PURDUE UNIVERSITY | Extension - Warrick County

August / October 2022

Warrick County 4-H Clubs Inc. Annual Meeting

The Warrick County 4-H Clubs, Inc. Annual Meeting (including 4-H Center Board and 4-H Council) is coming up. The meeting will be held in the Homemakers Building at the Warrick County Fairgrounds. The meeting is open to all 4-H families and 4-H volunteers. Revision: The Warrick County 4-H Clubs, Inc Annual Meeting will be on Tuesday, September 27, 2022.

Elections will be held for Warrick County 4-H Clubs, Inc. officers, 4-H Center Board directors, 4-H Council directors and Nominating Committee. If you are interested in volunteering for a Center Board or 4-H Council position, please contact the Extension Office. Membership of 4-H Clubs, Inc. includes Warrick County 4-H members and interested adults 18 years of age and older. This is a great way to give back to Warrick County 4-H.

As of this print, the date and time for the meeting is yet to be determined. Please be mindful to watch for an update, which will be given via email. If you are unsure if the office has your correct email address, please call Stacey at 812-897-6100. Thank you!

We're Going Paperless!

With the goal of significantly reducing our paper usage and waste in the office, we are going paperless! Starting in January of 2023, our goal is for the Clover Gazette newsletter to be found online at our Extension Website.

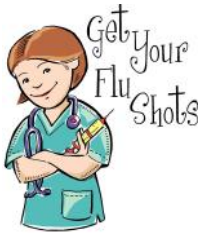
If you would still like to receive a paper copy in the mail you must contact the Extension Office at 812-897-6100 by December 15th to be added to our list.

Thanks for helping making our office less wasteful!

Health Department Updates

Warrick County Health Dept. will be holding an Adult Drive-thru Flu Vaccine Clinic on Saturday, October 1, 2022

Location to be determined.



The Covid Clinic is still happening every Tuesday in the Health Department.

Public vaccinations and school vaccinations will be available by appointment call the Warrick County Health Department at 812-897-6105.

PURDUE UNIVERSITY | Extension - Warrick County

Ag and Natural Resource Newsletter (ANR) - Warrick County

Fall 2022

LIVESTOCK & POULTRY 101 WORKSHOP

SIGN UP TODAY!

Interested in raising livestock or poultry on any scale? Join Purdue Extension for Livestock & Poultry 101 — a beginner's course to learn what you'll need for safe, strategic and successful production.

The first two sessions cover the following need-to-know topics:

- Animal nutrition
- Animal reproduction
- Processing
- Purpose of different species
- Laws & regulations
- Production resources
- Animal health care
- Animal behavior & well-being
- Marketing & budgeting

Then, choose from our in-depth sessions to learn more about your species of interest (pigs, rabbits/cavies, sheep and goats, horses, beef cattle, and poultry).

Make checks payable to *"Purdue CES Ed Fund - Gibson County"* & send to Maegan Hollis
203 S. Prince St. Princeton, IN 47670

$70 for 3 sessions (2 general sessions required plus 1 species)

General #1: Wednesday, Sept. 21
Poultry: Tuesday, Oct. 4
Sheep and Goats: Tuesday, Oct. 11
Rabbits: Tuesday, Oct. 18

General #2: Wednesday, Sept. 28
Beef Cattle: Thursday, Oct. 6
Horses: Thursday, Oct. 13
Swine: Thursday, Oct. 20

All sessions 5:30 to 8:30 CDT at Gibson Southern High School Study Hall Room (3499 800 S, Fort Branch, IN 47648)
***If you would like to take more than one species course, the fee is $10 per species after the first one**

Register here by Sept 16th! https://bit.ly/101livestock

Purdue University is an Equal Opportunity/Equal Access Institution.

PURDUE UNIVERSITY | Extension

The Warrick County Clover Gazette

Project Completion Deadline is August 31, 2022

If you didn't exhibit your project at the 2022 Fair, you can still complete your project by following the 4-H Handbook guidelines listed below.

The completion of a 4-H project must not be misinterpreted as exhibition of said project at a local, county or state fair. A 4-H member is considered to have completed their project for that year when they have:

1. Completed an "official" 4-H Member Enrollment Form prior to the established and published date for enrolling.
2. Turned in a completed 4-H project record sheet prior to the established and published date; and
3. Had an officially recognized 4-H Leader/Extension Educator verify the existence of the completed project or activity.

