

# December 2024 Newsletter

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Vernon, IN 47282

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

### Find us Online:

Website:

[www.extension.purdue.edu/county/jennings](http://www.extension.purdue.edu/county/jennings)



Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt



Purdue Extension Jennings County will be holding our annual meeting and celebrating the holiday at The City of North Vernon's Christmas In The City on Saturday, December 7th. Join us in the Euler Building (246 E Walnut Street, next to HOS Coffee) between 1 PM - 7 PM for a free reindeer food craft, sign up for 12 Nights of Bedtime Stories, and learn ways Purdue Extension supports our community!

## Jennings County Staff



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# December 4-H Newsletter

# Jennings County 4-H

December  
2024



## Dear 4-H Families & Volunteers,

4-H enrollment is open and ready for you to enroll!

**We are nearly halfway through the 4-H Enrollment Period but only have about 20% of our members enrolled for the 2025 year!** It is important that 4-H'ers and volunteers are re-enrolled by January 15th! You must be enrolled for 2025 to sign up for camps, submit scholarships, enroll animals, and much more. If you have any questions or need any help with enrollment, please contact the office by calling 812-352-3033

Merry Christmas,  
Rebekah Cartwright  
4-H Youth Development Educator



## Adult Volunteer Training

Any adult who has enrolled, but has not completed the online training videos, may attend an in-person volunteer training at 6:00 pm on December 9th at the Extension Office. You must submit your 4-H Online enrollment before attending. If you need assistance with this, please contact the Extension Office at 812-352-3033.

The online training videos or the in-person training are mandatory to be approved as a 4-H Volunteer.

## Southeastern Indiana 4-H Camp Dates

### Camp Dates:

- Junior Directors, Group Leaders, and Counselors will report to camp from June 2-6.
- Counselors in Training and Campers will report to camp from June 3-6

### Junior Staff Upcoming Dates:

- Junior Directors Only - January 14th 6-8pm at Jefferson County Fairgrounds
- Junior Staff including all but Counselors In Training - Feb 11th from 6-8 pm. Location TBD
- All Junior Staff - April 12th 10am-3pm at the Jefferson County Community Building

## Important Dates

### December -

- 5 Jr. Livestock Comm. 6pm
- 6 Muscatatuck Mudpuppies 6pm
- 6 Zenas Livewires/Plowboys 3-5pm
- 7 Shining Stars (contact leader)
- 9 4-H Council By-Law Comm. 5pm
- 9 Volunteer Training 6pm
- 17 Jr Leaders 6pm
- 20 Zenas Livewires/Plowboys 5-7pm
- 24 Extension Office Closed
- 25 Extension Office Closed
- 31 Extension Office Closed



## Club Meetings & Events

- **Jr. Livestock Committee Meeting**
  - December 5th at 6 PM at the Extension Office
- **4-H Council By-Law Committee Meeting**
  - December 9th at 5 PM at the Extension Office
- **Muscatatuck Mudpuppies Meeting**
  - December 6th at 6 PM at New Bethel Church
- **Junior Leaders Meeting**
  - December 17th at 6 PM at the Extension Office
- **4-H Volunteer Training** (see page 1 for more details)
  - December 9th at 6 PM at the Extension Office
- **Shining Stars Christmas In The City**
  - December 7th (contact leader for more information)
- **Zenas Livewires & Zenas Plowboys Bell Ringing**
  - December 6th from 3-5 PM at North Vernon Walmart
  - December 20th from 5-7 PM at North Vernon Walmart

FOLLOW OUR  
FACEBOOK PAGE FOR  
MORE UPCOMING  
IMPORTANT DATES!

## 2024 4-H Scholarships

In partnership with the Indiana 4-H Foundation, the Indiana 4-H Youth Development Program annually awards more than \$150,000.00 in scholarships to 4-H members to pursue post-secondary education. Scholarships are awarded to recognize youth participating in Indiana's 4-H Youth Development Program on their achievements and life skill development resulting from participating in various 4-H experiences. On the next page, the different scholarships are listed with brief descriptions. To access the application, visit 4-H Online through the events tab! Youth who are still members of 4-H must be in approved enrollment status to register for scholarships. If you are registering for the scholarships as a graduated senior, you can use your existing profile without re-enrollment.

Scholarship Help - Need help with scholarships? Whether you need help submitting, need scholarship writing advice, or just don't know where to begin, I am always here to help! Your green record folder would be helpful when applying for these  scholarships. The Extension Office also has laptops available for you to utilize to help submit scholarships. Call the Extension Office and set up an appointment with Rebekah for help or schedule a time to use a laptop to submit your application!

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





# 2025

# SCHOLARSHIP OPPORTUNITIES

## Senior Year Scholarship

Available to 4-H members in their senior year of high school

## Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

## Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

## Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

**Categories:** Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

**Eligibility:** Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

**Awards:** A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit [bit.ly/4hscholarship](https://bit.ly/4hscholarship) to download applications.

