



Hendricks County 4-H Clover Connection

Volume 10 Issue 11 | November 2024



Fall Weather and Falling Leaves

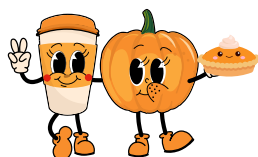
Welcome by Ashley Alexander - 4-H Educator

Fall is by far my favorite season! I look forward to the changing of the weather, the falling leaves, and the upcoming time with my family. I also look forward to the new 4-H year!

4Honline is now open for enrollment! Make sure that you get signed up ASAP to receive all of the up to date information that you need to participate in 4-H! We look forward to having you this year!

Join me in the Healthy Habits Challenge for 2024-2025! Don't wait until January 1st to set your resolutions and healthy habits, start NOW! This month, we will talk about setting priorities. I would like you to spend 5 minutes each morning thinking about what you would like to accomplish for the day. It could be more time with friends, finishing your school work, or enjoying the nice weather! Once you have participated in this challenge for the month of November, fill out the Google Form listed on page 3 to be entered for some 4-H Swag and a VISA Gift Card. The more months you participate, the more times your name gets put into the drawing for the gift card! Grab your family and get healthy!

I look forward to seeing you around this fall!



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Extension Office Info

The Office will be closed
Tuesday, November 5th
and Monday, November
11th.

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

Jr. Leaders

**Junior
Leaders**
INDIANA 4-H



Jr. Leader Kick Off

The Jr. Leaders had a great Kick Off at Washington Township Park on October 8th!

If you would still like to sign up for Jr. Leaders, it is not too late! Add Jr. Leaders to your project list to get more information!

2025 Jr. Leader Meeting Dates:

November 12, 2024

January 14

February 12

March 6 (7 p.m. Offsite)

April 9

May 13

June 3

June 25

All Meetings 6:30 p.m. to 8 p.m.

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!

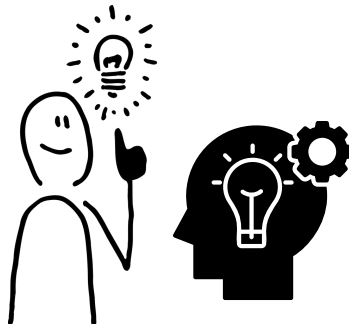
New Project Ideas

Do you have a new idea for a 4-H project??

Follow the QR code or bit.ly link below to find out how to suggest NEW projects. YOUR interests are important to 4-H!



SCAN ME



<https://hendricksco4h.com/NewProject>



**Pick up will be on
Monday, Nov. 25th
from 12 noon to 4 p.m.
and from 6 to 7 p.m.**



We have SOME extra flowers for purchase! If you would like to inquire about what colors we will have extras of, please call the office at 317-745-9260.

Payment is due at the time of pick up. Cash or check (made out to Hendricks County 4-H Youth Council). Please contact the office ASAP if you cannot pick up your flowers on Monday, November 27th!

4-H Information

4-H Open Enrollment

**4-H Enrollment is NOW
OPEN for the 2024-2025
year!!**

Youth and adult volunteers are now able to re-enroll in 4-H Online (<https://v2.4honline.com>).

Please use your current log-in information to re-enroll for this year.

Reach out to the Extension Office if you need assistance of any kind!



Club and Project Leaders Needed!



Are you interested in helping with a 4-H Club or leading 4-H project workshops throughout the year? We have numerous clubs and projects that need additional adult volunteer help! Needs range from club leaders to co-leaders to extra sets of hands to help with meetings and workshops. Contact the Extension Office for more information!

Healthy Habits Challenge

November's Healthy Habit Challenge is: Setting Priorities.

Spend time in the morning setting 3 to 5 priorities that you would like to accomplish for the day! Write them down and reflect on those in the evening! Fill out the Google Form below at the end of the month to be entered!

Find your scorecard on page 9 and fill out the Google Form:

<https://hendricksco4h.com/HealthyHabitsChallenge> to be eligible for some free 4-H Swag and be entered for a gift card to a local store.



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!!

Dining with Diabetes

Session 2

Dates TBD

Hendricks County 4-H Fairgrounds



To add yourself to an interest list for either program, call Purdue Extension at (317)745-9260 or email hendrces@purdue.edu



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Taking place in Hendricks
County this Spring!



