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Rising Sun, IN 47040



Check this out


<https://extension.purdue.edu/county/ohio/>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. Lumberjacks Meeting 6pm @EO	2.	3. Nature Camp 9-3 Jazzy Jesters Meeting	4. @ Fairgrounds Rabbit ID 9-10am Rabbit & Poultry Workshop 10am YQCA 11am
5.	6.	7.	8. Classy Clovers Meeting 6pm @EO	9.	10.	11.
-----4-H Camp-----						
12. Shamrock Shiners Meeting 3pm	13. YAB 6:30	14. 4-H Project Help Day	15. Servsafe Handler 1pm @EO	16.	17. Vet Science Camp 9-3 Mini 4-H Morning 10-11am	18.
19.	20.	21. Train Your Brain, 1pm	22. Fair Set up 6pm	23.	24.	25.
26.	27.	28.	29.	30.		
-----OHIO COUNTY 4-H FAIR-----						

Mark Your Calendar!

- June 3, 2022 - Nature Camp
- June 4, 2022 - Summer ID Day (Rabbit) 9:00-10:00am
- June 4, 2022 - Rabbit & Poultry Workshop 10:00am
- June 4, 2022 - YQCA @ 11:00am
- June 4, 2022 - Fair Entry Deadline
- June 6-10, 2022 - 4-H Camp
- June 14th– Project Help Day at office
- June 15th– Servsafe Handler Course/test
- June 11-12, 2022 - Area 1 Horse & Pony Show
- June 17, 2022 - Vet Science Camp
- June 24-July 2, 2022 - Ohio County 4-H Fair

★ 4-Her Olympics

Attention ALL 4-H members! It's back!! Sign up will be during project check in on Saturday, June 25th. The first event will be after project check in and it will be Monday - Thursday as well.

4-H members can sign up either a group of 3 high schoolers, 3 middle schoolers or 4 elementary schoolers depending on their age. After we have all the groups signed up, we will randomly put a group of high schoolers, middle schoolers and elementary schoolers together to form a team. We will keep track of points to determine a winning team at the end.



Attention Seniors!!

We are in need of senior pictures and biographies from each of the 10 year and final year 4-H members. We will recognize each of the seniors during the fair prior to the auction.



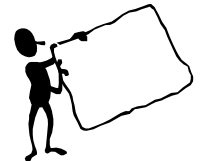
Attention: 4-H Member

If you have not paid your \$20 program fee please stop by the Extension Office to do that as soon as possible. Livestock can not be entered until payment is received!!

FOAM BOARDS & SLEEVES

Foam Board and Sleeves to cover your posters are now available at the Extension Office!

Foam Boards are \$5.00 and the Sleeves are \$1.00.
We also carry sleeves to cover the photography salon prints.



Please be aware if you want to purchase the foam boards elsewhere make sure that it meets the poster size requirements of 22" x28".

FairEntry DEADLINE JUNE 4TH!!!

Help will be at Summer ID Day for last minute entries!

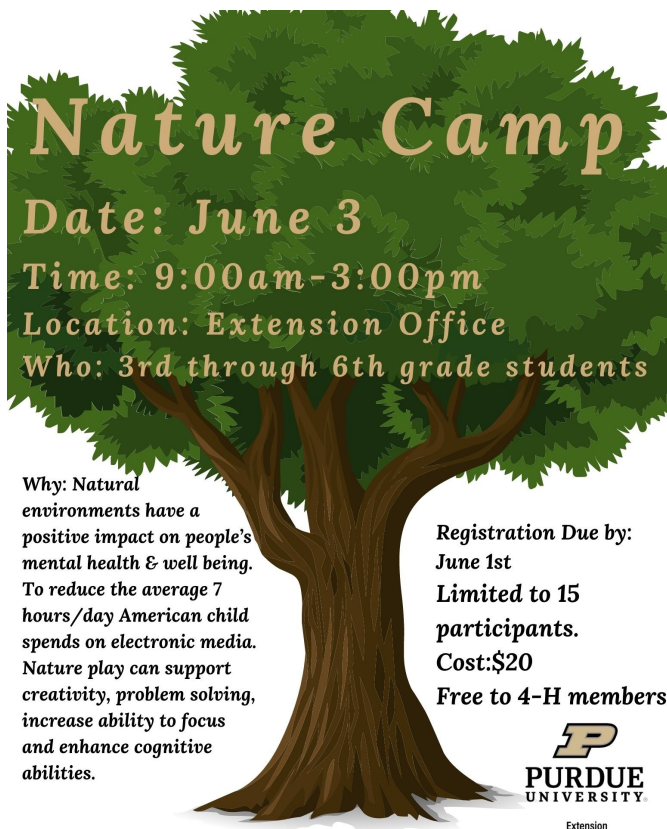
June 4th is the LAST YQCA Training offered in person!!



