

THE WARRICK COUNTY CLOVER GAZETTE



May/June 2024

IMPORTANT DATES

Extension office will be closed the following days:

May 7th Primary Election
May 27th Memorial Day

Fair Committee Meetings

May 13th at 6 PM
June 10th at 6 PM

Center Board Meetings

May 13th at 7 PM
June 10th at 7 PM

4-H Council Meetings

May 15th at 7 PM
June 18th at 7 PM

4-H Camp

May 30th – June 2nd

Warrick County Tractor Contest:

June 15th/Rain Date June 16th

AREA 3 Tractor Contest

June 29th @ Vanderburgh County/Rain Date June 30th

Warrick County 4-H Fair
July 15th-20th

Indiana State Fair
August 2nd – 18th

UPCOMING DEADLINES

MAY 3

**Warrick County
Royalty Contest
Application Deadline**

MAY 5

**10-Year and Last Year
member information
Due**

MAY 9

Camp Forms
Both online and paper
registration need to be
completed in order to be
approved

MAY 15

**Project Add/Drop
Deadline**
**Animal ID Entry
Deadline**

4-H Record of Achievement are reviewed annually by an awards and trip committee. They are also helpful for scholarship, resume, and job applications. Be sure to record all participation, goals, achievements, and reflections related to 4-H, school, sports, church, and community involvement. We have more forms in the office or we can email you the form to keep on your computer at home! Check out this video that will help answer any questions:
<https://youtu.be/70CSeGhnavA?si=vOuEB0INChvHT0gw>

PERFORMING ARTS AREA 3 EVENT

May 3rd at Jasper Middle School. Registration starts a 5:45PM CST. Event will start at 6:15PM CST.



Indiana 4-H Foundation Senior Scholarship

Winners

Delanie Potts (2)

Luke Pryor

Jordyn Rhule

Rosalind Kidwell

Indiana 4-H Accomplishment

Scholarship Winner

Evelyn Stallings

2024 Warrick 4-H County Camp

GO FOR THE GOLD

Thursday, May 30th to Sunday, June 2, 2024 at the Historic Santa Claus Campground

Camp Forms and Online Registration are **BOTH due by May 9th.**



Special thanks to Robert Stone for designating Warrick County 4-H as the recipient of his Farmer’s Grow Communities donation. This donation helps our 4-H Council to fund 4-H Youth programming in Warrick County.



CLUB INFO:

Warrick County Mini 4-H is off to a great start. We have had two meetings with great turnouts of approx. 100 kids! If you are a 4-H'er and interested in volunteering to help at a meeting, please contact Candice Carroll 812-455-2108. The remaining meetings are as follows: May 14th, June 25th, and July 10th. All meetings are in the Alcoa Building from 5-6 PM

Degonia 4-H Club went to a hockey game on Saturday, April 6th. The club had a great time together! The next Degonia meetings are as follows: May 19th, June 23rd, and July 7th. All meetings are at the 4-H Center at 1 PM.

Southside will have meetings on May 20th and June 24th in the Alcoa Building from 6-7PM. June 24th will be our pre-fair cookout where all families are invited and play games! We will be planting our flower bed in June!

Warrick Wranglers will meet May 6th and June 3rd at 6:30 PM in the Alcoa Building.

Warrick STEM will meet May 9th and June 13th

Community Builders will meet May 21st and June 25th at 6:30 PM

Thorny Grove will meet May 14th and June 11th at 6:30 PM at Chandler Church.

Paradise will meet May 20th and June 17th from 6-7:30 PM

Stevenson will meet May 9th and May 21st

Castle Community will meet May 13th at Newburgh Chandler Public Library and June 10th TBD

Dayville at the Crossing will meet May 9th and June 12th in the Alcoa Building at 6:30 PM

Wagner will meet on May 7th and May 21st

Green Acres will meet May 15th and June 12th at the Alcoa Building at 6 PM

Warrick Warriors will meet May 19th and June 5th and June 19th @ 6:30 PM at Zion Church.

