

# Extension Edge



An educational publication of Purdue Extension — DeKalb County

**PURDUE**  
UNIVERSITY

Extension - DeKalb County

September/October 2025



"I was able to understand their [Kodiak 4-H members] perspective and imagination working with them. I wish teachers in real life are more hands on for better learning", said by Cicely Harding, one of our brave travelers to Kodiak, Alaska this year for the 2025 4-H Alaska Trip. We traveled from July 26-August 3.

This year 4 Indiana 4-H members traveled over 3,000 miles away from home to teach 4-H youth at the local 4-H center in Kodiak, Alaska. This is a once-in-a-lifetime experience for these 4-H members, to be able to travel to a culture within the United States that is so different from our own and also grow their

teaching/communication skills while providing over 20 hours of hands on learning in art and science to Kodiak 4-H members. Cicely Harding and Anna McHenry were the representatives from DeKalb County. They both taught a variety of topics from Color Theory to Archeology to Forestry to Scientific Sketching. Each of the Indiana 4-H members grew in confidence throughout the trip, and I am so proud of them for participating in the trip. Next year we will be traveling to Sitka, Alaska, from July 26-August 2. If you are interested, please reach out to Effie. Applications will be posted early next year.

*Effie Campbell*



## In This Issue

Homesteading Conference  
.....Page 2  
Open Class.....Page 3  
ANR Important Dates  
.....Page 3  
Stress During Harvest Page 5

Backyard Flock.....Page 6  
4-H Enrollment.....Page 7  
4-H Ten Year.....Page 8  
4-H Deadline .....Page 11  
4-H Important Dates Page 13  
YQCA.....Page 14

Fall Yard Work & Sunsets .....  
.....Page 16  
Beef & Noodle.....Page 17  
Homemakers Day at The Fair  
.....Page 18  
Quick Bread Contest Page 19

## ROOTED AND RESILIENT HOMESTEADING CONFERENCE

**NOVEMBER 7 & 8, 2025  
COMMUNITY LEARNING  
CENTER - KENDALLVILLE, IN**

### **Friday, November 7**

#### **Hands-on Workshops to include:**

Beekeeping  
Food Preservation - Fermentation  
Hog Processing  
Homesteading Health Hacks  
Small Engine Care and Repair  
Beekeeping

### **Saturday, November 8**

#### **Wide Variety of Sessions for Novice thru Seasoned Homesteaders, including a Kidsteader Track for young learners.**

Financial Resources & Panel Discussion  
Food Preservation  
Freeze Drying and Flour Power  
Gardening  
Cover Crops, Weed Control,  
Farmers Market and More  
Livestock Production  
Pest Control

### **Introducing Special Lunch Presentations each day:**

#### **Friday:**

#### **First Aid on the Farm/Homestead**

Join us for a powerful keynote on staying safe where it matters most — on the farm and homestead! Excited to offer Farm Safety Program packets to the first 100 to register.



#### **Saturday:**

#### **Graham Towerton**

We are so excited to have Graham Towerton join us; Graham is a Permaculture Consultant and COO of Permaculture Canada.

A retired 34-year veteran in Chemical Engineering, he is now embarking on a longer career in permaculture.

He has a 7-acre farm in Michigan and provides design, consulting and landscape installation services.

### **Complete Schedule/Info Online:**

[HTTPS://BIT.LY/ROOTEDHOMESTEADCONFERENCE](https://bit.ly/rootedhomesteadconference)

**Registration opens:  
September 10**



If you have any need for accommodations to attend this program, or if you need an interpreter or translator, or special dietary needs, please contact Elysia Rodgers by October 27 at 260-925-2562 or [eberry@purdue.edu](mailto:eberry@purdue.edu). Anyone under 18 must be accompanied by a parent or guardian. Purdue University is an equal access, equal opportunity university.

