

March Newsletter



Online Resources



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College Student home for the summer? It's not too early to start thinking about a summer job. This position will provide you with multiple skills to carry onto your future careers. If you're interested check out the link below, we would love to have you on our team



PURDUE EXTENSION-OHIO COUNTY IS HIRING!



Summer Program Assistant needed

Apply at:
https://www.workandlearnindiana.com/earn_info



For more information contact Purdue Extension- Ohio County at 812-438-3656.

FAVORITE TIME OF THE YEAR?

FAIR SEASON.

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-HFair.

1. Make project select on *4Honline* by May 15th deadline
2. If choosing to take livestock have animal Identification entered in *4Honline* by May 15th Deadline
3. Make sure you attending club meetings- livestock exhibitors wishing to participate in the auction must attend a minimum 3 meeting.
4. 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.

UPCOMING DATES



Date	Event	Time & Location
March 4th	Beef and Dairy ID	8-9am @ Fairgrounds
March 6th	Indiana 4-H Quality Livestock Care	5pm @ EO
March 7th	Tofu For You or No Thank You	10am @ EO
March 14th	ServSafe Manager	8am-4:30pm @ EO
March 20th	Madison Homemaker District Spring Meeting	9am -Brown County
April 3rd	Indiana 4-H Quality Livestock Care	5pm @ EO
April 8th	Hunter's Education	8am-6pm @ Fire Department
April 25th	Ohio County Homemakers Achievement Night	6pm @ EO
April 29th	Goat, Sheep, & Swine ID Day	8-10am @ Fairgrounds
May 15th	Indiana 4-H Quality Livestock Care	5pm @ EO
	Project Drop Add Deadline	
	Animal ID 4honline Deadline	
May 20th	Parents Forever	9ma-1pm @ EO
May 23rd & 24th	Madison District Homemakers Retreat	@ Camp Higherground
June 10th	Rabbit ID Day	9-10 am @ Fairgrounds
	Indiana 4-H Quality Livestock Care	10am @ Fairgrounds
June 23rd-30th	Ohio County 4-H Fair	





4-H Youth Development



Club Information

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 Ohlmansiek- 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.

Camp Counselor Training

What: Required training for 4-H Camp Staff

Who: Camp Junior Directors, Group Leaders, Counselors, and OT's

When: April 22, 2023

Time: 9:00AM-3:00PM

Where: Hopewell Baptist Church, Hblton, IN



White's Show Supply

40th Anniversary

Customer Appreciation Day

Saturday, April 15, 2023

Preble County Fairgrounds, Eaton Ohio

- Educational Clinics All Day for Beef, Swine, Sheep, and Goats
- Complimentary Lunch at Noon
- Giveaways and Door Prizes
- Discount on Show Supplies All Day
- Feed Representatives on hand

COME AND ENJOY THE DAY!

Roy White 740-225-0698

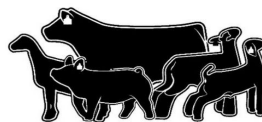
Same Location

Steer and Heifer Show

Sunday April 16, 2023

More Information to follow

Preble County Beef Barn on Facebook





4-H Youth Development



Hunter Education

Rising Sun Fire Department
121 S High St
Rising Sun IN 47040

APRIL 8TH : 8:00AM-6:00PM

Register at: <https://www.register-ed.com/events/view/194976>

Space is limited to the first 30 registrations.

Lunch, snacks, and drinks will be provided by Ohio County 4-H.

Indiana Hunter Education Courses will provide instruction in the areas of safe firearm use and handling while hunting, as well as in the home, hunter ethics and responsibility, game identification, and conservation management.

The Classroom Course must include a minimum of 10 hours of instruction.

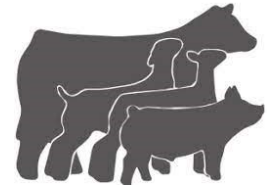
- Any child under 11 years of age must be accompanied by a parent or guardian every session.
- At the first session, everyone under 18 years of age must give the instructor a signed, completed Liability Release Form (download, print, and sign). This form must have the parent or guardian's signature.



