Newsletter

Congratulations 4-H Seniors!

Congratulations on all the hard work and effort you have put into your education! You have made Pike County 4-H incredibly proud and we look forward to seeing all that you continue to do!

A special congratulations to our Pike County 4-H Seniors!

Rhett Armstrong- 10-Year Member
Jackie Berry- 10-Year Member
Hayden Goins- 10-Year Member
Jayla Harris- 10-Year Member
Lillian Mann- 10-Year Member
Guen Miller- 10-Year Member
Kelsea Query- 10-Year Member
Makynna Satterfield- 10-Year Member
Talon Seger

812-354-6838
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4-H Youth Development and
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Tiffany Lundy
Office Manager
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May 15th Deadline

On May 15, at Midnight EST, ALL 4-H enrollments AND Livestock Identification AND enrollment fees for participation in the 2025 Pike County 4-H Fair are DUE!

This includes all potential building projects and required animal identification information (tag numbers, premise id, pictures, etc.) that need to be uploaded into 4-H Online. Poultry must be identified using the paper form. For livestock exhibitors (except Horse & Pony and Alpacas), Indiana Quality Livestock Care training MUST be completed either in-person or online at www.yqcaprogram.org.

If you are not completely certain which projects you will be bringing to fair, including both static projects and livestock projects, it is best to enter all projects and animals you may potentially bring as those changes **cannot be made after May 15.**

Please visit v2.4honline.com to complete and/or double-check your enrollment and project status at your earliest convenience as we are nearing that **May 15th deadline.**

If you are having issues or have questions, please call the office at 812-354-6838 or email bgoble5@purdue.edu or key14@purdue.edu.

Pike County 4-H Club Meetings

Homegrown- Meet at 4:30 at the 4-H Exhibit building on **May 27 and June 24.**

Lucky Clovers- Meet at 6pm at the Otwell Community Center on **May 14, June 11, and June 25.**

Mighty Minis- Meet at 5pm at the 4-H Exhibit Building on **May 8 and June 14.**

Pike's Flying Manes- Meet at 6pm at on **May 2, May 9, May 16, May 23, May 30, June 6, June 13, June 20, June 27**
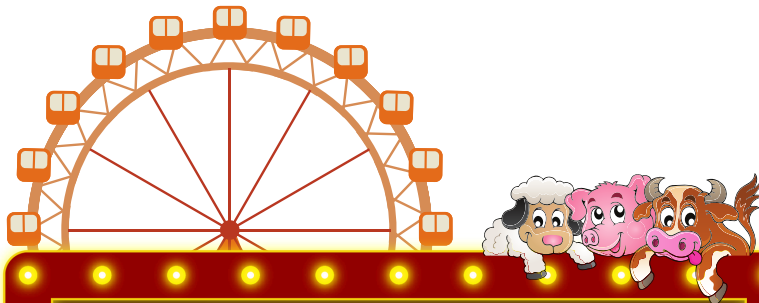
Wideawakers- Meet at 6pm at the 4-H Exhibit Building on **May 15 and June 16.**

4-H Council- Meets on the **first Monday of each month** at 6:30pm. Upcoming Meetings: **May 5 and June 2.**

PIKE COUNTY 4-H FAIR
Open Class

OPEN CLASS IS FOR EVERYONE!

CHECK IN: SATURDAY, JULY 19TH
9:30AM-11:30AM

JUDGING: SATURDAY, JULY 19TH
12:00PM

T-shirt Sizes Needed

4-H MEMBERS & 4-H VOLUNTEERS
YOUR T-SHIRT SIZES ARE NEEDED!!

