

August 2024 Newsletter

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Hours:
Monday - Friday
8 a.m. - 4 p.m.

Find us Online:

Website:

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Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt

Indiana State Fair

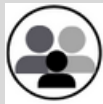
The Indiana State Fair begins August 2nd -18th, closed on Mondays. We still have several State Fair tickets available for State Fair exhibitors and their families, 4-H volunteers, 4-H families, or friends of Extension. While visiting the fair, make sure to stop by Centennial and Exhibit Halls near Gate 16 to view the amazing static exhibits of Indiana 4-H'ers. 



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August 4-H Newsletter

Jennings County 4-H

August
2024

Dear 4-H Families & Volunteers,



With the new program year just around the corner, I've taken time to reflect on the awesome year that we've had! I've been working diligently on plans to have an even more exciting program year for 2024-2025! I look forward to next program year.

All static projects have been checked in at the Indiana State Fair. We have one more trip on August 5th to take Foods and Garden Projects. This year will be my third year working the Dairy Goat Show. If you find yourself at the state fair on August 16-18, please stop in and say hi at the Blue Ribbon Pavilion!

All the best,
Rebekah Cartwright
4-H Youth Development Educator



Important Dates

August

2-18 Indiana State Fair (Closed on Mondays)
19 State Fair Project Check-Out

October

2024 4-H Enrollment Opens

Indiana State Fair Tickets

Indiana State Fair runs August 2nd- 18th! Be sure to get tickets for you and your family to go! Tickets are open to the public at this time and will be available for anyone!

County Static Projects

If you have a static project that did not move on to the State Fair and you have not yet picked it up from the Extension Office, **you must pick these projects up by August 31st.**

Indiana State Fair Projects

If your static project is being exhibited at the Indiana State Fair, project check-out will take place on August 19th from 8AM-8PM. If you were asked to take your project to the state fair, you must pick-up your project at the state fair during this time. If you chose to take your own projects to check-in, but do not plan to check them out, please be sure to make arrangements with the Extension Office.

The Extension Office will have State Fair Projects ready for pick-up beginning on August 20th, **you will have until September 15th to pick up your project.**

4-H Livestock Auction Checks

Livestock Auction Checks were mailed to youth that participated in the 2024 Livestock Auction. Please be sure to thank your auction buyer! Reminder to please deposit/cash your check by December 31st. If your check has not been deposited/cashed by December 31st, it will be donated back to the Livestock Committee.



4-H Endowment

Donate a tax deductible gift to the 4-H Endowment through the Jennings County Community Foundation. These funds are used for annual scholarships and trips like 4-H Academy, 4-H Round-up, Southeastern Indiana 4-H Camp, Citizens Washington Focus Trip and more. How to donate:

- Online by visiting: www.jenningsfoundation.net -> Click "Make a Donation" -> Enter Amount -> Select Program or Specific Fund: "4-H Endowment Fund" -> Click "Donate" -> Enter Payment information
- Stop by or mail in donations to 111 North State Street North Vernon, IN 47265

Make Checks payable to "Jennings County Community Foundation" with "4-H Endowment Fund" in the memo.

FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

Hats & Tumblers

Hats are \$20.00 each and the proceeds support the 4-H Council. Tumblers are \$25.00 each and the proceeds support the 4-H Livestock Committee. Both the hats and tumblers can be purchased at the Extension Office.



2024 Junior Leader Completion Trip



Can you find the four H's hidden in the 4-H newsletter?



HEAD



HEART



HANDS



HEALTH

Nature of Teaching

The Boys & Girls Club Country Squire Lakes and North Vernon Elementary locations participated in a week-long nature week last month. The Nature of Teaching program is developed by Purdue University to allow students to learn about bird identification and facts, taste different parts of garden plants, tree identification and facts, habitats in nature, and then a nature hike to apply all they learned throughout the week. This was a huge success and serving roughly 50 students daily.



Garden Club at the Boys & Girls Club

As the summer Boys & Girls Club wraps up this week, our official weekly garden club has come to an end at CSL. Throughout the summer the students planted a garden, raising plants for produce, and learned information on: insects, pollinators, where seeds come from, and composting. It has been fun to see the kid's knowledge and excitement grow each week throughout these summer lessons.

