The 2023-2024 4-H Program Year is now in swing. It’s not too late to Get Enrolled for 2024!
4-H enrollment is an easy 2-“hop” process. Be kept in the loop of all the opportunities and changes for the new programming year by enrolling now!
Be sure to follow us on Facebook for our latest news and updates too at Purdue Extension- Orange County.

INSTRUCTIONS:
Complete enrollment via the 4-H Online Enrollment system-see website or call our office for help. Hop on over to v2.4honline.com
Pay annual 4-H Program Fee
$0 for Mini 4-H (Grades K-2)
$15 for 4-H (Grades 3-12)

Purdue University is an equal opportunity/ equal access/ affirmative action institution.
UPCOMING ORANGE COUNTY EVENTS

A 4-H New Member Orientation

Event Sponsored by:

Love 4-H?

Our office has yard signs available to show your Orange County 4-H spirit!
ORANGE COUNTY JUNIOR LEADERS

Being a Junior Leader allows youth in grades 7-12 the opportunity to provide their adult 4-H volunteers with additional assistance in their 4-H clubs and related activities. Jr. Leaders also serve as mentors and role models to the younger 4-H members by sharing their experiences with them. Being a Junior Leader in Orange County offers opportunities to meet and better serve your community.

NEXT MEETING: TUESDAY 2/13, 5 PM AT FAIRGROUNDS BLOCK BUILDING
**PURDUE EXTENSION 4-H NEWS**

**4-H YOUTH DEVELOPMENT**

Educator: Julie Carrell
carrell@purdue.edu

---

**IMPORTANT DATES**

**FEBRUARY 24** - ALL SPECIES WORKSHOP

**FEBRUARY 29** - LEAP INTO 4-H

**APRIL 26** - ANIMAL ID

**MAY 15** - PROJECT DROP/ADD DEADLINE

**MAY 15** - ANIMAL ID DEADLINE

**JUNE 29** - PROJECT CHECK-IN/JUDGING

**JULY 5** - ANIMAL CHECK-IN

---

**4-H AROUND THE STATE**

---

**Indiana 4-H Day at the State House**

February 13th
8:30a.m.-2:30 p.m.

**Area II Bus Trip to the State House**

Clark, Crawford, Floyd, Harrison, Jackson, Lawrence, Orange, Scott, Washington

Bus Loading: 6:00-6:15 a.m. / Bus Unloading: 5:00-5:15pm

Walmart Scottsburg/1618 West McClain Ave, Scottsburg, IN 47170

- Register at: [https://2024Statehouse.4Honline.com](https://2024Statehouse.4Honline.com)
- $20 per 4-Her
- 4-H Online registration now open. Closes January 15th.
- Must be in grades 7-12, and registered in 4-H to attend.
- Activities include statehouse tour, meeting with representatives, learning how state government works, and having the opportunity to serve as a Student page!
- Additional Bus Fee $40

Questions? Reach out to your local Extension Office
CAREER DEVELOPMENT EVENTS (CDE) OCCUR THROUGHOUT THE STATE DURING DIFFERENT TIMES OF THE YEAR. MOST CDE’S OFFER INDIVIDUAL AND TEAM ENTRIES. THEY ARE COMPETITIVE EVENTS THAT ALLOW YOUTH TO SHOWCASE THEIR KNOWLEDGE ON A SPECIFIC TOPIC. IF YOU ARE INTERESTED IN CREATING OR JOINING A TEAM, PLEASE CONTACT JULIE CARRELL 812-723-7107.

CDE TOPICS INCLUDE:
- AGRICULTURAL EQUIPMENT DIAGNOSTICS PROGRAM
- CONSUMER DECISION MAKING
- MILK QUALITY AND PRODUCTS
- DAIRY CATTLE JUDGING
- FORESTRY
- HORSE JUDGING
- LIVESTOCK JUDGING
- POULTRY JUDGING
- WILDLIFE HABITAT
- ENTOMOLOGY
- CROPS
- KITCHEN SKILLATHON
- HORTICULTURE
- MEAT JUDGING
- SOIL JUDGING
- HIPPOLOGY

UPCOMING PROGRAM

Monday, March 11th 5-7pm

Monday, March 18th 5-7pm

Monday, April 1st 5-7pm

Spark into The Dark

With Orange County 4-H as we dive into a SPARK Club series about the TOTAL Solar Eclipse that will occur on April 8, 2024 FREE Solar Eclipse Glasses for attendees!

For more information & RSVP call Purdue Extension - Orange County 812-723-7107

Purdue University is an equal opportunity/equal access/affirmative action institution.
MEET THE Educator

Julie Carrell

carrell@purdue.edu
(812) 723-7107

About Me
My name is Julie Carrell and I am dedicated to the work of Purdue Extension because through the work we are able to provide the community research based information, that is practical for their benefit. Being in 4-H as a child, I have great memories of Purdue Extension, and want to give opportunities for the youth and families of Orange County the ability to grow and develop to their best potential.

