

January 2024 Newsletter

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

Find us Online:

Website:

www.extension.Purdue.edu/Jennings



Purdue Extension-Jennings County



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Eating Smart and Moving More with Jennings County WIC



This January kicks off the start of my first solo program in Jennings County! I will be teaching nutrition lessons in collaboration with the Jennings County Women Infants Children Clinic (WIC). Each Thursday in January, starting on January 4th, I

will be delivering two 30-minute sessions to teach WIC recipients how to Eat Smart and Move More. Using food demonstrations, I will be able to give mothers the tools to cook healthy meals for their children, especially the picky eaters. They will also learn how to increase physical activity within their family and the benefits of exercising together.

-Emily Georgi, Nutrition Education Program Advisor



Dear 4-H Families & Volunteers,

I hope everyone had a very Merry Christmas and is ready to take on the new year! The new year brings so much excitement for myself and the Jennings County 4-H Program! I look forward to all of the fun we will have together in 2024!

There are 21 days left to enroll in 4-H! Be sure to do so 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.



Happy New Year,
Rebekah Cartwright
4-H Youth Development Educator

2024 Handbooks

Beginning **February 1st**, 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 Schedule

Please refer to the December Newsletter for the Livestock Schedule. Keep this document on hand so you have the dates for Animal ID, fair check-in, and shows for the species you plan to exhibit at the fair

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:

- January 11th 6-8 P.M. at Ripley County for **Junior Directors**
- February 6th 6-8 P.M. at Jefferson County 4-H Community Building for **Junior Directors, Group Leaders, and Counselors**
- April 20th 10 A.M. - 3 P.M. at Jefferson County 4-H Community Building for **all Junior Staff**

Important Dates

January

8 4-H Council 5pm

8 Livestock Committee

15 Enrollment Ends

18 JC Riders 6pm

24 Junior Leaders 6pm

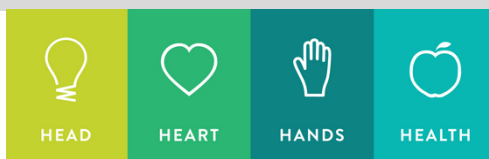
25 4-H Scholarships Due

February

7 Barefoot Bandits 6pm



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



Jennings County 4-H

January
2024

Club Meetings & Events

- **4-H Council**
 - January 8 at 5:00 pm at the Jennings County Public Library
- **Livestock Committee**
 - January 8 at 6:00 pm at the Jennings County Public Library
- **ENROLLMENT ENDS**
 - January 15th
- **JC Riders**
 - January 18th at 6:00 pm at the Goins Family Farm
- **Junior Leaders**
 - January 24th at 6:00 pm at the Extension Office
- **SCHOLARSHIP DEADLINE**
 - January 25th



 FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!

4-H Volunteer Conference

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 event is no charge to 4-H Volunteers and includes, lunch, door prizes, and 4-H Curriculum resources. Registration is collected on 4-H Online. **See Page 3 for more details.**

2024 4-H Scholaships - Reminder

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 their participation in a variety of 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!

Scholarship Help - If you need help with scholarships and missed the Help Session in December, whether it's submitting or you just don't know where to begin, we are ready to assist you! You are always welcome to call the Extension Office anytime and make an appointment with Rebekah to get some scholarship help! Just grab your green 4-H record folder, any scholarship information you have, 4-H Online login info, & your own laptop or you can borrow one of ours.



Stay Up-To-Date

Please be sure to add all potential projects in 4-H Online that you think you would like to participate in before January 15th so that you can receive all necessary project specific mailings. The deadline in 4-H Online for project changes (i.e.: adding and dropping projects) is May 15th.



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 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

1 pm
Second Session

Choose a topic relevant to your role.

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 extension 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



Diversified Farming and Food Systems



2024

INDIANA SMALL FARM CONFERENCE

February 29 - March 1
Hendricks County Fairgrounds - Danville, Indiana

SAVE THE DATE

AG WOMEN 2024

ENGAGE CONFERENCE

YOUNG LADIES IN AG FORUM

February 21, 2024

Open to Young Ladies Grades 8-12 & College
Grand Wayne Convention Center
Fort Wayne, IN



Purdue University is an equal opportunity/equal access institution.

PURDUE BEEF BASICS

IN THE EASTERN CORNBELT



SAVE THE DATE

A virtual, multi-session program on
Tuesdays from 6-8:30 p.m. and Thursdays from 7-8 p.m. EST.

FEBRUARY 6 THROUGH MARCH 26, 2024

Important Dates:

January:

- Lunch and Learn Enhancing your Landscape January 10 @noon
- Lunch and Learn Pond Management January 17th @noon
- Lunch and Learn Gardening January 24th
- Lunch and Learn Preparing for Livestock Emergencies January 31st

February:

- Ag Women Engage Conference February 21st @ Grand Wayne Convention Center
- Indiana Small Farm 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

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

December
2023

Upcoming PARPs



JAN
19
Friday

Orange County Vegetable Growers PARP - East District

Extension | 9 AM - 4 PM

JAN
24
Wednesday

Jackson County Crop Mgt Workshop - Southeast District

Extension | 9 AM - 4:30 PM

JAN
29
Monday

Lawrence County PARP - East District

Extension | 11 AM - 1 PM

FEB
6
Tuesday

Washington County Southern Region Soil Workshop
PARP - East District

Extension | 8:30 AM - 12:30 PM

FEB
19
Monday

Floyd County Southeast Vegetable PARP - East District

Extension | 6 PM - 8 PM

Ag Survey

Please click on the link and fill out the survey!
This could also be found pinned at the top of our
Facebook page.

