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## Office Closings

January 1– New Years Day

January 20– Martin Luther  
King Day

February 17– Presidents Day

## Inspiring Kids To Do in 2020

Happy New Year! And Happy New Decade. And Happy 4-H whether you are new, or whether you've been with us for a while. We're EXCITED that our 4-H program is leading the way in Indiana 4-H.

This year's theme is #Inspirekidstodo. National 4-H chose this hash tag to highlight all the many good works that 4-H youth do across America. And here in Harrison County, we'll do the same. Please feel free to use this hashtag to brag on our 4-H members.

Volunteers, please note the volunteer training opportunities that are coming up in February. The focus will be on Healthy Living and Civic Engagement. We hope to offer a few fresh ideas on how to incorporate these mission areas into club meetings and beyond.

4-H members, this newsletter is loaded with many opportunities to DO something in your club, community, country, and world! Let's get started today!

### Save the Date!

County Performing Arts Contest

March 6th @ Corydon Live

Registration Forms Available at the  
Extension Office.

*Rebecca Wilkins*



Purdue Extension– Harrison County  
247 Atwood Street  
Corydon IN 47112  
Phone: 812-738-4236  
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EXTENSION | HARRISON COUNTY

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# Important Dates!



## January 2020

- 1– Office Closed, New Year's Day
- 5– Super Shooters 4-H Club Meeting
- 6– 4-H Council Meeting 7PM
- 12– Super Shooters 4-H Club Rifle Workshop
- 13– Junior Leaders Meeting
- 14– In-Person Youth Safety Training

## 15– 4-H Open Enrollment ends

- 19– Super Shooters 4-H Club Rifle Workshop
- 20– Office Closed for Martin Luther King Day
- 23– Project Night
- 23– Over and Under the Snow Mini 4-H
- 23– Dairy Goat Workshop
- 23– Bob Ross Oil Painting
- 25– 4-H Scholarship Applications Due
- 25– Lucky Horseshoes Soup & Pie Auction
- 28– Auction Committee Meeting 5:30 PM
- 28– Livestock Committee Meeting 6:30 PM

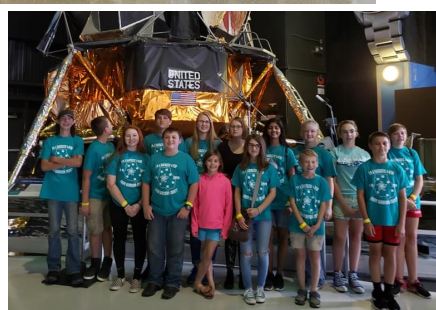
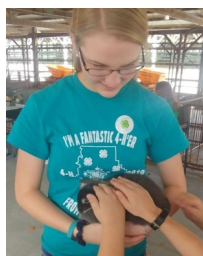


## February 2020

- 1– Area 2 Rabbit Workshop & Bunny Bingo
- 2– Super Shooters 4-H Club Meeting
- 4– Volunteer Training– Healthy Living
- 5– Fowl Play Cluckers Fundraiser
- 8– Meet Your Maker Sewing Spark Club
- 8– Color Guard Soup Supper and Auction
- 9– Super Shooters Muzzleloader Workshop
- 10– Camp Counselor Interviews
- 13– Camp Counselor Interviews
- 15– Meet Your Maker Sewing Spark Club
- 15– Game Changers
- 16– Super Shooter 4-H Club Meeting
- 17– Office closed for Presidents Day
- 18– Volunteer Training– Civic Engagement
- 21– Teens as Teachers
- 27– Project Night
- 27– Photography Workshop

## March 2020

- 1– Super Shooters 4-H Club Meeting
- 2– Mini First Aid Workshop
- 2– 4-H Council Meeting
- 2– Market Beef Weigh-In
- 6– County Performing Arts Contest
- 8– Super Shooter's 4-H Club Meeting
- 9– Junior Leader's Meeting
- 14– Color Guard Tack Swap
- 15– Super Shooter 4-H Club Meeting





