

Extension Edge

An educational publication of Purdue Extension—DeKalb County



Extension - DeKalb County

March/April 2025

Check Official Sources for Information on Avian Flu

John Woodmansee-ANR Extension Educator, Purdue Extension-Whitley County

Avian flu cases have shown up recently in Indiana counties, with some of them in northeastern Indiana. What is the risk to local flocks and people? How can hobby farmers take steps to keep their flocks safe?

First of all, farmers and the public should source their information on Highly Pathogenic Avian Influenza (HPAI) from BOAH at: <https://www.in.gov/boah/species-information/avianbirds/highly-pathogenic-avian-influenza/>. The page features information about current cases in Indiana and other important information. In several locations on the website, a link will direct you to a USDA resource, the Indiana Department of Health, or other reliable official sources.

Highly pathogenic avian influenza is a virus spread by close contact with infected birds. BOAH shares that the Centers for Disease Control and Prevention (CDC) has stated that the risk of transmission to humans is low. That risk would tend to increase for poultry workers and responders, prompting the need for appropriate Personal Protective Equipment (PPE), thorough hand washing, avoiding direct contact with sick birds, and showering at the end of the day.

When a positive case is found, BOAH will be the lead agency in dealing with the outbreak. Typically, the flock is depopulated, facilities are cleaned and disinfected, and a surveillance zone is established around that flock for routine testing and monitoring of nearby flocks.

BOAH states that recent detections of highly pathogenic avian influenza A H5N1 viruses (H5N1 bird flu) in wild birds and poultry pose a low risk to the health of the general public. Human infections are most likely to be rare and happen in people with recreational or occupational exposures involving prolonged, unprotected close contact with infected birds or contaminated environments.

BOAH states that the egg and poultry supplies are safe. All shipments of poultry and eggs are tested to ensure the absence of avian influenza (AI) before moving into the food supply. Always cook poultry products to 165 degrees.

As reported in other states (not Indiana to date), AI has affected some dairy cows. Fortunately, dairy animals usually recover from the disease. From a food safety standpoint, only consume pasteurized milk. All milk available in retail establishments is pasteurized and is safe for consumption.

BOAH urges poultry owners to practice good biosecurity. This includes minimizing or eliminating exposure the poultry has to wild birds and their droppings. Migratory waterfowl (ducks, geese, etc.) are known to carry AI without becoming ill or dying. Keeping poultry confined to a coop or fenced space can help to reduce possible exposure.

Hobby poultry owners should look for these signs of illness in their flock. According to BOAH, birds affected with HPAI may show one or more of the following signs:

- Sudden death without clinical signs
- Lack of energy and appetite

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2025 4-H IMPORTANT DATES

March 1	March 1- Horse and Pony Tack Auction - Exhibit Hall - All day
March 2	Goat Parent Meeting/workshop, 1:00 pm - Exhibit Hall Rabbit Parent Meeting/workshop, 2:00 pm - Exhibit Hall Poultry Parent Meeting/workshop, 3:00 pm - Exhibit Hall
March 3	Horse and Pony Meeting 6:30 pm - Exhibit Hall, small room
March 4	Nevershirk Club Meeting, 6:30 pm - Butler Elementary
March 9	Sheep Workshop, 1:00 pm - Sheep Barn
March 12	4-H Council Meeting, 7:00 pm - Exhibit Hall
March 13	4-H Power Club Meeting, 7:00 pm - Riverdale Elementary Gym (6127 SR 1, St. Joe, IN 46785) Macrame Workshop, 5:30 pm - County Office Building (215 E. 9th St. Auburn, IN) - https://bit.ly/macrame25
March 17	Horse and Pony Meeting 6:30 pm - Exhibit Hall, small room
March 20	Fairfield Farmers Club meeting, 6:30 pm - 1351 CR 12, Corunna
March 24, 26 & 28	DeKalb County Bake Off, 2:00-4:00 pm - Exhibit Hall https://bit.ly/DeKalbBakeOff
March 26	QLC in-person training, 10:00 am - Exhibit Hall - Must pre-register in 4-H Online in the "Events tab"
March 28-30	Teen Leadership Weekend for grades 7-12
March 31	Horse and Pony Meeting 6:30 pm - Exhibit Hall, small room
April 5	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall (schedule to come soon)
April 6	ATV - MANDATORY ATV SAFETY CLASS for all 1st & 2nd year members, 4:00-6:00 pm - Exhibit Hall (Dinner will be provided)
April 7, 14, 21 & 28	Green Thumb Club (Garden Workshop), 5:00 - 7:00 pm - Exhibit Hall https://bit.ly/25GardenClub
April 9	4-H Council Meeting, 7:00 pm - Exhibit Hall



2025 ESSAY LAMB CONTEST

The DeKalb County 4-H Sheep Committee has partnered with Slentz Farms to provide a great opportunity for anyone interested in joining the DeKalb County 4-H Program & Sheep Project! Slentz Farms has donated 1 lamb that will be ready for exhibition in the 2024 DeKalb County Free Fall Fair. All essays will be examined by the sheep committee as well as an outside judge to choose the winners. Essay requirements are listed below. Please take a slip from below with the requirements. For questions please see the contact information at the bottom of this sheet!

Requirements:

- 1) Never exhibited or completed the sheep project.
- 2) Must enroll in the DeKalb County 4-H Program.
- 3) Must have the ability to be compliant with the animal possession rules in the 2025 4-H Handbook.
- 4) 1 page – typed or written – on the following topics
 - a. Why are you interested in the sheep project?
 - b. What do you hope to learn or gain from the sheep project?

5) Due Date: Friday, March 28, 2025 to the Extension Office or either contact below.

