020) for that same period from June 8 through June 15 is between 1.0 and 1.75 inches across Indiana. In other words, precipitation should be returning to our area and in amounts that are typical for this time of year. As one looks beyond June 15th, the climate outlooks are favoring above-normal temperatures with near normal precipitation. While this may not make up for the lack of precipitation seen over the past several weeks, it should provide some

hope that the current abnormally dry and moderate drought conditions should not worsen. At least for a while.

The most recent U.S. Drought Monitor illustrate how drought conditions across much of Indiana have worsened over the past week. Except for a few counties in far southern Indiana, the rest of the state has either been categorized as Abnormally Dry (D0) or in Moderate Drought (D1). Because of this continued deterioration over the past several weeks, one may start referring to this as a “flash drought”. There are many definitions of “flash drought” but one of them is to have a rapid onset of drought intensification over a short period of time (e.g., 2-3 weeks) and then sustain those intensely dry conditions for several more weeks. One could argue that we have met the first condition. Will we meet the second condition? Let us hope those optimistic forecasts and climate outlooks are correct and we can all breathe a sigh of relief that we do not.

Accumulated Precipitation (in): Percent of 1991-2020 Normals
May 09, 2023 to June 07, 2023



Field Crop Insecticide Fact Sheets Updated

JUNE 8, 2023 PURUDE PEST AND CROP NEWSLETTER
BY: CHRISTIAN KRUPKE AND JOHN OBERMEYER

Insecticide recommendations for controlling in-season infestations have been updated for corn, soybean and alfalfa. The tables, sorted by pests, include abbreviated treatment guidelines. Insecticides are sorted by common name, with trade and generic names listed. Beyond considering product performance, our blanket recommendation is for pest managers to follow pre-harvest intervals (i.e., time from treatment to harvest) and to consider using products with different modes of action (MOA) whenever possible and practical.

The updated fact sheets can be viewed online and downloaded for printing (PDF):

Corn Insect Control Recommendations

<https://extension.entm.purdue.edu/publications/E-219/E-219.html>

<https://extension.entm.purdue.edu/publications/E-219/E-219.pdf>

Soybean Insect Control Recommendations

<https://extension.entm.purdue.edu/publications/E-77/E-77.html>

<https://extension.entm.purdue.edu/publications/E-77/E-77.pdf>

Alfalfa Insect Control Recommendations

<https://extension.entm.purdue.edu/publications/E-220/E-220.html>

<https://extension.entm.purdue.edu/publications/E-220/E-220.pdf>



July - September 2023 AG IMPORTANT DATES

July 13	Maple Syrup Field Day, Waterloo, IN (See page 9)
August 2	Andersons Field Day, Waterloo, IN (See page9)
Sept 13	Northeast Purdue Ag Center Field Day



Maple Syrup Field Day

July 13, 2023

10:00am (Eastern)

Topics:

Invasive Species and Evaluating Tree Health

Location: 1912 County Road 43

Waterloo, IN 46793

RSVP to Phil Woolery

574-946-3412 – pwoolery@purdue.edu

or by using this link:

<https://tinyurl.com/INMaplez3>



Save the Date

Agronomy Field Day

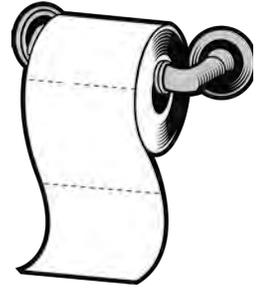
Wednesday, August 2, 2023
4743 CR 28 Waterloo, IN 46793

Hosted by:





4-H Means Head, Heart, Hands, and Health.



For Helping others with our HANDS, we will be collecting pantry items, toiletries, and feminine hygiene products during Summer Judging and Fall Fair to donate to the Blessing Boxes located throughout DeKalb County.

This is a continuation of the great work the Junior Leaders did by receiving a \$729 YES Grant from the Indiana 4-H Foundation this year.



2023 4-H Camp!!

From June 7-9, we had the Northeast Indiana 4-H Camp and it was amazing! Over 250 campers and counselors, tons of fun, educational activities, and memories made along the way.

**Thank you to our 2023 4-H Camp Counselors
from DeKalb County!**

**Cody Collins
Luke Collins
Aubree Page**

**Bryce Page
Chloe Buss
Johnny Buss**

10-YEAR Member Spotlight

Over the next several months, we will take the opportunity to highlight our 10-year 4-H members. These youth have completed ten consecutive years in the 4-H program. Thank you for your leadership, service and qualities that each of you have added to our 4-H program.

Caeden Moughler

High School: Eastside High School

After Graduation: I will be attending Attend Ball State to study architecture

Favorite 4-H Memory: watching Dax Holamn eat a live goldfish just to win \$20.

Advice: Take more time and dedication you put into things, the better your outcome.



Advice: My first piece of advice is to be responsible, but have fun too! You're allowed to be a teenager, you do not have to rush into working every weekend or say yes to everything that everyone asks of you. Enjoy this stage of your life. My second piece of advice would be to lean into Jesus, life is not always going to be easy but He will give you peace in the midst of chaos. Just know that Jesus loves and cares for you!

