

October / November 2022

PURDUE EXTENSION

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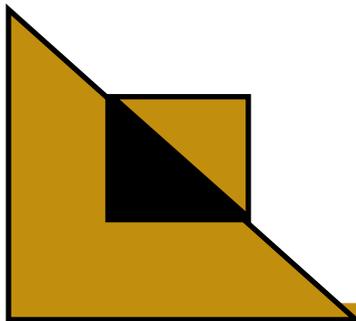
**MISSION
STATEMENT**

The mission of Purdue Extension is to assist people in the identification of their problems and solutions that improve their homes, families, farms, businesses and communities. The county office with professional Extension Educators serves as a link between research at Purdue and the practical application of that research through informal educational opportunities for all people.

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October—November 2022

Warm, Dry Autumn Predicted for Indiana

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As we navigate into September, October, and November, temperature and precipitation signals provided by the national Climate Prediction Center are favoring a warmer and drier autumn. The one-month outlook for September shows no temperature or precipitation guidance for Indiana, meaning the latter half of the season (i.e., October and November) has a stronger warm and dry signal. According to Indiana State Climatologist, Beth Hall, this lack of guidance for September is either caused by too much uncertainty from the multiple climate models considered or because weather events throughout the period may be swinging from one extreme to another, and, therefore, averaging the conditions.



Temperature and precipitation signals favoring a warmer and drier autumn (Purdue Agricultural Communications)

One climate component that does impact monthly and seasonal climate predictions is El Niño – Southern Oscillation (ENSO). The current ENSO phase, La Niña is predicted to continue into the winter, with a 60 percent chance of persistence through February. This persistence could affect winter weather significantly, but historically Indiana autumns during La Niña events have favored warmer and wetter conditions. The current La Niña event has now eclipsed the two-year mark, with the last La Niña of that length beginning in 2010 and ending in 2012.

As we delve deeper into the national Climate Prediction Center outlooks, temperature anomalies over the season are only trending around a half degree Fahrenheit above average. However, the probability of above-average temperatures nears 60 percent, while the probability of below-average temperatures is 25 percent. Precipitation anomalies for autumn are below normal across the state with drier predictions in southern Indiana at 0.9 inches below average for the season and northern Indiana precipitation anomaly less than a half inch below average. Percentage probabilities for these conditions across the state are only slightly stronger for drier conditions compared to wetter or near normal.

In a warmer, drier autumn, drought

observations may increase. For the most recent drought conditions in your area, check the U.S. Drought Monitor at <https://droughtmonitor.unl.edu/>. Observations during drought in autumn include prematurely dormant lawns, lesser stream flows, shallow wells drying up and increased possibility for natural and human-caused wildfires, such as from agricultural equipment. Individuals experiencing drought impacts are encouraged to report those at <https://droughtreporter.unl.edu/>.

As autumn continues, temperatures will decrease and leaves will change. A warmer prediction for the season should not be interpreted as the extension of summerlike temperatures into November. The seasonal cycle will still occur with hot summer conditions transitioning towards a cooler winter. However, global temperatures continue to be warmer than what was normal decades ago, suggesting Indiana's autumn temperatures will likely be warmer than what our parents or grandparents experienced. For more information, please contact the Indiana State Climate Office at 765-494-8060 or hschmitz@purdue.edu.

-Hans Schmitz, Conservation Cropping Systems Initiative

Inside this issue:

- Fall Applied Herbicides and Winter Weed Control** 2
- Fall Leaves are Treasure, Not Trash** 2
- Purdue Plant Doctor Website** 3
- PARP Helpful Hints** 4
- Upcoming Events** 4

For more information, see Indiana State Climate Office website at: <https://ag.purdue.edu/indiana-state-climate/>

Fall Applied Herbicides and Winter Weed Control

With harvest season right around the corner, now is the time to start making plans for the control of winter annual weeds, including marestail. When harvest and post-harvest conditions allow, fall is the best time to control many of these weeds. This is because the weeds are a lot smaller in the fall, and our fall weather tends to be consistently warmer and drier than our variable cool and wet springs. With fall-applied herbicide season upon us, we wanted to provide a few application tips to those who are planning on making fall herbicide applications:

1) Scout fields and determine whether you need an application. Not all fields need an application; however, if you pull back the crop residue after harvest, especially in corn fields, you are likely to find infestations of winter annual weeds. Scouting fields should begin soon after a field is harvested, with special attention paid to fields with heavy infestations of marestail this year.