You must pre-register at yqcaprogram.org

If you have not already attended a training and you miss this training you will have to take the course online.

Call the office if you have questions or need assistance.



Nature Camp

Date: June 3

Time: 9:00am-3:00pm

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: June 1st
Limited to 15 participants.
Cost:\$20
Free to 4-H members



Extension

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4-H PROJECT HELP DAY



NEED HELP GETTING THOSE PROJECTS DONE?

Need help getting those Exhibit Hall projects completed? Need something printed from our Cricut? Need advice on how to arrange a poster? Want feedback on your baked goods? The Extension Office is here to help!

FAIR IS JUST AROUND THE CORNER! ARE YOUR PROJECTS DONE?

WEDNESDAY
14TH
JUNE 2022

Purdue Extension Ohio County
412 Main St. Rising Sun, IN 47040

Purdue University is an equal opportunity/equal access affirmative action institution.

Veterinary Science Camp

June 17, 2022
9:00am-3:00pm
Rising Sun Vet Clinic

Youth that just completed grades 5-9.
Cost: \$20 (Current 4-H members are FREE)
Lunch will be provided.

Register: Please contact the Ohio Co. Extension Office at 812-438-3656 for registration or questions.



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INVESTIGATION: INDUSTRIAL TECH AND YOU

Tuesday, July 19th, 2022
8am Cost: \$20.00
Ivy Tech Campus-
Lawrenceburg

Register **HERE!**



Are you interested in an
Industrial Technology Career?

Welding?

**Machine Tools?
Drill Presses?
Precision
Measurement?**



**Electricity?
Electric
Circuits?
Industrial
Wiring?**

YOUR Opportunities Are LIMITLESS!

Brought to you by Ivy Tech Community College and Purdue Extension Ohio and Purdue Extension Dearborn Counties. Space is limited to 15 participants. Lunch and Snacks provided!

Purdue University is an equal opportunity employer/equal access/affirmative action institution

**Junior Leaders will meet on
Wednesday, June 15th at 4pm!
*** Junior Leaders
who wanted to take
the ServSafe Handler
class and test will
need to be at the
office at 1pm on
Wednesday, June
15th for make up
class!*****



FRIDAY

CALLING ALL MINI 4-HERS!!!!

JUNE

17

10-11AM

**MINI 4-H
MORNING FUN**

Purdue University is an Equal Opportunity/Equal Access/Affirmative Action Institution.

Rabbit & Poultry Workshop

June 4th 10:00-11:00am @ Fairgrounds

Come learn how to get your rabbits and poultry ready for the fair.

There will be animals there to demonstrate.

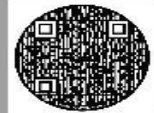
If you have questions contact the office at 812-438-3656.



INVESTIGATION: HEALTH CAREERS AND YOU

Tuesday, July 19th, 2022
8am Cost: \$20.00
Ivy Tech Campus-
Lawrenceburg

Register **HERE!**



Are you interested in
a Medical Career?

**Phlebotomy? Nursing?
Doctor? How much
education do I need?**

**Certified Nursing
Assistant? Medical
Assistant?**



**Physical Therapy? Speech
Therapy? Occupational Therapy?**

Nurse Practitioner?

YOUR Opportunities Are LIMITLESS!

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Fair Admission for 4-H Members!!

4-H members will receive ONE FREE admission into the Ohio County Fair Main Event Nights.
Friday, June 24th is the Flat Drags, cost \$10 per person over the age of 5.
Saturday, June 25th is Truck & Tractor Pull, cost \$15 per person over the age of 5

LIVESTOCK EXHIBITORS

All animal record sheets will be checked by club leaders this year.

- ◆ Record sheets must be finished and checked to be eligible to show your animal!!