Exhibiting in the county and/or state fair is not required for project completion, as it does not necessarily relate directly to content and skills learned in the development of the 4-H project. Project exhibition is encouraged as a continuation of the educational experiences.

You must complete one project to complete the 4-H Year.

NOTE: If you show your completed project to your leader, the leader must notify the Extension Office so that completion can be recorded.

White Achievement Card Deadline is September 15, 2022

You are able to update your White Achievement Cards at the Extension Office until September 15th at 4:00 p.m. This card is used for 4-H Trip Applications, Achievement Awards and Scholarships.

Communication Is The Key

Communication is vital to all of us! We're fortunate to have several ways to do this. We send out newsletters, emails, and mailings for notices and events. Please watch the mail, your emails and 4honline for the latest information. 4honline allows YOU to be in control. Please access it, and update your information and preferences. You can also opt to receive text messages by entering your cell phone number and name of carrier.

Carla's Notes

⇒ End of 4-H Year Deadlines - page 1

⇒ Enrollment Dates- page 1

⇒ Club News and Events - page 2

⇒ 4-H Fair Results - page 3

⇒ Calendar - page 4

4-H Registration 2022-2023

4-H Enrollment for 2022-2023 begins on October 1, 2022, and will end on January 15, 2023. Mini 4-H is for all K through 2nd grade. 4-H Club is for all 3rd through 12th grade. Be on the look out for email reminders.

We are looking forward to another successful 4-H year!

Courthouse · 107 W. Locust St., Suite 111 · Boonville, IN 47601-1594
(812) 897-6101 · FAX: (812) 897-6102
Purdue University, Indiana Counties and U.S. Department of Agriculture Cooperating
An Affirmative Action/Equal Opportunity Institution

Mini 4-H Completion Awards

All Warrick County Minis who completed a project for the 2022 fair are invited to attend the Completion Awards ceremony. Please join us on Sunday, September 25th at 3:00PM in the Alcoa Building. All minis are welcome to join, but only those who completed will get an award.

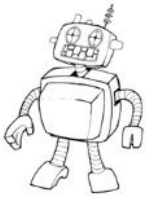
4-H Center Flowerbeds

1st - Castle Community
2nd - Degonia
3rd - Community Builders
Honorable Mention - STEM Club

Thank you to all the 4-H Clubs who make our Fairgrounds so colorful and beautiful. Your hard work really is appreciated!

Robotics Call Out!

2021 – 2022 was an exciting year in Robotics and we are looking forward to more of the same this coming year. **Come join us if you are in 4th grade through high school!** Our first meeting will be Thursday Oct. 6th 6:00 to 7:30 pm at Zion Church, Newburgh. We generally meet on the first Thursday of each month. This year we have a few conflicts so December, April, and June meetings will be on the second Thursday of the month. Please call the 4H office to let them know you are interested in joining our program. For more information call Price Phillips at 812-454-2052



We will have a completion party with Pizza, 6:00 pm, September 1st for everyone that participated during the 2021 – 2022 year.

Unclaimed Projects & Items

There are many projects and ribbons that need to be picked up from our 2022 Fair. All items **MUST** be picked up by Tuesday, August 23, 2022 between 3:00PM and 5:00PM from the Alcoa Building. Owners were notified by email on Wednesday, August 3, 2022. All unclaimed items will be promptly discarded, as we do not have secured storage space to maintain items. Questions??? Call 812-897-6100.

Area 3 Tractor Driving Contest

Congrats to all our 4-H members who competed in the Area 3 tractor driving contest. We are so proud of you!

Rabbit Club

Congratulations to the following award recipients: Herdsman Award - Jennica Swope; Service Above Self - Alexia Harris; Adult Volunteer Service - Joe & Megan Harris. Good Luck to our graduate, Jacey McDaniel; we wish you the best in your endeavors!