2) One of our biggest weed problems across Indiana every year is marestail control in soybeans, and 2022 has been no different. Many growers struggle to control marestail in their spring burndown programs in April and May, especially in fields infested with fall-emerged marestail. Marestail size greatly reduces the effectiveness of synthetic auxin herbicides such as 2,4-D and dicamba. Fall-emerged marestail plants may be over a foot tall by the time weather conditions allow for spring herbicide applications (Figure 1). This highlights the importance of using a fall-applied herbicide program to control marestail and other winter annual weeds. We also have known cases of glyphosate and ALS-resistant marestail in most counties in Indiana and we have noticed a substantial number of fields with marestail in them late this summer that either were not controlled by postemergence herbicides or emerged after postemergence herbicides were applied. It would be wise to treat fields with marestail with a combination of dicamba and 2,4-D as part of the fall herbicide program. Fields that are harvested early would benefit from the addition of 4 to 6 ounces of metribuzin to provide residual control of marestail this fall until the ground freezes. This residual will not last into the spring but will help with late-fall emerging plants. Fields harvested in late October or November may not need metribuzin unless it stays warm late into the fall.

3) The best time to apply herbicides in the fall is on days when the morning low is above freezing. The best foliar herbicide activity will occur when you have a few days of warm daytime air temperatures (50's or higher) and applications are made in the middle of this period. If fall-applied herbicides are needed, one should not leave the sprayer in the shed if daytime temperatures do not get into the 50's. Just remember that the speed of foliar activity of systemic herbicides like glyphosate and 2,4-D is less in cool conditions. In these conditions, it would be advisable to use residual products tank-mixed with the foliar products to provide residual activity for periods when weather conditions might allow additional weed emergence.

4) There are pockets across the state that also deal with heavy infestations of dandelions every year (Figure 2). Dandelions are controlled much more effectively with fall applied programs than with spring-applied herbicides. Dandelions can be controlled with fall applications of 2,4-D or a glyphosate product. Use a minimum of 1 qt/A of 4 lb/gallon 2,4-D products and 1 qt/A (0.75lb ae/A) of a glyphosate product. Once we have had a couple of hard frosts, the dandelions may be a litter tougher to control, so don't rely on reduced rates.

5) In fields with heavy corn residue, increase spray volume or decrease speed to increase carrier volume. Many weeds will be shielded by residue, so spray coverage can be compromised. In addition, the use of residual products in these situations will increase the consistency of winter weed control because these products can be washed off of the corn residue with precipitation and into the soil where they can be effective.

-Marcelo Zimmer and Bill Johnson, Purdue Extension Weed Science

“...weeds are a lot smaller in the fall, and our fall weather tends to be consistently warmer and drier than our variable cool and wet springs.”



A fall emerging marestail plant can quickly reach heights in the spring for which herbicides would only provide marginal control (Purdue Weed Science)

Fall Leaves Are Treasure, Not Trash

The hot dry weather experienced throughout much of Indiana in late summer is bringing an early leaf drop to many landscape plants. But even under the best weather conditions, the shorter, cooler days of autumn signal deciduous plants to begin their color change and eventual leaf drop. For some, this marvel is overshadowed by the chores of raking and disposing of leaves.

What's needed here is an attitude adjustment! Autumn leaves don't have to become trash. On the contrary, they easily can be turned into valuable soil-enhancing organic matter. There are several ways to manage tree leaves at home.

Fall Leaves Are Treasure, Not Trash (cont.)

