Newsletter December 2023 IN THIS ISSUE

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Farmland rent- sell pricing/ DNR tree orders and info/ Bale grazing workshop. **Pages 6-9 Youth Development (4-H)** - Important updates /4-Hcamps/ Upcoming Events.

Pages 10-13



The Purdue Extension Dubois County Office is now at the Center on Fifth. 505 West 5th Street Jasper IN 47546

Community Educators



County Extension

Director; HHS Educator



Kenneth Eck Agriculture and Natural Resources ANR Educator



Lauren Fenneman 4-H -Youth Development Educator



Extension - Dubois County

Office News

Congrat's to Lauren and Family! Lauren welcomed a baby boy.



Purdue will be on Winter break Dec 21- Jan 2nd

To stay up to date on current events, visit our website!

https://extension.purdue.edu/county/dubois or find us on Social Media





<u>https://extension.purdue.edu/county/dubois</u>



Chelsea Brewer County Extension Director; Extension Educator - HHS cebrewer@purdue.edu



How Can HHS Help You?

Money

Food and Nutrion

Family

Healthy Communities

I created a quick survey to gather input about future programs that people would enjoy seeing. Please follow this link.



bit.ly/HHSsurvey23

If you're seeking a presenter for your group or organization in regards to food, nutrition or other wellness topics, reach out. Chances are we can help!

Contact

Chelsea Brewer

County Extension Director; Extension Educator - HHS cebrewer@purdue.edu / 812-482-1782

Purdue Fast Start Program



Giving Indiana students a new pathway to Purdue through:

- · Free courses
- \cdot Assured admission
- · Purdue credit
- · Big savings

Check it out today! https://www.admissions.purdue.edu/purduefaststart/



Holiday Food Safety

We all want to have a safe and fun holiday season as we celebrate with family and friends. Part of that safety revolves around both the food that we consume and what we prepare in our homes. Follow these food safety practices to make sure you avoid food related illnesses during this festive time of year. For more information visit https://www.fightbac.org/food-safety-basics/the-core-four-practices/

Clean

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.



- Separate raw meat, poultry, seafood and eggs from other foods in your grocery shopping cart, grocery bags and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood or eggs.



 Use a food thermometer which measures the internal temperature of cooked meat, poultry and egg dishes, to make sure that the food is cooked to a safe internal temperature. Take a peek at this handy chart for minimum internal cooking temperatures PFSE-7696-cooking chart_V2 (fightbac.org)



- Store leftovers in the refrigerator or freezer within 2 hours of cooking, throw them out after 4 hours if they have not been kept either hot or cold.
- Refrigerate or freeze meat, poultry, eggs and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90 °F).
- Never thaw food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to thaw food: (1) in the refrigerator, (2) in cold water, and (3) in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.

PARENTS FOREVER

Going through a family transition or not, all parents can benefit from Parents Forever. Coparenting requires thoughtful skill-building, learning how to have hard conversations, and knowing what to expect at every stage. These are all things that parents can expect to learn during a Parents Forever class. Plus, having more knowledge is never a bad thing.

About Parents Forever

Education to aid families in transition after divorce, separation, or custody change

Families face many challenges and sometimes have to deal with transitions. Parents Forever © is an educational program for families experiencing divorce, separation, or a change in child custody. It was developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.



Human Sciences

By completing a Parents Forever course, participants

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.

**This course is appropriate for adults only. Please make childcare arrangements.

Parents Forever upcoming dates (Dubois County only):



October 10th 9:30-1:30 pm EST

to register, visit bit.ly/ParentsForeverIN or scan the QR code





Extension - Dubois County



University of Minnesota Extension

STEPS TO A HEALTHY YOU

Embracing a Healthy and Mindful Eating Pattern

Discover the Mediterranean way of eating with Purdue Extension's **Steps to a Healthy You** class series. We will guide you through seven simple steps to following a Mediterranean style of eating, providing you with the knowledge, tools and inspiration you need to make this healthful eating pattern a part of your life.