## Super Shooter Club 4-H Club 2019-2020 Meetings & Workshop Schedule

January 5, 2020	MEETING. Officer Elections, Safety, Range Rules and Expectations. <b><u>ALL PARENTS/GUARDIANS and CHILD/CHILDREN MUST ATTEND!</u></b> <b><u>Bring a friend. Pass it on!</u></b> <b><u>This meeting- 2:00 pm to 5:00 pm. May end earlier.</u></b>
January 12, 2020	Rifle Workshop
January 19, 2020	Rifle Workshop
February 2, 2020	MEETING. Muzzleloader workshop
February 9, 2020	Muzzleloader Workshop
February 16, 2020	Pistol Workshop
March 1, 2020	MEETING. Pistol Workshop
March 8, 2020	Shotgun Workshop
March 15, 2020	Shotgun Workshop
April 5, 2020	MEETING. Archery Workshop
April 19, 2020	Archery Workshop, Picnic, Project Questions and Fun



Randal Clifton—Cell: (502)817-6448  
Michele Clifton—Cell: (502)817-9859

### **Live Ammunition and Firearms are used.**

**Meetings and Workshops will be held at the Floyd County Conservation Club (3097 Georgetown Greenville Road, Georgetown, IN 47112)**

**Meeting/Workshops are from 2:00 PM to 5:00 PM, except for explained dates.**

**A large portion of each workshop will be outdoors. Please dress accordingly during the colder months. Layers for your body, hats, ear covers, gloves, coats, boots and thick socks. Hunters Ed can be obtained by parent/guardian and child. Will be explained on January 5th, 2020.**

**Hot chocolate or drinks will be provided.**

**Participants are asked to help in providing side dishes, snacks, and desserts to share.**

**There will be no make up for weather conditions. We will try to contact everyone if weather looks or is bad. If you feel the weather is going to be bad for travel, Safety is the first thing. Please contact us for decision.**

## Fowl Play Poultry 4-H Club



**Cluckers Fundraiser!  
Wednesday February 5th  
5 PM—9PM  
At Cluckers in Corydon**

Thurs, January 30th, 6-8PM

Thurs, February 27th, 5:30-8PM Egg Workshop!

Thurs, March 26th, 6-8PM

Thurs, April 30th, 6-8PM

Thurs, May 21st, at the Fairgrounds for blood testing, 6:30 PM

Sun, June 7th, at the Fairgrounds to set up for Fair, 4PM



## Lucky Horseshoes Soup & Pie Auction

**Saturday, January 25**

Lucky Horseshoes Horse & Pony 4-H Club will be having their Annual Soup and Pie Auction at the Old Capitol Saddle Club. Homemade baked goods, crafts, and many more items donated will be auctioned off to support the Lucky Horseshoes 4-H Club. Contact Dennis Flock for more details.

## Color Guard Green Team Events

**Soup Supper and Auction**

**February 8th**

This will take place at the Old Capital Saddle Club. The cost is \$6.00 per person. The meal starts at 6:00 PM and the Auction starts at 7:00 PM.

**Tack Swap**

**March 14th**

This will take place at the Old Capital Saddle Club. \$10 per table to sell items. Doors will open at 10:00 AM and donated item auction around 2:00 PM. Concessions

*If you have any questions contact Penny Zeller at (502)905-8776*

## Club Enrollment Challenge!

**Win a \$25 Walmart Gift Card and a Dairy Queen Ice Cream Cake!**

Is your club up for CHALLENGE? The Harrison County 4-H Council is having a 4-H Club Challenge! \$50 Walmart Gift Cards (sponsored by our 4-H Council), and a free Ice Cream Cake (donated by Dairy Queen and Fourteen Foods) will be awarded to the first **five** clubs to add **five** new members. These members must be traditional 4-H members (grades 3rd through 12th), new families to 4-H, and in Active status on 4HOnline.com.

A special thanks goes out to the Harrison County 4-H Council, Dairy Queen of Corydon, and Fourteen Foods for the donations!

## Camp Counselor Interviews

**February 10th and 13th, 2020**

Camp counselor interviews for the Area II 4-H camp will be conducted at the Purdue Extension Harrison County Building for both Harrison County and Crawford County Camp Counselor Applicants. Interviews will run from 4:30 PM to 7:30 PM. Contact Rebecca for an appointment at 812--738-4236 or wilkin33@purdue.edu.

Camp counselor applications can be found on our website at [bit.ly/2020campc](http://bit.ly/2020campc) and are due to Rebecca on January 31st!