Green-thumbed gardeners long have known the value of recycling plant material. Dry leaves can be plowed or tilled under in the vegetable or annual flower bed in fall to provide a source of organic matter. Shredding the leaves first will speed the breakdown so that the leaves will not be visible by spring. Be sure to mix the leaves into the soil, rather than leaving them on top through the winter, to avoid keeping the soil too cold and wet to work in the spring.

Tree leaves can be recycled directly on the lawn. Use your power mower or shredder/vacuum to break dry leaves into smaller pieces. A mulching blade on the mower will speed this process, but even a standard blade will do an adequate job. For large leaves, such as maple and sycamore, it may take several passes to get a finely shredded product. Once the leaves are pulverized, they will break down quickly. A fall application of nitrogen fertilizer (about 1 pound of nitrogen per 1,000 square feet) will help speed decomposition of the leaves and also will benefit the grass plants.

Fall leaves also make great composting ingredients, especially when mixed with green trimmings and grass clippings. **Again, the smaller the pieces, the faster they'll break down, so shred or chop dry leaves before adding them to the compost pile. If you don't have green trimmings or grass clippings, add a source of nitrogen to the leaves, such as commercial fertilizer or dry cow, horse, sheep, or poultry manure.** The nitrogen is needed by the microorganisms that break down the carbon in plant materials. Add a sprinkling of soil or finished compost to introduce a source of the microorganisms, and water just enough to moisten. The compost will heat up in the center as it breaks down. Stir the contents occasionally to add air and allow for uniform heating. **Generally, the more often you turn the pile, the faster you'll get a finished product. Compost is ready to add back into the garden when it looks uniformly dark and crumbly.** Compost improves soil aeration, moisture retention and drainage, and nutrient-holding capabilities.

Last, but not least, shredded leaves can be used as a winter mulch to protect tender perennials through the coming harsh weather. Shredding the leaves will help prevent them from packing down as they get wet and smothering the plants that they are supposed to protect. To provide winter protection, apply a 3-to 6-inch layer of shredded leaves over the top of tender perennials after several hard freezes. The goal of winter mulch is to keep plants dormant through the winter, so it must be applied after the ground is cold and plants are fully dormant. The timing of application will vary from year to year with the weather, but most years will be appropriate sometime between the Thanksgiving and Christmas holidays.

-Rosie Lerner, Purdue Extension Consumer Horticulture Specialist (retired)



Fall leaves provide a valuable source of organic matter in the landscape (Purdue Agriculture)

Plant Problems? There's a Mobile-friendly Website for That!

All plants can fall victim to insects, diseases, and environmental problems. How they respond to this stress is often the same: Wilting, yellowing, holes, rots, blight—it's a long list! **With so much overlap in symptoms, it can be quite a challenge for people to identify their plant health problems accurately, quickly, and inexpensively.**

The Purdue Plant Doctor website (www.purdueplantdoctor.com) can help diagnose and manage the thousands of plant health problems (insect, disease, and other biotic or abiotic conditions) on over 250 species of the most common Midwest landscape plants. Just like the apps,



the Purdue Plant Doctor website has thousands of color photos, and current recommendations to help homeowners, arborist or plant health care professional diagnose and manage the most common plant problems in the Midwest and Northeast US. More importantly, there is the ability to access the thousands of accurately identified and curated, high-resolution photos to help educate yourself or your clients regarding important plant health management decisions.

-Cliff Sadof, Purdue Extension Entomologist and Janna Beckerman, Purdue Extension Plant Pathologist

October—November 2022

PARP Helpful Hints

As we near the end of the year, below are some helpful hints regarding your private applicator license:

