

May Newsletter



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



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4-H Online vs. FairEntry

When do we need to use them?
Why do we use them both?



4-H Online

FairEntry

Who?

Parents/ Families
ALL 4-H Members
ALL Program Volunteers
Specialty Groups

What?

Animal Identification
Selecting project areas to explore.
4-H Trips and other events
4-H Scholarships Application
Club rosters for 4-H Leaders

Who?

- 4-H Fair Exhibitors
- Superintendents
- Fair Judges
- Check-in Volunteers
- Media Outlets for Fair Results

What?

Preparation for county fair
County Fair Project Labels
State Fair Qualifying Entries
Livestock Show Bills
Organization of Fair Results

When?

From start to end of the program year: October through September.

Where?

<https://v2.4honline.com/>

When?

Fair Season: Typically May through August

Where?

Direct link provided by county office or
<https://fairent.com/Public/FindYourFair>

Why?

To express interest in the 4-H Program
Improved communication between County and State and 4-H Families

Why?

- Prepare for county and state fair
- Get accurate numbers for project display purposes, and stall assignments



Extension - 4-H Youth Development



Staff Directory

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Extension - Ohio County

Upcoming Dates

DATE	EVENTS	TIME	LOCATION
May 8th	Invasive Plant Walk	6PM	DENVER SIEKMAN PARK
MAY 15th	Project Drop/Add Deadline		
May 15th	Fair Entry Opens		
May 19th	RSCC Community Garden Planting Party	5pm	Rising Sun Church of Christ
May 19th	Mini 4-H Tie Dye Party	3-30pm	Fairgrounds
May 19th	Jr. Leaders	5pm	EO
May 20th	Parents Forever	12-4pm	Ext. Office *Date change due to Memorial Day holiday*
May 27th	Deadline to Register for IEHA Home and Family Conference		
May 27th closed	Memorial Day		

4-H Youth Development

Ohio County 4-H

Open Class

All Exhibits Welcome

EXHIBITS WILL BE ENTERED ON SATURDAY JUNE 22ND FROM
2PM TO 3PM AT THE SCHROEDER EDUCATIONAL &
RECREATIONAL FACILITY

NO LATE ENTRIES WILL BE ACCEPTED

Open Class Entries:

Scratch Cake	Sweet Breads	Needlework
Box Mix Plus	Savory Breads	Quilt
Pie- Fruit only	Decorated Cakes	Scrapbooking
Cookies and Bars		General Crafts

Fill out the bottom portion and turn into the Ohio County Extension Office by
June 7th. If you have questions contact Shannon at 812 438 3656

Exhibitor Name:

Contact Information:

Class:

Recipe/Items Description:

4-H Youth Development

2024 OHIO COUNTY 4-H FAIR

INSIDE EXHIBITS FAIR ENTRY TIP SHEET

Animal Education-Cat, Dog, Llama, Poultry and Rabbit posters

All exhibits will be judged against each other for overall Division/ Grand/Reserve Grand Animal Education.

For Fair Entry: State Projects → Cat Poster → Class

Arts and Crafts- General

Former county projects like **recycling** and **gift wrapping** are now under **Arts and Crafts - General** in Fair Entry.

Needlecraft

If quilt is hand quilted by the youth it goes under Needlecraft. If **NOT** hand quilted it goes under Sewing- Non-Wearable.

Photography

If photo was taken on a cell phone BUT altered using a different device/technology the entry will go under creative/experimental in Fair Entry. ****If ANY editing has been done**, please include the original photo on the back of the display along with make and model of camera used and description of editing done.

Tractor Safety Education

Posters/Displays about Ag Tractor, Zero Turn and Lawn Tractor will be judged against each other for division/Grand/Reserve Gran. When entering in Fair Entry please be sure to enter the correct discipline. Ex. State Projects → Tractor Safety Education → Level

Veterinary Science

If creating a **Horse** poster or display, please enter it under Veterinary Science.

