
Ohio County Purdue Extension Newsletter

December & January



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Extension - Ohio County

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
December 3rd	Junior Leader Christmas Shopping	3pm	Walmart
December 5th	Matter of Balance	10am-12pm	Hoosier Haven Rec Room
December 7th	Area Beef Meeting	6pm	SEPAC
December 8th	Eat Smart, Live Strong	10-00am	Hoosier Haven Rec Room
December 11th	Volunteer Training/Dinner	6-00pm	Extension Office
December 12th	Matter of Balance	10am-12pm	Hoosier Haven Rec Room
December 12th	Eat Smart , Move More	6-00pm	Extension Office
December 20th	Mini 4-H After School	3pm	OCEMS
December 25th&26th	Office Closed		Merry Christmas
January 1st & 2nd	Office Closed		Happy New Year
January 4th	Family Fun Snow Day	1-5pm	Perfect North Slopes
January 15th	Jr. Livestock Committee Meeting	5-30pm	Extension Office



Happy New Year!

4-H Youth Development

PURDUE EXTENSION | OHIO COUNTY



Junior Leader Christmas Fun

When: Sunday,
December 3rd at
3pm.

Where: Walmart for
shopping, dinner at
Acupulco's and then
ice skating.

What: Please RSVP
to EO by December
1st!

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services, activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status.

ENROLLMENT
DEADLINE IS JANUARY
15TH

[HTTPS://V2.4HONLINE.COM/#/USER/
SIGN-IN](https://v2.4honline.com/#/user/sign-in)



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, ETHAN
SNELLING — MEET THE 1ST WEDNESDAY @ 6PM— EO**

**OHIO COUNTY TRAILBLAZERS— JENNY OHLMANSIEK—
MEET 4TH SUNDAY @ 2PM—EO**



FAMILY FUN SNOW DAY



Must be an
APPROVED Ohio Co
4-Her in grades
3rd-12th to attend

January 4th 1-5pm

We are excited to invite you to spend a day at Perfect North Slopes with us for a day of snow tubing. It is important that you RSVP to your club leader by 12/15 to insure we have an accurate head count for the day.

The cost of all APPROVED 4-hers will be covered by your club and Fair board. Any parents, friends or siblings wishing to join will be responsible for paying for their own pass at the group discounted rate. A waiver must also be signed ahead of time

RSVP by December 15th to your CLUB LEADER

4-H Youth Development

PURDUE EXTENSION OHIO COUNTY

THE PLAN:

CALLING ALL KIDS AGES K - 2ND GRADE TO JOIN OUR FREE MINI 4-H PROGRAM!

4-H Enrollment is OPEN! Mini 4-H is a great way for parents and youth to know the fun, life skills and responsibility that being a member of 4-H can give your child!

OCEMS Mini 4-H program will be offered after school on the 3rd Wednesday of each month. Enrollment and all supplies are free thanks to the generosity of the City of Rising Sun!

By enrolling your K-2nd grader in Mini 4-H they will build friendships, learn what 4-H is all about and complete projects that will be displayed at the 2024 Ohio County 4-H Fair!

JUST A FEW MINI 4H PROJECTS TO CHOOSE FROM

for a list of more, enroll now online!

MEETINGS:

10/18/2023 11/15/2023
 12/20/2023 01/17/2024
 02/21/2024
 04/17/24 05/15/24
 After School until 4:00 pm
 OCEMS cafeteria

*Those days don't work?
 Stay tuned for Mini 4-H Power Hour dates at the Extension Office!*

Sponsored by the City of Rising Sun

Enroll at V2.4honline.com

Questions?

Contact Purdue Extension Ohio County
 812-438-3656
chipman@purdue.edu

*When enrolling online, choose pay by check. The office will then waive the fee.

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

Area 1- Southeastern Indiana

4-H Volunteer Conference



February 24, 2024 Hopewell Baptist Church 2319 N County Rd 850 W, Holton, IN

Area 1 4-H Extension Educators aim to enhance the 4-H experience by bringing together volunteers from multiple counties to share best practices and learn from each other. This is event is of no charge to 4-H volunteers and includes lunch, door prizes and 4-H curriculum resources. Registration is collected on 4-H Online.

