

October 2023 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.

Find us Online:

Website:

www.extension.Purdue.edu/Jennings



Purdue Extension-Jennings County



@purdueextensionjenningscounty



@JenningsCoExt

It's National 4-H Week, October 1-7!

We were excited to see all of your enrollments this morning! 4-H enrollment began October 1! Visit v2.4honline.com to enroll. Check out the 4-H section of our newsletter for more details.



Jennings County Staff



Deidre Wagster
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Stacey Lane
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SAVE THE DATE

P PURDUE UNIVERSITY | Extension - Jennings County

FALL FESTIVAL AND ANNUAL UPDATE

SATURDAY, OCTOBER 28 4:00-7:00 PM
JENNINGS COUNTY FAIRGROUNDS

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



Dear 4-H Families & Volunteers,

4-H Enrollment is officially open!!! Hop online and be sure to enroll as soon as you can to get involved in 4-H activities!

Sincerely,
Rebekah Cartwright
4-H Youth Development Educator



A Note About Enrollment

For all: A new piece to enrollment this year is that volunteers and 4-Hers can not be approved until payment has been received. This can affect how 4-Hers and Volunteers receive information. Please be sure to make your payment to complete enrollment so that you will receive all communication.

For Volunteers: Volunteers completing the training need to be sure to go through all slides, answer all questions, and on click the button taking you back to 4-H Online so that it will mark you as complete. Do not click the "X" on any video besides the welcome video or it will not be recorded. When taking the quiz, be sure to select your answer and then click the check mark in the bottom right corner.

Junior Leaders:

Be sure to pick up a copy of an officer application if you plan to apply for an office. Fill out the application before the October 19th meeting.

Important Dates

October

2024 4-H Enrollment

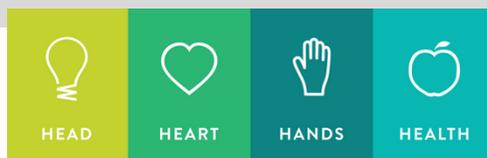
Opens! 

- 2 Barefoot Bandits Meeting 6pm
- 16 Shining Stars Meeting 6pm
- 17 Muscatatuck Mudpuppies 6pm
- 23 4-H Council Meeting 5pm
- 23 Livestock Committee Meeting 6pm
- 28 Purdue Extension Fall Festival and Annual Meeting
- 31 Sweet Street 5-8pm

November

- 6 Barefoot Bandits Meeting
- Pending** Zenas Livewires & Plowboys Meeting

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



Club Meetings & Events

- **Barefoot Bandits 4-H Club**
 - October 2, 6:00pm Library
- **Junior Leaders**
 - October 19th 6:00pm at the Extension Office
- **Shining Stars 4-H Club**
 - October 16th 6:00pm Jennings County Public Library
- **Muscatatuck Mudpuppies Meeting**
 - October 17th 6:00pm New Bethel Methodist Church
- **Purdue Extension Fall Festival**
 - October 28th 5-7 pm Community Building
- **Zenas Livewires & Plowboys**
 - Stay tuned for more information 

**FOLLOW OUR
FACEBOOK PAGE FOR
MORE UPCOMING
IMPORTANT DATES!**

Jennings County 4-H T-Shirt Contest

It's that time of year! Time to start making a t-shirt design for all Jennings County 4-Hers to wear!



Deadline to submit designs: **Novembers 1st**
Submit Designs to Rebekah at
bargerr@purdue.edu



Rules and Parameters:

1. The t-shirt design must be for the front of the shirt only, sponsors will be on the back.
2. The design and wording on the shirt will all be in one color.
3. The design must be appropriate.



2024 Jennings County Fair

The 2024 Jennings County Fair will be held June 10-15. A more detailed schedule will be sent out in the coming months as we plan for the upcoming year



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.



Hats & Tumblers for Sale

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.



Front Back

What Topics Are You Interested In?

In last month's newsletter, I was able to introduce myself and what my role as an Ag and Natural Resource Educator does. The main part of my role is to serve the community and provide educational opportunities for the community. With that being said I want to provide educational opportunities that the people of Jennings County are interested in, so I need your help and feedback as residents of Jennings County (or surrounding counties but plan on attending events in Jennings County). Through this survey link below you will be able to provide insight into topics you find interesting to help me understand what you all want to learn more about.