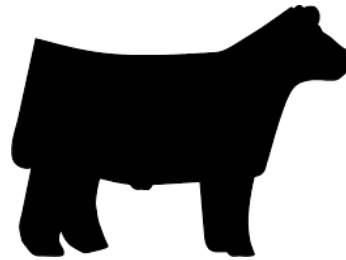
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Livestock Judging

If you are interested in judging on the Ohio County Livestock Teams please let the Extension Office know if you have not already done so. Mark your calendar for the Area Contest on April 13th at the Ripley County Fairgrounds. The contest will be held from approximately 8am - 3pm.



Beef & Dairy Identification Day March 4th from 8 - 9AM Ohio County Fairgrounds



- ◇ All animals must be haltered with lead.
- ◇ Steers will be tagged and weighed.
- ◇ All steers and all heifers will be RFID tagged. 4-H members MUST provide Premise ID numbers in 4-H Online by May 15th.
- ◇ All commercial heifers will be tagged (unless they already have a tattoo) and weighed. Registered heifers will be tagged with RFID tags and must present registration form at tag day and complete livestock enrollment in 4HOnline. All heifers must be permanently identified with a tattoo or 5-digit county tag, in order to meet federal health requirements.
- ◇ Cows for the cow/calf project must be enrolled in 4HOnline by May 15. The calf will be tagged at the fair prior to unloading.
- ◇ Dairy heifers must be tattooed if not previously done and entered in 4HOnline by May 15.
- ◇ All livestock will need to be entered online by the deadline information will be distributed at the ID Day.
- ◇ Any beef cattle going to the Indiana State Fair will need DNA samples taken contact the extension office for more information.



4-H Youth Development



Extension - Indiana 4-H



INDIANA 4-H QUALITY LIVESTOCK CARE

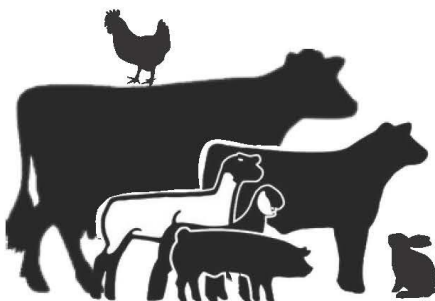
To exhibit **BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY,** and **RABBITS,** 4-H members must be certified through the Indiana 4-H Quality Livestock Care training (\$3) **OR** the online Youth for the Quality Care of Animals program (YQCA) (\$12).

1. This certification must be done on an annual basis
2. Members must be registered **BEFORE** attending a training
3. Members may attend any training dates listed on this flyer
OR a training in another county
OR complete the online YQCA training

Training Dates	Training Locations
March 6 @ 5pm	Ohio County Extension Office
April 3 @ 5pm	Ohio County Extension Office
May 15 @ 5pm	Ohio County Extension Office
June 10 @ 10am	Ohio County Fairgrounds

To register for the Indiana 4-H Quality Livestock Care program, please use <https://v2.4honline.com>.

Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator.



If you need to request special accommodations, please contact the Extension office @ 812-438-3656.

The Ohio County Fair Board will be sponsoring each member for the \$3 in person fee in 2023.



Zimmer Tractor Open House



Date: March 18

Time: 9am

What: Youth Tractor Basics Program
For: Any 4-H Members Grades 3-12 with
an interest in Ag Tractor, Lawn Tractor,
Zero Turn.



practice course will be set up



Calling all Junior Leaders!

Next meeting is
Sunday, March 19th
at 5pm!



Peace ♡ Love ♡ 4-H

Agriculture & Natural Resources

Junior Master Gardener After School Program

Monday afternoons have been very busy with the JMG Program for students in grades 3 - 6. As more emphasis and interest in Farm to School programs gain traction across the state, county Extension educators are sought out to either help teach classes to schoolchildren or train teachers, aides, and volunteers to teach the evidence-based curriculum. This signature program will focus on a set curriculum, Junior Master Gardener's Learn, Grow, Eat and Go, allowing us to gather statewide impact data from a national program. The overall objective of this signature program is to increase leadership and personal responsibility, improved academic achievement, increase parent and mentor involvement with youth, expose youth to career options, and engage youth in community service and service-learning projects related to the production of healthy food.



Coming Soon!!

Information for the next Artificial Insemination Certification School. Look for details to come in the next few weeks. If you are interested call the Extension Office to be added to the waitlist.