Foods

There is a new Foods Card for recipes. PLEASE USE THIS FOODS CARD!

Reminders

For any participants doing Construction and Architectural Replica- **PLEASE MAKE SURE YOUR DISPLAY IS SECURED** in its case!
For **Garden** projects- the Latin name is no longer needed.
For **ELECTRIC** projects- refer to the written scorecard to determine what judge will be looking for.

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DEADLINE

4HONLINE PROJECT DROP ADD DEADLINE. ALL

PROJECTS AND ANIMAL ID

MUST BE ENTERED BY

MAY 15TH

FAIR ENTRY

OPENS MAY 15TH



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 OR the online Youth for the Quality Care of Animals program (YQCA) (\$12).

- This certification must be done on an annual basis
- Members must be registered in 4-HOnline BEFORE attending a training
- Members may attend any training dates listed on this flyer



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.

Training Dates & Times

February 5, 2024 @ 5:30pm
March 18, 2024 @ 5:00pm
June 8, 2024 @ 10:00am

Training Locations

Extension Office
Extension Office
Fairgrounds

Dairy Goats Update!

New in 2024

All Dairy Goat Females will be eligible for the auction, not just Grand and Reserve. Only selling one animal still applies unless multiple Grand or Reserves are in separate species.



4-H Youth Development

Fair Entry Cheat Sheet

1. Go to ohiocountyindiana.fairentry.com
2. Sign in with 4Honline email and password
3. Click "Individual"
4. Choose the child you would like to enter.
5. There are no required question > continue
6. Check your contact information > continue
7. "Add an Entry"
8. Select your "Department"
9. Select your "Division"
10. Select your "Class"
11. Review
 - a. If this is an animal entry, after you select your club, you will enter your animal.
 - b. Adding an animal
 - i. Choose an Existing animal record- SWINE, CATTLE, HORSE, SHEEP, GOATS
EXISTING ANIMALS MUST BE ENTERED IN 4HOLINE FIRST
 - ii. Enter a New Animal Record- RABBITS, POULTRY, DOG, CAT
13. Enter a Description for a non-animal entry.
14. What do you want to do next?
 - a. Add another Entry for this Child
 - b. Add another Entry for this Division- same Child, some division
 - c. Register another exhibitor-new child
 - d. Continue to payment- you have completed all entries for all children.
15. YOU DO NOT NEED TO PAY
16. Review your entries > Continue > Submit
17. Make sure you make it to the THANKS! Page.
18. CONGRATS! YOU ARE ALL DONE!! See you at the fair!!



Summer ID Day June 8th

@ Ohio County Fairgrounds

- Poultry Rabbit W/S 8:30
- Rabbit ID 9-10
- QLC- 10

Fair Entry Help 8:30-10

Fair Entry Opens May 15th

CAMP DEADLINE IS MAY 1ST

CAMP RUNS

JUNE 4TH-7TH

FOR GRADES

3RD-8TH

JUNE 3RD-7TH

FOR GRADES

9TH- 12TH

June 4-7 at
Camp Higher
Ground

SOUTHEASTERN INDIANA
4-H CAMP



WELCOME TO CAMP OLYMPUS



Register on 4-H
Online by May 1st

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

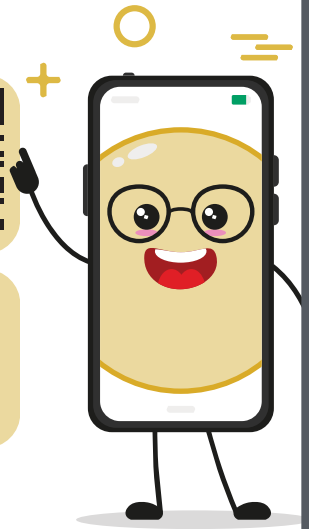


3

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



PURDUE
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Extension - 4-H Youth
Development



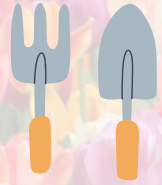
Indiana 4-H Broadband Influencers will be asked to write a short essay about their experience. The Broadband Influencer Program is a Purdue Broadband Team initiative.

