

March/April 2021 Newsletter

Dear Friends,

The weather is warming up and it's time to start working on 4-H projects in earnest. A lot has changed since last March but we are still excited about the upcoming opportunities. In this letter there is information about important events such as tagging and YQCA., Adverts for upcoming and ongoing ANR programs and much more. The next extension board meeting is March 11, 2021 at 7 pm in the community building. The next 4-H Fair Board Meeting will be April 1, 2021 at 7 pm in the community building. If you have business to discuss with either board please contact the extension office.

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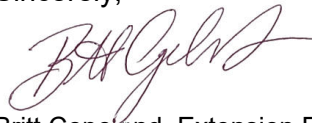
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Sincerely,



Britt Copeland, Extension Educator



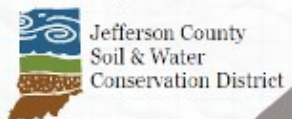
Join us as Dave Osborne, Purdue Extension- Ripley County, discusses:

- fish management and habitats
- pond weed management
- answers to your pond related questions

In the event of inclement weather, the workshop will be held at Jefferson County 4-H Community building. **Masks and social distancing will be required.** Please contact the extension office for complete COVID-19 safety plan details.

Please RSVP to Purdue Extension-
Jefferson County at (812) 265-8919
or email copelanb@purdue.edu

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Extension - Jefferson County

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Agriculture & Natural Resources

Forage Forum Fridays

Join Purdue Extension and Forage industry Specialist as they Discuss a wide variety of forage topics each Friday at noon (EST)

- ⇒ March 19– Pasture development & renovations
- ⇒ March 26– Making quality dry hay
- ⇒ April 2– Making quality haylage/belelage
- ⇒ April 9– Properly manage pastures
- ⇒ April 16– Rotational grazing

To register for the sessions, visit:

<https://bit.ly/2LIPnZK>

March Gardening Calendar

HOME (Indoor plants and activities)

- Begin fertilizing houseplants as new growth appears. Remove spent leaves and flowers to improve appearance and encourage more blooms.
- Start garden seeds indoors for transplanting outdoors later in spring.

YARD (Lawns, woody ornamentals, and fruits)

- Prune trees and shrubs (except those that bloom early in spring) while plants are still dormant. If you are concerned about winter injury, delay pruning until after dieback; you can assess desiccation injury as plants come out of dormancy.
- Plant new trees and shrubs as soon as the soil dries enough to be worked. Plant bare-root plants before they leaf out.
- Fertilize woody plants if needed before new growth begins but after soil temperatures reach 40 degrees.
- Remove winter coverings from roses as soon as new growth begins. Prune out dead canes and fertilize as needed. Delay pruning into live canes until after you can assess winter injury.
- Apply superior oil spray to control scale insects and mites when the tips of leaves start to protrude from buds.

GARDEN (Flowers, vegetables, and small fruits)

- Plant cool-season vegetables and flowers as soon as the ground has dried enough to work. Do not work the soil while it is wet; wait until it crumbles in your hand. If the soil forms a solid ball when you squeeze it, it's still too wet.
- Gradually harden-off transplants by setting them outdoors during the daytime for about a week before planting.
- Start the seeds of warm-season vegetables and flowers indoors. Transplant seedlings to the garden after the danger of frost has passed. To find the average date of a frost in your area, consult maps provided by the [Indiana State Climate Office](#).
- Remove old foliage from ornamental grasses and perennial flowers.
- Watch for blooms of early spring bulbs, such as daffodils.

Southeast IN Animal Science

Lunch & Learn @ 12:00pm

Join the conversation to ask the experts all your questions.

MARCH 18 – PASTURE WEED ID & CONTROL
APRIL 1 – POULTRY – SELECTING EGG LAYERS
APRIL 15 – FENCING
APRIL 29 – BIOSECURITY & ZOO NOTIC DISEASES
MAY 13 – SELECTING REPLACEMENT HEIFERS



Register at: <https://bit.ly/2UZIwH8>

View each program live or pre-recorded



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SOUTHEAST INDIANA GARDENING

LUNCH & LEARN

11:30AM - 12:30PM

March 24 - Early-Season Gardening
April 14 - Composting
April 28 - Gardening for the Elements
May 12 - Vegetable Gardening 101

Register at: <https://bit.ly/38Sglls>

Live Video Link: <https://bit.ly/2UzDsJ5>

View each program live or pre-recorded



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4-H Youth Development



Livestock/ Animal Tagging Information

Safety Information:

Please help us in maintaining social distance and keeping lines moving efficiently this year at tagging so we may continue to have in-person events. The following information is a summary of our safety plan for tagging. Contact the office for a full copy.

