4-H Enrollment!
Now thru January 15, 2022
v2.4HOnline.com

4HOnline is open to enroll/re-enroll youth for the 2021-2022 program year!

To get the most out of your 4-H Experience, please enroll before January 15, 2022!

Re-enrolling 4-H Adult Volunteers need to go into 4HOnline and re-enroll as an adult volunteer, complete the required trainings, and sign the Adult Behavioral Expectations before December 1, 2021.

Please contact the Extension Office if we can help in any way!

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status, parental status, sexual orientation, disability or status as a veteran. Purdue University is an Affirmative Action institution. This material may be available in alternative formats.
Aerospace: State guidelines changed
Agricultural Tractor: Name change to “Tractor Safety and Operator Skills”. State guidelines changed.
Arts & Crafts: Model Craft: State guidelines changed.
Beekeeping: State guidelines changed.
Bicycle: State guidelines changed.
Cake Decorating: State guidelines changed.
Cat Poster: Name changed to “Animal Education”.
Child Development: State guidelines changed.
Civics: Project was deleted.
Collections: No changes
Communications: State guidelines changed.
Computer: Name change to “Computer Science.” State guidelines changed.
Creative & Expressive Arts: Creative Writing: Moved under new name “Communications.” State guidelines changed.
Creative & Expressive Arts: Farm Scene: Moved under new name “Construction & Architectural Replica” State guidelines changed.
Creative & Expressive Arts: Gift Wrapping: Name change to “Gift Wrapping.”
Creative & Expressive Arts: Music: Project was deleted.
Creative & Expressive Arts: Scrapbook: Name change to “Scrapbook.”
Creative & Expressive Arts: Theatre Arts: Project was deleted.
Crops: Changed to a county project.
Dog Poster: Name changed to “Animal Education.” State guidelines changed.
Electric: State guidelines changed.
Entomology: State guidelines changed.
Fashion Revue: State guidelines changed.
Floriculture: State guidelines changed.
Foods: State guidelines changed! Name changed “Food, Baked” “Food, Preserved.” Fun with Food mixes and Outdoor Chef were deleted.
Forestry: State guidelines changed.
Garden: State guidelines changed.
Genealogy: State guidelines changed.
Geology: State guidelines changed.
Global Education: Travelodge: No changes were made.
Health: State guidelines changed.
Heritage: History for Fun: No changes were made.
Home Environment: State guidelines changed.
Junior Leaders: State guidelines changed.
Lawn & Garden Tractor: State guidelines changed. No operation Skill contest to be offered.
Livestock Posters: Name change to “Animal Education”.
Leisure Education: Freestyle: No changes were made.
Photography: State guidelines changed.
Physical Health: Sports: Project was deleted.
Poultry Poster & Poultry Science: Name change to “Animal Education”. State guidelines changed.
Rabbit Poster: Name change to “Animal Education”. State guidelines changed.
Reading Literacy: Project was deleted.
Recycling: No changes were made.
Robotics: Moved under “Computer Science”. State guideline changed.
Safety: Project was deleted.
Sewing: State guidelines changed. Wearable & Non-wearable is listed under “Sewing”.
Shooting Sports: State guidelines changed.
Small Animals: Pet: No changes were made.
Small Engine: State guideline changed.
Soil & Water Science: State guideline changed.
Sportfishing: State guideline changed.
Technology & Engineering: Moved under “Computer Science”. State guideline changed.
Veterinary Science: State guideline changed.
Weather & Climate Science: State guideline changed.
Welding & Metal Arts: No changes were made.
Wildlife: State guideline changed.
Woodworking: State guideline changed.

Many changes have been made to 4-H Projects this year!
November 10: Area III Crops/Entomology/Forestry CDEs
November 11: Veteran’s Day- Courthouse Closed:
   *Brooke & Alex available via phone or e-mail!
November 11: Volunteer Training
November 15: Pike County 4-H Turkey Dumpling Fundraiser Pre-Order Deadline
November 18: 4-H Open House
November 20: 4-H Dumpling Day Fundraiser Pickup
November 22: Livestock Committee Meeting

**December 1: 4-H Volunteer Re-enrollments Due!**
December 4: North Pole at the Fairgrounds
December 6: 4-H Council Meeting
December 9: Clover Gaming SPARK Club Meeting #1
December 23-31: Merry Christmas and Happy New Year! - Office Closed

