

April Newsletter

Online Resources



Follow us on
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<https://extension.purdue.edu/county/>

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

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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-H Fair.

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
April 4th	Emergency Animal Handling	4-7 Jefferson Co. Fairgrounds
April 4th	Where Does Your Money Go? S1 Lunch n Learn	Noon @ EO/virtual
April 8th	Hunter's Education	8am-6pm @ Fire Department
4/10-4/11	AI School	Cox Livestock
April 13	Area Livestock Judging	
April 16th	Mini 4-H Sunday Funday/Junior Leaders	3:30pm @ EO
April 18th	Where Does Your Money Go? S2 Lunch n learn	Noon @ EO/Virtual
April 18th	Mini 4-H Afterschool	3:15pm at OCEMS
April 18	Area Dairy Judging	
April 20-27	Home Vegetable Garden Program	Zoom
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	

Q. Why did the Easter egg hide?
A. He was a little chicken.





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.



PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION

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.



Spring ID Day: All Sheep, Goat, & Swine

April 29, 8 - 10A.M. at the Ohio County Fairgrounds

- Animals will be tagged with a 5-digit county unless they are already tagged.
- Sheep and Goats will need to be tagged with a 5 Digit tag unless they already have one from the county or are tattooed. Swine will receive a 5 digit tag and an RFID tag. Scrapie tags will not be expected for identification.
- All animals MUST be enrolled online by May 15th to be eligible to exhibit!!**
- Swine, Goats and Sheep planning on going to the State Fair must be tagged with RFID tag and must have DNA sample collected and turned into the Extension Office by May 15th.
- Females that have been previously shown or that are registered do not need to be brought to ID day, the 4-H member needs to complete the enrollment information online.
- Please contact Jill at the Extension Office if you have any questions, 438-3656.





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

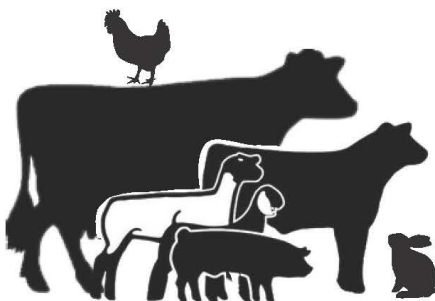
Ohio County Extension Office

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.



4-H Youth Development




MINI 4-H
After School Program
 NOW OPEN TO HOMESCHOOL MINIS
 Kids in Grades K-2nd

OCEMS
Pick up and Drop off
ALL MINIS ENTER THROUGH THE MAIN ENTRANCE OF THE SCHOOL
3:15-4:15

MEETING DATES

- March 7, 2023 at OCEMS
- April 18, 2023 at OCEMS
- May 16th, 2023 at OCEMS

NEW SUNDAY MEETINGS ADDED
 Sunday, April 16th 3:30-4:30pm @ EO
 Sunday, May 21 3:30pm-4:30pm @ EO

ENROLL TODAY

Sponsored by the City of Rising Sun

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Ohio County 4-H Ambassador Contest (Formerly known as the Royalty Contest)

The Ohio County 4-H Ambassador contest will be held on Tuesday, June 13th at 1pm here at the Extension Office. The role of the Ohio County 4-H Ambassadors will be to share knowledge of the 4-H program with the public and serve in various roles during county fair week. Based on the grade youth are in on March 1, 2023, youth in grades 3-8th can apply to be Junior Ambassadors and youth in grades 9-12 can apply to be senior ambassadors. For more information, please see the General Info section of your 4-H Handbook. For further questions please give the office a call at 812-438-3656. Application forms will be available on May 1, 2023.

Junior Leaders
 INDIANA 4-H



Next meeting is Sunday, April 16th at 4:30!

Mini 4-H will meet at 3:30 and will be an opportunity to earn service hours!



Veterinary Science Camp

June 16, 2023
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.

PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION


 PURDUE UNIVERSITY
 Extension

Agriculture & Natural Resources

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

PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION

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>

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS/AFFIRMATIVE ACTION INSTITUTION

April Garden Tips By: Rosie Lerner

HOME (Indoor plants and activities)

Start seeds of warm-season plants (including tomatoes, peppers, eggplant, marigolds, zinnias, and petunias) indoors for transplanting later to the garden. Harden off transplants started earlier in spring before planting outdoors. Gradually expose the young plants to outdoor conditions of wind, brighter sunlight, and lower moisture. Apply fertilizer to houseplants according to label directions as days grow brighter and longer and new growth begins. Foliage plants require relatively high-nitrogen fertilizer, while blooming plants thrive on formulations that are higher in phosphorus. Keep Easter lily in a bright, cool location, out of direct sunlight. Water as soil begins to dry. You can remove the yellow, pollen-bearing anthers inside the flower by pinching to prevent staining the petals.

YARD (Lawns, woody ornamentals and fruits)

Plant a tree in celebration of Arbor Day, April 24. You should plant bare-root stock before new top growth begins. You can plant balled and burlapped and containerized stock later in spring. Complete pruning chore. Remove dead and injured branches first. Apply a prebloom, multipurpose orchard spray to fruit trees. Remove winter coverings from roses, but keep mulch nearby to protect them from late freezes. Prune and fertilize as needed. Apply pre-emergent herbicide to control crabgrass in lawns. Approximate application dates are late March to mid-April in southern Indiana and mid-April to early May in northern Indiana. Exact timing varies each year with weather conditions.

GARDEN (Flowers, vegetables and small fruits)

Plant seeds of cool-season crops directly in the garden as soon as the soil dries enough to be worked. When squeezed, soil should crumble instead of forming a ball. Cool-season crops that can be direct-seeded include peas, lettuce, spinach, carrots, beets, turnips, parsnips and Swiss chard. Plant transplants of cool-season crops, such as broccoli, cauliflower, cabbage, Brussels sprouts, kohlrabi and onions. Plant or transplant asparagus and rhubarb crowns. For best plant establishment, do not harvest until the third year after planting. Plant sections of certified, disease-free potato "seed" tubers. Allow the foliage of spring-flowering bulbs to remain in place after blooms fade. Leaves manufacture the food reserves, which are then stored in the bulb for a repeat showing next year. Plant hardy perennials, such as daylilies and delphiniums. Start tuberous begonias and caladiums indoors for transplanting to garden later. Remove winter mulch from strawberries, but keep mulch handy in case late frosts are predicted and to help keep weeds under control. Plant or transplant strawberries, raspberries, and other small fruit. Prune grape vines to remove dead or weakened limbs and to thin as needed. Repair support trellises as needed.

Agriculture & Natural Resources

Prepare to Plant Spring Annuals

By: Amber Friedrichsen

Planting small cereal grains in the spring can jumpstart the grazing season or bolster hay and silage supplies. No matter what the end goal of these cool-season species may be, now is the time to start planning spring annual forage production.

Seeding dates and rates

Plant spring annuals when soil temperatures are between 42°F and 45°F, which is typically in late March or early April. The specialists recommend seeding oats at 76 to 114 pounds per acre, spring barley at 96 to 120 pounds per acre, and spring triticale at roughly 116 pounds per acre. They also suggest buying seed that has been developed specifically for forage use.

“For these varieties, some of the characteristics might include plant height, leaf width, days to maturity, and overall forage yield and quality,” the specialists state.

Oats, spring barley, and spring triticale can also be planted together in a mixed stand. Other forage species that may benefit oats in a mixed stand are field peas and Italian ryegrass.

Field peas can fix nitrogen in the soil and boost overall forage quality. For example, a field trial in North Platte, Neb., showed a mix of oats and field peas had approximately 14% crude protein, whereas oats that were grown alone had 8% crude protein.

