

**Extension - Jennings County** 

February 2024

## February 2024 Newsletter

200 E Brown, St. P O Box 365 Vernon, IN 47282

Phone: 812-352-3033 Fax: 812-352-3040 Hours: Monday - Friday 8 a.m. - 4 p.m.

<u>Find us Online:</u> Website: www.extension.Purdue.edu/Jennings

Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt

## **Jennings County Staff**



Deidre Wagster Health and Human Sciences dwagster@purdue.edu

Jeff Walker Community Wellness Coordinator walke526@purdue.edu

Emily Georgi Nutrition Education Program Advisor egeorgi@purdue.edu



Emily Peterson Agriculture and Natural Resources epeterson@purdue.edu



Rebekah Cartwright 4-H Youth Development County Extension Director bargerr@purdue.edu



Stacey Lane Office Manager lane155@purdue.edu

## **Indiana Broadband Speed Tests**



The Purdue Extension Broadband Team timeline is coming to an end in Spring 2024. Speed tests are still being collected. A speed test calculates your internet download and upload speeds. Your service provider will list your speeds, measured in Mbps, on your bill. To conduct a speed test on your existing service or to report an address with no service, visit:

pcrd.purdue.edu/speedtest.

# February 4-H Newsletter 2024

## Dear 4-H Families & Volunteers,

I hope the new year has been treating you well. Time is ticking as we are only just 5 short months away from the Jennings County Fair. If you did not enroll by January 15th it is not too late, but please be sure to complete your enrollment as soon as possible.

Volunteers, if you are currently serving as a volunteer already this year, you MUST complete this ASAP! If you have questions or need any help with enrollment, please contact the office by calling 812-352-3033.

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



## 2024 Handbooks Are Ready!

New 4-H Members and volunteers may pick up a complete handbook. Returning 4-H Members and volunteers may pick up handbook revisions from the Extension Office. Handbooks and Revisions will be given out **one** per family

### Livestock and Fair Schedules

Reminder that the livestock schedule is complete and can be referred to in the December Newsletter. The fair schedule is officially complete as well. Refer to page 2 for the schedule!

## **Project Manuals**

Project Manuals for the projects you selected in 4-H Online can be picked up from the Extension Office. Not every project requires a new manual each year so be sure to check with us before you make the trip to pick up your manuals!

## SE 4-H Camp - Junior Staff

Junior Staff Trainings:

- February 6th 6–8 P.M. at Jefferson County 4-H Community Building for Junior Directors, Group Leaders, amd Counselors
- April 20th 10 A.M. 3 P.M. at Jefferson County 4-H Community Building for **all Junior Staff**

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



## Important Dates

#### <u>February</u>

**5** Barefoot Bandits 6pm CANCELLED

- **5** Muscatatuck Mudpuppies 6pm
- **7** Beef Club 6pm
- 8 Tractor Club 6pm
- 9 Shining Stars 6pm
- 10 Llama Club 9:30am
- 12 4-H Council 5pm
- 12 Livestock Committee 6pm

**15** Zenas Livewires & Plowboys 6:30pm

- 20 JC Riders Vaccine Clinic 6pm
- 22 Junior Leaders 6 pm

March 6 Beef Club 6pm

**7** Tractor Club 6pm

**13** Indiana 4-H Quality Care Training 6pm

## Jennings County 4-H

## **Club Meetings & Events**

- Barefoot Bandits Meeting CANCELLED
- Beef Club Meeting 6:00 pm February 7th at the Jennings County Public Library
- Tractor Club Meeting 6:00 pm February 8th at SEPAC
- Shining Stars Meeting 6:00 pm February 9th at the Jennings County Public Library
- Muscatatuck Mudpuppies Meeting 6:00 pm February 5th at Jeff and Annie's House
- 4-H Council Meeting 5:00 pm February 12th at the Jennings County Public Library
- Livestock Committee Meeting 6:00 pm February 12th at the Jennings County Public Library
- Zenas Livewires and Plowboys 6:30 pm February 15th at Zenas Baptist Church
- JC Riders Vaccine Clinic 6:00 pm February 20th at the Goins Family Farm (Contact Club Leader Prior to Event)
- Junior Leaders 6:00 pm February 22nd at the Extension Office
- Llama Club 9:30 am February 10th at the Jennings County Public Library

## Indiana 4-H Quality Livestock Care (IQLC)

**Registration through 4-H Online is now open**. 4-H Livestock Members showing beef cattle, dairy cattle, dairy goats, meat goats, poultry, rabbits, sheep and/or swine must attend one of the 3 offered dates **or** complete the online YQCA Training. Please be sure to register online <u>prior</u> to the event. The \$3 fee per 4-H member may be paid by cash or check prior to event at the Jennings County Extension Office or at the event. IQLC is an annual certification. Refer to the dates below to see which date will best fit your schedule!