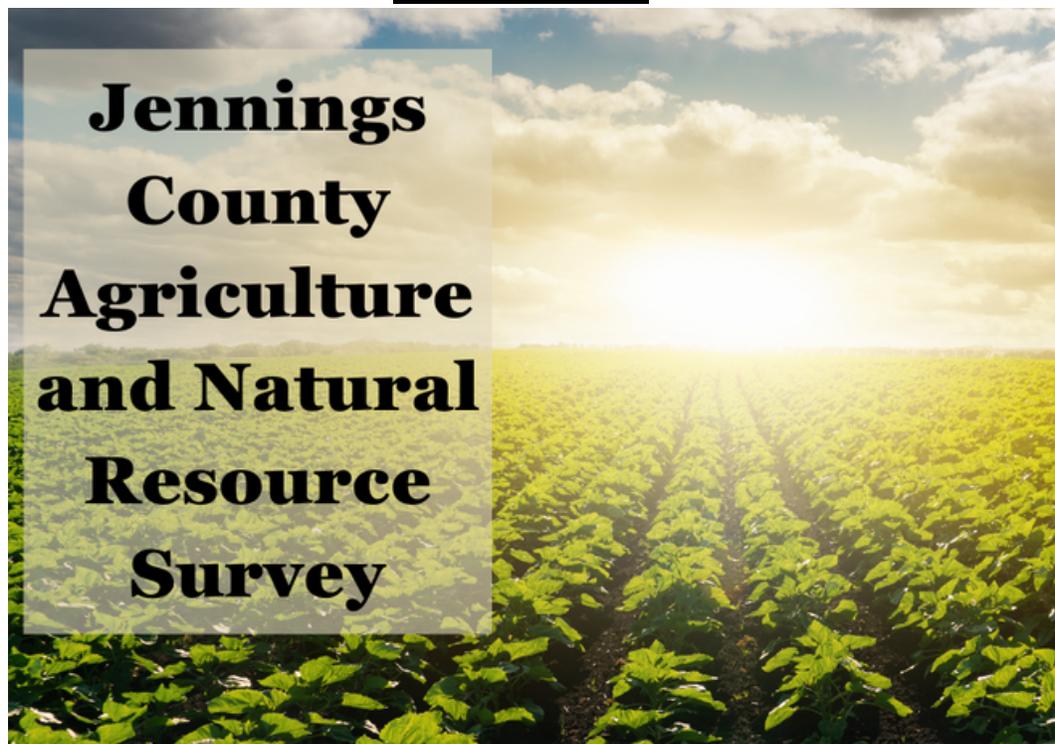
Please click on the link and fill out the survey!

This could also be found at the top of our Facebook page.

Please click on the link and fill out the survey!

This could also be found pinned at the top of our Facebook page.

https://purdue.ca1.qualtrics.com/jfe/form/SV_9LZwKo6MH8cdW9E



October Garden Calendar



Lawns, Woody Ornamentals, and Fruits

Keep plants, especially newly planted stock, well-watered until ground freezes.

Have soil ready to mound roses for winter protection. Do not mound or cover roses until after leaves drop and soil is near freezing, usually late November or early December.

Strawberry plants need protection from winter's extremes, but applying winter mulch too early may cause crowns to rot. Apply winter protection when plants are dormant but before temperatures drop below 20F, usually late November or early December.

Rake or shred large, fallen tree leaves, such as maple, to prevent them from matting down and smothering grass. Raking smaller leaves, such as honey locust, is optional.

Continue mowing lawn as needed.

Indoor Plants and Activities

Keep poinsettia in complete darkness for 15 hours each day – for example, between 5 p.m. and 8 a.m. – for eight to 10 weeks until red bracts begin to show.

Pot spring-flowering bulbs to force into bloom indoors. Moisten soil and refrigerate 10 to 13 weeks. Transfer to a cool, sunny location, and allow an additional three to four weeks for blooming.

Houseplants, especially those grown outdoors during the summer, commonly drop some or many of their leaves in response to the lower natural light intensity in the autumn and reduced light intensity indoors.

Water indoor plants less frequently, and discontinue fertilizer as plants slow down or stop growing for the winter season.

References:

<https://www.purdue.edu/hla/sites/yardandgarden/july-garden-calendar/>

October Garden Calendar Continued

Flowers, Vegetables, and Small Fruits

Harvest root crops and store in a cold (32 F), humid location. Storing produce in perforated plastic bags is a convenient, easy way to increase humidity.

