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<https://extension.purdue.edu/Ohio/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Classy Clovers @6:30 4-H @ the State House	2 10am Poultry nutrition via Facebook Live Lumberjacks @ 6pm	3	4 Jazzy Jest-ers	5
6	7 5pm YQCA 6pm Ag Advisory Meeting 6:30pm YAB	8 6pm Beef Basics 6pm Camp Counselor Training	9	10. Citizens for a Drug Free Ohio County 10am	11	12 Holiday Baking Basics- Class 2 @ 10am
13 Souper Bowl Sunday at Hoosier Haven- 12pm Shamrock shiners @3pm	14 	15 6pm Beef Basics Shooting Sports State Contest meeting 6:30pm via zoom	16	17	18	19
20	21 Office Closed 5pm VDO 6pm Livestock Com 6:30 Fair Bd	22 6pm Beef Basics	23 Where Does Your Money Go? 1pm	24	25	26 Reasons Judging Program
27 Trailblazers @2pm	28					

Attention ALL Youth Grades 7-12!

Are you looking for volunteer hours?

We are looking for youth to come to board meetings to help with planning programs and the fair.

If you are interested please contact the office. Each meeting is approximately an hour. Come to as many or as few as you would like to attend.

Mark Your Calendar!

- 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-H Online 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



4-H GROWS HERE



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.





Extension - Ohio County



ABC'S of

Small

Appliances



Airfryers, Instapots, Toasters Ovens,

OH MY!

Friday, March 18th from 9:30-3:30 at Extension Office
7th-12 graders

Cost \$20.00

enroll at <https://v2.4honline.com/#/user/sign-in>



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Nature Camp

Date: March 15

Time: 9:00am-4:00pm

Location: Extension Office

Who: 3rd through 6th grade students

Why: Natural environments have a positive impact on people's mental health & well being. To reduce the average 7 hours/day American child spends on electronic media. Nature play can support creativity, problem solving, increase ability to focus and enhance cognitive abilities.

Registration Due by: March 10th. Limited to 20 participants. Cost:\$20 Free to 4-H members



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Extension - Ohio County



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://CVENT.ME/5AR3GD](https://cvent.me/5AR3GD)

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)

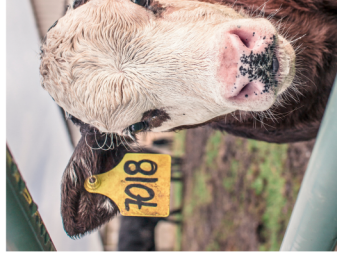


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Livestock Judging



Reasons Workshop

Saturday, February 26, 2022 8:30-10:30 am
at Scottsburg High School Commons

This workshop is for beginners to advanced judges, 3rd-12th grade. Learn how important note taking is to being successful at the livestock judging contest!

Registration will start at 8 and participants will receive a resource binder.

The cost for the workshop is \$5 payable at the door.

RSVP by February 23rd to Purdue Extension Scott County
812-752-8450 or mmcneel1@purdue.edu.

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February Garden Tips

By: Rosie Lerner

HOME (Indoor plants and activities)

Check water levels in cut flowers daily. Check stored produce and flower bulbs for rot, shriveling, or excess moisture. Discard any damaged items. Most houseplants require less water in the winter because growth is slow or stopped. Check the soil for dryness before watering. Move houseplants to brighter windows, but don't place plants in drafty places or against cold windowpanes.

Potted spring-flowering bulbs forced into early blooming can make good gifts for a sweetheart. Keep these plants in a bright, cool location for longer-lasting blooms. Forced bulbs make poor garden flowers, and you should discard them as blooms fade.

YARD (Lawns, woody ornamentals and fruits)

Choose appropriate plant species and cultivars, and begin drawing your landscape plans. Cut branches of forsythia, pussy willow, crabapple, quince, honeysuckle, and other early spring-flowering plants to force them into bloom indoors. Place the branches in warm water, and set them in a cool location. Check mulches, rodent shields, salt/wind screens, and other winter plant protections to make sure they are still in place.

Prune landscape plants (except early spring bloomers that should be pruned after flowers fade). Birches, maples, dogwoods, and other heavy sap bleeders can be pruned in early summer to avoid the sap flow, although bleeding is not harmful to the tree.

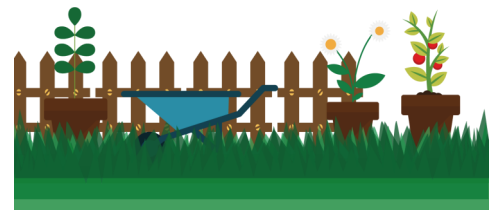
Delay pruning fruit plants until you can assess winter injury.

GARDEN (Flowers, vegetables and small fruits)

Order seeds before it's too late for this year's planting. Sketch your garden plans. Remember to include plants to replace or replant crops that you will harvest in spring or early summer. Prepare or repair lawn and garden tools for the upcoming season.

Start seeds indoors for cool-season vegetables so they will be ready to transplant to the garden early in the season. You should start broccoli, cauliflower, and cabbage seeds five to seven weeks prior to transplanting.