- ◆ Before any livestock are unloaded at the fair, a visual ID check **MUST** be done by species chairman.

Livestock Weigh In/Check In Items to Remember

- Animals must be free of disease to be stalled or caged.
 - Be sure birds do not have lice.
- Animals will be checked for skin issues when entered.
- Be sure rabbits do not have ear mites.
- All livestock will have an entry card that will need to be turned in during weigh in times. Those will be distributed at the scales.
- Destinations for all animals need to be declared when entry cards are turned in at the scales. This includes home bound animals.

FARM BUREAU PORK CHOP BBQ

4-H members are strongly encouraged to support the Pork Chop BBQ at the fair. Members should invite buyers to the Livestock Auction.

If there are any 4-H members, parents or volunteers that are willing to assist the Ohio County Farm Bureau Inc with the BBQ please contact Jill at the Extension Office. They are in need of assistance with cooking and serving this year. Please help us to give back to an organization that helps 4-H.

CALLING ALL 4-H MEMBERS!!

When: June 22, 2022

Time: 6:00PM - ?

Where: Fairgrounds

What: 4-H Clean up day.

All members **MUST** come and clean up the fairgrounds to get ready for the 2022 Ohio County Fair. We will be setting up stalls for the beef, pens for the goats, sheep, and swine, and cages for the poultry and rabbits. All the bleachers need to be cleaned.

There is a lot of work to be done before the fair!!!



2022 Ohio County Fair Schedule

Friday, June 24, 2022

Gate Fee \$10 (5 & under free)
10:00 Fashion Revue (Appearance Judging)
12:00 Tractor Driving Contest
12:00 Royalty Contest Announcement
1:00 Dog Show (Exhibit Hall)
2:00 Pocket Pets Show (Exhibit Hall)
2:30 Cat Show (Exhibit Hall)
3:00PM Gates Open
4:00 Drags Registration & Inspection
7:00 **Flat Drags**

Saturday, June 25, 2022

Gate Fee \$15 (5 & under free)
8:00AM Helpers Meeting
8:30 Judges Meeting
9:00 – 12pm Enter Exhibit Hall Projects
12:00 4-Her Games
3:00PM Gates Open
7:00 **Truck/Tractor Pull**

Sunday, June 26, 2022

9:30AM Horse Show Registration
10:00AM Horse Show
5:00–8:00PM Livestock Unloading
(Beef, Swine, Sheep, & Goats)

Monday, June 27, 2022

7:30-8:30AM Enter Rabbits, Poultry, and Waterfowl
9:30 Livestock Weigh In & Auction Pictures
9:30 Sheep & Goat
10:00 Swine
10:30 Poultry & Rabbit
11:00 Beef
9:30-2:00 Check Livestock Record Sheets
1:00 Archery Shoot
2:30 4-Her Games
5:00 – 8:00 Exhibit Hall Open
4:00 Public Speaking & Demonstration Contests
4:30 Public Fashion Revue

Tuesday, June 28, 2022

8:00AM Rabbit Show
1:00 4-Her Games
5:00 – 8:00 Exhibit Hall Open
4:30 Dairy Cattle
5:00 Dairy Goat Show (Auction Pictures)
7:00 Meat Goat Show

Wednesday, June 29, 2022

8:00AM Poultry/Waterfowl Show
8:00-10:00 Breeding Gilt Unloading
10:00-11:00 Breeding Gilt Weigh In
1:00 4-Her Games
5:00 – 8:00 Exhibit Hall Open
5:00 Sheep Show
7:00 Swine Show

Thursday, June 30, 2022

10:30- 12:00 Mini 4-H Picnic
1:00PM 4-H Livestock Judging Contest
2:00 – 3:00 Enter Cow/Calf
2:30 4-Her Games
5:00 – 8:00 Exhibit Hall Open
6:00 Beef Show

Friday, July 1, 2022

1:00 Supreme Showmanship
4:00 – 6:00 Farm Bureau Pork Chop BBQ
3:00 – 5:00 Exhibit Hall Open
6:00 Ohio County 4-H Auction
5:00–7:00pm Exhibit Hall Project Release & Clean Up (ALL Projects MUST be picked up!)
Release of ALL home animals following the auction, PENS MUST BE CLEAN!!!!