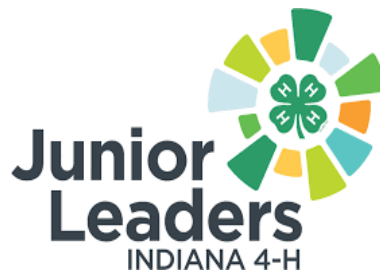
PROJECT PALS:

Needing help with one of your 4-H projects? The Ambassadors will help you make a poster or a notebook for a project of your choice. Supplies will be provided but you can also bring your own.

June 8th from 1-3 PM at the Boonville Public Library

To RSVP: PLEASE call the Extension Office with your name, project, and division by May 31st

The Ambassadors will meet May 20th and June 17th at 6 PM in the Alcoa Building!



Junior Leaders will meet May 1st at the Alcoa Building at 6 PM.

June 9th will be Junior Leader Family Day

RABBIT CLUB:

May 5

**Rabbit Club meeting
2:30 in Alcoa Building**

May 10

**Butcher Shoppe
Fundraiser money is
due**

June 4

**Tentative date for
Butcher Shoppe
product dispersal
(look for Facebook
updates as this date
may change)**

June 22

**Pre-Fair 8-12 in Exhibit
Building and
Homemakers Building**

July 7

**Rabbit Club meeting at
2:30 in Alcoa Building.
We will be discussing
Fair and schedule of
events.**

**Be sure to Follow us on
our Facebook Page
Warrick County 4-H
Rabbit Club**

SHOTGUN WORKSHOPS

Where:

Campbell Township Conservation Club located just east of Interstate 69, south of Millersburg Road at the end of County Line Road.

Who:

All 4-H members

When:

May 15th
June 6th
June 18th

Please bring hearing and eye protection. You may use your personal shotgun and ammunition after inspection from instructor. If you have any questions, please feel free to contact the instructor, Jason Fox 812-549-5438

*Please join the TeamReach app!
Install app and enter code:
4hshotgun2021*

RIFLE WORKSHOPS

Where:

Izaak Walton Conservation Club
4266 S Bethany Church Road

Who:

Grades 6-12 will meet at 6 PM
Grades 3-5 will meet at 6:45 PM
Older group is encouraged to stay and help coach the younger group.

When:

May 1st
May 15th
May 28th

Rifles and ammunition will be provided. Feel free to bring our own rifle (subject to inspection by instructor before use) and factory ammunition. No reloads please. We will have rifles and ammunition present for 4-H'ers to use. If you have any questions call Nick Graham at 812-499-6405.

Tractor:

May 19th Tractor Workshop @ 1PM

June 15th County Tractor Contest 1PM

**June 29th District Tractor Contest in
Vanderburgh County**

*****REMINDER***:** If you are planning on showing your animal at state, ANIMAL DNA is due into our office **BY MAY 15th! Make sure your animals are registered in 4-H online by May 15th !!!**

Quality Livestock Care will be on Wednesday, May 8th at 5:00 PM! Please register in 4-H online under the Events tab! *This will be our FINAL CLASS!*

The training will last approximately 1 hour. Quality Livestock Care training is a requirement for all 4-H members who plan to show their livestock at the Warrick County 4-H Fair and/or IN State Fair. Livestock includes beef, dairy, swine, sheep, goats, rabbits and poultry/eggs. QLC training must be renewed every year. Training will be taught in the Homemaker's building located at the Warrick County 4-H Fairgrounds, 133 W. Degonia Road, Boonville, Indiana.

Please make sure your attendance has been marked accordingly BEFORE you leave the training, especially if you walked in a few minutes late. You must attend the training in its entirety in order to meet the requirement. Questions regarding the training can be directed to Amanda Mosiman by email to bailey1@purdue.edu. Please call the office at 812-897-6100 or email Stacey at franz10@purdue.edu or Heidi at hkellem@purdue.edu for all other questions.