Space is limited, so register now to secure your spot in the **Steps to a Healthy You** class series. For more information and registration details, please visit www.extension.purdue.edu/dubois.

Cost: \$40

*JANUARY 30, 2024

This is a **5-week series**. Class will begin on January 30th and run weekly until February 27th.

DUBOIS COUNTY PURDUE EXTENSION

Center on 5th 505 W 5th Street, Jasper, IN 47546 Door #4.

5:00-7:00 PM EST

Each class will include a recipe demonstration or taste testing. But feel free to eat a snack before arriving.

Sign Up Today at: www.extension.purdue.edu

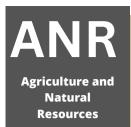


Extension - Health and Human Sciences

PURDUE.EDU/HHS/EXTENSION



Kenneth Eck Extension Educator - ANR kjeck@purdue.edu



Agriculture and Natural Resource Extension (ANR) Educators serve as research based, unbiased information source for county and state constituents on a variety of topics including: crops, ag business, livestock, natural resource, horticulture, small farms, urban ag, pesticide use, and land conservation. In partnership with Purdue University subject matter experts, ANR Extension Educators can provide relevant and proven best management practices to address many clients' situational needs.



Custom Farm Rates – 2023

Producers needing estimates for farm rates for practices from planting and harvest to tiling, hay baling and grain hauling can find averages at the following sites:

Purdue University "2023 Indiana Farm Custom Rates": https://ag.purdue.edu/.../2023/03/indiana-farm-custom-rates/

Iowa State Univ. "2023 Iowa Farm Custom Rate Survey": https://store.extension.iastate.edu/Product/fm1698-pdf



Purdue Workshop Series on Woodlands Management

"Forest Management for the Private Woodland Owner" series will run eight consecutive weeks on Monday evenings from February 5 through March 25, 2024 from 6-9 PM EST (except for Saturday morning field trip, which will run from 9 -12 AM), at the Southern Indiana Purdue Agricultural Center (SIPAC), 11371 E. Purdue Farm Road, Dubois, IN. Ron Rathfon, Purdue Extension forester; Purdue Extension staff; and state and private sector foresters will be the instructors for this event. Course topics include forest resources and identification, biology and ecology, forest cultivation, managing woodland investments, timber marketing, wildlife management, and assistance for landowners. A field trip will also be included in the course. Class size is limited to 40 registrants on a first-come, first-serve basis.

The registration fee is \$50 per person, or \$30 per couple/family sharing materials. Required registration form and course brochure are available at:

https://extension.purdue.edu/county/dubois/forestry-short-course-brochure-2024.pdf

Winter Gardening Indoor Plants and Activities

December-

• Check houseplant leaves for brown, dry edges that may indicate too little relative humidity in the house. Increase humidity by running a humidifier, grouping plants, or using pebble trays.

• Extend the beauty of holiday plants, such as poinsettias and Christmas cactus, by placing them in a cool, brightly lit area free from warm or cold drafts.

• Houseplants may not receive adequate light because days are short and gloomy. Move plants closer to windows, but avoid placing foliage against cold glass panes. Artificial lighting may be helpful.

• Because growth slows or stops in winter months, most plants will require less water and little, if any, fertilizer.

• If you are forcing bulbs for the holidays, bring them into warmer temperatures after they have been sufficiently precooled. Two to four weeks of warm temperatures (60°F), bright light, and moderately moist soil are needed to bring on flowers. Bulbs require a chilling period of about 10 to 12 weeks at 40°F to initiate flower buds and establish root growth. Precooled bulbs are available from many garden suppliers if you did not get yours cooled in time.

• When shopping for a Christmas tree, check for green, flexible, firmly held needles and a sticky trunk base, both indicators of freshness. Make a fresh cut, and keep the cut end under water at all times.

• Evergreens, except pines and spruce, can be trimmed now for a fresh supply of holiday greenery. Use proper pruning techniques to preserve the beauty of landscape plants.

