

# 4-H Family Forum

Winter Issue 2018



## 4-H'ers participate in



**5M**  
ANNUALLY  
SCIENCE  
PROJECTS



**2.5M**  
ANNUALLY  
HEALTHY LIVING  
PROJECTS



**2.5M**  
ANNUALLY  
CITIZENSHIP  
PROJECTS

**PURDUE**  
EXTENSION  
**LOCAL FACES**  
COUNTLESS CONNECTIONS

### Inside the Issue

- Scholarship .....2
- Adventure Days.....2
- Wellness .....2
- Reminders .....2
- Jr. Leaders .....3
- Green Books .....3
- JoAnn's .....3
- Donate .....3
- YQCA .....4
- Beginner Livestock .....4
- Identification .....5
- Enrollment .....5
- Samples .....5
- Small Engines .....6
- Family 101 .....7
- Bingo .....8-9
- Volunteer .....10
- February .....11
- March .....11
- April .....12
- May .....12

## Thoughts from your educator...

THANK YOU to all of our 4-H families who were able to complete the enrollment process prior to January 15<sup>th</sup>. If you are new to 4-H, or new to the Bartholomew County 4-H program, welcome to our program. If you have any questions, please do not hesitate to ask. Our 4-H volunteers, Extension staff, and other 4-H families are more than willing to assist you and help make your 4-H experience a great, fun, learning opportunity for you!

This newsletter contains information on many 4-H events and opportunities that will be occurring over the next few months. Please be sure to read this newsletter thoroughly so that you do not miss out on all of the fun that 4-H has to offer!

I hope to see you at our upcoming events,

Elisabeth L. Smith, Extension Educator  
CED/ 4-H Youth Development



Purdue University is an equal opportunity/equal access/affirmative action institution.

If you have special needs, please call us prior to the meeting at 812-379-1665

The Bartholomew County 4-H Scholarship packet is available on our website at [www.extension.purdue.edu/bartholomew](http://www.extension.purdue.edu/bartholomew). Many scholarships available to seniors involved in the 4-H program are included in this packet. Each scholarship has different requirements, and deadlines for some scholarships are approaching quickly! Be sure to pay attention to the scholarship deadlines and where scholarships should be submitted. If you have any questions, please contact the Extension Office.



## Adventure Days



Youth ages 3 through 2<sup>nd</sup> grade are encouraged to join us for crafts and activities. Adventure Days are held the 1<sup>st</sup> Saturday each month from 9:00—11:00 a.m. in the Community Room at the Extension Office. Set up in an open house setting, we ask that an adult be present with the child. Upcoming Adventure Days will be held:

**March 3<sup>rd</sup>**

**April 7<sup>th</sup>**

**May 5<sup>th</sup>**

Hope to see you there!



## Indiana 4-H Wellness Bingo Challenge

Ready to make healthy choices this year?

Participate in the Indiana 4-H Wellness Bingo Challenge!

4-H members from across Indiana are invited to participate in the monthly Indiana 4-H Wellness Bingo Challenge!

To participate:

- Each month, a bingo card with activities will be available to participants.
- Complete a task and mark that box on your bingo card. Only complete 1 task per day!
- A bingo is earned when seven boxes in a row are marked. More than one bingo can be earned in a month.
- By the 15th of the following month, fill out the online survey to submit your bingo card.

Prizes will be awarded to participants who receive the most bingos at the end of each quarter and a grand prize at the end of the year.

Visit <http://purdue.ag/HealthyLiving> for monthly Bingo Cards and to complete the monthly survey!

## 4-H Reminders

- Remember, 4-H Enrollment is **NOT COMPLETE** until the \$20 Program Fee has been paid.
- Add or Drop dates for 4-H projects is **May 15th**.
- If showing animals, please turn to pages 4 & 5 for further information.



# Junior Leader News



Junior Leader meetings are generally held the 3<sup>rd</sup> Monday of each month, unless there is a scheduling conflict (holiday, school break, etc.). Below is a list of meeting dates for 2018:

**March 26th**

**April 16th**

**May 21st**

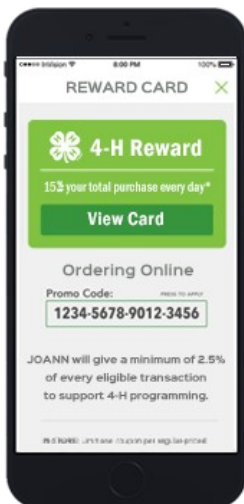
Green Record Books have been graded and are ready to be picked up from your club leader.