## Fair Schedule

Indiana 4-H Quality Livestock Care training (IQLC): All members showing beef cattle, dairy cattle, dairy goats, meat goats, poultry, rabbits, sheep and swine must attend one of the 3 offered classes to complete their IQLC training and to show their animal at the fair. (YQCA certifications will still be accepted as some regional and national shows require YQCA. You will have to complete the YQCA training on your own and present proof of completion to the Extension Office by May 24<sup>th</sup>, 2024) IQLC will be offered in Jennings County on...

#### Wednesday, March 13 6pm @ JC Public Library

Saturday, April 13 10am @ The Jennings County Government Center (Meeting Room 101) Monday, April 15 6pm @ JC Public Library

- Pre-Fair Clean-Up: Saturday, May 18, 9:00am to when everything is cleaned and ready for the fair. Cleaning will include livestock areas, display units stored in outer buildings and the Junior Leaders' Food Stand.
- Livestock Check-in: Dates/times are listed above. If you must make more than one trip to the fair with animals, exceptions to check-in times must be pre-approved by the species superintendents and 4-H Educator.
- Sommunity Building Set-up: Thursday, June 6, 4:00pm. \*\*\*\*Volunteers Needed! \*\*\*\*
- BBQ Contest: Friday, June 7 at 3:00pm members can set up at the Pavilion for the contest. Judging will take place at 5:00pm
- # Cat Show: Will take place on Friday, June 7 in the Show Arena. Registration will begin at 6pm and the show will begin at 6:30pm.
- Static Project Check-in: Check-in and judging will take place at Fairgrounds. Early check-in is Friday, June 7, 5:00-7:00pm. Junior Leader project judging Saturday, June 8, 9:30-10:00am. Open project judging June 8, 10:00am-12:00(noon).
- Mini 4-H Members: Static Project Judging, Friday, June 7 <u>5:00-7:00pm</u>, at Fairgrounds. The showmanship order for most species is: Junior, Senior, Expert, Novice, Mini 4-H and Open Show. See schedule on back for dates and times. Horse and Pony Mini 4-H showmanship is before the Contesting Show.
- Indiana State Fair 4-H Livestock Shows: Information on show entries, schedules and more can be found by visiting the following website: <u>https://www.indianastatefair.com/p/state-fair/competitions--contests/4-h-competitions-entry-information</u>
- Grooming Demonstration: Thursday, June 13. 5:00 pm
- Goat Milk Production Contest: Thursday, June 13, Milk Out 7:00am, Contest 6:00pm
- Supreme Showman Contest: Thursday, June 13, 6:30 pm in the show arena
- Auction: Friday, June 14: Registration 4:30pm; Buyer Dinner 5:00pm; Awards 5:30pm; Auction Starts at 6:00 pm
- Auction order for 2024 is: poultry, beef & dairy, horse & pony, llama, dairy goat, meat goat, rabbit, swine, sheep
- Livestock Check-Out and Barn Clean-Up: Saturday June 15, 9 am- noon (unless other arrangements made with your species superintendent)
- Community Building Awards/Project Check-Out: Monday, June 17 at 6:00 PM. Projects released after awards ceremony. Clean-up and removal of display units will follow. \*\*\*\*Volunteers Needed! \*\*\*\*
- Bog Show: Saturday, June 22, 9:30am, Livestock Show Arena
- # Tractor Contest: TBD, Dave and Jenny Vogel's Home

Page` 2 FOLLOW OUR FACEBOOK PAGE FOR More upcoming Important dates!

February 2024

## Area 1- Southeastern Indiana

## **4-H Volunteer Conference**



## February 24, 2024 Hopewell Baptist Church 2319 N County Rd 850 W, Holton, IN

Area 1 4-H Extension Educators aim to enhance the 4-H experience by bringing together volunteers from multiple counties to share best practices and learn from each other. This is event is of no charge to 4-H volunteers and includes lunch, door prizes and 4-H curriculum resources. Registration is collected on 4-H Online.

## **Schedule of Events**

10 am Thrive Session 12 noon Catered Lunch

#### 11 am First Session

Choose a topic relevant to your role.

## 1 pm Second Session

Choose a topic relevant to your role.



## Registration Required on 4-H Online Events by February 19th v2.4honline.com

#### First Session Options

## 4-H Camps & Trips

Explore the opportunities in our area and at Purdue for youth to learn on a higher level. Discuss cost offsetting & recruitment.

### Back to Basics: Club Recreation

Play games you can bring back to your club meetings.

## **4-H Electric Project**

Specialists discuss how to judge and have a strong project based learning experience.