Madison Albaugh

High School: Home-schooled

After Graduation: Madison plans to attend Ivy Tech for culinary art and do an internship at Disney. She wants to eventually own her own bakery.

Favorite 4-H memory: Favorite 4H memory was competing in the round Robin (supremes showman competition) with her sister Charlotte.

Advice: Her advice for 4H members is to be confident in what you do. Continue to learn different techniques whether in showing animals or doing static projects. Above all persevere with all the things you do in life.



Morgan Thrush

High School: Garrett High School

After Graduation: I plan to go to Grace College to pursue a bachelors degree in Psychology and Biblical Studies.

Favorite 4-H Memory: My favorite 4H memory is from last year. My whole family came to the show and auction to support me, including my six month niece who was experiencing her first fair!



DeKalb 4-H Hub

New and Improved for 2023!



WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H CLUB GUIDE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIR ENTRY

WHAT IS NEW IN 2023?

- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!



USE THE LINK OR SCAN THE QR CODE WITH YOUR PHONE CAMERA

MINI 4-H

NEWS

The next Mini 4-H Meeting will be **Monday, August 14, 6:00 pm**

It will be held in the Exhibit Hall (Fairgrounds) Pay Club dues (\$5 per child) at the meeting to receive project manuals. Other meeting dates:

- **Sat., Sept. 16—Mini Judging**

CLOVER HUNT

Find the black & white 4-H clover logo hidden somewhere within this newsletter. To win the 2023 prize (Support Local Farmers Bag & Sticker, 4-H Tumbler, 4-H Agriculture Puzzle Cube, and 4-H Pencil), email Effie (campb314@purdue.edu) with the correct description of it's location and have the chance to win this month's prize. Winner will be announced on July 10.

Contest open to Mini 4-H and regular 4-H members ONLY. Prize will be available for pick-up at the Extension Office once winner has been notified.



Sample only



WE NEED YOUR HELP!

We are looking for Judge's Assistants for Summer Judging. You do not need to be an approved volunteer to help, just willing to give a little of your time.



Important Livestock Date Reminders

These are just reminders to our Livestock Exhibitors about Due Dates in the next couple of months. July 1 falls on a weekend this year, so you have a couple extra days to meet the Deadline. Remember to check the DeKalb 4-H Hub in the Fall Fair checklist to make sure you are complete. <https://bit.ly/DeKalb4HHub>

BEEF

September 8-4H Online Entry Due for BEEF FEEDER CALF

September 8-ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

DAIRY

July 3-4H Online Entry Due for ALL DAIRY ANIMALS

September 8-ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

DAIRY FEEDERS AND STEERS

July 3-4H Online Entry Due for DAIRY

FEEDER CALVES

September 8-ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

GOAT

July 3-4H Online AND Fair Entry Entries Due for SUMMER GOAT EXHIBITORS (DOES AND PLEASURE CLASSES)

WETHERS

July 3-4H Online Entry Due for FALL FAIR

September 8-ALL Class selections MUST be made in Fair Entry for FALL FAIR WETHERS

HORSE AND PONY/ DRAFT ANIMAL

See you at Summer Judging!

POULTRY

July 3-Poultry Nomination Forms DUE in

Extension Office

August 19-Poultry ID/Banding

September 8-ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

RABBIT

June 25- Rabbit ID Day, Location South Pavilion

July 3-Rabbit Nomination Forms DUE in

Extension Office

September 8- ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

SHEEP

July 3 - 4H Online Entry Due for ALL SHEEP

September 8-ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

SWINE

July 3-4H Online Entry Due for ALL SWINE

September 8-ALL Class selections MUST be made in Fair Entry for Fall Fair Entries

Swine Tagging Information

TAGS COST \$3 PER PIG

Three options to get your pigs tagged:

1. **Schedule a time to have your pigs tagged at your farm by a Swine Committee member.**

- \$3 per tag per pig.
- \$20 per farm visit (All money will be put in the 4-H Council fund).
- On-farm tagging will begin around June 12–June 30
- To schedule a time, text or call Kevin Days at 260-243-0266 or another Swine Committee member.

2. **Pick up tags at the Extension Office and self-tag your pigs.**

- \$3 per tag per pig
- Must take a picture of the tag in the pig's ear and text it to Kevin Days at 260-243-0266 to confirm the tags are in the pigs' ears, or an on-farm visit can be scheduled by a Swine Committee member.
- Pigs must be tagged and photos submitted by July 3rd.



ATTENTION 10-YEAR MEMBERS!

Your display boards are due to the Extension Office by July 1. Also, if you have not sent Effie the answers to the Social Media Spotlight questions, please do so as soon as possible. Spotlight Questions (email to Effie at campb314@purdue.edu)

What High School did you attend?

What do you plan to do after graduation?

Favorite 4-H memory

Advice for current 4-H members

Please include a picture of you



Indiana 4-H Quality Livestock Care Program



(Replacement for in-person YQCA Classes)

All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC certified or have a YQCA online completion certificate.

