

# February Newsletter



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**Instagram**

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



Like us on  
**Facebook**

## CLUBS AND LEADERS

**CLASSY CLOVERS— SONJA SOUTHARD—  
MEET 2ND WEDNESDAY @6PM— E0**

**JAZZY JESTERS— MARY ZEISER, KATHY STEELE, ASHLEY  
CASTLE—  
MEET THE 1ST FRIDAY @ ASHLEY'S**

**4-H LUMBERJACKS— KATIE SCHULZ, — MEET THE 1ST  
WEDNESDAY @ 6PM— E0**

**OHIO COUNTY TRAILBLAZERS— JENNY OHLMANSIEK—MEET  
4TH SUNDAY @ 2PM—E0**

## Staff Directory

### Educators

Jill Andrew-Richards  
County Extension Director  
Agriculture & Natural Resource  
4-H Youth Development  
jmrichards@purdue.edu

Shannon Chipman  
County Extension Director  
Health & Human Sciences  
4-H Youth Development  
chipmans@purdue.edu

### Nutrition Education

Trenna Jossart,  
Nutrition Education Program Advisor  
tjossart@purdue.edu

Jessica Martini  
Community Wellness Coordinator  
koons0@purdue.edu

### Support Staff

Alyssa Devers  
Office Manager  
cook308@purdue.edu



Extension - Ohio County

# Upcoming Dates

<b>DATE</b>	<b>EVENTS</b>	<b>TIME</b>	<b>LOCATION</b>
February 5	Indiana 4-H Quality Livestock Care	5:30pm	Extension Office
February 5	Extension Homemaker Council	5:30pm	EO
February 5	YAB	6:30pm	EO
February 6th	4-H Shooting Sports Safety Meeting	6pm	EO
February 6, 8, 13, 15, 20, 22, 27, 29	Beef Basics	6-8:30pm	Teams
February 10th	4-H Shooting Sports Safety Meeting	10:00am	EO
February 11	4-H Junior Leaders Souper Bowl Sunday	12pm	Hoosier Haven Rec Room
February 18	Mini 4-H	12-2pm	EO
February 19	Junior Livestock Committee	5:30pm	EO
February 19	Livestock Committee	6:00pm	EO
February 19	Fair Board	6:30pm	EO
February 24	Area 1 4-H Volunteer Conference	9:30am	Hopewell Baptist Church

## Mark Your 4-H Calendar

Beef/Dairy ID March 2nd 8-9am

Goat, Sheep, & Swine ID Day April 27th 8-10am

Animal ID Due in 4-H Online May 15th

4-H Camp June 4-7 (Jr Staff 3-7)

Rabbit ID June 8th, 9-10am

Fair Week June 21-28

# 4-H Youth Development

## Beef & Dairy Identification Day March 2nd 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.



## 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](http://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

# 4-H Youth Development

## LIVESTOCK SHOWS

**Monday, June 24, 2024**

5:00 Sheep Show  
7:00 Swine Show

**Tuesday, June 25, 2024**

9:00AM Rabbit Show  
5:00 Dairy Goat Show  
7:00 Meat Goat Show

**Wednesday, June 26, 2024**

9:00AM Poultry Show  
6:00 Beef Show

**Thursday, June 27, 2024**

10:00AM Horse Show  
5:00 Supreme Showmanship

## OHIO COUNTY 4-H JUNIOR LEADERS SOUPER BOWL SUNDAY

Sunday,  
February 11th  
12-1:30pm  
Hoosier Haven  
Rec Room

RSVP to  
Shannon by  
February 7th if  
you plan to  
attend!

Purdue Extension is an Equal Opportunity/Equal access/Affirmative Action Institution



## 2024 Summer Program Assistant Needed



We are seeking Ohio County 4-H Alumni!! If you are a high school graduate and completed your 4-H career in the last few years, please apply. Thanks to the generosity of the Ohio County Government Officials we are able to hire with less restrictions.