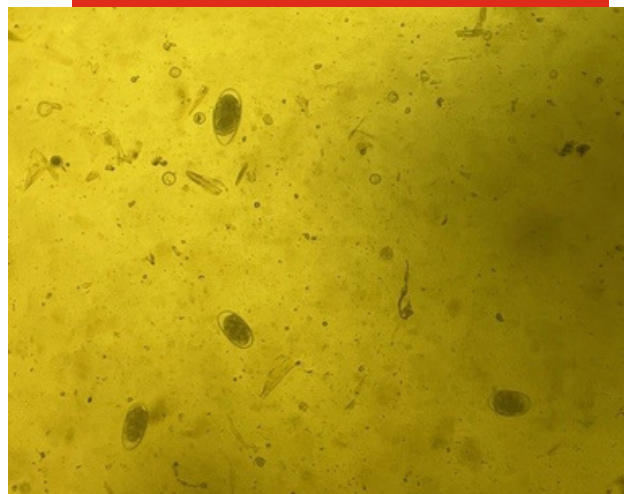
Be Aware of Parasites in Your Animals

As we approach mid to late summer, it is important to check your livestock for parasites as it can lead to the death of your livestock if not treated. There are many types of parasites located in different livestock so it is important to know what types to be able to treat properly. You can find this information by conducting a fecal egg count, which we do here at the Jennings County Purdue Extension Office. Check out the flyer below with information and the picture of some parasites found in a count we conducted this month.

Important Dates:

August:

- 19th @ 9-12:30
SEPAC Chainsaw
Safty Day
- 27th @ 4 SEPAC
Field Day @ SEPAC



Jennings ANR Services

Soil Sample and Testing:

The Jennings County Extension Office offers soil sample bags and test forms for sample submission. We have a soil probe available to borrow. Office hours are Monday-Friday, 8am-4pm.

Plant and Bug Identification:

If you need a plant, weed, or bug identified, bring it to our office and Emily Peterson, our ANR Educator, will assist you. Please call ahead at 812-352-3033 to make sure Emily is in the office and available. You may also email photos of the specimen to Emily at epeterson@purdue.edu for ID.



Jennings County Extension now offers

FECAL EGG COUNTS



WHAT IS A FECAL EGG COUNT?

- A quantitative assessment and identification of the number of parasite eggs an animal is shedding at the time of sample collection

WHY SHOULD I GET A FECAL EGG COUNT ON MY LIVESTOCK?

- Fecal Egg Counts assess your livestock's parasite burden and target the parasite your livestock might be suffering from at the time of collection.

SAMPLE COLLECTION INSTRUCTIONS

- Use gloves to collect a fresh sample of feces from your livestock. The sample should still be both moist and soft. It should be collected and turned into the office no more than 6 hours from the time of defecation
- Collect at least 1/2 cup or 4oz. of feces and place in a clean ziplock bag.
- Label the bag with the species of livestock that the sample came from and the animal's identification.

Cost: \$10

LET'S REDUCE ANTIPARASITIC RESISTANCE!

Ag & Natural Resources

August
2024

Upcoming PARPs and Events

- July 25th from 5-7 Bartholomew County PARP
- August 9th from 9-2 Jackson County PARP
- August 12th from 9-11 Decatur Count PARP
- August 27th from 4-8 SEPAC Field Day



Check out additional PARP program details at:
<https://ag.purdue.edu/department/extension/ppp/private-applicators/recertification-parp/parp-events/parp-events-southeast.html>

Check out the Purdue On The Farm YouTube for a bi-weekly crop and weather update:
<https://www.youtube.com/@PurdueOnTheFarm>

Visit -
<https://ag.purdue.edu/department/hla/extension/publications-and-newsletters.html> or search HORTICULTURE EXTENSION NEWSLETTERS to get signed up for topics such as gardening, fruit, lawncare, flowers, weed and insects, and much more. Most newsletters are a simple weekly or bi-weekly email that discusses what growers are seeing across Indiana at the current time. This helps growers of all sorts know and identify any issues they are having in their own landscape. If you are having trouble getting signed reach out to ANR Educator for help.



Health & Human Sciences

AUG
2024

National Immunization Awareness Month: August



Before heading back to school, make sure your child is up to date with recommended vaccines. Our partners at the Jennings County Health Department have dedicated hours for immunizations.

Jennings County Health Department
245 Norris Avenue
North Vernon, IN 47265
Monday -Thursday
8:30am-11:30am & 1pm-3:30pm



Protect precious moments

**STAY UP
TO DATE**
WITH
RECOMMENDED
VACCINES



If you are unsure of what childhood vaccines your child should have, visit this CDC link to take the quiz!