PLEASE SUBMIT T-SHIRT SIZES BY EITHER:
• THIS LINK: HTTPS://FORMS.GLE/MAXMQRNPFPPEAFRK9
• CALLING THE OFFICE: 812-354-6838
• EMAILING TIFFANY: TLUNDY@PURDUE.EDU

T-SHIRT SIZES DUE BY MAY 15TH

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FAIR SEASON

Daviess County 4-H Fair: July 7-18, 2025

Dubois County 4-H Fair: July 15-19, 2025

Gibson County 4-H Fair: July 6-14, 2025

Knox County 4-H Fair: July 14-19, 2025

Martin County 4-H Fair: July 10-15, 2025

Perry County 4-H Fair: July 11-15, 2025

Posey County 4-H Fair: July 14-19, 2025

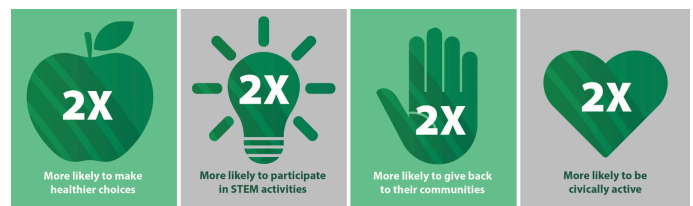Spencer County 4-H Fair: June 27-30, 2025

Vanderburgh County 4-H Fair: July 21-26, 2025

Warrick County 4-H Fair: July 14-19, 2025

Pike County 4-H Fair: July 20-26, 2025

Indiana State Fair: August 1-17, 2025

Performing Arts

PERFORMING ARTS CONTEST
MAY 10TH

4:00PM at the Pike County 4-H Exhibit Building

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2X More likely to make healthier choices

2X More likely to participate in STEM activities

2X More likely to give back to their communities

2X More likely to be civically active

FairEntry

The annual Pike County 4-H Fair provides a great opportunity for 4-H members to show off their hard work through fair exhibits. **Starting June 1st,** you can begin entering exhibits that members wish to exhibit into FairEntry. **All 4-H Building and Livestock exhibits must be entered into FairEntry by July 7th!** Below are instructions to help you get started with FairEntry. If you have any questions or issues, please do not hesitate to contact our office and we will gladly assist.

FairEntry Instructions:
1. Go to http://pikecounty.fairentry.com/
2. Select your **"Sign in with your 4-H Online account"** option – the GREEN box.
3. A separate box will pop up where you can enter the login email address and password from 4HOnline.
      (If you don't remember your password, you will need to select the "I forgot my password" option to get a temporary one emailed to you. If your email address has changed, log in using the old email address and change it in 4HOnline.)
4. Click the **"Login"** box.
5. Choose to register an individual.
6. Choose the dot next to the name of the 4-H'er you would like to register and then click the green **"continue"** box. ***Please do not create any exhibitors from scratch, as you will not be able to add exhibits for the projects you are enrolled in.***
7. Answer any required questions and review the exhibitor registration information.
8. Make any necessary corrections (using the edit boxes). Remember that any corrections made here DO NOT transfer back to your 4HOnline Account.
9. If Additional questions are required by your county, complete the questions and then select the green "Continue" box.
10. When you are taken back to the Exhibitor information page, click the green **"Continue to Entries"** button.
11. Click the green **"Add an Entry"** box to the right of the exhibitor's name.
12. Click the green **"Select"** box next to the **Department** you would like to enter ….
13. Click the green **"Select"** box next to the **Project** you would like to enter. Select the GREEN Choose button.
14. Click the green **"Select"** box next to the Class/Division you would like to enter ..
      (Check the "Pike" 4-H Scoop for exhibition descriptions, requirements and rules)
15. **Review the selection of the Department, Division and Class.** To correct errors in the Department, Division or Class, click the corresponding 'Change' button. Click the green 'Continue' button to move to the next step.
16. Select the dot next to the **4-H Club** that you belong to and then select the green "Continue" box.

17. If required, **enter in a description** of your exhibit and click Continue– *please be specific as this description for non-animal exhibits will be used to distinguish between exhibits, example – don't just type in "photo", type in more description, such as "Butterfly on leaf photo"*

NOTES: Photography 10-print posters should enter a description of your #1 photo. Projects with more than one item should enter a description of your main display (i.e. first collection box, first entomology box, item you did for Home Environment, etc.)