Saturday, July 2, 2022

6:00AM Auction Animal Release
8:00AM Fair Grounds Clean Up



June Gardening Tips

By: Rosie Lerner

HOME (Houseplants and indoor activities)

Indoor plants will require more frequent watering and fertilizing as they increase their summer growth. You can move houseplants outdoors to a shady location, but pay close attention to their watering needs. Cut garden flowers for indoor beauty. Recut the stems again just before placing in water. Add a floral preservative, and change the solution frequently. Root cuttings of houseplants and garden plants to increase your collection or share with a friend.

YARD (Lawns, woody ornamentals, and fruits)

Prune spring-flowering shrubs after blooms fade.

Apply fungicide to prevent and control black spot on roses.

Water newly planted trees and shrubs. Water deeply every seven to 10 days when rain is lacking.

Remove faded flowers and seed pods on lilac and other spring-flowering shrubs.

Many fruit trees experienced freeze damage to flower buds, but a few trees may still have some fruit set. In a normal year if there is a heavy crop, don't be alarmed by a June drop of some fruit. It is a natural thinning process for most trees to prevent excessive loads, although there might not be as much to thin this year. If your trees did manage to set a heavy crop, thin the remaining fruit or prop up heavy branches to avoid breakage. Most fruit should be spaced 6 to 8 inches apart on a branch.

Mow grass regularly but mow high. Unless excessive, leave lawn clippings on the lawn.

To keep the lawn green and growing, water as needed to supply a total of 1 to 1.5 inches of water per week. If left unwatered, lawns will turn brown and become dormant during extended hot, dry spells, but will green up again when conditions are more favorable.

GARDEN (Vegetables, small fruits, and flowers)

Discontinue harvesting asparagus and rhubarb around mid-June to allow foliage to develop and store carbohydrate reserves for next year's harvest. Fertilize after last harvest and water as needed to promote healthy growth. Mulch to control weeds and conserve soil moisture after soil has warmed. You can use many materials, including straw, chopped corncobs, bark chips, shredded paper, and grass clippings. Blanch (exclude light from) cauliflower when heads are just 2 inches in diameter. Tie leaves up and over the developing head. Control weeds. They're easier to pull when they are still young.

Start seeds of cabbage, Brussels sprouts, broccoli, and cauliflower for fall garden transplants.

Plan now for your Halloween pumpkin. Determine the days to harvest for the particular cultivar you want to plant (usually on the seed packet) and count backward to determine the proper planting date.

Harvest spring plantings of broccoli, cabbage, and peas. Remove cool-season plants, such as radish, spinach, and lettuce, because they will bolt (that is, form seed stalks) and become bitter during hot summer weather. Continue planting carrots, beans, and sweet corn for successive harvests.

For staked tomatoes, remove suckers (branches that form where the leaf joins the stem) while they are 1 to 1.5 inches long to allow easier training. No need to remove suckers on caged plants.

Remove the spent blooms of peony, iris, delphiniums after they fade. Pinch the shoot tips of chrysanthemums, impatiens, petunias, and coleus to promote bushier growth. Remove the tops of spring-flowering bulbs only after they have yellowed and withered. Continue planting gladiolus for a succession of bloom.

Pick strawberries from the garden or a U-pick operation (check with the farm for COVID-19 U-pick protocols.)

Protect ripening strawberries from birds by covering with netting.

Supplement natural rainfall (as needed) to supply a total of 1 to 1.5 inches of water per week to the garden.



Improving Small Ruminant Pastures



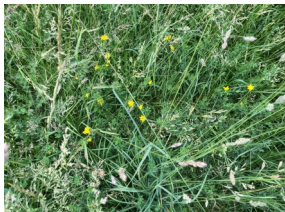
Pasture Management

For many small ruminants, quality pasture can provide almost all nutrients needed for maintenance or light work for much of the year. Pasture reduces the cost of keeping livestock while minimizing impacts on the environment. Below are some guidelines for improving pastures.