January-

• Keep holiday poinsettias and other plants near a bright window. Water as top of soil becomes dry.

• Check produce and tender bulbs kept in storage, and discard any that show signs of decay, such as mold or softening. Shriveling indicates insufficient relative humidity.

February-

- Check water levels daily in cut-flower vases.
- Repot houseplants as they outgrow current pots.



Agriculture and Natural Resources

• Early blooms of spring-flowering bulbs can make good gifts for a sweetheart. Keep the plant in a bright, cool location for longer lasting blooms. Forced bulbs make poor garden flowers and should be discarded as blooms fade.

Lawns, Woody Ornamentals, Landscape Plants & Fruit Trees

December-

• Prevent bark-splitting of young and thin-barked trees, such as fruit and maple trees. Wrap trunks with tree wrap, or paint trunks with white latex (not oil-based) paint, particularly on the south- and southwest-facing sides.

• Protect shrubs, such as junipers and arborvitae, from extensive snow loads by tying their stems together with twine. Carefully remove heavy snow loads with a broom to prevent limb breakage.

• Protect broadleaved evergreens, or other tender landscape plants from excessive drying by winter sun and wind. Place canvas, burlap, or polyethylene plastic screens to the south and west to protect the plants. Similarly, shield plants from street and sidewalk salt spray.

• Provide winter protection for roses by mounding soil approximately 12 inches high to insulate the graft union. Additional organic mulch, such as straw, compost, or chopped leaves, can be placed on top. Wait until late winter or early spring to prune.

January-

• Check young trees for rodent injury on lower trunks. Prevent injury with hardware cloth or protective collars.

• "Leaf" through nursery catalogs and make plans for landscape and home orchard additions. Order plants early for best selection.

• Cut branches of forsythia, pussy willow, crabapple, quince, honeysuckle, and other early spring-flowering plants to force into bloom indoors. Place the branches in warm water, and set them in a cool location.

February-

• Check mulches, rodent shields, salt/wind screens, and other winter plant protections to make sure they are still in place.

• Prune landscape plants, except early spring bloomers, which should be pruned after flowers fade. Birches, maples,

dogwoods, and other heavy sap bleeders can be pruned in early summer to avoid the sap flow, although bleeding is not harmful to the tree.

• Prune fruit trees to control plant size and remove dead, damaged, or weak limbs



Join us for an informational meeting and earn your PARP and CCH credits for this year. Lunch and open house to follow. This years presentations will include:

- "Accurate Chemical Measurement and Mixing"
- "Efficient Pesticide Application on the Planter"
- "Pesticide Regulation Updates"

RSVP by Monday, December 4th. You can RSVP by calling (812)684-9700 or email info@precisionfarmingsolutions.net



<u>https://extension.purdue.edu/county/dubois</u>





OISC Pesticide Applicator Changes

The Office of the Indiana State Chemist (OISC) revised Indiana pesticide rules that affect applicators, particularly those who apply Restricted Use Pesticides (RUPs). These revisions had been in process since 2018, and officially became a part of application rules in January 2023. For 2024 these changes will be fully enforced with all applicators, whether commercial or private.

The biggest change is that only fully certified applicators (private and commercial) are now allowed to apply Restricted Use Pesticides (RUPs). The previous rule was that RUPs could be applied by anyone who was supervised by a private or commercial fully licensed applicator, but all must now be fully licensed.

So, how do you obtain a Private Applicator license? The most common way is to take the exam has been to obtain the training manual for the CORE exam (PPP-13), study the manual at home, and then take the exam at the Ivy Tech Community College in Evansville (other testing locations available at https://tinyurl.com/5kb6898w or ph. 877-533-2900). The test is administered by the Metro Institute, and Ivy Tech merely provides the supervision during the exam.

To prepare for the exam, the study manual can be purchased for \$40 plus shipping at https://tinyurl.com/yrjxswt5 or by calling 765-494-6794. Manuals are available in English and Spanish.