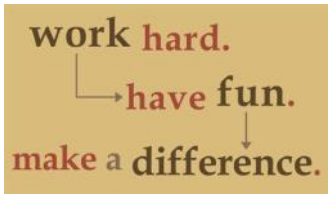
Shout out to our Rabbit Ambassador contestants for competing in the 2022 Indiana State Fair Rabbit Ambassador Contest on Sunday, August 7th. Our Warrick County representatives were Novice - Haylie Harper, alternate Heidi Harper, Junior - Desie Potts, alternate Alexia Harris, and Senior - Delanie Potts, alternate Jennica Swope. Way to go! Our upcoming rabbit meetings and workshops will be held in the Alcoa building at the Warrick County 4-H Fairgrounds on the following dates:

- Sunday, August 21st at 2:30pm - Fair Review. Bring ideas.
- Sunday, September 18th at 2:30pm - Officer nominations will be accepted.
- Sunday, October 16th at 2:30pm - Last chance for officer nominations & elections will be held.
- Sunday, November 13th at 2:30pm - Cancelled.
- No December Meeting - Happy Holidays!

For more information please contact Rabbit Superintendent Brandi Stahl at 812-202-1153.

Big Thank You!

Want to give a big "***Thank You***" to the Center Board, Fair Board and 4-H Council for their hard work. We also want to give a big "*Thank You*" to all of our 4-Her's, 4-H parents, volunteers, judges and supporters. We appreciate all your hard work and dedication each and every year!



10 Year 4-H Members – Emily Bogan, Jamie Bradford, Mason Camp, Jette Davis, Hannah Durgy, Casson Fletcher, Ashtyn Green, Jacob Heidorn, Ryan Heim, Blaze Hildenbrand, Julia Johns, Alayna Kerr, Lydia Pryor, Evan Reff, Kate Schadler, Shalla Scott, Andrew Sears, Cory Susott, Kylie Vollman, Emma Walker, and Caleb Werner
Last Year 4-H Members – Katelyn Barnett, Isabella Greer, Josey Herr, Lucy Hurley, Sophia Kleiman, Zachary Kolley, Gabriella LaMar, Jacey McDaniel, Levi McKinney, Jenna Mesker, Preston Tindall, Sona Veeraraghavan, Rachel Waters, Nathan Wilson

2022 WARRICK COUNTY 4-H FAIR RESULTS

The Extension Office puts forward its best efforts in entering the correct results and proofreading, including all the 4-H'ers correct spelling of names.

2022 Warrick County Queen Contest – Queen and Miss Congeniality: Markie Lance; 1st runner-up: Piper Angel; 2nd runner-up: Jenna Mesker; 3rd runner-up: Olivia Barr

2022 Little Miss Contest – Little Miss Cerena Horn; Runner-Up - Madeline May

2022 Little Mister Contest – Little Mister Colten Nicodemus; Runner-Up: Cletus Rexing

Belt Buckle Award Winners – Beef: Rosalind Kidwell and Dayton Hunt; Goat: Pennelope Lemen and Rabbit: Delanie Potts

Fashion Revue – *Level A: Grade 3*: Ava Sollars, Champion; Leah Moesner, Reserve Champion; *Level A:Grade 4:* Jenna Whitehead, Champion; *Level B: Grade 5*: Claire Montgomery, Champion; Estelle Fields, Reserve Champion; Cora Barnes, Blue; *Level C*: *Grade 7:* Adelynne Plewke, Champion; State Fair Categories: *Suits & Coats*: Mariella Barsumian, Champion; *Informal/Casual Wear*: Morgan J Davis, Champion; Reese Heim, Reserve Champion; Overall Best Dressed, Champion; Adelynne Plewke

Flower Bed Winners – 1st place - Castle Community 4-H Club; 2nd place - Degonia 4-H Club; 3rd place - Community Builders 4-H Club; Honorable Mention - STEM 4-H Club

Fun Night Results – 1st place - Degonia 4-H Club; 2nd place - Yellowbanks 4-H Club; 3rd place - Thorny Grove 4-H Club

Herdsman Award – *Beef: Macie Harpenau; Dairy: Andi Allen*; *Goat: Morgan Davis*; *Horse & Pony: Emory Foster*; *Sheep: Paisley Campbell; Swine:* Alexis Whelan and Abbiegail Whelan

Public Speaking Contest – *Clover Division*: Franklin Fox, Honorable Mention. *Junior Division*: Annabelle Fox, Honorable Mention

Kickball Tourney – 1st Degonia

Showmanship: Swine: Jentzen Bruner; Dairy: None; Beef: Rosalind Kidwell; Horse and Pony: Kie Silke; Goat: Pennelope Lemen; Sheep: Jacob Heidorn.