If you choose to complete the YQCA option, you will register for the online course at <https://yqcaprogram.org/> Cost of the online YQCA course is \$12.

After completing the course, you must email the 4-H Educator with your certificate to receive credit.

If you prefer to take the QLC in person (Instructor-Led), the cost is \$3 per child and will be located at the Exhibit Hall (Fairgrounds);

Register Now on 4-HOnline!

Quality Livestock Care training sessions are:

Saturday, August 5, 9:00 am (LAST ONE)

After attending the course or submitting a YQCA online training certificate, you will be marked complete in the DeKalb 4-H Hub (Fall Fair Checklist)

*This certification does NOT replace the workshop/worksheet requirement.

July 3 Deadline Breakdown

FairEntry is now open for Summer Judging projects and Summer Goats. The deadline to make entries is July 3! July 1 falls on a weekend this year, so you have a couple of extra days. **Please look through the bullet points below to see what is due for the July 3 deadline.**

If you are planning to exhibit Goats at Summer Judging:

1. Make entries into 4-H Online for those animals using the “DeKalb Co Summer Goat Show ONLY” animal types. Link: <https://v2.4honline.com/>
 - a. Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>
2. Go to FairEntry and make class selections in the system. Link: <http://www.fairentry.com/Fair/SignIn/18325> (Log on with 4-H Online information)
 - a. Animals will carry over from 4-H Online
 - b. Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>
3. For Summer Goats, if you have not completed a workshop or a worksheet, it will be due on July 3. QLC/YQCA will also need to be completed by July 3, if you have not done so already.
 - Check the QLC/YQCA, Workshop/Worksheet report on the Hub to see if you have completed the requirements. Link: <https://bit.ly/DeKalb4HHub>
 - Need a worksheet? Go to the Goat folder on the Hub
 - To complete the online YQCA training, go to <https://yqcaprogram.org/>, and email me (campb314@purdue.edu) a copy of your completion certificate.

If you are planning to exhibit Static Projects at Summer Judging:

1. Go to FairEntry and make class selections in the system. This can be done as soon as you know what you will be exhibiting! Link: <http://www.fairentry.com/Fair/SignIn/18325> (Log on with 4-H Online information)
 - Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>
 - Check the Summer Checklist on the Hub to see if you have completed the requirements. Link: <https://bit.ly/DeKalb4HHub>

July 3 is also the 4-H Online Animal Entry Deadline for all Fall Fair livestock.

If you are planning to exhibit Livestock at the Fall Fair, please look through the instructions below.

1. Make entries into 4-H Online for those animals using the “DeKalb Co ONLY” animal types. Link: <https://v2.4honline.com/>
 - Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>
 - Check the Fall Checklist on the Hub to see if you have completed the requirements. Link: <https://bit.ly/DeKalb4HHub>

If you are exhibiting Poultry at the Fall Fair:

- Nomination Forms are due to the Extension Office by July 3 at 4:30 pm.

Please check your newsletter for Important Dates coming up and ID Days for Livestock. The June 4-H Newsletter can be found on the DeKalb 4-H Hub. Link: <https://bit.ly/DeKalb4HHub>

If you have any questions, please contact the Extension Office at (260)-925-2562 or by emailing me at campb314@purdue.edu.

2023 4-H IMPORTANT DATES

June 24	Dog Show, 12:00 pm - Exhibit Hall
June 25	Rabbit ID (contact Tonya DePew to tattoo animals before ID Day if unable to attend), 2:00-4:00 pm – South entrance, Petting zoo area under pavilion. Location has changed
June 24-26	4-H Band/Chorus (must pre-register, grades 9-12) - May 1 Deadline
June 26-28	4-H Round-Up (must pre-register, grades 7-9) - May 1 Deadline
July 3 Deadline	Fair Entry Deadline for Summer Projects
July 3 Deadline	4-H Online entry for Fall Fair Animals https://v2.4honline.com/
July 3 Deadline	4-H Online entry for Summer Goats, FairEntry Class Selections for Summer Goats, Worksheets Due for Summer Goats (Extension Office), YQCA Due for Summer Goats https://v2.4honline.com/
July 3 Deadline	Nomination Forms for Rabbit and Poultry due to Extension Office
July 3 Deadline	“TOPS in 4-H” and 10-year member display boards due to Extension Office
July 15	Summer Doe Show, 8:00 am check-in
July 16	Draft Horse Completion and Fun Show, 1:00 pm
July 17-19	Summer Judging (please check the 2023 4-H Handbook or your newsletter for the Judging times)
July 20	4-H Open House, 4:00-6:30 pm – Exhibit Hall
July 20	4-H Awards Night, 7:00 pm – Middaugh Hall
July 21-22	4-H Horse & Pony Exhibition Show - Horse Arena
July 23	ATV Exhibition Ride, 1:00-4:00 pm - Horse Arena
July 29	Sheep Workshop, 5:00-6:00 pm - Horse Pavilion
August 1	FairEntry opens for Fall Fair entries (animals, Battle of the Barns, and crops projects)
August 2	4-H Orientation (Session 4 - FairEntry Help, What to know before you arrive at Fair), 6:00 pm - Exhibit Hall
August 5	Quality Livestock Care (YQCA replacement) training, 9:00 am - Exhibit Hall (Registration is open on 4-H Online, https://v2.4honline.com/)
August 17	Swine Workshop, 6:00-7:00 pm - Exhibit Hall (how to finish your pig in preparation for the fair)
August 19	Poultry ID Day, 9:00-11:00 am, Exhibit Hall
August 26	Beef Prospect ID, 8:00-10:00 am - Beef Barn
August 27	Rabbit ID (FairEntry help, meat pen, litter, fryer ID), 2:00-4:00 pm - Exhibit Hall
September 8 Deadline	4HOnline Entry for Beef Feeders https://v2.4honline.com/
September 8 Deadline	FairEntry Class Selections for Fall Fair Animals and Crop Exhibits, Battle of the Barns
September 8 Deadline	Worksheets due to Extension Office, YQCA Due