Schedule of Events

10 am Thrive Session 12 noon Catered Lunch

11 am First Session 1 pm Second Session
 Choose a topic relevant to your role. Choose a topic relevant to your role.



Registration Required on 4-H Online Events by February 19th v2.4honline.com

First Session Options

4-H Camps & Trips
 Explore the opportunities in our area and at Purdue for youth to learn on a higher level. Discuss cost offsetting & recruitment.

Back to Basics: Club Recreation
 Play games you can bring back to your club meetings.

4-H Electric Project
 Specialists discuss how to judge and have a strong project based learning experience.

Second Session Options

Back to Basics: Club Structure
 Discuss program planning for club leaders, using social media, resources given by extension and more.

Livestock Leader Panel
 Discuss hosting Animal Science Workshops members want to attend, planning shows and best practices from fellow volunteers.

4-H Tractor Project
 Explore the new tractor project curriculum, discuss the area contest and meet with area tractor project leaders.

This event is free to all 4-H Volunteers Call (812) 265-8919 or email copelanb@purdue.edu with questions



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2024 Handbook Changes

Projects/Activities with Changes

- Ohio County Royalty Contest
- Show attire for all shows
- Showmanship
- 4-H member MUST complete livestock record sheets to sell in the auction. However, youth can attend an educational workshop in the place of a record sheet. Proof must be provided to the Extension Office. Quality Livestock Care/YQCA does not count.
- 4-H members are expected to wear show attire when taking auction pictures and during the auction. For example jeans, boots, shirt with collar, and belt. No hats will be allowed during pictures or in the auction. Auction pictures are required to be picked up after leaving the auction ring and given to buyer.
- Age of Commercial Turkeys to under one year



INDIANA 4-H NEEDS YOU TO BE A



BROADBAND
INFLUENCER

What is an Indiana 4-H Broadband Influencer?

1

Checks your internet speed

pcrd.purdue.edu/speedtest



2

Validates it on the FCC website

broadbandmap.fcc.gov

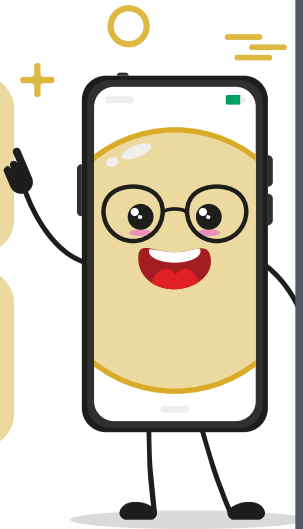


3

Share what they've done with others

4

Reports work in the Broadband Influencers event in 4-H Online



Once you have completed all 4, you will receive your Broadband Influencer Pin and be eligible to win an iPad*!

Why should I be an

Indiana 4-H Broadband Influencer? I have more questions!

There are a lot of different ways to connect to the internet. Some of them are *very* fast, and some of them are *very* slow. We would like everyone in the state of Indiana to be able to use the internet at fast speeds. While it might help you play games and watch videos more easily, it also can help people who are looking for jobs or trying to communicate, do business, or do schoolwork.

The FCC, or Federal Communication Commission, can't help everyone get fast internet unless they know all the places the internet is installed and how fast it is in each location.



For more information contact your county extension 4-H educator OR email:

state4hleader@purdue.edu



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Extension - 4-H Youth
Development



Indiana 4-H Broadband Influencers will be asked to write a short essay about their experience. The Broadband Influencer Program is a Purdue Broadband Team initiative.

Agriculture & Natural Resources

All Category Commercial Applicator CCH Program

Wednesday, December 20, 2023 from 8 AM – 12 PM

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



Topics:

8:00 – 10:00 AM – Dave Osborne - Purdue Extension

Right Place, Right Product, Right Rate, Right Time: Managing all aspects of the pesticide application.
2023 PESTICIDE REGULATORY UPDATE

10:00 – 12:00 AM – Fred Whitford – Purdue Pesticide Programs

Oil and grease for equipment—are you servicing your equipment correctly?

Railroad tracks and utility wires—nothing to get tangled with.

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 60 reservations.

