

# Extension



Image by Katharina N. from Pixabay

An educational publication of Purdue Extension - DeKalb County



Extension - DeKalb County

May/June 2025

## SUPPORT EXTENSION PROGRAMMING DURING PURDUE DAY OF GIVING

April 30 marks this year's Purdue Day of Giving and an opportunity to give back to Purdue Extension.

Purdue Day of Giving annually brings people together to support their favorite Purdue unit, including Purdue Extension and its 92 counties. Each \$10 donation to a county stays within that county and helps it to climb in rank on the Day of Giving leaderboards and more importantly, this \$10 pledge helps support your local Extension programming efforts! Anyone can participate through donating and taking part in the hourly and full-day challenges.

Locally, Purdue Day of Giving funds have been utilized to help offset the cost of a cultural immersion trip for 2 youth to visit Bethel, Alaska to assist our 4-H Educator, Effie Campbell, teach the youth that attend their 4-H day camps. While there, local Hoosier youth are able to experience the culture in the outback of Alaska. Two new youth were chosen to return to Bethel to assist with 4-H Youth Development programming this year!

On the Agriculture and Natural Resources side, Elysia Rodgers would like to update signage and a photo backdrop for our annual DeKalb County Ag Day for third graders across the county. Having a place for classrooms to take a picture helps our attendees enjoy and remember the day.

As an office, we have several programs we would like to deliver together throughout the community where funding can help provide beneficial supplemental materials for these programming efforts.

Mark your calendars for April 30 and get ready to be a hero for your community! Follow Purdue Extension on Facebook, X and LinkedIn to stay up to date on the Purdue Day of Giving leaderboard, challenges and county victories.

If you would like to pledge locally to DeKalb County Extension, you can visit <https://tinyurl.com/2025DeKalbDOG>

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## THE IMPORTANCE OF MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month provides education about the reality of living with a mental health condition—while it can make life more difficult, it doesn't have to stop someone from having a fulfilling life.

### **When is Mental Health Awareness Month?**

May is Mental Health Awareness Month. While it was first recognized in 1949, it has never been more important than now to recognize the role mental health plays in our overall well-being and the value in raising awareness and helping those in need receive treatment.

### **What is Mental Health Awareness Month?**

Mental Health Awareness Month was originally established by the Mental Health America organization and is recognized during the month of May. It was created as a way to educate the public about mental illness, raise awareness surrounding research and treatments, reduce the stigma associated with mental illness, and celebrate recovery from mental illness. Because of misconceptions and stigma surrounding mental health issues, people often suffer in silence and don't seek treatment for their conditions. Mental health awareness is an important initiative to improve understanding of mental health conditions and increase access to healthcare for those who need it.

### **What is the importance of Mental Health Awareness Month?**

Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights ways to advocate—even if they don't have a mental illness.

Recognition and education are important ways to remove the stigma associated with mental illness. Mental Health Awareness Month creates a time and space to start a conversation. Talking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to



seek help and find a support network. It's important for caregivers, friends, and loved ones to understand the impact that mental health has on daily life. When people are better educated on these conditions, they can better support and help someone dealing with a mental health issue.

Mental Health Awareness Month also provides an opportunity for fundraising, outreach, and awareness events. This, in turn, can help support research, fund treatment options, and connect advocates to create a brighter, more promising future of mental health care.

### **Who can benefit from Mental Health Awareness Month?**

Everyone! Nearly one in five adults in the US has a mental health condition. But that one person has family,

friends, and others whose lives are touched by their condition, even if they don't themselves suffer from one. You might be surprised by the prevalence of mental health conditions in adults in the US:

- 48 million have an anxiety disorder
- 21 million have major depression
- 9 million have post-traumatic stress disorder
- 7 million have bipolar disorder
- 3.5 million have borderline personality disorder
- 3 million have obsessive compulsive disorder
- 1.5 million have schizophrenia

Mental Health Awareness Month helps those with a condition overcome the stigma and get access to treatment. It helps their friends, family, and loved ones better understand their condition and connect with support networks. It helps the providers who treat those with a condition receive funding for their research and treatment so they can better care for all our mental health. In short, we can all benefit from Mental Health Awareness Month.