Planting Italian ryegrass with oats may be especially advantageous for grazing purposes. The specialists say this species has good regrowth that could prolong spring grazing into the summer. They recommend seeding 60 to 80 pounds of oats with 15 to 20 pounds of Italian ryegrass.

Before planting, consider previous herbicide use in the field. Some products may have a long-lasting residual that can negatively affect spring annual seedling establishment. Moreover, test soil to determine fertilization rates for forage.

“With spring-planted small grain cereals, nitrogen is usually the limiting nutrient,” the specialists state.

“For irrigated fields, 50 to 70 pounds of nitrogen per acre can be applied at planting or within the first month. For dryland fields, nitrogen rates can be similar if there is adequate precipitation.”

Harvest timing

Start grazing spring annuals when plants are 6 to 8 inches tall, which typically occurs in the third or fourth week of May. Then aim to keep plants 6 to 12 inches tall with strategic grazing management.

“This might require an initial lighter stocking rate — about one cow-calf pair for every two acres. Then adjust animal numbers upward as oat growth changes,” the specialists explain. “In general, a good stand of cereal small grains could support up to two cow-calf pairs per acre for about a six-week period.”

Harvest timing for hay depends on desired forage quality and yield. Small cereal grains that are cut in the late-boot stage may have 12% to 14% crude protein but yields will be lower. Harvesting these crops in the milk or soft dough stage will promise higher yields but crude protein levels could drop to 7% to 10%.

If forage is chopped for silage, ensure plants are between 40% to 60% moisture before ensiling. Small cereal grains that are harvested from boot stage to soft-dough stage will need at least 24 hours to reach this range.

“Forages should not be ensiled with more than 70% moisture due to potential seepage losses and growth of detrimental bacteria, which can result in an undesirable fermentation,” the specialists conclude.

Health & Human Science

April 16th-22nd is Oral, Head and Neck Cancer Awareness Week

According to HeadandNeck.org, head and neck cancers account for approximately 3% of all cancers in the U.S. This type of cancer is twice as common in men as it is women and most that are diagnosed are past the age of 50.

Symptoms of Head and Neck Cancers

- **Oral Cavity**– white or red patch on the gums, tongue or lining of the mouth; swelling of the jaw that causes dentures to fit poorly or be uncomfortable along with unusual bleeding in the mouth.
- **Pharynx (aka Throat)**– Trouble with breathing or speaking; pain when swallowing; pain in the neck or throat that doesn't go away; frequent headaches, pain or ringing in ears and/or trouble hearing.
- **Larynx**– pain when swallowing or ear pain.
- **Sinuses or Nasal Cavity**– Sinuses that are blocked but do not clear; chronic sinus infections that don't respond to treatment with antibiotics; nose bleeds; frequent headaches; swelling or other trouble with the eyes; pain in the upper teeth or problems with dentures.
- **Salivary Glands**– swelling under the chin or around the jawbone; numbness or paralysis of the muscles in the face, pain in the face, chin or neck that does not go away.

Head and Neck cancers can be discovered in several ways. It may be brought to your attention by a visit to the dentist for a routine exam. It may be found by your doctor as he does a neck exam of the lymph nodes. Unfortunately, most cases are discovered after a patient has sought treatment because the symptoms have become problematic. You can lower your risk by reducing alcohol consumption, stopping tobacco use and by practicing safe sex to avoid getting the Human Papillomavirus or HPV.

Information courtesy: <https://headandneck.org/resources/>

Baked Cauliflower Tots

2 cups grated cauliflower (about 1/2 a medium head of cauliflower)

1 egg

3 Tablespoons flour

1/4 cup grated cheddar cheese

1/4 teaspoon salt.

Directions: Wash hands with warm water and soap for 20 seconds. Preheat oven to 400°F. Spray baking sheet or line with parchment paper or tinfoil. Grate cauliflower on large holes of grater. In a medium bowl, combine cauliflower, egg, flour, cheese and salt, mixing well. Press mixture together, making about 15 small balls or logs. Place on baking sheet and bake for 20 minutes or until cooked through. For extra crispy tots, broil and extra 2 minutes and watch closely to avoid burning.