18. Answer any Additional Questions required for that entry and then click the green "Continue" box.
19. Decide if you would like to:
    > Add another Entry   > Register another Exhibitor   >Continue to Payment and select that appropriate box

***The payment section is a formality of the system. No payment is needed, but you must go through the steps to submit your entries.

20. To register an **animal entry** from 4HOnline, you will select the white "add an animal" box during the entry process.
21. A smaller box with two options will pop up. Choose the green "Choose an Existing Animal Record" box to enter an animal that was identified in 4HOnline. To enter a Cat, Dog, or Poultry/ Pigeons/Waterfowl animal, please select "Enter a New Animal Record", and complete all applicable fields on the screen.
22. A list of those animals that you have previously IDed in 4-H Online that are eligible for that class are listed. Select the circle next to the animal you would like to enter. Then select the green **"Select Animal"** box.
23. All of the information about that animal will be pulled over from 4-H Online, so that you can check to **make sure that is the correct animal.** If you want to switch to a different animal, click on the "remove from entry box". If it is correct, click the green **"Continue"** box. Then you will be taken to the Additional Questions page listed in step #20.
24. **Review your invoice,** either in summary format or detail format. If it looks correct, click the green **"Continue"** box. If not, go back to the entries tab and fix what you need to.
25. Select the green "Continue" box.   **There are no fees for 4-H exhibits.
26. **Confirm your entries one last time.** You can see a summary of exhibitors in your family, or their entries in detail. Make sure all entries for each exhibitor in your family are listed before you submit the entries.

NOTE: **Once you hit submit, you cannot edit your entries.**
27. Click **Continue** to confirm and submit your entries.
28. Click the **Submit** button to submit your entries.
29. You will receive a **"Thanks!"** message. You can choose the button to **"Visit Dashboard"** to see your entry.

PIKE COUNTY 4-H POULTRY TESTING & RABBIT ID DAY

Complete and turn in your Poultry ID form here too!

ALL LIVESTOCK IDENTIFICATION DUE BY MAY 15!

Saturday, May 3rd
9:00am-11:00am EST
Pike County 4-H Fairgrounds
Farm Bureau/Concession Stand
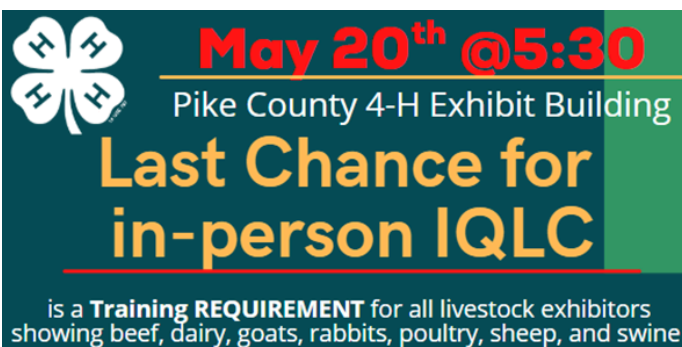
By the May 15th Deadline:
- Identify Livestock
- Add/Drop Projects
- Pay Enrollment Fees
- Complete Livestock Quality of Care Training
- Turn in Livestock DNA Samples for Indiana State Fair

Monday 5/14
In-Person
4PM - 6PM

Extended Hours During
2025 4-H DEADLINE WEEK
In-Person Assistance at 4-H Exhibit Bldg.

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May 20th @5:30
Pike County 4-H Exhibit Building
Last Chance for in-person IQLC
is a **Training REQUIREMENT** for all livestock exhibitors showing beef, dairy, goats, rabbits, poultry, sheep, and swine

Indiana 4-H Quality Livestock Training

The Indiana 4-H Quality Livestock Care Training is an exhibit requirement for any 4-H Member in the following projects: Cattle, Goats, Poultry, Rabbits, Sheep, and Swine. Members must attend an in-person training to be able to show their animals at the 2025 Pike County 4-H Fair.