**Save the Date for 4-H Camp! May 29th—June 1st**

**This year's camp theme is "Hawaiian Luau"!** We will once again be camping at Country Lake Christian Retreat, located near Henryville. Camp dates for 2020 will be May 29th – June 1st.





## Mini 4-H Workshop: Over & Under the Snow!

5:30 PM—6:30 PM      January 23rd

Did you know there was a secret kingdom under the snow? Learn how many animals depend on the snow to stay warm during the winter. The activity will be an art project relating to the topic. As tradition, we will end the workshop with cookies and a story! RSVP by January 15 by calling 8127384236 or email Mary at feve@purdue.edu



## Bob Ross Oil Painting Workshop

5:30 PM—8:30 PM      January 23rd



4-H'ers ages 12 and up are invited to learn how to paint like Bob Ross with Brian Sutton from Art Party Unlimited! This class has a \$40 value, but thanks to the sponsorship of the Harrison County 4-H Council, this workshop is FREE to 4-H participants! Youth **MUST** be 12 years of age and up to be able to participate in this class. RSVP's are due by January 17, so call 812-738-4236 soon.

### January 23

	5:30 PM-6:30 PM	6:30 PM-7:30 PM
Kitchen	Over and Under the Snow A Mini 4-H Workshop!	
Boiler		
Clover		
Dryden	Dairy Goat & Rabbit Workshop	
Room 116	Oil Painting Workshop (Lasts until 8:30 PM)	



## Photography: Picture This!

**5:30 PM—7:30 PM      February 27th**

Needed: Cell Phone or Camera (NOT SLR)

Do you want to make your pictures more interesting? Can you make your camera look at the world from different perspectives? This is a hands-on class. Come join us and learn more about how to use your camera to create exciting pictures that tell stories. Learn more about this fair project. Come join the fun!



## Have an Idea for a Project Night Project?

**We need volunteers!**

Do you have an idea for a project night project? You can volunteer an hour or two of your time to pass your knowledge on to an eager child. We need your help to help the 4-H members learn and enjoy new skills. Call Rebecca at (812) 738-4236 with your ideas.

## National Youth Science Day—

**Game Changers      Saturday February 15th, 2020**

**9:00 AM—NOON**



Harrison County Teen Teachers present: Game Changers! Kids will learn how to use computer science to create games, solve problems, and engage with topics they're passionate about. Game Changers uses physical activity and puzzles and teaches participants important CS concepts and problem-solving skills, creating real world connections between computer

science, civic engagement, healthy living, and agriculture. Everyone in grades 3 through 12 are invited to enjoy this fun day with computer science! Please RSVP at (812)738-4236. Invite your friends! You don't have to be a 4-H member for this event.



## What is a Spark Club and how do I get involved?

A SPARK Club is a short-term club that provides an experience for a specified topic. These are lead by volunteers who are knowledgeable and passionate about the topic. SPARK Clubs must meet for at least six hours, but the schedule depends on what fits the content best. Some may meet for one day or some may meet on multiple evenings.

These clubs are open to all Harrison County 4-H Youth, whether they are current 4-H members or not. Participants will get to join 4-H as part of this experience. The \$15 program fee allows them to participate in all aspects of Harrison County and Indiana 4-H for the entire 4-H year! We hope you find something that SPARKS your interest!

## Meet Your Maker Spark Club: Introduction to your Sewing Machine!

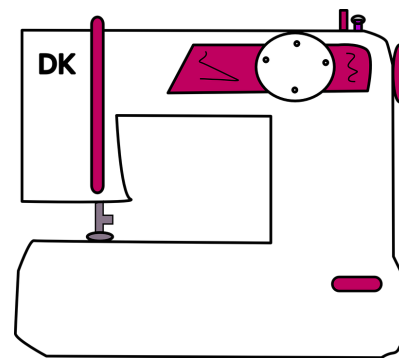
**February 8th and 15th      9:00 AM to NOON**

Learn how to use your sewing machine with Katy Casper! This Spark Club is for 3rd or 4th graders or youths in their first year of their sewing project.

You will learn the parts of your sewing machine, how to thread your bobbin, and the importance of safety around your machine.

We will be working on wearable and non-wearable projects. We ask that you bring your own pattern for a wearable project, because every body is different. You may bring your own fabric, or you can use fabric we provide.