Agriculture & Natural Resources



Purdue Yard & Garden Calendar: MAY

By: Rosie Lerner, Purdue Extension Consumer Horticulturalist



HOME (Indoor plants and activities)

Many indoor plants can be moved to shady locations outdoors but only after danger of frost is past. Plants will dry out more often outdoors, so keep a close eye on soil moisture. Sinking the pots in soil will help slow down moisture loss.

Now is a good time to take cuttings of houseplants to increase a collection or share with friends. Root cuttings in media, such as vermiculite, perlite or potting soil. Roots grown in water tend to be weak from lack of oxygen and do not adjust well to planting in soil. Fertilize houseplants according to label directions. Foliage plants require relatively high nitrogen fertilizer; flowering houseplants respond best to fertilizer high in phosphorus.

YARD (Lawns, woody ornamentals and fruits)

Prune early spring-flowering trees and shrubs after flowers fade. Plant balled-and-burlapped or container nursery stock, and water thoroughly. Remove and destroy overwintering bagworms from landscape trees and shrubs.

Follow a spray schedule to keep home-orchard crops pest free. While trees are in bloom, use fungicide sprays without insecticide to avoid injury to bees. Follow label directions. More information is available in Purdue Extension publication ID-146 Controlling Pests in the Home Fruit Planting <https://mdc.itap.purdue.edu/item.asp?itemID=20518>

Thin fruits of apple trees, if needed, about three weeks after petal fall. Apples should be about 8 inches apart. Apply fungicides to roses to control diseases such as black spot. Purdue turf experts recommend that if you are going to fertilize your lawn in May, apply three-fourths to 1 pound N/1000 square foot with a product that contains 50 percent or more slow-release fertilizer. Try to schedule the application prior to a rain or irrigate following application to move the fertilizers off the leaf blade.

GARDEN (Vegetables, small fruits and flowers)

Plant frost-tender plants after danger of frost is past for your area. This includes warm-season vegetables, such as tomatoes, peppers, eggplant and vine crops, as well as most annual flowers and tender perennials, such as cannas, gladiolus, dahlias, tuberous begonias and caladiums.

Pinch chrysanthemums and annual flower plants to keep them compact and well branched. Make successive plantings of beans and sweet corn to extend the season of harvest. Thin seedlings of early planted crops, such as carrots, lettuce, spinach and beets, to their proper spacing.

Harvest early plantings of radishes, spinach and lettuce. Harvest asparagus by cutting or snapping spears at or just below soil level. Harvest rhubarb by cutting, or grasp the stalk and pull it up and slightly to one side.

Control cucumber beetles, carriers of bacterial wilt, as soon as cucumber plants germinate or are transplanted to prevent disease. Remove blossoms from newly set strawberry plants to allow better runner formation. Remove unwanted sucker growth in raspberries when new shoots are about a foot tall.