### Second Session Options

### Back to Basics: Club Structure

Discuss program planning for club leaders, using social media, resources given by extenison and more.

### Livestock Leader Panel

Discuss hosting Animal Science Workshops members want to attend, planning shows and best practices from fellow volunteers.

## **4-H Tractor Project**

Explore the new tractor project curriculum, discuss the area contest and meet with area tractor project leaders.

This event is free to all 4-H Volunteers Call (812) 265-8919 or email copelanb@purdue.edu with questions





Purdue Extension is an equal access/equal opportunity institution.

## Ag & Natural Resources

#### Upcoming Spring Programming in Jennings County Schools

Two exciting programs are coming up in the elementary schools across Jennings County School Corporation. One of the new programs we are getting started is Chicken Embryology where second-grade classrooms receive incubators and eggs to hatch. Students will learn how the chicks develop within the egg and take care of the chicks after they hatch. The second program we get to continue is Ag Day for 4th-grade classes in the Jennings County School Corporation and private schools. Ag Day allows students to learn about Ag topics such as sheep and goats, beef and swine, rabbits, horses, crops, dairy, SWCD, from farm to pizza, and Rose Acres. Be on the lookout for pictures and stories of these events in upcoming news letters!



Jennings County Soil & Water Conservation District Annual Meeting Breakfast

> Saturday, February 17, 2024 8:00 AM – 11:30 AM Jennings County Community Building 4920 IN-3 North Vernon ~4-H Fairgrounds

#### Ticket Price \$10.00

/	
7:45 AM:	Doors Open
8:00 - 9:00 AM:	Breakfast
8:30 - 9:00 AM:	Elections
9:00 - 10:00 AM:	-Danny Stark Chemical Handling
10:00-11:00 AM:	- <b>Mike Schwegman</b> Drift Control & PWM Application Systems
11:00-11:30 AM.	-Pichand Beckont Regulatory Tonic

\*PARP/CCH Credits \$10.00 Registration Fee Please Bring License

<u>Please RSVP by: February 12, 2024</u> Jennings County SWCD (812)346-3411 Ext: 3



#### **Important Dates:**

#### **February:**

- Ag Women Engage Conference February 21st @ Grand Wayne Convention Center
- Indiana Small Darm Conference February 29th-March 1 @ Hendricks Co Fairgrounds
- Purdue Beef Basics February 6th- March 26th Tuesdays and Thursdays, online
- Indiana Organic Grain Farmer Meeting February 28th @ACRE

#### March:

• Ripley Co. No-Till Training- March 7 @SEPAC

Page

Emily Peterson: epeterson@purdue.edu

## Ag & Natural Resources

February

2023

### 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.

#### WHAT IS A FECAL EGG COUNT?

UNIVERSITY

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

Jennings County Extension now offers

CAL EGG COUNTS

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

Extension

 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

February

2023

### **Upcoming PARPs**

 02/06/2024- JACKSON COUNTY CROP PRODUCTION WORKSHOP

9:00 a.m. to 10:45 a.m. EST <u>The Pines Evergreen Room</u> <u>RSVP: 812-358-6101</u>

• 02/08/2024- JACKSON COUNTY SPRAYER CLINIC 8:30 a.m. to 11:00 a.m. EST <u>Seymour National Guard Armory</u>

• 02/14/2024- DECATUR COUNTY PARP 9:00 a.m. to 11:50 a.m. EST <u>The Red Barn Next Generation,</u> <u>Inc.</u>

• 02/17/2024- JENNINGS COUNTY 9:00 a.m. to 10:45 a.m. EST <u>Jennings County Community</u> <u>Building</u> RSVP: 812-346-3411

• 02/20/2024- JACKSON COUNTY AG WINTER MEETING 9:00 a.m. to 12:00 p.m. EST <u>Calvary Baptist Church</u>

 02/22/2024- JEFFERSON COUNTY TOBACCO GROWERS PARP

6:00 to 8:00 p.m. EST <u>Jefferson County 4-H Community</u> <u>Building</u>

For more details on each event check out the link below. <u>https://ag.purdue.edu/department/extension/ppp/priv</u> <u>ate-applicators/recertification-parp/parp-</u> <u>events/parp-events-southeast.html</u>



## Health & Human Sciences

## February is Heart Health Month

Did you know that heart disease is the leading cause of death in the U.S.? Know your risk and protect your heart. Follow us on Facebook during the month of February to learn ways to keep your heart healthy.

February 2 for National Wear Red Day! Sport your favorite red clothing and show your heart some love!

## Captain Cash Sets Sail in February!

It is never too early for children to learn how to become eager earners, savvy savers, wise spenders, and careful borrowers. This financial literacy program engages children in money-smart activities and takes them down the road to financial fitness. Captain Cash set sails this February with Hayden, Graham Creek, Sand Creek and CC-NV third grade students.