A Matter of Balance is a fall prevention program that encourages cognitive restructuring. It is designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance is an evidence-based program that enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. Additional topics include home safety, assertiveness, developing positive strategies for change, reducing barriers to exercise, identifying physical risk factors for falls, personal action planners, recognizing misconceptions about falls, and moving from self-defeating to self-motivating thoughts.

Selecting the Perfect Holiday Memory



Selecting the right tree for the Holidays can be a daunting task. When selecting a tree, most consumers consider many characteristics such as fragrance, shape, needle length, color, and cost. Many families cherish the experience of cutting their own tree, while others seek specific traits tied to holiday memories.

Indiana's native evergreen species include eastern red cedar, Virginia pine, and eastern hemlock, but most are unsuitable as Christmas trees due to foliage quality. Historically, limited native options led to an increase in imported varieties. In the 1950s, the Purdue Cooperative Extension Service promoted Scotch pine, which remains the most widely grown tree in Indiana, along with other species like Douglas fir and spruce.

Today, around 200 Christmas tree farms in Indiana harvest about 200,000 trees annually, ranking the state eleventh in the U.S. for Christmas tree production. Most farms offer choose-and-cut experiences, though some wholesale operations exist, particularly in the north. Care for real Christmas trees is crucial. To maintain freshness, store trees in a cool place before setting them up, and make a fresh cut at the base to enhance water absorption. It's important to keep the tree hydrated, especially in the first week, and avoid placing it near heat sources. For live trees, proper handling and gradual acclimatization to indoor conditions are key.

In summary, choosing the right tree involves considering both personal preferences and proper care to ensure a joyful and memorable holiday experience.

For further details on selecting the perfect tree, view the Purdue Publication (FNR-422-W) "Selecting an Indiana-Grown Christmas Tree" by Daniel Cassens. You can also view it from <https://www.extension.purdue.edu/extmedia/fnr/fnr-422-w.pdf>

SAVE THE DATE

ANNIE'S PROJECT

FOR CUT FLOWER GROWERS

MONDAY EVENINGS
6-9PM EST (5-8 CT)
JAN 20 - FEB 24

Program sites are available across Indiana. Select the location that works best for you:
 Morgan/Johnson, Lake/Porter, Clark, Hancock, Warrick,
 Montgomery, Boone, Allen, Steuben, Virtual

Registration information coming soon!



ANNIE'S PROJECT
EMPOWERING WOMEN IN AGRICULTURE



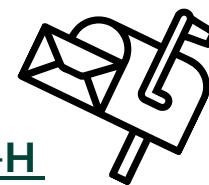
Calendar of Events

MINI 4-H

Hendricks County Mini 4-H is for those kids in Grades 1 or 2 as of January 2025. The Mini 4-H members meet once a month from February to May from 6:30 p.m. to 7:30 p.m. (unless stated otherwise).

You can sign up your Mini 4-Her at: v2.4honline.com (they can be on the same account as regular 4-H members).

Please choose "Hendricks County Mini 4-H" as your primary club so you can get all the details of meetings and more!



Mini 4-H Clover Corner

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

November and December Dates



November 4 - 4-H Fairboard meeting; Fairgrounds @ 7 p.m.
4- Beef Club Meeting; Fairgrounds @ 6:30

November 5 - OFFICE CLOSED IN OBSERVANCE OF ELECTION DAY
November 11- OFFICE CLOSED IN OBSERVANCE OF VETERANS DAY

November 25 - Youth Council Meeting; Fairgrounds @ 7 p.m.
Poinsettias arrive at the HC 4-H Fairgrounds

November 28-29 - OFFICE CLOSED IN OBSERVANCE OF THANKSGIVING

December 16 - Beef Club Meeting; Fairgrounds @ 6:30
December 24- OFFICE CLOSED IN OBSERVANCE OF CHRISTMAS
December 25- OFFICE CLOSED IN OBSERVANCE OF CHRISTMAS

4-H Youth Council

November 25th
at 7 p.m.



4-H Adult Leaders

Stay Tuned for a
Future Date!



4-H Fairboard

November 4th
7p.m.
Fairgrounds



HENDRICKS COUNTY 4-H OPEN HOUSE

Sunday, November 10
3-5 p.m.