- All members must remain in their vehicles at tagging except when asked to unload by 4-H Leaders.
- Only the required amount of family members may come to the fairgrounds for tagging. Unless necessary, please limit the amount of family members out of the vehicle during tagging to one member and one parent.
- Face masks/coverings are required when interacting in close proximity to volunteers and fellow members outside your household in barns and tagging areas.
- Please monitor your health for symptoms of COVID-19 and do not attend if you are experiencing those symptoms or have been in close proximity to others who have.

Beef Tagging—April 17, 2021, 7 –10 am on the Fairgrounds

Traffic will enter gate 1 and be directed to the beef barn. After tagging it is highly recommended members stop at the extension office to enroll their animals on 4-H Online. The 4-H Online deadline is May 15th. Please read the following sections for more beef information.

Sheep, Goat, Swine Tagging—April 24, 2021, 7 –10 am on the Fairgrounds

All traffic will enter through Gate 3 and be directed by species to form separate lines the same as in previous years. Look for a traffic flow map to be posted on our Facebook page closer to tagging day. All livestock projects need to be enrolled on 4-H Online by May 15th. **It is highly recommended you complete this online enrollment by stopping at the extension office on your way out of the fairgrounds.** All livestock projects that are not enrolled will be ineligible to show at the county and state fairs.

To Enroll your Animal on 4-H Online at Tagging Day and before May 15th you will need:

- **Tag numbers or appropriate ID-** given at tagging day
- **Premise ID-** refers to area animals are kept and is given by the Indiana Board of Animal Health. You can apply for a premise ID at www.in.gov/boah/. Contact the office for assistance.
- **Weight-** if applicable
- **Animal Birthdate**

County Paperwork to be Completed at Tagging Day- copies available at Tagging

- **Cattle and Swine Born and Bred Paperwork-** due at tagging
- **Swine Ractopamine Affidavit-** due at tagging
- **Lease agreements-** due May 1st but can be turned in at tagging to extension office

State Fair Bound Exhibitors

If you plan to show at the state fair, tell your leaders at tagging so they may collect DNA Hair Samples from your animals at tagging. Additional tags may also be required for state compe-



4-H Youth Development



Important Swine Exhibitor Information Concerning Ractopamine

A reminder to all Swine exhibitors that the use of the feed additive, Ractopamine (Paylean TM) is a banned substance at the Jefferson County 4-H Livestock Auction as of February 17, 2020. There will be an affidavit at tagging for each swine family to sign indicating that to the best of their knowledge no ractopamine has been feed to their 4-H hogs. Copies of this affidavit will be available at tagging day. Contact the office with any questions or to receive a copy of the affidavit ahead of tagging. Any swine testing positive for ractopamine at processors used by the Jefferson County 4-H Auction will face the following consequences:

- Loss of appraisal income for the entire load of swine registered to that individual 4-H member and those of their family members (not just the individual animal).
- The processor may also choose to refuse all future swine from that individual 4-H member and their family members. If this happens, that 4H member and their family would not be allowed to sell at future livestock auctions or to send extra animals to the appraiser.

Swine Vaccine & Dewormer Injections Available through North Madison Veterinary Clinic

Swine vaccine and dewormer injections will be available this year through the North Madison Veterinary Clinic at the community building parking lot during pig tagging. The costs are:

FluSure XP/RespiSure-One/ER Bac Plus vaccine is \$8.00/pig

Dewormer injection is \$3.00/pig

Veterinarian injection administration fee is \$2.00/pig

(or you may pick-up the vaccine and administer yourself)

These prices include booster vaccines that will need to be picked up at the North Madison Veterinary Clinic on May 13th or May 14th. Our new location address is 1848 E 400 W, Madison, IN 47250.

Due to the nature of the stability of the vaccination, there is a 24-hour window of viability for the vaccination to be effective. Therefore, you must pick up and give the booster dose on the scheduled days.

If you have any questions regarding the vaccine or worming, please call North Madison Veterinary at (812) 273-5737 prior to tagging day.

Please be prepared to pay with exact cash or check at the time of service. Sorry no charging.



YQCA is a required training for all Indiana 4-H members who exhibit Dairy, Beef, Goat, Poultry, Rabbit, Sheep and Swine. All 4-H members will register for trainings through their YQCA account. At yqca.learnrow.io, sign in using the box for 4honline with your 4honline user name and password. Enter information for the individual whose name will appear on the certificate. (4-H member, not adult) 4-H Member's status must be active on 4-H Online to register.