* *Try cooking in an air fryer or 12-15 minutes at 400°F.**

Recipe Courtesy: EatGatherGo.org



Parents Forever

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

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 Saturday, May 6th, 2023 from

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

For financial assistance or more information please contact Purdue Extension Ohio

County at 812-438-3656



UNIVERSITY OF MINNESOTA EXTENSION

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



Health & Human Sciences

National Prescription Drug Take Back Day is April 22, 2023 *Unused Medicines can be taken to the Rising Sun Police Department 24/7/365*

According to the Substance Abuse and Mental Health Services Administration, the fastest growing drug problem in the US isn't cocaine, heroine or methamphetamines but actually the usage of prescription drugs among teenagers.

Prescription drug misuse or abuse is defined by someone taking medication inappropriately (National Institute on Drug Abuse (NIDA) Drug Facts). A common misunderstanding is that prescription drugs are safer or less harmful than other drugs because they are prescribed. Even though the thought is that these drugs are safer, there are both long and short term ramification of using prescription drugs inappropriately.

Stimulants— similar side effects to cocaine; paranoia; increased body temperature and/or irregular heartbeat.

Opioids— effect same part of brain as heroin; causes drowsiness, nausea, constipation, and depending on amount taken it can slow breathing.

Depressants— can cause slurred speech, shallow breathing, fatigue, disorientation, lack of coordination and seizures when with drawing from chronic use.

To keep you and your loved ones safe as well as our community, do an inventory of your medicines at home and identify which are unwanted or have expired use dates. For those that need discarded, label with a marker indicating they need to be thrown away and then take all the items to your local police department for proper disposal.

PURDUE EXTENSION | HEALTH AND HUMAN SCIENCES

WHERE DOES YOUR MONEY GO?

Come learn about spending habits and leaks!

Tuesday, April 4th from 11:45am-1:00pm &

Tuesday, April 18th. from 11:45-1:00pm

To RSVP please contact Purdue Extension - Ohio County at 812-438-3656

FREE

No cost to attend!

Purdue University is an equal opportunity/equal access/affirmative action university. If you have special needs, please let us know at the time of registration.

Bring your lunch or eat at your desk- program will be available in person and virtual!

Purdue Extension educational program offered in 2 sessions where participants engage in hands on activities that will help them learn....

PRACTICES AND RECOGNIZE THE ECONOMIC IMPACT OF NEW PRACTICES



THAT CURRENT MONEY MANAGEMENT PRACTICES OFFSET FINANCIAL STABILITY.

ESTABLISH FINANCIAL MANAGEMENT PRACTICES THAT PROMOTE FINANCIAL STABILITY

- Track Expenses
- Identify spending leaks
- Identify needs vs. wants
- Establish written financial goals
- Develop a spending/savings plan



INCREASE KNOWLEDGE OF MONEY MANAGEMENT PRACTICES THAT LEAD TO FINANCIAL CONTROL



Extension Homemaker Council

The Ohio County Extension Homemaker Council is looking for someone willing to serve as the Vice President. The role of the Vice President is to help plan and organize County Council meetings, serve as President in the absence of the County Homemaker Council President and be the tie breaking vote should the need arise.

The Ohio County Extension Homemaker Council meets quarterly to plan, discuss and generate ideas for Ohio County. For more information please reach out to Shannon at the Extension Office at 812-438-3656.

2023 Ohio County Extension Homemakers Achievement Night

Homemakers
the
Heart of the Home

Tuesday, April 25th
6pm at Extension Office

Quilt Show

The Jefferson County Homemakers will be hosting a Quilt Show on April 21st and 22nd at the Jefferson County 4-H Fairgrounds Community Building. Vendor crafts and more will be available for purchase. For more information contact Purdue Extension Jefferson County at 812-265-8919!