RSVP by February 3rd by calling the extension office at 812-738-4236 or email Rebecca at [wilkin33@purdue.edu](mailto:wilkin33@purdue.edu)



## Spark Clubs in the Works

**Summer 2020 SCUBA Adventure!** Dates and details are to be determined.

If you would like to volunteer to start a SPARK Club, or if you are a Harrison County Youth that would like to attend a SPARK Club, contact Rebecca at (812)738-4236 or [wilkin33@purdue.edu](mailto:wilkin33@purdue.edu)



## New Adult Volunteers

Individuals expressing interest in becoming a 4-H Adult volunteer must:

- 1) Schedule an interview with Rebecca Wilkins, the 4-H Youth Development Educator
- 2) Visit the Purdue Extension Office in Harrison County to complete the paper application and screening process:
  - a. Clearance through the national and state sex and violent offender registries
  - b. 3 letters recommendations from references returned to the office
- 3) Complete the Minor Safety Training (details below)
- 4) Complete 4HOnline.com enrollment process (instructions on page **10 & 11** of newsletter)

## Minor Safety Training **Operating Procedures for Programs Involving Minors**

ALL Adult Volunteers MUST be up to date with their Minor Safety Training. As representatives of Purdue University, both paid staff and volunteers, we all have the responsibility to ensure the well-being of the youth in our programs. The training must be renewed every 24 months. To take this training online, go to [puext.in/VolTrain19\\_20](http://puext.in/VolTrain19_20). There will also be a in-person training available **January 14th** but it must be completed in order for one to be an approved volunteer.

## Volunteer Training Series

4-H Adult Volunteers are invited to a two--part training series on February 4th and 18th at the Harrison County Extension Office. The first training will be on Health Living with Megan Voyles and Katie Whiteford, 4-H Youth Educators. The second training will cover Civic Engagement. ALL 4-H club leaders and adult volunteers are encouraged to attend. If you would like to attend, please contact Rebecca Wilkins at (812)738-4236

## Volunteer Opportunities

Interested in different ways of helping out the Harrison County 4-H Program? There are many roles an adult volunteer can take on that are highly valued in our community. The Harrison County 4-H Program is in need of members to serve on different committees. If you're wondering how you can help and become a member, here is a list of all of the committees:

- Budget and Finance Committee
- Facilities Committee
- Awards Committee
- Promotion Committee
- Leader Training Committee
- Livestock Advisory Committee
- Horse & Pony Advisory Committee
- Auction Committee
- Programs Committee

Other adult volunteer opportunities include:

- Coaching
- Career Development Events
- Chaperoning State Events
- Providing Workshops
- Becoming a Project Superintendent during the fair
- Start a Spark Club
- Event Planning





## Re-Enrolling Families

www.4HOnline.com

Here are steps for Re-Enrolling your family with an existing 4HOnline Account. As always, we will have computers available in the office during business hours and we are happy to assist you. Please bring your email address and 4HOnline password. We do not keep records of passwords in the office.

1. Go to Indiana 4HOnline page at <http://in.4honline.com> using Firefox, Google Chrome, or Safari as your browser.
2. If you have logged into your 4HOnline account before and remember your password, log in to your account and skip to step #13.
3. If you have **never** logged in to your 4HOnline account before, contact the Extension Office to obtain the email address that is on file for your account. If you do not have an email address on file, contact the Extension Office to add the email address to your account.
4. Enter your email address and select "I forgot my password".
5. Select "Family" as your role.
6. Click "Send My Password".
7. Check your email account for your temporary password. Once you receive your password, select "I have a profile".
8. Enter the temporary password from the email message to the login page and Click "Login".
9. Once you log in, you will be prompted to create a new password. Enter a new password that you will remember.
10. Click "Continue" to go to your Family Member List.
11. The Member List will show all of the youth members and adult volunteers in your family who were enrolled in the previous year.
12. Click "Edit" next to the Inactive member you would like to re-enroll.
13. To update your family information, click "Edit Family".
14. Scroll to the bottom of the record review page and click "Enroll for 2019 - 2020".
15. Update any personal information and Click "Continue" at the bottom of the page.
16. Read the Additional Information carefully.
17. Mark the check box and/or sign each section. This section will be locked for editing after the enrollment has been submitted. Then Click "Continue".
18. Review and edit your Clubs if necessary. Only Clubs in which the member will participate during the current program year should be listed. Click "Continue".
19. Review and edit projects as needed, then Click "Continue".
20. NOTE: Only projects in which the member will participate in during the year should be listed in the Projects tab. Previous year projects will remain on the Member's enrollment history. Remove any projects listed in which the member will no longer participate.
21. Groups is optional. Add any Groups in which the member will participate during the current program year, then Click "Continue".
22. An individual invoice is created for every Youth member and Adult Volunteer. Enrollment is not complete until the enrollment is submitted AND payment of any applicable fees is received. Click "Continue" to view your invoice, select a payment method, confirm payment and submit your enrollment.
23. You will receive email notification that your enrollment has been submitted. You will also receive a second email notification when the County has reviewed and accepted your enrollment.