2023 SUMMER JUDGING CHECK-IN SCHEDULE

PLEASE PAY ATTENTION TO THE SCHEDULE TO KNOW WHEN TO CHECK-IN YOUR PROJECT(S) AND WHEN IT WILL BE JUDGED

SATURDAY, JULY 15

8:00 AM—Check-in for Summer Goat Show
(Breeding Goat Does and Pack/Pleasure/Pet Goats)

- 4-H Summer Goat Show will begin promptly at 9:00 am

SUNDAY, JULY 17

4:00-6:00 PM —Static Project Check-in/FairEntry Tag Pick-up (If you pick up your tags early, you will not need to check in during July 18-20, just go straight to judging!)

- You will need to bring your completed General Record Sheet with you to pick-up tags/check-in!
- Families will enter from the SOUTH END of the Fairgrounds to help prevent congestion on Union St.

- FairEntry Team will be staged at the North Food Stand with someone checking to make sure your cards and entries are correct.

- Foods, Foods Preservation, and Modern Meals entries will be submitted at the MIDDAUGH HALL Check-in Station...no one other than volunteers will be allowed in the building.

JULY 18—JULY 20

8:00 am to Project Judging Time

- All projects need to be checked in (if you did not pick up tags on Sunday) at the MIDDAUGH HALL Check-in Station and then go to the judging location.

DON'T FORGET YOUR GENERAL RECORD SHEETS:

The General Record Sheets have been distributed with your 4-H manuals (static projects). If you have lost yours or didn't get one, you can find it on the DeKalb 4-H Hub at bit.ly/DeKalb4HHub

All Summer Judging Project Exhibits and Summer Goats must be entered in FairEntry for Summer Judging by July 1

<https://fairentry.com/Public/FindYourFair>

As a requirement to exhibit your static projects, you MUST enter all of your static (non-animal) projects and Summer Goats into FairEntry between June 1 and July 3 (July 1 falls on a weekend this year so you have a couple extra days).

- You will use your 4HOnline login email and password to get into the system and register your exhibit(s) for the project(s) you are enrolled in. Be sure to check the Summer Checklist in the DeKalb 4-H Hub to make sure you are ready! Link: <https://bit.ly/DeKalb4HHub>

- You'll need to plan for the exhibit label when you plan your project.

The exhibit label is 2.8 inches wide by 5.5 inches tall.

- You will receive your label during the appointed Check-

In times listed in the Summer Judging Schedule, so make sure to bring tape or string to affix the label to your project

- You'll be required to provide a description of your project. If you need to change that description when you check in your projects, that's ok. Just give us your best guess what you will be bringing. For posters, please use the title of the poster.

If you have questions, please call the Extension Office at 260-925-2562



2023 SUMMER JUDGING SCHEDULE

Please read carefully to know when your project will be judged!

MONDAY, JULY 17

9:00 am – Beekeeping, Genealogy, Veterinary Science – Exhibit Hall

9:00 am – Foods/Foods Preservation – Middaugh Hall

10:00 am – Animal Posters, Electric, Child Development – Exhibit Hall

11:00 am – Construction Toy Models - Exhibit Hall

11:30 am – Garden Check-in – Exhibit Hall

12:00 pm – Garden – Exhibit Hall

12:00 pm – Collections, Floriculture, Cake Decorating – Middaugh Hall

TUESDAY, JULY 18

9:00 am – Any Other Crafts, Fine Arts, Models, Needlecrafts – Exhibit Hall

9:00 am – Scrapbooking, Woodworking – Middaugh Hall

10:30 am – Aerospace – Exhibit Hall

11:00 am – Gift Wrapping, Home Environment, Health – Exhibit Hall

11:00 am – Modern Meals, Recycling, Self-Determined – Middaugh Hall

11:30 am – ATV Educational Poster, Tractor Poster – Exhibit Hall

12:00 pm – Forestry, Weather, Entomology – Exhibit Hall

12:30 pm – Sportfishing, Wildlife, Shooting Sports – Exhibit Hall

WEDNESDAY, JULY 19

8:30 am – Consumer Clothing Check-in – Middaugh Hall

8:45 am – Consumer Clothing Interviews – Middaugh Hall

9:00 am – Geology, Photography Level 1 – Exhibit Hall

9:15 am – Consumer Clothing Modeling, Senior Fashion Revue Check-in – Middaugh Hall