Contact Information:

Sheep Superintendent –

Logan Rinehold

(260) 908-6343

lrinehold@yahoo.com

4-H Extension Educator –

Effie Campbell

(260) 925-2562

Campb314@purdue.edu



LOVE HORSES? BUT DON'T HAVE ACCESS TO ONE? NO PROBLEM! JOIN HORSELESS HORSE & PONY

- Open to any DeKalb 4-h member 3rd-12th
- The horseless horse project is designed for 4-H members interested in learning about horses but who do not own their own horse.
- Get hands on experience to learn about grooming and leading
- Exhibit in the horseless horse showmanship and in hand trail.
- Using a mentor's horse, you will showcase what you have learned in your current level of horseless horse.
- Add Horse & Pony as a project for 2024
- Meeting indoors for March so don't delay and join today!

Questions?

Contact us at
dekalb4horseandpony@gmail.com

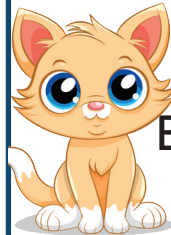


New this year!!! Mini 4-H Horse & Pony

If you're in mini 4-h you can now participate in meetings and exhibit at the Horse & Pony completion show!

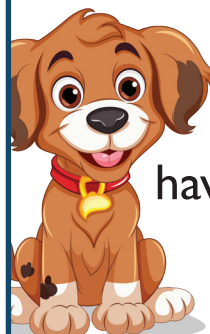
- Open to any DeKalb mini 4-h member
- Use your horse or another 4-hers
- All horses will follow the same vaccination and registration guidelines as regular H&P
- Must attend safety workshop to exhibit.
- Must have an adult in control of horse at all times.
- Exhibit in showmanship, leadline and more!
- Add Horse & Pony as a mini 4-h project for more information.

Have you enrolled MINI 4-H?



Be sure that you also enroll in specific projects through 4-H Online before our first meeting so you can pick up your project manuals that night!

Watch for a mailing which includes our DeKalb County Mini 4-H Handbook.



Look it over in case you have any questions before our first meeting on **May 5.**

4-H CLUBS ARE MEETING FOR 2025, ARE YOU ENROLLED?

All 4-H members and adult volunteers must re-enroll annually.

Go to v2.4honline.com to re-enroll.

The Extension Staff will be happy to assist you with your (re)enrollment process if needed!
VOLUNTEERS—You also **MUST** register again to be active in 2025.

HANDBOOK INFORMATION

The 2025 DeKalb Co. 4-H

Handbook is finished!

Every family will receive a printed copy of the Handbook this year. Make sure to watch your email and the Facebook page in the coming weeks for more information on how to claim your families Handbook. Until then the 2025 4-H Handbook can be accessed online.



LIVESTOCK NEWS

**2025 Beef/Dairy Steers
Beef Heifers ID/WEIGH-IN
Saturday, April 12, 8-11 a.m.**

MAY 15 DEADLINE

ALL Beef Steers, Registered & Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, and **STATE FAIR ELIGIBLE ANIMALS' MUST** (excluding Poultry and Rabbit) be entered into 4HOnline.

NORTHEAST INDIANA 4-H CAMP



June 4 - 6, 2025

Epworth Forest, North Webster, IN

Registration Due May 1, 2025!



WHERE TO REGISTER:

Register on 4-H Online using the QR Code or following this link:

<https://2025NEINCamp.4honline.com>



Northeast Indiana 4-H Camp is open to all 4-H members from Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wabash and Wells Counties in **grades 3-6** as of January 1.

HOW TO REGISTER:

It's as easy as:

1. Click the link above or scan the QR Code, and login to your 4-H Online family profile.
2. Select the **registration type for your county** (Ex.: Wells County 4-H Camper) and click **“Start Registration.”** Follow through the prompts and fill out all required fields until submitted.
3. The DeKalb County 4-H Council will cover 100% of this trip! So, you don't need to send in payment.

REGISTER TODAY!

Contact your local Purdue Extension Office with any questions!

Equal Opportunity Statement: Purdue University prohibits discrimination against any member of the University community on the basis of race, religion, color, sex, age, national origin or ancestry, genetic information, marital status, parental status, sexual orientation, gender identity and expression, disability, or status as a veteran.

Reasonable Accommodations Statement: If you are in need of accommodations to attend this program, please contact Effie Campbell prior to camp at (260) 925-2562 and campb314@purdue.edu by May 15. For special dietary needs contact Effie Campbell prior to camp at (260) 925-2562 and campb314@purdue.edu by May 15.

Language Access Statement: If you need an interpreter or translator, please contact Effie Campbell prior to camp at (260) 925-2562 and campb314@purdue.edu by May 15.



Northeast Indiana 4-H CAMP

Save the Date!
June 4-6, 2025
Epworth Forest

Open to Grades 3-6

Registration
is OPEN on 4-H Online!!!



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UNDER THE SCALES

Fish Dissection Workshop

Dive into the fascinating world of aquatic life! In this hands-on workshop, participants will explore fish anatomy through a guided dissection. Learn about the internal and external features that help fish survive and thrive in their underwater habitats. Perfect for budding scientists or anyone curious about marine biology!

Who: Best suited for 3rd grade and up
When: April 10, 2024
Time: 5:30-7:30 p.m.
Where: County Office Building, 215 E. 9th St. Auburn, IN
Cost: \$10
Register at: <https://bit.ly/Fish2025>



If you are in need of accommodations to attend this program, please contact Effie Campbell prior to the workshop at 260-925-2562 or camp314@purdue.edu.
EA/EOU.



DEKALB COUNTY BAKE OFF

Baking Classes covering the basics of cookies, cakes, and pastry
March 24, 26, and 28 (Spring Break Classes)

2:00-4:00 pm

708 S. Union St. Auburn, IN
Grades 6-12 and Adults

Register at <https://bit.ly/DeKalbBakeOff> by March 17!



Happy
St. Patrick's
Day

WORD OF THE MONTH

Whiffler

Meaning: A person who moves aimlessly or changes direction frequently, often to avoid making a decision.

Example: He acted like a whiffler, never sticking to one path for long.

GREEN THUMB CLUB

Leap into spring with us as we learn to grow plants in an indoor garden! Learn about the basics of caring for plants and how to use what we grow.