## New Adult Volunteers Please Schedule an Interview First!

Individuals expressing interest in becoming a 4-H Adult volunteer must schedule an interview with Rebecca Wilkins, the 4-H Youth Development Educator, and visit the Purdue Extension Office in Harrison County to complete the paper application and screening process. Once the application and screening process has been completed and assigned a volunteer role by the 4-H Youth Extension Educator, adult volunteers can be added into 4HOnline.

1. Go to <https://in.4honline.com> and choose "I need to set up a profile". Select Harrison County.
3. Confirm your e-mail address.
4. Type in your household's last name.
5. Create your password
6. In the Role field select Family.
7. Click on "Create Login"
8. Choose your correspondence preference to either "Mail" or "Email".
9. Click on the "Continue" button at the bottom of the page.
10. In the drop down box under "Add a New Family Member", select "Adult" and click on "Add Member".
11. Complete each field in **BOLD**. These are required fields.
12. When you have completed this page, click "Continue." This brings you to the Additional Information Page.
13. All fields are **required**. Select an option if there is a choice, or check the "I agree..." box.
14. The authorization sections include Adult Behavioral Expectations, National and State Sex and Violent Offender Registry Check, Personal Liability Waiver, the Purdue University Vehicle Use Policy and Volunteer Required Signatures.
15. Double-check the transportation option that is selected is correct.
16. All fields must be filled in before you can click the Continue button.
17. Type your legal name in the membership signature box. This will serve as your electronic member signature.
18. By logging on with your login email address and password, you are indicating that you are the correct person to agree to the terms
19. When you have completed this page, click "Continue."
20. If you are a 4-H Club Volunteer, select the appropriate club from the list. Be sure to click "Add Club".
21. Add additional clubs if you have 4-H Club Volunteer responsibilities for more than one club.
22. Click the "Continue" button.
23. If you are a Project Leader/Volunteer under "Select a Project" click on the drop down menu and select the first project for which you have 4-H Adult Volunteer responsibilities.
24. "Years in Project" – Select the number of years you have been a project leader for this project.
25. Select your role as a Volunteer for this Project
26. Click on "Add Project".
27. For each additional project that you are a volunteer, repeat the steps above.
28. Click the "Continue" button
29. If your assigned 4-H Volunteer responsibilities is to serve as a Committee Member, 4-H Council Member, Fair Board Member, or in an advisory role, click on the drop down menu and select the appropriate Group and Volunteer Type.
30. Once you have entered all your club(s), project(s), and/orgroup(s) you need to click on "Submit Enrollment" and you are done!

**Don't have internet or a computer? No problem! Come to the Purdue Extension Office to use a computer. We can even help you step by step in getting your family enrolled!**



## YQCA Youth for the Quality Care of Animals

ALL youth participating in livestock projects are **REQUIRED** to complete the certification for project completion. The certification can be completed online (\$12) or in face-to-face classes (\$3). Test out options are available online only (not available for junior level). YQCA is an online based program and will require an online profile for certification. The Harrison County 4-H Council voted to purchase coupon codes for 4-H Youth members in livestock projects.

Check your email or the website for YQCA Training dates as they come available



## Market Beef Weigh-In Day March 2, 2020

Market Beef ID Day will be Monday, March 2nd from 4:00 PM to 8:00 PM at the Harrison County Fairgrounds in Corydon, IN.