Supreme Showman – Jacob Heidorn

MARK YOUR CALENDARS FOR NEXT YEAR:
WARRICK COUNTY FAIR 2023 is JULY 17th through JULY 22nd!

Calendar

September 2022

EVENT	DATE	TIME	PLACE
Labor Day—Extension Office Closed	5		Warrick County Extension Office
Junior Leaders Meeting	11	2:00PM	Alcoa Building
4-H Fair Board Meeting	12	6:00PM	Alcoa Building
4-H Center Board Meeting	12	7:00PM	Alcoa Building
White Achievement Cards Due	15	4:00PM Deadline	Warrick County Extension Office
Rabbit Meeting	18	2:30PM-4:30PM	Alcoa Building
4-H Council Board Meeting	20	7:00PM	Alcoa Building
2022 Mini 4-H Awards	25	3:00PM	Alcoa Building

October 2022

EVENT	DATE	TIME	PLACE
4-H 2022– 2023 Enrollment Opens!! (Enrollment closes January 15, 2023)	1		v2.4honline.com
Robotics Call Out—1st Meeting All 4th—12th graders welcome	6	6:00PM to 7:30PM	Zion Church, Newburgh, Indiana (See Page 2)
4-H Fair Board Meeting	10	6:00PM	Alcoa Building
4-H Center Board Meeting	10	7:00PM	Alcoa Building
Rabbit Meeting	16	2:30PM to 4:30PM	Alcoa Building
4-H Council Meeting	18	7:00PM	Alcoa Building

Warrick County 4-H Clubs, Inc. Annual Meeting is coming up. All Board Members are encouraged to attend. Date is yet to be determined. Please watch for an update by email, which will be coming soon.

PURDUE UNIVERSITY | Extension - Nutrition Education Program

August 2022

EAT BETTER FOR LESS

EatGatherGo.org

Fresh Start: New School Year, New Healthy Habits

August is Kids Eat Right Month. Nutrition plays an important role in a child's health, so let's get everyone back to school and work with some healthy goals.

Plan ahead for breakfast.

Try overnight fruit and oatmeal, a quick smoothie with yogurt, milk, and fruit, or bake healthy muffins or quiche cups to warm up quickly in the morning.

Include each food group in your lunch.

Get the kids involved in choosing which foods to pack and which food group they cover by making a checklist.

Meals don't need to be fancy to be healthy.

Don't be afraid to make meals ahead of time and freeze them for lunches. Don't forget to hydrate.

Keep a variety of healthy individually wrapped goodies (fruit cups, popcorn, whole grain crackers, cut-up veggies, etc.) handy.

Be a healthy role model.

Go grocery shopping together, cook meals and prepare snacks together, keep things positive around food choices, and set a good example with food variety and physical activity.

For more money-saving tips or to sign up for our free classes, visit https://www.eatgathergo.org

@PurdueNEP

Purduenep

Purdue Extension Nutrition Education Program

Overnight Oatmeal

Ingredients

- 1 cup uncooked old fashioned rolled oats
- 1 cup low-fat yogurt
- 1/2 cup nonfat or 1% milk
- 1/2 cup berries, fresh or frozen
- 1/2 cup chopped apple (about 1/3 a medium apple)

Directions

1. In a medium bowl, mix oats, yogurt and milk.
2. Add the fruit now or add just before eating.
3. Cover and refrigerate oatmeal mixture for 6-12 hours. For grab-and-go breakfasts, place scoops of mixture in small dishes or spoon into small containers with lids. Refrigerate leftovers within 2 hours.

For more kid-approved recipes, visit https://www.eatgathergo.org/recipes/?meal=26#recipe-selection.

https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-vegetable-packets

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).

