



Hendricks County 4-H Clover Connection

Volume 11 Issue 2 | February 2025

I pledge...

Welcome by Ashley Alexander - 4-H Educator

Happy February! February is Heart Health month, and it got me thinking about the 4-H pledge. We pledge our head to clearer thinking, heart to greater loyalty, hands to larger service and health to better living, for my club, my community, my country and my world. Are we giving our whole heart to our 4-H club and projects? I encourage you all to be involved in your local club and give back to the community as you see fit. Looking for opportunities? Fill a blessing box, help at a soup kitchen or food pantry, send a sunshine card to someone who needs it or just tell someone a kind word(s). I encourage you to devote your heart to greater loyalty this month.

February is also a great time to get started on your 4-H projects! Don't wait until the last minute to start on your projects! If you need help with your projects, please let us know and we would be happy to help you.

Handbooks are now available for purchase. Handbooks this year will be \$5 each. First come, first served. They are also available on our website to print for free.

I encourage you to pledge your whole heart to 4-H this month, and all year long!

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Extension Office Info

The Office will be closed
February 17th in observance of
Presidents Day.

Contact Us

Purdue Extension — Hendricks County
1900 E. Main St. P.O. Box 7
Danville, IN 46122
317-745-9260
hendrces@purdue.edu
Open 8 a.m.—4 p.m.
Monday—Friday
<https://hendricksco4h.com/HCGS>
<https://v2.4honline.com>



4-H Opportunities



2025 Jr. Leader Meeting Dates:

February 12
(volunteer dinner)

March 6
(7 p.m. Eaton Hall)

April 9

May 12

June 3

June 25

All Meetings 6:30
p.m. to 8 p.m.
(unless noted)

**Next Jr. Leader Meeting:
Thursday, March 6th
7 p.m. to 8 p.m.
Eaton Hall- Brownsburg Town Hall**

Jr. Leaders is open to youth in 7th-12th grade who are interested in taking more of a leadership role in the 4-H Program! We meet monthly and do monthly community service projects. Be sure to sign up for "Junior Leaders" on 4-HOnline when enrolling in projects!

Jr. Leader Community Service Opportunity

On Wednesday, February 12th the Jr. Leaders will be hosting a Volunteer Appreciation Dinner at the Fairgrounds. We would like to see as many Jr. Leaders in attendance so that we can show our appreciation to our Leaders and Volunteers.

If you can attend, we are trying to get a head count for dinner. RSVP here:
<https://hendricksco4h.com/VolunteerAppreciation>

MINI 4-H

**FIRST Mini 4-H Meeting: Tuesday,
February 11th from 6:30 p.m. to 7:30 p.m.
at the HC 4-H Fairgrounds.**

Meeting Dates

February 11 - Hendricks Co. 4-H Fairgrounds @ 6:30 p.m.

March 6 - Eaton Hall; Brownsburg Town Hall @ 6:00 p.m.

April 21 - Hendricks Co. 4-H Fairgrounds @ 6:30 p.m.

May 6 - Hendricks Co. 4-H Fairgrounds @ 6:30 p.m.

June 3- Mini 4-H Day Camp - Hendricks Co. 4-H
Fairgrounds from 9 a.m. to 12 noon

July 13 - Mini Day at the Fair! More details TBA

Mini 4-H Clover Corner



Mini 4-Hers! Keep a lookout in your mailbox this month for a special Mini 4-H Newsletter called the "Clover Corner"! This will have important Mini 4-H Dates, information, and activities!

4-H Opportunities

Teen Leadership Weekend

Join
US!

The Teen Leadership Weekend is an exciting opportunity for 4-H members to build their leadership skills, connect with peers from across the state, and prepare to make a positive impact in their communities. Held annually, this conference is designed for youth in grades 7-12 who are ready to take their leadership journey to the next level.

Participants engage in hands-on workshops, interactive team activities, and inspiring sessions led by experienced mentors and fellow 4-H members. With a focus on personal growth, teamwork, and service, the weekend empowers youth to step into leadership roles, develop practical skills, and create lasting memories!