April 7, 14, 21, 28
5:00-7:00 pm, Exhibit Hall (708 S. Union St. Auburn, IN)
Register now using the QR code or go to
<https://bit.ly/25GardenClub>
Cost: \$20 per participant



DeKalb 4-H Hub

Your go-to resource for everything DeKalb 4-H!



WHAT IS ON THE HUB?

- FALL FAIR CHECKLIST- SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- SUMMER JUDGING CHECKLIST - SEE WHAT YOU STILL NEED TO COMPLETE TO BE ELIGIBLE TO EXHIBIT
- 10 YEAR MEMBER TO-DO LIST!
- LIST OF IMPORTANT DATES/WORKSHOPS
- MONTHLY NEWSLETTER
- GENERAL RECORD SHEET
- 4-H HANDBOOK
- APPLICATIONS FOR EVENTS/TRIPS
- 4-H FAMILY GUIDE, 4-H PROJECT MAGAZINE
- INSTRUCTIONS FOR 4-H ONLINE AND FAIRENTRY
- LIST OF IMPORTANT WEBSITES
- ALL LIVESTOCK WORKSHEETS!

**FALL FAIR - BECK'S
T-SHIRT SURVEY**

FALL FAIR LIVESTOCK EXHIBITORS! PLEASE ENTER YOUR T-SHIRT SIZES BY MARCH 1! IF YOU HAVE MULTIPLE YOUTH SHOWING LIVESTOCK IN YOUR FAMILY, PLEASE FILL OUT THE FORM 1 TIME FOR EACH MEMBER



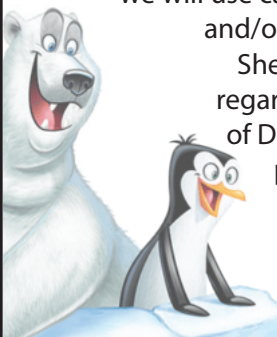
USE THE LINK OR SCAN THE QR CODE WITH YOUR PHONE CAMERA
[HTTPS://BIT.LY/DEKALB4HHUB](https://bit.ly/DeKalb4HHub)



Winter Cancellation Policy

Historically, we have followed schools in regards to meeting and event cancellations. If one school canceled for the day, we canceled all events for that day. However, with schools offering e-learning days, we think they will be quicker to react and cancel.

We certainly care about your safety, but want to be mindful that sometimes the fog fades and the snow is cleared by evening. Moving forward from this point on, we will use cautious discretion and/or consult with the Sheriff's Department regarding cancellation of DeKalb County 4-H programs, events, activities, and meetings.



4-H Quality Livestock Care Training

QLC IN-PERSON TRAINING DATES FOR 2025

JANUARY 6, 9:30 AM (HAMILTON TOWN HALL)

FEBRUARY 15, 10:00 AM (EXHIBIT HALL)

MARCH 26, 10:00 AM (EXHIBIT HALL)

MAY 3, 10:00 AM (EXHIBIT HALL)

AUGUST 9, 10:00 AM (EXHIBIT HALL)

HOW TO REGISTER:

1. Log in to 4-H Online
2. Click "view" next to the 4-H member you want to register
3. Click the "Events" tab on the left side of the screen
4. Select "DeKalb County - Indiana 4-H Quality Livestock Care trainings"

There will be some QLC trainings at Club meetings. Be sure to check your clubs schedule to see if there will be a training at an upcoming meeting.



Extension - 4-H Youth Development



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DEKALB COUNTY 4-H DAIRY BEEF

2025 Important Dates:

___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 12	Beef/Dairy Beef ID (Steer/Beef Heifer) 8-11 am, Fairgrounds
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ MAY 15	<u>4HOnline entry for Dairy Beef Steers</u>
___ MAY 17	All Cattle Workshop—Time and location to be determined
___ JUN 14	Dairy Beef Feeder ID 8-11 am, Fairgrounds
___ JUN 28	Dairy Beef Workshop— 1 pm, Exhibit Hall
___ JUL 1	<u>4HOnline entry for Dairy Beef Feeders</u>
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ SEP 8	<u>FairEntry</u> - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office QLC/YQCA Due

*State Fair Deadlines: www.indianastatefair.com



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DEKALB COUNTY 4-H DAIRY

2025 Important Dates:

___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 12	Beef/Dairy Beef ID (Steer/Beef Heifer) 8-11 am, Fairgrounds
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ MAY 17	All Cattle Workshop—Time and location to be determined
___ JUL 1	<u>4HOnline entry for Dairy</u>
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ SEP 8	<u>FairEntry</u> - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office QLC/YQCA Due

*State Fair Deadlines: www.indianastatefair.com



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DEKALB COUNTY 4-H Beef

2025 Important Dates:

___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 12	Beef/Dairy Beef ID (Steer/Beef Heifer) 8-11 am, Fairgrounds
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ MAY 15	<u>4HOnline entry for Beef Steers, Registered and Unregistered Heifers</u>
___ MAY 17	All Cattle Workshop—Time and location to be determined
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ AUG 23	Beef Prospect ID—8-10 am, Fairgrounds
___ AUG 23	Beef Workshop—Time and location to be determined (after ID Day)
___ SEP 8	<u>4HOnline entry for Beef Prospects FairEntry</u> - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office QLC/YQCA Due

*State Fair Deadlines: www.indianastatefair.com



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DEKALB COUNTY 4-H Rabbit

2025 Important Dates:

___ MAR 2	Rabbit Workshop - 2 pm, Exhibit Hall
___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ JUN 29	Rabbit ID (4HOnline Help) - 2-4 pm, Exhibit Hall
___ JUL 1	<u>4HOnline</u> entry for Rabbit Nomination Forms due to Extension Office
___ JUL 20	Rabbit Workshop—2-3 pm, Exhibit Hall (need 1 rabbit and a rug)
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ SEP 8	<u>FairEntry</u> - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office YQCA due