<https://www2a.cdc.gov/vaccines/childquiz/>

ServSafe Food Manager

Upcoming Training

Tuesday, Sept. 10, 2024

Purdue Extension Office

Registration 8:15 AM

Training begins at 8:30 AM

Exam immediately following

Register by Aug. 30 at:

<https://cvent.me/XRoGy9>



2024 Training & Exam Dates

Tuesday, September 10

Tuesday, November 19

**If you are just needing a proctored exam,
contact Deidre at 812-352-3033**

Let's Get Cookin'! October Lunch & Learn Series

Mark your calendars for this FREE and tasty Lunch & Learn series focused on healthy cooking! Cooking demonstrations at each event!

Tuesdays, October 15, 22 & 29th 11am-Noon

- **Cooking Under Pressure: Features, Benefits, & Safety of Electric Cookers**
- **Air Fryer 101: Cooking Secrets Revealed**
- **Healthy Snacks: Tips for Making Snacks at Home**

**Register by October 4 by calling 812-352-3033 or emailing
dwagster@purdue.edu**

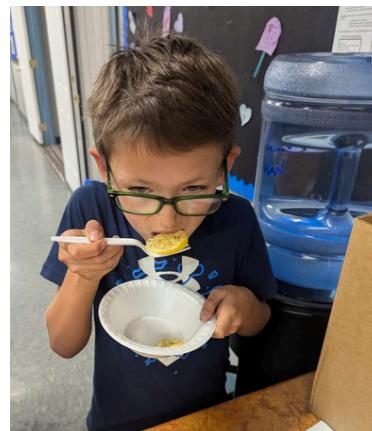


Boys & Girls Club Market2Go

At the Boys and Girls Club of Jennings County's July Market2Go youth tried fresh cut watermelon, baked parmesan yellow squash and a blackberry yogurt smoothie made with plain Greek yogurt, local honey & blackberries, and lowfat milk. They also received a new recipe packet to try out simple recipes at home for produce like spaghetti & butternut squash, cabbage, broccoli, as well as a mexican street corn salad. Kids also cooked the next day with club staff making a breakfast of sausage, eggs and pancakes!

This program is made possible thanks to an Indiana Department of Health Health Issues & Challenges grant to help address food insecurity and obesity in Jennings County.

Thanks to our local growers and producers that participate. An extra thanks to the club staff and volunteers for your support!



Thank You to our July Market2Go Local Partners!!

Armand's Harper Valley Farm
Clark's Berry Farm
Gatrell Family
Nex Gen

Gary Speer Family
Ray Spicer
Redmond Produce
Vojkufka Greenhouse

Community Wellness Coordinator

Hi all!

I hope everyone is doing well out there – we’ve had some really beautiful weather lately and that anyone with a garden (or a neighbor with one, because we all know how that goes) is enjoying fresh produce. We’ve been busy in the Purdue Extension Nutrition Education Program this month, here’s a quick rundown of the highlights:

- 1. The Fuel Your Family campaign is underway!** Maybe you’ve heard us on the radio or seen us in the newspaper or on Facebook, but a team of Purdue Extension, Boys & Girls Club of Jennings County, and Connections IN Health is conducting a nutrition education campaign. The online hub for Fuel Your Family will be on Facebook, you can find it here: <https://www.facebook.com/profile.php?id=61561978343796>
- 2. Help with the mobile pantry distribution at the CSL Clubhouse!** If you are looking for an opportunity to volunteer this summer, please join the folks from Gleaners and the Boys & Girls Club at the CSL Clubhouse (3342 Country Manor Blvd.) on August 9th at 3:30pm. They are in serious need of volunteers to serve the 250-300 households that they distribute food to at this event each month. If you have more questions, feel free to call our office.
- 3. The Jennings County Food Security Coalition is planning a Poverty Simulation!** The Jennings County Food Security Coalition has selected August 19th from 10am-1pm to host a Poverty Simulation. This is an event that increases understanding of what life in poverty is like day-to-day and how that shapes a person’s decision-making. Contact me if you’d like to attend!

If you’re interested by this work, please contact our office or email me at jeffwalker@purdue.edu. Many groups in our community are working on these efforts and I’d be happy to connect you to a group needing volunteers!