SLIDE SHOW PHOTOS

At the 2024 Fair, the Elizabeth Rudolph Memorial TV will again be set up and display the Warrick County 4-H year-in-review slide show. Please submit pictures that are taken after August 2023 for consideration. Group or action shots are preferred to individual pictures. Pictures can be submitted to Anita Susott at swsusott@aol.com

2024 DAILY CLEAN-UP ASSIGNMENTS:

Each 4-H Club has either volunteered or been assigned a date(s) and area(s) that they are responsible to clean. This should be performed between 8:00 am and 10:00 am. Trash bags along with gloves that should be worn will be available at the Extension Office on the Fairgrounds.

<i>AREA</i>	<i>Monday July 15th</i>	<i>Tuesday July 16th</i>	<i>Wednesday July 17th</i>	<i>Thursday July 18th</i>	<i>Friday July 19th</i>	<i>Saturday July 20th</i>
<i>Alcoa Bldg. & West Parking Lot</i>	<i>Community Builders</i>	<i>Castle Community</i>	<i>Wagner</i>	<i>Thorny Grove</i>	<i>Green Acres</i>	<i>Warrick Warriors</i>
<i>Exhibit Hall & Driveways</i>	<i>Southside</i>	<i>Castle Community</i>	<i>Wagner</i>	<i>Thorny Grove</i>	<i>Green Acres</i>	<i>Warrick Warriors</i>
<i>Livestock Area, Council & Jr. Leaders Food Stand Areas</i>	<i>Southside</i>	<i>Degonia</i>	<i>Wagner</i>	<i>Thorny Grove</i>	<i>Green Acres</i>	<i>Warrick Warriors</i>
<i>Parking Lot By Lake</i>	<i>Community Builders</i>	<i>Degonia</i>	<i>Dayville @ the Crossing</i>	<i>Stevenson</i>	<i>Happy Harts</i>	<i>Warrick Warriors</i>
<i>Parking Lot Areas By Horse Barn & Arena Parking Lot</i>	<i>Southside</i>	<i>Degonia</i>	<i>Dayville @ the Crossing</i>	<i>Warrick Wranglers</i>	<i>Warrick Wranglers</i>	<i>Warrick Warriors</i>

2024 4-H Fair --- 4-H Clubs Set-Up/Take Down Schedule

Each 4-H Club is expected to support the 4-H Fair in setting-up or taking-down. This may include moving tables, assisting in decorations, and a variety of other tasks.

Set-Up Saturday, July 13th 8:00 a.m.–11:00 a.m.	Take-Down Sunday, July 21st 1:00 p.m.- 4:00 p.m.
Community Builders	Castle Community
Degonia	Dayville-at-the-Crossing
Happy Harts	Green Acres
Southside	Paradise
Stevenson	Thorny Grove
Wagner	Warrick 4H Stem
Yellowbanks Mixers	Warrick Warriors
	Warrick Wranglers

ROYALTY CONTEST CANDIDATES:

All 4-H Females who will be age 16 by June 1, 2024 are eligible to enter the Warrick County Royalty Contest, formerly Queen Contest. The informational letter, along with the application, was mailed on April 1, 2024. The information is also available on the Purdue Extension website at: [contest](#) . The registration forms are needed in the Purdue Extension Office by May 3, 2024. If you have questions, please contact the office at 812-897-6100 or Stacey @ franz10@purdue.edu or Heidi @ hkellem@purdue.edu.

TEN-YEAR/LAST YEAR 4-H MEMBER:

Your 4-H family would like to honor and recognize you! On April 1, 2024, a letter went out to all Seniors asking for biographical information and a wallet sized photo. The information provided will be displayed at the Warrick County Fair during fair week. Your information will also be highlighted in the Boonville Standard. Please submit information, along with a photo of yourself to Stacey @ franz10@purdue.edu or Heidi @ hkellem@purdue.edu by May 5, 2024. If you have any questions, please call the office at 812-897-6100. A copy of the letter can be found on the Purdue Extension website at: [Seniors](#) .



