

Purdue Extension Sullivan County Staff

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The Health Benefits of Music

By Cheryl Casselman

Did you know music can be beneficial to your health? Research has shown that when music is played, it elevates mood and can reduce a person's heart rate and lower blood pressure. Music can boost the brain's production of the hormone dopamine with many benefits. Here is more information on the health benefits of music.

It's heart healthy. Research has shown that blood flows more easily when music is played. It can also reduce heart rate, lower blood pressure, decrease cortisol (stress hormone) levels and increase serotonin and endorphin levels in the blood.

It elevates mood. Music can boost the brain's production of the hormone dopamine. This increased dopamine production helps relieve feelings of anxiety and depression. Music is processed directly by the amygdala, which is the part of the brain involved in mood and emotions.

It reduces stress. Research has found that listening to music can relieve stress by triggering biochemical stress reducers.

It relieves symptoms of depression. When you're feeling down in

the dumps, music can help pick you up - much like exercise.

It stimulates memories. There is no cure for Alzheimer's disease or dementia, but music therapy has been shown to relieve some of its symptoms. Music therapy can relax an agitated patient, improve the mood of the person and help to encourage communication in patients.

It manages pain. By reducing stress levels and providing a strong competing stimulus to the pain signals that enter the brain, music therapy can assist in pain management.

It eases pain. Music can meaningfully reduce the perceived intensity of pain, especially in geriatric care, intensive care, or palliative medicine.

It helps people eat less. Playing soft music in the background (and dimming the lights) during a meal can help people slow down while eating and ultimately a person may consume less food in one sitting.

It increases workout endurance. Listening to those top workout tracks on your phone or iPod can boost physical performance and increase endurance during a tough exercise workout session.

Taking small steps to include music in your life has multiple benefits. Studies on listening to music continues to indicate that it can improve your personal well-being, as well as, the well-being of a loved one. Music can improve mood, decrease pain and anxiety, and facilitate opportunities for emotional expression.

Research continues to suggest that music can benefit our physical and mental health in numerous ways. Music therapy is used by hospice and palliative care board-certified music therapists to enhance conventional treatment for a variety of illnesses and disease processes from anxiety to depression. It may improve the management of pain and enhancement of functioning of older adults after degenerative neurologic disorders.

Music has many health benefits and scientific studies continue to show its benefits.

Source: Rutgers Cooperative Extension

Indiana Extension Homemakers Association

Sullivan County president's message



Sullivan County Extension Homemakers are busy planning for summer and the county fair.

The Foodstand will be providing meals again this year with all the usual food items plus some new menu choices.

The last Story Time for Head Start will be in May. Kids will have been read to 10 times and will each have received a book to take home at each reading. This is part of the state's "First Books for Kids" program.

Scatter Kindness Hearts, this year's state theme, were distributed to folks assisting with the disaster relief program.

State Extension Homemakers start their new year July 1 2023. This year's theme is "Get Connected, Stay Connected."

Look for more fair details in the next newsletter and hope to see you at the fair.

Becky Cole

Most Current Recommendations

Mastering Home Food Preservation

Valuable Resources, In-depth Lectures, Interactive Discussions,
Hands-on Practice, Take Home Products

Food Safety, Freezing Food, Boiling Water Canning, Pressure Canning, Pickling, Drying Foods and Jams & Jellies.

Training

June 12 - 15, 2023
9 AM - 5 PM ET

Location

Johnson County Fairgrounds
250 Fairground Street,
Scott Hall
Franklin, IN 46131

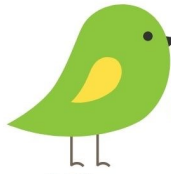
Register at: <https://cvent.me/Wnn7mG>

Registration Cost: \$275
Limited Registration





SULLIVAN COUNTY PUBLIC LIBRARIES



SCPL CHILDREN'S DEPT. MAY 2023



SUN

MON

TUE

WED

THU

FRI

SAT

30	1 Arts and Crafts * 3:30 pm	2 JR. BOOK CLUB 3:30 PM	3 Shelburn Branch storytime 1:30 pm	4 Storytime 10:30 am D & D Guild 4 pm	5	6
7	8 Arts and Crafts * 3:30 pm	9 JR. BOOK CLUB 3:30 PM	10	11 Storytime 10:30 am	12	13
14	15 Arts and Crafts * 3:30 pm	16 JR. BOOK CLUB 3:30 PM	17 Farmersburg Branch storytime 1:30 pm Teen/Tween Switch Game night 5-6:30 pm	18 Storytime 10:30 am	19	20
21	We are preparing for Summer Reading this week!				26 D & D Guild 4 pm	27 Jr. Nature Club 10:30 am
28	29 Memorial Day Library Closed	30	31	1	2	3
4	5	6	7	8	9	10



* Please call to register for these programs.