*State Fair Deadlines: www.indianastatefair.com



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DEKALB COUNTY 4-H Poultry

2025 Important Dates:

___ MAR 2	Poultry Workshop - 3 pm, Exhibit Hall
___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ MAY 8	Poultry Workshop - 6 pm, Poultry Barn
___ JUL 1	Poultry Nomination Forms (Paper) Due in the Extension Office
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ AUG 23	Poultry ID/Banding 8-10 am, Poultry Barn
___ SEP 8	<u>FairEntry</u> - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office QLC/YQCA Dues

*State Fair Deadlines: www.indianastatefair.com



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DEKALB COUNTY 4-H Goat

2025 Important Dates:

___ MAR 2	Goat Workshop - 1 pm, Exhibit Hall
___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 19	Small Ruminant Day - 9 am-3 pm, Fairgrounds (only need to attend 1 hour for credit)
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ JUN 22	Sheep/Goat ID 3-5 pm, Sheep Barn
___ JUL 1	<u>4HOnline</u> entry for Goat Does <u>FairEntry</u> - Make Class Selections for Goat Does
___ JUL 1	Worksheets Due in Extension Office Goat Does YQCA Due for Summer Does
___ JUL 1	<u>4HOnline</u> entry for Goat Wethers
___ JUL 12	4-H Summer Doe Show—8 am
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ SEP 8	<u>FairEntry</u> - Make Class Selections for Goat Wethers
___ SEP 8	Worksheets Due in Extension Office for Wethers



QLC/YQCA Due
Extension - 4-H Youth
Development

*State Fair Deadlines: www.indianastatefair.com

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DEKALB COUNTY 4-H Summer Projects

2025 Important Dates:

___ MAY 15	4-H Enrollment Deadline (last day to pay the enrollment fee)
___ JUNE 1	FairEntry Opens for Summer Judging —families can now go in and enter what projects they will be bringing to Summer Judging
___ JULY 1	FairEntry Deadline for Summer Judging projects Add/Drop Deadline — final decision on what projects you will be taking
___ JULY 14-16	Summer Judging —please check your June Newsletter or page 8 of the 4-H Handbook for check-in/judging times
___ JULY 17	4-H Open House —4-6:30 pm, Exhibit Hall (all non-State Fair projects should be picked up)
___ July 17	Summer Awards Program —7:00 pm, Middaugh Hall
___ SEPT 114	Fall Fair—Project Drop-off for Display —1:00-4:00 pm, Exhibit Hall
___ SEPT 18	Fall Fair—Project Drop-off for Display —6:00-8:00 pm, Exhibit Hall
___ SEPT 20	Fall Fair—Project Drop-off for Display —12:00-3:00 pm, Exhibit Hall



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DEKALB COUNTY 4-H Swine

2025 Important Dates:

___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ JUL 1	4HOnline entry for Swine
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ AUG 14	Swine Workshop —6-7 pm, Exhibit Hall
___ SEP 8	FairEntry - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office QLC/YQCA Due

If exhibiting Swine at State Fair, tags and hair sample envelopes are available at the Extension Office.

*State Fair Deadlines: www.indianastatefair.com



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DEKALB COUNTY 4-H Sheep

2025 Important Dates:

___ MAR 9	Sheep Workshop - 1 pm, Sheep Barn
___ MAR 26	QLC—10 am, Exhibit Hall Must Pre-register
___ APR 6	Livestock Workshop Day - 9 am-2 pm, Exhibit Hall
___ APR 19	Small Ruminant Day - 9 am-3 pm, Fairgrounds (only need to attend 1 hour for credit)
___ APR 22	QLC—5 pm, Exhibit Hall Must Pre-register
___ MAY 3	QLC—10 am, Exhibit Hall Must Pre-register
___ JUN 22	Sheep/Goat ID 3-5 pm, Sheep Barn
___ JULY 1	4HOnline entry for Sheep
___ JULY 13	Sheep Workshop 1 pm, Sheep Barn
___ AUG 9	QLC—10 am, Exhibit Hall Must Pre-register
___ SEP 8	FairEntry - Make Class Selections for Fall Fair
___ SEP 8	Worksheets Due in Extension Office QLC/YQCA Due

*State Fair Deadlines: www.indianastatefair.com



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All About Women's Health

Women's health and well-being are crucial for individual quality of life and societal progress, as they impact families, communities, and economies. Women face unique health challenges, including reproductive health concerns, chronic diseases like heart disease and osteoporosis, and a higher prevalence of mental health disorders such as anxiety and depression. Access to quality healthcare, including prenatal care, screenings for breast and cervical cancer, and mental health support, is essential for disease prevention and overall well-being. However, gender disparities in healthcare access and medical research continue to pose challenges, particularly in low-income regions. Preventive care, including proper nutrition, exercise, and vaccinations, plays a vital role in reducing health risks. Addressing these issues through education, healthcare policies, and increased awareness can empower women to lead healthier lives, benefiting both individuals and society as a whole (World Health Organization [WHO], 2021).

This section of Health and Human Sciences is all about women!

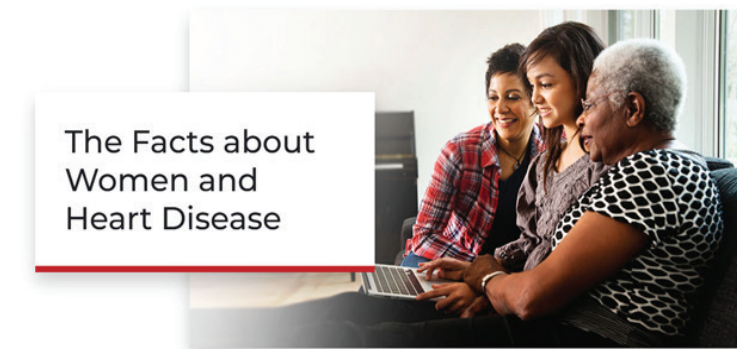
Angela Sorg, LMH-C, PMH-C, EMDRPT-II
Health and Human Sciences Educator
DeKalb County

Reference

World Health Organization. (2021). *Cardiovascular diseases and women's health*.
<https://www.who.int/health-topics/cardiovascular-diseases>



The Facts about Women and Heart Disease



Fact: Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. It's a third of our mothers, sisters, friends, neighbors, coworkers and more. It's a third of the women we can't bear to live without.