Source: <https://www.brownhealth.org/be-well/importance-mental-health-awareness-month#:~:text=When%20is%20Mental%20Health%20Awareness,those%20in%20need%20receive%20treatment>

# How to set boundaries

## and why it matters for your mental health

Boundaries are limits we identify for ourselves and apply through our actions or communication. Setting boundaries allows us to feel secure and healthy in our relationships at work and home. A boundary may look like respecting your:

- Physical boundary, such as not feeling comfortable hugging a person you just met
- Verbal boundary, such as not wanting a colleague to speak down to you
- Workplace boundary, like not checking emails outside of your scheduled business hours

In short, boundaries show others how we want to be treated.

### TYPES OF BOUNDARIES

Boundaries fall into a few specific categories:

- Emotional: protecting your emotional well-being
- Physical: protecting your physical space
- Sexual: protecting your needs and safety sexually
- Workplace: protecting your work-life balance
- Material: protecting your personal belongings
- Time: protecting the use and misuse of your time

### WHY BOUNDARIES ARE IMPORTANT FOR YOUR MENTAL HEALTH

Not everyone has the same boundaries. Most people can't guess what another person's boundaries may be. Establishing clear boundaries at work and in your relationships ensures your needs are being met. Boundaries help us maintain balance and foster healthy relationships.

Healthy relationships should be mutually beneficial and positive for

both parties. Suppose you feel like you are putting in more effort or that your effort is not being returned in the same way by a friend. The relationship may benefit from a discussion about boundaries.

Maintaining professional boundaries between your work life and personal life can help you succeed. A healthy work-life balance also helps protect your mental health and can prevent burnout. A good example of a workplace boundary is clearly communicating your working hours in an email signature. This allows others to know when they can (and can't) expect a reply. Setting clear expectations with your supervisor on prioritizing tasks is another example of creating a workplace boundary.

Feeling burned out? Learn how hobbies, laughter and enjoying community can help

### HOW TO SET BOUNDARIES

While we may understand the importance of setting and maintaining boundaries, it can be difficult for many of us.

It's often uncomfortable to say "no." However, when you say "no," you are really saying "yes" to yourself. This could mean prioritizing some self-care time, quality time with your loved ones, or projects in which you are already invested. Reframing how you think about boundary setting may help you be more successful in upholding your boundaries in the long run.



Boundaries are not going to set themselves. If you discover a boundary or a line that's been crossed, clearly communicate your needs respectfully. Boundaries can also evolve and change, just as relationships do. Take time to reflect on your boundaries and adjust as needed.

Remember that upholding your set boundaries is important. But make sure you're also thoughtful about respecting others' boundaries.

At the heart of boundary setting is respect. Respect yourself and your relationships enough to understand and clearly communicate your needs. You'll be better and healthier for it.

Source: <https://health.ucdavis.edu/blog/cultivating-health/how-to-set-boundaries-and-why-it-matters-for-your-mental-health/2024/03>





# WORKSHEET: BUILDING BOUNDARIES

Use this worksheet to reflect on how you set boundaries with the people around you.

## What personal values do you want to protect?

(Examples: my time, my mental health, my energy, my relationships, my personal space, etc.)

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One way we protect our values is by setting boundaries. Boundaries are ways of communicating which behaviors we do and do not accept from other people.

## List three areas in your life where you would like to set clear boundaries to support your values.

(Examples: work, social media, family, friendships, relationships, etc.)

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## Practice Scripts

An important part of setting boundaries is learning to say “no” firmly without being overly aggressive. For instance, if you were to say, “Why can’t you just leave me alone?” when you need space, it could come across in a way that is damaging to relationships. Use these examples to help you set boundaries:

### Workplace:

“I can’t take on additional tasks right now, but I’m happy to revisit this later.”