There is **no cost** for the "Indiana 4-H Quality Livestock Care Training" this is sponsored by the Pike County 4-H Livestock Committee. All sessions will be held at the Pike County 4-H Exhibit Building in Hornady Park. Please register for the training by visiting: 4-H Online at v2.4honline.com.

How to Register?

1. **Login** to your 4-H Online Account
2. On left of screen there will be the **Events Tab**

Register by clicking the Pike County Indiana 4-H Quality Livestock Care Training.

May 20th is the last in person training provided by the Pike County Extension Office. Livestock exhibitors will then be required to complete the YQCA Training and **show** proof of completion by **June 1, 2025**. Families are personally responsible for the **$12 YQCA fee per livestock exhibitor**. You may find the YQCA information on the following website: https://yqcaprogram.org. Should none of the in-person trainings work for the livestock exhibitor's schedule, YQCA online training is the only option at the $12 individual fee.

Please Contact the Pike County Extension Office with further questions: (812) 354-6838

Pike County 4-H Fair

Livestock Show Schedule

2025

Saturday, July 19
- **Livestock Check-In-** 4-7pm

Sunday, July 20
- **Pleasure Horse Show-** 7:00pm

Monday, July 21
- **Poultry Show-** 9:00am
- **Contesting Horse Show-** 7:00pm

Tuesday, July 22
- **Goat and Sheep Show-** 9:00am
- **Swine Show-** 6:00pm

Wednesday, July 23
- **Rabbit Show-** 9:00am
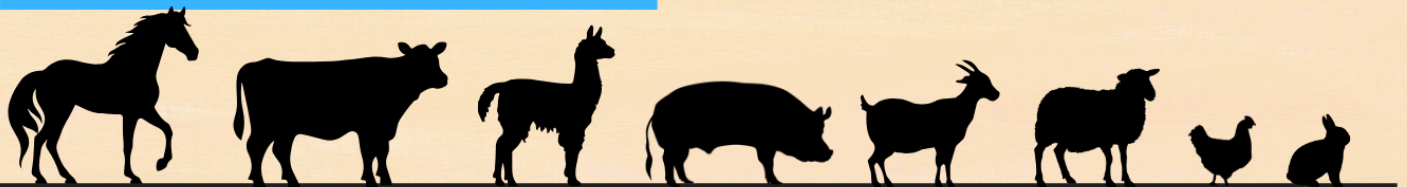- **Beef and Dairy Shows-** 6:00pm

Thursday, July 24
- **Supreme Showmanship-** 4:00pm
- **Pike County 4-H Livestock Auction-** 6:00pm

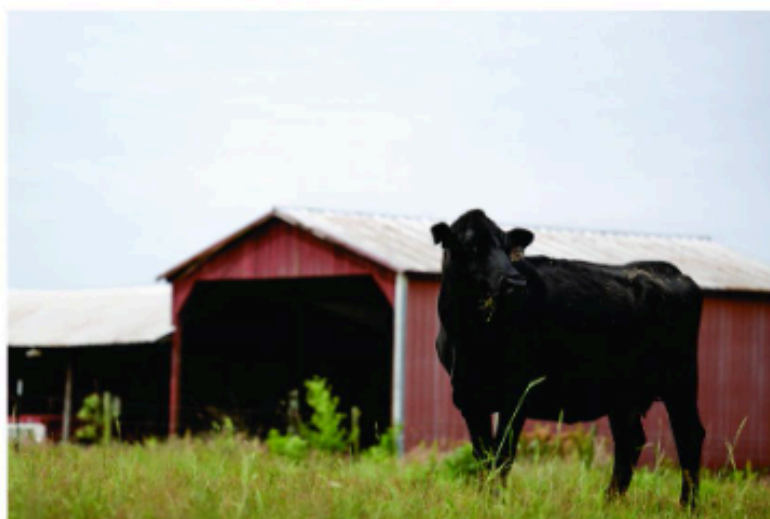**Friday, July 25**
Livestock Animals Released
Starting at 7:00am

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FARM STRESS TEAM

MENTAL HEALTH RESOURCES

YOUR GUIDE TO NAVIGATING MENTAL HEALTH ASSISTANCE

STRESS RATING TOOLS

What's your stress level? Use this tool to evaluate how you may be handling the stressors in your life. Using a scale from 1-10 is an easy way to express your needs.