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 contact the office, we would love to have you on our team.

# 4-H Youth Development



## HELLO MINI 4-HERS & PARENTS!

We had a great January meeting! We completed our first project together SUN CATCHERS! These projects will be entered in under "Arts & Crafts". The next project we will do in February will be a scene in a box. These projects will be entered by whatever scene they decide to create in their box (ex. Dinosaurs, wildlife, farm). Please feel free to sign up for more projects and do them at home!  
We are now starting to get busy, so we have a few announcements about meetings and what we will be working on going forward.

## JANUARY 2024 ANNOUNCEMENTS



### MEETING UPDATES

Sun - Feb 18, 12:00 - 1:30

Meeting @ The Extension Office

**No March Meeting**

Due to Spring Breaks

**April Meeting TBA**

Currently in collaboration with shooting sports to host a joint meeting and teach them about Archery! This meeting will NOT be at the school.

**May Meeting TBA**

This will hopefully be our T-shirt Tie Dye. This monthly meeting will also not be at the school.

### MEETING UPDATES



## ?? QUESTIONS ??

If you have any questions about project registration or our plans moving forward, please reach out to the Extension Office, Shannon Chipman, or Abbey Berkley.

Extension Office  
ohioces@purdue.edu  
(812) 438-3656

Shannon Chipman  
chipmans@purdue.edu

Abbey Berkley  
aberkeley@risingsun.k12.in.us

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## 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 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

<b>10 am</b> Thrive Session	<b>12 noon</b> Catered Lunch
<b>11 am</b> First Session Choose a topic relevant to your role.	<b>1 pm</b> Second Session Choose a topic relevant to your role.



Registration Required on 4-H Online Events by February 19th [v2.4honline.com](http://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.

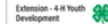
#### 4-H Tractor Project

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](mailto:copelanb@purdue.edu) with questions



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# Sewing Saturdays!

**Where:** Geneva's Quilts

4154 St. Rd 56 N

Rising Sun, IN

**When:** March 16th OR March 23rd

**Time:** 10:30-1:30pm

**Cost:** \$15.00

Sign up for March 16 **OR** March 23rd by calling Purdue Extension Ohio County at 812-438-3656! Space is limited!! Youth will leave with a completed pillow case to exhibit at the 2024 Ohio County 4-H Fair!

Questions: Give Shannon a call at the EO- 812-438-3656.



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# 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](http://pcrd.purdue.edu/speedtest)



2

Validates it on the FCC website

[broadbandmap.fcc.gov](http://broadbandmap.fcc.gov)

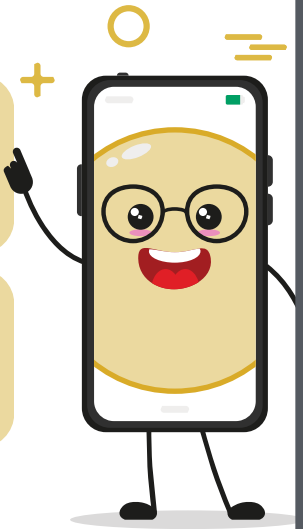


3

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](mailto:state4hleader@purdue.edu)



**PURDUE**  
UNIVERSITY

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

## 2024 Native Plant Sale Dearborn County Soil & Water Conservation District

### Pick up Your Plants

Thursday, May 16 from 7:30 AM - 5:00 PM or Friday, May 17 from 7:30 AM - 5:00 PM  
Located at Dearborn County SWCD 10729 Randall Avenue Aurora, IN 47001

Native Plants are plants that have existed in a given area for centuries. They have adapted to local conditions and can withstand local extremes in temperature, drought, and flooding. There are many benefits to native plants.