Exhibitors are to be YQCA certified or they will not be able to exhibit at County or State

4-H Members can take YQCA online for \$12 or attend an in person training for \$3 on the following dates, Online registration prior to the event is required.

- April 23rd 6-7:30 pm in the Community Building
- May 11th 6-7:30 pm in the Community Building
- June 18th 6-7:30 pm in the Community Building

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4-H Youth Development



2021 4-H Handbooks

Jefferson County 4-H Handbooks are now available! You can pick your copy up in the extension office with your other books or view it [online here](#). Dates and times listed in the handbook are subject to change as we make modifications for COVID.

Hop on over and join us!

Area 1

4-H Rabbit Workshop



Extension - 4-H Youth Development



4-H Youth Grades K-12

Save the date: Mini 4-H Day Camp June 19th

The extension office and the 4-H Junior Leaders are planning to put on a Day Camp for Mini 4-H members on June 19, 2021 at the fairgrounds from 10 am to 2 pm. Camp will feature STEM activities, animal project demonstrations and lots of fun! Registration information will be available soon, for now save the date!

Thursday, April 8, 2021 / 5:00-7:00 PM

Jennings County Public Library

2375 IN-3, North Vernon, IN 47265

Program will be offered virtually and in-person for grades K-12. Youth will have the opportunity to interact with their own rabbit project to learn about 4-H Rabbit Ambassador, breed ID, general small animal knowledge and play bunny bingo.

Face coverings and social distancing are required.

Registration is required by calling Purdue Extension Jennings County at 812-352-3033 by April 2nd. If you need reasonable accommodations to attend this program, please contact Melessa Wiesehan at mwieseha@purdue.edu by April 2nd.

The Jennings Co. Extension office will have limited hours March 22-26.

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Junior Leaders
INDIANA 4-H



Next Meeting:

March 16, 2021 @ 6:30 pm

In the Community Bldg.

The Junior Leaders met in person on February 23, 2021 to plan for the Junior Leader led mini day camp and made valentines as a community service project. Meeting minutes are posted on our Facebook group. The March meeting will be in person and following a COVID Safety plan.

We continue to monitor the cases and schools guidance in bringing together our communities youth. Please continue to check your emails, join the 4-H Junior Leader Facebook Group and contact the office with any questions.

Questions about Junior Leaders?

Contact Bess Adams or Britt Copeland at (812) 265-8919 or by emailing copelanb@purdue.edu.

Health & Human Sciences

Jefferson County Homemakers Council Meeting

DATE: Thursday, March 4

TIME: 9:15 a.m.

WHERE: Jefferson County Extension Office in conference room

Please have a Club Representative in attendance to discuss business and plan spring activities.

IEHA Update

President-Elect, Jan Gogel, presented the 2021-2022 calendar for review. Important dates for the Madison District to remember are:

Tuesday, August 24, 2021--Fall District Meeting at Dearborn County

Thursday, March 10, 2022—Spring District Meeting at Switzerland County

Please convey the information about scholarships to anyone in your county that might be interested. The due dates are coming up quickly, so refer to the forms in your Blue Book.

I am looking for nominations for the Enthusiasm Award. The form is in your Blue Book and are due to me by April 15.

If you are interested in participating in the Host-A-Hoosier program, information is due to Stephanie Jerabek by April 15.

President Anne Moore revisited her goals for this year and reminds every one of her desire for each county to have a Homemaker's Facebook page. Also, remember the L.O.V.E. of Family initiative. You can send any publicity from this initiative to Anne.

The Purdue Educator Liaison, Lisa Cangany, reminded us that Homemakers are an independent entity and the Extension Office should/does not submit a safety plan to Purdue for your activities. They only submit safety plans (requiring about 3 weeks for approval) for meetings happening in their offices.

For 2021, Anne is hoping the counties will continue to collect money for our IEHA Cancer Research Endowment Fund by participating in the Cruising the Counties to collect funds. Boarding has already begun—start saving up loose change, dollar bills or checks. The County Treasurer should send one check from the county to State Treasurer, Ellen King, by April 15, using the Dues and Donations Form. Also, write "Cancer Fund" on the memo line of the check. Since IEHA started contributing to the Endowment Fund, the counties have contributed over \$225,000—AMAZING!!!

How Kindness Fits Into a Happy Life

A new analysis of decades of research shows that when we are kind to others, we are healthier and happier.

BY JILL SUTTIE | FEBRUARY 17, 2021

We all know that it's good to be kind to others. Kindness is an important virtue for sustaining relationships, which helps to build a trusting and cooperative society.