Harvest brussels sprouts as they develop in the axils of the leaves from the bottom of the stem. Brussels sprouts will continue to develop up the stem.

Harvest pumpkins and winter squash before frost, but when rind is hard and fully colored. Store in a cool location until ready to use.

Harvest gourds when stems begin to brown and dry. Cure at 70-80 F for two to four weeks.

Harvest mature, green tomatoes before frost and ripen indoors in the dark. Warmer temperatures lead to faster ripening.

Asparagus top growth should not be removed until foliage yellows. Let foliage stand over winter to collect snow for insulation and moisture.

Remove plant debris from the garden to protect next year's plantings from insect and disease buildup. Compost plant refuse by alternating layers of soil, plant material, and manure or commercial fertilizer.

Have garden soil tested for fertilizer needs every three to five years.

Incorporate organic matter in fall to avoid the rush of garden activities and waterlogged soil in spring. Soils prepared in the fall tend to warm faster and allow earlier planting in spring.

Dig tender garden flower bulbs for winter storage. Gladiolus corms should be dug when leaves begin turning yellow. Caladiums, geraniums and tuberous begonias should be lifted before killing frost. Dig canna and dahlia roots after a heavy frost. Allow to air dry, then pack in dry peat moss or vermiculite, and store in a cool location.

Complete planting of spring-flowering bulbs.



Jennings ANR Services

Soil Sample and Testing:

Jennings Co. 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 Rebekah Barger, our ANR Educator, should be able to assist you with that. Please call ahead at 812-352-3033 to make sure Rebekah is in the office and available to assist you. You can always take some photos of the specimen and email those to Rebekah for ID as well at epeterson@purdue.edu

PURDUE UNIVERSITY Extension

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!

Upcoming PARPs



SCOTT, LAWRENCE, AND CRAWFORD
COUNTY AREA 2 PARP - SOUTHEAST
DISTRICT

DATE/TIME

Date(s) - 11/08/2023

6:00 p.m. to 8:00 p.m. EST

CONTACT INFO

Name: Tom Springstun

Title: ANR Educator

Phone: 812-752-8450

Email: tsprings@purdue.edu

LOCATION

Scott County Fairgrounds

District: Southeast

County: Scott

Address: 527 W. Old State Road 62

Levenworth, IN 47137

EVENT DETAILS

This program is repeated in Lawrence
County and Crawford County. Only 1
program will receive credit.

VIRTUAL PARP - SOUTHEAST DISTRICT

DATE/TIME

Date(s) - 11/09/2023

11:00 a.m. to 1:00 p.m. EST

CONTACT INFO

Name: Ophelia Davis

Title: ANR Educator

Phone: 812-275-4623

Email: odavis@purdue.edu

LOCATION

VIRTUAL

District: Southeast

County: Lawrence

Address:

EVENT DETAILS

Use this link to register before the program
to receive program link. Attendance is
required for the entire program in order to
receive credit.

<https://bit.ly/Nov9VirtualRecertProgram>

2023 OISC Regulation Update; 4R Fertility;
Nutrient Management with Cover Crops

92 IBEP
ND
Performance Tested
Bull Sale

MORE BULL FOR YOUR BUCK

Performance Tested, Ranch Ready
Saturday – October 14, 2023 • Springville, Indiana

LiveAuctionsTV

Indiana Beef Evaluation Program
1117 State Road 458 • Bedford, IN 47421 • 812-279-4330
<https://ag.purdue.edu/department/ansc/ibep/index.html>

Visitors
welcome
at anytime!

Get Walk IN

Fall is a great time to walk more! Whether you need additional motivation or need motivation to get started, Purdue Extension has a free email based program to help you. We have our next Get WalkIN' starting on October 16. Contact the office to join at 812-352-3033 or email Deidre at dwagster@purdue.edu.



PURDUE EXTENSION GET WALKIN' PROGRAM

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

READING MADE FUN VOLUNTEER TRAINING

.....
Nov. 29 10 AM
Extension Office

Contact Deidre
for more info!

We are reading in all JCSC, St. Mary's, and CC-NV Kindergarten classes as well as OVO Head Start again this year!!! That's over 17 classrooms each month and we are needing to increase our reading volunteer pool to support our efforts. If you are interested in reading during the months of December to May, please contact our office. Background checks and minor safety training will be required.

Purdue Fast Start

Purdue University is empowering students to direct their own futures through the free Purdue Fast Start Program, which makes higher education more affordable for all. If you would like to learn more about this opportunity for your high school aged student, please contact us today!