- **10** — Frantic, unable to function, everything is chaos
- Difficult to form thoughts, need to sit down, things are spinning out of control
- Tension is high, easily irritated, hard to focus
- Something is definitely wrong, feels like worry, nervousness and unease
- **5** — Pressure is building, background noise is loud
- Able to breathe through the stress and carry on
- Life is comfortable, small issues are manageable
- **0** — Calm, tranquil, peaceful, no worries at all

SYMPTOMS OF STRESS

- Mental -
  - Racing thoughts
  - Inability to focus
  - Forgetfulness
  - Brain fog
  - Exhaustion
  - Restless feelings
- Physical -
  - High blood pressure
  - Fatigue
  - Inability to sleep
  - Sore neck
  - Tightness in chest
  - Upset stomach
- Social -
  - Acting more withdrawn
  - Isolating oneself
  - Changes in routine
  - Easily irritable
  - Argumentative
  - Relationship conflicts
  - Increase in drinking/smoking
  - Decrease in care of livestock or farm appearance

ONLINE RESOURCES

- *Dial 988 for help with mental health crises, someone will talk you through your situation.*
- SAMHSA National Helpline - 1-800-662-HELP
- National Alliance on Mental Illness - 1-800-950-6264
- Farm Bureau: Farm State of Mind - www.fb.org/initiative/farm-state-of-mind#stepstohelp
- American Counseling Association - www.apa.org/events/farmer
- Concern Hotline for Farmers - 1-800-447-1985
- Postpartum Support International - www.postpartum.net 1-800-944-4773
- North Central Farm And Ranch Stress Assistance Center www.farmstress.org

Sources:
https://blog.zencare.com/what-to-expect-on-an-initial-call-with-a-therapist/

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FARM STRESS TEAM

Spring Fun!

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Y  I  Y  U  S  Y  E  U  E  L  S  B  L  U  B
B  M  T  A  L  L  B  L  S  R  W  U  S  U  E
L  A  E  M  G  S  O  G  W  S  S  S  S  N  S
G  S  F  E  F  G  S  R  A  S  S  E  N  M  B
G  U  A  O  S  N  S  G  U  W  L  U  A  O  S
R  M  S  A  R  U  O  U  O  L  A  S  E  N  S
A  M  E  O  R  C  N  R  N  W  M  F  B  U  B
S  E  C  S  E  I  R  S  W  W  I  U  Y  Y  A
S  R  E  W  O  L  F  A  C  L  N  T  O  R  N
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G  N  I  T  N  A  L  P  G  R  E  E  N  R  I
S  M  U  I  U  R  E  S  F  C  H  E  A  T  A
I  M  R  S  F  R  A  A  P  O  T  G  N  Y  F
E  P  S  W  N  U  E  E  S  N  E  N  U  L  F
S  S  C  T  E  M  I  S  E  R  W  O  M  N  N
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Planting	Sun	Swim	Flowers
Grass	Mow	Spring	Summer
Heat	Sunscreen	Bulbs	Fun
Animals	Green	Safety	Corn
Soybeans			

Spring is Knocking on the Door, and So Is Poison Hemlock

By Alex Villalobos, Invasive Species Technician

The plants are springing back to life, however, there is one plant that springs back a little early. Have you spotted the Poison Hemlock near roadsides, ditches, or forest edges? Poison Hemlock (*conium maculatum L.)* is popping back up in the county and it is best to take action sooner rather than later. Poison Hemlock is highly invasive and leaves no room for our native flora. Poison Hemlock was brought over from Europe, and it is highly toxic to humans and animals. The plant is a member of the carrot family and can often be misidentified as Queen Anne's Lace, Cow Parsnip, or Wild Carrot. However, Poison Hemlock can easily be differentiated by the unique, purple spotting on its hollow stems. In the 2nd year, basal rosettes can bolt up to 12 ft. in height and will produce an umbrella cluster of white flowers. Seeds readily spread and infest new areas by wind, mowers, or the bottoms of shoes.