You may have also heard that kindness makes you happier and healthier. But what does that mean for you? What acts of kindness will make us happiest, and who tends to benefit the most?

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A newly published review of decades of kindness research provides some answers.

In this paper, researchers analyzed the results from 126 research articles looking at almost 200,000 participants from around the world. The studies they chose all had to meet certain criteria, such as including only adults and reporting good statistical data; some were experiments, where people did a kindness practice to observe its effects, while others just surveyed people about how kind and happy they were. The studies measured well-being in a variety of ways, including both mental and physical health.

As expected, people who were kind tended to have higher well-being. Lead researcher Bryant Hui was surprised the relationship was not stronger than it was, but he was still encouraged by the results.

"Although the overall relationship between prosocial (kind and helpful) behavior and well-being is weak, given that so many people around the world act prosocially, the modest effect can still have a significant impact at a societal level," he says.

A small effect like this—an average of all the participants' experiences—can sometimes hide other patterns going on below the surface. So, he and his colleagues considered when kindness might have a bigger impact on our well-being.

One thing they found was that people who performed random, informal acts of kindness, like bringing a meal to a grieving friend, tended to be happier than people who performed more formal acts of kindness, like volunteering in a soup kitchen. It's possible that informal helping may fill our more basic psychological needs for autonomy and close relationships, which is why it could lead to greater happiness.

The researchers also found that people who were kind tended to be higher in "eudaimonic happiness" (a sense of meaning and purpose in life) more than "hedonic happiness" (a sense of pleasure and comfort). Perhaps this makes sense, given that being kind involves effort, which takes away from comfort but could make people feel better about themselves and their abilities, which would provide a sense of meaning.

Being kind came with greater eudaimonic happiness for women than for men, too. According to Hui, this could be because, in many cultures, women are expected to be kinder than men; so, they may have more to gain from it. And younger participants experienced more happiness when they were kind than older participants, perhaps for developmental reasons, he says. Younger adults are at a stage of life where they tend to be figuring out their identity and actively seeking the purpose and meaning in life that kindness can bring, less so than pleasure and comfort.

What other, specific benefits might kindness have? The researchers found that people who were kind tended to have higher self-esteem and a sense of self-efficacy. To a lesser degree, they also experienced less depression and anxiety and improved physical health—with the links to health being strongest in older adults.

Hui doesn't know for sure why acting kind might have these different effects on different groups, but he points to theories put forth by researcher Elizabeth Midlarsky: Being kind may make us feel better about ourselves as a person or about the meaning of our lives, confirm our self-competence, distract us from our own troubles and stressors, give us a warm-glow feeling, or help us be more socially connected with others. All of these could potentially improve our well-being—reducing our stress, improving our mood, or providing community—and they could hold more importance at different stages of life, too.

By understanding the connection between kindness and well-being, Hui thinks researchers can design better studies that take into account all of the relevant factors, and innovators could create more effective kindness practices. In the future, he hopes there will be kindness apps or online programs that could reach more people, generating a larger impact around the world.

In the meantime, Hui says, the biggest take-home from his research is something he heard the Dalai Lama say long ago: "If you want others to be happy, practice compassion. If you want to be happy, practice compassion."

"Helping others is a universal virtue and a very affordable and economic way to benefit others' and our own well-being," he says. "As the saying goes, helping others is helping yourself."

Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
March 11	Extension Board Meeting	Community Building	6:30p.m.
March 16	Volunteer Development Webinar		12:00 p.m.
March 16	Jr. Leader Meeting	Community Bldg.	6:30 p.m.
April 8	Area 1 4-H Rabbit Workshop	Jennings Co. Library	5:00– 7:00 p.m.
April 14	Pond Management Workshop	Johnson Lake	6:00- 8:00 p.m.
April 17	Beef Tagging	Fairgrounds	7:00-10:00 a.m.
April 23	YQCA	Community Building	6:00– 7:30 p.m.
April 24	Sheep, Goat & Swine Tagging	Fairgrounds	7:00-10:00 a.m.
May 11	YQCA	Fairgrounds	6:00– 7:30 p.m.
May 15	All livestock enrolled on 4-Honline		
June 7-10	4-H Camp		
June 18	YQCA	Fairgrounds	6:00– 7:30 p.m.
June 18	Meat Pen Rabbit tattooing	Fairgrounds	
June 19	Mini 4-H Day Camp	Fairgrounds	10:00– 2p.m.
July 9-16	Jefferson County 4-H Fair		

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