Cost for Program is \$40 (checks payable to Ripley County CES Fund).

Pay at the door.

Questions To:

Dave Osborne – Purdue Ext-Ripley Co (812) 689-6511

Premise Identification For 4-Hers



- **Is the premise ID program mandatory?**

Indiana state law requires premise identification for all sites associated with the purchase, sale, or exhibition of livestock in the state of Indiana.

- **What species are included in Indiana's premise ID program?**

Indiana's rule includes mandatory registration for cattle/bison, cervids, swine, sheep and goats. Poultry and aquaculture are also part of Indiana's plan. Although it is not mandatory, equine and camelids may be registered voluntarily.

- **Who should register the premise?**

The individual who owns the property should register the premise; however, the person who owns or is responsible for the livestock should be listed as the primary contact for the premise. If multiple livestock owners house animals at one premise, the primary caretaker should be listed as the primary contact.

- **Where do I get a premise ID?**

You may complete the premises registration form online at: www.in.gov/boah/2700.htm

- **Where can I go to obtain more information about this plan?**

Visit the BOAH Web site at www.in.gov/boah/2328.htm or call 317/544-2381.

Agriculture & Natural Resources

PURDUE BEEF BASICS

IN THE EASTERN CORNBELT

SAVE THE DATE

From Purdue University Extension, Agricultural and Natural Resources, comes a virtual, multi-session program this February and March for the **beef cattle industry!**

PROGRAM BEGINS FEBRUARY 6

Extension educators, specialists and industry experts will facilitate and lead program sessions. Among the topics to be covered are an **overview of beef cattle, behavior and facilities, health, genetic selection, forages, nutrition and reproduction.**

PROGRAM DATES & TIMES

- February 6 until March 26, 2024 on:
- Tuesdays from 6:00 - 8:30 p.m. EST
 - Thursdays from 7:00 - 8:00 p.m. EST

Producers with less than five years of experience and those interested in exploring the industry are encouraged to attend. The cost to participate is \$50 and the deadline to register is January 24, 2024.



Facebook/Twitter/LinkedIn: @PurdueExtension | www.extension.purdue.edu

REGISTER TODAY
<https://cvent.me/EBNPNV>



QUESTIONS

and other inquiries, email:
allen484@purdue.edu or
jmrichards@purdue.edu

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2023-2024 Indiana Beef Cattle Association (IBCA) and Purdue Area 1 Beef Meeting

- WHEN:** Thursday, December 7th, 2023 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 11/30/23.
- WHO:** All IBCA Members and Non-Members are all invited to attend!

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

Current IBCA Director: Vacant

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:



A Touchstone Energy® Cooperative



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Southeastern Indiana Agriculture & Natural Resources Lunch & Learns



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 on zoom.** Call (812) 265-8919 or email copelanb@purdue.edu with any questions.

Register for one or all here:
<http://bit.ly/LunchnLearnSEIANR>

November 1st
Holiday Plant
Care



November 8
Fall
Fertilization
for your
Lawn



November 15
Body Condition
Scores &
Winter Forage
Management



November 22
Farm
Succession
Planning



December 6
Overwintering
Pollinators in
your garden



January 10
Enhancing
your
Landscape



January 17th
Pond
Management



January
24th
Gardening



January 31st
Preparing for
Livestock
Emergencies



Health & Human Science

Managing Stress During the holidays

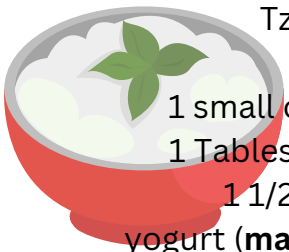


The holidays can be such a joyous time but they can also be a super stressful time. Here are some tips to help you stay energized and joyful.

1. **Make sure you get enough sleep.** Getting 7 or more hours of sleep can help you maintain a healthy stress level. By keeping a consistent bedtime routine, you will feel better and be more in control of your emotions.
2. **Prioritize your time-** its ok to say no! Its ok to not want to “people” for a day and to just take a break.
3. **When feelings of stress occur-** focus on what you are grateful for. Find something every day to grateful for.
4. **Set a holiday budget and stick to it.** This will help reduce the stress when the bills come in and avoid the feelings of buyers remorse.