Where: Camp Tecumseh

When: March 28-30

Ages: Grades 7th-12th

Register:

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



**PURDUE
EXTENSION**
INDIANA 4-H 

2025 Hendricks County 4-H Volunteer Appreciation Event

2/12/25

HC 4-H
FAIRGROUNDS
@ 6:30PM

The Hendricks County 4-H
Jr. Leaders would like to
show their appreciation to
all 4-H Volunteers!
RSVP for dinner at:
[https://hendricksco4h.com/
VolunteerAppreciation](https://hendricksco4h.com/VolunteerAppreciation)

Thank
you!



4-H Information

Summer Assistant Applications are open!



Our office is looking for 2 individuals to join our office for a summer full of fun!

We are once again hiring 4-H Summer Assistants to experience Extension and 4-H for a summer!

See link below for description and application!

Applications due: February 23rd, 2025

<https://hendricksco4h.com/SummerAssistant25>

Summer

4-H Flower Sale

We will once again be offering flowers to sell to the community! We will be offering Red and Hot Pink Seed Geraniums for **\$2.50** each and Purple and White Petunias for \$5 each. Please give your total flower count to your club leader by **March 20th!** See attached flyer for more information!

Pick up is the first week of May!

4-H Scholarships



Local Scholarships are now available!

Local Scholarships: **Pork Producers, Sheep Club, Beef Cattle Association, Beef Cattle Association Continuing Education, Hampton Memorial Livestock Scholarship, Hampton Memorial Cascade Scholarship, Extension Homemakers Scholarship, Master Gardeners Scholarship**

Extension Homemaker's Scholarship deadline is **Friday February 9 at 12 Noon**

Master Gardener Scholarship deadline is **April 15th**

You can find links to our local scholarships

<https://hendricksco4h.com/scholarships25> Be sure to follow the application deadlines!

More applications will be added as they become available.

Blessing Box

We are looking for clubs and groups to help us stock our box. You can bring **NON-PERISHABLE FOOD OR TOILETRY ITEMS AT ANY TIME!** If the blessing box is full, please bring your items into the Extension Office and we will fill the box at a later time.



We appreciate and thank each and every person, family, club, or group that has donated to our Blessing Box!!

Bad Weather Policy

NOTE: As the weather is constantly changing, we want you to know that **SAFETY** is the number one concern of Purdue Extension—Hendricks County and Hendricks County 4-H. Therefore, should inclement weather happen, please pay close attention to our website and social media accounts for cancellations. If schools have been canceled for the day, **MOST LIKELY** 4-H related events will be canceled as well for that day. When bad weather happens, please make sure that you only attend meetings where you are comfortable getting to and from the meetings. Again, we want you to stay **SAFE** while driving this winter!

Hendricks County Presents:



Extension - Hendricks County

Chef University

Attention 3rd - 5th graders!

Are you interested in learning how to cook healthy foods?

If so, we have the perfect class for you!

Hendricks County 4-H is offering a 2-Day cooking class where participants will help prepare healthy recipes, learn cooking techniques, and experience new cultures through food. We will even be having a "Chopped" style Contest!



JOIN US ON WEDNESDAY AND THURSDAY MARCH 26TH AND 27TH FROM 9 A.M. TO 12 P.M. AT THE HENDRICKS COUNTY 4-H FAIRGROUNDS.

Class Size Limit: 15 chefs!*

Cost: \$25 per chef



For additional information or to register visit:

<https://hendricksco4h.com/2024SpringBreak>

*Additional health and safety guidelines will be sent to participants upon registration.

Hendricks County Presents:



ATTENTION 6th-8th graders!

Join us for the Hendricks County 4-H 2-Day Cooking Camp, specially designed for 6th-8th graders! Participants will get hands-on experience preparing tasty and healthy recipes, discover new cooking skills and techniques. To top it off, you'll compete in an exciting "Chopped"-style cooking contest where your creativity in the kitchen will shine! Whether you're a beginner or a budding chef, this camp promises fun, food, and learning you won't want to miss.

JOIN US ON WEDNESDAY AND THURSDAY MARCH 26TH AND 27TH FROM 1-4 P.M. AT THE HENDRICKS COUNTY 4-H FAIRGROUNDS.