# BRING YOUR APPLES, CORN, PUMPKINS, AND TOMATOES TO THE FAIR!

*Elysia Rodgers- ANR Educator, DeKalb County—Purdue University  
Cooperative Extension Service*

We are getting closer to Open Class entries being entered in to the DeKalb County Free Fall Fair! The Open Class Departments have many great opportunities for you to exhibit items you are proud of, from your favorite cookie recipe to that photo that you think is amazing to needlecraft to beautiful quilts to amazing antiques to heavy watermelons to large ferns and everything in between.

The superintendent of the Agriculture and Horticulture Open Class Departments wanted to make everyone aware of some important information this year for the check-in and judging process.

Agriculture and Horticulture Project Check-in will occur from Noon to 5 PM on SATURDAY, SEPTEMBER 20 at the Exhibit Hall (building on the right as you pull in to the fairgrounds). Check-out will take place SUNDAY, SEPTEMBER 28 from 8:00 AM to 12:00 PM.

Youth ages 10 and over can also enter projects in the Agriculture and Horticulture departments!

Agriculture and Horticulture Project judging will be closed judging, meaning the judge will judge the projects without the public present. This will take place on Sunday,

September 21 in the afternoon.

There are many items that any resident of DeKalb County can enter in the agriculture and horticulture departments.

Agriculture categories include: Corn, Fruit Crop, Grain or Seed Crop, Hay, and Stalk Crop (tallest corn, best 3 corn stalks, best 3 soybean plants). There are several specific classes under each category for your exhibition.

Horticulture vegetable categories include: Beans, Beets, Broccoli, Brussel Sprouts, Cabbage, Carrots, Cauliflower, Celery, Collards, Cowpeas, Cucumbers, Eggplant, Ground Cherry, Kale, Kohlrabi, Lettuce, Melons, Onions, Peas, Peppers, Potatoes, Pumpkins (including heaviest), Radish, Rhubarb, Rutabaga, Spinach, Squash, Sunflower, Swiss Chard, Tomatoes, Turnips, and Watermelons.

The Fruit categories include: Apples, Apricots, Berries, Cherries, Grapes, Peaches, Pears, Plums, Quinces, and Other.

There are also specific categories for gourds and nuts.

A \$1 per item entry fee needs to be paid to have your item exhibited in the different Open Class Departments.

For More information about each specific class, please see the Premium Book on the DeKalb County Free Fall Fair website: <https://dekalbcountyfair.org/premium-book/>.

Printed copies are not available.

## UPCOMING EVENTS AG IMPORTANT DATES 2025

<b>SEPTEMBER 4</b>	DeKalb County Soil & Water Conservation District County Farm Open House; 4-6 PM; The County Farm 2344 County Road 40, Auburn, IN 46706 (See page 4)
<b>SEPTEMBER 10</b>	Northeast Indiana Purdue Ag Center Field Day; 4821 E. 400 S, Columbia City, IN; Register online at <a href="https://purdue.link/NEPAC2025">https://purdue.link/NEPAC2025</a> by Sept. 3. Alternatively, you may contact the Whitley County Extension Office at 260-244-7615.
<b>SEPTEMBER 20</b>	Open Class Agriculture and Horticulture Check-in for DeKalb County Free Fall Fair; Noon-5 PM; Find the Premium Book: <a href="https://dekalbcountyfair.org/premium-book/">https://dekalbcountyfair.org/premium-book/</a>
<b>NOVEMBER 7 &amp; 8</b>	Rooted & Resilient Homesteading Conference; Community Learning Center, 401 S Diamond St, Kendallville, IN <a href="https://extension.purdue.edu/county/noble/rooted-and-resilient-homesteading-conference.html">https://extension.purdue.edu/county/noble/rooted-and-resilient-homesteading-conference.html</a> (See Page 2)



# Agriculture & Natural Resources



DeKalb County  
**SOIL & WATER**  
Conservation District

INVITATION TO

## COUNTY FARM OPEN HOUSE

Come see what we've been growing and learning this season! The DeKalb County SWCD invites you to a special event showcasing our demonstration plots and the conservation practices we've been testing and promoting.