Plan to utilize spring and fall pasture growth. Kentucky pastures are dominated by cool season species such as tall fescue, Kentucky bluegrass, orchardgrass and white clover. These species grow rapidly in the spring and fall. Design grazing plans to utilize this natural flush of growth. Soil sample every 2 to 3 years. Soil nutrients play a key role in pasture productivity and persistence. Soil tests recommend additions of phosphorus (P), potassium (K) and lime (adjusts pH) based on what is needed. Apply fertilizer strategically. Apply fertilizer using a current soil test as a guide. Applying needed nutrients will boost yield and keep forage stands productive and competitive with invasive weeds. Control weeds that limit pasture productivity. Successful weed control includes identifying major weeds, selecting herbicides that are proven to control those weeds and applying at the correct time of year for the targeted species. A thick stand of desirable forages improves long term weed control. Always follow the herbicide label. Overseed thin stands to increase available forage. Fall overseeding of pastures can fill in bare areas left by heavy grazing or aggressive weed control programs. Mow pastures close before drilling seed into the sod. Seed should be placed $\frac{1}{4}$ to $\frac{1}{2}$ inch deep and should be well established (usually 4 to 6 inches in height) before grazing. Using an improved variety adapted for the area is well worth the investment. Re-establish poor pastures. When desirable forages make up less than half a pasture, complete re-establishment may be needed. Two killing sprays with a non-selective herbicide 4 to 6 weeks apart will be required to remove all undesirable species followed by fall seeding. Pastures can be grazed late the following spring once grasses are well established.

Grazing Management

While improving pastures can significantly improve forage production, changes in grazing management are often needed to maintain improvements long term. Consider the stocking rate. On average, one acre of productive pasture will support two mature ewes or goats for the year. Higher stocking rates may result in overgrazing of desirable grasses, high weed populations and bare areas. If land area is inadequate, consider limiting grazing by confining small ruminants to stalls or sacrifice areas especially during periods of slow or no forage growth. Implement rotational grazing. Rotating stock from one pasture to another gives pastures time to rest. Rotations can be as simple as two pastures rested 2 to 4 weeks or as complicated as weekly rotations as dictated by plant growth. Rotations can help manage internal parasite loads in small ruminants. Designate sacrifice areas. Even well-managed pastures do not grow during the winter months. During such times, keeping small ruminants in designated sacrifice areas will protect pastures from overgrazing. In some cases, these areas can be improved by installing heavy use pads. Install heavy use pads. Cover is hard to maintain in high-traffic areas such as around water, shade, and feeding areas. Installation of geotextile fabric with crushed stone and dense grade aggregate provides permeable, dry footing for small ruminants and caregivers year around with minimal upkeep. Manage toxic tall fescue. Naturally occurring tall fescue is often infected with a toxic endophyte that can hinder breeding, milk production or gain in sheep and goats. Dilution with legumes, minimizing seed heads, and replacement of some acres with non-toxic tall fescue or other desirable forages will help manage the effects of toxic tall fescue. Provide high-quality forage at key times. Large amounts of high-quality forage are needed at critical production times like flushing breeding animals, lactation or fattening young stock. The use of summer and winter annuals can help in these periods. Use legumes strategically. Legumes add yield and nutritive quality to small ruminant pastures in addition to fixing nitrogen that will cycle through the animals and back to the soil. Legume pasture can be very beneficial for young stock after weaning or during lactation. High-legume pastures can sometime suppress estrus due to phytoestrogens.



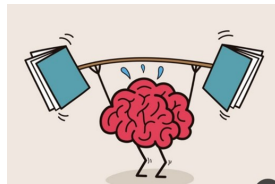
Additional Resources UK Cooperative Extension Service. Extension offices can be found in every county of the Commonwealth. Visit <http://extension.ca.uky.edu/> county to find your county office or call (859) 257- 4302. UK Forage Extension. Information and educational events on pastures and forage production can be found at <https://forages.ca.uky.edu/>. UK Weed Science. Publication and resources on weed control can be found at <http://weedscience.ca.uky.edu/forages>.

HEALTH & HUMAN SCIENCES

June is Alzheimer's and Brain Awareness Month Did you know....

- ⇒ Alzheimer's is the sixth leading cause of death in the United States as well as in Indiana.
- ⇒ 1 out of 3 senior citizens dies with Alzheimer's or some other form of dementia.
- ⇒ In 2021, Alzheimer's and other dementias is expected to cost the nation \$355 billion and by 2050, these costs could rise as high as \$1.1 trillion.