Fact: Cardiovascular disease impacts some women at higher rates than others, but the simple truth is that most cardiovascular diseases can still be prevented with education and healthy lifestyle changes.

Fact: Heart disease and stroke can affect a woman at any age, making it vital for all women to understand their personal risk factors and family history. Women can also experience unique life events that can impact their risk, including pregnancy and menopause. Furthermore, research shows that stress may impact health, making it important for women to understand the mind-body connection and how to focus on improving both their physical health and mental well-being.

Fact: Losing even one woman to cardiovascular disease is too many.

Here are 10 other facts you need to know about women and cardiovascular disease:

1. Cardiovascular disease kills more women than all forms of cancer combined and yet only 44% of women recognize that cardiovascular disease is their greatest health threat.
2. Among females 20 years and older, nearly 45% are living with some form of cardiovascular disease and less than 50% of women entering pregnancy in the United States have good heart health.
3. Cardiovascular disease is the No. 1 killer of new moms and accounts for over one-third of maternal deaths. Black women have some of the highest maternal mortality rates.

4. Overall, 10% to 20% of women will have a health issue during pregnancy, and high blood pressure, preeclampsia and gestational diabetes during pregnancy greatly increase a woman's risk for developing cardiovascular disease later in life.

5. Going through menopause does not cause cardiovascular disease, but the approach of menopause marks a point in midlife when women's cardiovascular risk factors can accelerate, making increased focus on health during this pivotal life stage is crucial.

6. Most cardiac and stroke events can be prevented through education and lifestyle changes, such as moving more, eating smart and managing blood pressure.

7. 51.9% of high blood pressure deaths, otherwise known as hypertension or the "silent killer," are in women, and out of all women, 57.6% of Black females have hypertension — more than any other race or ethnicity.

8. While there are an estimated 4.1 million female stroke survivors living today, approximately 57.5% of total stroke deaths are in women.

9. Women are often less likely to receive bystander CPR because rescuers often fear accusations of inappropriate touching, sexual assault or injuring the victim.

10. Women continue to be underrepresented in Science, Technology, Engineering and Math (STEM) fields, as well as in research. In fact, women occupy nearly half of all U.S. jobs (48%), but only 27% of jobs in STEM fields. Furthermore, only 38% of participants in clinical cardiovascular trials are women.

The American Heart Association's Go Red for Women movement was launched in 2004 with the goal of raising awareness and fighting a woman's greatest health threat — cardiovascular disease. Today, Go Red for Women not only advocates for the health of all women, funds lifesaving research and educates women across the United States and around the world but is committed to removing the unique barriers women face to experiencing better health and well-being.

Source: <https://www.goredforwomen.org/en/about-heart-disease-in-women/facts>

Understanding Endometriosis: From Symptoms to Treatment

Knowledge and News on Women's Health (KNOWH) blog from FDA Office of Women's Health



March is Endometriosis Awareness Month and is an opportunity for all women to understand more about this condition, what symptoms to look for, and potential treatment options they can discuss with their health care providers.

What is endometriosis?

Endometriosis (en-doe-me-tree-O-sis) is a condition where tissue similar to the lining of the uterus grows in other places in the body. It is one of the most common gynecological diseases, and its primary symptoms include pain and infertility.¹ Endometriosis may affect more than 11% of American women between 15 and 44. Endometriosis can develop in any girl or woman who has menstrual periods but is especially common among women in their 30s and 40s and may make it harder to get pregnant.²

Endometriosis growths are benign (not cancerous). But they can still cause problems. Endometriosis growths may swell and bleed in the same way the lining inside of your uterus

does every month—during your menstrual period. This can cause swelling and pain because the tissue grows and bleeds in an area where it cannot easily get out of your body.²

Women with endometriosis may experience a variety of symptoms which may include:

- Heavy menstrual periods
- Problems getting pregnant
- Painful menstrual cramps that may worsen over time
- Painful bowel movements or pain when urinating during menstrual periods
- Pain during or after sex
- Pain in the intestine or lower abdomen
- Bleeding or spotting between menstrual periods
- Stomach (digestive)

problems such as diarrhea, constipation, bloating, or nausea, especially during menstrual periods

If you are experiencing any of these symptoms, talk with your health care provider.

They may perform a pelvic exam, an imaging test (such as an ultrasound), or a laparoscopy, a type of surgery that doctors can use to look inside your pelvic area, to determine if you have endometriosis.

Treatment for endometriosis

There is no cure for endometriosis, but treatments are available for the symptoms and problems it causes. In 2018, the U.S. Food and Drug Administration (FDA) approved elagolix (Orilissa®) for the treatment of pain associated with endometriosis—the first and only pill specifically approved for endometriosis pain-relief.

Talk with your health care provider about which treatment options are best for you.

Source: <https://www.fda.gov/consumers/knowledge-and-news-women-owh-blog/understanding-endometriosis-symptoms-treatment#:~:text=March%20is%20Endometriosis%20Awareness%20Month,with%20their%20health%20care%20providers.>

April is Women's Eye Health & Safety Month



April is Women's Eye Health and Safety Month. Did you know that more women

suffer from visual impairments than men? Two thirds of blindness occurs in women. Fortunately, 75% of visual impairment is preventable and/or treatable. One reason why women are affected by more eye health issues than men is because they tend to live longer. According to the National Eye Institute, women are also affected by hormonal factors. Some other risk factors in women are caused by smoking, poor nutrition and obesity. Here are some tips to ensure the health of your eyes and vision.

Get your eyes examined

It's important to be proactive, so start scheduling regular eye exams as part of your health routine. Prevent Blindness America recommends that everyone have a comprehensive eye exam by age 40, if not earlier, and to receive follow up care as recommended by your eye doctor.