Applications due to County 4-H Educator January 25.  
Contact your county's Purdue Extension Office to learn more.

**\$176,880 AWARDED IN 2024**



## Are you interested in becoming a Jennings County Master Gardener?

Do you love gardening?

Purdue Extension Jennings County is beginning to develop a Master Gardener program!

If you are interested in joining the Basic Training program for this spring, we have an online option as well as a in-person in Jefferson County. Please call the Jennings County office if interested.



ARE YOU INTERESTED IN BECOMING A

## MASTER GARDNER?

What is the Master Gardener program?

The Program provides a learning framework for participants to increase their knowledge on a wide variety of horticultural subjects. In turn, participants volunteer and help others grow by sharing knowledge while providing leadership and service in educational gardening activities within their communities.

**AS A MASTER GARDNER YOU:**

- STUDY HORTICULTURE PLANTS AND THEIR PESTS
- IMPROVE GARDENING SKILLS
- TEACH OTHERS
- ENHANCE YOUR COMMUNITY
- HAVE FUN!

**PURDUE UNIVERSITY** Extension

PURDUE EXTENSION  
MASTER GARDENER PROGRAM

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

## Important Dates:

December:

- 6pm December 10th Area 1 Beef Meeting
- December 10th Jackson County Crops Mgt PARP 9:30am-12pm
- December 10th Ripley County Produce PARP 1pm-3pm
- December 16 Last chance PARP 1pm-3pm
- March 1st Jennings County Soil County PARP 9am-11:30am

## 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](mailto: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

December  
2024

## Upcoming PARPs and Events

- December 10th Jackson County Crops Mgt PARP 9:30am-12pm
- December 10th Ripley County Produce PARP 1pm-3pm
- December 16 Last chance PARP 1pm-3pm
- March 1st Jennings County Soil County PARP 9am-11:30am



Check out additional PARP program details at:  
<https://ag.purdue.edu/departement/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/departement/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 up, reach out to our ANR Educator for help.



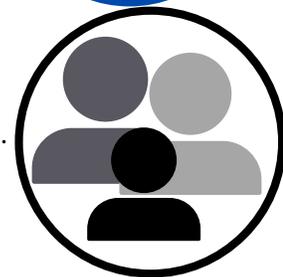
# Health & Human Sciences

DEC  
2024

## 12 Nights of Bedtime Stories: Dec 9-21

We are excited to partner with North Vernon Main Street for this special series. Register youth by Dec. 8th at <https://bit.ly/12NightsBedtimeStories2024>

Join the Facebook Event for the nightly stories by scanning the QRC below or going to <https://www.facebook.com/share/189zviCVt5/>



12 Nights  
of Bedtime  
Stories



## Virtual Bedtime Stories

**9-20** DEC 2024 | **8PM**  
Videos available online for 2 hours only!



Join the event here!

Each night will have a special code word to decipher a holiday message to receive a free book at Donuts with Santa!

## Donuts with Santa

**21** DEC 2024 | **9:00-11:00 AM**  
NV MAIN STREET  
50 SHORT STREET



Extension - Jennings County

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution



## Reading Made Fun

### 2024-2025 Volunteers Needed!

If you would like to participate as a reader in Kindergarten classes for our Reading Made Fun program, please contact the office at 812-352-3033. Reading dates/times for 2024-2025 will be:

#### Thursdays

Dec. 12, Jan 16, Feb 6,  
March 6, April 3, May 8

Hayden 9:00AM  
Scipio 10:10 AM  
Sand Creek 12:10 PM  
Brush Creek 1:20PM

#### Fridays

Dec. 13, Jan 17, Feb 7,  
March 7, April 4, May 9

Graham Creek 9:00 AM  
St. Mary's 10:00 AM  
CC-NV 11:35 AM  
NVE 12:20 PM

**JCSC VOLUNTEER PAPERWORK  
MUST BE COMPLETED!**

## ServSafe Food Manager

**Wednesday, January 22, 2025**

**Purdue Extension Office**

**Registration 8:15 AM**

**Training begins at 8:30 AM**

**Exam immediately following**

**Register by Jan. 13th at:  
<https://cvent.me/zB8NGw>**



# The Family Dinner Project: Managing Mealtime with Fidgety Kids



## The Welcoming Table Managing Mealtimes with Fidgety Kids



### Set kids up for mealtime success

- Give them a chance to move, jump, and bounce before dinner
- Try whole-family activities like a dance party, followed by a cool-down with deep breathing exercises

### Make their seat fidget-friendly

- Try sensory tools like wiggle cushions or stretchy chair bands
- Give kids a footstool so their feet don't dangle
- Sometimes it's okay to let kids stand, stretch, and take movement breaks from the table



### Meet kids where they are

- If they need to stim, let them stim
- Set slow goals. If you get 5 minutes of sitting together, that's okay!
- Be realistic about how much sitting and participating in the meal is right for your child

*"Sometimes the ask (to sit still) isn't developmentally appropriate. Stillness isn't really something we can expect of all children."*

*-Naureen Hunani, RD*



## DINNER TONIGHT: BUDGET FRIENDLY

Chicken Souvlaki



## FUN

One person names 4 things. The others guess which one doesn't belong.