Tzatziki Dip

Looking for tasty dip that easy to fix and makes for a good snack for NYE? Try some Tzatziki dip!



- 1 small cucumber, scrubbed
- 1 Tablespoon, fresh dill, chopped
- 1 1/2 c. plain non-fat Greek yogurt (**make sure its plain!!!**)
- 2 garlic cloves. minced

- 2 Tablespoons vegetable oil or olive oil
- 1 Tablespoon white vinegar or lemon juice
- 1/2 teaspoon salt

Directions: Wash hands with warm water and soap for 20 seconds. Rinse and prepare produce. Add all ingredients to a small mixing bowl and combine. Chill at least 4 hours and serve with veggies, pita bread, whole grain crackers or use as a topping for burgers. Store leftovers within 2 hours in a sealed container in the refrigerator for up to 4 days.

“The best way to spread Christmas cheer is singing loud for all to hear.”
~Will Ferrell, Elf



5 Healthy Eating Tips for the Holidays

1. Holiday proof your plan

- *Eat close to schedule.
- *Offer to bring a healthy dish.
- *If you plan to eat sweets, cut out carbs somewhere else.
- *Don't skip meals to have a feast- you will be more likely to over eat.
- *If you slip up, get back on track with your next meal.

2. Outsmart the buffet

- *Have a small plate of foods you like and step away from the buffet table.
- *Start with veggies to take off the hunger edge.
- *Eat slowly- it takes 20 minutes for your brain to realize you are full.
- *Avoid or limit alcohol.

3. Fit in favorites

- *Slow down and savor a small serving and make sure to count it in your meal plan.

4. Keep moving

- *30 minutes a day at least 5 days a week!

5. Get your Sleep

- *Shoot for 7-8 hours per night! Sleep deprivation can cause you to crave carbs and higher fat foods.

Health & Human Science

January is National Glaucoma Awareness Month

Did You Know.....

- Nearly 3 million people in the US have glaucoma and by 2030, that number could reach past 4 million.
- Glaucoma has no symptoms- as much as 40% of your vision could be lost before you even notice.
 - Glaucoma is the leading cause of irreversible blindness.

Glaucoma and Diabetes- What's the Connection?

- A common complication that stems from Diabetes is eye disease and glaucoma is one of these. Diabetic eye disease correlates to a group of vision threatening eye issues that diabetics are at risk for developing. According to Glaucoma.org, for those that have the most common type of glaucoma, open-angle glaucoma, they are at a higher risk of developing diabetes. Neovascular glaucoma is a type of secondary glaucoma that is associated with disorders that reduce blood flow to the retina. Although rare neovascular glaucoma, is often association with diabetes and is a difficult disease to treat.
 - There is no cure but glaucoma can be slowed by medicine and surgery.

What Can I Do?

- Maintain a regular eye exam schedule so that if you are diagnosed, treatment can begin immediately.

Information courtesy: <https://www.glaucoma.org/news/glaucoma-awareness-month.php>
<https://www.glaucoma.org/glaucoma/diabetes-and-your-eyesight.php>



Breakfast Burritos

Recipe Courtesy: <https://extension.purdue.edu/foodlink/recipe.php?recipe=Breakfast%20Burritos>

- | | |
|--|-----------------------------|
| 4 Eggs | ¼ c. 1% milk |
| Salt, pepper and chili powder (to taste) | 1 tsp. vegetable oil |
| 4 10-inch flour tortillas | 1 c. fat-free refried beans |
| ½ cup grated cheddar cheese | 1 tomato (chopped) |

- Whisk eggs, milk, and seasonings in bowl. Heat oil in skillet over medium high heat. Stir in eggs and cook until firm. Warm the tortillas on the griddle or wrap in foil and heat in oven. In a separate pan, warm the refried beans over medium heat-low heat. On each tortilla, layer ¼ of the refried beans, eggs, cheese and tomato. Roll the burrito and cut in half to serve. Refrigerate leftovers within 2 hours.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 28	22 29	23 30	24 31	25	26	27

Smart Goal: By February 1st, I will make an appointment to have my eyes checked.