09.04.2025

4-6pm



Location:

**The County Farm**

2344 CR 40  
Auburn, IN 46706

More Information:

[www.dekalbcountyswcd.com](http://www.dekalbcountyswcd.com)

*Autumn leaves  
don't fall, they  
fly. They take  
their time and  
wander on this  
their only chance  
to soar*  
— Delia Owens

## AGENDA

**8:00 a.m.** –Registration, Refreshments  
& Vendors

**8:30 a.m.** Welcome/Introductions

**8:35 a.m.** 2025 Pesticide Regulatory  
Update - James Wolff, Extension  
Educator

**Field Sessions (groups rotate)**

Session 1: 9:00 a.m.—9:40 a.m.

Session 2: 9:45 a.m.—10:25 a.m.

Session 3: 10:30 a.m.—11:10 a.m.

Session 4: 11:15 a.m.—11:55 a.m.

**12:00 p.m.** Break/Visit Vendors

**12:25 p.m.** Indiana Corn Marketing  
Council and Indiana Soybean Alliance  
Sponsorship Acknowledgement: ICMC/  
ISA video and/or Board Representative

**12:30 p.m.** Lunch & Sign up for PARP  
Credit, CCHs, or CEUs.

Final opportunity to visit vendors.

**1:30 p.m.** Adjourn main field day

**Optional afternoon session**

**1:30 p.m.** Using UAVs (drones) to spray  
pesticides, scout crops, or apply cover  
crops (talk/demonstration), by Mark  
Carter, Extension Educator, and others



Purdue field crops pathologist Darcy Telenko  
presents information on crop diseases at a past  
NEPAC field day.

## SPONSORS

Ag Plus, Inc.  
South Whitley, IN

Agro-Chem, Inc.  
Wabash, IN

Baughman Tile Co.  
Paulding, OH

Beacon Credit Union  
Wabash, IN

Bippus State Bank  
Huntington, IN

Diverse Corn Belt  
(30+ Collaborators)

Elite Ag Solutions  
Huntington, IN

Forefront Ag Solutions  
Huntington, IN

Schlipf Precision Ag  
Milford, IN

Truland Equipment  
Huntington, IN

(Some businesses have multiple  
locations)  
Current as of Aug. 7, 2025



## Field Sessions and Registration Information

### Field Sessions - Stations

**Station 1:** Corn Production Update, by  
Dan Quinn, Purdue corn specialist

**Station 2:** Update on Crop Diseases, by  
Darcy Telenko, Purdue field crops  
pathologist

**Station 3:** A Different Approach to P  
Management, by Megan Bourns,  
Purdue soil fertility specialist

**Station 4:** Update on Cover Crops, by  
Shalamar Armstrong, Purdue  
agronomist

### Registration

This event is FREE,  
thanks to our sponsors!

However, **pre-  
registration is required**

**by Sept. 3.** Register via QR Code  
(above) or online at:

**<https://purdue.link/NEPAC2025>**

Full participation in this program is approved  
for PARP credit (private applicators), CCHs  
(commercial applicators) and CEUs (Certified  
Crop Advisors). Questions? Please contact  
Purdue Extension—Whitley County at  
260-244-7615.





# 7 TIPS TO MANAGE STRESS DURING HARVEST

*By Jessica Mozo; author for National FFA*

For people working in production agriculture, the hectic fall season often requires a reminder to take care of themselves and strive to reduce stress. It's always important to pay attention to your mental health, but especially during active times like harvest, which coincides with World Mental Health Day on Oct. 10.

William Sansing, a former FFA member and a licensed professional counselor supervisor from Starkville, Miss., provides tips on how to best manage mental health during this busy time of year.

"Harvest season is a culmination for a year's worth of work, and there are a lot of uncontrollable aspects associated with the harvest — from weather to equipment failure to the reality of how good the harvest is," Sansing says. "It's a lot of work compacted into a short period of time, and that brings a lot of stress for FFA members in production agriculture. They have school activities and farm chores, so they have to find ways to juggle it all."