Class Size Limit of 15 chefs!*

Cost: \$25 per chef

*Additional health and safety guidelines will be sent to participants upon registration.

For additional information or to register visit:
<https://hendricksco4h.com/2024SpringBreak>



Happy Heart Health Month!

BITE-SIZED WISDOM WITH AMANDA

CELEBRATE HEART HEALTH MONTH WITH THESE DIET AND EXERCISE TIPS:

February is Heart Health Month, a time to raise awareness about cardiovascular health and encourage lifestyle changes to prevent heart disease—the leading cause of death in the United States. Key risk factors include high blood pressure, high cholesterol, obesity, diabetes, smoking, inactivity, and family history. Symptoms such as chest pain, shortness of breath, and fatigue should not be ignored. To promote heart health, adopt a balanced diet rich in fruits, vegetables, whole grains, and healthy fats, like those found in the Mediterranean diet. This diet emphasizes minimally processed foods, olive oil, and moderate intake of fish and poultry, shown to reduce cholesterol, inflammation, and blood pressure.

Physical activity is equally essential, with the American Heart Association recommending at least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous activity per week, paired with resistance training two to three times weekly.

Activities like brisk walking, swimming, and weight training improve circulation, manage weight, and strengthen muscles.

By combining a heart-healthy diet, regular exercise, and smoking cessation, you can significantly lower your risk of heart disease. Use this month as an opportunity to prioritize your heart health and embrace a lifestyle that supports long-term well-being.

HEART HEALTHY RECIPE: SLOW COOKER VEGETABLE TURKEY SOUP

Servings 6 Serving Size 2 cups

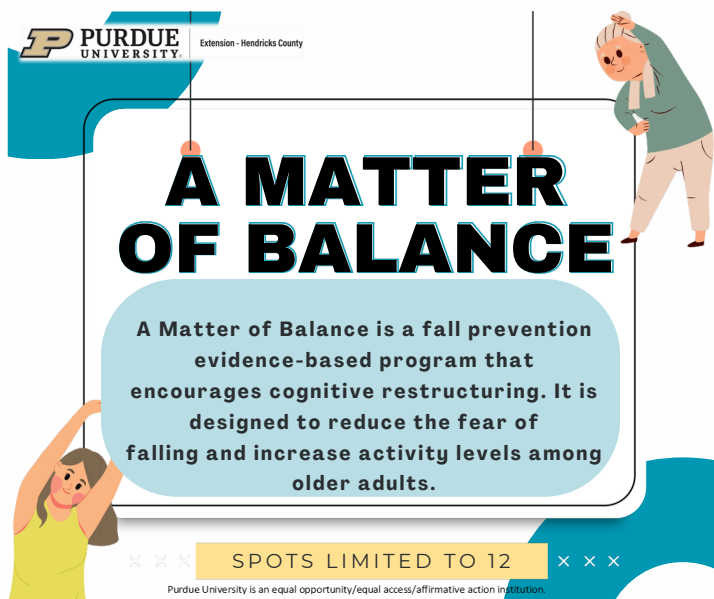


Ingredients

- 1 pound ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Directions

- Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.
- Cook, covered, on low for 8 hours, or until the turkey is no longer pink.



PURDUE UNIVERSITY Extension - Hendricks County

A MATTER OF BALANCE

A Matter of Balance is a fall prevention evidence-based program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults.

SPOTS LIMITED TO 12

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

When: Every Tuesday from April 8th – May 27th from 10am–12pm

Where: Hendricks County Government Center, 355 S Washington St, Danville, IN

Register: Call Purdue Extension at (317)745-9260 or email at hendrCES@purdue.edu

BEGINNING FARMER

FARM RESOURCE PLANNING

FOR THE SMALL-SCALE AND MARKET FARMER
VIRTUAL VIA ZOOM

The goal of this 8-session program is to help new and beginning farmers find success through the creation of a practical action plan. The program helps farmers set goals, identify assets and challenges, and become aware of outside assistance and resources that can lead them towards a successful farming operation. Each participant will be encouraged to explore outside resources and supplemental materials presented in the class as well as other resources shared by classmates.

Participants will be provided with a digital copy of the Beginning Farmer workbook.