Once you receive a manual, go on-line to https://tinyurl.com/5yy5xay6 or call 1-877-533-2900 to schedule an appointment to take the exam. Leave a message and let them know when the best time is to reach you. Everyone taking the exam must show a government-issued photo ID. Contact the Indiana State Chemist at 756-494-1492 for alternative identification, if needed. A person is allowed three attempts to take the exam in 12 months' time. There is a \$55 fee for use of facilities through Ivy Tech.

<u>Cow Herd Management</u> Calendar

December

Through the winter, all replacement heifers should gain to reach 65% of their mature weight by breeding. Females pregnant with their first calf should be fed to reach 85% of their mature weight immediately after they calve. The ADG will depend on the calves weaning weight and predicted mature size of the cattle.

- Group feed cattle by sex, age, body condition score and stage of production.
- Strip graze stockpiled fescue as long as it lasts. Quality declines greatly by the end of January and will need supplementation.
- Start supplementing cows with energy or protein (depending on forage analysis) when body condition starts to decline. No cow should be allowed to be less than a condition score 5 before starting to supplement.
- Give first vaccination to first calf heifers and cows that have not been previously vaccinated to control calf scours



Lauren Fenneman Extension Educator 4-H Youth Development Ihaase@purdue.edu



Happy Holidays from Purdue Extension - Dubois County and Dubois County 4-H!

Are you enrolled? 4-H enrollment began October 1st! Enroll today at v2.4honline.com to get the most out of your 4-H experience. Do you need a gift idea for someone in your family? Give the gift of 4-H! This gift could be in multiple ways. Offer to pay the program fee of \$15. Offer support by driving or assisting another 4-H member to club meetings or other experiences. Offer to cover the cost of an additional experience like 4-H Camp, 4-H Round Up at Purdue University, or 4-H Academy at Purdue University for Grades 9-12. Want to give the gift of 4-H? Call Purdue Extension - Dubois

County office at 812-482-1782 and we will be glad to help you.



In other news, I am out on Maternity Leave! Have questions? The office staff are wonderful and will be able to assist you on any Dubois County 4-H questions you might have.

2024 FAIR



JULY 15-19, 2024

Jacob Henry Fenneman

For 4-H Enrollment Questions ask for Diane Lechner For Volunteer Applications or Questions ask for Angie Sanchez – Hostetter 4-H Online Event, project and other 4-H Questions ask for Diane and Angie For 4-H Juntos ask for Marina Guerrero Thank you.

Thank you, Lauren Fenneman

4-H INFO



UAV Drone Exploration Day Rescheduled

February 24th - 9 am - 4 pm, Dubois County 4-H Fairgrounds. Youth in grades 3-12 learn about UAV drones, how they are used, operate some drones, and learn from those in the area about careers involving drones. Sign up in 4-H Online,

4-H Scholarships

4-H youth in Grades 10-12 have an opportunity to apply for scholarships. They are due January 25th. Must be a current 4-H member. When applying remember they want to know what was "learned from 4-H, not what was earned like ribbons and awards". Due to maternity leave, assistance in completing this will not be available from the office. There is an online 4-H Scholarship Workshop available to assist you located on the scholarship website. Full details at bit.ly/4hscholarship



4-H Camp Save the Date May 31st - June 2nd



4-H Camp Counselor Application available in 4-H Online now. Due February 1st. 4-H Youth in Grades 9-12 are invited to sign up! Thank you to Samuel Osterman and Evie Rasche for being camp counselors last year. Please note that the counselors' cost for attending training and camp are covered by Dubois County 4-H Council. Let's increase the number of counselors we send. You can find more information at: https://bit.ly/4HCampCounselorA2