**1. Recognize stress is a normal part of life.** Stress comes in multiple dimensions

— physical and psychological. There is good stress and bad stress. Short-term stress comes quickly, is dealt with and we move on; long-term stressors can last a while. Sometimes stress motivates us toward healthy behaviors, but sometimes stress triggers unhealthy behaviors.

**2. Communicate about expectations.** Unspoken expectations often lead to resentment. When there are unspoken expectations between parents and children or between teachers and students, stress goes up. Sometimes you may need to modify your expectations to find solutions that work for everyone involved.

**3. Carve out time for self-care.** Spend time with people in your support system, such as finding a time to share a meal together. Eat healthy foods and practice good hygiene. Go for a hike, listen to music or do something else that brings you joy.

**4. Practice prayer, meditation or mindfulness exercises.** Sansing recommends a technique called box breathing, which is used by Navy SEALs to relieve stress in combat. Box breathing involves inhaling for four seconds, holding your breath for four seconds,

exhaling for four seconds, and holding your lungs empty for four seconds before inhaling and repeating the pattern.

**5. Get plenty of sleep.**

Sleep sounds so simple, yet people often find it difficult to maintain sufficient rest patterns during very busy seasons. Aim for at least eight hours of sleep each night.

**6. Take a break for fun.**

Sure, you can work seven days a week, and many in production agriculture do. But does it really make you more productive? Taking breaks to do something fun will help you recharge both mentally and physically. If possible, involve the whole family in a fun activity or outing, even if it's coming together for dinner in the field.

**7. If stress becomes unmanageable, reach out for help.**

Recognize the signs of stress, such as becoming irritable or impatient, excessive fatigue and withdrawing from others. Don't be afraid to let someone know how you're feeling. Have an honest conversation with a professional outside your normal circle, such as a school counselor, someone in your church or faith community, or an adult you trust.

# ARE YOU RAISING A BACKYARD FLOCK?

## THIS SURVEY IS FOR YOU!

Since March 2024, 70 cases of avian influenza A(H5) (H5 bird flu) have occurred in humans in the United States, mostly among workers exposed to infected dairy cows and commercial poultry farms. However, cases have also occurred among people exposed to birds kept in non-commercial, backyard flocks.

The Centers for Disease Control and Prevention (CDC) and Ohio Department of Health (ODH) are interested in learning more about backyard flock owners and their flocks to improve H5 bird flu prevention messaging. The anonymous survey asks about:

- Characteristics of backyard flock owners, their families, and their flocks.
- Knowledge of H5 bird flu and signs and symptoms of H5 bird flu in birds and humans.
- Perceived risk of and concern about H5 bird flu to their backyard flock and themselves/families.
- Attitudes towards reporting sick or dead birds and protective measures like vaccination of their flock.
- Practices they use to protect their flock and themselves from H5 bird flu.

**URL link to the survey:** <https://redcap.link/backyardflock>

CDC will use the survey results to help make sure that backyard flock owners have the information they need to protect themselves from H5 bird flu. Questions about this survey can be sent to [h5flustudy@cdc.gov](mailto:h5flustudy@cdc.gov).

For questions about steps backyard flock owners can take to protect themselves from H5 bird flu, please visit <https://www.in.gov/boah/species-information/avianbirds/highly-pathogenic-avian-influenza/> or contact your local health department.



Image by Kerstin Riemer from Pixabay



# 2026 4-H ENROLLMENT

October 1, 2025 thru January 15, 2026

Re-enroll at [v2.4honline.com](http://v2.4honline.com)

**COST:** \$25 4-H Fee\* (Grades 3-12) paid at time of enrollment.  
\$25 each for up to three children, \$10 for each additional child.  
\$5 for Mini 4-H (Grades K-2) paid at first meeting in May

4-H Fees are non-refundable and paid at the time of registration.

The fee can be paid online with credit or debit card

OR at the Extension Office with cash or check.