Fun Favorite Facts
Holiday - Christmas
Color - Teal
Coke or Pepsi - Coke
Music - Country

Favorite Things
Coffee, flowers, a hot bath

Education
- Bachelor’s Degree, Agriculture Education, Minor of Horticulture, Purdue University
- Associates Degree, Agriculture Education, Vincennes University
- 5 year Ag Teacher/FFA Advisor, 2 year Extension through University of Minnesota
- 10 year IN 4-H Member, 4 year IN FFA member

SOUTHWEST INDIANA HOMESTEADING CONFERENCE
March 9, 2024 - Friedman Park Event Center
2700 Park Blvd Newburgh, IN 47630

Pre-Conference Food Preservation Workshop
Friday, March 8th, 2024 - 12pm-3pm
$35 per person No Childcare Available
Topics Include: Dehydrating, Pressure Canning, Freezing, Fermentation, Pickling, Seasonal Cooking

Main Conference
Saturday, March 9th, 2024 - Registration 7:30am. Sessions start at 8am
$40 per person Childcare Available - $20 per child
Topics Include: Vegetable Gardening, Fruit Gardening, Soil & Compost, Beekeeping, Farm Tools, Small Business Development Center, Poultry, Insects, Urban Agriculture, Cover Crops, Rainwater Harvesting, Food Storage and more

Connect with like-minded individuals who share your passion for homesteading, exchange ideas, stories, and build lasting connections with fellow homesteaders, creating a supportive network that extends beyond the conference.

Meet local and regional suppliers offering homesteading essentials, sustainable products, and tools to enhance your homesteading journey. Find the resources you need to turn your homesteading dreams into reality.

The Extension Office Staff will be HATCHING in March. We are looking for fertilized chicken, turkey, guinea, peafowl, and/or duck eggs to hatch. If you would like to donate to this project, please call our office to arrange a drop off date.
SAVE THE DATE
SOIL HEALTH WORKSHOP
MARCH 5TH, 2024
ORANGE COUNTY COMMUNITY CENTER
1075 SANDY HOOK RD STE 2, PAOLI, IN

FOR MORE INFORMATION CONTACT THE
ORANGE COUNTY SWCD @ (812)723-3311 EXT. 3 OR ORANGESWCD@GMAIL.COM

Orange County Extension has Solar Eclipse Viewing Glasses available, provided by Orange County 4-H Council. Limit 4 per household.
OPEN POSITION AT ORANGE COUNTY

WE ARE HIRING

EXTENSION EDUCATOR - HEALTH & HUMAN SCIENCES/4-H YOUTH DEVELOPMENT

Programming Responsibilities Include:

- Identifying needs of the community and working with partners to develop a plan to produce programs for the community that showcase food, family, money, and health.
- Working with community partners to develop and implement educational opportunities for youth that showcase science, citizenship, and healthy living. Alongside working with an active volunteer base for the local 4-H program.

Requirements:

- Masters Degree preferred - Bachelors Degree accepted
- Minimum 2 years experience (if bachelors degree)
- Knowledge of basic educational methods
- Ability to work with diverse audiences

Apply Online Today


Purdue University is an equal opportunity/equal access institution
**EAT SMART**

**Chicken and Bean Burritos**

Makes 6 servings | Serving Size: 1 burrito

---

**Nutrition Information**

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>Calories</th>
<th>336</th>
<th>Total Fat</th>
<th>15 g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Total Cholesterol</td>
<td>0 mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Saturated Fat</td>
<td>5 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Protein</td>
<td>21 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Total Carbohydrate</td>
<td>32 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Dietary Fiber</td>
<td>8 g</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sodium</td>
<td>455 mg</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients**

- 6 whole wheat tortillas (12 inch)
- 1 cup cooked brown rice
- 2 cups cooked chicken, diced
- 1/2 cup Black Bean and Corn Salsa (page 7 in *Cooking with EFNEP*)
- 2 cups salad greens, coarsely chopped
- 1/2 cup cheddar cheese, shredded (or other cheese)
- 1 avocado, chopped

**Directions**

1. Warm tortillas in oven following package directions.
2. Leaving 1”-2” of space from end of tortilla, divide ingredients and layer onto one end of 6 tortillas in the following order: rice, chicken, salsa, greens, and cheese.
3. Fold tortilla over filling, pressing gently so that filling moves down into the fold.
4. Wrap both right and left side ends of tortilla over fold.
5. Roll tortilla to close.

---

**MOVE MORE**

**Movin’ and Groovin’**

Dancing is great for all ages. Toddlers love to move to the beat and sing along. Choose a fun song and get moving with your toddler. Young children and teens like to show off their moves, too. **What days will you dance with your kids this week?**

---

*Family Eating Smart and Moving More was developed through a collaboration between NC Cooperative Extension, EFNEP and North Carolina Division of Public Health, Nutrition Services Branch and Community and Clinical Corrections for Health and Prevention Branch. The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute for Food and Agriculture (USDA/NIFA). USDA is an equal opportunity provider and employer.*