9:30 am – Barbeque Project Drop Off - Exhibit Hall

9:45 am – Senior Fashion Revue Judging, Junior Fashion Revue Check-in/Junior Sewing Check-in – Middaugh Hall

10:00 am – Barbeque, Small Animals – Exhibit Hall

10:15 am – Senior Wearable & Non-Wearable Sewing Judging, Junior Fashion Revue – Middaugh Hall

10:30 am – Verbal Communications – Exhibit Hall

11:00 am – Junior Wearable & Non-Wearable Sewing Judging – Middaugh Hall

11:00 am – Photography Level 2 & 3 – Exhibit Hall

THURSDAY, JULY 20

4:00-6:30 pm—4-H Open House & Silent Auction

Summer Judging Project Display, Exhibit Hall

7:00 pm – “Tops in 4-H” & Summer Awards Program & Live Auction—Middaugh Hall
Remaining Non-State Fair Projects should be picked up



Summer Goat Show 4HOnline & FairEntry

Make sure to enter your Summer Goats into FairEntry (for the Summer Goat Doe Show) from June 1 to July 3 (July 1 falls on a weekend this year so you have a couple extra days) Please note that we are only entering Summer Goats into the system at this time. All other species will open for online

registration in August at a different URL.

- There is are step-by-step instructions available on the DeKalb 4-H Hub <https://bit.ly/DeKalb4HHub>

As always, if you have any questions, please don't hesitate to call the Extension Office at (260) 925-2562.

4-H SUMMER GOAT DOE EXHIBITORS

If you did not attend a Goat Workshop, you will need to complete a worksheet to be eligible to exhibit your animal in the Summer Goat Doe Show.

Worksheets are available on the website (to print out) at <https://bit.ly/DeKalb4HHub> or contact the office at (260) 925-2562 to have one sent to you.

Worksheets are **DUE BY JULY 3** for those exhibiting Goat Does.

SCRAPIES TAGS

If you are showing sheep or goats, the animal you purchase should come with a Scrapies tag, by law.

If your animal does not come with one, or your animal was born on your farm, you'll need to apply for a flock ID through the Board of Animal Health (BOAH) at <https://www.in.gov/boah/2669.htm>



We will NOT be providing Scrapies tags at ID Day.

PREMISE ID NUMBERS

If you are showing cattle, swine, sheep, **RABBITS, POULTRY** or goats you are required by law to apply for a Premise ID number from the Indiana Board of Animal Health (BOAH). You will need this number to nominate your animals, so get your number at

<https://www.in.gov/boah/2700.htm> now!

HANDBOOK INFORMATION

Every family will receive a printed copy of the Handbook this year. Make sure to watch your email and the Facebook page in the coming weeks for more information on to claim your families Handbook. Until then the 2023 4-H Handbook can be accessed online at <https://bit.ly/4HDeKalbHandbook>



FARM YOUTH MENTAL HEALTH OFTEN OVERLOOKED

By Lisa Foust Prater
9/25/2022

Mental health has come to the forefront in recent years, including the mental health of farmers and others involved in agriculture.

"Agriculture is a uniquely stressful industry. Individual producers are forced to reckon with conditions that are completely out of their control," says Josie Rudolphi, PhD, an assistant professor and Extension specialist at the University of Illinois Urbana-Champaign. "We know that all of these unique stressors are associated with symptoms of mental health conditions. Being at risk for suicide is higher among those in agriculture than the rest of the population."

Rudolphi says it's important to acknowledge how interpersonal relationships among farm family members affect mental health. Family relationships contribute to different types of stress depending on where a person falls in the hierarchy.

"A lot of what we know has been focused on adults," she says. "There are two million youth living or working on a farm. They are often doing farm work, are present in the environment, and are experiencing these stressful things, but have been absent from research."

That's why Rudolphi and the University of Illinois recently conducted the Farm Adolescent and Adult Mental Health Study, funded by the National Children's Center for Rural Agricultural Health and Safety. Farm operators from around the country, their spouses, and children between the ages of 13 and 17 were invited to complete an online survey.

WHAT WAS LEARNED

Rudolphi says more than 60% of farm adolescents screened showed self-reported symptoms of anxiety and depression. More than 10% of respondents said they experienced

moderately severe to severe symptoms. The study asked participants about different types of anxiety. Around 60% reported panic disorder or significant somatic symptoms, 45% generalized anxiety disorder, 68% separation anxiety disorder, 39% social anxiety disorder, and 50% school avoidance.