### Family:

“I appreciate your concern, but I’d rather handle this my own way.”

### Social life:

“Thanks for the invite, but I need some downtime this weekend.”

### Personal space:

“I need some quiet time right now. Let’s talk later.”

We can’t control how other people act. They are free to choose whether to respect our boundaries or not. What we can control is how we respond when someone chooses not to respect a boundary.



## How do you currently respond when someone doesn't respect your boundaries?

(Be honest! Do you stay silent, over-explain, feel guilty, or get upset?)

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## What might be a more effective way to respond?

(Example: Instead of saying "It's fine," try "I'm not comfortable with that.")

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## Choose one boundary to practice this week and write it below.

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Get more DIY mental health tools at  
[screening.mhanational.org/diy-tools](https://screening.mhanational.org/diy-tools)





## BURNOUT: DO YOU NEED A BREAK?

**Burnout happens when ongoing stress leaves you exhausted—emotionally, physically, and mentally. It can happen when you're trying to handle too many things like work, school, parenting, caregiving, or other duties.**

**Do these sound familiar? Check off all that apply.**

- ☐ Constant exhaustion, no matter how much you rest
- ☐ Struggling to focus, difficulty making decisions, or making more mistakes than usual
- ☐ Feeling irritable, anxious, or overwhelmed more often than not
- ☐ Frequent physical symptoms like headaches, digestive issues, or muscle tension
- ☐ Loss of motivation or dread about doing tasks that used to excite you
- ☐ Being overwhelmed to the point you feel like you might break down
- ☐ Neglecting your health by putting eating habits, hygiene, sleep, or movement on the back burner
- ☐ Avoiding friends, family, or things that usually bring you joy because you don't have energy
- ☐ Feeling detached or emotionally numb

**If you checked off several of the signs above, you may be experiencing burnout.**

Many of the signs of burnout are similar to signs of depression, but they aren't quite the same.

If you are unsure whether what you are experiencing is burnout or depression, a free, private, anonymous mental health test can help. Visit [mhascreening.org](https://mhascreening.org) to get started.

**In crisis? 24/7 help is available. Call or text 988 or chat at [988lifeline.org](https://988lifeline.org).  
You can also reach the Crisis Text Line by texting HOME to 741741.**

**Learn more at [mhanational.org/resources/burnout-signs-causes-recover](https://mhanational.org/resources/burnout-signs-causes-recover)**

## Hello Spring! Hello Friends!

With all the wind and rain, all it seems that we can do is hang on, just like we do in life. With the warmer temperatures and flowers starting to bloom, I know spring is right around the corner, and I am ready!

Here are a few reminders for this next month:

May 1st: DUES ARE DUE!!! Please send your dues to Susan Carpenter for this coming year.

May 7th: Achievement Night—5:30 PM at the Exhibit Hall; This is always a great time with great food!

May 13th: Sew Day 9 AM - 3 PM at the C.O.B., Please Bring a Dish to Share

May 14th: Council Meeting at the Exhibit Hall at 6:00 PM

May 21st: Foraging for Food Program

I am excited to welcome our new incoming president, Michelle VanWye. She is ready to go to work for our organization! Let's welcome her and help her out with her new leadership.

With Michelle becoming our new President, this will

be my last letter. I have enjoyed working with you all, you are the best bunch of ladies to work with and have never told me "No!". Thank you for all of your time, love, effort, smiles, and willingness!

Your President,

Martha Close



Thank You For Being A Blessing In My Life

~Jason Blume

I want to take a moment and let you know how much you are appreciated. You are a true angel to me, and I'm more grateful to you than words can express. Few people possess the considerate, unselfish, loving heart that you have - and even fewer are willing to give so much of themselves. I thank you for your kindness and for being the wonderful, amazing person you are. I know I am blessed to have you in my LIFE.

