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**A VERY MERRY
CHRISTMAS
and Happy New Year!**




Office Hours M-F 9:00 - 4:00
412 Main Street
Rising Sun, IN 47040
<https://extension.purdue.edu/Ohio/>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 2px solid green; padding: 5px;"> <p>The office will be closed Dec. 24-27th for Christmas Dec. 28th-30th for Construction Dec 31-January 3rd for New Years</p> </div>			1. Camp Counselor Apps. DUE Lumberjacks Meeting 6pm @EO	2	3 Jazzy Jest-ers Meeting	4
5 Junior Leader Holiday Shopping 3pm @ Walmart	6. YAB & FB Training Bear Branch @ 6:30pm	7 Class Clovers Meeting 6:30 pm @EO	8. Extension Annual Meeting @ 6pm @ High School	9. BQA @ Stewart Seeds @ 6:30pm	10	11 Holiday Baking Basics @ 10am at RSHS
12 Shamrock Shiners 3pm @EO	13	14. After School STEM	15	16. Goat Management 101 Series @ 10am Facebook LIVE Let's Get Cookin! Partying with Pomegranates	17	18
19	20	21	22	23	24	25
26 Trailblazers Meeting 2pm @EO	<div style="border: 2px solid red; padding: 5px; display: inline-block;">Office Closed</div>					
	<div style="border: 2px solid red; padding: 5px; display: inline-block;">Office Closed</div>					

JANUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 
2	3. YAB 6:30pm Office Closed	4 Class Clover s Meeting 6:30 pm @EO	5 Lumberjacks Meeting 6pm @EO	6	7 Ext. Homemak- er Council meet- ing 10am Jazzy Jesters Meeting	8
9 Shamrock Shin- ers 3pm @EO	10	11. Camp JD Planning Meeting @ 6pm @ Ripley Co	12 PCARET Legislative Luncheon	13	14	15 4-H Enrollment Deadline
16	17. YQCA @ 5pm Livestock Com @ 6pm Fair Board @ 6:30pm Office Closed	18	19	20. Goat Management 101 Series @10am Facebook LIVE	21	22
23 Strengthening Families– 2:00pm Trailblazers Meeting 2pm @ EO	24	25	26	27 The Skin You are In– 10am at EO	28	29
30 Strengthening Families– 2pm	31					



Extension - Ohio County

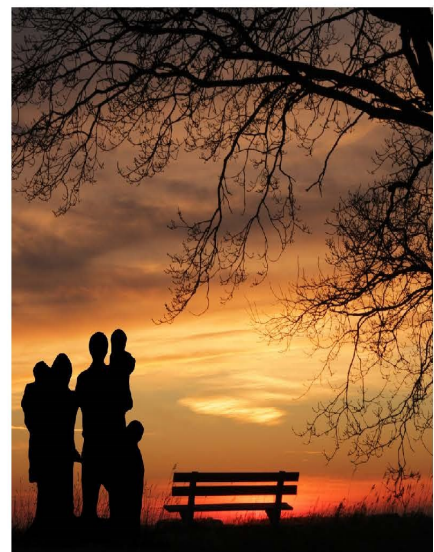
Join Us!
2020-2021
Annual Extension
Showcase

**When: Wednesday, December 8th, 2021
at 6pm**

**Where: Rising Sun High School
Wilson Hall of Champions**

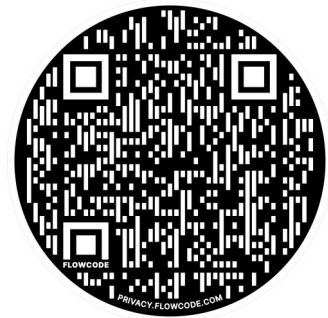
**Help us celebrate the successes of 2021
and learn what's happening in 2022
with Purdue Extension-Ohio County!
Refreshments provided!
Extension Board Business Meeting to
follow Concert.**

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access/affirmative action institution.



ENROLLMENT IS NOW OPEN FOR OHIO COUNTY 4HERS

Scan the QR Code or visit
v2.4honline.com to get signed up today. En-
rollment must be completed before attending
programs. Enrollment Closes January 15th



Mark Your Calendar!