**THURSDAY EVENINGS: 7:00 - 8:30 PM EST
JANUARY 9 - FEBRUARY 27, 2025**

REGISTRATION IS \$85

**LEARN MORE AND REGISTER AT:
[HTTPS://CVENT.ME/2BYD1E](https://cvent.me/2BYD1E)**

IF YOU NEED A REASONABLE ACCOMMODATION TO PARTICIPATE, PLEASE CONTACT AMY THOMPSON AT ATHOMPSON@PURDUE.EDU.

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS/AFFIRMATIVE ACTION INSTITUTION.

Diversified Farming and Food Systems

PURDUE UNIVERSITY | Extension

2025

INDIANA SMALL FARM CONFERENCE

March 4-5

Hendricks County Fairgrounds • Danville, Indiana

INDIANA REGISTRATION DETAILS

JAN. 21 | JAN. 28 | FEB. 4 | FEB. 11 2025 6-9 p.m. ET

Participants should plan to attend each session. Dinner is included at the start of every workshop.

purdue.link/Legacy

Before Jan. 13: In-person: \$60 | Virtual: \$75

On/After Jan. 13: In-person: \$75 | Virtual: \$75

All locations in Eastern Time except where noted **Denotes Central Time (5-8 p.m. CT)

Lebanon Farm Bureau Inc. Community Building 1300 E. 100 St.

Martinsville Morgan County Administration Building 180 S. Main St.



**LEAVING A
LASTING LEGACY
Succession
Planning Series**

In-Person Sites Across 3 States: Jan. 21 | Jan. 28
| Feb. 4 | Feb. 11 6-9 p.m. ET 2025



Hendricks County

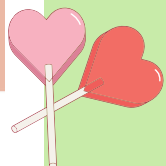
Master Gardener

Class 2025

The first Master Gardener class started on Monday, January 27th with 31 participants! It was a great turn out and we are excited to grow the Hendricks County Master Gardeners for the community!

Calendar of Events

February and March Dates



- February 3 - Beef Club Meeting; Fairgrounds @ 6:30 pm
February 4 - Hippology Team practice; Fairgrounds @ 6:30 pm
February 5 - Washington Winners Meeting; Fairgrounds @ 6:30 pm
February 10 - Bridle Bunch Meeting; Fairgrounds @ 6:30 pm
February 11 - Sew Savvy Workshop; Fairgrounds @ 6:00 pm
February 11 - Hippology Team; Fairgrounds @ 6:30 pm
February 11 - Pittsboro Trailblazers Meeting; Truax Farms @ 7:00 pm
February 12 - JL Volunteer Appreciation Dinner; Fairgrounds @ 6:00 pm
February 12 - Robotics Workshop; Fairgrounds @ 6:00 pm
February 13 - Discovery Club Meeting @ Fairgrounds @ 6:30 pm
February 16 - Goat Workshop; Fairgrounds @ 4:00 pm
February 17 - EXTENSION OFFICE CLOSED FOR PRESIDENTS DAY
February 17 - Dog Workshop Info Meeting; Fairgrounds @ 6:30 pm
February 18 - Poultry Workshop; Fairgrounds @ 7:00 pm
February 18 - Hippology Team; Fairgrounds @ 6:30 pm
February 18 - Sheep Club Meeting; Fairgrounds @ 6:30 pm
February 18 - 4-H Explorers Meeting; Clarks Creek Elementary @ 7:00 pm
February 20 - Rabbit Workshop; Fairgrounds @ 6:30 pm
February 20 - Jr. Master Gardener Workshop; Fairgrounds @ 6:30 pm
February 25 - Hippology Judging Team Meeting; Fairgrounds @ 6:30 pm
February 25 - Happy Farmers Meeting; Fairgrounds @ 7:00 pm
February 26 - Robotics Workshop; Fairgrounds @ 6:00 pm