## CONVERSATION

If you could choose another name for yourself, would you? What would it be?



## Chicken Souvlaki

### INGREDIENTS

*Serves 4*

- 4 pita breads
- 1 tsp. dried oregano
- 1/4 tsp. ground black pepper
- 1 tbsp. fresh lemon juice
- 1/4 c. extra-virgin olive oil, plus oil for sautéing the chicken
- 4 boneless, skinless chicken breast cut into pieces
- 1/2 c. plain yogurt
- 1 sm. cucumber, diced
- 1 1/2 tbsp. minced fresh dill

### INSTRUCTIONS

1. Heat oven to 200 degrees F. Wrap the bread in foil and place in oven.
2. In a large bowl, combine the oregano, thyme, pepper and lemon juice. Slowly add the oil in a steady stream, whisking constantly until incorporated.
3. Pour the vinaigrette over the chicken and let marinate for 10 minutes at room temperature.
4. Heat a large skillet over medium-high heat and fill it with a little more olive oil. Transfer the chicken but not the liquid to the skillet and heat, turning occasionally, until cooked through, about 5 minutes.
5. Meanwhile, in a small bowl, combine the yogurt, cucumber and dill. Spread the bread with some of the yogurt sauce and top with the chicken.

## Community Wellness Coordinator

Hi all!

I hope everyone enjoys the holidays! It is such a great time to be with family and friends, reflect on what's important, and enjoy amazing food. Don't forget to take some moments in the holiday rush to count those blessings. We've been busy with Purdue Extension office this month, here's a quick rundown of the NEP highlights:

- 1. Support the Jennings County Food Security Coalition on Day of Giving!** For those interested in supporting food pantries, meal programs, and more, please consider donating to the Coalition's endowment at the Community Foundation on December 3rd! Contact me at 812-352-3037 if you would like more information.
- 2. Jennings County Active Transportation Committee is putting us on the map!** On November 14th, three individuals joined me at an Indiana trails planning workshop in Indianapolis and shared about the county's Active Transportation Plan to see how we might fit within the regional trails plan the state is creating.
- 3. Join the Coordinating Council's Christmas Box distribution!** On December 14th from 9am-3pm volunteers will assemble and then give out boxes of food for families at North Vernon Church of the Nazarene. If you'd like to help, please call Amanda Bott at the Jennings County Coordinating Council at (812) 346-5183.
- 4. Help with the mobile pantry distribution at the CSL Clubhouse!** If you or any students you know are looking for an opportunity to volunteer this holiday season, please join the folks from at Gleaners and the Boys & Girls Club of Jennings County at the CSL Clubhouse (3342 Country Manor Blvd.) on December 13th at 3:30pm.
- 5. December's Walk with a Doc will be held on Friday, December 13th at 4pm.** Come join Dr. Jen Stanley to hear about the health topic of the month and enjoy a walk with others.

If you're interested by this work, please contact our office or email me at [jeffwalker@purdue.edu](mailto: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

## Nutrition Education Program Advisor

Hi everyone!

We are officially into the holiday season! This means finding healthy alternatives to seasonal classics can be challenging, but I'm here to help! If you or your family would like to learn more about maintaining a healthy diet during the holidays, send me an email ([egeorgi@purdue.edu](mailto:egeorgi@purdue.edu)) or call the office at **(812) 352-3033**. I can help you learn how to stay physically active during the hustle and bustle of the holidays. Use the recipe below to add flavor to leftovers and limit waste!

### Mix and Match Skillet Meal

#### INGREDIENTS:

- 1 cup uncooked grain
- 2 cups vegetables, fresh, frozen or canned, cut bite-sized
- 1 cup cooked protein, cut bite-sized
- 2 1/2 cups Sauce
- 2 teaspoons seasonings (or more, to taste)
- 3 tablespoons topping



#### DIRECTIONS:

To make in a skillet:

1. Combine all ingredients except topping in a large skillet.
2. Bring to a boil, stir occasionally, and then reduce heat to low. Cover and simmer until grains are tender, about 15 to 20 minutes, depending on the grain. Stir occasionally and add water if mixture becomes too dry.
3. Add topping before serving.
4. Refrigerate leftovers within 2 hours.



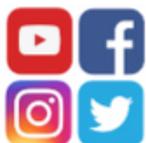
**Prep time:**  
15 minutes



**Cook time:**  
45 minutes



**Servings:**  
6 cups



**Purdue Extension Nutrition Education Program**

**@PurdueNEP**

