

December and January Newsletter



and Happy New Year!

Online Resources



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

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2023 Fair Changes and Updates

LIVESTOCK SHOWS

Monday, June 26, 2023

5:00 Sheep Show

7:00 Swine Show

Tuesday, June 27, 2023

8:00AM Rabbit Show

4:30 Dairy Cattle

5:00 Dairy Goat Show

7:00 Meat Goat Show

Wednesday, June 28, 2023

8:00AM Poultry/Waterfowl Show

6:00 Beef Show



4Honline & Fair Entry Checklist

In an effort to minimize the confusion we have put together a step by step checklist for you to follow as you prepare for the 2023 4-H Fair.

1. Enroll in 4-H by January 15th
2. Make project select on *4Honline* by May 15th deadline
3. If choosing to take livestock have animal identification entered in *4Honline* by May 15th Deadline
4. Make sure you attending club meetings- livestock exhibitors wishing to participate in the auction must attend a minimum 3 meeting.
5. Fair Entry Opens May 16th- This is where you will log into *Fairentry.com* and select your projects for the fair. If a project was not previously entered into *4Honline* it will not be able to be added at this point.



4-H Youth Development



Enrollment Deadline

Enrollment deadline for the 2022-2023 4-H year is January 15, 2023. All Volunteers wanting to participate in the 2023 4-H fair must be enrolled and have all requirements met by this date. Visit v2.4honline.com to complete this process.

Clubs and Leaders

Classy Clovers- Sonja Southard- Meet 2nd Wednesday @6pm- EO

Jazzy Jesters- Mary Zeiser, Kathy Steele, Ashley Castle- Meet the 1st Friday @ Ashley's

4-H Lumberjacks- Katie Schulz- Meet the 1st Wednesday @ 6pm- EO

Ohio County Trailblazers- Jenny Ohlmansiak- Meet 4th Sunday @ 2pm-EO

2023 Important 4-H Camp Updates and Changes

Camp Dates

1. Junior Directors, Group Leaders, and Counselors will report to camp from June 5th through June 9th.
2. Counselors In Training and Campers will report to camp from June 6th through June 9th.

Camp Fee

1. Unfortunately, our costs for camp have increased. Due to inflationary pressure and the need to cover our rising expenses we have set the camp fee for our 2023 4-H camp at \$220. (YAB will still pay half)

Schedule and Meal Change for Friday June 9th

1. The time for the closing program for Friday June 9th will be moved up to accommodate the travel time for our counties that are driving the furthest. Due to the change in time, we will not be serving dinner on Friday. Please plan accordingly.



JANUARY 14 SATURDAY

4-H TECH CHANGEMAKERS Training

TEAMS ARE MADE UP OF YOUTH IN GRADES 8-11, WITH 3-5 YOUTH ON A TEAM. THE COST IS \$15 PER YOUTH MEMBER, YOUTH DO NOT HAVE TO BE A 4-H MEMBER TO PARTICIPATE.

The 4-H Tech Changemakers program allows youth the unique opportunity to explore the impact of the digital divide in their communities, learn high value digital skills, and provide adults with tools to expand their digital literacy skills.

To register, visit v2.4honline.com by Friday, January 6th.



SATURDAY, JANUARY 14TH
CHECK-IN @ 10AM
PROGRAM STARTS @ 10:30AM
THE MACHYNE:
1220 WATERWAY BLVD,
INDIANAPOLIS, IN 46204



Microsoft | Verizon

If your youth requires special accommodations, please contact the Montgomery County Extension office at (765) 364-6363.

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



Hosted by Purdue Extension and Indiana 4-H

Open to all students in Grades 9-12!