Warrick County Farmers Market maintains and runs a non-profit local farmers market in Boonville Indiana. The Market showcases locally grown produce, home baked goods, handmade crafts and features educational information on healthy eating, agricultural issues, and local community awareness.

The Warrick County Farmers' Market will be held in Boonville, IN at the corner of Second Street and Main Street at the Harold Gunn Memorial Pavilion and adjacent parking lot.

The Market will be held every Saturday beginning on the first Saturday in June through the first Saturday in October from 8:00AM to 1:00PM. Note: Executive Committee reserves the right to adjust the ending date of the marker due to growing season concerns and/or vendor participation.

For questions, contact one of the following:

Market Manager, Jo Temple at 812-457-0242 or templemarble2@aol.com

Assistant Market Manager, Brenda Sutton 812-629-6689 or beashoe@aol.com

Extension Educator, Amanda Mosiman at bailey1@purdue.edu

To see the VENDOR RULES and download the VENDOR APPLICATION, go to the Purdue Extension website at: <https://extension.purdue.edu/county/warrick/warrick-county-anr.html>

Food, Family, Money & Health Purdue Extension - Warrick County Health & Human Sciences

MAY-JUNE 2024

A Message From Jo -

Hello!

I hope your Spring is off to a great start! The season usually brings renewed motivation to focus on our well-being. Did you know that May is Mental Health Awareness Month? Pause and think about how you are taking care of your mental health. Often we automatically associate mental health with “managing stress” - but is so much more: it is about managing sleep, physical activity, finances, nutrition and social connections!

As a Health & Human Sciences Educator my programs help guide you on taking steps for a healthier you. If you need information on upcoming programs call the office or check our Facebook page. If you want to host a program somewhere, let me know!

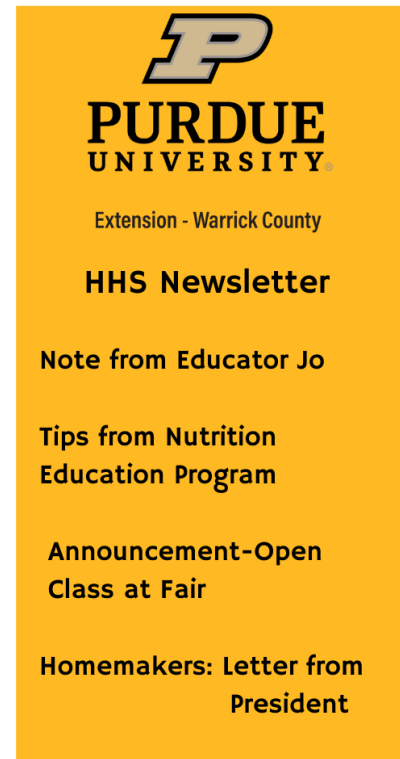
And for tips on getting your finances in shape and springing into action with new habits, check out Pages 2 & 3, courtesy of Purdue Extension’s Nutrition Education Program.

Be Well - Jo Gilreath
812-897-6100
jgilreat@purdue.edu

RESOURCES for Mental Health Support:

www.bewellindiana.com
www.samhsa.gov
www.mhanational.org
www.mentalhealthfirstaid.org
National Suicide Prevention Hotline:
1-800-273-TALK (8255)

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EAT BETTER FOR LESS

EatGatherGo.org

Get Your Finances in Shape with These Money Moves

We have seen the prices in the grocery store rise, too. Here are some tips to help you start saving today:

Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Check to see what foods you already have and make a list of what you need to buy.



Stick to the list

Make a shopping list for everything you need. Keep a running list on your phone, on the refrigerator, or in your purse or wallet. When you're in the store, do your best to buy only what's on your list.



Join your store's loyalty program

Sign-up is usually free, and you could see start saving as soon as you sign up.



Buy when foods are on sale

This one is super easy—make the most of your money by stocking up on food that is on sale.



Compare brands

Store brands can cost less than some of the name brand foods. Compare the items to find better prices.