## 4-H Rewards Card

Save 15% with JOANN 4-H Rewards on in-store and online purchases. JOANN’s will give a minimum of 2.5% of eligible transactions to 4-H.

Head to

<http://www.joann.com/4-h/>  
to get your card today!



The Bartholomew County 4-H Fair Board is currently finalizing plans to build a second livestock barn, called the Livestock Annex. The hope is that this facility will be finished and able to house livestock for the 2018 Fair. Donations (tax-deductible) are needed to make this barn a reality. The Fair Board has established the following donation levels:

Bronze	\$100—\$499
Silver	\$500—\$1499
Gold	\$1500—\$4999
Platinum	\$5000 +

If you would like to donate, please make checks payable to Bartholomew County 4-H Fair, Inc. and put “Livestock Annex” in the memo line. Donations may be mailed to PO Box 342, Columbus, IN 47201.



Information regarding the Youth for the Quality Care of Animals (YQCA) program was sent to all 4-H members enrolled in a livestock project for 2018. This new educational program will allow 4-H members to learn about the importance of animal-wellbeing, quality assurance practices, and their part in the food production system. All 4-H members enrolled in Beef, Dairy, Dairy Starter Calves, Dairy Goats, Meat Goats, Poultry, Rabbits, Sheep, and Swine must complete the YQCA program in order to exhibit livestock at the Bartholomew County 4-H Fair and/or the Indiana State Fair.

Bartholomew County 4-H members are asked to complete YQCA by May 15, 2018. YQCA can be completed via the online module or by attending an in-person training. In-person trainings will be held according to the following schedule:

Date:	Time:	Location:
Wednesday, February 21, 2018	6:00 PM	Purdue Extension—Bartholomew Co. Community Room
Wednesday, March 21, 2018	7:00 PM	Purdue Extension—Bartholomew Co. Community Room
Thursday, March 29, 2018	6:00 PM	Purdue Extension—Bartholomew Co. Community Room
Thursday, April 5, 2018	7:00 PM	Purdue Extension—Bartholomew Co. Community Room
Tuesday, April 17, 2018	7:00 PM	Purdue Extension—Bartholomew Co. Community Room
Saturday, April 28, 2018	9:00 AM	Purdue Extension—Bartholomew Co. Community Room
Thursday, May 3, 2018	7:00 PM	Purdue Extension—Bartholomew Co. Community Room

No instructor led trainings will be held after May 3<sup>rd</sup> and class size is limited to 50 participants. Do not wait until the last minute to sign up to attend YQCA! If you have any questions, regarding YQCA please contact the Extension Office at 812-379-1665.

## Beginner Livestock Exhibitor Meetings

Every 4-H member that is **NEW** to 4-H and enrolled in a livestock project or has been enrolled in 4-H before but is enrolled in a new livestock species is **REQUIRED** to attend one of two **Beginner Livestock Exhibitor meetings**. These meetings will be held Thursday, February 15<sup>th</sup> at 6:30 p.m. and Tuesday, March 27<sup>th</sup> at 6:30 p.m. Both meetings will be held at the Extension Office. At these meetings, important information will be shared about identification of animals, deadlines, health and selection of livestock. Again, if you are a beginner livestock exhibitor you **MUST** attend one of the Beginner Livestock Exhibitor meetings.



## 4-H Livestock Identification and Enrollment

Please mark your calendars for the following animal ID dates:

Beef	Saturday, February 24 <sup>th</sup>	8:00—10:30 a.m.
Starter Calf	Tuesday, April 3 <sup>rd</sup>	6:00—7:30 p.m.
Sheep	Friday, May 4 <sup>th</sup>	6:00—7:30 p.m.
Goat	Saturday, May 5 <sup>th</sup>	9:00—10:30 a.m.

Each species will receive a letter that will include information about ID days, an ID worksheet, location form, and instructions on how to complete the livestock enrollment at [in.4honline.com](http://in.4honline.com). All livestock enrollment will be completed online, with the exception of Rabbit and Poultry.

Attending the livestock ID date **DOES NOT** enroll your livestock. Enrollment of livestock must be completed at [in.4honline.com](http://in.4honline.com) by the following dates:

**April 1<sup>st</sup>**

**Beef & Dairy Beef Steers**

**May 15<sup>th</sup>**

**Starter Calves, Heifers, Sheep, Goat, Horse & Pony, Swine**

Enrollment MUST be done online *NO LATER* than 12 midnight of the listed date.

