

March Newsletter



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



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



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.

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

2024 Important 4-H Camp Updates and Changes

Camp Dates: Junior Directors, Group Leaders, and Counselors will report to camp from June 3rd through June 7th. Counselors In Training and Campers will report to camp from June 4th through June 7th.

Camp Fee: \$225. (YAB will still pay half)

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

DATE	EVENTS	TIME	LOCATION
March 2	Beef & Dairy ID Day	8-9am	Fairgrounds
March 4	YAB Meeting	6-30pm	Extension Office
March 5, 7, 12, 14, 19, 21, 26	Beef Basics	6-8-30pm	Teams
March 16	Tractor Project Meeting	10-30am	Zimmer Tractor
March 18	Indiana 4-H Quality Livestock Care (QLC)	5-00pm	Extension Office
March 18	Junior Livestock Committee	5-30pm	Extension Office
March 18	Livestock Committee	6-00pm	Extension Office
March 18	Fair Board Meeting	6-30pm	Extension Office
March 20	Invasive Plants Program	6-00pm	Fairgrounds
April 6	Swine & Goat Workshop	12-00pm	Fairgrounds

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.

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 11th at the Decatur County Fairgrounds. The contest will be held from approximately 8am - 3pm.



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

4-H Youth Development



4-H Academy
@ Purdue University
June 12-14, 2024

At 4-H Academy, high school students visit Purdue University to interact with faculty and industry professionals and meet new friends from across Indiana.

Personal Finance



Animal Science

Cyber Security



Plant Science: Living Landscapes



Digital Agriculture

Contact your county's Purdue Extension 4-H Educator before May 15 to register.

To learn more, visit bit.ly/in4hacademy



Intro to EMS



Food Science

Investigating Forensic Science



Biological Engineering



The Science of Flight



Natural Resources



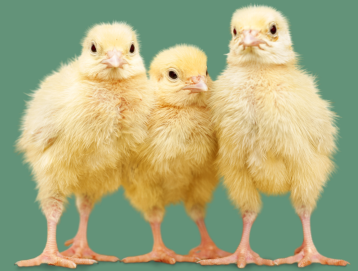
...and more!



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Commercial Poultry Exhibitors

We will once again be ordering birds for anyone interested in Commercial birds. This year we will be placing two orders to allow for birds for Roasters and Broilers. First order will be in April and the second in May. Stay tuned for more information.



Mark your Calendar for the Swine & Goat Workshop on April 6th beginning at Noon!



Ohio County Tractor Project Meeting

Date: March 16th

Time: 10:30am

Location: Zimmer Tractor

For: Any 4-H Members Grades 3-12 with an interest in Ag Tractor and/or Zero Turn.



4-H Youth Development

PURDUE EXTENSION | OHIO COUNTY

Make sure to pre register for Shooting Sports and Sewing Saturdays!!



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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2024 STATE 4-H SHOOTING SPORTS

Events Dates

Register Online!

HELLO MINI 4-HERS & PARENTS!

Mini 4-H had a great turnout on February 18th at the Extension Office! We completed animal habitats and learned about different types of exercises and why our bodies need them.

We will not be meeting in March and will keep you updated through 4-H Online and Facebook about our meeting plans for April. Stay Tuned and have a great Spring Break!

MARCH 2024 ANNOUNCEMENTS



MEETING UPDATES

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

Air Rifle & Air Pistol

February 24th, 2024
Hancock County Fairgrounds - Greenfield, IN

Archery

March 23rd, 2024
Cutting Edge Archery - Greensburg, IN

Air Rifle, Air Pistol, Rifle & Pistol

April 20th, 2024
Riley Conservation Club - Riley, IN

Shotgun

May 18th, 2024
Indiana Gun Club - Fortville, IN

Muzzleloader (interest required)

May (TBD)

- Team and Individual Entry options
- Ammo for shoot provided
- Participants should bring own equipment
- Bring your own lawn chairs, sunscreen and snacks
- Check in Times from 8-9AM

Registration is required and can be found on 4-H Online (v2.4honline.com) under Events or at the links below.

Air Rifle & Air Pistol

<https://in4hstateshootairpistol24.4honline.com>
(Register by February 19th)

Archery

<https://in4hstateshootarchery24.4honline.com>
(Register by March 18th)

Air Rifle, Air Pistol, Rifle & Pistol

<https://in4hstateshootpistol24.4honline.com>
(Register by April 15th)

Shotgun

<https://in4hstateshootshotgun24.4honline.com>
(Register by May 15th)

Muzzleloader

<https://in4hstateshootmuzzle24.4honline.com>
(Register by April 1st)

Questions: Contact David Osborne at osbornda@purdue.edu or 812-689-6511



?? 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
aberkley@risingsun.k12.in.us

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Extension - 4-H Youth Development



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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



2

Validates it on the FCC website

broadbandmap.fcc.gov

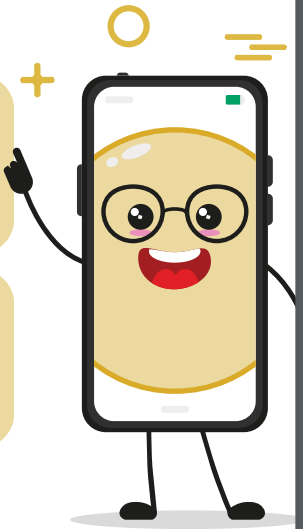


3

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!