Image by Jason from Pixabay

*Dekalb County Extension Homemakers*

## Foraging for Food: Finding & Gathering Local Natural Resources

Wednesday, May 21, 2025 at 6:00pm  
Dekalb County Fairgrounds- Exhibit Hall  
708 S. Union St. Auburn, IN

RSVP to Martha Close at 260-920-8753 by Monday, May 19<sup>th</sup>



*Dekalb County Extension Homemakers*

presents:

## PROTECT YOUR ASSETS: PREPARING FOR THE FUTURE

feat. Bryan Nugen, Elder Care Attorney

open to the public!

MONDAY, JUNE 16<sup>TH</sup> AT 2:00PM  
DEKALB CO. OFFICE BUILDING-BASEMENT  
215 E. 9<sup>TH</sup> ST. AUBURN, IN

RSVP BY FRIDAY, JUNE 13<sup>TH</sup> TO SUE CARPENTER AT (260) 433-2333



## DEKALB CO. EXTENSION HOMEMAKERS 2025 EVENTS & IMPORTANT DATES

### APRIL

\*WEDNESDAY, APRIL 23RD:  
WIND CHIME CRAFT 6PM, EXHIBIT HALL, COST \$20

### MAY

\*THURSDAY, MAY 1ST:  
DUES TURNED INTO  
OFFICE

\*WEDNESDAY, MAY 7TH:  
ACHIEVEMENT NIGHT  
5:30PM. EXHIBIT HALL

\*TUESDAY, MAY 13TH:  
SEW DAY 9AM-3PM, COB

\*WEDNESDAY, MAY 14TH:  
County Council Meeting  
6pm, Exhibit Hall

\*WEDNESDAY, MAY 21ST:  
FORAGE FOR FOOD 6PM,  
EXHIBIT HALL

### JUNE

\*MONDAY, JUNE 2ND-  
WEDNESDAY, JUNE 4TH:  
HOME & FAMILY  
CONFERENCE, EMBASSY  
SUITES-NOBLESVILLE

\*TUESDAY, JUNE 10TH:  
SEW DAY 9AM-3PM, COB

\*MONDAY, JUNE 16TH:  
PROTECT YOUR ASSETS  
2PM, COB

# Mother's Day is May 11th

## UPCOMING EVENTS ANR IMPORTANT DATES 2025

<b>May 6</b>	(Rain Date May 8th): <b>Annual DeKalb County Ag Day</b> at Carnahan Farms 3386 County Road 57, Butler, IN; 9 AM—2 PM Public Welcome
<b>May 10</b>	<b>DeKalb County Master Gardener Plant Sale</b> , DeKalb County Fairgrounds Exhibit Hall, Auburn, IN; 7:30—10 AM
<b>July 22</b>	<b>Annual Andersons Field Day</b> , The Andersons/CGB, 4743 Co Rd 28, Waterloo, IN 46793; 7:30 AM- 2 PM
<b>November 7&amp;8</b>	<b>Rooted &amp; Resilient Homesteading Conference</b> , Community Learning Center, Kendallville; <a href="https://extension.purdue.edu/county/noble/rooted-and-resilient-homesteading-conference.html">https://extension.purdue.edu/county/noble/rooted-and-resilient-homesteading-conference.html</a>



**2025 DEKALB COUNTY**

**MASTER GARDENER**

**Plant Sale**

**Saturday, May 10, 2025**

**DeKalb County Fairgrounds Exhibit Hall**

**708 S Union Street, Auburn, IN**

**7:30 - 10:00 AM**







Image by Pexels from Pixabay

## GROWING MINDS: THE CONNECTION BETWEEN AGRICULTURE AND MENTAL HEALTH

May 29th is "Mental Health Awareness in Agriculture Day" to raise awareness around mental health in the agricultural industry and workforce and to continue to reduce stigma associated with mental illness.