**ALL** Market Beef Steer & Market Heifer and Dairy Market Beef Steer **MUST ATTEND**.

Bring your completed ID worksheet to ID/weigh-in to receive your ID info.

ID worksheets are available at the Extension Office.

ID info **MUST** be entered into 4HONline by the **APRIL 1st** state deadline.

**NO** Changes can be made after the **APRIL 1st** state deadline.

## BOAH Premise I.D.

### Why is a national animal traceability program needed?

A national system is needed to help protect American animal agriculture from foreign or domestic disease threats. Fundamental to controlling any disease threat is a system that quickly and effectively identifies individual animals or groups; the premise where they are located; and the date of entry to that premise. Identifying all food and livestock animals will enhance disease preparedness by allowing the U.S. to identify and locate any animals exposed to disease and will facilitate stopping its spread.

**Is the premise ID program mandatory?** Indiana state law requires premise identification for all sites associated with the purchase, sale, or exhibition of livestock in the state of Indiana.

**What are the benefits for 4-Hers to participate in the premise ID program?**

### Frequently Asked Questions

Registration provides government animal health agencies essential contact information (name, phone number, address) for livestock owners. That data can be accessed in an animal health emergency to speed notification. Faster notification is essential to the rapid containment and control of disease. That translates into faster eradication and recovery from a potential economic disaster. Premise ID is especially useful for exhibitors. Exhibition livestock regularly commingle at fairs and shows; this can cause animals to be more susceptible to disease. Premise ID makes traceback of these animals much simpler.

### What species are included in Indiana's premise ID program?

Indiana's rule includes mandatory registration for cattle/bison, cervids, swine, sheep and goats. Poultry and aquaculture are also part of Indiana's plan. Although it is not mandatory,



equine and camelids may be registered voluntarily.

### **Do scrapie program flocks need to register?**

Flock owners enrolled in the scrapie program will still need to enroll; however, enrollment will be more like updating your information. We need to be sure that, should an emergency occur, we have the contact information for the flock/herd, verified locations of the animals--the scrapie program only requires a mailing address, not physical locations of animals—and determination if the operation needs more than one premise ID number. We also need information on what other species, if any, are present on the sites.

### **What about my scrapie ID number?**

The premise ID number to be assigned under this program will not replace or alter your scrapie flock or tag numbers. While we cannot say "never", we can tell you that for the immediate future, scrapie program participants should continue to use their flock numbers and tag their animals as they have been, regardless of the premise registration number.

### **What info will be collected in the database?**

The info needs for registering a premise are little more than a phone book: Name, address and phone number(s) for primary and secondary contacts for the animals housed at each premise. General info on species and operation type are included.

**Is individual animal identification required?** Yes, for specific species. For more information go to BOAH's website at: [www.in.gov/boah/2328.htm](http://www.in.gov/boah/2328.htm).

**What about my 4-H tag, nose printing, etc.?** 4-H ear tagging and nose printing are excellent tools to identify individual 4-H animals and will continue to be required in Indiana. However, premise identification identifies a specific piece of property not a specific animal. Try to imagine the ear tag or nose print is like the animal's "name tag", whereas the premise ID number is like the animal's "address".

**What is a premise? And how do I know if I need more than one?** Each state is establishing a

workable definition of a premise and guidelines for assigning more than one to a single animal owner. In Indiana, every animal site that has a unique 911 or postal address should have its own premise ID. Different numbers should also be issued for sites not contiguous within an operation. (Land separated by only a county road may be considered contiguous.) Facilities for animals at different stages of production (for example, calves, heifers, milking cows, etc.) may be one premise, if all are on the same piece of contiguous land. Only one number is needed when multiple species are on the same premise. The premise number is linked to a physical piece of property and will remain as such, regardless of ownership of the animals present.

**Does every 4-Her need his/her own premise identification number?** Each 4-Her will not need their own number. The numbers are assigned to a specific piece of property where animals are located. If multiple 4-Hers keep animals on one premise, then the premise number will be the same for each of the 4-Hers with animals residing at that location.

**Who should register the premise?** The individual who owns the property should register the premise; however, the person who owns or is responsible for the livestock should be listed as the primary contact for the premise. If multiple livestock owners house animals at one premise, the primary caretaker should be listed as the primary contact.