Eat healthy

A healthy diet makes for healthier eyes. It is

recommended that women eat a diet rich in vitamin C, vitamin E, beta carotene, lutein, zeaxanthin, zinc and omega-3 fatty acids. This includes eating two weekly servings of fish, such as salmon and sardines. Dark leafy greens and broccoli are also excellent foods to incorporate into your diet.

Stay active

Regular exercise is known to reduce the risk of eye disease. While you're out being active, make sure to wear proper sun protection, like hats and sunglasses. These are some straightforward, easy and effective measures that will go a long way in protecting your vision.

Learn more about dry eye syndrome

Dry eye syndrome affects an estimated 3.2 million women in America and is classified as itching, burning, and irritation in the eyes due to lack of tears to lubricate and nourish the eyes. Without proper moisture, dry eye can result in damage to the frontal surface of the eye and ultimately lead to impaired vision. Your best defense is to discuss dry eye with your eye doctor and stay informed of what your treatment options may be.

We encourage women to take care of their eyes not only during Women's Health and Safety Month, but all year round.

Source: <https://www.washingtoneye.com/eye-health/womens-eye-health-safety-month/>

WEDNESDAY, MARCH 5TH

Speaker **Roxanne Fike** talks about Living
on a Barge, 6 pm at the Exhibit Hall

Fort Wayne District Spring Meeting

HOSTED BY: STEUBEN COUNTY EXTENSION HOMEMAKERS

LOCATION: PLEASANT LAKE COMMUNITY CHURCH

5142 S OLD HWY 27, PLEASANT LAKE, IN 46779



Monday, April 14, 2025

Registration: 9:15 AM , Meeting at 10 AM - Light Breakfast Available

Registration: \$18.00 each – County Presidents to meet at 9:15 AM

Silent Auction: Each County and/or anyone bring a basket/item(s) for auction.

Program: Lake Life

Lunch: Spaghetti Casserole with or without meat or Chicken Tetrazzini,

Salad, Bread Stick, Dessert, Drink.

Gluten free: Spaghetti Casserole



District Meeting - 4/14/25

Detach and mail by March 26, 2025 with your \$18/member check made payable to Steuben Co.

Extension Homemakers. Send to Phyllis Tilbury, 2003 Eastland Crossing, Angola, IN 46703

County: _____	Amount Enclosed: _____
Name _____	Phone Number _____
Name _____	Phone Number _____
Name _____	Phone Number _____
Name _____	Phone Number _____
Name _____	Phone Number _____

List any dietary preferences if needed

Dekalb Co. Extension Homemakers

SPRING FLING

open to the public!

SATURDAY, APRIL 5TH

DEKALB CO. FAIRGROUNDS- EXHIBIT HALL

708 S. UNION ST. AUBURN, IN 46706

SCHEDULE OF EVENTS

9:00AM REGISTRATION

**9:30AM "ANTIQUES
ROADSHOW" APPRAISAL &
PRESENTATION BY RENEE
SULLIVAN**

10:30AM BREAK

**10:45AM PRESENTATION FROM
DEKALB PREGNANCY CENTER**

11:15AM BREAK

**11:20AM STATE SPECIAL
PROJECT KIT ASSEMBLY***

**12:00PM LIGHT LUNCH (SOUP &
SANDWICHES) AND
CONVERSATION**

1:00PM DISMISSAL

\$5/PERSON

RSVP

**NO LATER THAN
3/28/25 TO:**

**SUE CARPENTER
2112 SHADY LANE
GARRETT, IN 46738
260-433-2333**

**IF YOU HAVE AN ANTIQUE YOU
WOULD LIKE APPRAISED, PLEASE
FEEL FREE TO BRING!**

**IF YOU WOULD LIKE TO BRING
DONATIONS FOR DEKALB PREGNANCY
CENTER, THEY ACCEPT NEW OR GENTLY
USED BABY AND/OR TODDLER RELATED
ITEMS, EXCEPT USED BOTTLES &
PACIFIERS.**

***SUPPLIES WILL BE PROVIDED FOR THE
STATE PROJECT KITS, BUT MORE SUPPLIES
ARE ALWAYS WELCOME!**

Happy New Year Everybody! I hope it has started out good for all of you. Sew Days are going well. We enjoy making these blankets each month. It is that time of year to have all your kids and grandkids, filling out our scholarship application. This year we voted to award three \$1000.00 scholarships.

We are looking forward to the Rock Creatures class on March 19 at 6 PM at the Exhibit Hall. We have rocks that you will put together to make a cute little creature complete with eyes and a button nose or hat. The cost is \$5.00, and you can pay at the door.

Spring Fling is right around the corner! We look forward to seeing everyone there! If you know who in your club has 25 & 50 years, please let the Office know.

On April 23rd at 6 PM in the Exhibit Hall, we are having a Wind Chime class. Please register with Sue Carpenter at 260-433-2333. The cost is \$20.00 and you can pay at the door.

The Towel Craft class has been rescheduled for March 12th at the C.O.B. from 3- 5 PM. Please call Diane at 260-553-6765 to register. The cost is \$5.00 or free if you bring your own towel and a fat quarter.

Next council meeting is March 12th at the Exhibit Hall at 6:00 pm.

“Life is short. Forgive quickly, Love truly, Kiss Slowly, Laugh uncontrollable, And never Regret anything that made you Smile.” ~Mark Twain

Your President
Martha Close



TOWEL CRAFT MARCH 12

Towel Craft from 3-5 pm at the County
Office Building.

RSVP to Diane Bogenschutz 260-553-6765
by 3-7-25.

\$5.00 for kit or free if you bring your own
dish towel and fat quarter.

Sewing machines provided or bring your
own.

DEKALB COUNTY EXTENSION HOMEMAKERS

*Let Our
Light
Shine*

*Achievement Night
is*

Wednesday, May 7, 2025

at The Exhibit Hall

Welcome at 5:30 p.m.

Culture Arts Check in is at 5:00 to 5:45.

Voting until 7 p.m.

Cultural Arts: Projects of any type in any medium.