Health & Human Sciences

JAN
2024



ServSafe Food Manager

Upcoming Training

Tuesday, January 23, 2024

Purdue Extension Office

Registration 8:15 AM

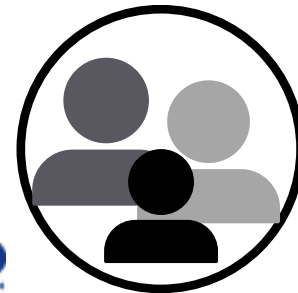
Training begins at 8:30 AM

Exam immediately following

Register online by January 12th.

Registration link:

<https://cvent.me/XRoGy9>



2024 Training & Exam Dates

Tuesday, January 23

Tuesday, March 26

Tuesday, May 7

Tuesday, July 16

Tuesday, September 10

Tuesday, November 19

Reading Made Fun- Volunteers Needed for 2023-2024!!!



If you would like to read in January for Kindergarten classes, please contact the office at 812-352-3033!

Thursdays Jan. 11

Hayden 9:00AM

Scipio 10:10 AM

Sand Creek 12:10 PM

Brush Creek 1:20PM

Fridays Jan. 12.

Graham Creek 9:00 AM

St. Mary's 10:20 AM

CC-NV 11:45 AM

NVE 12:20 PM

**JCSC VOLUNTEER
PAPERWORK MUST
BE COMPLETED!**

Jennings County Solar Eclipse: April 6-8 2024

THE UNIVERSE HAS CHOSEN OUR COMMUNITY TO BE IN THE PATH OF TOTALITY DURING THE UPCOMING ECLIPSE AND WE'RE PLANNING AN **EPIC** COUNTYWIDE BASH!

VENDORS **MUSICIANS** **FOOD**
BUSINESSES **LODGING & CAMPSITES**
FOOD TRUCKS **NON-PROFITS** **PARKING**

**JENNINGS Co...
WE NEED YOU!**

**INTERESTED?
SCAN HERE
OR CONTACT
DEIDRE!**



JENNINGS COUNTY



Community Wellness Coordinator

Hi all!

It's good to be back in the office and bring you a quick update for the Nutrition Education Program in Jennings County. As we kick off 2024, I hope everyone enjoyed the holiday and had a moments of great joy! Here's an update of what has been and will be happening and what's coming up with NEP in Jennings County:

1. The Jennings County Food Security Coalition meeting on January 18th!

We recently completed distributing blessing boxes and supplies to build boxes to the groups that attended our Blessing Box training in October. A big thanks to Mark Mahoy especially for leading box building efforts and to all of the organizations in the community who are installing these boxes to promote food security among Jennings County residents!

2. 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 kmoore2@crh.org.

3. January's Walk with a Doc will be held on Friday, January 12th 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!

4. 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. Check out the front page of the newsletter for more information and contact her at egeorgi@purdue.edu if you'd like to schedule her for classes!

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: jeffwalker@purdue.edu



Community Connections

Thank You!

The Jennings County Food Security Coalition was able to work with the Jennings County Community Foundation to provide supplies and/or build Blessings Boxes for community groups and organizations to set up around Jennings County. A special thanks goes to Mark Mahoy, Amanda Bott, Tim Gordon, Steve Gasper, Lori Brown, Delberta Brooks, Barb Galliher, and Sarah Owens for their assistance in building boxes and to all the community groups supporting food security in Jennings County!



HAM AND VEGETABLE CHOWDER

PREP TIME: 15 MINUTES COOK TIME: 20 MINUTES YIELD: 10 CUPS

Ingredients:

- 1 tablespoon vegetable oil
- 1 small onion, chopped
- 1/2 head cabbage, chopped
- 1 large potato, peeled and diced
- 2 cans (29 ounces) chicken broth
- 2 cans (30 ounces) cream-style corn
- 1 cup chopped lean ham (8% fat)
- 1/2 teaspoon pepper
- 1/2 cup grated cheddar cheese

Directions:

1. Heat oil in 4 quart (or larger) saucepan. Sauté onion, cabbage, and potato over medium heat, stirring often, until soft (about 10 minutes). Add chicken broth, corn, ham, and pepper.
2. Cover and simmer until potato is tender, about 10 minutes.
3. Serve hot, sprinkled with cheese.

Refrigerate leftovers within 2 hours.

Quick Tips:

1. Broth can be canned or made using bouillon. For each cup of broth, use 1 cup of very hot water and 1 teaspoon or 1 cube bouillon.
2. Leave skin on potato for added fiber.
3. For a vegetarian soup, substitute vegetable broth for chicken broth and beans for ham.

eatgathergo.org

walk WITH a DOC Jennings

Date: Friday, January 12th, 2024

Time: 4pm

Location: Vernon Gym

(29 Washington St., North Vernon, IN 47245)

More Info



Join Dr. Jen Stanley and Dr. Dashrath Gautem for a fun time to walk, learn about health, and meet people. This is also our second anniversary as group!

The event is **FREE** and all are welcome!