- Complete 5-10 free online courses & CLEP exams
- Secure assured admission to Purdue as a Klinsky Scholar
- Earn up to a year's worth of free Purdue credits

INDIANA STUDENTS CAN EARN

FREE

ASSURED

ADMISSION

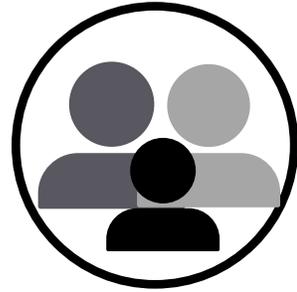
PURDUE
FAST START PROGRAM

Health & Human Sciences

OCT
2023

ServSafe Food Manager

****Upcoming Training****
Tuesday, November 28, 2023
Purdue Extension Office
Registration 8:15 AM
Training begins at 8:30 AM
Exam immediately following



Please see flyer below for more details. Register online by November 20th.

Registration link: <https://cvent.me/Xr1yw1>

Boys & Girls Club Market2Go

Market2Go with the Boys & Girls Club of Jennings County youth was held on Sept. 22nd. Over \$2200 of produce was sourced this month from local growers and markets!

Thank you to all of our partners and volunteers that helped make this event another success!

If you are a local producer or an Extension volunteer that would like to support this youth program in 2024, please contact Deidre.



Thank You to our September Market2Go Local Partners!!

Doll's Orchard
Gatrell Family
Maschino Family Farm
McCowan's Market

NexGen
Ray Spicer
Redmond Produce
Vojkufka Greenhouse

Nutrition Education Program Updates

Hi all!

I hope everyone is having a great start to autumn! This is a great time of year to get out, walk, and see different parts of Jennings County. If you haven't had a chance to visit Muscatatuck County Park, Calli Nature Preserve, Selmier State Forest, Muscatatuck National Wildlife Refuge, or some of the other amazing outdoor spaces that you can find at this link: <http://www.jenningswellness.org/facilities.php>.

Here's an update of what is happening with NEP in Jennings County:

1.The Jennings County Food Security Coalition is hosting a Blessing Box Training on October 14th! Have you ever wanted to set up a blessing box or little free pantry? The Jennings County Food Security Coalition is hosting a training to get you started. Participating organizations will also receive ready-to-paint box! RSVP by calling the Purdue Extension Jennings office at 812-352-3033 or by using this link:

https://purdue.ca1.qualtrics.com/jfe/form/SV_7aedTQlovvqBMOy.

2.Data for Doers was a success! The folks from Connections IN Health joined us on September 19th and 21st to discuss the data they collected earlier this year. We had over 40 people attend the two sessions. Next up are meetings with the Cardiovascular and Diabetes Coalition of Indiana where people can discuss the study results and begin discussing how to use \$10,000 in to address chronic diseases in Jennings! Look for the info in the next few pages!

4.October's Walk with a Doc will be held on Friday, October 13th at 4pm at Tripton Park in North Vernon. Come join Dr. Jen Stanley and Dr. Dashrath Gautam to hear about the health topic of the month and enjoy a walk with others. This is WWAD Jennings' second anniversary!

5.The Health Issues & Challenges Grant is off and running! In February, eight local organizations found out we had received over \$250,000 to create programs, pay staff, buy equipment, and feed families. The first of those programs, the Market 2 Go experience at the Boys & Girls Club in Jennings County is going great and we're starting two more projects soon!

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



Connections IN Health-Data for Doers Recap



JENNINGS COUNTY

In 2023, Connections IN Health spoke with Community Members to learn about health challenges and successes in Jennings County. Here is what was shared.

WHO DID WE LISTEN TO?