- ⇒ If your license expires in 2022, you will receive a renewal letter from the Office of Indiana State Chemist (OISC) this fall. If you have attended all 3 required recertification programs by Dec. 31, 2022, you will return the form, along with \$20, to renew your license for another 5 years. If you do not attend the three required programs by the end of the year, your only option for renewal is to pass the private applicator core exam.
- ⇒ If you are unsure of how many programs you have attended, you can find out at <https://ppp.purdue.edu/>. Click on “My Records”, click on “Applicator Login” and enter your first and last name and the last four digits of your social security number. From there, click “Meetings Attended” to get your balance.
- ⇒ **If you’ve lost your printed license**, you can print a new one online. Go to <https://ppp.purdue.edu/>. Click on “My Records”, click on “Applicator Login” and enter your first and last name and the last four digits of your social security number. From there, click on the “License” button to download a PDF version of your license (you may have to disable the Pop Up blocker on your browser). You can then print it out, save it to your computer, and/or snap a photo with your smartphone so you always have your number with you.
- ⇒ If you need one or two more recertification programs before the end of the year, you can find them at <https://ppp.purdue.edu/> by clicking on PARP events. There will be programs in Spencer and surrounding counties prior to Dec. 31. Information will be sent to all PARP applicators on the Spencer Co. list. One of the three required programs can also be online. For information on the online option, see <https://ppp.purdue.edu/>, click “Private Applicators”, then click “Online PARP”. The online program can be completed anytime prior to December 31st at 11:59 PM EST, but don’t wait until then to start!

While all of these tasks can be completed online from the PARP website, don’t hesitate to contact the Extension Office if you have questions, lack internet access, or have difficulty finding what you’re looking for.



(Purdue Agricultural Communications)



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Upcoming Events

- Purdue Fencing School—October 8, Southern Indiana Purdue Ag Center, Dubois; \$20 per person, pre-registration required by Oct. 3; see <https://extension.purdue.edu/news/2022/09/livestock-producers-invited-to-purdue-fencing-school.html> for registration information
- 90th IBEP Bull Sale—October 15, Springville Feeder Auction, Bedford; For more info, see <https://ag.purdue.edu/departments/ansc/ibep/index.html>
- Indiana Beef Cattle Association/Purdue Extension Area Beef Meeting—January 11, The Village Inn, Petersburg, IN; RSVP to Purdue Extension-Gibson Co. at 812-385-3491 by January 5, 2022.
- Heart of America Grazing Conference—February 21-22, Ferdinand Community Center, Ferdinand; details will be posted at www.indianaforage.org
- Indiana Small Farms Conference—March 2-3, Hendricks Co. Fairgrounds, Danville; details will be posted at <https://extension.purdue.edu/anr/teams/dffs/>

HEALTH & HUMAN SCIENCES

*Bringing University information to the local level to strengthen families,
spend smart, eat right, and live well.*

Clean Hands and Happy Faces: School Hand Washing Program

The start of a new school year brings an electric energy to the hallways and classrooms that have sat empty over the summer. As smiling faces flood back to school, friends reunite and teachers begin the important work of shaping young minds. Amidst all of the excitement, something else less desirable is also coming back to school. GERMS!

During our hand washing program, students are taught the most effective way to wash their hands. We use black light technology to highlight the spots they have missed. Helpful reminders are provided to them such as the need to wash for at least 20 seconds and that soap and water is a better option than hand sanitizer.

Students at both David Turnham and Chrisney Elementary enjoyed this activity. They were challenged to continue to wash the same way they did during the activity every time they approach a sink in order to eliminate the most germs and keep everyone healthy.



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Jean Ann Behney Grant Received for 1,000 Books Before Kindergarten Kickoff



Purdue Extension is teaming up with the Lincoln Heritage Public Library to offer a new program in Spencer County called 1,000 Books Before Kindergarten. Thanks to a generous grant from the Jean Ann Behney family, we were able to start our program with a successful kick-off party that included bilingual story time, a craft, free food, and a free book for participants to take home. 1,000 Books Before Kindergarten is a program with a simple goal to read 1,000 books to a child prior to kindergarten. Our hope is to promote reading to newborns, infants, and toddlers as well as encourage parent-child bonding through reading. Extensive research has shown that as many as one in five children struggle learning to read, which is problematic because reading is an early indicator of academic success. With formal education typically not beginning until ages five to six, caregivers are instrumental in early education and development. Prizes are awarded for every 100 books that are read.



If you missed our kick-off party, don't worry! If you have a child who is younger than five and you would like to sign them up, visit the Lincoln Heritage Public Library or call them at 812-937-7170.