Agriculture is a vital part of our society, yet the mental health of farmers is often left unnoticed. By connecting mental health and agriculture, we can better support the farmers who provide us with food, fuel, and clothing and work to cultivate and maintain the environment.

### **Why Do We Need to Be Conscious of Farmers' Mental Health?**

Agriculture plays a vital role in our everyday lives, even if we may not always realize it. From the food we eat to the clothes we wear, agriculture is woven into the fabric of our existence. It provides us with essential goods and sustains countless jobs in the industry. While less than 2% of the population is in agriculture, farmer suicide rates are still 2 to 5 times higher than the national average according to multiple studies.

The work of farmers and ranchers is crucial in ensuring a stable and sustainable future for all of us. As we acknowledge Mental Health in Agriculture Day, let's recognize and support the mental health of those who work tirelessly to keep our world up and running.

### **The Stressors Faced by Farmers and Ranchers**

Farmers and ranchers face unique stressors in their profession that can significantly impact their mental health. Long hours, unpredictable weather, financial uncertainties, and the pressure to produce enough food and meet market demands are just some of the challenges they face.

A farmer's true boss is an unpredictable woman, Mother Nature. Farmers are under tremendous stress during all times of the year, especially during planting and harvesting seasons. The rush to bale hay before the next rainfall is simply a race against the clock. Even the market can be volatile. The livestock farmer that has worked all year raising, protecting, and feeding is left in

*Continued to page 11*



*Continued from page 10*

the hands of a 10 to 30-second-long bidding war to know if they will make enough money to cover the expenses.

The isolation and loneliness that can come with rural living further compound these stressors. Farmers often work in the fields alone. The lack of socialization and daily communication often leads to increased loneliness.

## Understanding the Stigma Around Mental Health in Rural Communities

In rural communities, there is often a stigma surrounding mental health. Farmers and ranchers may feel pressure to uphold a strong, resilient image, making it difficult for them to seek help or talk about their struggles. The demanding nature of ag jobs can contribute to this stigma, as the focus is often on physical strength and hard work.

## Ways to Promote Good Mental Health among Farmers and Ranchers

One way to promote good mental health among farmers and ranchers is by creating a supportive community. Purdue Extension's Farm Stress Team has a great network of resources to help with these steps: [https://extension.purdue.edu/farm\\_stress/](https://extension.purdue.edu/farm_stress/).

If you are struggling or know someone who is, the Purdue Extension's Farm Stress Team has a great network of resources to help: [https://extension.purdue.edu/farm\\_stress/](https://extension.purdue.edu/farm_stress/). Farmers have the tendency to be strong-willed, it is important to be encouraging to ensure that positive mental health practices are taken seriously and practiced daily.

## Support for Mental Health in Agriculture: What Can We Do?

Education and awareness play a significant role in supporting mental health in agriculture. By raising awareness about the unique stressors faced by farmers and ranchers, we can reduce the stigma surrounding mental health in rural communities. This includes educating the ag community about the signs of mental health challenges and how to seek help.

Ultimately, supporting mental health requires a collaborative effort involving individuals, communities, and organizations coming together to prioritize the wellbeing of those in the agriculture industry. By implementing these strategies and creating a culture of support, we can ensure a stronger and more resilient agricultural community for generations to come.

## Celebrate National Dairy Month in June with this 3 Layer Bean Dip!

From: For The Love Of Sazón

Prep Time: 10 minutes Cook Time: 12 minutes

### Ingredients

- 1 Cream Cheese
- 1/3 cup Chives
- 1 can Refried beans
- 1 tbsp Hot Sauce
- 1/2 cup Shredded Cheese Mexican blend is the best

### Instructions

1. Preheat the oven to 350°F.
2. Place the cream cheese in a bowl and softened it by putting it in the microwave for about 30 seconds.
3. Dice the chives. Then combine it with a the cream cheese.
4. In a separate bowl, pour in the refried beans and then mix in the hot sauce.
5. In a oven safe container, first spread out the cream cheese and chive mix on the bottom. Next, spread the refried beans over the cream cheese. Finally, sprinkle the shredded cheese on top to give an even layer.
6. Place it in the oven, and cook for 10 minutes, until the cheese on top is melted. Change the oven setting to broil, and broil four about 2 minutes.
7. Serve with your favorite tortilla chips!