**January 15: 4-H Enrollments DUE**
January 17: Martin Luther King, Jr. Day – Office Closed
January 25: 4-H Scholarships Due

February 9: YQCA Training #1
February 12: 4-H Pancake Round-Up

March 21: YQCA Training #2
March 22-23: 4-H Spring Break Day Camp

April 16: YQCA Training #3

May 9: YQCA Training #4
May 15: 4-H Enrollment DEADLINE to participate in 2022 4-H Fair Livestock Identification DEADLINE

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**2022 Fair Season**

Pike County Fair:
July 24 – 30, 2022

Indiana State Fair:
July 29 – August 21, 2022

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**County & State 4-H Trips**

4-H Camp: June 13 -15, 2022
(with Pike, Daviess, Dubois, Martin, Perry, & Spencer)

4-H Academy: June 8 – 10, 2022

4-H Round-Up: June 20 – 22, 2022

More information to come!
Scholarships

*Bill Robinson 4-H Citizenship Award- Due December 3, 2021

Purpose: The belief in the 4-H club program and that as a result of the program, citizenship and leadership (so essential to the welfare of our country) is developed. In order to encourage 4-H activities, the following prizes will be offered: One hundred dollars ($100.00) to a 4-H member in grades 9 through 12, of the current 4-H school year, who shows the most improvement in citizenship during the club year.

Criteria for 4-H Citizenship Award
1. Participation in church and church related activities.
2. Attendance in school.
3. Participation and cooperation in school activities.
4. 4-H club project achievement.
5. Record of public presentation (participation in demonstrations, judging and related 4-H activities).
6. Personal contributions to good citizenship as shown by attitudes, qualities and acts for the welfare of club members, leaders, parents, and neighbors and for civic activities affecting the club, community and Pike County.
7. Leadership contributions as shown by leadership activities in promoting good citizenship in club, community and county.
8. A narrative report (150-200 words) from the member on "What Good Citizenship Means To Me."

Please contact the Extension office for an application!

*4-H Council of Pike County, Indiana College Scholarship- Due December 3, 2021

The Pike County 4-H Council will award two - $250.00 scholarships to a Pike County 4-H member who graduated from high school in 2021 who is seeking higher education (if applicant meets all qualifications).

Applicant must have been a member of Pike County 4-H Program in the 4-H year 2020/2021 and must have successfully completed at least one project in 2021. Applicant must plan to pursue post high school education which may include two-year trade schools, community colleges or four-year colleges.

Please contact the Extension office for an application!

*Indiana 4-H Foundation Senior Year Scholarship- Due January 25, 2022

*Indiana 4-H Foundation Club Scholarship- Due January 25, 2022

*Indiana 4-H Foundation Accomplishment Scholarship- Due January 25, 2022

*Indiana 4-H Foundation Purdue Horticulture & Landscape Architecture Scholarship- Due January 25, 2022
PIKE COUNTY 4-H HOSTING:

HOLIDAY GNOME WORKSHOP

Tuesday, December 21: 5:30 - 7:00 PM
Pike County 4-H Exhibit Building

Ages 8-18
Non 4-H Members Welcome to Attend!
Space is limited to first 15, so be sure to
Register by calling (812) 354-6838 or
Email Alex at amahrenh@purdue.edu

PIKE COUNTY
YQCA TRAININGS

February 9, 2022: 6 PM
March 21, 2022: 6 PM
April 16, 2022: 9 AM
May 9, 2022: 6 PM

The Youth for the Quality Care of Animals
(YQCA) is an exhibit requirement for any 4-H
member in the following projects: Beef Cattle,
Dairy Cattle, Goats, Poultry, Rabbits, Sheep,
and Swine. Members may attend any of the
above meetings OR a YQCA training in another
county OR complete the training online.