Friends, Feasts, and Food Safety, Oh My!

Thanksgiving is right around the corner. This is a time for families to gather and enjoy each other - not suffer from food poisoning! Here are a few quick tips to keep your family healthy:

- The United States Department of Agriculture (USDA) recommends thawing the turkey in the refrigerator. It takes about 24 hours for every 4-5 pounds of turkey, not including the day you cook it. A 20-24 pound turkey would take 5-6 days to thaw. Check out Turkey 101 for faster thawing options.
- For optimum safety, do not stuff your turkey. Place stuffing in a separate baking dish or pan to cook.
- USDA recommends an oven temperature no lower than 325°F for cooking a turkey along with using a food thermometer to make sure the thickest part of the turkey reads 165°F. A 20-24 pound turkey may take about 5 hours to cook.
- Avoid cross-contamination by using separate cutting boards, plates, and utensils when handling raw turkey. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
- Refrigerate leftovers within two hours to prevent bacteria from growing on the food. Eat leftovers in the refrigerator within 3-4 days. Use the freezer to store leftovers for longer periods.
- Do not overfill your refrigerator, as it causes it to work too hard and may not keep it at 40°F or below.

Healthy Holiday Safety Tips

- Clean out your refrigerator the week before the event to make room for thawing items and storing leftovers.
- Use a refrigerator thermometer to check that your refrigerator is 40°F or below.
- Frequently wash your hands with water and soap for 20 seconds.
- Simplify the day by preparing foods the day before if possible.
- Do not prepare food when you are ill.
- Use a calibrated food thermometer.
- Store leftovers in shallow containers to decrease cooling time. This prevents food from spending too much time at unsafe temperatures.
- Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.

Source: Thanksgiving Food Preparation and Food Safety Tips, Cindy Brison, RDN, Nebraska Extension



Spencer County Health Coalition Supporting Leadership Roundup

Leadership Spencer County is an independent, not-for-profit organization whose mission is to promote a progressive, unified Spencer County by identifying and developing leaders to serve our community. They are providing a series called Leadership Roundup, and the Spencer County Health Coalition will be featured at the next session. One of our members from Lifespings will be sharing tips on stress management. Stay tuned for additional details!

Save the Date

NOVEMBER 3, 2022

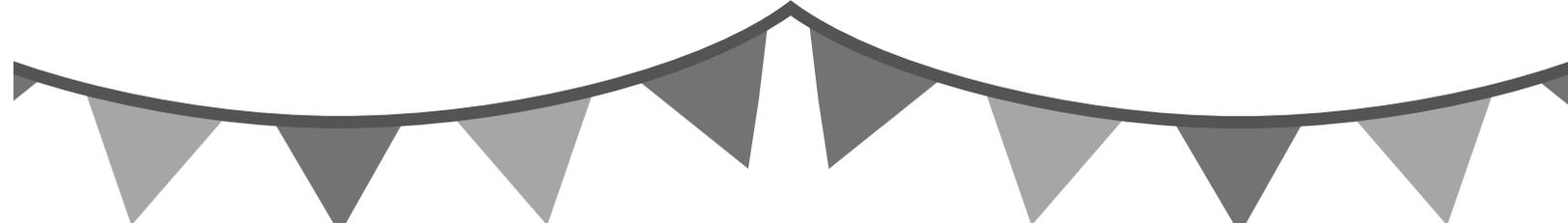
3RD LEADERSHIP ROUNDUP SESSION

Great Lakes Apple Crunch is Back!

Once again we will be celebrating the Great Lakes Apple Crunch at some of our schools in the North Spencer School District.

Throughout the month of October, we will be "crunching" locally grown apples with students, faculty, and staff to celebrate National Farm to School Month. 1,210,712 students, children, teachers, and good food supporters across the region crunched in 2021. This program supports nutritious cafeterias, highlights food purchased directly from local farms, and promotes farm to classroom connections. Join us in crunching your own locally grown apple in October!





"Making the healthy choice, the easy choice."

Erin Meyer, RDN, CDE
Community Wellness
Coordinator

Do I Qualify for SNAP?