The 1st year basal rosettes may be easy to control manually by digging out the tap roots. The best time for chemical control of Poison Hemlock is in the Spring when the plant is young and the basal rosettes are low to the ground. Once the plant bolts and starts flowering, spraying herbicide will not be effective. Please always follow the herbicide label instructions and take extra precautions when handling the plant due to its toxicity.

Battling invasive plants can be difficult and time-consuming, but small actions can go a long way in slowing the spread of invasive species in our beloved natural areas.

Poison Hemlock Leaves (Photo by Robert Vidéki, Doronicum Kft.Bugwood.org)

Poison Hemlock Stem (Photo by Alex Villalobos, SWCD)

Poison Hemlock flowering (Photo by Minnesota Department of Agriculture)

Spring Planting Calendar

RANGES OF DATES FOR SPRING PLANTING

ASPARAGUS	APRIL 11 - APRIL 25
BEETS	MARCH 28 - APRIL 4
BELL PEPPERS *	MAY 9 - MAY 16
BROCCOLI	MARCH 28 - APRIL 4
BRUSSELS SPROUTS	MARCH 28 - APRIL 4
CABBAGE	MARCH 28 - APRIL 4
CANTALOUPES	MAY 2 - MAY 9
CARROTS	MARCH 28 - APRIL 11
CAULIFLOWER *	APRIL 18 - MAY 2
CELERY	APRIL 25
CHIVES	APRIL 4 - APRIL 11
COLLARDS	APRIL 4 - APRIL 11
CUCUMBERS	MAY 9 - MAY 16
EGGPLANTS *	MAY 9 - MAY 16
FENNEL	APRIL 25 - MAY 9
GREEN BEANS	MAY 2 - MAY 23
JALAPENO PEPPER*	MAY 9 - MAY 16
KALE	MARCH 28 - APRIL 4
LETTUCE	MARCH 28 - APRIL 4
OKRA	MAY 9 - MAY 23
ONIONS *	MARCH 28 - APRIL 11
PARSLEY	MARCH 28 - MAY 2

PARSNIPS	MARCH 28 - APRIL 4
PEAS	MARCH 28 - APRIL 4
POTATOES	MARCH 28 - APRIL 11
PUMPKINS	MAY 9 - MAY 16
RADISHES	MARCH 28 - APRIL 4
SPINACH	MARCH 28 - APRIL 4
SWEET CORN	MAY 9 - MAY 23
SWEET POTATOES	MAY 9 - MAY 23
TOMATOES *	MAY 9 - MAY 16
TURNIPS	MARCH 28 - APRIL 4
WATERMELON	MAY 2 - MAY 9
ZUCCHINI	MAY 9 - MAY 16

*Plants (transplant instead of direct seeding on indicated dates)

Selected Vegetable and Fruit planting dates for Pike County, Indiana.

https://www.almanac.com/gardening/planting-calendar/zipcode/47567

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Extension - Pike County

Benefits of Gardening with Kids

Gardening is great not only because it allows you to grow your own food, but it is a great way to get kids outside and give them a better sense of where their food comes from. Home gardening is increasing in demand, not just because it saves money at the grocery store, but it is an activity the whole family can be involved with.   Here are a few reasons on why gardening is so beneficial for kids of all ages.

1. **Gardening engages all five senses**
   How does that dirt feel against your hands? Add water. Now what does it feel like? How does that tomato plant smell? How does that strawberry taste right off the vine? Can you hear that crunch from that carrot? Incorporating sensory exploration is easy in a garden!