1 Jan 17	Online Safety/Social Media This session will focus on the Social Media Dos and Don'ts. Participate in an activity as if interacting with a real live hacker!	2 Jan 24	Budgeting Money, Money, Money! Learn how to manage taxes and credit, make smart investments and start thinking about financial decisions for your future.
3 Jan 31	Self Care & Mental Health Learn how to manage stress, stay motivated, and the importance of goal setting in our everyday busy lives!	4 Feb 7	Food Preparation & Safety This topic will focus on food preparation basics (measuring, abbreviations, substitutions, etc.), meal planning and grocery shopping, food and kitchen safety, and recipe preparation. Learn how to prepare a simple recipe and receive items that will be helpful in recipe preparation!
5 Feb 14	Home Care Learn how to organize and manage a household! Discover tips and tricks on how to maintain everyday activities such as laundry and cleaning, while also learning how to handle emergency situations.	6 Feb 21	Etiquette & People Skills Join this session to learn how to navigate people skills! Discover how to handle awkward situations, how to properly eat at the dinner table, and the importance of communication.
7 Feb 28	Auto Care As a driver, there is lots to know besides just the rules of the road! Learn all about car maintenance, what to do in an accident, and different insurance options.	8 March 7	Celebration!

Registration Information

All sessions will be held via Zoom and start at 6pm central/7pm eastern and will last for an hour. To register go to v2.4honline.com and after creating (or signing in) to your profile you will find the Life Lessons program in the events tab. Select the program and continue through the registration process.

The registration deadline is January 6th so sign up today!

This program has a \$30 registration fee that covers the cost of all provided material, content, and supplies that will be sent to registrants. Scholarships/Financial Assistance is available. Contact Purdue Extension - Hendricks County at 317-745-9260 or email hendrces@purdue.edu for details on how to register with Financial Assistance.



Extension - Indiana 4-H

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4-H Youth Development



2023 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.

\$173,965 AWARDED IN 2022



Agriculture & Natural Resources

Southeastern Indiana Agriculture & Natural Resources Lunch & Learn Webinar Series

Make the most of your lunch break and join extension educators live to discuss topics relevant to you and your operation. *All sessions are hosted at 12 pm noon.* Call (812) 265-8919 or email copelanb@purdue.edu with any questions.

November 3
Forage Quality



November 17
Soil Health in the Garden



December 1
Winter Care of Trees & Shrubs



January 12
Growing Bigger Fish



January 26
Frost Seeding Pastures



February 9
Home Lawn Care



February 23
Gardening 101



Extension - Agriculture
and Natural Resources

Purdue Cooperative Extension Service is an
Equal Opportunity/Equal Access Institution

Register for one
or all here:
bit.ly/3fGf32m



PURDUE
UNIVERSITY

2022-2023 Indiana Beef Cattle Association (IBCA) and Purdue Area 1 Beef Meeting

WHEN: Wednesday, December 14th, 2022 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 12/3/22.

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

Current IBCA Director: Fred Glover

An IBCA Area Director will be elected at this meeting. All beef producers are eligible to vote in the elections as the Director will represent their respective area on the IBCA Board of Directors which oversees the IBCA membership programs and the utilization of the national beef checkoff funds.

Sponsors:

HOOSIERENERGY
A Touchstone Energy Cooperative



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All Category Commercial Applicator CCH Program
Tuesday, December 20, 2022 from 8 AM – 12 PM

Southeast Purdue Ag Center
4425 East 350 North
Butlerville, IN 47223

Topics

- **8:00 – 10:00 AM – Dave Osborne and Jeff Hermesch - Purdue Extension**
ABC's of Modes of actions in Herbicides, Fungicides, and Insecticides. Why we need to understand these for more effective management of applications.
Modes of Action and their effects on PPE's needed for applicators.
- **10:00 – 12:00 AM – Fred Whitford – Purdue Pesticide Programs**
Spray water quality—the use of adjuvants for all category
Understanding Chains and Straps in securing loads on trailers

4 CCH's applied for ALL Commercial Categories (TBD). Applicators wishing to receive recertification credits must RSVP by emailing names to osbornda@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.

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

Agriculture & Natural Resources

Fescue Foot Can Flare in Cold Weather

The symptoms of a bad case of fescue toxicity are well-documented. One symptom — fescue foot — can become more apparent when temperatures drop during the winter.

“As the cold weather moves in, you are likely to notice some cows or yearlings on fescue pastures may be slow-moving early in the day,” notes Eldon Cole, a livestock specialist with the Univ. of Missouri. “This might be an early warning sign of fescue foot,” he adds.