MORE INSIGHT

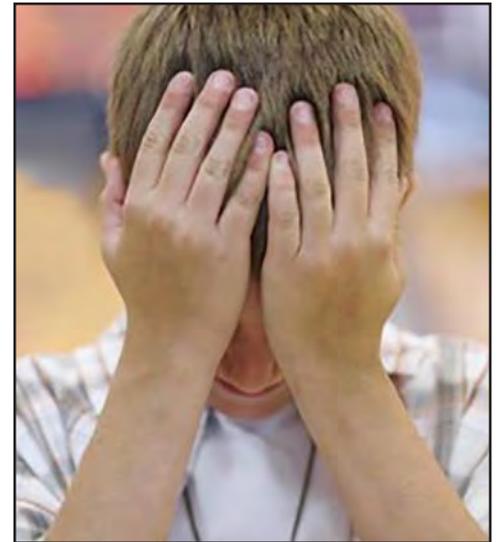
Jana Davidson is program manager for the Progressive Agriculture Foundation (PAF), overseeing the Progressive Agriculture Safety Day program. PAF hosted a roundtable focused on the mental health of rural and farming youth in late 2019. Rudolphi was one of the panelists.

The roundtable participants discussed the additional stressors that farm youth have to deal with, beyond their urban counterparts, including:

- Bad weather and natural disasters
- Commodity prices and the implications on the family's financial situation
- Long work hours and lack of sleep
- Pressure to complete tasks on time
- More responsibilities
- Negative interactions with those who don't understand or appreciate the ag industry
- The pressure to carry on the family farm
- The inability to have extra-curricular activities because of farm responsibilities.

As a result of the roundtable discussion, and after a brief pause due to the COVID-19 pandemic, PAF is now implementing a mental well-being and stress management curriculum into its Progressive Agriculture Safety Day program. "We looked at our program and had a very strong emphasis on safety, but not mental health," Davidson says.

The team at PAF created age-appropriate resources that can be implemented with other activities at



Safety Day events. The curriculum aims to help young participants understand stress and their emotions, make the connection between mental and physical health, break the stigma around mental health, and identify coping strategies. Participants are sent home with additional resources.

Safety Day activities include having kids make their own stress ball, journaling, and seeing how many balloons each child can juggle. The balloons represent stressors. "It's not so hard with one or two, but very hard with three or four," Davidson says. "Our takeaway is that it's OK to ask for help. Kids are visual so this helps bring it to life."

WHAT CAN PARENTS DO?

Davidson recommends these easy-to-implement strategies to parents: Role modeling: She says the most important thing parents can do is model good behavior when it comes to taking care of their own mental health. When children see their parents practicing self-care, adopting coping strategies like journaling or yoga, being kind, taking breaks from social media and technology, asking for help, and sharing their stories, it encourages them to do the same. "Hopefully we can do a better

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CHOOSING AGE-APPROPRIATE CHORES

KEEP KIDS SAFE BY SELECTING TASKS THEY ARE PHYSICALLY AND MENTALLY READY TO HANDLE.

By Lisa Foust Prater
4/6/2020

As long as there have been farm kids, there have been chores for farm kids. The kids can be a big help, and chores provide a healthy work ethic, teach responsibility, and give them a sense of purpose.

Unfortunately, there are risks involved. According to the U.S. Department of Labor, 33,000 children have farm-related injuries each year in the U.S., with more than 100 of those injuries leading to death. Of those deaths, 23% involve machinery, 19% involve motor vehicles and ATVs, and 16% are due to drowning.

Considering that more than 1 million young people (under age 20) live on U.S. farms, 33,000 injuries and 100 deaths may not seem like a huge number, but if it's your child who's hurt or injured, the statistics don't matter.

The list below outlines appropriate work tasks for kids, according to Penn State University Extension. Remember, though, each child's size and development should be taken into consideration.

While some 10-year-olds may be physically large and strong enough to drive a tractor, for example, they likely won't have the cognitive ability to perceive a potentially dangerous situation or to react in an emergency. Kids ages 10 to 13 are the most at risk because they are often clumsy, are easily distracted, and are willing to take risks. No amount of training can replace

proper supervision. As kids get older, check in regularly to make sure they're following all safety rules.

One way to help kids and adults stay safe is to use Job Safety Analysis (JSA). A simple form for each job is filled out and stored near the job site. It outlines the personal protective equipment required, basic job steps, potential hazards of each step, and action to take to avoid danger.

It's also a good idea to involve children in safety audits. Discuss injuries that could happen as you walk around your farm. For example, at the livestock pen, talk about how easy it is for a seemingly tame animal to cause injury. Remind children to feed and water animals from outside the pen. Pay close attention to the most dangerous areas. Silos, grain bins, farm ponds,

manure pits, and barn hay-drop openings are areas No amount of training can replace proper supervision. Be patient with your children and remember you may need to go over the rules for a specific chore several times. As kids get older, supervision is still important. Check in regularly to make sure they're following all safety rules.

It's up to you to make sure your kids are as safe as possible. With proper training and supervision, today's farm kids will become tomorrow's farmers.