State Project: Placemat no larger than 14" x 20"

Made of any medium.

Dutch Heritage is catering, Chicken or roast beef,
mashed potatoes & gravy, green beans,
salad, bread and pie. Lemonade, coffee,
tea and water to drink

Cost: Members \$15.00

Non Member \$20.00

Please RSVP

RSVP By Monday, April 21, 2025

Name: _____ \$ _____

Guest: _____ \$ _____

Club: _____

Total number of people _____

Please mail reservation and check to Sue Carpenter, Treasurer
2112 Shady Lane • Garrett, IN 46738

DEKALB CO. EXTENSION HOMEMAKERS 2025 EVENTS & IMPORTANT DATES

MARCH

*SATURDAY, MARCH 1ST:

RUTH B. SAYRE SCHOLARSHIP APPLICATION DUE TO OFFICE

*MONDAY, MARCH 3RD:

-NEWLY ELECTED OFFICER LIST DUE TO OFFICE

-EXTENSION HOMEMAKERS SCHOLARSHIP APPLICATIONS DUE IN EXTENSION OFFICE

*WEDNESDAY, FEBRUARY 26TH:

ROXANNE FIKE WILL PRESENT ON HER JOB AS A COOK FOR MERCHANT MARINES, 6:00PM EXHIBIT HALL

*TUESDAY, MARCH 11TH:

SEW DAY 9AM-3PM, COB

*WEDNESDAY, MARCH 12TH:

COUNTY COUNCIL MEETING 6PM, EXHIBIT HALL

*WEDNESDAY, MARCH 12TH:

TOWEL CRAFT 3-5PM, COB; \$5 OR BRING TOWEL & FAT QUARTER

*WEDNESDAY, MARCH 19TH:

ROCK CREATURES 6PM, EXHIBIT HALL; COST \$5

*FRIDAY, MARCH 28TH:

NEW MEMBER LIST, 25 & 50 YEAR MEMBER LIST DUE TO OFFICE; OUTSTANDING HOMEMAKER NOMINATION DUE TO OFFICE

APRIL

*SATURDAY, APRIL 5TH:

SPRING FLING 9:00AM, EXHIBIT HALL

*MONDAY, APRIL 14TH:

SPRING DISTRICT MTG, STEUBEN CO.

*WEDNESDAY, APRIL 23RD:

WIND CHIME CRAFT 6PM, EXHIBIT HALL, COST \$20

MAY

*THURSDAY, MAY 1ST:

DUES TURNED INTO OFFICE

*WEDNESDAY, MAY 14TH:

County Council Meeting 6pm, Exhibit Hall

*WEDNESDAY, MAY 7TH:

ACHIEVEMENT NIGHT 5:30PM. EXHIBIT HALL

*WEDNESDAY, MAY 21ST:

FORAGE FOR FOOD 6PM, EXHIBIT HALL

*TUESDAY, MAY 13TH:

SEW DAY 9AM-3PM, COB

JUNE

*MONDAY, JUNE 2ND-

WEDNESDAY, JUNE 4TH:

HOME & FAMILY

CONFERENCE, EMBASSY SUITES-NOBLESVILLE

*TUESDAY, JUNE 10TH:

SEW DAY 9AM-3PM, COB

*MONDAY, JUNE 16TH:

PROTECT YOUR ASSETS 2PM, COB

Sept 10,11 & 12

Northeast Homemakers Camp - More Information to come.

Extension Homemakers



26th ANNUAL NVON CONFERENCE

July 8-10, 2025

Plant Many Seeds –
“Expect Growth”

Northfield Inn Suites &
Conference Center

3280 Northfield Dr, Springfield,
IL 62702

Phone: (217) 523-7900

For more information go to:
<https://www.nvon.org/nvon-conference/>

Agriculture & Natural Resources



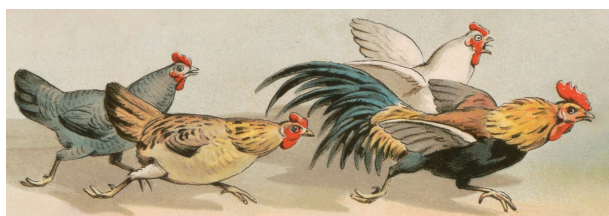
Continued from page 1

- Decreased egg production
- Soft-shelled or misshapen eggs
- Swelling of the head, eyelids, comb, wattles, and hocks
- Purple discoloration of the wattles, combs, and legs
- Nasal discharge
- Coughing, sneezing
- Incoordination
- Diarrhea

At the first signs of any of these, call the USDA Healthy Birds Hotline: 866-536-7593. Callers will be routed to a federal or state veterinarian in Indiana for case assessment. Dead birds should be double-bagged and refrigerated for possible testing. Hobby flocks should also obtain a premises ID from BOAH if they do not already have one, see: <https://www.in.gov/boah/traceability-and-premise-id/indiana-premises-registration/>.

If you see several wild birds or waterfowl that have mysteriously died, the Indiana Department of Natural Resources has an online reporting system you can use at: <https://www.in.gov/dnr/fish-and-wildlife/wildlife-resources/wildlife-diseases-in-indiana/sick-or-dead-wildlife-reporting/>.

This article is not intended to answer all your questions, but rather point you to authoritative sources that are much more complete. Please refer to BOAH and other official sources for more information.