Some of these are:

- Low maintenance due to being accustomed to local environmental conditions and insects and therefore do not require additional watering, chemical fertilizers, or pesticides to survive.
- Improves the environment by removing harmful toxins from the air, releasing oxygen, and filtering polluted stormwater.
- Have evolved defenses to many diseases and insect pests.
- Native wildlife depends on native plants to meet their needs by providing food and shelter.
- Create deep and extensive root systems, which help to stabilize the soil column and create an environment favorable to building fertile soils rich in organic matter.

If you need special arrangements or have questions, before ordering, contact us at: 812-926-2406 ext. 3 or [Kyla.dick@in.nacdnet.net](mailto:Kyla.dick@in.nacdnet.net)

## 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](http://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](http://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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## Annual No-Till Breakfast Pesticide Recertification Program Hopewell Baptist Church

2319 North Co Rd 850 West  
Holton, IN 47023

Thursday, March 7, 2024  
8-12 Noon

### Topics

8:00  
Breakfast

9:00 – 12:00

### Agency Updates

**David Fischer - Fischer Farms** - Ryegrass and Silage Rotation, Direct Marketing and how to capitalize on climate/carbon markets

**Dave Osborne - Purdue Extension** - PARP Topic and Rule Changes for Applications

### RSVP TO:

Kim Jolly – Ripley County SWCD (812) 689-6410 ext 3

**Questions to:** David Osborne – 812-689-6511

Private Applicators wishing to receive recertification credit must bring their PA number to the meeting. Fee is sponsored by Indiana Corn and Soybean Checkoff.



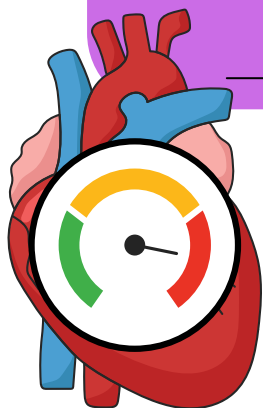
USDA and its affiliates and Purdue University is an equal opportunity/equal access university. If you have special needs, please call us prior to the meeting at 812-689-6511 or call 888-EXT-INFO and ask for the Ripley County office.

## Late Winter and Early Spring Reminders

- Refine plans for pasture use for the upcoming grazing season; consider fencing, seeding, fertilization, herbicide applications, water and shade availability.
- Frost seeding of clovers should be performed between February 1 and March 1.
- Nitrogen fertilizer should be applied in late February to promote early grass growth.
- Before applying Nitrogen: Soil test pastures and use results for application of fertilizer and lime.
- Renovate high traffic areas and bare areas to reduce erosion.
- Purchase seed, inoculant, and fertilizer for upcoming season.
- Check equipment and make repairs where needed.
- During wet periods, consider moving livestock to a barn or sacrifice lot to protect pastures.
- Continually move feeding area to reduce mud, erosion, compaction, and damage to forages.
- Do not graze pastures before cool-season forages reach approximately 6 inches to allow for adequate growth and maximum forage production for the remainder of the grazing season.
- Provide animals with easy access to complete mineral feeders at all times. Supply a mineral high in magnesium (a high “Mag” mineral) to prevent grass tetany in the early spring.



# Health & Human Science



## DASH DIET- DIETARY APPROACHES TO STOP HYPERTENSION

According to the National Institute of Health, the DASH diet is a flexible eating plan that helps create a heart healthy eating style for a lifetime. It doesn't require any special foods and provides daily and weekly nutritional goals with the outcomes of lowering blood pressure and LDL's aka the "bad" cholesterol.

February is  
Heart Health  
Month.



### DASH Eating Plan

The Benefits: Lowers blood pressure & LDL "bad" cholesterol.