Healthfully yours,
Jeff Walker



SUMMER WALKS 3

Master Schedule

#	Day	Date	Time	Meeting Location
1	Tuesday	June 18, 2024	7pm	Stellar Plaza
2	Wednesday	June 19, 2024	9am	Autumn Trace
3	Thursday	June 20, 2024	7pm	Muscatatuck County Park – Gum St. Parking Lot
4	Friday	June 21, 2024	9am	Tripton Park Gateway
5	Saturday	June 22, 2024	8am	North Vernon Elementary School
6	Tuesday	June 25, 2024	7pm	Stellar Plaza
7	Wednesday	June 26, 2024	9am	Autumn Trace
8	Thursday	June 27, 2024	7pm	Muscatatuck Wildlife Refuge – Turkey-Bird Trailhead
9	Friday	June 28, 2024	9am	Court House – Vernon
10	Saturday	June 29, 2024	8am	Graham Creek Elementary School
11	Tuesday	July 2, 2024	7pm	Stellar Plaza
12	Wednesday	July 3, 2024	9am	Autumn Trace
14	Tuesday	July 9, 2024	7pm	Stellar Plaza
15	Wednesday	July 10, 2024	9am	Autumn Trace
16	Thursday	July 11, 2024	7pm	Muscatatuck County Park – Gum St. Parking Lot
17	Friday	July 12, 2024	9am	Downtown North Vernon – HOS Coffee
18	Saturday	July 13, 2024	8am	Scipio Elementary School
19	Tuesday	July 16, 2024	7pm	Stellar Plaza
20	Wednesday	July 17, 2024	9am	Autumn Trace
21	Thursday	July 18, 2024	7pm	Calli Nature Preserve Trailhead
22	Friday	July 19, 2024	9am	Muscatatuck County Park – Gum St. Parking Lot
23	Saturday	July 20, 2024	8am	Brush Creek Elementary School
24	Tuesday	July 23, 2024	7pm	Stellar Plaza
25	Wednesday	July 24, 2024	9am	Autumn Trace
26	Thursday	July 25, 2024	7pm	Eco Lake Park Playground
27	Friday	July 26, 2024	9am	Tripton Park Gateway
28	Tuesday	July 30, 2024	7pm	Stellar Plaza
29	Wednesday	July 31, 2024	9am	Autumn Trace
30	Thursday	August 1, 2024	7pm	Muscatatuck County Park – Front Parking Lot
31	Friday	August 2, 2024	9am	Court House – Vernon
32	Saturday	August 3, 2024	8am	Sand Creek Elementary School
33	Tuesday	August 6, 2024	7pm	Stellar Plaza
34	Wednesday	August 7, 2024	9am	Autumn Trace
35	Thursday	August 8, 2024	7pm	Selmier State Forest Trailhead
36	Friday	August 9, 2024	9am	Downtown North Vernon – Succulent Smoothies
37	Saturday	August 10, 2024	8am	Hayden Historical Museum

Any cancellations for inclement weather will be announced to the email list and Facebook group at least one hour before the start of a scheduled walk.

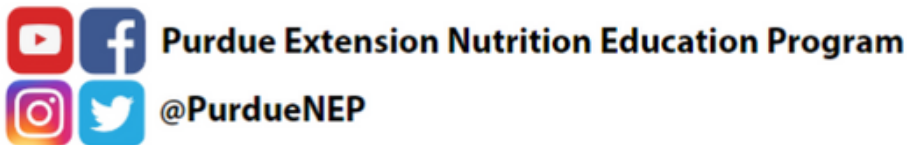
Nutrition Education Program Advisor

Hi everyone!

This month I will continue collaborating with Deidre and Jeff to provide nutrition lessons to our community! These lessons are part of a program called Food as Medicine, and focus on managing overall health through food choices. The program starts on **Thursday, July 18th** and continues on Thursdays, ending on **September 5th**.

Last month I taught a summer nutrition series with the **Boys and Girls Club** locations here in Jennings County! This series was with the 3rd graders at both **North Vernon Elementary School** and the **Country Squire Lakes Clubhouse** locations. These lessons started on **Tuesday, June 4th** and continued on Tuesdays and Thursdays until **Thursday, July 25th**. I loved the opportunity to teach the youth in our community about healthy habits - with both food and physical activity.

Would you like your child or family to learn about healthy habits? Or maybe you'd like to learn about something else, like regulating weight gain or weight loss? Reach out to me via email, egeorgi@purdue.edu, or call the office at **(812) 352-3033**. I offer a wide range of class lessons. If you are unsure of your eligibility for SNAP (formerly named food stamps), I can help you find out if you are eligible. I would love to set up a one-on-one class for you or your family!



Emily Georgi: egeorgi@purdue.edu