Poultry and rabbit enrollment papers must be submitted to the Extension Office by 4:30 p.m. Friday, June 8<sup>th</sup>.

If you have any questions, please give the office a call at 812-379-1665. Failure to complete the livestock enrollment process by the above deadlines may result in your 4-H member not being permitted to exhibit at the Bartholomew County Fair and/or the Indiana State Fair.

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### State Fair DNA Samples: Beef Cattle

All beef cattle exhibiting at the Indiana State Fair are now required to submit a DNA hair sample.

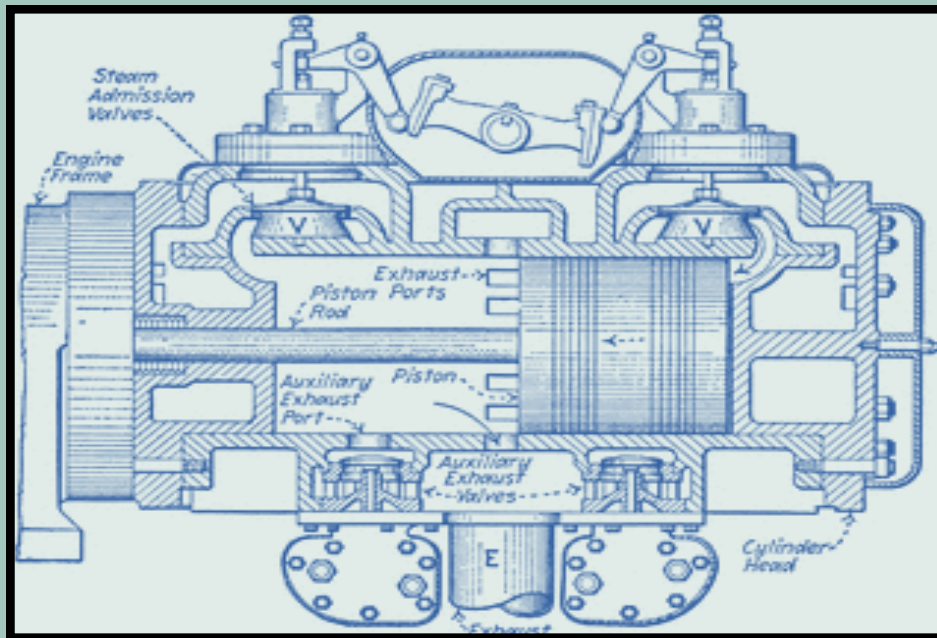
Envelopes for each animal's hair sample may be picked up from the Extension Office. All hair samples must be turned in by the enrollment deadline for that animal (April 1<sup>st</sup> for market steers, May 15<sup>th</sup> for commercial heifers, registered heifers, and dairy feeder steers).

To watch a video "how to" on collecting a DNA hair sample, visit the link below:

<https://extension.purdue.edu/4h/Pages/project.aspx?proj=2>

# Small Engines Workshop

Interested in small engines? Want to learn the basics? Kids of all ages are welcome to come to this workshop. Including those not involved in the 4-H program currently. The workshop begins in April and will have meetings every Wednesday from 6 p.m. to 7:30 p.m. The group will meet at the Purdue Extension Office in the garage area. Workshop is free for current 4-H members, and \$20 for those not currently enrolled in 4-H.



## April 4, 11, 18, 25 & May 2

If interested, please contact the Extension Office and register for the workshop.

Contact us via e-mail or telephone: [allena12@purdue.edu](mailto:allena12@purdue.edu) / 812-379-1665

Purdue University is an equal opportunity/equal access/affirmative action institution.

If you have special needs, please call us prior to the meeting at 812-379-1665

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EXTENSION | COUNTLESS CONNECTIONS



## **ATTENTION ALL 4-H FAMILIES!**

(New and even those experienced 4-H parents)



Your child has signed up to be a 4-H member this year.

Now what do you do?

Are you feeling confused? Frustrated? Maybe a little bit overwhelmed? Are you unsure of what is expected of you or your child in 4-H this year?

If you answered "YES!" to any of these questions and would like some help with 4-H, you are invited to attend a 4-H Family 101 session, an orientation to all things 4-H!

### **4-H Family 101**

Tuesday, January 16<sup>th</sup>

Thursday, March 8<sup>th</sup>

Wednesday, May 9<sup>th</sup>

6:30 p.m.

Purdue Extension—Bartholomew County

783 S Marr Road

4-H Youth Development Extension Educator, Elisabeth Smith, will share experiences in 4-H, offer tips for how to succeed as a 4-H family, help you understand the 4-H rules and paperwork, and answer your questions about 4-H.