100 S. CROWDER ST. SULLIVAN, IN 812.268.4957

WWW.SULLIVAN.LIB.IN.US



All Together Now!

2023 Sullivan County Public Library summer reading program

Branch Kick off schedule:

Merom— May 30 at 4pm

Carlisle— May 31 at 1pm

Dugger— May 31 at 4pm

Shelburn— June 1 ay 1pm

Farmersburg— June 1 at 4pm



Agriculture & Natural Resources

It's tick season!

Indiana is home to about 15 tick species! Ticks can spread a variety of diseases to their hosts by regurgitating infected saliva into their feeding area on the host's skin.

protect yourself from ticks & tick-transmitted diseases:

- ⇒ Wear light-colored clothes
- ⇒ Wear Long sleeved shirts tucked into pants
- ⇒ Wear Long pants tucked into socks
- ⇒ Eliminate invasives species and other tick habitat
- ⇒ Use EPA-approved repellents or clothing treatments
- ⇒ Remove ticks within 24hours by pulling them out with tweezers (burning, suffocating, and other methods may encourage regurgitation and therefore disease occurrence)

Source:<https://www.purdue.edu/newsroom/releases/2016/Q3/bit-by-a-tick-next-steps-and-species-to-know.html>

Save the Date!

Wednesday, June 28 | Southwest Purdue Agricultural Center - Field Day - For more information contact Dennis Nowaskie at 812-886-9661 or nowaskie@purdue.edu

Friday, June 16 4PM Nature Hike for kids at Sullivan Park and Lake led by Extension Educator– Josie Murray




Happy Mother's Day,

Happy Spring!

Mother Nature would like to apologize for the late arrival of spring; Father Time was driving and refused to stop and ask for directions!

TICKS 101

A quick guide to Indiana tick vectors

<p>Black legged/Deer/Lyme disease tick (<i>Ixodes scapularis</i>) Transmits Lyme disease, anaplasmosis, babesiosis and Powassan encephalitis Widely distributed in the Northeast and upper Midwest Bite risk: Nymphs active late spring-early summer, adult females active late summer and again in early fall, but note that adults may bite whenever temperatures are above freezing</p>	 <p>Female Male</p>
<p>American dog tick (<i>Dermacentor variabilis</i>) Transmits Rocky Mountain spotted fever and tularemia Widely distributed east of the Rocky Mountains and in limited areas of the Pacific Northwest Bite risk: Adult females most likely to bite humans and are active spring-summer</p>	 <p>Female Male</p>
<p>Lone star tick (<i>Amblyomma americanum</i>) Transmits ehrlichiosis, tularemia and Southern tick-associated rash illness (STARI) Widely distributed in the southeastern and south central U.S. Bite risk: Nymphs and adults are active spring-summer</p>	 <p>Female Male</p>

INDIANA GRAZING SCHOOLS

JUNE 9-10

**SOUTHERN IN PURDUE AG CENTER-SIPAC
11371 EAST PURDUE FARM RD., DUBOIS, IN 47527**

JUNE 16-17

**RANDOLPH COUNTY EXTENSION OFFICE
1885 S. US HWY 27, WINCHESTER, IN 47394**

SCHEDULE FOR EACH SCHOOL : FRIDAY | 1:00 PM- 6:00 PM
SATURDAY | 8:00 AM- 5:00 PM



Soil Fertility | Water, Fencing, & Grazing Systems | Animal Health | Plant ID

Questions? Contact Jason Tower, towerj@purdue.edu or 812-678-4427

The fee for the first individual from a farming operation is \$75. Cost for others after a farm owner/tenant has been registered is \$50. Registrants after the first one do not receive reference materials. The fee for all others is \$75. Snacks and lunch are part of the fee. Purdue University is an equal opportunity/equal access/affirmative action institution. If you require auxiliary aids and services due to a disability, please contact us prior to the event at 812-678-4427.