2. **Gardening encourages healthy eating**
   Even the pickiest eaters won't be able to resist trying veggies they've grown themselves! Try it straight out of the garden or cook it together in the kitchen- you might find a new favorite food!

3. **Gardening enhances fine motor development**
   Gardening encourages the development of fine motor skills every step of the way, from picking up tiny seeds to gently caring for seedlings and plants.

4. **Gardening is science**
   What makes leaves green? Why do plants need sunlight to thrive? Why do plants grow better in loamy soil than clay? Explore science together while gardening- learning can be fun!

5. **Gardening is a great family activity**
   Although gardening can definitely be a lot of work, doing it together as a family makes it fun. It's a great time to have conversations without electronics getting in the way.

6. **Gardening teaches responsibility**
   Plants require a lot of attention. Learning how to care for the plants properly, from watering to weeding, is a great lesson in responsibility for kids.

7. **Gardening helps kids learn to plan and organize**
   Some plants grow better at certain times of the year. Others do well next to another specific plant. Some grow nicely in rows, while others, like wildflower seeds, can be sprinkled around. Gardening is an opportunity to chat with your kids about research and planning.

8. **Gardening creates environmental stewards**
   Kids who understand how much time, effort, and care goes into growing food will understand how important farmers are, and why it's important to take care of our Earth.

9. **Gardening develops math skills**
   How far apart should seeds be planted? How many does that mean you can plant in each row? How much water does each potted planter need? How many hours of sunlight will plants get each day? Math is a big part of gardening!

10. **Gardening teaches patience**
    The time it takes to grow a seed to harvesting your veggies takes weeks, if not months. Gardening is all about patience and it's always worth the wait!

New Babysitting Program Equips Local Youth with Life-Saving Skills

By Brooke Goble-Purdue Extension Pike County

Fourteen Pike County youth are now better prepared to care for children, thanks to a new babysitting program offered through a partnership between Purdue Extension and the Pike County Health Department.

The program, designed for students in grades 5 through grades 8, recently wrapped up with great success. Participants spent several days learning a wide range of essential caregiving skills. Topics included the responsibilities of a babysitter, home and fire safety, handling weather emergencies, basic first aid and CPR, child development, diapering, healthy snack preparation including how to use a knife and kitchen safety, and selecting age-appropriate toys and activities. The youth are now certified in both CPR and the use of an AED, giving them the confidence and skills to respond in emergency situations.

This program was very successful. The youth were very engaged, eager to learn, and came back each day excited to know what we were going to talk about next. I am truly impressed with their willingness to participate and wanting to soak up all of the information.
One participant shared, "My favorite part was the CPR training because we all worked together and now I know how to save a life."

Thanks to funding provided by the Pike County Health Department, the program was offered at no cost to participants, including their CPR and AED certifications. I cannot express the gratitude for the health department's support in making this experience possible.

With such a strong turnout and enthusiastic response, there are hopes to offer the program again in the future. For more information or to express interest in a future class, please contact bgoble5@purdue.edu.

One Pan Pesto Chicken with Veggies

Serves 4

Ingredients:

- 1 lb. chicken breast - boneless and skinless
- 2 med. sweet potatoes - peeled and chopped
- 12 oz. brussel sprouts - ends chopped off, sliced
- 1/4 c. basil pesto
- 2 tsp. garlic powder
- 2 tbsp. olive oil
- salt and pepper to taste

Find us on Facebook

For the most up-to-date information and some fun surprises in between, please like our pages on Facebook!

Purdue Extension Pike County
Pike County Indiana 4-H

Directions:

1. Preheat oven to 350 degrees F.
2. Place peeled and chopped sweet potatoes and sliced brussels sprouts on opposite sides of large baking sheet.
1. Pour 1 Tbsp olive oil and 1 tsp garlic powder over each set of veggies. Season with salt and pepper if using. Toss to coat evenly.
1. Place chicken in the center of your baking sheet, and coat both sides with basil pesto.
2. Place sheet in the oven and cook for 30-40 minutes, or until the juice of the thickest chicken breast runs clear.