In-person or Online YQCA Training is REQUIRED for
4-H livestock exhibitors each year!
In-person trainings are
sponsored by your
Pike County 4-H
Livestock Committee
(Online trainings are $12)
## Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time EST</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov. 16</td>
<td>Knox Co. PARP*/&lt;br&gt;CCH**</td>
<td>10:00 AM</td>
<td>Knox Co. Fairgrounds</td>
<td>Register by calling (812) 882-3509</td>
</tr>
<tr>
<td>Nov. 16</td>
<td>Pike Co. PARP*/&lt;br&gt;CCH**</td>
<td>6:00 PM</td>
<td>Pike Co. 4-H Fairgrounds</td>
<td>Register by calling (812) 354-6838 or e-mailing <a href="mailto:amahrenh@purdue.edu">amahrenh@purdue.edu</a></td>
</tr>
<tr>
<td>Nov. 17</td>
<td>Daviess Co. PARP*</td>
<td>6:00 PM</td>
<td>Daviess Co. Produce Auction</td>
<td>(812) 254-8668</td>
</tr>
<tr>
<td>Nov. 18</td>
<td>SW Indiana Melon &amp; Vegetable Growers Winter Mtg.</td>
<td>6:00 PM</td>
<td>VU Ag Center</td>
<td>(812) 886-0198</td>
</tr>
<tr>
<td>Nov. 19</td>
<td>Martin Co. PARP*</td>
<td>10:00 AM</td>
<td>Martin Co. 4-H Fairgrounds</td>
<td>Register by Nov. 16 by calling (812) 295-2412</td>
</tr>
<tr>
<td>Dec. 2</td>
<td>Knox Co. PARP*/&lt;br&gt;CCH**</td>
<td>TBA</td>
<td>Vincennes</td>
<td>(812) 8882-3509</td>
</tr>
<tr>
<td>Dec. 3</td>
<td>Ag Outlook/Parp*/&lt;br&gt;CCH**</td>
<td>TBA</td>
<td>Knox County</td>
<td>(812) 882-3509</td>
</tr>
<tr>
<td>Dec. 3-5</td>
<td>Hoosier Beef Congress</td>
<td>TBA</td>
<td>Indiana State Fairgrounds</td>
<td>HoosierBeefCongress.com</td>
</tr>
<tr>
<td>Dec. 14–15</td>
<td>Indiana Certified Crop Adviser Conference</td>
<td>TBA</td>
<td>Indianapolis Marriott East</td>
<td>indianaacca.org/Conference</td>
</tr>
<tr>
<td>Jan. 12</td>
<td>Area III Indiana Beef Cattle Association Mtg.</td>
<td>7:00 PM</td>
<td>Red Wagon Restaurant</td>
<td>Register by Jan. 5 by calling (812) 385-3491</td>
</tr>
</tbody>
</table>

### Need to check your PARP records?

Visit [https://www.oisc.purdue.edu/](https://www.oisc.purdue.edu/)
- Click on "My Records" in orange
- Click on "Applicator Login"
- Enter the information required
- Click on the different tabs to see where you attended meetings, how many credits you have, how many you need, and when your license expires.

If you have any questions about your PARP credits/sessions, please e-mail or call Alex at the Extension Office.

### Private Applicator Reminders

If your license expires in December 2021 and you have all three of your classes, the Office of the Indiana State Chemist mailed you a letter and invoice in October. The fee must be paid or your license will expire.

If you need one or two credits by the end of the year there are numerous classes being offered virtually or face-to-face. You can find additional programs by visiting: [https://ppp.purdue.edu/private-applicators/recertification-parp/parp-events/](https://ppp.purdue.edu/private-applicators/recertification-parp/parp-events/) (You can also search Purdue PARP Events to get to this website.)

### Commercial Applicator Reminders

If you need credits by the end of the year there are many classes coming up. You can also visit: [https://www.inplants.oisc.purdue.edu/USAPlantsIN](https://www.inplants.oisc.purdue.edu/USAPlantsIN), hover your mouse over Pesticide Programs, then click on CCH programs, then click search.
Thanksgiving Cost

Thanksgiving Dinner might be the most anticipated meal of the entire year. With the challenging year and prices of everything rising, food is no exception. Each year the American Farm Bureau Federation conducts an informal survey to determine the cost of a typical Thanksgiving Dinner.

In 2020, Farm Bureau’s 35th annual survey indicated the average cost of a Thanksgiving feast for 10 remains affordable at $46.90 or less than $5.00 per person. This is a $2.01 decrease from 2019’s average of $48.91.

It seems unlikely that we continue the downward trend in the cost of this annual dinner in 2021. Prices at local grocery stores for the turkey, ham, and fresh cranberries are already at an increased price from the reported cost in 2020.

According to the National Farmer’s Union, American farmers and ranchers receive only 14.3 cents of every dollar that consumers spend on food both at home and away from home. Marketing, processing, wholesaling, distribution, and retailing account for more than 80 cents of every food dollar spent in the US. That means that for a $3.79 gallon of milk purchased by the consumer, that farmer receives approximately $1.52 of that total purchase. 10 pounds of Russet potatoes may cost a consumer $6.99, but the farmer who grew and harvested those potatoes is only receiving $1.32 of that purchase.