Emergency Animal Management & Self Care for Law Enforcement

April 4, 2023

4:00-7:00PM

Jefferson County Fairgrounds
3851 IN-256
Madison IN 47250



Topics & Presenters:

- Animal Handling - Jill Richards, Purdue Extension Educator
- Mental Health - Britt Copeland, Purdue Extension Educator
- Nutrition - Jessica Martini, Purdue Extension Educator

The purpose of this program is to provide law enforcement a basic understanding of farm animal behavior and handling in order to be better prepared to respond in the face of an incident involving livestock. Along with providing additional tools for nutrition and mental health.



Please RSVP to 812-438-3656 or jmrichards@purdue.edu by March 31

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3 Part Series



Home 

Vegetable Gardening

In each session, participants will have the opportunity to:

Session 1- April 13

- Getting started in Vegetable Gardening
- Vegetable Varieties

Session 2- April 20

- Pest Management

Session 3- April 27

- Disease Management



Registration Fee

\$30/person- for all sessions

Remote viewing available

Register by visiting
<http://cvent.me/VXgVMe>

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Agriculture & Natural Resources

How to Select the Best Clover Varieties

Although there are not a lot of new red clover varieties, several companies and Universities have active red clover breeding programs. In some ways, red clover is the easiest species to make variety recommendations for. Simply put, “only plant certified seed of improved varieties, never plant common seed.” Bags of certified seed always have a blue certified seed tag. That is still great advice, especially with public varieties like Kenland, but some improved varieties from seed companies are not officially certified. If the seed bag does not have a blue tag then make sure you are dealing with a reputable forage seed company that you trust and make sure the variety has shown good performance in UK trials. University of Kentucky research has shown that the difference between improved varieties and common seed can be over 6000 lb/acre higher yield over the life of the stand and 1 to 1 ½ years longer stand life. Sometimes you may “luck up” and find that the bag of cheap common seed you purchased was actually an overstock of an improved variety, but UK variety trials show that 9 times out of 10 certified seed of improved varieties showed higher yield and longer stand life. Most red clover breeders continue to make small steady improvements in stand persistence through improved resistance to root and crown diseases, but no variety yet has the ability to dependably survive more than 3 growing seasons.

Additional benefits of red clover in pastures was recently summarized by Dr. Michael Flythe from the USDA-ARS-FAPRU research lab in Lexington, KY. Our research is providing evidence that isoflavones in red clover can inhibit wasteful Hyper Ammonia-Producing Bacteria (HAB) in the rumens of cattle that are responsible for breaking down amino acids. As a result, the utilization of protein is improved for more efficient weight gain. In addition, the isoflavone biochanin A was determined to improve blood flow in ruminants exposed to toxic ergot alkaloids and, therefore, mitigate the effects of fescue toxicosis. In short, biochanin A causes vasodilation which opens up the constricted blood vessels of cattle grazing KY-31 tall fescue.

It is getting a little hard to make sense of new white clover varieties. In the past, the recommendation was to plant an improved variety of ladino white clover. Ladino types are closely related to the common Dutch types that seem to grow everywhere, but ladino white clover is taller with larger leaves than Dutch white. Therefore, larger plants and larger leaves produce higher yields. While that is true, ladino types typically do not live as long as Dutch whites. In recent years, many producers have stated that they could sacrifice some yield for longer persistence. Therefore, companies are now starting to release intermediate types that are hybrids between ladino and Dutch whites. For the most part, these intermediates look to be a good compromise between their two parents. Make sure though that you review yield and stand persistence information from variety trial publications before planting new intermediate UK has an addition publication that is a summary of all forage variety testing. All the forage species and all forage varieties that have been tested in Kentucky over the last 20 years are included in the summary document entitled “Long Term Summary of Forage Variety Trials.” Just as with the regular reports the summary report is updated every year. This summary publication also includes a listing of the companies that have developed or are distributing each variety. In the summary document variety yield is listed as a percentage based on the mean yield for a particular trial. In other words, a variety with 100 produced the same yield as the average or mean for the trial; below 100 designates below average yield; and above 100 above average yield. The take home message is that the best varieties are those that performed close to or above average.