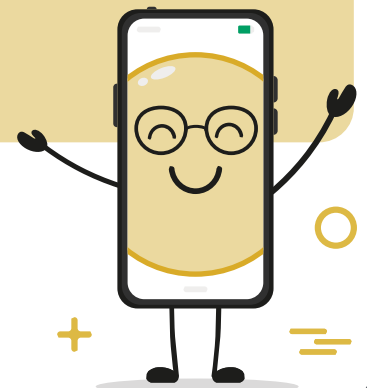
There are a lot of different ways to connect to the internet. Some of them are *very* fast, and some of them are *very* slow. We would like everyone in the state of Indiana to be able to use the internet at fast speeds. While it might help you play games and watch videos more easily, it also can help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



P 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

Beef Production Calendar: MARCH

For late March Calving Cows

The beef production calendar is a management tool for producers to help them in scheduling practices pertaining to the cow herd over a twelve-month period. The calendar is based on a late March calving beef herd. The calendar addresses three categories:

- General Management Practices,
- Feeding Management, and
- Herd Health.

There are practices for producers to consider in these specific areas each month as the beef herd progresses through the production cycle for cows that give birth to calves in March.

GENERAL MANAGEMENT

- Move "close" cows to calving area about 10 days before expected calving.
- Observe every 3-4 hours after calving starts.
- Follow calving season management practices as for heifers previous month. Implement Sandhills Calving System if calf scours are a problem.
- Mark cows having calving difficulty or other problems for early culling.
- Body condition score all females as they calve.

FEEDING

- Switch heifers to lactation ration by 10-15 days after calving.
- Plan pasture management & feeding program:
- Temporary pastures, rotation, etc.
- Early weaning, dry lot, etc.

HEALTH

- Observe calves for scours & respiratory problems.
- 15th-25th vaccinate cows within 3-4 weeks of calving: enterotoxemia C & D toxoid booster: Scours vaccine.
- Observe cows for prolapse & retained placenta.

Source: <https://beef.unl.edu/beef-production-calendar>



Agriculture & Natural Resources

Invasive Plants

March 20, 2024

6:00-8:00PM

Ohio County Fairgrounds

Are you interested in learning about Invasive Plant Species? Maybe, you are wanting more information about Native Plants to enhance your land. If so, this is a program you don't want to miss.

RSVP: Due by March 18th to 812-438-3656

SAVE THE DATE: ID Walk May 8th 6PM

Denver Siekman Park



Extension



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.



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.

March Garden Calendar

HOME (Indoor plants and activities)

Begin fertilizing houseplants as new growth appears. Remove spent leaves and flowers to improve appearance and encourage more blooms. Start garden seeds indoors for transplanting outdoors later in spring. Check stored bulbs and produce for decay; discard damaged items. Prune, repot, and clean houseplants as needed.

YARD (Lawns, woody ornamentals, and fruits)

Prune trees and shrubs (except those that bloom early in spring) while plants are still dormant. If you are concerned about winter injury, delay pruning until after dieback; you can assess desiccation injury as plants come out of dormancy. Plant new trees and shrubs as soon as the soil dries enough to be worked. Plant bare-root plants before they leaf out. Soils may be exceptionally wet as winter snows thaw. Fertilize woody plants if needed before new growth begins but after soil temperatures reach 40°F. Remove winter coverings from roses as soon as new growth begins. Prune out dead canes and fertilize as needed. Delay pruning into live canes until after you can assess winter injury. Apply superior oil spray to control scale insects and mites when the tips of leaves start to protrude from buds.

GARDEN (Flowers, vegetables, and small fruits)

Plant cool-season vegetables and flowers as soon as the ground has dried enough to work. Do not work the soil while it is wet; wait until it crumbles in your hand. If the soil forms a solid ball when you squeeze it, it's still too wet. Gradually harden-off transplants by setting them outdoors during the daytime for about a week before planting. Follow last fall's soil test recommendations for fertilizer and pH adjustment. It's not too late to test soil if you missed last year. Start the seeds of warm-season vegetables and flowers indoors. Watch for blooms of early spring bulbs, such as daffodils, squill, crocus, dwarf iris, and snowdrops. Remove old asparagus and rhubarb tops, and side-dress the plants with nitrogen or manure. Plant or transplant asparagus, rhubarb, and small-fruit plants. Remove winter mulch from strawberry beds as soon as new growth begins but keep the mulch nearby to protect against frost and freezes. Remove weak, diseased, or damaged canes from raspberry plants before new growth begins. Remove old fruiting canes if you did not remove them last year, and shorten remaining canes if necessary. Prune grapevines after you can assess winter injury.