Toxic alkaloids in Kentucky 31 tall fescue cause the restriction of blood vessels. The animals’ extremities are especially susceptible to restricted blood flow such as ears, tails, and feet. Calves can lose the tips of their ears or switches from their tails which lowers market value.

“For affected cows, producers may notice slight swelling in the rear ankles and possible breaks in the skin from the top of the hoof to up above the dew claw,” Cole notes. “Early detection of limping is key. By the time hooves on hind feet show red, gangrene may have set in.”

If a limping animal is detected, Cole suggests putting it in a chute and checking its lower leg. “If the animal’s leg feels cooler than the rest of the leg, move the affected animals from that toxic pasture and dry lot them or at least put them on a different pasture,” Cole recommends. The colder extremity is the result of a lack of blood flow.

Don’t graze toxic fescue pastures too short. Research shows that toxins stay in the lower 2 inches of the fescue plant during the fall. Intensive rotational grazing with frequent movement of cattle will help ensure plants are not grazed too short.

Consider feeding stored hay during late fall and early winter cold spells. Toxin levels in stockpiled fescue pastures decline over time. Grazing these pastures in mid- to late winter is rarely a concern. Cows that develop fescue foot have difficulty walking or grazing, which drastically impacts performance. While there is no cure for the condition, preventative measures such as planting a novel endophyte tall fescue variety can essentially eliminate the problem. Other strategies are also available for mitigating the disease, such as including legumes into a toxic tall fescue pasture.

~ Mike Rankin, Hay and Forage Grower.



Health & Human Science

Seasonal Affective Disorder

Seasonal Affective Disorder or SAD, is a type of depression that is triggered by seasonal patterns. If you have SAD, then you have mood changes and symptoms of depression that include: sadness, anxiety, craving of carbohydrates/weight gain, extreme fatigue/lack of energy, feelings of worthlessness, trouble concentrating, feeling irritated or agitated, limbs that feel heavy, loss of interest in activities, sleeping problems and thoughts of death or suicide. Seasonal Affective Disorder can be caused by several things including:

Biological Clock Change– less sunlight means that your biological clock shifts which results in changes to hormones and sleep.

Brain Chemical Imbalance– this involves the neurotransmitters in the brain, primarily serotonin. Serotonin contributes to feelings of happiness and if you are at risk for SAD you may already have reduced serotonin levels. Sunlight contributes to the regulation of serotonin so when winter comes and there is less sun, serotonin levels can fall even further.

Vitamin D deficiency– Sunlight also helps produce Vitamin D and less sun in the winter can lead to a Vitamin D deficiency which also change your serotonin levels and mood.

Melatonin Boost- lack of sunlight can stimulate to much melatonin to be produced thus making you feel sluggish and sleepy.

Negative thoughts– people with SAD often have anxiety, stress and negative thoughts about winter and research is still undecided about if negative thoughts are a cause or effect of seasonal depression.

The excitement and let down of the holidays can also attribute to feeling blue during the winter. If these feelings last more than two weeks, reach out to health care provider.

Information courtesy: <https://my.clevelandclinic.org/health/diseases/9293-seasonal-depression>

Meal Planning tips, tricks and savings

According to the Economic Research Service, food prices increased by 8.9% in the first seven months of 2022. Needless to say we are all feeling the pinch at the grocery store and at the gas pump. By using what you have on hand and planning your meals, you can stretch those food dollars even further. Myplate.gov has ten ways can help you to start meal planning.

1. See what you already have on hand.
2. Write down what you are cooking for each day of the week.
3. Look for new recipes to rotate into your routine.
4. Think about your time– what can you cook ahead and use? What prep work can be done ahead of time to make dinner easier?
5. Plan to use the leftovers.
6. Make a grocery list– this helps you stay organized and reduces impulse spending.
7. Build your shopping list as you run out of items.
8. Plan to mix up your fruit and vegetable purchases by buying fresh and canned.

Get WalkIN with a new pair of walking shoes

When shopping for shoes, do it in the afternoon or after you have been up and moving around for a while. This gives your feet time to swell/expand and will ensure an accurate fit. Be sure to take the socks that you will be wearing with these shoes as well to ensure proper fit. The little nylon footie things don't guarantee an accurate fit like your actual socks will.