Youth Development

4-H

4-H Enrollment/Reenrollment Tips

- DO NOT create a new account if you were previously a 4-H member or even if you skipped a year.
- DO NOT create a new member profile if you don't see your youth on the member list. They might not have been
 active and we archived" them. Please call Purdue Extension Dubois County office at 812-482-1782 to unarchive
 them.
- You DO NOT have full access unless you are "active 4-H member". Active meaning, enrolled, submitted and paid \$15 state program fee
- If you want multiple people to get information, please add 4-H member's email in the member profile and then
 one parent as the family member profile. If you want the second parent to receive the information, please add
 their email in another member's profile or if the current member is too young for email, put in the one.
- Fastest and easiest way to become active is to pay be credit card when you enroll online.
- Unsure of what projects to select. You are selecting "Project area" in 4-H Online. We have a list on our website: https://extension.purdue.edu/county/dubois/4-h-project-rules/4-H-Project-Rules/project-area-guide.html
- Unsure of what 4-H club to select. You may select Contact me about 4-H club or select one based on location and then learn about when they meet. If the club doesn't work out no worries, we can always change that information.
- Interested in a project-based club. To receive communications from the club, pick the club that goes with the project.
 - Shooting Sports disciplines and project Shooting Sports 4-H Club
 - Horse and Pony project Wranglers 4-H Club
 - Computer and prefer Robotics Robotics and Innovation 4-H Club
 - Dog project Paws and Pals 4-H Club
 - Rabbit project Hoppers 4-H Club
 - Health (Clogging) Clogging Clovers

DO NOT select County Project by itself. DO NOT select just Shooting Sports. For Shooting Sports pick a discipline.

4-H Family TO DOs DECEMBER

- Enroll and/or reenroll in 4-H at v2.4honline.com
- Paid your \$15 program fee
- Sign up for Project Area/Spark Clubs/4-H Experiences via 4-H Online
- Share 4-H Information or promotions from Purdue Extension Dubois County social media pages
- Read communications from Purdue Extension Office: Keep an eye out for more information on the following: 4-H Camp, Scholarships, Trips, Fundraisers, State led 4-H experiences, Community Service Projects, Family Fun Events.
- Youth participate in 4-H events like club meetings, livestock judging, junior leaders, etc.
- Share 4-H information with 1 parent from your kid's friends
- Gift a 4-H experience to a youth by paying their program fee





4-H Trips

Expand your 4-H experience with a trip! Youth in grades 7-12 are invited to participate in a State or even national level 4-H Trip. Dubois County 4-H Council sets aside funds to help youth attend these wonderful opportunities. If you wish to take full advantage, please fill out a 4-H Trip Assistance request via 4-H Online. These requests are due by February 1st.

More details about trips are available under the State 4-H Opportunities at the following

4-H members in grades 7-12 the opportunity to provide their Adult 4-H Volunteers with additional assistance in their 4-H Clubs and related activities while serving as mentors and role models to the younger 4-H members by sharing their experiences with them. The RESPONSIBILITY of leadership, the CHALLENGE of assisting others, and the OPPORTUNITY to expand your personal experiences best sums up the objectives of the Junior Leader project.

Junior leaders develop skills in the areas of civic engagement, leadership, entrepreneurship and more through a variety of hands-on experiences throughout the year.

If you are unable to make all the meetings that is fine. Please save the dates below and make it too as many as possible.

- December 11th 7 pm, Annex Fair Office, Potluck, Gift Exchange and Holiday Fun
- January 8th 7 pm, Center on 5th, PJs and Game night
- February 12th 7 pm, Annex Fair Office, Karaoke, Pinata and Dance off
- March 11th 7 pm, Clover Pavilion, Stuff Eggs, finalize community service project
- April 8th 7 pm, Dubois County Park, Sand Volleyball
- May 13th 7 pm, Dairy Barn, Ice Cream
- June 10th 7 pm, Dubois County Park, Pickleball and Tennis with cookout
- July 8th 7 pm, Clover Pavilion meet, Exhibit Building cleanup for 4-H Fair
- August No meeting
- September 9th 7 pm, Clover Pavilion 2024-2025 club year planning

4-H Volunteer Corner

<u>Activity –</u>

Holiday – Make yarn wrapped Holiday Ornaments or tealight snowmen From the 4-H at Home Holiday Activity guide. Please go to https://4-h.org/clover/activity-guides/download-4h-activityguides/ and download the Holiday Activity Guide for these and other Holiday activities.