- January 15, 2022 - 4-H Enrollment Deadline
- March 5, 2022 - Winter ID (Beef & Dairy) 8:00-9:00am
- April 30, 2022 - Spring ID Day (Sheep, Goat, & Swine) 8:00-10:00am
- May 15, 2022 - Livestock Entered into 4-HOnline Deadline
- June 4, 2022 - Summer ID Day (Rabbit) 9:00-10:00am
- June 4, 2022 - Fair Entry Deadline
- June 6-10, 2022 - 4-H Camp
- June 24-July 2, 2022 - Ohio County 4-H Fair



Youth for the Quality Care of Animals (YQCA)

In 2022, to exhibit beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry and rabbits, 4-H members must be certified through the Youth for the Quality Care of Animals. This is an annual program that can be completed via face-to-face trainings or online modules. The fee for the face-to-face trainings will be covered by Ohio County Fair Board through the use of coupons. Coupons will be mailed to each 4-H member registered to exhibit livestock. 4-H members will be required to register for trainings online at <https://ygca.learnrow.io/Account/Login> and pay the fee or enter the coupon code when they register. This is an important educational opportunity for 4-H livestock members.

The goals of having 4-H members complete the YQCA program include ensuring that

- Youth will be more prepared to be ambassadors for animal agriculture in their role as youth livestock exhibitors.
- Animals from youth livestock programs are treated with the utmost care.
- 4-H members are contributing to a safe, wholesome food supply.

Trainings for Ohio County members are

- January 17th @ 5:00pm @ E.O.
- February 7th @ 5:00pm @ E.O.
- June 4th @ 11:00am @ Fairgrounds

For more information about trainings, please contact the Ohio County Extension Office.



Class 1 for Christmas filled quickly so sign up for Class 2 of our Holiday Baking Basics Series NOW! Class 2 will be held on February 12 from 10am– Noon in the FCS classroom at RSHS. We will be working with chocolate and learning to make something extra chocolatey and special for Valentine’s Day!



Junior Leader Holiday Fun Night Dec. 5th

Walmart 

Walmart– 3pm by door closest to Route 50.

Followed by dinner at La Rosa’s in Greendale



And on to the Creation Museum Light Display



Back to Rising Sun by 730pm!

Holiday Baking Basics Class 2

BRING YOUR FAVORITE GROWN UP BAKING BUDDY AS WE LEARN ABOUT THE DELICACIES OF CHOCOLATE FROM CHEF LAURIE!

WHEN: SATURDAY, FEBRUARY 12TH, 2022 FROM 10AM -NOON

WHO: AGES 3RD GRADE AND UP

WHERE: RISING SUN HIGH SCHOOL FCS CLASSROOM

COST: \$15.00

REGISTER:
[HTTPS://WEB.CVENT.COM/EVENT/462D810F-8D00-4781-B53D-9C3E02855762/SUMMARY](https://web.cvent.com/event/462d810f-8d00-4781-b53d-9c3e02855762/summary)

Questions? Call the Extension Office at 812-438-3656

All Baking Supplies Provided! Bakers will take home their baked good to share and a recipe card!

Class 3- Cakes/Cake Decorating for Easter (4/9/2022)

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Congratulations! Ohio County was represented by Olivia Cate and Natalie Fisk at the first annual Indiana 4-H Consumer Decision Making Contest on November 6th in Madison County. Participants judged 4 classes of toaster ovens, blenders, mixers and microwaves. Natalie was over all second high point individual and won a new blender courtesy of Indiana 4-H! Way to go ladies!





2022 SCHOLARSHIP OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship, and a silver tray, will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Additional scholarships may be awarded depending on sponsorship availability. The number of scholarships awarded in each category may be adjusted to meet special criteria of a particular sponsor.

Visit bit.ly/4hscholarship to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

\$157,940 AWARDED IN 2021



GOAT MANAGEMENT 101

GOAT MANAGEMENT 101

Are you in the middle of kidding or could start any day? Are you ready? Tune in to learn tips on how to get through kidding successfully. Ask your questions to Dr. Ashley Green, DVM.

Now that your kids are on the ground it's time to be sure they are growing and healthy. Learn what you can do to help them thrive and prepare for weaning!



Join us on December 16th beginning at 10:00am via [Facebook LIVE @ Purdue Extension-Ohio County Page](#)



Join us on January 20th beginning at 10:00am via [Facebook LIVE @ Purdue Extension-Ohio County Page](#)



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Reduce Forage Losses During Winter Feeding

– [Garth Ruff](#), Beef Cattle Field Specialist, Ohio State University Extension

Now that we have had nearly a week of hard frost, the end of the grazing season is in sight. Previous authors of this column have talked about having a plan for feeding hay in terms of how long and when to start. This week let's look at different approaches to winter feeding and the pros and cons of each system.