Registration Form:

Please register by: June 2nd, 2023

Name: _____ Email: _____

Address: _____ Phone: _____

I will attend: SIPAC School: _____ Winchester School: _____

Attendee: _____ X \$75 = _____ Same Farm Operation Attendees: _____ X \$50 = _____ Total: _____

Names of additional attendees:

Make Checks Payable to: **Indiana Forage Council**

Payment & Registration should be mailed to:
**Southern Indiana Purdue Ag Center
11371 E Purdue Farm Rd.
Dubois, IN 47527**

Clover Monthly May 2023

Sullivan County 4-H monthly communication for 4-H members, families, leaders, fair board, and council.

Important Dates

Camp registration deadline: May 8, 2023

4-H and FFA Horse Judging: May 6th - Hendricks County 4-H Fairgrounds

Add/drop a project deadline: May 15

Animal ID deadline: May 15

Cat workshop: May 16 in the 4-H building annex

Extension office closed: May 28

4-H Camp: June 11-14, at Shakamak State Park

4-H Band and Chorus: June 24-26, 2023

4-H Academy: June 7-9 at Purdue University

State 4-H Junior Leader Conference: June 13-16. Deadline is May 15

Poultry antigen testing June 17 8-10AM at the poultry barn on the fairgrounds.

4-H Round-Up: June 26-28, 2023 Registration ends June 1

Cat workshop: June 13 in the 4-H building annex

4-H livestock check-in, July 14

Sullivan County 4-H Fair: July 15-22

Indiana State Fair: July 28-August 20

Indiana 4-H Leadership Summit: October 21. Deadline is October 13

National 4-H Congress: November 24-28. Deadline is May 1

Congratulations 2023 Seniors!

Addison Brown

Jack Stewart*

Mackenzie Banfield*

Addison Sisil

Jacob Hawkins*

Madison Elliot*

Adrian Anderson

Joceline Wible*

Madison Hurst*

Alexandria Sparks*

Joshua Roberts*

Margaret McCammon*

Audrey Hamilton*

Josiah Cagle*

Maria Lane*

August Whitman*

Kacie Cox*

Olivia Brocksmith*

Benjamin Flath*

Katheryn Jones*

Paige Chickadaunce*

Braiden Bell*

Kenyon Wood*

Wyatt Springer*

Camden Powell*

Kimberly Monroe*

Carter Gilham*

Klaire Williams*

Caylee Shorter*

Koby Wood*

Dracie Hobbs*

Landree Frazee*

EmmaLe Zimmerman

Lane Deckard*

Evan Danko*

Lauren Craighead*

Grace Holmes*

Layla Knotts*

Gunner Bowman*

Lee May*

Hanna Burkhart*

Macey Simpson

Hope Crooks*



* Denotes 10-year members

2023 Indiana 4-H Animal Identification

The following table lists the different animal species and the respective form of identification that is required for a 4-H member to be eligible to show in the 4-H livestock shows at the 2023 Indiana State Fair. The animal ID information must be entered in the Indiana 4-H Online enrollment system by the respective deadlines. Missing, incomplete or incorrect animal ID information could result in state fair ineligibility for that particular animal.

	For State Fair	For Sullivan County Fair	Deadline
Beef and Dairy Beef Steers	840-RFID Tag and 5-digit County Tag and DNA Hair Sample	840-RFID Tag and 5-digit County Tag	May 15
Commercial and Market Heifers and Dairy Feeder	840-RFID Tag and 5-digit County Tag and DNA Hair Sample	840-RFID Tag and 5-digit County Tag	May 15
Beef, Registered Heifers	840-RFID tag and Tattoo and DNA Hair Sample	840-RFID tag and Tattoo	May 15
Dairy Cattle	840-RFID tag and animal's registered name and registration number (or dam's registration number) and DNA Hair Sample	840-RFID tag	May 15
Dairy Goat Females, Registered	Breed Registry Tattoo	Breed Registry Tattoo	May 15
Wethers	5-digit County Tag or Tattoo	5-digit County Tag or Tattoo	
Meat Goat			May 15
Meat Goat Wethers	840-RFID Tag and 5-digit County Tag and DNA Hair Sample	5-digit County Tag or Tattoo	May 15
Boer Goat Females, Registered	Breed Registry Tattoo and DNA Hair Sample	Breed Registry Tattoo	May 15
Market Goat Does (Wether Dams)	840-RFID Tag and 5-digit County Tag and		
Pygmy Goats Registered	Breed Registry Tattoo or Microchip that Matches Registration Papers	Breed Registry Tattoo or Microchip that Matches Registration Papers	May 15
Unregistered	Official USDA Scrapie Tag or Official Scrapie Tattoo	Official USDA Scrapie ID or 5-digit County Tag	
Horses and Pony	Color Picture	Color Picture	May 15
Llama and Alpaca	Color Picture	Color Picture	May 15
Sheep			May 15
Market Lambs	840-RFID Tag and 5-digit County Tag and DNA Hair Sample	5-digit County Tag	
Commercial Ewes	840-RFID Tag and 5-digit County Tag/or official scrapies tag and DNA Hair Sample	5-digit County Tag	
Registered Ewes	840-RFID Tag and ID that matches registration Papers and DNA Hair Sample	ID that matches Breed Registration Papers	
Swine	840-RFID Tag and Ear Notch and DNA Hair Sample	840-RFID Tag and Ear Notch	May 15