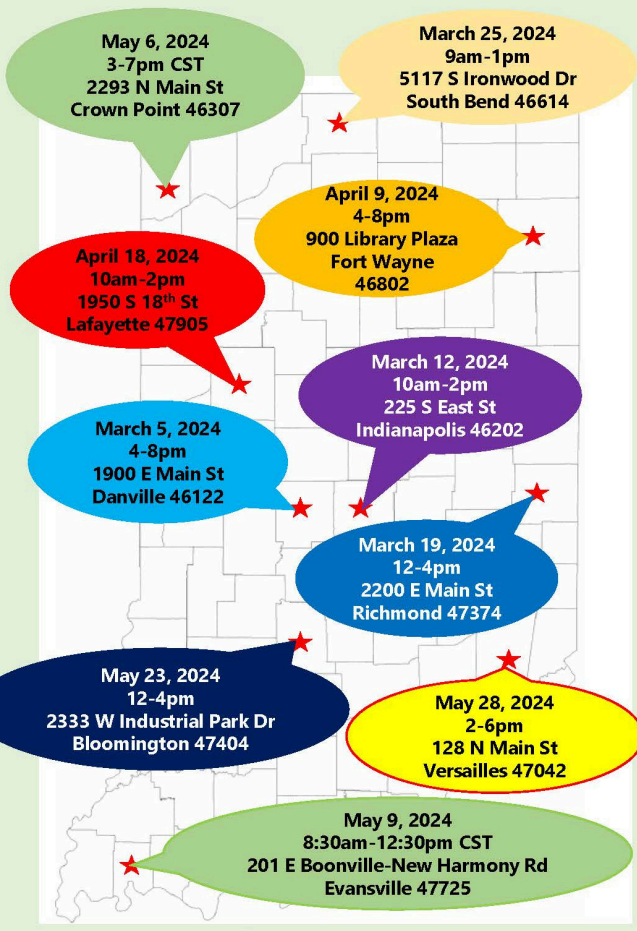
Agriculture & Natural Resources

Indiana Farmers' Market Nutrition Programs eFMNP Regional In-person Farmer Enrollment Events

Produce growers can sign up to accept WIC & Senior FMNP benefits electronically

Farmers and Market Managers can sign up to accept SNAP

To register for your selected event, scan the QR code



or go to

<https://infmcp.org/food-access/wic-sfmnp-more/>



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The Purdue Extension AI School Team had an excellent three days of training for 15 producers to get certified! Thank you to our partners Select Sires and Cox Livestock! They learned the skill of artificial insemination to improve their reproductive management practices, herd genetics, and breeding programs. Contact Jill at 438-3656 if you want to get on the waitlist for next year.

Youth interested in Artificial insemination for cattle be on the lookup for our JULY Class

Invasive Plant Species ID Walk

May 8, 2024
6:00PM

Denver Siekman Park

Are you interested in learning how to identify Invasive Plant Species? Join us as we take a walk in the woods to identify invasive species. Be sure to dress appropriately for the conditions.

RSVP: Due by May 6th to 812-438-3656



An equal access/equal opportunity university or EA/EOU.

If you are in need of accommodations to attend this program, please contact Extension Office prior to the meeting at 812-438-3656 by March 11, 2024.



Health & Human Science



NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

Self-Measuring Blood Pressure Can Help Keep Yours Under Control

Do you have high blood pressure? If you're like many Americans – an alarming half of them – chances are you don't know. Yet high blood pressure, also known as hypertension, is a serious medical condition that can increase your risk of developing heart disease, stroke, and other health complications. It occurs when the force of blood against the walls of your arteries stays consistently high.

In many cases, high blood pressure symptoms can go unnoticed for years. That's why it's so important to know your numbers. For most adults, normal blood pressure is usually less than 120/80 mm Hg. High blood pressure is diagnosed when blood pressure readings are consistently 130/80 mm Hg or higher.

Having your blood pressure measured by a healthcare provider is a key first step in blood pressure control. Once you find out your numbers, ask what they mean for your heart health and also if you should self-measure, which means measuring your blood pressure yourself, away from a clinical setting.

Having a blood pressure monitor at home allows you to measure your blood pressure any day or time that is convenient for you. You can take several steps to ensure you get the most accurate reading.

Here are some tips to help you get started before your reading:

- Avoid eating/drinking caffeine beverages like coffee/soda, or smoking, for 30 minutes before you measure.
 - Go to the bathroom and empty your bladder.
- Look for a quiet area where there is a chair with a table you can use to take the reading.
 - Relax for 5 minutes.

Here are some tips to help during your reading :

- Uncover your arm and wrap the blood pressure cuff around it, just above the elbow. Do not place the cuff over clothing. Make sure it fits well, or select a monitor with the correct size cuff.
 - Place your arm at heart level on the table.
- Relax your muscles by keeping your feet flat, supporting your back, sitting with legs uncrossed, and keeping palms up.
 - Keep calm and relax during the test.