INDIANA FORAGE COUNCIL ANNUAL MEETING

Thursday, March 6, 2025
The Branch Gathering Place
113 N Broadway St, Greensburg, IN 47240

4:00 PM IFC Business meeting
5:45 PM Dinner
6:45–8:30 PM Awards Ceremony,
Roots so Deep Viewing & Discussion

\$20 to be paid at the door for meal

REGISTER BY
FEBRUARY 27
TO:

**Decatur County
Extension Office**
812-663-8388 or
allen484@purdue.edu

UPCOMING EVENTS ANR IMPORTANT DATES 2025

MARCH 6	Indiana Forage Council Annual Meeting – Greensburg, IN – 4-8:30 PM See above
APRIL 19	Small Ruminant Workshop – DeKalb County Fairgrounds 9 AM – 3 PM See pg 22
MAY 10	Master Gardener Plant Sale – DeKalb County Fairgrounds, 7:30 – 10 AM. See pg 20
NOVEMBER 7 & 8	Rooted & Resilient Homesteading Conference – Community Learning Center, Kendallville, IN. See Back Page

RUMINANT ROUNDUP HANDS-ON SMALL RUMINANT MANAGEMENT

**SATURDAY
APRIL 19, 2025**

Join us for a hands-on, information-packed day focused on the essentials of small ruminant management! This workshop is designed for both new and experienced producers looking to improve the health, productivity, and profitability of their sheep and goat operations.

9 AM
Sheep
Shearing &
Fitting
Goat Fitting

Noon
Lunch

12:45 PM
Husbandry &
Housing

10 AM
Health of
Small
Ruminants

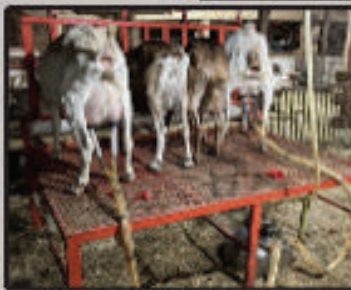
1:45 PM
Choosing for
Breeding &
4-H Projects

11 AM
Marketing of
Small
Ruminants

Sheep
Meat Goats
Dairy Goats

Cost: \$30 for the whole day

4-H Members free to attend 1 worksheet replacement topic (\$30 for whole day)



**RSVP BY APRIL 15
TO 260-925-2562**

**DEKALB COUNTY
FAIRGROUNDS
780 S UNION STREET
AUBURN, IN 46706**

9 AM – 3 PM EST

*Purdue University is an Equal Opportunity/Equal Access University.
If you are in need of accommodations to attend this program or have special dietary needs, please contact Elysia Rodgers prior to the meeting at 260-925-2562 or eberry@purdue.edu by April 15.
If you need an interpreter or translator, please contact Elysia Rodgers prior to the meeting at 260-925-2562 or eberry@purdue.edu by April 15.*



Extension - DeKalb County

SOME SHRUBS BEST PRUNED AFTER FLOWERING

By: Rosie Lerner, retired Purdue Horticulture Extension Specialist

Although late winter is generally the ideal time for pruning chores, many of our spring-blooming shrubs are best pruned immediately after flowers have faded.

Trees and shrubs that bloom in early spring, such as forsythia, lilac, honeysuckle, quince and spirea, set their flower buds the previous fall, referred to as “flowering on old wood.” If you prune in late winter, some or all of the bloom potential for spring is sacrificed. By waiting until after flowering, you can enjoy the blossoms first, then attend to pruning chores.

As with any other pruning job, have a goal in mind before you begin cutting. First, any dead, diseased or damaged stems should be completely removed. Young plants and those that have benefited from pruning in recent years may only need light pruning to maintain the desired size or shape. Vigorous shrubs often grow so many stems that the interior leaves of the plant drop due to shading. Removal of excessive growth and crossed branches is a good strategy to remedy such crowding.

Older, overcrowded plants that have been neglected for a number of years may also produce fewer flowers and fruits. Some plants can be cut completely back to the ground to force new branches all at once, including forsythia, rose-of-Sharon, privet, honeysuckle, spirea and lilac. Although the results may look drastic, it is only temporary and within a year or so the new branches will camouflage the old base.

A more gradual rejuvenation process, known as renewal pruning, consists of a three-stage process that results in a completely new plant at the end of three growing seasons. The first year, remove one-third of the oldest, largest-diameter stems completely back to ground level. For example, if a particular shrub has 15 stems coming from the base, remove five of the largest stems completely back to the ground. The second year, remove the next five oldest, largest stems, and the third year remove the last five oldest, largest stems, so that by this time, all stems of the plant are no more than 3 years old.

Make sure that you have the proper pruning equipment for the job. You'll need sharp, hand-pruning shears for cutting branches up to one-fourth inch in diameter and sharp, lopping shears for branches up to 1 1/2 inches in diameter. Use a pruning saw for all larger branches. Hedge shears should only be used when clipping hedges and shrubs that are pruned to a formal shape.

Here are some common shrubs that flower on old wood that should be pruned soon after flowers fade.

Flowering almond,	Lilac
cherry and plum	Mockorange
Beautybush	Flowering quince
Chokeberry	Rhododendron (and
Cotoneaster	azalea)
Deutzia	Spirea
Forsythia	Viburnum
Fringetree	Weigela

For more information on pruning, see Purdue Extension Bulletin HO-4.

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Extension - DeKalb County



Join us November 7-8, 2025, in Kendallville, IN, for the Rooted & Resilient Homesteading Conference, a two-day event dedicated to empowering homesteaders with the knowledge and skills needed to thrive. This year's conference features a diverse range of sessions on livestock production and management, gardening and plant cultivation, home food preservation and safety, and mixed ventures to maximize your homesteading success. Through engaging educational discussions and

hands-on workshops, participants will have the opportunity to deepen their expertise, learn practical techniques, and connect with a community of like-minded individuals. Whether you're new to homesteading or looking to refine your skills, this event is designed to help you grow and flourish.

The Rooted & Resilient Homesteading Conference is open to all ages of learners, including a special Kidsteaders Track on Saturday, November 8 for youth ages 6-12.

Purdue University Cooperative Extension Service is an Affirmative Action, Equal Access/Equal Opportunity institution. If you are in need of accommodations or a translator or interpreter to attend any DeKalb County Extension program, please contact our office prior to the meeting at 260-925-2562 or email eberry@purdue.edu.



4-H CAMP
REGISTRATION
ENCLOSED!

Non-Profit Org
U S Postage Paid
Auburn in 46706
Permit No. 80

RETURN SERVICE REQUESTED

County Office Building
215 East 9th Street—Ste. 300
Auburn, IN 46706