(Extension Office cannot take credit cards).

## HANDBOOK INFORMATION

**The 2025 DeKalb Co. 4-H  
Handbook is Accessible!**

And printed Handbooks are  
available for pick-up at your  
next Club meeting. If you  
would like an  
extra Handbook,  
those can be  
picked up at the  
Extension Office  
for no charge.



## Club Leaders!

If you would like a table and space  
in the Exhibit Hall for Fall Fair to  
display Club information,  
please contact  
Effie to reserve your space  
by September 12th.

# 10-YEAR Member Spotlight

### Hannah Garrison

What High School Did you Attend? DeKalb High School

What do you plan to do after graduation? I will be attending PFW in Fort Wayne Majoring in Biochemistry, preparing for Vet School and continuing working at the Auburn Hills Animal Hospital in Auburn.

Favorite 4H Memory- Helping others and making them feel comfortable in our Club. Also making friends to go Barrel Racing with on the weekends!

Advice for current 4H Members? Always be kind and help your fellow members if they are struggling or have questions. Enjoy your animals and remember they are your teammates.



### Grant Reith

What High School do you attend? I attended Reith Homeschool.

Favorite 4-H memory: Was moving from Noble County to DeKalb County 4-H and winning the lightweight champion crossbred barrow class.

Advice for Current 4-H Members: Would be to work hard and enjoy your time in 4-H.



### Kendra Carnahan

What High School do you attended? Dekalb High School.

What do you plan to do after graduation? Attending USI in Evansville to study sonography.

Favorite 4-H Memory: All of the years I got to take my cow Brittany to fair and grow a bond with her.

Advice for Current 4-H Members: Don't give up when your project gets difficult. The risk is worth the reward, and the memories you'll make will last a lifetime.



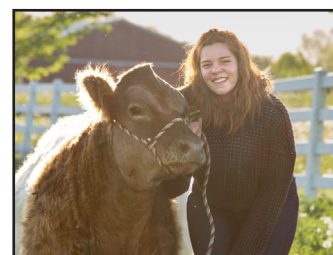
### Charlotte Albaugh

What High School do you attend? Home-schooled

What do you plan to do after graduation? I plan to go to Ivy tech for animal science with the goal of being an animal nutritionist. So I can help people with their animals.

Favorite 4-H memory: There is too many to count, but if I had to pick one it would be winning the first to win a class down in NAILE with my Belted Galloway or getting grand champion heifer at junior nationals.

Advice for current 4-H members: Never give up on your dreams and goals no matter how big the challenge, keep your goals in your sight.





# Want a chance to win Free Enrollment for 2026?

30 Clovers will be hidden each day across the Fairgrounds during Fall Fair. If you find one and bring it to Effie, you will win free enrollment for the next year! Check out the Facebook page each day of the Fair for hints!

## 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!



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

# Congratulations!

In 2025 DeKalb County had 136 non-livestock exhibits at the State Fair!

Here are the results:

22 Orange (Merit)

90 Blue

23 Red

4 White

To view all of the results from State Fair, visit:

<https://extension.purdue.edu/4-H/fair/fair-results.html>

State Fair Projects can be picked up in the  
Extension Office after August 19th.

Please try to get your project picked up before Fall Fair.

## FALL FAIR PROJECT DROP-OFF

SUNDAY, SEPTEMBER 14 – 1:00–4:00 PM

THURSDAY, SEPTEMBER 18 – 6:00–8:00 PM

SATURDAY, SEPTEMBER 20 – 12:00 PM – 3:00 PM

Ribbons are not Necessary! Please make sure  
your name is on the project when dropped off



Extension - 4-H Youth  
Development





# September 8 Deadline Breakdown

### If you are planning to exhibit Beef Feeders at Fall Fair:

1. Make entries into 4-H Online by September 8th for those animals using the “DeKalb Co ONLY: Beef Feeder Calves” animal types. Link: <https://v2.4honline.com/>
  - Instructions are available on the Hub in your species folder: <https://bit.ly/DeKalb4HHub>
2. Go to FairEntry and make class selections in the system. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
  - Animals will carry over from 4-H Online
  - Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

