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Office Closings

- September 7—Labor Day
- October 12—Columbus Day
- November 3—Election Day
- November 11—Veterans Day
- November 26-27 Thanksgiving Holiday

4-H in gratia

By Katie Davidson and Rebecca Wilkins

2020 presented everyone with unprecedented challenges. 4-H across the nation was no different. Here in Harrison County, Indiana, our 4-H program felt the impact of Covid-19 in full. Beginning in March our regular in person programming was paused, as numbers increased, and new information about the virus was being discovered. Out of an abundance of caution, Purdue University instructed local Extension Educator's to postpone all in-person activity through mid-July. Despite having a plan B made in June, our county 4-H fair was moved to a virtual format. Post-Independence Day numbers began to climb around the country, and the Covid-19 testing facility hosted at our Harrison County Fairgrounds remained in place for the good of our community. Our great Indiana State Fair 4-H event moved to a virtual exhibit hall and a limited livestock showcase for August.

As we reflect on this timeline "gratitude" may seem like the last word that would pop into one's mind. 4-H, however, focuses on positive youth development and in Harrison County 4-H, we chose to focus on the positivity of gratitude. Immediately, a needs assessment was sent to our 4-H families. A virtual Zoom Club provided kits and guided lessons as everyone was asked to "hunker in place". This provided a social outlet and a few fun activities for participants. Community Service projects focused on front line and essential workers. "Gratitude Cards" showed those in our community that their service was appreciated, albeit from a distance.

Research has shown that we can train our brains to focus on and experience positive emotions during stressful times. Reflecting on positive things in your life can reduce anxiety and apprehension. This is especially important to remember for young people. Youth who experience stress are more likely to experiment with drugs, alcohol, and other risky behaviors. Alternatively, researchers at UC Berkeley who have studied the effects of gratitude over the past few decades have shown that kids who practice gratitude experience lower levels of negative emotions like envy and depression. These children also experience heightened feelings of happiness and more satisfaction with themselves and others around them.

(continued pg. 3)

The 4-H Council practices the 4-H essential element of generosity. If your family requires financial assistance for 4-H programs or State 4-H program fees, please contact Rebecca Wilkins. If you need special accommodations, please let us know two weeks prior to an event.





PURDUE UNIVERSITY Extension

VIRTUAL 4-H VOLUNTEER CAFÉ SERIES

Learn how to create a positive environment and inclusive experience in all 4-H mission areas.

SEPTEMBER 23RD
ESSENTIAL ELEMENTS
6:30-7:30 PM
Presenter: Heather VonDielingen

OCTOBER 29TH
HEALTHY LIVING
6:30-7:30 PM
Presenters: Megan Broughton, Megan McNeely & Gail Peitzmeier

NOVEMBER 12TH
ANIMAL SCIENCE
6:30-7:30 PM
Presenter: Malley Scott, Rebecca Wilkins & Clint Deck

DECEMBER 1ST
CIVIC ENGAGEMENT
6:30-7:30 PM
Presenter: Lesley Lodmell & Katie Whiteford

JANUARY 12TH
CLUB MEETING SOCIAL DISTANCING
Presenter: Katie Whiteford

FEBRUARY 23RD
CLUB/PROJECT LEADER 4HONLINE 2.0
Presenter: Katie Whiteford & Malley Scott

MARCH 15TH
STEM
Presenter: Sam McCallum & Clint Deck

TO REGISTER, COMPLETE THE GOOGLE FORM AT:
[HTTPS://FORMS.GLE/0UEEALER2RBDGAWZ6](https://forms.gle/0UEEALER2RBDGAWZ6)

Zoom invites and workshop materials will be sent to registrants prior. To learn more, contact your local Purdue Extension Office.

Purdue University Cooperative Extension Service is an equal access/opportunity institution.

Yes, we can meet again!

Club Leaders! It's time to get our club meetings up and going again. You can meet here in our building.

You will need to complete the proper Covid-19 Safety paperwork and submit it to our office at least three weeks before the meeting date. Once it is approved by Purdue Extension we will put your meeting on our calendar. You need only complete this form once if this is going to be a regular recurring meeting at the same location.

If you would prefer to set up virtual meetings and would like training on doing these please contact our office at 812-738-4236.

IMPORTANT DATES

September 2020

- 7- Office Closed for Labor Day
- 23-Zoom Volunteer Training –The Essential Elements of 4-H
- 25-26-Third Grade Harrison County Agriculture Day 2020
- 29-Parent & Volunteer Zoom Meeting

October 2020

- 1- 4-H Open Enrollment Begins!
- 2- 4-H Movie Night at the Georgetown Drive-in.
- Call the Extension Office by Sept. 30 to RSVP
- 6-12 National 4-H Week
- 12- Office Closed for Columbus Day
- 20- 4-H Awards Banquet (Save the Date)

November 2020

- 3-Office Closed Election Day
- 11-Office Closed for Veterans Day
- 26-27 Office Closed for Thanksgiving

Save the Date

JOIN US FOR A
LUAU
AREA 2 4-H CAMP
JUNE 4-6

PURDUE UNIVERSITY Extension - Indiana 4-H



Adults also benefit from gratitude. Robert Emmons, one of the world's leading gratitude researchers, has shown that people who practice being grateful experience lower blood pressure, better sleep, better feelings of wellbeing, are less bothered by aches and pains, and have decreased feelings of anxiety and depression. There is a social component to gratitude as well, which may be the most important effect of gratitude during these trying times. Showing thankfulness to others and serving others with a mindset of gratitude makes us feel more connected, less lonely, more forgiving and compassionate, and more satisfied in our relationships.