Eat This	Limit This
Vegetables	Fatty meats
Fruits	Full-fat dairy
Whole grains	Sugar sweetened beverages
Fat-free or low-fat dairy	Sweets
Fish	Sodium intake
Poultry	
Beans	
Nuts & seeds	
Vegetable oils	

[www.nhlbi.nih.gov/DASH](http://www.nhlbi.nih.gov/DASH)



**Madison District  
Homemaker Spring  
meeting will be on  
March 18th in  
Bartholomew  
County. Details  
coming!**



### SHEPHERD'S PIE

1 lb. potatoes, cut into 1/2 inch pieces  
1/4 cup low-fat yogurt (make sure its not vanilla!)  
1 cup fat-free milk, hot  
1/4 tsp. salt

1/4 tsp. black pepper

1 Tbsp. fresh chives, rinsed, dried and minced

Filing:

4 cups cooked mixed vegetables (carrots, celery, peppers, etc.)

2 cup low-sodium chicken broth

1 cup quick-cooking oats

1 cup grilled or roasted chicken breast, diced

1 Tablespoon fresh parsley, rinsed, dried and chopped or

1 tsp. dried

1/4 tsp. black pepper

Non-stick cooking spray

Directions: Place potatoes in a medium sauce pan and water. Bring water to boil and cook potatoes until pierced easily with a fork or about 20-30 minutes. While potatoes are cooking, combine vegetables, chicken broth and oatmeal in a medium saucepan. Bring to a boil and simmer gently until oatmeal is cooked (about 5-7 minutes). Add chicken and continue to simmer until heated through. Season with parsley and pepper. Follow by preheating oven to 350 degrees.

When potatoes are done, drain them and mash. Add milk, yogurt, salt and chives to potatoes and stir until smooth.

Lightly spray an 8 inch baking dish. place filling in the bottom of the dish and top with potatoes, spreading carefully. Bake in preheated oven for about 10 minutes or until the potatoes are browned and chicken is reheated to an internal temp of 165 degrees. Serve immediately and refrigerate any leftovers within 2 hours.

Recipe courtesy: <https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=12&cld=2&rid=124>

# Health & Human Science

## MADISON DISTRICT RETREAT REGISTRATION FORM

May 7 & 8, 2024  
 Registration: 8:30 A.M. Program starts: 9:30 A.M.  
 Higher Grounds, 3820 Logan Creek Lane, West Harrison, In 47060

### "A TRIP DOWN MEMORY LANE"

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ County \_\_\_\_\_  
 E-Mail: \_\_\_\_\_

❖ Is this your first time to attend retreat: YES NO *Circle one*

LODGE OPTIONS: State if the first floor is necessary: YES NO *Circle one*

*Check one option*

- 2 people per room: \$106.00 per person
- 3 people per room: \$102.00 per person
- 4 people per room: \$96.00 per person
- 1 person per room: \$125.00

**\*\*Includes 1 night lodging and 4 meals**

List names of individuals sharing a room:

1. \_\_\_\_\_ 2. \_\_\_\_\_  
 3. \_\_\_\_\_ 4. \_\_\_\_\_

\*\*\*\*\*

#### ONE DAY REGISTRATION

*For those wanting to attend one day:* \$25.00 for the day includes lunch and grounds fees  
 Tuesday May 7, 2024 \_\_\_\_\_

Tuesday May 7 with Lunch & Evening Dinner \$35.00

\*\*\*\*\*

**Return by April 23, 2024 to:**

Marnie Carr (812)-375-0999  
 3035 Flintwood Dr.  
 Columbus, Indiana 47203

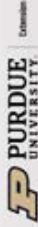
Make checks payable to: MADISON DISTRICT RETREAT

PLEASE BEING ITEMS FOR OUR FUND RAISING AUCTION!!!!

**NOTE: 1-2 items per person – can be new, slightly used & clean, or hand made**

## PURDUE EXTENSION GET WALKIN' 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.

#### DETAILS

Starting date: **March 1, 2024**

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 Purdue Extension at 812-438-3656

Register by: **February 26th, 2024**

For more information or to join us, contact:

Purdue Extension Ohio County  
 Shannon Chipman at 812-438-3656



SCHOOL OF NURSING

Purdue Extension Ohio County



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

**ALL FOR FREE!**