Source: <https://www.purdue.edu/hla/sites/yardandgarden/march-garden-calendar/>

Health & Human Science

Sugar is everywhere- even in your salad dressing

March is National Nutrition Month and serves as a reminder that focusing on getting enough fruits and vegetables in our diet is important because they are loaded with vitamins, minerals and the fiber that our body needs for good health. A popular way to get those servings of veggies in is to have a salad. However, what we top the salad with could counteract the healthy food we are trying to eat.

Salad dressings are basically 3 ingredients- fats, acids and seasonings. One of those seasonings is sugar and you can look at the nutrition facts label to read how many grams of sugar your salad dressing may contain. Low-fat salad dressings are not much healthier because they tend to add a lot of sugar to make up for the flavor that is lost by reducing the fat content.

According to the American Heart Association, Americans consume an average of 17 teaspoons of sugar every day which is 2-3 times more than the recommended daily amount. By eating this amount of sugar daily, it means that you are consuming nearly 60lbs of sugar/year. The AHA recommends that men consume about 9 teaspoons of sugar per day and women should consume about 6 teaspoons a day.

So the next time you decide to make a salad, read the nutrition facts label on your salad dressing. If it contains ingredients like corn sweetener, high-fructose corn syrup, molasses, malt sugar, invert sugar, sugar molecules (aka dextrose, fructose, etc.) than you are consuming added sugars and adding empty calories to your daily caloric balance.



Making a homemade salad dressing lets you control the ingredients. Check out this recipe to try!

Balsamic Vinaigrette

- 1 garlic clove, minced
- 1/2 tsp. thyme
- 1 tsp. basil
- 1 tablespoon dry mustard
- 1 1/2 tablespoons honey
- 1/4 cup balsamic vinegar
- 1/4 olive oil
- Salt and pepper to taste

Directions: Mix all ingredients together and keep refrigerated for up to one week.

Recipe courtesy: <https://edis.ifas.ufl.edu/publication/FY1502> Recipe adapted from: <https://weolive.com/blog/eat-drink/simple-salad-dressing-recipes/>

PURDUE EXTENSION
GET WALKIN'
PROGRAM

Helping Hoosiers get on their feet!

 PURDUE UNIVERSITY Extension

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 Pur due Extension at 812-438-3656

Register by: February 26th, 2024



WALK TO:

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

ALL FOR FREE!



For more information or to join us, contact: Pur due Extension Ohio County
Shannon Chipman at 812-438-3656

 PURDUE UNIVERSITY Extension

SCHOOL OF NURSING

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Health & Human Science



MADISON DISTRICT SPRING MEETING

March 18th, 2024



Presented by the Bartholomew Co. Extension Homemakers

Location: Community Building at the Bartholomew County Fairgrounds,
750 W 200 S, Columbus, IN 47201

9:00 AM Registration includes a continental breakfast. Meeting begins at 10:00 AM

Five are lucky to be a Homemaker!



Reservations Due: March 4, 2024
\$15.00 per person & \$10 per county for door prize

All reservations should be sent to:

Bartholomew County Extension Homemakers, c/o Amy Kilby,
3024 Fox Pointe Drive, Columbus, IN 47203

A Box Lunch will be provided by The Rolling Pin
(Sandwich, side, chips & 2 cookies)

Please contact the Purdue Extension, Bartholomew County
office at 812-379-1665 for more info.

(See back side for reservation sheet)



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If you have special needs, please call us prior to a meeting at 812-379-1665.



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

Spring Weather Safety



Spring Weather- Flood Facts

Did you know that just one inch of water can cause \$25,000 of damage to a 2,500 square foot home? Standard homeowner and renter's insurance policies do not include flood insurance protection. New flood insurance policies take about 30 days to become effective so make sure you have this as part of your insurance package!

"Wait ten minutes and the weather will change" season is upon us and we all know how unpredictable SE Indiana weather can be. As we enter into spring, now is a good reminder to review your weather safety plans with your family.

1. Have a designated location as your safe spot regardless of what kind of building you are in. Basement or storm shelters are best but if unavailable then head to an interior room, stairway or hall without a window.
2. Use a helmet, blanket or mattress to protect your head, neck and body as these are the most vulnerable parts of the body that could be damaged by debris.
3. How will you be alerted? Do you have an app on your phone that alerts you of severe weather? Do you have a NOAA weather radio? Can you hear sirens where you live? All of these can help in a dangerous weather situation.

information courtesy: <https://www.in.gov/dhs/get-prepared/nature-safety/severe-weather-preparedness/#:~:text=Have%20a%20Plan%20and%20a,kit%20ready%20at%20all%20times.>

information courtesy: <https://www.in.gov/dhs/get-prepared/nature-safety/severe-weather-preparedness/#:~:text=Have%20a%20Plan%20and%20a,kit%20ready%20at%20all%20times.>