Comparing 4-H Online & Fair Entry

It's easy to be confused by the two systems and we are hoping this explanation helps. As always, office staff is only a phone call away at 812-268-4332 or email sullivances@purdue.edu.

Below is a chart that shows you the purpose of 4-H Online and Fair Entry.

IN V2.4HONLINE.COM, YOU WILL:

- Enroll in 4-H
- Enroll in projects you intend to complete
- Identify the following species by May 15; Beef, Dairy Cattle, Goats, Sheep, Swine, Horse & Pony (requirements vary by species)

May 15 is the deadline to add or drop a project.
This is for ALL projects.

IN FAIRENTRY.COM, YOU WILL:

- Enter all of your project(s) into the correct levels, divisions, or classes that you will be exhibiting at the fair. (non-animal and animal)
- This system will be used for **ALL projects** with the exception of Mini members. Mini 4-Hers do not complete anything in Fair Entry.
- All livestock must be entered into the correct classes at this time (see dates below).

4-H Online

- Currently open for enrollment.
- May 15: Beef, Dairy Cattle, Sheep, Goats, Swine, Horse & Pony must be identified in 4-H Online (v2.4honline.com). 4-H Online will close at midnight.

Fair Entry

- May 16: Fair Entry opens
- May 16-June 15: All projects, non-animals and animals, enter in Fair Entry
- June 15: Fair Entry closes at midnight.

PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE



2023 Sullivan County 4-H Fair

July 15 - 22





Animal Identification

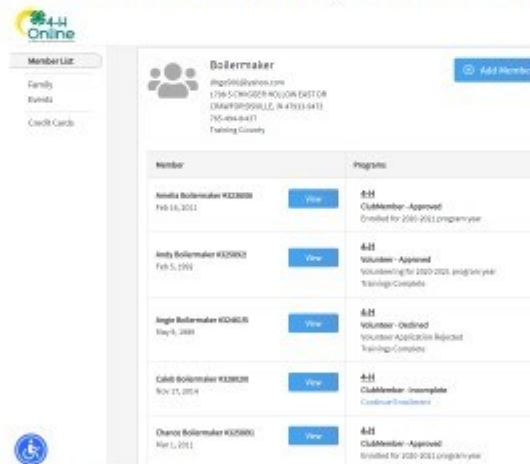
4-H members (Grades 3 – 12) must identify all Beef and Dairy Cattle, Goats, Horses, Llamas, Sheep and Swine in the 4-H Online system by the species deadline or earlier county deadline if applicable to be eligible for exhibition.

- Beef and Dairy Beef Steers, Beef Heifers, Beef/Dairy Feeder Calves, Dairy Cattle, Goats, Horses, Llamas, Sheep, and Swine must be entered into 4-H Online no later than May 15, 2023.

Animal Identification in 4-H Online

Please complete the following steps to identify your livestock in the 4-H Online system.