The AFBF Thanksgiving Dinner survey is calculated through more than 230 surveys to gather data across all 50 states. The 36th edition of this survey will be released to the public before the Thanksgiving Holiday and we look forward to what an average cost will look like across our nation.

Regardless of the information discovered, farmers and consumers alike work to persevere in producing a safe and abundant food supply throughout and beyond the pandemic.
Keeping Your Animals Warm in the Winter

As temperatures drop, consider some of the following tips when thinking about how to keep your furry friends warm this winter!

- **Cats & Dogs:** Access to shelter, Move shelter out of direct wind, and Proper bedding
- **Cattle:** Access to grass or hay at all times, Access to shelter, Stack straw for insulation, and Lots of clean/dry straw bedding
- **Goats & Sheep:** Proper housing, Deep Litter Method, and Access to Clean/Dry Hay and Straw
- **Horses:** Access to grass or hay at all times, Access to shelter, Stack straw for insulation, Straw bedding, and Properly supervised horse blankets
- **Rabbits:** Exchange water bottles often, Keep hutch/housing out of direct wind, and Bedding boxes
- **Poultry:** Move coop/housing unit to least windy location, Deep litter method, Stack straw for insulation, and Heavy curtains around nesting boxes

Keep in mind that ALL ANIMALS require constant access to clean water at all times! Heated buckets & bowls as well as tank heater are available at any farm store.

Heat lamps should be used with caution and be set up following all directions and precautions.
Don’t lose your ventilation means in work to insulate as animals in housing require proper ventilation.

Christmas in Indiana

Indiana is home to over 200 Christmas tree farms that harvest around 100,000 trees each year, but that’s only the tip of the iceberg for Indiana agriculture!
Serving Sizes and Weight Loss

One of the challenges to losing weight is choosing the correct portion size and not overeating. This is true for both packaged products and homemade food. Even if all you eat is high grade foods, you can still go over your daily calorie budget and gain weight.

Many people don’t realize that a serving of beef or chicken is 3 ounces, let alone know how much meat is in that 3 ounce serving. For beef or chicken, 3 ounces is about the size of a deck of cards. Pretty small, right?

Usually people stray to the larger size. This is evident with packed foods as well. Here are some examples:

- A serving of potato chips is just 11 chips. Who stops at just 11 chips?
- A serving of Oreos is just 3 cookies.
- A serving of juice or soft drinks is 8 ounces or 1 cup. Not any cup, 1 cup. Most people fill up cups that are much bigger than 1 cup.

How can you avoid these mistakes?

- Be aware that even a 10 percent overage in serving sizes can add up to an extra 150 calories or more per day.
- Make sure you know the serving size of everything that you consume during the day. This is easy for packaged foods. An easy hack is to try to compare what you are eating to a similar packaged food and looking up the information for the packaged food.
- Measuring your food. Although this can be time-consuming at first, people eat mostly the same foods over and over. Within a few weeks you won’t need the use a scale anymore, your eyes will help you gauge the serving size fairly accurately.

### How well do you know your serving size?

- Cooked meat= a deck of cards
- Oil, butter, or margarine= 1 die
- Cereal or rice= closed fist
- Peanut Butter= golf ball
- Cooked Pasta= baseball
- Dried Fruit & Nuts= egg
- Cheese= 4 dice
- Fruit= tennis ball
Apple Cinnamon Breakfast Bars

Makes: 8-10 squares

These Apple Cinnamon Breakfast Bars are easy, kid-friendly and full of protein and fiber. They make a healthy breakfast or snack and can be eaten on-the-go!

Ingredients:
- 4 Tablespoon butter, melted
- 1/2 cup peanut butter
- 1 teaspoon vanilla extract
- 3/4 cup milk
- 1/2 cup brown sugar
- 1 egg

- 2 teaspoon cinnamon
- 1 1/2 cup oats
- 1 cup flour
- 1 teaspoon baking soda
- 1 1/2 cup chopped apples

Directions:

In a bowl, combine the first 6 ingredients and mix well. Add remaining ingredients and stir until just combined. Spoon into a greased 9x9 pan and bake at 375 degrees for 20-25 minutes.

*TIP* Be sure to chop your apples small. If you are worried your bars will be too crumbly, you can reduce the apples to 1 cup and add an extra egg.