To qualify for the Supplemental Nutrition Assistance Program, applicants must meet certain non-financial and financial requirements. Non-financial requirements include state residency, citizenship/alien status, work registration and cooperation with the IMPACT (job training) program. Financial criteria include income and asset limits.

The asset/resource limits are \$5,000 for most households. Assets include bank accounts, cash, real estate, personal property, vehicles, etc. The household's home and surrounding lot, household goods and personal belongings and life insurance policies are not counted as assets in the SNAP program.

All households (except those with elderly or disabled members) must pass a gross income test (130% of poverty) to qualify for SNAP benefits. The gross income is per household size and based on the gross monthly income received by all household members.

For more information, please visit: <https://www.in.gov/fssa/dfr/snap-food-assistance/do-i-qualify-for-snap/>

NATIONAL SCHOOL LUNCH WEEK IS OCTOBER 10-14, 2022



Since 1962, when President John F. Kennedy created National School Lunch Week (NSLW), this annual observance has promoted the importance of a healthy school lunch in a child's life and the impact it has both in and out of the classroom.

Nifty After-School Snack Ideas

A planned after-school snack is one way to help kids achieve nutrition goals. Plus, for kids with activities directly after school, they'll likely need a snack before they begin practice and sport activities.

It's snack time!

A snack is only as good for your kids as you make it. That means providing snacks with as many vitamins and minerals as possible without overdoing it on the calories. Luckily nutrient rich food can be absolutely delicious.

Try these ideas for fun, flavorful after-school snacks:

- Scrambled parfait olé. Toast a slice of whole-grain bread. Scramble an egg. Layer in a heatproof sundae glass with chunky salsa.
- Hummus fondue. Stir low-sodium vegetable broth into hummus until fondue-like. Serve cool with cubes of fresh whole-grain bread and cucumber on bamboo skewers.
- Chips 'n' "favorite fruit" salsa. Have your child choose a seasonal fruit. Finely chop it, and stir ½ cup fruit with ¼ cup salsa. Serve with whole-grain corn tortilla chips – or grilled chicken strips.
- Orange bowl. Scoop out segments from a large orange half. Cut a sliver off the rind on the bottom so it sits flat. Fill the orange bowl with whole-grain cereal and milk of choice. Place orange segments around it like they're sun rays.
- Burger kebabs. Cook a veggie or turkey burger; cut into bite-size pieces; insert onto bamboo skewers with cherry tomatoes and whole-grain pita pieces. Drizzle with ketchup or mustard.
- Smoothie soup. Blend one cup frozen fruit of choice with ½ cup each vanilla yogurt and 100% fruit juice of choice. Serve as chilled soup in a bowl or cantaloupe "bowl."
- Ant attack. Spread a mixture of ¼ cup low-fat cream cheese and 2 tablespoons salsa onto a whole-wheat tortilla. Top with shredded leafy greens and scallions ("grass") and black beans ("ants").

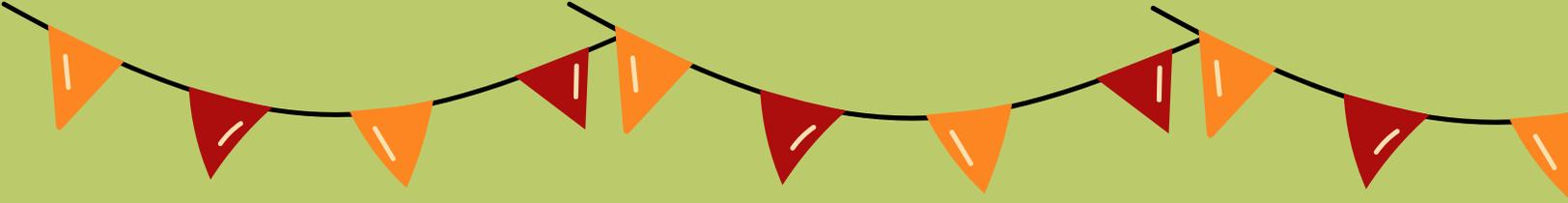
Packing Snacks Ahead of Time

If you need to pack snacks for your child to take with them to school, choose options that are still safe to eat at the end of the school day. Foods should not sit out unrefrigerated for more than two hours or for more than 1 hour when the temperature is 90 degrees Fahrenheit or above.