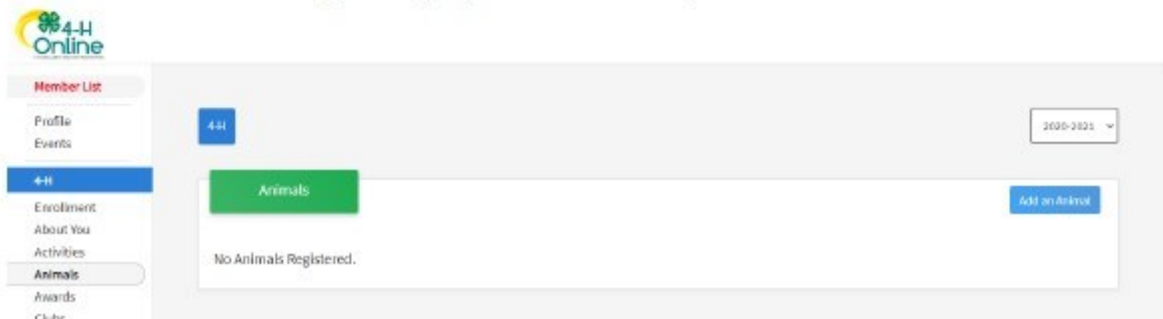
1. Login to your family profile at: <https://v2.4honline.com> using your family email address and password associated with your 4-H enrollment record.
 - a. If you have forgotten your password, please use the 'Reset password' option on the 4-H Online login page, and you will be sent a new temporary password.
 - b. If you have forgotten your family email address or turned in a paper 4-H enrollment form, please contact your local Purdue Extension Office for assistance.
2. Click View next to the Member's record for whom you would like to add an animal



The screenshot shows the 4-H Online Member List interface. On the left, there is a navigation menu with options: Member List (selected), Family, Events, and Coach Cards. The main content area displays a profile for 'Bolemaker' with contact information: hp2018@purdue.com, 1796 SCHWINGEN HOLLOW EAST OR (MARIETTA), IN 47531-5411, 765-494-6471, and Training County. Below this is a table of members:

Member	Programs
Amelia Bolemaker #323898 Feb 14, 2021	4-H ClubMember - Approved Enrolled for 2020-2021 program/year
Judy Bolemaker #323902 Feb 5, 2021	4-H Volunteer - Approved Volunteering for 2020-2021 program/year Training Complete
Judge Bolemaker #324626 May 4, 2021	4-H Volunteer - Onboard Volunteer Application Subject Training Complete
Callie Bolemaker #323828 Nov 17, 2024	4-H ClubMember - Incomplete Complete Enrollment
Chance Bolemaker #323890 April 1, 2021	4-H ClubMember - Approved Enrolled for 2020-2021 program/year

3. Click Animals in the navigation pane.
4. Click the blue "Add an Animal" button. (even if you have previous year animals that can be registered again, click "Add an Animal")



The screenshot shows the 4-H Online Animals page. On the left, there is a navigation menu with options: Member List, Profile, Events, 4-H (selected), Enrollment, About You, Activities, Animals (selected), Awards, and Clubs. The main content area displays a header with '4-H' and a dropdown menu showing '2020-2021'. Below this is a green box labeled 'Animals' with an 'Add an Animal' button. The text 'No Animals Registered.' is displayed below the box.

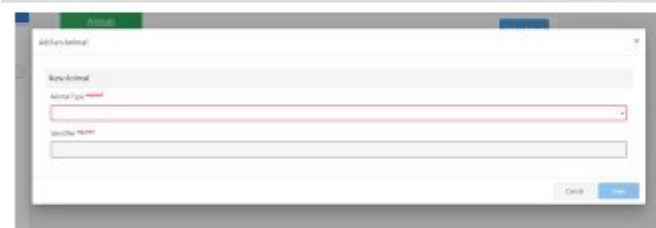


Animal Identification

- Click on "Add New Animal" to start adding a new animal or if you have animals that carry over from the previous year you "Register" those. Animals that can be registered from previous years must be REGISTERED every year by completing this step. You cannot select a previous year and assume they are there. Animals that carry over are Dairy Cattle Females, Horse&Pony, Llama&Alpaca, Dairy Goat Females, and Pygmy Goats (move onto step 9 if registering previous animal).
- Select the appropriate animal type from the drop-down menu.
- Enter the required Tag, Tattoo, or Animal Name as directed for the first step that will then allow you to proceed to the remaining identification process. (see Key) →
- Click Save.