The information shared will be the same at all three meetings...so choose the one that works the best for your schedule.



So, even if you think you have the 4-H system all figured out, join in on the fun anyway. You never know, you just might learn something new!

**Questions? Call Purdue Extension—Bartholomew County  
at 812-379-1665, or e-mail [smit1664@purdue.edu](mailto:smit1664@purdue.edu).**



# Indiana 4-H Wellness Bingo Challenge

February 2018

Each day complete one task and mark it off on this bingo card!

Enter your results by March 15<sup>th</sup> at <http://purdue.ag/WellnessBingo>

F	I	T	N	E	S	S
Play catch or frisbee for 45 minutes	Do 20 minutes of stretching	Keep an exercise log for 1 week	Do 3 sets of 10 triceps extensions <a href="#">Here's how</a>	Do 30 minutes of continuous exercise	Eat a fruit or vegetable at each meal	Post a photo of your athletic shoes on social media #indiana4h
Do jumping jacks during commercials while watching TV	Play a game of tag or hopscotch	Do 3 sets of 10 bicep curls <a href="#">Here's how</a>	Post a photo of your water bottle on social media #indiana4h	Take a walk with your family	Drink water at every meal and with snacks	Do 35 jumping jacks
Go for a 20 minute walk/jog	Drink at least 64 ounces of water today	Fuel your body by eating a healthy breakfast	Do 20 burpees <a href="#">Here's how</a>	Share a photo of your favorite place to walk #indiana4h	Create a new physical activity plan for 1 week!	Lead your club in 10 minutes of physical activity
Learn about setting SMART fitness goals <a href="#">Click here</a>	Have a healthy snack after exercise	Walk/jog 10,000 steps today		Have some <a href="#">protein</a> after working out	Do any physical activity you love for 45 minutes	Take the stairs instead of the elevator
Eat some fruit before working out	Visit a park with your family and play on the equipment	Do 3 sets of 5 pushups	Follow MyPlate for all meals <a href="#">Click here</a>	Help with active chores (vacuuming, mopping)	Go ice skating or sledding	Do 3 sets of 10 lunges <a href="#">Here's how</a>
Drink only water today	Post a photo of your healthy meal on social media #indiana4h	Take a walk or play an active game during lunch	Read about the benefits of exercise <a href="#">Click here</a>	Do a 30 second plank 3 times today <a href="#">Here's how</a>	Choose chocolate milk instead of sports drinks	Stretch for 5 minutes every hour during homework
Complete 35 crunches or sit-ups today	Learn a new exercise from a friend	Learn about hydration <a href="#">Click here</a>	Jump rope for as long as you can without stopping	Go for a bike/skateboard/scooter ride	Do 25 squats <a href="#">Here's how</a>	Try a new exercise





# Indiana 4-H Wellness Bingo Challenge

March 2018

Each day complete one task and mark it off on this bingo card!  
 Enter your results by April 15<sup>th</sup> at <http://purdue.ag/WellnessBingo>

F	I	T	N	E	S	S
Play catch or frisbee for 60 minutes	Do 30 minutes of stretching	Post a photo of your athletic shoes on social media #indiana4h	Do 3 sets of 15 triceps extensions <a href="#">Here's how</a>	Do 45 minutes of continuous exercise	Eat a fruit or vegetable at each meal	Keep an exercise log for 1 week
Complete 50 crunches or sit-ups today	Learn a new exercise from a friend	Learn about hydration <a href="#">Click here</a>	Jump rope for as long as you can without stopping	Go for a bike/skateboard/scooter ride	Do 25 squats <a href="#">Here's how</a>	Try a new exercise
Drink only water today	Do a 30 second plank 3 times today <a href="#">Here's how</a>	Take a walk or play an active game during lunch	Read about the benefits of exercise <a href="#">Click here</a>	Share a photo of your favorite place to walk #indiana4h	Choose chocolate milk instead of sports drinks	Stretch for 5 minutes every hour during homework
Take the stairs instead of the elevator	Do any physical activity you love for 60 minutes	Walk/jog 12,000 steps today		Have some <a href="#">protein</a> after working out	Have a healthy snack after exercise	Learn about setting SMART fitness goals <a href="#">Click here</a>
Eat some fruit before working out	Play "Fuel Forward" game with your club <a href="#">Here's how</a>	Do 3 sets of 5 pushups	Follow MyPlate for all meals <a href="#">Click here</a>	Help with active chores (vacuuming, mopping)	Go ice skating or sledding	Do 3 sets of 10 lunges <a href="#">Here's how</a>
Go for a 30 minute walk/jog	Drink at least 64 ounces of water today	Fuel your body by eating a healthy breakfast	Do 30 burpees <a href="#">Here's how</a>	Post a photo of your healthy meal on social media #indiana4h	Create a new physical activity plan for 1 week!	Lead your club in 15 minutes of physical activity
Do burpees during commercials while watching TV	Play a game of tag or hopscotch	Do 3 sets of 15 bicep curls <a href="#">Here's how</a>	Post a photo of your water bottle on social media #indiana4h	Take a hike with your friends or family	Drink water at every meal and with snacks	Do 50 jumping jacks