Trying to lower food costs? Use your stale bread for this tasty dish.

Applesauce French Toast

Ingredients

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices whole wheat bread

Directions

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



@PurdueNEP



Purdue Extension
Nutrition Education Program



Purduenep



Resources: [eatgathergo.org/eat/shopping/finding-the-best-buy/](https://www.eatgathergo.org/eat/shopping/finding-the-best-buy/), [eatgathergo.org/recipe/applesauce-french-toast/](https://www.eatgathergo.org/recipe/applesauce-french-toast/)

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).

2024 **EAT BETTER FOR LESS** EatGatherGo.org

Spring into Action this Month with a New Lifestyle

Soon, spring will be here! Now is a great time to brush off those healthy habits and spring back into action.

Moving more is a great way to get started. By introducing different types of exercises, you can improve your overall health. Here are some ideas to get moving this spring:

Endurance: Keeps your heart, lungs, and circulatory system healthy and improve your overall fitness.

- Brisk walking or jogging in the spring air
- Cleaning your yard
- Riding your bike



Strength: Makes your muscles stronger.

- Lifting weights or cans of food if you do not have access to weights
- Using a resistance band
- Using your own body weight



Balance: Helps to prevent falls, a common problem in older adults.

- Standing on one foot
- Heel-to-toe walk
- Tai Chi



Flexibility: Gives you more freedom of movement.

- Shoulder and upper arm stretches
- Calf stretch
- Yoga



These kid-friendly chicken nuggets are always a hit in our classes.

Crunchy Chicken Nuggets

Ingredients

- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 cup barbeque sauce
- 3 cups cereal flakes

Directions

1. Preheat oven to 375 degrees.
 2. Mix chicken and barbeque sauce in a large bowl.
 3. Pour cereal flakes into a large plastic bag and crush into small pieces.
 4. Place chicken pieces in the bag, reseal, and toss to coat.
 5. Lightly coat a baking sheet with cooking spray. Arrange coated chicken pieces on the baking sheet.
 6. Bake until crispy and golden brown and chicken is no longer pink inside, about 20 to 25 minutes.
- Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



@PurdueNEP



Purdue Extension Nutrition Education Program



Purduenep



Resources: <https://www.nhlbi.nih.gov/resources/stress-less-healthier-heart-fact-sheet>, [eatgathergo.org/recipe/skillet-granola/](https://www.eatgathergo.org/recipe/skillet-granola/)

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Warrick County Extension Homemakers

-Announcement- -OPEN CLASS AT FAIR-



DO YOU HAVE A HOBBY?

Chances are, whatever you do or make would fit in to one of the 128 classes available for OPEN CLASS exhibiting this year at the County Fair. This year we switch to all OPEN CLASS, which means anyone can exhibit (you do NOT need to be a Homemaker). AND, there are no entry fees!

Divisions include baking, food preservation, sewing, painting, arts & crafts, needlework, photography, quilting, gardening and more!

For a complete list of the divisions & classes, along with exhibiting rules and important dates, call the Extension office at 812-897-6100 for a copy, or go to fair website: www.warrickcounty4hcenter.com and click on the fair tab at the upper right of the page.



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Warrick County Extension Homemakers Club

News from President Terri-

MAY-JUNE 2024



Hello Homemakers:

Below are the guidelines for Level 2 Homemakers:

Level II Modified County Structure: (from IEHA Membership Guidelines)

County oversight committee with a designated chairperson.

Dues payable to oversight committee.

Oversight committee sends dues to state.

Chairperson and one other oversight committee person should be bonded and dual signatures required on signature card.

Quarterly meetings are held and recorded in minutes.

Annual audit of funds.

District voting rights as outlined in district By-Laws.

State voting rights as provided for in IEHA By-Laws.

MEMBERSHIP IN NVON, CWC AND ACWW.

IEHA Conference June 10th to 12th

RESPECTFULLY SUBMITTED

TERRI DICUS, PRESIDENT

WARRICK COUNTY EXTENSION HOMEMAKERS