Key

Animal Type	Required Identifier	What do I put in this field?
Beef and Dairy Beef Steers	Tag	5-digit County Tag
Commercial and Market Heifers	Tag	5-digit County Tag
Beef Cow-Calf Pair	Tag	Calf's tag
Beef Feeder Calves	Tag	5-digit County Tag
Beef Registered Heifers	Tattoo	Tattoo
Dairy Feeder Steers	Tag	5-digit County Tag
Dairy Cattle Females	Animal Name	Animal's name
Dairy Goat Females	Tattoo	Tattoo
Dairy Goat Wethers	Tattoo	Tattoo or NA (if not applicable)
Meat Goats	Tattoo	Tattoo or NA (if not applicable)
Pygmy Goats	Tattoo	Tattoo, Microchip, or Scrapie ID
Horse and Pony	Animal Name	Animal's name
Llama and Alpaca	Animal Name	Animal's name
Sheep	Tag	5-digit County Tag or Scrapie ID (commercial ewes) or registration number (breeding ewes)
Swine Barrows	Tattoo	Earmotch (Pig's Right Ear-Pig's Left Ear)
Swine Gilts	Tattoo	Earmotch (Pig's Right Ear-Pig's Left Ear)

- Read the on-screen instructions for Animal ID requirements for County Fair and Indiana State Fair Exhibition.
- Click on the button "Show Questions" after reading the instructions.
- Required fields are indicated, but be sure to complete all other visible fields as applicable.
- Click next once completed. If animals have been carried over, the ID information will already be there.
- Upload any files if required or necessary for the particular Animal type. For animals that are carried over, new photos and files must be uploaded each year.
- Click next once completed.
- Review the entered information. Use the Back button at the bottom of the page to return to the previous screen to make corrections if needed.
- Once the entered information is correct and reviewed, click the Submit button.
- The animal information will display on the screen with the status, created, modified, and submitted date and time stamp (local time). You will also receive a confirmation email upon submission.
- To add more animals for the same member repeat steps 3-17. To add animals for another member return to the Member List and View another member.

****Note**** Members are able to edit Animal ID information until the species specific Animal ID deadline of May 15, 2023. Click on the Animals tab from your account at any time to view the status for all of the animals for a member in the family.

Family Enrollment of Animals

Animals are automatically co-enrolled within the same family (Siblings and step-siblings). The animals may be identified under a single 4-H member in 4-H Online and be exhibited by a different sibling listed in the same family profile. **With this capability in 4-H Online, animals do not need to be entered under each 4-H member in the family.** The exhibit management program will allow a member to select to exhibit any animal identified by the family in 4-H Online. It is suggested that at least 1 animal be identified by each member enrolled in the project.

You can still register for 4-H!

You can still sign up for 4-H! Go to v2.4honline.com to register for 4-H and update volunteer status. Call the Extension office at if you have questions: 812-268-4332. To apply for financial assistance with the \$15 enrollment fee, contact Cheryl Casselman at ccassel@purdue.edu or 812-268-4332 and she'll be happy to guide you.

4-H Fees

Regular 4-H state fee is \$15 per 4-Her. The maximum fees for families is \$45. I.e. families with more than three 4-Hers pay no more than \$45. There is no additional county 4-H fee for Sullivan County. There are no fees for Mini 4-Hers. Make checks payable to Purdue CES Ed Fund. Animals cannot be ID'd to FairEntry unless the \$15 state 4-H fees have been paid.

Static project handbook changes

Please be aware and ask for the new state guidelines for the following projects:

Arts and Crafts, Beekeeping, Computer, Communications: Creative Writing, Electric, Entomology, Fashion Review, Foods: Baked, Foods: Preserved, Garden, Lawn and Garden Tractor, Photography, Sewing: Wearable, and Tractor: Zero-turn Mower.

2023 4-H supply price changes

Project	Item Description	Purchase Price
General	Poster Sleeve	\$1.50
General	Poster Board	\$5.50
General	Photography Sleeve	\$1.00
Entomology	Insect Box	\$15.00
Entomology	Pin Kit/Vial	\$6.00
Livestock Tags	Swine	\$3.50
Livestock Tags	Goat/Sheep - County	\$1.50
Livestock Tags	Goat/Sheep - RFID	\$2.50
Livestock Tags	Cattle/Dairy - County	\$1.50
Livestock Tags	Cattle/Dairy - RFID	\$2.50

Office hours: Monday through Friday 8:00 am – 4:00 pm
1361 E. Co. Rd. 75 N., Sullivan, IN 47882

Youth & livestock update

Purdue Extension Indiana 4-H Quality Livestock Care

All youth who plan to exhibit cattle, swine, sheep, goats, rabbits, and/or poultry at the county and/or state fair must have a valid Indiana 4-H Quality Livestock Care OR YQCA certificate.