To extend the life of your shoes, be sure to only wear them when exercising. Make sure that you replace them every 300-600 miles of walking or basically every 3-6 months.



Health & Human Sciences

Parents Forever

Education to aid families in transition after divorce, separation, or custody change

Families face many challenges and sometimes have to deal with transitions. Parents Forever © is an educational program for families experiencing divorce, separation, or a change in child custody. It was developed by the University of Minnesota Extension's Center for Family Development and adopted for use by Purdue Extension for Indiana residents.



Participants will receive a certificate after completing the course. The cost is \$50 per participant.

By completing a Parents Forever course, participants learn to:

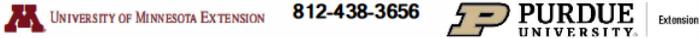
- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.



Parents Forever will be held on January 14th from

9am-1pm with lunch included at the **Purdue Extension Ohio County office in Rising Sun.**

For more information please contact Purdue Extension Ohio County at



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PURDUE EXTENSION GET WALK IN' PROGRAM

Helping Hoosiers get on their feet!



SCHOOL OF NURSING



▶ WANT TO IMPROVE YOUR HEALTH ...but short on time ...and lack motivation?

This **FREE**, email-based walking program has you covered!

Sign up, walk, and get email support.



WALK TO:

- Reduce risk of obesity, heart disease, diabetes
- Feel energized
- Add daily physical activity
- Get social!

DETAILS

Starting date: **January 10, 2023**

You will receive a total of 16 emails – 2 per week for the first month, and 1 per week for the next 8 weeks.

To sign up: **call 812-438-3656**

Register by: **January 5th, 2023**

ALL FOR FREE!



For more information or to join us, contact: chipmans@purdue.edu



SCHOOL OF NURSING

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DO YOU HAVE **concerns** about falling?



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

Participants in the classes will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- concerns

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns



February 1, 8, 15 & 22
March 1, 8, 15 & 22

Wednesday, 10:00-12:00

North Dearborn Library
25969 Dole Road
West Harrison, IN 47060

Classes are held once a week for 8 weeks for 2 hours each.

RSVP early to North Dearborn Public Library at 812-637-0777, space is limited

For more information call:
Marcia Parcell, HHS Extension Educator
mparcell@purdue.edu/812-926-1189
or

Shannon Chipman, HHS Extension Educator
chipmans@purdue.edu/812-438-3656

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006. This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model. Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Bell Pepper Nachos

4 bell peppers– sliced

1 c. salsa

2 tsp. taco seasoning (or try a mixture of chili powder, garlic powder, ground cumin and pepper if trying to reduce sodium)

2 c. cooked meat, shredded or 2 c. beans or tofu

1/2 c. shredded cheese

Directions: Wash hands with warm water and soap for 20 seconds. Preheat oven to 350°. Wash and slice bell peppers, removing the seeds. Slice into bite size pieces. Arrange cut peppers on a prepared baking sheet. In a medium bowl, combine the salsa, seasonings and protein, spooning evenly over peppers. Top with shredded cheese. Bake for 15 minutes or until peppers are heated through and cheese is melted.

Recipe courtesy: <https://www.eatgathergo.org/recipe/2366/>



UPCOMING DATES

<u>DATE</u>	<u>EVENT</u>	<u>TIME & LOCATION</u>
December 11th	Jr. Leaders Christmas Outing	3pm @ Walmart
December 14th	Area 1 IBCA Meeting	6pm @ Southeast Purdue Ag Center
December 23rd-26th	OFFICE CLOSED	
December 30th-January 2nd	OFFICE CLOSED	
January 14th	Parents Forever	9am-1pm @ OC Extension Office
March 4th	Beef and Dairy ID	8-9am @ Fairgrounds
May 15th	Project Drop Add Deadline	
May 15th	Animal ID 4Honline Deadline	
April 29th	Spring ID Day	8-10am @ Fairgrounds
June 10th	Rabbit ID Day	9-10am @ Fairgrounds
June 23rd- 30th	Ohio County 4-H Fair	