**Where do I get a premise ID?** You may complete the premises registration form online at: [www.in.gov/boah/2700.htm](http://www.in.gov/boah/2700.htm) or download the form at: [www.in.gov/boah/2328.htm](http://www.in.gov/boah/2328.htm).

Mail a completed form to the BOAH office at 1202 E 38th Street; Discovery Hall, Suite 100; Indianapolis, IN 46205. Registration can also be completed by calling 317/544- 2381.

**Where can I go to obtain more information about this plan?** Visit the BOAH Web site at [www.in.gov/boah/2328.htm](http://www.in.gov/boah/2328.htm) or call 317/544-2381.



## **TEENS as TEACHERS** **February 21-23, 2020**

# #TrueLeaders

Champ Tecumseh, Brookston, Indiana

Teens as Teachers is an opportunity for teams of 3-5 youth and one adult mentor to learn how to be teachers and subject matter experts of a topic of their choice, and are empowered to deliver programming to their community. This weekend training is for youth in grades 9-12. In addition to studying the subject matter of their choice, youth will learn fundamentals of hands-on learning, ages and stages of youth development, public speaking, and lesson planning.

### **Animal Biosecurity**

This program will focus on incorporating engineering design and maker activities into 4-H Animal Science Programs. This session is designed to provide an avenue for youth interested in learning about animals who do not have access to live animals, while also providing STEM learning opportunities for more traditional 4-H livestock members. Each team will receive a kit of hands-on “maker” and robotics activities for youth in grades 3-8. Teams will also inform youth about where their food comes from throughout their training sessions.

**Registration Deadline is January 22! Contact Rebecca to nominate yourself or someone you know in grades 9 and up who is interested in this opportunity. Call (812)738-4236.**





## Area II 4-H Rabbit Workshop & Bunny Bingo

Saturday, February 1, 2020

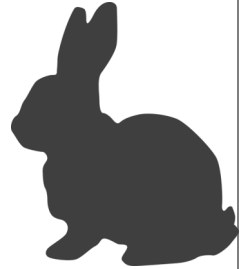
Bring your rabbit and join in the fun to learn about 4-H Rabbit Ambassador, breed ID, general rabbit knowledge, and more! Play Bunny Bingo to win a 4-H rabbit project sponsored by Bickle Bunnies of Corydon, IN.

**Location:** Crawford County Middle School 177 2nd St, Marengo, IN 47140

**Time:** 9:00 AM to NOON

For 4-H Youth in grades 3rd through 12th. **YQCA Certification Offered!**

**YQCA Certification Offered! Youth must pre-register via [yqca.org](http://yqca.org) prior to the workshop.**



## 4-H Academy June 10-12, 2020

At 4-H Academy at Purdue University, high school students visit Purdue University to interact with faculty and industry professionals and meet new friends from across Indiana. Contact Rebecca Wilkins, 4-H Youth Development Educator before May 15 to apply. Workshops offered as part of 4-H Academy include Animal Science, Personal Finance, Computer Science, Journalism, Natural Resources, Flight, Electric, Health, Entrepreneurship, Plant Science, Engineering, Food Science, and Civil Engagement.

## 4-H Round-Up June 22-24, 2020

4-H Round up will bring 7th through 9th grade youth to Purdue's campus in the Summer of 2020 for an opportunity to engage in hands on career exploration in their fields of interest. If you are interested in attending 4-H Round Up at Purdue University, contact Rebecca Wilkins at [wilkin33@purdue.edu](mailto:wilkin33@purdue.edu) or 8127384236.

## Citizenship Washington Focus June 7-July 18, 2020

Every summer, high school students from across the country travel to Washington, D.C. to participate in Citizenship Washington Focus (CWF), 4-H's premier leadership and citizenship program for high school students. CWF is more than a Washington, D.C. field trip – it's an opportunity for 4-H'ers to learn how to be citizen leaders and make a difference in their communities. Participants are immersed in the culture and history of Washington through educational workshops, facilitated by our highly trained collegiate program assistants. Workshops start with the basics of good citizenship and culminate with action planning for their own communities. For more information, go to [purdue.ag/4Hcwf](http://purdue.ag/4Hcwf). Registration is due May 15th, so contact Rebecca if you are interested in this exciting trip to Washington D.C!