Feeding hay is expensive, if you waste it, you lose money. Consider the following to minimize waste during feeding.

1. **Feed hay in a feeder to minimize waste.** Feeding hay in a feeder or ring reduces the amount of feed trampled and soiled, especially when feeding large round bales that provide several days of feed.
2. **Feed hay in well-drained areas.** If you intend to feed hay in a single location all winter, consider feeding on crushed gravel or even concrete pad can help minimize problems with mud. If feeding on a pad, manure management is another part of the equation.

Large round bales with ring: A better system for feeding large round bales is to set the bale in the pasture or feeding area but limit access to the hay with a feeder or hay ring. This system requires an initial investment in hay feeder or rings, but feeding losses are lower. Feeding hay in racks or rings is crucial for producers who do not or cannot feed hay to their cattle daily.

Consider bale feeders with tapered cone design as another option. These “hay savers” come in a variety of makes and models but the general design has been tested with regards to winter feeding.

Data from a three-year study at North Dakota State University, looking at mature third trimester cows used an economic analysis model with budgets for 100- and 300-cow reference herds and determined that feeding in a tapered cone round bale feeder versus unrolling bales or grinding hay and feeding on the ground led to the following:

- significantly increased cow weight gain;
- resulted in greater positive rib fat depth change;
- reduced hay consumption an average of 10.2%; and
- reduced hay waste in the two years of the study when alfalfa-grass hay was fed, but not in the year when oat hay was fed.

Unrolling large round bales: Another popular system is to unroll the bale and feed it on the ground as loose hay. When fed daily, feeding losses run about 12 percent. In Eastern Ohio this method is often used during calving season to provide laying area for young calves, in this instance expect greater feeding losses.

Processing or grinding hay: Grinding or chopping hay can reduce waste, sorting, and refusal of long-stemmed hay. Processing also allows for the inclusion of lower quality, less palatable hay in total mixed rations. Processed hay is best when fed in a bunk of some sort. One must evaluate the equipment cost of a bale grinder or processor.

Summary: Research from NDSU showed that feeding round bales in a tapered-cone feeder reduced wintering cost by 21% for the 100-cow herd and 17.6% for the 300-cow reference herd compared to feeding processed bales. Rolling out round bales was in between in cost (Landblom et al. 2005 NDSU Cattle and Range Research Report).

No matter what, some hay will be lost or wasted, and mud will be ever a present challenge. Proper feeding management minimizes these losses. Since hay is often the most expensive feed used on beef operations, there is incentive to minimize waste via implementing management practices.



Bale feeders with tapered cone design have proven to be “hay savers.”
Photo: Oklahoma State University



2021 Beef Quality Assurance Trainings

2021-2022 Indiana Beef Cattle Association (IBCA) and Purdue Area 1 Beef Meeting

WHEN: Tuesday, December 14th, 2021 at 6:00 pm
WHERE: South East Purdue Ag Center (SEPAC), Butlerville, IN
WHY: The meetings will feature great food and valuable information on a variety of beef topics. IBCA will provide an update on current policy and programs. Purdue Dept. of Animal Science will provide the educational presentation.
HOW: RSVP to Jennings County Extension office at 812-352-3033 by 12/3/21.

The counties in this AREA are: Bartholomew, Brown, Dearborn, Decatur, Jackson, Jefferson, Jennings, Ohio, Ripley and Switzerland.

Current IBCA Director: Fred Glover

Sponsors:



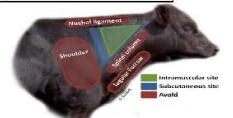
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WHY: Beef Quality Assurance (BQA) training and certification is now required for beef producers selling "fed cattle" (finished beef steers and heifers coming out of a feedlot) that ultimately are processed by many of today's major packers. BQA certification is good for 3 years and the program is free to producers either in the face-to-face or on-line formats.

*When RSVPing, please communicate which location, date, number of people attending & contact phone number.