To obtain a 4-H Quality Livestock Care Certificate, you must attend one of the following sessions prior to exhibition at the fair. Classes will be held at Sullivan County 4-H building. Cost is \$3. Pre-registration preferred by calling the Extension office at 812-268-4332.

Thursday May 11, 5:30 pm

Wednesday June 21, 6 pm

Monday June 26, 6 pm

Purdue Extension will no longer be teaching YQCA courses. To obtain a YQCA certification, participants may take the course online for \$12. (No in-person offerings) To see if your show requires YQCA training, check this list from the YQCA website: https://yqcaprogram.org/local/fairs_and_shows.php

Club Meetings

Grand Champion Sycamores

Club Leaders:

Kennedy Gofourth 812-239-0056

kennedygofourth@gmail.com

Carmen Gofourth 812-236-0763

carmenhg@yahoo.com

Hollie Bowman 812-249-3768

hbowman4@gmail.com

Meetings are the second Monday of each month at 6:00 pm.

May 8 at the fairgrounds and we will learn how to grill/cook! Bring in items for Brown Baggers.

June 12 at the Park & Lake where we will paint our kindness rocks and make pin holders!

July 10 - Book signing at the 4-H building.

Join the Grand Champion Sycamores Facebook page to stay up to date!

Gill Go-Getters

Club leaders:

Melissa Stearley 812-454-3518

Donna Brooks 812-564-0174

May 1

June 5

Meetings are held at the New Lebanon Community Building at 7pm.

Super Champs

Club Leader:

Pam Irvin 812-564-0113

Located at 4- H fairgrounds 7 to 8 pm. Please be prompt.

May 16

May 30- Support Humane Shelter.

June 12

June 26

Parents/ Guardian are welcome to stay.

Old Oak/Old Hickory

Club Leaders:

Ashley Hauser (812) 239-4576 and Christy Scott (812) 244-9709

Meetings will be on the first Thursday of every month at 7pm at the Hymera Ruritan.

Turman Lads and Lassies

Club Leaders:

Ann Hitt (812) 890-6169 aehitt@hotmail.com

Robin Rice (765) 366-6842 rsdrice09@gamil.com

May 15 June 18 July 9

Flower orders can be dropped off at the Community Center from 6-7pm on April 10th

Cass Champs

Club leaders:

Patti Brenden 812-699-9912

Kerri Shreve 812-665-9316

May 8 and 22

June 5 and 20

July 10 (book signing)

Aug 14

All meetings start at 6pm and will be at old Dugger Community Building.

March 6th meeting will be election of officers and setting up a fundraiser.

Curry Nomads

Club Leaders:

Corrina Houser 812-607-0880

Kailee Cloutier 812-240-5759

May 2 June 6

May 25 June 22

All meetings are held at the Shelburn American Legion (824 N Washington St, Shelburn) 6-7:30pm

Like the Curry Nomads Facebook page to stay up to date!

Haddon Blue Ribbon Hustlers

Club Leaders:

Rick Monroe 812-691-0821

Shane Monroe 812-691-0698

Trisha Deckard 812-249-0488

May 16 June 20 July 6

All meetings are held at the Carlisle Community Building at 7pm.

4-H Blacksmithing Schedule

May 9 (Tuesday) 5:00 – 8:00

May 23 (Tuesday) 5:00 – 8:00

June 5 (Monday) 5:00 – 8:00 (Last workshop before the fair!)

Please note: all meetings will be held at Bob Hunley's blacksmith shop unless specified otherwise. The address is 258 N. Co Rd. 800 E., Sullivan, IN 47882, (North of Dugger).

Mini 4-H Meetings

Carrie Baker and Ashlee Myers are the new Sullivan County Mini 4-H Leaders. They plan to have a meeting once a month leading up to Sullivan County 4-H Fair.

Plan now to attend May 17, 5:30-7 p.m. at the 4-H building at the Sullivan County 4-H Fairgrounds.

Contact the Extension office for more information at 812-268-4332.