One of the most useful parts of each summary table is the right hand column where the average performance over multiple locations and years is listed. The number in parentheses designates the number of the trials that a specific variety has been tested in KY and those varieties that don't have an overall average listed were only planted at one test location. For example, certified Kenland has been in 28 trials in Kentucky over the last 18 years and its performance is 110% of the average of all the varieties entered in these trials. And there are several proprietary company varieties that show similar high yields. Conversely, when we planted seed from a bag that had Kenland stamped on the bag but did not have a certified seed blue tag it only yielded 70% of average. Paying a little more for improved forage varieties can make a huge difference over time.

~ from Forages at KCA Proceedings, Ray Smith, Gene Olson, Jimmy Henning and Chris Teutsch.

Forage Field Day

March 28, 2023

1:00-4:00pm

Clear Water Simmentals
Jeff & Leah Meinders
3687 N. Co. Rd. 500 E
Milan IN 47031



Topics/Presenters:

Forage Analysis: Keith Johnson, Purdue University
Hay Loss and Feeders: Robert Zupancic, USDA NRCS
Nutrition Recommendations: Dennis Carroll

Health & Human Science

March is Multiple Sclerosis Education and Awareness Month

Multiple Sclerosis has been around for quite some time but what exactly is it? According to msfocus.org, Multiple Sclerosis is a chronic neurological condition that affects the central nervous system, which is made up of the brain and spinal cord. In the central nervous system, nerve fibers or axons are protected by a fatty layer of insulation called myelin. Myelin helps the nerve signals to travel properly.

A person with MS has overactive immune cells that cause inflammation, thus damaging the myelin. A myelin decrease is also known as demyelination also results in axonal damage.

Wherever the myelin has been destroyed results in a damaged area of white matter known as a lesion. Over time, hardened scar tissues develops at the lesion site. The hard scar tissue or sclerosis can develop at multiple places throughout the Central Nervous System thus resulting in the name Multiple Sclerosis. The scarring disrupts the transmission of nerve signals that communicate a desired action from the brain, through the spinal cord to all parts of the body.

MS can affect people of all ages, all genders and all backgrounds. MS is more common in women than in men by ration of 3 to 1. It also impacts Caucasians more than any other race and its most commonly diagnosed between the ages of 20-40.

Some of the warning signs of MS include but aren't limited too a sudden decrease in, blurred or double vision; numbness or tingling in body or limbs; changes in balance or coordination; weakness in arms or legs and heat sensitivity (which can be a trigger to any of the previously mentioned symptoms).

There isn't a single test that can determine if you have MS because a diagnoses involves both clinical and results from certain tests like MRI's or a spinal tap.

MS is a hard disease to diagnose but talking with your doctor, maintaining yearly checkups and staying assertive when you don't feel well can all be factors in helping you to figure out what is wrong and going in the direction toward healing.

Information courtesy: <https://msfocus.org/Get-Educated/Common-Questions.aspx>

Extension Homemaker Achievement Night will be Tuesday, April 25th at the Extension Office!



Spring into the Country

Madison District Spring Meeting

Monday March 20, 2023

Breakfast and Registration: 9:00 am-9:30 am

President Meeting 9:05 am

Location: Brown County Fairgrounds, Green Exhibit Building

802 Memorial Drive Nashville, IN. 47448

Cost: \$15

Lunch Menu:

Pulled Pork, Roll, Baked Potato Bar

Veggie Cup w/Dip, Cinnamon Applesauce

Assorted Desserts

Reservations must be submitted by March 16, 2023

\$15 Reservations and county \$5 door prize money should be labeled by county and mailed to :

B.C. Extension Homemakers

P.O. Box 7

Nashville, IN. 47448

Please include individuals names for nametags

Questions: Call or text Jane Donaldson at 317-753-7083



ServSafe Food Manager 1-day Class & Examination

ServSafe educates food service workers about food safety.

ServSafe Food Protection Manager is their highest certification, and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full day training includes a manual and proctored paper exam.

You must score 75 percent or greater to earn the certificate. The certification is valid for five years. A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).

More information is available from

www.extension.purdue.edu

Register with Cvent online at

<https://cvent.me/YbNDe5>



March 14th, 2023

Purdue Ext. - Ohio County

412 Main St.

Rising Sun, IN 47040

Class, Exam, Book: \$165

Exam Only: \$115

Registration: 8:00am

Class: 8:15a.m - 4:30p.m.