<u>Role Call –</u>

Name your favorite winter holiday movie. Community Service Idea – Make paper snowflakes for a nursing home.

Upcoming Dates:

February 13, 2024 at 6:30 pm in the Clover Pavilion April 9, 2024 at 6:30 pm at Farm Bureau Building on 4-H Fairgrounds June 11, 2024 at 6:30 pm at Farm Bureau Building on 4-H Fairgrounds July TBA – Grandstand cleanup











Upcoming Events SERVEGROW THRIVE MAKE

Youth Development **4-H**

- December 11th 4-H Junior Leader Meeting, 7 pm, Annex Fair Office
- January 8th 4-H Junior Leader Meeting, 7 pm, Center on 5th Training Room
- January 25th 4-H Scholarships Due, Youth in Grades 10-12, 4-H Online
- February 1st 4-H Camp Counselor Applications due, Youth in Grades 9-12, 4-H Online
- February 1st 4-H Trip Assistance Request due, Youth in Grades 7-12, 4-H Online
- February 5th 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- February 12th 4-H Junior Leader Meeting, 7 pm, Annex Fair Office
- February 13th Indiana 4-H Day at the Statehouse, Grades 7-12, Indianapolis, IN
- February 24th UAV Drone Exploration, Grades 3-12, 9 am 4 pm, Dubois County Fairgrounds
- March 9th Beef Weigh In, 10 am 2 pm, Cattle Barn, Dubois County 4-H Fairgrounds
- March 17th St. Patrick's Parade, Ireland, IN
- March 23rd Dubois County Livestock Show Clinic, Dubois County 4-H Fairgrounds
- April TBA Dubois County Performing Arts Event
- April 8th Solar Eclipse
- April 19th 24th National 4-H Conference, Washington D.C.
- May 3rd Area 3 Performing Arts Festival, Dubois County
- May 4th Sheep and Goat Identification, 7 am 9 am, Sheep Barn
- May 15th Animal Identification due in 4-H Online, v2.4honline.com
- May 31st June 2nd 4-H Camp Grades 3-8, Counselors 9-12, Country Lake Retreat Center
- June 1st 24th Enter 4-H Fair Exhibits in FairEntry at duboiscounty-indiana.fairentry.com
- June 12-14th 4-H Academy Grades 9-12, Purdue University
- June 22-24th 4-H Band, Grades 9-12, Purdue University
- June 22-25th 4-H Chorus, Grades 9-12, Purdue University
- June 24th FairEntry due to pick up Project Labels early
- June 24-26th 4-H Round Up Grades 7-9, Purdue University
- June 27th Project Label and Supply Pickup Night, CP 5:30- 7:30 pm
- June 28th Early Judged Projects: Computer (includes digital art and robotics), Creative Writing, and Genealogy Due, 4 pm, Purdue Extension Office
- June 29th Area Tractor Operator Contest
- July 1st Proof of Completed Youth for the Quality Care of Animals or Indiana 4-H Quality Livestock Care Certificates due to be eligible for animal shows
- July 5th FairEntry due to receive project labels and smooth check in. Anyone missing this date will receive handwritten labels.
- July 8th 4-H Junior Leader Exhibit Building Cleanup, 7 pm, Clover Pavilion
- July 9th Project Label Pickup Night, 5-7 pm, Farm Bureau Building
- July 11th Project Check In Non-Community Judged Projects, 6-8 pm
- July 12th Community Judging and Project Check In for all projects, 5-8 pm
- July 13th Closed Project Judging, Exhibit Buildings
- July 13th Horse and Pony Check In
- July 14th All other Animal Check In
 - July 15-19, 2024 2024 Dubois County 4-H Fair