Each student will participate in four class sessions with take home parent newsletters given at the end of each lesson. Newsletters contain suggested at-home games and activities that focus on earning, saving, planned spending, and wise borrowing of money. Each session introduces money-related vocabulary words and teaches money concepts that are based on Indiana Academic Standards for Math and Social Studies.

### ServSafe Food Manager

\*Upcoming Training\* Tuesday, March 26, 2024 Purdue Extension Office Registration 8:15 AM Training begins at 8:30 AM Exam immediately following

<u>Register online by March 15th.</u>



2024 Training & Exam Dates Tuesday, March 26 Tuesday, May 7 Tuesday, July 16 Tuesday, September 10 Tuesday, November 19

## Registration link: https://cvent.me/XRoGy9



Deidre Wagster: dwagster@purdue.edu



FEB

2024

National Wear Red Day® February 2024

00

## Health & Human Sciences

FEB 2024

## **Community Wellness Coordinator**

Hi all!

I hope every is enjoying the fresh start of 2024! I also hope you're enjoying the chance to get outside. There are many physical, mental and community benefits to being outdoors and improving outdoor spaces<sup>®</sup>. Here's a quick update of what has been and what's coming up with the Nutrition Education Program in Jennings County.

1.Emily Georgi is ready to bring nutrition education to your organization! The Jennings County Nutrition Education Program Advisor (NEPA), Emily Georgi, has begun offering nutrition education classes to SNAP-eligible individuals and families. Contact her at egeorgi@purdue.edu if you'd like to schedule her for classes!

2. February's Walk with a Doc will be held on Friday, February 9th at 4pm at the Vernon Gym. Come join Dr. Jen Stanley and Dr. Dashrath Gautam to hear about the health topic of the month and enjoy a walk with others. We'll be indoors at the Vernon Gym to avoid the cold!

3. The Jennings County Food Security Coalition met on January 18th! We recently completed distributing blessing boxes, heard from a member of First UMC about setting up a new summer food delivery program for families in need, and we were also fortunate to be able to distribute funds to local organizations doing the work to prevent people from going hungry in Jennings County!

4. Breastfeeding supports at community events! As part of the Health Issues & Challenges grant – Kala Moore, a Community Health Worker with Healthy Communities Initiative, has a tent and equipment to set up a comfortable space for breastfeeding moms. You may have seen her at Christmas in the City! Let Kala know if you'd like to have her come to an event by emailing <u>kmoore2@crh.org</u>.

If you're interested by this work, 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!

Healthfully yours, Jeff Walker

1. If you'd like to read more, check out this US Forest Service article at <u>https://www.fs.usda.gov/features/wellness-benefits-great-outdoors</u>!





Jeff Walker: jeffwalker@purdue.edu

## Health & Human Sciences

thank your

### **Community Connections**

We are extremely grateful to the members of Psi lota Xi sorority!! Their generous donation was used to purchase over 380 books for January's Reading Made Fun literacy program. These books go home with every Kindergartener in Jennings County. Thank you for supporting our young readers and their ability to grow their home library!

If you are interested in supporting this program as a reading volunteer or through a monetary donation, please contact Deidre at dwagster@purdue.edu or by calling the office at 812-352-3033.

After nearly 2 years in the making, our partners at Ascension St. Vincent Jennings are happy to announce the opening of their Pulmonary Rehab Clinic!

#### Pulmonary Rehabilitation

Ascension St. Vincent Jennings 301 Henry St. North Vernon, Indiana 47265 812-352-2448

#### ascension.org



Page



Our goal is to provide you with the skills and knowledge needed to live better with chronic lung disease. You will also find support and understanding from the Pulmonary Rehab staff and other members of your group.

## What is Pulmonary Rehab?

Pulmonary Rehab is an outpatient program designed for adults who are limited in their everyday activities due to lung disease. You, or someone you know, could benefit from Pulmonary Rehab.

Our goal is to help you learn to live with lung disease. No age is too young or too old to begin Pulmonary Rehab. Most medical insurances cover a portion or all of Pulmonary Rehab.

#### How do I get started?

You will need a referral from your doctor to participate in Pulmonary Rehab. Lung conditions that could qualify you include:

- Moderate to severe COPD
- Asthma
- Emphysema
- Obesity-related respiratory disease
- Pulmonary fibrosis
- Bronchiectasis
- Interstitial lung disease
- Lung surgery or transplant

Your doctor may also order a pulmonary function test to determine the severity of your condition.

For more information about our program, call the Ascension St. Vincent Pulmonary Rehab Clinic.



FEB

2024