All Times Eastern

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Extension

Purdue University is an equal access/equal opportunity institution.

Health & Human Sciences

March 12-18th is National Sleep Awareness Week!



When is the last time you had a good, restful night of sleep? According to the National Sleep Foundation, a good night sleep starts as soon as you wake in the morning. Based on data from the 2022 *Sleep in America* poll, our daily routines create less than ideal conditions for a good night's rest. As we go through our daytime routines, we can do several things that will increase the chance of a better night's sleep.



- 1. Get Some Sun**— light exposure plays into our circadian rhythms which are the body's natural way of winding down for sleep. If sleep is hard to come by, try to get 3-5 hours of outdoor activity a day— whether its walking the dog, gardening, sitting on the porch— whatever it is, just get outside and into that natural light. Then, in the evenings, about two hours before you intend to go to bed, dim the lights so that your body recognizes that its time to wind down.
- 2. Get up and get moving!** Regular exercise has been shown to help individuals feel more energized during the day and helps reduce daytime sleepiness. For exercise, try to get at least 30-60 minutes per day or at least 2.5 hours of physical activity each week. If work schedules make it hard to exercise than park a little farther away, take the steps or take a walk at lunch.
- 3. Mealtime Consistency**— eating meals at the same time each day creates another important aspect of routine that can positively affect your sleep cycle. Eating at least 2-3 hours prior to bedtime will allow your food to fully digest so that you aren't feeling overly full or uncomfortable.
- 4. Cut back on caffeine**— The less caffeine you have during the day the more likely you will sleep well at night. When you need coffee in the evening opt for decaf.

How much sleep do we need?

Toddlers— 11-14 hours/day

School age— 9— 11 hours/day

Young adults— 7-9 hours/day

Older Adults (65+)- 7-8 hours/day

Preschool— 10-13 hours/day

Teens— 8-10 hours/day

Adult— 7-9 hours/day

Information courtesy: <https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need#:~:text=National%20Sleep%20Foundation%20guidelines,to%208%20hours%20per%20night.https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need#:~:text=National%20Sleep%20Foundation%20guidelines,to%208%20hours%20per%20night.>

Eggs in the News....

The cost of a dozen eggs has certainly been a hot topic of discussion lately. According to an article from Oklahoma State Extension, a dozen eggs cost \$1.47 in January 2021. USDA usually reports an uptick in egg prices during the holidays but researchers have also seen the price of eggs go up during times of financial strain— i.e. 2008 recession and Covid in 2020.

But today's high price of eggs is a result of the Highly Pathogenic Avian Influenza coinciding with an increased demand for eggs due to their formerly low cost and high protein benefits. As the price for meats have increased, many families felt eggs were more budget friendly thus causing an increase in demand with a lower supply chain due to the avian influenza.

So there is the reason why for higher egg prices but when we look at buying eggs, what are some factors to consider?

Egg Color— an egg's nutritional content is not determined by its color. The color of the egg is actually determined by the type of hen that laid the egg.

Cage Free—cage free eggs come from hens that weren't confined to a cage but instead are housed indoors in a large open barn where they can roam freely.

Pasture raised— eggs come from hens that are raised outside on a pasture and are usually more expensive. Pasture Raised eggs are not regulated by the government so as a consumer be sure to ask questions when purchasing eggs from a producer.

Free Range— these are used to describe chickens that are raised for meat so they have no meaning when describing eggs.

Organic— these types of eggs have to meet certain standards and cost more due to the higher cost of feed.

Information courtesy: https://sfyl.ifas.ufl.edu/archive/hot_topics/families_and_consumers/purchasing_eggs.shtml and <https://extension.okstate.edu/articles/2023/egg-prices.html>



TOFU FOR YOU OR NO THANK YOU?

LET'S GET COOKIN! PLANT PROTEINS

WHAT IS A PLANT BASED PROTEIN?

Protein doesn't just come from animal sources. It can also be found in various plants like soy and quinoa!

Plant based protein is high in fiber and other nutrients that our body's need on a daily basis.

Plant based proteins are heart healthy, easy on the finances and aide in digestion.

WANT TO KNOW MORE?

**Join us on March
7th at 10am!**
Samples provided!

RSVP: Please call Purdue
Extension Ohio County at
812-438-3656 by Friday,
March 3rd, 2023!