Rebecca Wilkins, multiple 4H youth volunteers, and I had the opportunity to attend the Mental Health First Aid USA for Adults Assisting Young People course at the Clark County Fairgrounds. This certification allows for specialized training to provide care for young people experiencing depression, anxiety, psychosis, and substance abuse disorders. There was a particular focus on recognizing when someone may be experiencing crisis.

A little background on myself; I am first a wife and mom to five wonderful kids. Four of our children fit into the age group we were educated on. Secondly, I am a youth leader at Unity Chapel United Methodist Church, where I minister to children preschool through fifth grade. Third, I am an Emergency Nurse Practitioner, where I regularly see adolescents and young adults who struggle with managing their mental health well-being. Lastly, I am a volunteer for Harrison County 4H. This course has benefited me in many ways.

The founders of this program, Betty Kitchener and Anthony Jorm set out with the vision to create "an empowered community providing support to one another in times of mental health problems and mental health crises" (Kelly, CM, Kitchener, and Jorm, 2017). I commend them for setting out on this mission. The days of living in silence with the heavy burden of mental illness are coming to an end. Our youth need to know that it is okay to have a bad day

and there is someone to listen without interruption, judgement, or criticism. Establishing that the youth has that good support system in place, whatever that may look like; church leaders, mentors, teachers, school counselor, parents, friends, and/or family is imperative. It is well-known and often observed that opinions vary on the topic of mental health. It is best to be open-minded, non-biased, and supportive regardless of your personal feelings. Here is a helpful mnemonic: A-assess for risk of harm or suicide. L-listen non-judgmentally. G-give reassurance. E-encourage appropriate professional help, self-help, and other support strategies (Kell, et. al., 2017).

As a clinician, I try to instill in my patients that mental well-being is just as important as physical health. I often give the analogy that if they had a broken bone, I would not just give crutches to keep the weight off but additionally apply a splint to support the broken bone. To maintain good mental health often medicine in combination with counseling, behavioral modifications, and physical well-being are vital. It is also important for youth and their parents to understand that this transition to recovery does not miraculously occur overnight. It takes weeks if not months





for the efficacy of medicine to be noticeable and lifelong skills of coping mechanisms that depending on the individual and their motivation as to how long those develop.

Among the resources available to troubled youth and parents, a particular one I have found to be interesting is the Bark mobile app. According to Zapal (2019), 62.2% of tweens and 70.5% of teens either bullied, were bullied, or witnessed bullying on their electronic device. According to Curtin and Heron (2019), suicide increased 56% from 2007-2017 amongst youth aged 10-24. That is quite hard to swallow. How many of you have or love a child between the ages of 10 and 24? This app offers a way for monitoring your child while giving them the opportunity to maintain their privacy as well as prove that they are making good choices. The Bark app navigates through the digital platforms of text messages, email, social media for signs of unsafe content and conversation. When the app detects these potential risks, an alert is sent to the parent's device with a snapshot of the conversation in question. This app is also affordable at \$9/month for unlimited devices. The ratings from parents are very favorable. The deciding factor for me was that this app was designed based on evidence by psychologists, law enforcement, digital media experts, and youth advisors.



I leave you with this message: please, help a child in need. They are troubled, scared, and embarrassed; they probably won't ask you. It is your duty to say, "Are you okay? What can I do to help you? I am here for you." Give yourself the tools necessary to protect, help, and love our youth. Here are some additional resources: National Suicide Hotline: 1-800-273-8255. Crisis Text line: 741-741. The Trevor Project: 1-866-488-7386. The Bark app: <https://www.bark.us/#how>.

Sincerely,

Alisha M. Long, ARNP, MSN

### Resources:

Curtin, M.A., Sally and Heron, PhD, Melonie. (2019). Death Rates Due to Suicide and Homicide Among Persons Aged 10–24: United States, 2000–2017. NCHS. No. 352. <https://www.cdc.gov/nchs/data/databriefs/db352-h.pdf>  
Kelly, CM, Kitchener, and Jorm. (2017). *Mental Health First Aid USA for Adults Assisting Young People*.

Zapal, Haley. (2019). *2018 Children and Teen Cyber Fact Sheet*. Company News.