## Join us November 7-8, 2025,

in Kendallville, IN, for the Rooted & Resilient Homesteading Conference, a two-day event dedicated to empowering homesteaders with the knowledge and skills needed to thrive.

This year's conference features a diverse range of sessions on livestock production and management, gardening and plant cultivation, home food preservation and safety, and mixed ventures to maximize your homesteading success. Through engaging

educational discussions and hands-on workshops, participants will have the opportunity to deepen their expertise, learn practical techniques, and connect with a community of like-minded individuals. Whether you're new to homesteading or looking to refine your skills, this event is designed to help you grow and flourish.

The Rooted & Resilient Homesteading Conference is open to all ages of learners, including a special Kidsteaders Track on Saturday, November 8 for youth ages 6-12.





# Last Call for 4-H Enrollment

All 4-H members and adult volunteers must re-enroll annually.

Go to the new [v2.4honline.com](http://v2.4honline.com) to re-enroll. The Extension Staff will be happy to assist you with your (re)enrollment process if needed!

**VOLUNTEERS**—You also **MUST** register again to be active in 2025.

**The Deadline to register and pay is May 15! Don't miss out!**



## LIVESTOCK NEWS

### MAY 15 DEADLINE

ALL Beef Steers, Registered & Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, and **STATE FAIR ELIGIBLE ANIMALS' MUST (excluding Poultry and Rabbit)** be entered into 4HOnline.

### STATE FAIR DNA DEADLINE

**DNA hair samples for all Beef, Dairy Cattle, Meat Goats, Sheep, and Swine must be submitted by May 15 to the Extension Office! DNA envelopes are available at the Extension Office.**



## 2025 4-H IMPORTANT DATES

<b>April 27</b>	Doubletrees Club Meeting, 4:00 pm - Arena
<b>April 27</b>	<b>ATV - MANDATORY ATV SAFETY</b> Ride for all club members, Horse Arena <b>Last name A-J: 11:00 am-12:00 pm</b> <b>Last name K-Z: 12:30-1:30 pm</b>
<b>April 28</b>	Horse and Pony Meeting 6:30 pm - Exhibit Hall, small room
<b>May 3</b>	QLC in-person training, 10:00 am - Exhibit Hall - Must pre-register in 4-H Online in the "Events tab"
<b>May 5</b>	Mini 4-H Meeting, 6:00 pm - Exhibit Hall
<b>May 6</b>	Nevershirk Club Meeting, 6:30 pm - Butler Elementary
<b>May 8</b>	Poultry Workshop, 6:00-7:00 pm - Middaugh Hall Charcuterie Workshop, 5:30 pm - County Office Building (215 E. 9th St. Auburn, IN) - <a href="https://bit.ly/charcuterie25">https://bit.ly/charcuterie25</a>
<b>May 11</b>	Cut-Ups Club Meeting, 6:00 pm - Exhibit Hall
<b>May 13</b>	Floriculture Workshop, 6:00 pm - County Office Building (215 E. 9th St. Auburn, IN) - Registration opens in April
<b>May 14</b>	4-H Council Meeting, 7:00 pm - Exhibit Hall
<b>May 15 DEADLINE</b>	<b>Last day to enroll in 4-H for 2025 if you want to exhibit at Summer or Fall Fair!</b> <b>4HOnline Animal ID for Beef, Registered and Unregistered Heifers, Dairy Steers, Horse &amp; Pony, Draft Animals, and State Fair Animals (excluding rabbits &amp; poultry)</b> <b>State Fair DNA due to the Extension Office</b>
<b>May 15</b>	Fairfield Farmers Club Meeting, 6:30 pm - 1351 CR 12, Corunna 4-H Power Club Meeting, 7:00 pm - Riverdale Elementary Gym (6127 SR 1, St. Joe, IN 46785)
<b>May 17</b>	May 17 - All Cattle Workshop, TBD
<b>May 18</b>	Smithfield Busy Bees Club Meeting, 4:00 pm - Exhibit Hall Doubletrees Club Meeting, 4:00 pm - Arena
<b>May 20</b>	Richland Cornhuskers Club Meeting, 5:00 pm - Exhibit Hall
<b>May 30</b>	<b>Tops in 4-H Applications due to the Extension Office</b>