Location	Date/Time	RSVP* & Contacts for Questions
Southern Indiana Purdue Agricultural Center (SIPAC) Conference Room, 11371 E. Purdue Farm Road, Dubois, IN 47527	Mon., Nov. 1, 6:30-9:00 p.m. Mon., Nov. 29, 6:30-9:00 p.m.	Kenny Eck (RSVP to kuboises@purdue.edu), Nick Minton (Purdue Extension, 812-279-4330)
Fulton County Extension Office 1009 W. Third St., Rochester, IN 46975-7119	Tues., Nov. 2 6:30-9:00 p.m. Tues., Nov. 9 6:30-9:00 p.m.	Mark Kepler (RSVP to Purdue Extension, 574-223-3397), Ron Lemenager (Purdue Extension, 765-427-5972)
Southern Hills Church 1645 S St Rd Hwy 135 Salem, IN 47167	Thurs., Nov. 4, 6:30-9:00 p.m. Thurs., Dec. 2, 6:30-9:00 p.m.	Purdue Extension (RSVP to Danielle Walker, 812-883-4601 and Ophelia Davis, 812-275-4623), Nick Minton (Purdue Extension, 812-279-4330)
Southeast Purdue Ag Center 4425 County Rd 350 N, Butlerville, IN 47223	Thurs., Nov. 11, 6:30-9:00 p.m.	Jill Andrew-Richards (RSVP to Purdue Extension, 812-438-3656), Nick Minton (Purdue Extension, 812-279-4330)
Creighton Hall – Purdue Dept. of AnSc, Rm 1042, 270 S Russell St, West Lafayette, IN 47907	Tues., Nov. 16, 6:30-9:00 p.m.	Ron Lemenager (RSVP to Purdue Extension, 765-427-5972)
Stewart Seeds 2230 E. County Road 300 North, Greensburg, IN 47240	Thurs., Dec. 9, 6:30-9:00 p.m.	Jill Andrew-Richards (RSVP to Purdue Extension, 812-438-3656), Nick Minton (Purdue Extension, 812-279-4330)

For general BQA questions please contact Ron Lemenager (Purdue Extension, 765-427-5972) or Nick Minton (Purdue Extension, 812-279-4330).



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Southeast Indiana Agriculture & Natural Resources Lunch N' Learn Webinar Series

Join Purdue Extension experts as they tackle the tough topics and answer your questions live! All sessions hosted 12pm to 1pm

Participants can register at the link below or call 812-427-3152

REGISTER: bit.ly/SEINAg

Live Webinar link: bit.ly/SEINAgLive

November 4

Pest Control in the Home & Garden



November 18

Forage Quality



December 2

Winter Care of Trees and Shrubs



January 13

Pond Management



January 27

Home Lawn Care



February 10

Winter Landscape Management



February 24

Gardening 101



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All Category Commercial Applicator CCH Program

Monday, December 06, 2021

8 AM – 12 PM

Topics

8:00 – 9:00 AM – Dave Osborne - Purdue Extension
 Sprayer cleaning, maintenance, and winterizing
 9:00 – 11:00 AM – Fred Whitford – Purdue Pesticide Programs
 You Should Talk To Your Insurance Agent Because Insurance is Complex

The Best of Storage, Measuring, Adjuvants, and Compatibility
 The Benefits of Using Pesticides

11:00 – 12:00 PM – Jeff Hermesch – Purdue Extension

PPE's and Worker Protection

4 CCH's applied for ALL Commercial Categories (TBD)

Applicators wishing to receive recertification credits must RSVP by emailing names to osbornnda@purdue.edu or calling 812-689-6511 space limited to first 80

Cost for Program is \$40 (checks payable to Ripley County CES Fund). Pay at the door.

Pesticide Recertification Program

Southeast Purdue Ag Center

4425 East 350 North

Butlerville, IN 47223

Monday, December, 06, 2021

1-3 PM

Topics

1-2 PM Jeff Hermesch – Purdue Extension – Managing products in Inventory

2-3 PM – David Osborne – Purdue Extension -The ABC's of Fungicides

Private Applicators wishing to receive recertification credit must bring \$10 and their PA number to the meeting

Questions To:

Dave Osborne – Purdue Extension-Ripley County (812) 689-6511

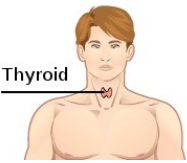
HEALTH & HUMAN SCIENCES

Mental Health News and Updates

What used to be known as Seasonal Affective Disorder or SAD, is now recognized as Major Depressive Disorder with a Seasonal Pattern. According to NAMI (National Association on Mental Illness), this type of disorder often comes with the change of seasons and is a result of chemical changes in the brain and body.

Unfortunately, symptoms of SAD usually occur around the holidays but here are some tips that can help you manage if you are feeling out of sorts.