APPROPRIATE WORK TASKS FOR KIDS BIRTH TO AGE 4

- Main Causes Of Farm Deaths And Injuries: Fall from heights, ingest poison, kicked or trampled by animals, run over by tractor, drowning

Continued to page 22



Continued from page 21

- **Preventive Strategies:** Don't allow equipment rides, fence around ponds and manure pits, lock chemicals, fence in play area, supervise constantly

- **Age-Appropriate Work Tasks:** None (children this age should not be exposed to work hazards)

AGES 5 TO 9

- **Main Causes Of Farm Deaths And Injuries:** Fall from machinery, auger or machinery entanglement, grain suffocation, trampled or kicked by animal

- **Preventive Strategies:** Set rules, discuss safe behavior, supervise chores, keep away from augers and machinery, keep away from grain bin

- **Age-Appropriate Work Tasks:** Collect eggs, water plants, help feed pets and small animals, work on projects with hand tools under supervision

AGES 10 TO 13

- **Main Causes Of Farm Deaths And Injuries:** Machinery entanglement, hearing loss, fall from equipment, head and spine injury from motorcycle or ATV accidents

- **Preventive Strategies:** Require helmets, don't allow extra riders, set rules, educate on farm hazard prevention, plan gradual increase in responsibilities

- **Age-Appropriate Work Tasks:** Rake, dig, use hand tools, use limited power tools with supervision, push-mow with supervision, handle and assist with animals

AGES 13 TO 16

- **Main Causes Of Farm Deaths And Injuries:** Hearing loss, head and spine injury from motorcycle or ATV accidents, machinery rollover/roadway accident, PTO entanglement

- **Preventive Strategies:** Base tasks on size and maturity, provide rules and education, require ATV training and protective gear, participate in

4-H or FFA safety projects

- **Age-Appropriate Work Tasks:** Operate and maintain equipment under supervision, feed animals, operate tractor and implements at age 14 after 10-hour training course

AGES 16 TO 18

- **Main Causes Of Farm Deaths And Injuries:** Respiratory illness, hearing loss, muscle/bone injuries, tractor rollover, machinery entanglements, drugs/alcohol

- **Preventive Strategies:** Provide rules for drugs and alcohol, reward for accepting adult responsibilities, work side by side on new tasks

- **Age-Appropriate Work Tasks:** With supervision, operate tractor, self-propelled machinery, auger, and elevator once trained and responsibility is earned

LEARN MORE

- **National Farm Medicine Center:** 800/782-8581

- **OSHA: Youth in Agriculture:** 800/321-6742

Source: <https://www.agriculture.com>

FARM YOUTH MENTAL HEALTH *Continued*

Continued from page 20

job of taking care of our own mental health and the young people in our lives looking up to us will too," she says.

Peach and pit: Each day, everyone in the family can share the best (peach) and worst (pit) parts of their day. She says actively listening to your children's answers and openly sharing your own will help build trust and open the lines of communication.

9 vital minutes: The most important minutes of the day for children are the three minutes when they first wake up, the three minutes when they get home from school, and the three minutes just before bedtime. "Ask them questions, be there for them, and just be present," Davidson says.

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Mind social media: Social media means today's kids can be bullied beyond the school hallways. Whenever they look at their cell phones or computers, they may be faced with a bully or at least additional pressure to look and act a certain way. Limiting phone use before bed is key, Davidson says. "Remember those nine vital minutes," she says. "If social media is their last three minutes before bed and there's bullying or unrealistic expectations going on, it can be tough to fall asleep after that."

Rudolphi agrees with these strategies. "We saw a significant correlation between parent and adolescent health. That goes to show we need parents to model health coping strategies including self-care and other valuable management strategies," she says. "I think we can all recognize the mental

health crisis we're observing among youth, so having programs like what PAF is developing is so important."

HOST A SAFETY DAY

Progressive Agriculture Safety Days are one-day events that teach school-age children lessons that can help keep them safe on the farm. The events can be located at schools or elsewhere in the community, and can be private or public. Participants are divided into small groups, which rotate between stations where they take part in different lessons and activities.

In addition to mental health, topics include ATV safety, first aid, safety around animals, PTO safety, hidden hazards, and tractor safety.

Source: <https://www.agriculture.com/family/health-safety/farm-youth-mental-health-often-overlooked>

MENTAL HEALTH MATTERS: PURDUE EXTENSION FOCUSING ON FARMER'S MENTAL HEALTH

By Eva Hallman [Butler University Journalism Student, written for JR210 Reporting and Writing Class]

Eva Hallman is a 4-H 10 year member from DeKalb County and just completed her first year at Butler University. This summer she is interning for WOWO and 21Alive. Thank you Eva for sharing your talents!

After finding that the suicide rate among Indiana farmers tripled since COVID-19: Purdue Extension works to destigmatize agricultural mental health.

The Centers for Disease Control and Prevention reported that rural areas had the highest suicide rates compared to metropolitan areas. Data recorded by County Health Rankings shows there is one mental health provider for every 480 residents in Allen County. While in DeKalb County, there is one mental health provider for every 1,620 residents.

Purdue Extension was established in 1914 with the goal of educating all Indiana counties the agriculture industry. One of the most known sections within Purdue Extension is Indiana's 4-H program. Education is a top priority for Purdue Extension, however, mental health education was not a curriculum until the farm stress team.