# 4-H Volunteer Development Workshop



Monday, March 19th

6:00—8:00 PM

Purdue Extension -  
Bartholomew County

783 S Marr Rd

Columbus, IN 47201

812-379-1665

Workshop topics include: Building Skills to Effectively Communicate with Youth & Making 4-H Your Own. Open to all Volunteers in Bartholomew & Brown County. Dinner will be provided. To register, contact Purdue Extension Bartholomew County at 812-379-1665 by March 9th.


Purdue University is an equal opportunity/equal access/affirmative action institution.

If you have special needs, please call us prior to the meeting at 812-379-1665

# February 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Livestock Judging, 6:00 PM; Volunteers Meeting 7:00 PM; Tractor Meeting, 6:30 PM	21 YQCA—6PM* Must register to take class	22 Feathered Friends, 6:30 PM Fairgrounds	23 Totally Awesome, 4:30 PM, Armstrong's	24 Beef ID Day 8-10:30 AM
25	26	27 Shooting Sports 7PM, ISSK 7PM; Tractor Meeting 6:30 PM	28			

# March 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Circle C— Tack Auction	5 ISSK 7 PM; Hoosier Hounds, 6:30 PM; SRC 7 PM; Happy Faces 6:30 PM	6 Kiddin' Around , 7PM	7 Salt & Light 3:30 PM; Clover Kids 7PM	8 Happy Go Luckies, 7 PM; New 4-H Family 101 6:30 PM	9	10 
11	12	13 Bunny Bunch 6 PM	14	15	16	17 Happy H'ers 3 PM
18	19	20 Hoosier Hounds, 6:30 PM	21 YQCA 7 PM	22 Feathered Friend 6:30 PM	23 Totally Awesome 4:30 PM, Armstrong's	24
25	26 Jr. leaders 7PM	27 ISSK 7 PM; Beginner Livestock Meeting, 6:30 PM	28 Hoosier Hounds, 6:30 PM	29 YQCA 6 PM	30 County Holiday, Ext. Office Closed	31 ISSK— Concessions for Pig Sale

# April 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Starter Calf ID Day 6-7:30 PM; Kiddin' Around 7 PM	4 Small Engines 6 PM	5	6	7
8	9 SRC 7PM; Happy Faces 6:30 PM	10 4-H Volunteers Meeting 7 PM; Bunny Bunch 6:00 PM	11 Small Engines 6 PM; Clover Kids 7 PM	12 Happy Go luckies 7 PM; Circle C 6:30 PM	13 Totally Awesome 4:30 PM	14
15	16 Jr. Leaders 7 PM	17 YQCA 7 PM	18 Small Engines 6 PM; Salt & Light 3:30-4:30 PM	19	20	21 Happy H'ers 3 PM
22	23	24	25 Small Engines 6 PM; Clover Kids 7 PM	26 Feathered Friends 6:30 PM	27	28 YQCA 9 AM
29	30					

# May 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Small Engines 6 PM	3 YQCA 7PM	4 Sheep ID Day 6-7:30 PM	5 Goat ID Day 9-10:30 AM
6	7	8 County Holiday, Ext Office Closed Bunny Bunch 6 PM; Kiddin' Around 7 PM	9 New 4-H Family 101 6:30 PM; Salt & Light 330- 4:30 PM; Clover Kids 7 PM	10 Happy Go Luckies 7 PM; Circle C 6:30 PM	11	12
13	14 SRC 7 PM; Happy Faces 6:30 PM	15	16	17	18 Totally Awesome 4:30 PM	19 Happy H'ers 3 PM
20	21 Jr. Leaders 7 PM	22	23 Clover Kids 7 PM	24	25	26
27	28 County Holiday, Ext. Office Closed	29 4-H Volunteers meeting 7PM	30	31		