March 4 - Hippology Team; Fairgrounds @ 6:30 pm
March 5 - Washington Winners Meeting; Fairgrounds @ 6:30 pm
March 6 - Rabbit Workshop; Fairgrounds @ 6:30 pm
March 10 - Bridle Bunch Meeting; Fairgrounds @ 6:30 pm
March 11 - Sew Savvy Workshop; Fairgrounds @ 6:00 pm
March 11 - Hippology Team; Fairgrounds @ 6:30 pm
March 11 - 4-H Explorers Meeting; Clarks Creek Elementary @ 7:00 pm
March 11 - Pittsboro Trailblazers Meeting; Truax Farms @ 7:00 pm
March 12 - Robotics Workshop; Fairgrounds @ 6:00 pm
March 13 - Discovery Club Meeting; Fairgrounds @ 6:30 pm
March 15 - Shooting Sports Safety Meeting; Fairgrounds @ 9:00 am
March 16 - Goat Club Workshop; Fairgrounds @ 4:00 pm
March 18 - Sheep Club Meeting; Fairgrounds @ 6:30 pm
March 18 - Poultry Workshop; Fairgrounds @ 7:00 pm
March 20 - Jr. Master Gardener Workshop; Fairgrounds @ 6:30 pm
March 20 - Rabbit Workshop; Fairgrounds @ 6:30 pm
March 25 - Happy Farmers Meeting; Fairgrounds @ 7:00 pm
March 25 - Hippology Team; Fairgrounds @ 6:30 pm
March 26 - Robotics Workshop; Fairgrounds @ 6:00 pm
March 29 - Shooting Sports (RPM); Fairgrounds @ 9:00 am
March 31 - Dog Workshop; Fairgrounds @ 6:00 pm

4-H Youth Council

February 24th @ 7:00 pm



4-H Adult Leaders

February 25 @ 7:00 pm



4-H Fairboard

February 3rd @ 7:00 pm



4-H

VOLUNTEERS

NEEDED



CLUBS

- Gifted 4-Hers
 - The Gifted 4-Hers Club is seeking a co-leader to help facilitate meetings in the Danville area.
- Working Wonders
 - Working Wonders is seeking one or two club leaders looking to serve youth in the Clayton Area.

STEM VOLUNTEERS

We are seeking an energetic STEM volunteer to help facilitate workshops. Workshops are frequently held during Spring Break and in the Fall. More workshops can be added as the leaders deem appropriate.

MINI 4-H VOLUNTEERS

We are in search of help to facilitate our ever-growing Mini 4-H Program! Our Mini 4-Hers meet once a month beginning in February and have meetings through the beginning of June.

PROJECT ADVISORS

- ATV: Safety Co-Leader
- Bicycle
- Computers
- Entomology
- Forestry
- Geology
- Health
- Our Environment (Recycling)
- Shooting Sports (Volunteers/Instructors)
- Small Engines
- Sportfishing
- Veterinary Science

GENERAL VOLUNTEERS

We are always looking for general volunteers to help where needed! This could be serving on a committee or helping at the fair. If you are interested in helping our rapidly growing program, call us to get more information!

CONTACT US 317-745-9260
TO VOLUNTEER hendrces@purdue.edu

Bridges to Adventure

Survival Skills

An immersive outdoor survival experience to learn essential wilderness skills, including shelter building, fire starting, and foraging.

February 26th - Virtual Session 7pm-8:30pm

March 1st - Ransburg Scout Reservation 10am-3pm

Flyfishing

A hands-on fly fishing adventure! Learn not only the art of fly casting, but also how to build fly rods and create custom flies.

March 19th - Virtual Session 7pm-8:30pm

March 22nd - Fairfax State Rec Area 10am-3pm

Sportfishing

Experience the thrill of fishing, discover how to filet, fry, and savor the delicious results of your catch!

April 2nd - Virtual Session 7pm-8:30pm

April 5th - Raccoon Lake 10am-3pm

Outdoor Skills

Get a grip on nature, & learn skills to enjoy your time outside, from map and compass reading to knot tying and tracking.

May 14th - Virtual Session 7pm-8:30pm

May 17th - Shakamak State Park 10am-3pm

\$35

Lots of Ways to Participate!!

Go all in! Attend all 4 virtual sessions and all 4 in-person sessions

Attend whatever sessions that fit into your schedule!

Busy, but crave the knowledge? Virtual sessions will be recorded to watch at your leisure

REGISTER NOW
bridgestoadventure.4thonline.com