Information Courtesy:
Alzheimer's Association. 2021
Alzheimer's Disease Facts and
Figures. <https://www.alz.org/media/Documents/alzheimers-facts-and-figures.pdf>



Cheese Beef Pasta

Recipe Courtesy: <https://food.unl.edu/recipe/cheesy-beef-pasta>

- 1 lb. lean ground beef
- 1 small onion, diced
- 2 tsp. minced garlic
- 1 small zucchini, chopped
- 1 (24 oz.) jar tomato based pasta sauce
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/4 tsp. red pepper flakes
- 12 oz. whole wheat pasta, any shape
- 1/2 c. shredded cheddar cheese
- 1 1/2 c. shredded mozzarella cheese

Directions: Wash hands with warm water and soap for 20 seconds. In a large skillet cook beef, onion and garlic until beef is no longer pink—drain fat. Add pasta sauce, basil, oregano, red pepper flakes and simmer for 15 minutes. While beef is simmering, cook pasta according to package directions. Drain water and add cooked pasta to beef sauce in skillet. Stir and top with cheese. Cover and serve when cheese is melted. Refrigerate leftovers.

Osteoporosis— Are you at risk?

Osteoporosis is defined as a process of severe bone deterioration that results in a high chance of bone fractures. This deterioration is mostly seen in post-menopausal women that are light skinned, small framed and have a family history of osteoporosis.

Osteoporosis aka “Brittle Bone Disease” is caused by low bone mineral density. A woman's peak bone mineral density usually occurs around age 30 and with age, bone mineral density decreases.

One of the most important nutrients that can help reduce the risk of osteoporosis is calcium and calcium consumed by American's is around 30% below the recommended amount. Children ages 9-18 require about 1,300 mg of calcium/day and people aged 19-50 should be consuming about 1,000 mg of calcium per day. After age 50, adults should be consuming around 1,200 mg of calcium/day.

Why talk about osteoporosis? With calcium being a vital nutrient in the prevention of this disease, the time to learn more about foods rich in calcium is June. June is National Dairy Month and with foods like yogurt, milk, and cheese being calcium powerhouses, you can celebrate the American Dairy Farmer and do your bones a wealth of good by consuming dairy products. Drink some milk, eat some ice cream or enjoy a grilled cheese sandwich— your bones will thank you!

Information courtesy:
<https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/osteoporosis-9-359/>



Wanting to save some money this summer? Here are few ideas courtesy of Rutgers University CES.

1. Dry clothing outdoors instead of using the dryer.
2. Have your propane or oil tank filled now instead of in the fall.
3. If planning to travel, follow the **Rule of 3**— compare at least 3 airlines, 3 car rental companies and 3 hotels when planning a trip!



Extension - Ohio County

Purdue Extension Ohio
County Presents

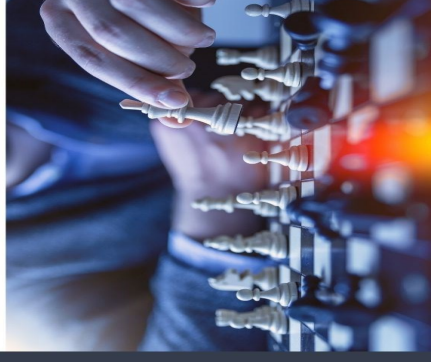
TRAIN YOUR BRAIN

Nutrition, Nueroibcs and
Notable Ways to Keep
Your Brain Healthy

November 21st at 1:00pm @ EO

RSVP to Purdue Extension Ohio
County at 812-438-3656 by June
20th

Purdue Extension is an equal opportunity/equal
access/affirmative action institution



MADISON DISTRICT RETREAT REGISTRATION FORM

September 22, 2022
Registration: 9:30 A.M. Program starts: 10:00 A.M.
St. Mary's Catholic Church, Greensburg, IN

Name _____
Address _____
City _____ Zip _____
Phone _____ County _____
E-Mail: _____

❖ Is this your first time to attend retreat: YES NO Circle one

REGISTRATION FEE
\$20.00 for the day includes donuts, water & lunch

Theme: *Relaxation 22-Tutu*

PLEASE BRING ITEMS FOR OUR FUNDRAISING AUCTION!!!!!!
Bring 1 nice item.

Return by September 12, 2022 to:
Marnie Carr (812)-375-0999
3035 Finwood Dr.
Columbus, Indiana 47203

Make checks payable to: MADISON DISTRICT RETREAT