# Indiana 4-H Quality Livestock Care Program

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 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); Registration is open now in 4-H Online!

### Quality Livestock Care training sessions are:

**Saturday, May 3,  
10:00 a.m.**

**Saturday, August 9,  
10:00 a.m.**

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.***

## FLORICULTURE WORKSHOP

- Tuesday, May 13 at 6:00-7:30 pm
- County Office Building, 215 E 9th St. Auburn, IN (please use the back door)
- Cost: \$10 per person
- Register at <https://bit.ly/25FloralDesign> or use the QR code
- Youth in grades K-12 and Adults are welcome!
- Everyone will take home their own beautiful floral arrangement!



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

Extension • 4-H Youth Development



## HANDBOOK INFORMATION

The 2025 DeKalb Co. 4-H Handbook is finished!

Every family will receive a printed copy of the Handbook this year. Handbooks can be picked up the Extension Office or at your next club meeting. Please use the QR code for the online Handbook.





## DeKalb 4-H Hub

Your go-to resource for everything DeKalb 4-H!



### WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- 10 YEAR MEMBER TO-DO LIST!
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H PROJECT MAGAZINE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIRENTRY
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!



USE THE LINK OR SCAN THE QR CODE WITH YOUR PHONE CAMERA  
[HTTPS://BIT.LY/DEKALB4HHUB](https://bit.ly/DeKalb4HHub)

## BOARDS & BITES!

### A Mom & Me Charcuterie Adventure

Join us for a fun and interactive experience where moms and kids can team up to create a delicious charcuterie board! In this hands-on workshop, you'll learn how to turn healthy ingredients into colorful and creative snack boards that everyone will love. From fruits and veggies to cheeses and sweet treats, we'll explore a variety of tasty options to design your own masterpiece.

**Who: Moms\* & Youth**

**When: May 8th, 2025**

**Where: County Office Building, 215 E. 9th St. Auburn, IN**

**Register by: April 25th**

**Cost: \$25 per child/parent**

**Register at:**

<https://bit.ly/charcuterie25>



\*We understand that some families are unique. We are welcome to mother-like figures attending with a child.

**EA/EOU.**

If you are in need of accommodations to attend this program, please contact Effie Campbell prior to the workshop at 260-925-2562 or [campb314@purdue.edu](mailto:campb314@purdue.edu).

## 4-H Quality Livestock Care Training

### QLC IN-PERSON TRAINING DATES FOR 2025

~~JANUARY 6, 9:30 AM (HAMILTON TOWN HALL)~~

**FEBRUARY 15, 10:00 AM (EXHIBIT HALL)**

~~MARCH 26, 10:00 AM (EXHIBIT HALL)~~

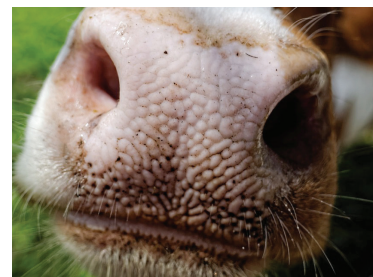
**MAY 3, 10:00 AM (EXHIBIT HALL)**

**AUGUST 9, 10:00 AM (EXHIBIT HALL)**

There will be some QLC trainings at Club meetings. Be sure to check your clubs schedule to see if there will be a training at an upcoming meeting.