Test leftover garden seed for germination. Place 10 seeds between moist paper toweling or cover with a thin layer of soil. Keep seeds warm and moist. If fewer than six seeds germinate, then purchase fresh seed.



Save the Date

March 7, 2022

5:30pm

Early Season Gardening

Come learn all the tips you need to get an early start on gardening this year!

Poultry Nutrition Basics



Do you have questions on the nutritional needs for egg layers and growing birds? Join us live to ask the experts.



Join us on February 2nd beginning at 10:00am via Facebook LIVE @



Purdue Extension-Ohio County Page

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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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BEEF BASICS PROGRAM

8 Virtual Sessions: Tuesday Nights
February 8 - March 29, 2022
6:00 - 8:00 PM (EST)



Cost: \$50

Registration: <https://tinyurl.com/wwwba92w>

Registration Deadline: February 1, 2022

Session Topics Include:

- Overview of the beef cattle industry
- Animal behavior
- Stockmanship and facilities
- Beef cattle health
- Forages and nutrition
- Beef cattle genetic selection and reproduction



PURDUE UNIVERSITY

Extension

6A200

HEALTH & HUMAN SCIENCES

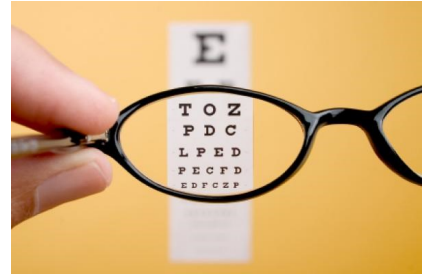
February is Low Vision Awareness Month-

Information courtesy: <https://www.nei.nih.gov/learn-about-eye-health/resources-for-health-educators/outreach-materials?topic=241&type=All&audience=All&language=All#views-exposed-form-publications-page-page-1>

Age related vision problems affect millions of Americans. Low vision can make it difficult to do simple tasks like grocery shopping, reading a book or doing a word search. Low vision is also something that cannot be treated with basic eye doctor practices like new eye-glasses or contacts and surgery.

Even though these common treatments don't help with low vision issues, there is vision rehabilitation that you can do that will help you to continue living independently and get the most out of your remaining sight. Low vision cannot be reversed but it can be managed!

Low Vision occurs in most people over the age of 65 but can happen at any age. Some of the major causes include Age Related Macular Degeneration, Diabetes and Glaucoma but it can also stem from eye injury also.



February is Heart Health Month!

Just because it is cold outside, doesn't mean that you should not be getting your 30-60 minutes of physical activity each day. Check out these tips from the University of Nebraska Lincoln about staying active while inside!

- **Hearty ball tag** – Use a small heart-shaped bean bag, balled up sock, or stuffed animal for the ball. The person who is “It” throws the ball to tag another. Once a person is tagged, they are “It”. Keep playing until everyone needs to “catch their breath”.
- **Indoor soccer** – Two or more people can play this. Use a small (about 5-6”) sponge or stuffed ball with vinyl covering that doesn't go more than a few feet when kicked. One person defends the goal (refrigerator or piece of furniture) while the others try to kick the ball to hit the goal.
- **Balloon volleyball** – Use a balloon for the ball and a couch for the net. Or you could tie a string from one chair back to another creating a net line in the middle of the room. Teams hit the balloon back and forth across the “net”.
- **Indoor snowball fight** - Create “snowballs” by wadding paper into balls. Each team picks a side of the room and gets an equal amount of “snowballs”. Start throwing!

Celebrate Soup Day on February 1st!

Recipe courtesy: <https://food.unl.edu/recipe/slow-cooker-chicken-tortilla-soup>

3 boneless, skinless chicken breasts 1 (14.5 oz) cans diced tomatoes with green chilies
2 (15 oz.) cans black beans, rinsed and drained 1 (15 oz.) can tomato sauce, no salt
1 (4 oz.) can green chilies 1 cup salsa 1 cup frozen corn
Shredded cheese, corn chips

Directions: Wash hands with warm water and soap for 20 seconds. Using a slow cooker liner or non-stick spray, prepare the slow cooker bowl. Place thawed chicken breasts in bottom of slow cooker and then wash hands after handling raw chicken. Add tomatoes, black beans, tomato sauce, green chilies, salsa and corn, gently stirring. Cook on low heat for 8-10 hours or on high heat for 4-6 hours or until internal temperature of chicken is 165 degrees F. 30 minutes prior to serving, shred chicken and then return to crockpot. Serve with tortilla chips and cheese.

Homemakers' Spring Fling Spring District Day

Hosted by the Switzerland County Homemakers

Thursday, March 10th, 2022

Registration 9:30 am | Meeting 10 am

Vevay Assembly Church

721 E Main Street, Vevay, IN 47043

Holy Smokin' Pork & More Food Truck

A local caterer will be serving pulled pork & sides. If you have any dietary restrictions or needs, please let us know.

Registration

Please register by 2/28/22. Registration is \$15/attendee.

Each county should send \$5 per county for door prizes.