Community Organizations



Healthcare Systems



Local Government



Community Members



Businesses

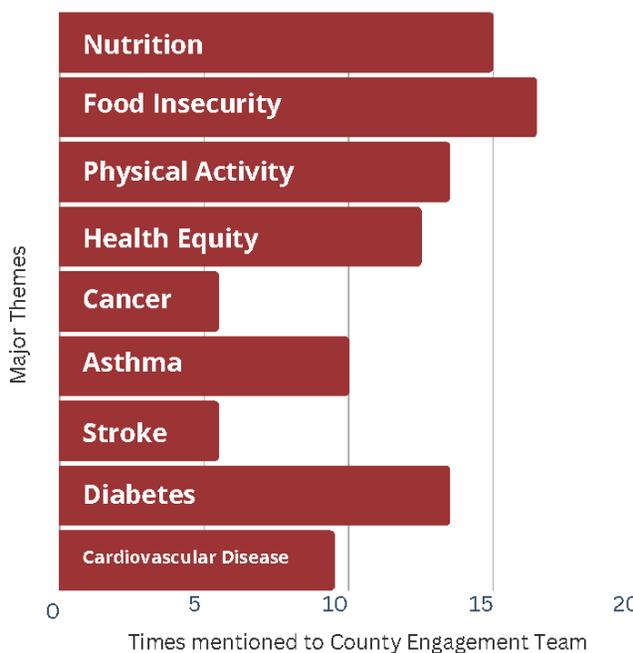


Educational Systems



Statewide/National Organizations

WHAT ARE COMMUNITY MEMBERS WORRIED ABOUT?



HEALTH CHALLENGES SHARED BY COMMUNITY MEMBERS





TOP HEALTH CHALLENGES

- ① Food Insecurity ② Nutrition ③ Physical Activity ④ Diabetes



Grocery stores are not in all areas of the county



Lack of transportation to food



Backpack programs feeding youth



People choose processed and unhealthy foods



Lack of financial management skills



Have to choose between food and medication

FOOD INSECURITY



Healthy foods are more expensive



Lack of knowledge in healthy meal preparation and nutrition information



Lack of transportation & money to access healthy food



Unhealthy generational eating habits are passed down



Limited healthy options at restaurants and food pantries



TOP HEALTH CHALLENGES

- 1 Food Insecurity
- 2 Nutrition
- 3 Physical Activity
- 4 Diabetes



Not a walkable community



Technology over exercise (youth)



Lack of transportation & money to access gyms/trails



Lack of options for youth who are not playing sports



Lack of culture for exercise



Not many opportunities or interest in exercise classes

PHYSICAL ACTIVITY



DIABETES



Diet mainly in sugars and processed foods



High prevalence among youth and adults



Lack of knowledge or education in diabetes prevention and management



Expensive medications and healthy foods



Lack of local specialists for treatment



Lack of physical activity

JENNINGS COUNTY SUCCESSES SHARED BY COMMUNITY MEMBERS

HEALTH EQUITY

Backpack Program for Youth



Blessing Boxes

Food Distribution and Programming at CSL

Generosity from Churches



ADDITIONAL SUCCESSES

Active Drug and Alcohol Task Force

Two Hospital Systems Serving the Area

Health First Indiana Funding

Local OB Services and Tobacco Cessation for Pregnant People

Domestic Violence Prevention Programming for Youth

Local Newspaper Sharing Resources and Information

Family Court



JENNINGS COUNTY SUCCESSES SHARED BY COMMUNITY MEMBERS

PHYSICAL ACTIVITY

Developing Trail System & Tripton Park

5K's and Purdue Extension Summer Walking Program

Lots of Youth Sports Programming

Perceptions Yoga

Purdue Extension Walk with a Doc



DIABETES AND CARDIOVASCULAR DISEASE



Cardiologist has a local office

Purdue Extension's Dining with Diabetes

NUTRITION AND FOOD SECURITY

Good Samaritan Food Pantry

Health Issues and Challenges Grant to Address Food Insecurity and Obesity

Faith-based Organizations and Food Security Coalition Addressing Food Insecurity

Produce Prescription Program

Smoothie Shop with Healthy Options

Farmers Market





HEALTH SUCCESSES
SHARED BY COMMUNITY MEMBERS

<https://bit.ly/JCStorymap>

Free Supplies
Farmer's Market
Physical Activity Opportunities
People Donate
Parks and Trails
Health Fairs and Screenings
Food Pantries
Diabetes Education
Health Education
Mobile Health Units



Look through the [storymap](#) to learn more about Jennings County!



LEARN MORE ABOUT
CONNECTIONS IN HEALTH

scan the QR code below

The Indiana Clinical and Translational Sciences Institute (CTSI), the Indiana Department of Health (IDOH), and the IU Simon Comprehensive Cancer Center (IUSCCC) have come together to strengthen their partnership to improve health in Indiana by forming Connections IN Health. This alliance unites the state's health coalition development work, and the IUSCCC's community and engagement initiatives with that of Indiana CTSI. Connections IN Health is led by the Indiana CTSI's Community Health Partnerships program, which works to improve health in Indiana through community-university partnerships and community-based health research. Click on our coalitions below to learn more!



or explore the [CINH Website](#)



September Community Connections

Boys & Girls Club of Jennings County Market2Go- Sept. 22

Deidre made spaghetti spaghetti (spaghetti squash + spaghetti sauce) and an Italian sausage & potato soup for the kids and they LOVED it! Nothing wasted and most had seconds!