### HOW TO REGISTER:

1. Log in to 4-H Online
2. Click "view" next to the 4-H member you want to register
3. Click the "Events" tab on the left side of the screen
4. Select "DeKalb County - Indiana 4-H Quality Livestock Care trainings"



## WORD OF THE MONTH

### Bailiwick

a person's area of skill, knowledge, authority, or work (noun)





### MINI 4-H

# COME OUT TO OUR PET PALOOZA



MINI 4-H KICK OFF NIGHT AT THE EXHIBIT HALL

**MONDAY, MAY 5 @ 6:00 PM**

MAKE YOUR WAY THROUGH PET THEMED  
ACTIVITIES INCLUDING

BINGO, CRAFTS, PHOTO BOOTH, AND OTHER  
FUN ACTIVITIES!

\*PROJECT MANUALS AVAILABLE AT THIS MEETING

WITH PAYMENT OF \$5 DUES (PER CHILD)

FUTURE MEETINGS:

JUNE 9, JULY 7, AUGUST 11

MINI DAY CAMP: JUNE 18 (9-3)

JUDGING: SEPTEMBER 13



## YOU COULD BE

# "TOPS IN 4-H"

and win a \$250 Award

...if you are a High School

Sophomore, Junior or Senior!

Application

## Deadline is May 30, 2025

in the Extension Office. See the

Tops in 4-H folder on the DeKalb

4-H Hub for a list of rules and the

application.



## Interested in other 4-H Trips and Experiences?

Here are some other trips you may be interested in (to register, please contact Effie):

### 4-H Academy - Free for DeKalb County 4-H members!

- June 11-13, Grades 9-12
- Stay in a dorm at Purdue University
- Features a wide variety of different career- based workshops to choose from and focus on during the trip

**NEW CREATIVE ARTS  
workshop this year!!!**

**▪ Due by - May 1**

### 4-H Round-Up - Free for DeKalb County 4-H members!

- June 23-25, Grades 7-9
- Career Exploration Event
- Stay in a dorm at Purdue University

**▪ Registration due by May 1**

### State 4-H Band and Chorus - Free for DeKalb County 4-H members!

- Band (June 21-23), Chorus (June 21-24)
- Grades 9-12
- Perform at different 4-H events during the year

**▪ Registration due by May 1**

**STAFF:**  
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# SAVE THE DATE



Extension - DeKalb County







WHETHER YOU'RE PASSIONATE ABOUT AGRICULTURE, HEALTH, OR 4-H, YOUR GIFT – NO MATTER THE SIZE – HAS A DIRECT IMPACT ON PURDUE EXTENSION'S ABILITY TO THRIVE AND CONTINUE ITS LEGACY OF EXCELLENCE.

**LET'S MAKE THIS PURDUE DAY OF GIVING A SUCCESS, TOGETHER!**



### How Can You Help?

Make your gift online at <https://tinyurl.com/2025DeKalbDOG> or scan the QR code.

Or, call 1-800-319-2199 to pledge your minimum \$10 donation!

100% of your donation stays with Purdue Extension DeKalb County to help with continued programming efforts

Purdue University Cooperative Extension Service is an Affirmative Action, Equal Access/Equal Opportunity institution. If you are in need of accommodations or a translator or interpreter to attend any DeKalb County Extension program, please contact our office prior to the meeting at 260-925-2562 or email eberry@purdue.edu.



**4-H DEADLINE**  
**May 15**

Non-Profit Org  
U S Postage Paid  
Auburn in 46706  
Permit No. 80

RETURN SERVICE REQUESTED

County Office Building  
215 East 9th Street—Ste. 300  
Auburn, IN 46706