### If you are planning to exhibit livestock at the Fall Fair:

1. Go to FairEntry and make class selections in the system. This can be done as soon as you know what you will be exhibiting. Changes can be made to entries at check-in using the animals you have nominated in 4-H Online. However, please make your best guess on what you are bringing, so fewer changes need to be made later. Any animal nominated in 4-H Online can be brought to the fair as long as it meets qualifications. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
  - a. Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

### If you are planning to exhibit Crops Exhibits at Fall Fair:

1. Go to FairEntry and make class selections in the system. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
  - Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

### If you are exhibiting Poultry at the Fall Fair:

1. Go to FairEntry and make class selections in the system. Link: <http://dekalbcountyindiana.fairentry.com/> (Log on with 4-H Online information)
  - Instructions are available on the Hub: <https://bit.ly/DeKalb4HHub>

### QLC/YQCA and Workshop/ Worksheets are also due on September 8!

- Check the Fall Checklist on the Hub to see if you have completed the requirements. Link: <https://bit.ly/DeKalb4HHub>
- Need a worksheet? Go to your species folder on the Hub to find the worksheet for your grade level
- To complete the online YQCA training, go to <https://yqcaprogram.org/>, and email me ([campb314@purdue.edu](mailto:campb314@purdue.edu)) a copy of your completion certificate.

If you have any questions, need help making entries, need access to a computer, or want me to check your entries, please contact the Extension Office at (260)-925-2562 or by emailing me at [campb314@purdue.edu](mailto:campb314@purdue.edu).

# MINI 4-H NEWS

**Sat., Sept. 13 – Mini 4-H Project Judging, 10 am**

It will be held in the Exhibit Hall (Fairgrounds)

**TIME TO SHOW US  
YOUR STUFF!**

After judging, projects will be held for exhibit at the DeKalb County Free Fall Fair Sept 22-27

**Battle of the Barns - Sunday Sept 21 (6:30 pm) Horse Arena**

**Future 4-Her Show - Saturday Sept 27 (1 pm) Show Barn**

**Project pick up - Sunday Sept 28 (8-10 am) Exhibit Hall**

## BATTLE OF THE BARNs

DON'T MISS OUT ON YOUR CHANCE TO PARTICIPATE!

**REGISTER BY SEPTEMBER 8TH!**

4-H MEMBERS - REGISTER IN FAIRENTRY

MINI 4-H - CONTACT THE EXTENSION OFFICE TO REGISTER (UNLESS ALREADY  
SIGNED UP AT A MEETING))





## 2025 4-H IMPORTANT DATES

<b>September 1</b>	<b>FairEntry/4-H Online Help Night (for September 8 Deadline), 5:30-6:30 pm - Exhibit Hall</b>
<b>September 3</b>	Nevershirk Club Meeting, 6:30 pm - Butler Elementary
<b>SEPTEMBER 8 DEADLINE</b>	<b>4-H Online Entry for Beef Feeders</b> <b>FairEntry Class Selections for Fall Fair Animals, Crop Exhibits, and Battle of the Barns entries</b> <b>Worksheets due to the Extension Office, YQCA Due (if you took the class on-line, certificates are due by this date)</b>
<b>September 10</b>	4-H Council Meeting, 7:00 pm - Exhibit Hall
<b>September 11</b>	4-H Power Club Meeting, 7:00 pm - Sugar Ridge Farms (4937 CR 60, Saint Joe)
<b>September 13</b>	Mini 4-H Judging, 10:00 am - Exhibit Hall
<b>September 14</b>	Cut-Ups Club Meeting, 6:00 PM - Exhibit Hall
<b>September 16</b>	Richland Cornhuskers Club Meeting, 5:00 pm - Exhibit Hall
<b>September 18</b>	Fairfield Farmers Club Meeting, 6:30 pm - 1351 CR 12, Corunna
<b>September 22-28</b>	DeKalb County Free Fall Fair
<b>October 1</b>	<b>4-H Enrollment opens for 2026!!! v2.4honline.com</b>
<b>October 7</b>	4-H Power Club Meeting, 7:00 pm - Sugar Ridge Farms (4937 CR 60, Saint Joe)
<b>October 8</b>	Livestock Review, 7:00 pm - Exhibit Hall
<b>October 11</b>	CPR Class, 2:00-5:00 pm - Exhibit Hall
<b>October 12</b>	Cut-Ups Club Meeting, 6:00 PM - Exhibit Hall
<b>October 15</b>	4-H Council Meeting, 7:00 pm - Exhibit Hall