Dog workshop dates

Superintendent– Jill Snyder 812-798-0554

Dog workshops will be on Monday's at 5:00 p.m. in the show arena.

First meeting with dogs is May 1.

Horse and pony workshop dates

Superintendent– Amy Holman 812-564-8021

All meetings start at 6pm in the horse arena

May 3– Signs of pain with Sanders Equine Message

May 10-Equitation with Sara Shultz

May 17– Hunt seat and saddle seat with Jan Carmichael

May 24– Ranch Riding with Sara Shultz

May 31– Open ride– lesson review

June 7– Poles with Dirk Carnahan

June 14- Showmanship with Sanders Equine Massage

June 21- Barrel clinic with Bob Hess

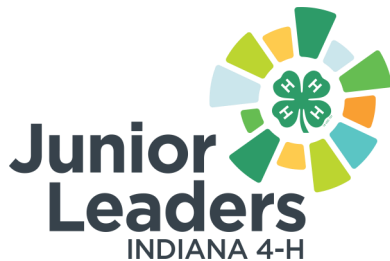
June 28- Western riding and reining with Ray Whitman

July 5– Open ride lesson

July 12– Stall assignment and prep. Do not bring horses.

Cat workshops

Cat workshops will be held on May 16 and June 13, 6pm in the 4-H building annex. You may bring your cats if they are up to date with the 4-H program requirements and vaccinations. Please bring the 2023 certificate of completion veterinary form. The cat show will July 11 at 6pm in the 4-H building.



2023 Jr. Leader Meetings (Tuesdays)

7-8 p.m at the Fairgrounds

May 9

June 13 Fairground Clean Up

July 11 Fair Set-up

Adult Junior Leader Advisors: Becky Scott, Bobbi Kincaid, and Josie Murray (Extension Educator).

Questions about Junior Leaders can be answered by calling the office at 812-268-4332, or using the private message option in the Remind app to message Josie.

4-H performing arts contest

Congratulations to our local 4-H Performing Arts Contest winners, who advanced to the Area Performing Arts Contest. Abigail May – Vocal Solo “Almost There” from Disney’s The Princess and the Frog. Victoria Harvey- American Sign Language Solo “I Can Only Imagine” by Mercy Me. Esse Harvey- Saxophone Solo “Amazing Grace”.



4-H Camp

You’re invited to 4-H camp! Stay at Shakamak State Park and enjoy swimming, arts, dancing and much more.

Grades 3-6

Cost: \$120 due by cash or check made out to “Purdue CES Ed Fund”

To register for camp, return the application (found on the Sullivan County Extension website at <https://extension.purdue.edu> OR in the mail) and \$120 camp fee to the Extension office, in person or by mail by May 8th at 4 p.m.

Purdue Extension-Sullivan County
1361 N. Co. Rd. 75 N.
Sullivan, IN. 47882

10 Year 4-H Member Fun Facts

Grace Holmes

Parents: David and Missy Holmes

Siblings: Kit and Simon

Pets: Haflinger- Dream, Yellow Lab- Nova

4-H Club: Turman Lads and Lassies

College you will go to: University of Southern Indiana

Future job: I hope to one day have a career in federal law enforcement.

Favorite candy: Skittles

Cats or dogs? DOGS

Favorite 4-H project: Horse and Pony

Most fun 4-H memory: Being a part of Horse and Pony Color Guard

Best advice for first year members: Even if things go wrong for you remember to be kind to those around you. Sportsmanship matters.

Why do you love 4-H? Through 4-H I have been able to explore many new hobbies.



Madison Hurst

Nickname: Maddie

Parents: Ben and Stacie Hurst

Siblings: Sophie Hurst

Club: Gill Go Getters

School you will/want to attend: IUPUI for professional writing and journalism

Future job: Editor and publisher

Favorite candy: Almond Joy

Your disaster (worst experience) project: Cupcake decorating- Royal icing on the ceiling

Most fun 4-H memory: Every single mini 4-H day

Best advice for first year members: Try a ton of different projects and narrow it down next year.

Why do you love 4-H?: I've met so many amazing people.

Random fun fact about yourself: Mini 4-Her's recognized me from children's library programs, and I had to explain why I didn't have a mermaid tail outside of story time.



You can still sign up for 4-H! Go to v2.4honline.com to register for 4-H as well as update volunteer status.