When sending kids to school with an after-school snack when a refrigerator isn't available, pack nourishing, shelf-stable foods, such as:

- Breads/grains. Single-serving boxes of whole-wheat cereal and trail mix, energy bars, granola bars, cereal bars, whole-wheat bagels and popcorn without added butter.
- Fruits and vegetables. Carrot and celery sticks and other cut-up raw vegetables, grapes, cherry tomatoes, single-serve applesauce, washed whole fruit (apples, peaches, bananas), dried fruit mix and 100% juice boxes.

Teach your children to carefully wash their hands with soap and water for at least 20 seconds before eating or handling food. Include a packet of moist towelettes in your child's lunch to serve as a friendly reminder to clean up before lunchtime.



October- November 4-H Newsletter

4-H Open Enrollment

October brings lots of nice things, including cooler weather, but most importantly it brings a new year of 4-H enrollment! You will start seeing reminders in October to register for a new year of 4-H. If you are a leader please make sure and reregister for the new year in October. If you are a horse & pony member please remember to register as soon as the system is open. This keeps you and us safe! The sooner you register the sooner the fun begins! I am so excited to plan so many fun things for us this year outside of the fair. I hope you will take advantage of all the year has to offer and join me for something new this year!

4-H Open House

We will have our annual 4-H Open House on **October 16th from 4-6 PM**. We will have dinner and some fun activities for the whole family. Clubs will have their meeting schedules available so you can see when/where your club will start meeting. When you come, bring a friend that is not in 4-H!

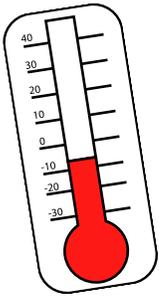
Jennifer will be going to the elementary schools to try and get new families to join us for the event. It's great to see so many familiar faces when we do this but I would love to have lots of new families join us! Let's see who can bring the most new friends! There may be a prize involved!

Chrisney STEM Club

This is our first year to have an after school STEM Club at Chrisney Elementary. Mrs. J. Hermann has permission forms for 3rd-6th grade youth that attend Chrisney and are interested. Sign up before spots fill!

Barn Construction Update

The new barn construction project has begun and we can't wait to see beams going up in no time. Check-in and penning for livestock will look a little different this year since we have a new barn. The barn committee is working on a series of workshops and letters that will go out to exhibitors and parents so you will know far in advance about changes that will need to be made. We will all need to be patient and flexible this year and we work through some of the hiccups we will encounter trying something new.



Letters were mailed this summer to some families on our distribution list that receive paper copies of our newsletter. If you did not receive a donation letter, but would still like an opportunity to give to the building project, please make your checks payable to the Spencer County 4-H Association and designate "barn project" in the memo line. They are grateful for every donation that helps improve the facility.

4-H Camp

This year we will continue to camp with Knox, Gibson, Posey, and Vanderburgh Counties. Camp Counselor applications will go out this winter and camp applications will go out around February. Camp will be June 5-7 with counselors arriving on June 4th to prepare. There will also be 2 camp counselors trainings before camp begins. Applications will be emailed out to all 9th-12th grade youth.

Junior Leaders

Are you a 7th-12th grade youth that is interested in helping lead Spencer County 4-H in exciting new ways? If so, come join Junior Leaders and let your voice be heard! Meetings will begin soon and you are wanted! Contact the office for meeting dates or Tammy Keller and Jodi Fetter for more information. A kickoff party will be held this fall with monthly meetings at the YCC building.

Dates to Remember

→ October 16th 4-H Open House

→ Nov. 24th Office Closed

→ November 3rd Extension Annual Meeting

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4-H Enrollment Opens



October 1, 2022

****4-H Open House****

October 16 4 pm - 6 pm



Extension - Spencer County