1. **Stay Hydrated**– Drink water and keep your skin hydrated because both help with nourishing our brains and their effect can improve our overall mood.
2. **Find time to exercise**– go have some fun and get moving by trying on those old ice skates or going sledding with the family. Just get up and move for at least 30-60 every day so that the feel good endorphins that come from exercise can help ease those symptoms of depression.
3. **Spend time with your loved ones**– social interaction, playing a game, cooking together– all of these offer a chance to be social and that can help ease feelings of loneliness that can impede this time of year.
4. **Pamper yourself**– take a hot bath, get your nails done, go for a massage, enjoy a good book– whatever it is that makes you feel calm and relaxed be sure to take the time to do it.
5. **Indulge without over consuming**– treating yourself to something tasty can make you feel happy for a moment but over indulging can leave you feeling down and negative so remember to enjoy in moderation.



January is Thyroid Awareness Month

DYK? More than 12% of the US population will develop a thyroid condition at some point in their life. The thyroid is a hormone producing gland that helps to regulate our metabolism in the body and has an impact on critical body functions like heart rate and energy levels.

Check out these stats courtesy of

<https://www.lifecarefhdc.org/january-thyroid-awareness-month/>.

- Its estimated that 20 million Americans have some form of thyroid disease.
- Nearly 60% of those are unaware of their condition.
- Women are 5 to 8x more likely than men to have a thyroid issue.
- 1/8 women will develop a thyroid disorder in her lifetime.
- Most thyroid cancers respond to treatment but some are more aggressive.
- Cause of thyroid problems is unknown.
- An undiagnosed thyroid disease may put a person at higher risk for cardiovascular diseases, osteoporosis and infertility.
- Pregnant women with an undiagnosed or untreated thyroid issue have an increased risk for miscarriage, preterm delivery and developmental problems with their baby.
- Most thyroid diseases are life long but can be managed with medicine and routine care.

Pomegranate Spinach Salad– pretty and healthy for the holidays!

Recipe courtesy: <https://crec.ifas.ufl.edu/extension/pomegranates/recipes.shtml>

- 1 10oz bag spinach leaves
- 1/4 red onion, sliced thin
- 1/2 c. walnut pieces
- 1/2 c. crumbled feta cheese
- 1/4 c. alfalfa sprouts
- 1 pomegranate, peeled with seeds separated
- 4 T. balsamic vinaigrette

Directions: Wash hands with warm water soap for 20 seconds prior to starting. Place spinach in a salad bowl and top with remaining ingredients. Drizzle with dressing. Refrigerate leftovers within 2 hours.





Upcoming Programs

December 15th at 10am at EO

Let's Get Cookin! Partying with Pomegranates learn about this nutrition packed food and sample some deliciousness!

Dining with Diabetes Virtual Series

Program will run on Tuesdays beginning January 25th through February 15th. Call the Extension Office at 812-438-3656 for information or to register.

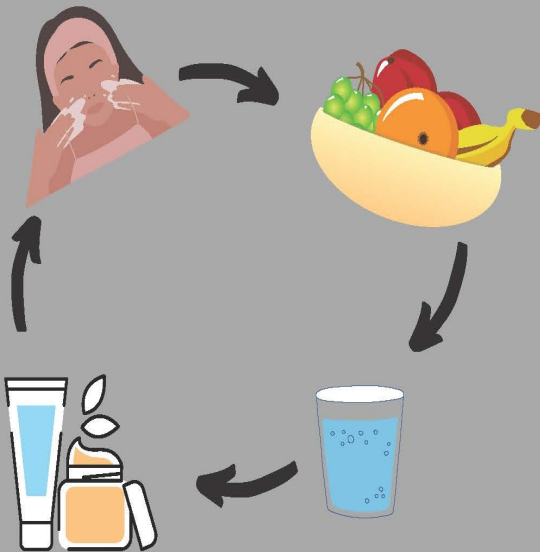


January 27th at 10am at the EO

The Skin You Are In– tips and tricks for aging skin.



Extension - Ohio County



The Skin You Are In- Taking Care of our Skin as we Age

Date: **January 27th, 2022**

Time: **10am**

Where: **Extension Office**

RSVP: **Please call 812-4358-3656 by
01/25/2022**

Our skin is our largest organ- keeping it healthy as we age is vital to our overall health. Join us for tips on keeping your skin glowing, nutrition for our skin as well as learning the ABC's of skin health.

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