Food, Family, Money & Health
Purdue Extension - Warrick County
Health & Human Sciences

PURDUE UNIVERSITY

Extension - Health and Human Sciences

HHS Newsletter Highlights

Message From Jo

Adult Vaccine Awareness

Grand Champions 2022

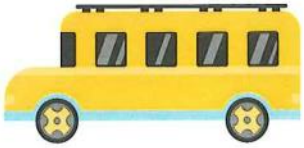
Extension Homemakers News from President Terri

A Message From Jo -

I hope everyone is doing well as we wind down our summer, start "back to school" and transition toward the next season-Fall. The summer was busy for many and concluded with another successful Warrick County Fair! The 4H, Homemakers and Open Class exhibits were a highlight of fair - we appreciated those who volunteered, entered exhibits and came to view the exhibits. Congratulations to the Grand Champions listed in this newsletter. We hope to see even more of you next year!

As I plan my Fall programming I want to let you know the following: One, due to timing, HHS programs are not always listed in this newsletter, so I encourage you to call the office, watch our facebook page or get on my email distribution list to be notified of upcoming programs. Second, I am looking for audiences and groups that are seeking an educational speaker on topics related to Food, Family, Money and Health. If you know of one, please contact me to discuss topics and dates. Remember, "*Community is our Classroom*" and Extension Educators provide programming to meet the needs of their local communities.

Be Well - *Jo*



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WARRICK COUNTY EXTENSION
HOMEMAKERS CLUB

News from your County President - Terri Dicus

August 2, 2022

Dear Homemakers,

Just want to Thank everyone who donated items to the Silent Auction at the Fair. Also want to thank those who bid on items - we are close to reaching our goal of $1,000.00, needed for the two scholarships. If any club was not able to donate an item, a small monetary donation would be greatly appreciated. Send any donations to Lori Taylor our Treasurer with a note that it is for Scholarship Fund.

I Am writing this before the District Meeting on Aug 16th but want to thank all members who volunteered to donate breakfast items, help with setup and clean up, helped serve meals and made decorations and numerous things to make the district meeting a success!

Terri Dicus
President

Council Meetings:

Wed. 5:30pm in Homemaker Bldg.

Oct. 19th 2022
Jan. 18th 2023
April 19th 2023

GRAND CHAMPIONS 2022 -Warrick County

HOMEMAKERS

Baking Terri Dicus (pie)
Food Preservation Terri Dicus (salsa)
Sewing Cheryl Hess (child's dress)
Needlecraft / Needlework Lori Taylor (peppermint house)
Hand Quilted by Exhibitor Terri Dicus (embroidered blocks)
Machine Quilted by Exhibitor Peggy Herrell (star wall hanging)
Quilted Piecing Peggy Herrell (quilt-brightly)
Crafts JoAnn Renchler (shell wreath)
Flowers Jacky Schwartz (patio plant)
Flower Arrangements Cindy Kiegel (succulent planter)
Garden Terri Dicus (tomato, cucumber, zucchini)
Wood Crafts Vickie Brennan (Mary-Joseph star)
Photography Lori Taylor (Go Cubs!)
County President's Choice Lori Taylor (Easter tree)

OPEN CLASS

Candy Joel Evans (sweethearts)
Sewing Lindy Enlow (dog treat holder)
Needlecraft / Needlework Lindy Enlow (Halloween pillow)
Machine Quilted by Exhibitor Sara Snelling (quirky collections)
Quilted Piecing Sara Snelling (Holiday-twister jack)
Quilted Items Sara Snelling (flower power wall hanging)
Crafts Amanda Mosiman (decorated framed family photos)
Fiber Art Sara Snelling (pumpkin patch wall hanging)
Flowers Jo Gilreath (blue hydrangeas)
Flower Arrangements Jo Gilreath (backyard flowers)

Adults need vaccines, too. Vaccinations save lives.

The number of lives lost to preventable diseases is staggering. A quarter of all deaths (and some believe even up to half) could be prevented with early preventative actions, according to the National Library of Health. Imagine if you could prevent serious illness for you and your family. You can begin today with one small step: vaccination.

Vaccines work by training your immune system to recognize and fight the virus or bacteria when it comes in contact with your body. They help you fight disease without getting extremely sick. Vaccines teach our bodies to recognize dangerous pathogens.

There are 12 vaccines most recommended for adults.
Talk to a health care provider about which of these are right for you!

Purdue University and *University of Illinois Urbana-Champaign* have a vaccination education program to help provide you with reliable information.

Visit their website at: www.go.illinois.edu/vaccines

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

PURDUE UNIVERSITY