A huge thank you to the first parent volunteer, Anita, for helping at this event. She earned her "\$15" to spend at the market for her time donated!

Another thanks to our 4-H Jr. Leaders/Volunteers and our growers that participated this month.

Food As Meds

Our program will be wrapping up in mid October. Participants have been learning about heart health and diabetes the past few weeks. Each session continues to have a cooking demonstration and meal kit for participants to take home and practice what they learned. Participants have heard from guest speaker Sherry Beal with Schneck Medical and participated in chair yoga with Perceptions!

Thank you to the Schneck Foundation and Jennings County Community Foundation for funding this program!

MARKET 2 GO farmers market experience grower





ServSafe Food Manager 1-Day Class & Examination

Hosting County: Jennings County

Date: Tuesday, November 28, 2023

ServSafe educates food service workers about food safety.

ServSafe Food Protection Manager is their highest certification. It satisfies Indiana requirements to become a Certified Food Protection manager and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full 1-day training includes a manual and proctored exam. You must score 70 percent or greater to earn the certificate. The certification is valid for five years. . A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).

For more information contact: Deidre Wagster
dwagster@purdue.edu or 812-352-3033

Register at Cvent online: <https://cvent.me/Xr1yw1>



Registration Deadline: 11/20/2023

Street Address:
Jennings Co. Government Center
200 E. Brown Street, Suite 201

City: Vernon

State: Indiana Zip: 47282

Training, Manual & Proctored

Exam: \$165

Manual & Proctored Exam: \$115

Proctored Exam: \$65

Registration Time: 8:15 am

Training Time 8:30 am

Exam Time: Immediately following the
class (~4:30PM EST)

If taking just exam only, please arrive by 4PM EST

JENNINGS CO.

JOIN US FOR A

COMMUNITY CONVERSATION!



The Connections IN Health team needs YOUR help brainstorming impactful ways to decrease the rate of diabetes, heart disease, and stroke in the community!

Come share your ideas and be a part of the conversation. With \$10,000 in funding on the table, you have the opportunity to make a difference. Attendees are encouraged to attend either Community Conversation Options 1 or 2 and to return for a final townhall on Nov 16th to recap what was discussed and to further brainstorm next steps.



Opt 1: Oct 31
12-1:30 pm



Opt 2: Nov 2
5-6:30 pm



FINAL: Nov 16
12-1:30 pm

Click OR Scan the QR codes to register for these virtual sessions!



START A BLESSING BOX

TWO WAYS TO SIGN UP!



Learn Best Practices

Answer your food safety, inventory, volunteer questions!



Get Inspired

Hear from people already doing this in Jennings County!



Get A Box!!!!

Get started fast with a ready-to-paint blessing box!



OR

812-352-3033

ATTENDEES MUST SIGN UP TO RECEIVE LUNCH

SATURDAY
OCTOBER 14TH
9AM-1PM

Hosted By

Jennings County



Food Security Coalition



Church of the Nazarene (2195 IN-3, North Vernon, IN 47265)

walk[®]with a DOC

Jennings

Date: Friday, September 8th, 2023

Time: 4pm

Location: Tipton Park

(502 S. Madison Ave., North Vernon, IN 47265)

More Info



Join Dr. Jen Stanley and Dr. Dashrath Gautem for a fun time to walk, learn about health, and meet people.

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



Extension - Nutrition Education Program

Questions?
Jeffwaker@purdue.edu
(812) 352-3037

We are a local chapter of an international 501(c)3. Learn more at walkwithadoc.org

JENNINGS COUNTY COORDINATING COUNCIL

CHRISTMAS FOOD BOX SIGN-UP

October 23-26 & 30
9:30 AM - 12:30 PM

203 Hoosier St.
North Vernon, IN 47265

DONATIONS NEEDED

Christmas is celebrated for so many through the generous hearts of our community. We are seeking monetary donations to purchase supplies needed to fill our Christmas baskets.

Contact Bee Murphy at 812.346.5183 for more details or to donate.