So how can parents and other youth workers help youth initiate this positive development?

Here are a few tips. Avoid using sarcasm in these situations.

Identify the good: Over dinner or on the drive to school, ask your child to identify something that happened or that will happen during their day. Example: I noticed a new student at school today and said hello. I noticed that a friend is doing virtual learning, so I'm going to call them tonight.

Find gratitude challenges: During a stressful moment, take a breath and ask the youth to identify one good that may come of the event. This may not be easy and you may need to help. Example: Our town has asked us to stay at home for a while. What is one positive that we can think of about being home? We may get to redecorate your bedroom. We will be home together. We finally have time to binge watch The Mandalorian!

Find a community service: Good things can happen, even while maintaining a physical distance. You may know of someone who needs help. Mowing a neighbor's lawn, or sending a thank you card to a local fire department can be done without sharing germs. Donate to a food bank.

Give a compliment (and accept compliments with gratitude): Do you like the cashier's face covering? Tell them so! It's important to share positivity by sharing kindness. It's also important to accept kindness from others. Say "Thank You!" when the other person compliments you as well.

Keep smiling: Myth: You can't see a smile under a face covering. Fact: Smiles are present in your eyes and in your voice when you smile.

Harrison County 4-H is poised for success. The 2021 program year is designed to be flexible, and offer a range of options for both in person and virtual formatting. Programs will focus on civic engagement, healthy living, and science. Club meetings may take place, and will have a Covid-19 Safety Plan which is approved by Purdue University. A sneak peek of 2021 programs include "Storytelling Brick By Brick: How to create stop-motion movies" and will reinvent "4-H Clover Chef" using international recipes. As always, the program will focus on the essential elements of positive youth development: generosity, belonging, mastery, and independence.

Community members are asked to fill out our Purdue Extension Harrison County Needs Assessment to help better meet the needs of youth in the county. This assessment can be found at <https://bit.ly/harrisoncountyneeds>.

Resources:

<https://www.mentalhealthfirstaid.org/2019/11/being-grateful-can-improve-your-mental-health/>

<https://www.apa.org/news/press/releases/2012/08/health-benefits>

<https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>

<https://www.psychologytoday.com/us/blog/the-refugee-experience/202003/lets-aim-physical-rather-social-distancing>

https://ggsc.berkeley.edu/what_we_do/major_initiatives/expanding_gratitude/youth_gratitude_project



Outstanding 4-H Member Jr. (3rd-8th) Sr. (9th-12th)

This award is based on the current year points only and can only be won once per category (Example) you can win only once as a Jr. AND only once as a Sr.). This award will be given out at the fall awards banquet. There is no application. The awards team will review the points and the winners will be chosen. The winners of these awards will receive an embroidered captain's chair.

4-H Member of the Year Award

This award is a one time award which is open to anyone in Harrison County 4-H grades 3rd-12th. It will consist of an interview with a non 4-H panel, cover letter, a life skills resume using 3-5 life skills, and your 4-H record of achievement. This will be similar to the state scholarship forms that 10th-12th grade members currently use for scholarships. This award will also be given out at our fall awards banquet. The above criteria and application will be due to the office by October 9. The winner award will be an embroidered jacket.

4-H Awards Banquet

We are planning the Banquet for Tuesday, October 20. 6:00 p.m. meal begins & awards program follows. This will be held at the Windell Ag Building. Food, drink, and table service provided. **RSVP at 812-738-4236 by Friday, October 9.**

(This may change per COVID mandates)

First Harrison Citizenship Washington Focus Award and Roy Jones Memorial Award

The First Harrison Citizenship Washington Focus Award is for high school aged members, based on the Citizenship application. Award is a trip to Washington D.C. with Indiana 4-H. Funding provided by First Harrison Bank and the Harrison County 4-H Council. This is an exciting experience for 4-H members and other youth to go to the nation's capital and learn more about the meaning of citizenship. Each delegate will take part in workshops on contemporary issues and topics such as international affairs, human relations, government, ecology and conservation, family life and dating, community development, drama and creative expression, economics, agricultural policy, leadership, and careers while touring the nation's capital.

The Roy Jones Memorial Award is for Jr. High members: \$250 savings bond. Award is based on the Citizenship application.