Rural communities saw an increase in suicides from 2001 to 2015. The Center for Disease Control and Prevention.

The history

Farmer's mental health has been considered a taboo Indiana topic for decades until the formation of the farm stress team. As American Farm Bureau's 2019 survey found that 82% of farmers stated that mental health is important, but only 21% sought care for it.

Angela Sorg, health and human science educator for Purdue Extension and licensed mental health therapist, works to attain grants to train individuals and leads programming expansion.

"When I first started working at [Purdue Extension], I went guns blazing that we're gonna talk about mental health," Sorg said. "It was crickets. It was difficult to get programming started because 'we don't talk about farmer's mental health.'"

During the farm stress team's conception, the dairy industry dropped in Indiana. About 10% of all Indiana Dairy Farms closed; families lost their farms. According to data collected by the USA TODAY Network, from

2014 to 2018, over 450 farmers committed suicide across nine Midwestern states. Sorg said that local educators were not equipped for these conversations, so she began researching farmers' mental health resources in Indiana . . . and found nothing.

Forging a new path

Since a farm stress team did not exist in Indiana; Sorg and others traveled to Michigan State University for training. Abigail Heidenreich, Kelly Heckaman and Rachel Dillhoff each work on various programs to destigmatize the mental health climate in Indiana.

Since 1996, Heckaman has been working within Purdue Extension, her current efforts are connecting and representing Purdue women in agriculture in regard to farm stress. She is trained for farm stress programming and has worked with community leaders and bankers to create

awareness through educational courses.

Heidenreich considers herself a "jack of all trades." She assists with committees, such as podcast and program development. Since the Indiana farm stress team's formation, they have been utilizing Michigan State's curriculum, a committee is working to create Indiana's personal curriculum.

On the communications side, Dillhoff is looking to connect to farmers in their fields via podcasts. This allows the farm stress team to produce content that is relatable yet easily accessible to farmers whenever they are. In addition to the podcast, Dillhoff works on social media to push programming out and reach wider agricultural audiences.

All farm stress team members mentioned how difficult it can be to get farmers to the program. Dillhoff expresses the importance of the podcast and media communications aspect.

"If they do not want to come to our programming, they can listen to it in the privacy of their farms or homes," Dillhoff said. "Which connects us to more farmers statewide who might not have local resources."

"Tools For Today's Farmers" podcast series discusses the mental health climate within the agricultural community and how farmers can access stress resources. The podcast has included special guests to speak on their battles with mental health. ABC Meteorologist Ginger Zee spoke about her book "Natural Disaster;" where she details her depression struggles.



Purdue Basketball Coach Matt Painter explained how he instills mental health advocacy within his team. From Indiana government officials to hometown heroes, "Tools For Today's Farmers" hopes to bring relatable conversational content to farmers anytime, anywhere.

Impact on Indiana

Due to farmers' confidentiality, there is limited data to show the effects of the Indiana farm stress team program. With minimal data, the Farm Stress team is hopeful of their program's success.

"What's hard for us to tell is our direct impact," Heckman said. We do not know if this information has gotten someone connected with mental health resources. It is our hope farmers are benefitting from our programming."

However, from an internal perspective, the team has grown from around 11 individuals to over 20. Sorg noted how the program has expanded to collaborate with over 12 universities while participating in multi-state research.

From a legislative perspective, creating government-sponsored programs can assist the growing suicide rates. Sen. Brian Buchanan said how mental health was a theme of this year's legislative session.

"Legislators are trying to break the stigma overall with mental health," Buchanan said. "It is resources such as Purdue Extension's farm stress team that will bring help to farmers statewide on a personal level."

When asked what is a word to describe the farm stress team; Heidenreich, Heckaman and Dillhoff stated "strong," "resilient" and "passionate. Highlighting the effort that goes in day-to-day to provide farmers with access to life-saving resources. Farmers are strong resilient and passionate, and it is time to destigmatize their trials and tribulations.

Sorg wrapped it by expressing her admiration for the agriculture community and her commitment to being a mental health advocate. "I will continue to support our local farmers; just as they support us, crop after crop."

How to get help

If you or someone you know is in need of farming mental health resources, visit Purdue Extension's Farm Stress Team's website. For immediate assistance, the National Suicide Prevention Lifeline is available for anyone in crisis or looking to help another. Call — 988 — or text the Crisis Text Line by messaging HELLO to 741741. Both are free, 24/7 and confidential.

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Extension - DeKalb County



August is Happiness Happens Month!

Spread a little happiness this month!

Happiness Happens Month is celebrated annually in August. It is dedicated to celebrating things that make you happy. It's a known fact that happiness is contagious and sharing your happiness can bring a smile to someone's face. The month reminds us that happiness can be found in even little things that we might not notice and that spreading the same joy amongst others can help make the world a better place.

WHY WE LOVE HAPPINESS HAPPENS MONTH

The world needs more happy people

Happy people are healthier

Happiness is contagious

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