Remember to track your numbers in a notebook or on a calendar so that they can be shared with your doctor.

Plan to take your blood pressure two or three times within one setting to make sure your results are the same – just make sure to wait 1 to 3 minutes between each reading. Repeated blood pressure measurements are more representative of your true blood pressure numbers. It is your pattern of measurements over time that most helps your doctor assess and manage your blood pressure.

Because blood pressure varies throughout the day, you can also plan to measure it in the morning before eating or taking any medication, and then again in the evening.

If you need help with your blood pressure monitor or have concerns about your blood pressure measurements, take your monitor and recorded measurements to your next doctor's appointment.

Health & Human Science

May is Arthritis Awareness Month DYK?.....

- Osteoarthritis is considered a major contributor to disability and is the most common form of arthritis, **affecting over 32.5 million Americans.**
- Injury to the knee joint, such as an anterior cruciate ligament (ACL) rupture, whether treated surgically or non-operatively, can lead to OA of the knee later in life (referred to as post-traumatic osteoarthritis, or PTOA).
- **Individuals with a history of knee injury are 3-6 times more likely** than those without knee injury to develop knee OA.
- Down the line, almost half of individuals with an ACL injury will develop knee OA within 10 years.
- Joint injury is common in the general population, but it occurs at a higher rate in athletes. Neuromuscular training exercises can reduce the risk of traumatic knee injury by up to 80%. These exercises also improve strength, balance, and measures of athletic performance.

Information courtesy: <https://oaaction.unc.edu/remain-in-the-game-a-joint-effort/>

DON'T FORGET

Madison District Retreat-May 7th & 8th @ Camp Higher Ground

Deadline to register for IEHA Home and Family Conference is May 27th

Monday, June 3rd- EHC Council Meeting at 10am and Program Book Planning

Ohio County 4-H Fair, June 21st-29th, 2024

October 8- Madison District Fall Meeting hosted by Ohio County- Stay Tuned for Details!

I was today years old when I learned..... How to Freeze Eggs!

If you have an abundance of eggs, they can be safely frozen by following these instructions:

Freezing the Whole Egg

1. Crack each egg separately into a clean bowl. Remove any shell.
2. Thoroughly mix yolks and whites together but **DO NOT** whip as that incorporates air.
3. To prevent the yolks from being grainy, add 1 1/2 tablespoons sugar, corn syrup or 1/2 tsp. salt/cup of whole eggs.
4. Strain through a colander to improve uniformity.
5. Pack for freezing allowing a 1/2 inch head space. Seal, Label and Freeze. You can also use ice cube trays by pouring the egg mixture into each compartment, freezing and then packaging in a moisture vapor resistant container. Seal, label and date.

Information courtesy: <https://food.unL.edu/freezing-eggs>

May is Strawberry Month

Strawberry Quinoa Salad

- 1/2 c. dry quinoa
- 2 c. baby spinach leaves
- 2/3 c. sliced strawberries
- 2 tablespoons sliced almonds, toasted
- 1 handful, fresh basil leaves, finely sliced.

Dressing

- 2 tablespoons balsamic vinegar
- 1 tsp. Dijon mustard
- 2 tablespoons olive oil
- Salt and Pepper to taste.

Directions

Wash hands with warm water and soap for 20 seconds. Place quinoa in a medium sized saucepan with 1 3/4 cup of water. Bring to a boil and reduce heat to simmer for 15 minutes or until cooked.

Remove lid and cook until all water is evaporated. Remove from heat. Make dressing by combining all ingredients in a bowl and or jar and mixing. Place the quinoa, spinach, strawberries, almonds and basil in a bowl and toss. Add in dressing just prior to serving.

Refrigerate leftovers within 2 hours and seal in an airtight container.

Recipe Courtesy: <https://polk.ces.ncsu.edu/2020/05/healthy-recipe-strawberry-salad/?src=rss>