**FREE
EVENT!**



WHO

Mini 4-H: Youth in grades 1-2

Regular 4-H: Youth in grades 3-12

***Also looking for additional adult volunteers!*



WHERE

Hendricks County 4-H Fairgrounds
1900 E Main St, Danville, IN 46122

WHAT TO EXPECT

- More than 60 projects to explore
- Talk to 4-H Leaders
- Enroll in Hendricks County 4-H
- Purchase your project manuals
- Free **Snacks**
- Free **Family Activities and Games**
- **Prizes** for everyone

LEARN MORE ABOUT 4-H



CALL US FOR MORE INFO



317-745-9260



hendrces@purdue.edu



<https://hendricksco4h.com/googlesite>



4-H

VOLUNTEERS

NEEDED



18 USC 707



18 USC 707

CLUBS

- Gifted 4-Hers
 - The Gifted 4-Her's 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.
- Possible new Stilesville/Amo Club volunteers needed

PROJECT ADVISORS

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

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.

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



Healthy Habits Challenge 2024-2025



It takes 21 days to create a new habit, let's make it a healthy habit!
Participate in 6 of the 8 challenges and win some 4-H Swag!



October 2024

Take a 30 Minute Walk

It's easy to do, you can go at your own pace, listen to music, an audiobook or a podcast, be outdoors (or on a treadmill watching television), or with a friend.



November 2024

Set priorities for your day.

Each morning, decide on the top 3-5 things you want to accomplish. Write it down and spend a minute or two reflecting on how you want your day to unfold.

December 2024

Increase your water intake!

Whether it's 8 glasses a day or half your body weight in ounces, water gives us energy, flushes out toxins, and promotes weight loss.



January 2025

Set your New Year's resolutions!

This may seem like an easy task, but let's start the year out right with a healthy habit resolution!



February 2025

Bring your lunch to work or school!

Save money and eat healthier by packing your lunch!



March 2025

Sleep for 8-9 hours every night.

Make it a priority to either go to bed earlier (or wake up later) every day and give your body the rest it deserves

April 2025

No soda

Soda is a stimulant. It is also addictive. And made up of all sorts of artificial things which means that it has zero nutritional value. Swap the soda for water!

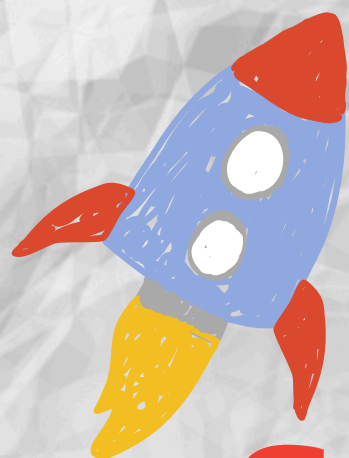


May 2025

Say affirmations

Affirming the things we want for ourselves, out loud, with meaning and with intention feels awkward, but it has some powerful effects on our subconscious minds.





2025 4-H Handbook Cover Contest



SUBMIT YOUR DESIGN

BY WEDNESDAY, NOVEMBER 6TH

To the Extension Office via
email at
weiss61@purdue.edu

Purdue University is an equal access/equal opportunity university.

CONTEST RULES

- We want to see your best artistic skills using paper or create a computer design
- Keep your design 8" x 10"
- Design must include "Hendricks County 4-H Handbook", "2025", and the 4-H Clover (we will insert the official clover if that is not used in the original design)



HOLIDAY FEST



Friday, December 6, 2024

9:00 a.m. – 3:00 p.m.

Hendricks County Conference Center

4-H Fairgrounds

Hendricks Power Expo Hall-new location this year

1900 East Main Street

Danville, IN 46122

FREE ADMISSION

Cookie Walk

Homemade cookies for sale.

Sales begin at 9:00 a.m.

Craft Booths and Entertainment

Select unique holiday gifts from many vendors.

Enjoy holiday music from the Homemaker's Chorus.

Lunch Served 11a.m. – 1p.m.

Chicken and Noodles are back.

For more information contact the Extension Office at 317-745-9260.

Sponsored by

**Hendricks County Extension Homemakers and
Hendricks Power Cooperative**