Ag Day 2020

Ag Day 2020 is going virtual! 3rd graders in Harrison County will be offered Agricultural-related activities both in the classroom and online. Purdue Extension Educators will conduct live zoom lessons, in-classroom activities and goodie bags will be provided to the schools, and virtual lessons will be available for students at home. Topics this year will include Honey Bees, Chicken Embryology, Equine Nutrition, and more! Ag Day is sponsored by Farm Bureau and Purdue Extension. If you are in a home school co-op or individual home school family, and your child is in the 3rd grade, contact us about participating!





It's that time of year again. Volunteers are needed to help our youth in Harrison County!

There is nothing more rewarding than knowing that you have helped a young person grow to be a well rounded and upstanding citizen. There are lots of opportunities available for 4-H Volunteers. You must be an approved volunteer. It only takes a few minutes to complete the application. You will also need to be interviewed and consent to a background check.

If this sounds like something you would be interested in we have a lot of opportunities!

A. Budget and Finance Committee:

- a. Evaluate previous expenses and income.
- b. Set up proposal for 4-H budget.
- c. Consider and make recommendations on other financial matters of the board as directed.
- d. Conduct an annual audit of the corporation and report at the annual meeting.

B. Nominating Committee:

- a. The committee shall meet at least thirty days prior to the Annual Meeting of the members to consider nominees for election to the 4-H Council Board of Directors.
- b. The committee shall make a report of its nominations at the Annual Meeting.

C. Program Committee: They make recommendations to add new county projects to the 4-H Council as needed. They provide support for youth programs and help set educational objectives. This committee helps the educator in providing quality 4-H experiences to members and families. They work with the educator to provide workshops, special trips, and other events as needed by the Harrison County 4-H program. They also assist with expansion of clubs and leaders when needed.

D. Facilities Committee:

- a. Evaluate existing facilities at Fairgrounds.
- b. Make any recommendations to the Board of Directors. This include buildings, show cases, etc.



E. Awards Committee:

- a. The committee will be responsible for selecting the recognition and awards for the Harrison County Fair 4-H Exhibits and the 4-H Achievement Program.
- b. Evaluate Awards procedures and update when necessary.
- c. Work with Budget and Finance Committee on funding for trips and awards.

F. Promotion Committee:

- a. Keep the public informed of what's going on in 4-H club work.
- b. Plan activities or events promoting 4-H throughout the year with emphasis on Indiana and National 4-H Weeks.
- c. Recommend ways for increasing 4-H club membership and participation.
- d. Make recommendations on how to coordinate working relationships between 4-H Clubs, school districts, and other agencies and groups.



Parent & Volunteer Meeting

Tuesday, September 29 at 7:00 p.m. Question and answer session. This will be a Zoom meeting. Details will be sent via email blast.



We are moving to 4HOnline 2.0!!

This upgrade will take place October 15, and the enrollment process should look the same for everyone. All your information will roll over to the new system. No need to recreate your family profile.

We will begin our training on 4HOnline 2.0 soon. Please watch for email updates. We will host online technical support nights to guide you through!

Have you checked out some of the fun video's on our Facebook Page? Below are just a few:

Learn how to do some fun stuff!

- *Make Popcorn Soap
- *Make a Plant Cell Pizza
- *Make Biscuits and Jam with Mary!
- *Popping Popcorn-Making Popcorn Seasonings!
- *Tie Dye Facing Covering
- *Sugar Cookies with Mary





Thanks to Indiana 4-H Foundation grant money and the Harrison County 4-H Council matching grant, we were able to purchase all of these items for Zoom Club Kits! We had a good participation and were able to keep in contact with our 4-H youth through zoom meetings. A pandemic can't stop us!



Thank you to Dare to Care of Louisville for providing food for our Teens Cooking Matters Classes! They provided the food for the actual cooking classes as well as provided this group with take home packages each week so the teens could make a meal at home for their families showing what they had learned during the class.

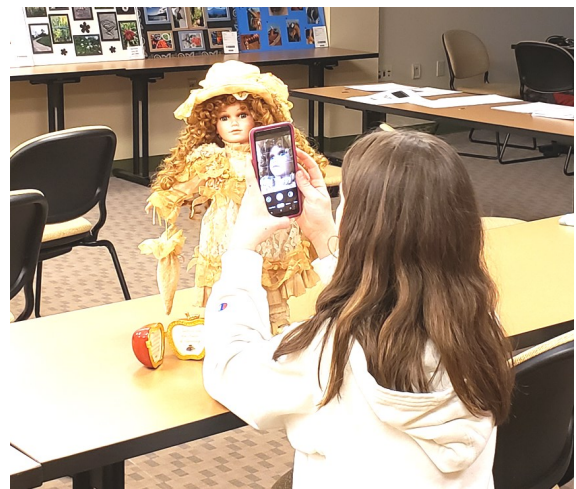




There was a Performing Arts Contest March 6th at Corydon Live!



We had a Photo Workshop on February 27th for Project Night. We learned how to use your camera to create exciting pictures to tell stories. This was led by 4-H Volunteer Debbie Schweitzer!



Face to face socializing before the pandemic! YQCA Training



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4-H Clover Print

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Harrison County 4-H Newsletter



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Purdue Extension Harrison County



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Extension
HARRISON COUNTY

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