(Replacement for in-person YQCA Classes)

**Missed out on your chance to take QLC in-person? Your only option to meet the requirement to show is to complete YQCA online!**

All 4-H youth enrolled in a LIVESTOCK PROJECT (Beef, Dairy Beef, Dairy, Goat, Poultry, Rabbit, Sheep and Swine) must be QLC/YQCA certified.

**BY SEPTEMBER 8**

**Failure to complete the training will result in the loss of the ability to show.**

**<https://yqcaprogram.org/>**

You must create or login to a YQCA account, complete the course, and email Effie your completion certificate to gain credit for attending.

4-H livestock members may take the ONLINE training at any time, at **the cost of \$12 per 4-H member.**





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# 4-H/Youth Development

# SWINE BARN SET-UP

September 3rd at 6:00 p.m.

No need to bring any tools with you.

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## Exhibition ≠ Completion

To **COMPLETE** an animal project, you need to attend a workshop  
or complete a worksheet!

## Livestock Worksheets

Worksheets are due on **Sept. 8** to the Extension Office!

If you are unable to attend a specie workshop,  
you need to complete a worksheet.

You can find them at

**DeKalb 4-H Hub:** <https://bit.ly/DeKalb4HHub>  
or visit the Extension Office.



*“We either win or we learn; We never lose”*  
– Adapted from Nelson Mandela



## Perinatal Mental Health: Fall Can Be a Vulnerable Time—Simple Planning Helps

By Angela Sorg, LMHC, PMH-C, EMDRPT-II

As the days get shorter, many new and expectant parents notice mood shifts. A recent meta-analysis found that people who give birth in winter have a higher risk of postpartum depression and other perinatal mood disorders (PMADs) than those delivering in spring, summer, or fall (Tung et al., 2022). Short daylight, disrupted sleep, and less outdoor time may all play a role.

### What this means for DeKalb County families this fall:

If you are pregnant or recently

postpartum, plan small mood-protective habits now—get outside during daylight, keep a regular sleep routine, and line up support. Peer connection matters: even a brief weekly check-in with another parent can make hard weeks feel manageable. If low mood, anxiety, or hopelessness last more than two weeks, talk with your health care provider; postpartum depression is common and treatable.

**Try this:** Schedule a “sunlight appointment” 4–5 days a week—15–30 minutes outdoors before 2 p.m. Pair it with a stroller walk, porch coffee, or a lap around the

block with a friend.

### Need help now?

Postpartum Support International (PSI) offers free, confidential support:

- Call or text: 1-800-944-4773 (Text “Help” to 800-944-4773)
- Visit: [www.postpartum.net](http://www.postpartum.net)

### References

Tung, T.-H., Jiesisibieke, D., Xu, Q., Chuang, Y.-C., & Jiesisibieke, Z. L. (2022). Relationship between seasons and postpartum depression: A systematic review and meta-analysis of cohort studies. *Brain and Behavior*, 12(7), e2583. <https://doi.org/10.1002/brb3.2583>

## Fall Yard-Work & Early Sunsets: Keep Older Adults Steady on Their Feet

By Angela Sorg, LMHC, PMH-C, EMDRPT-II

Leaf season, rain, and early dusk raise the risk of slips and trips. A large systematic review shows that balance-focused exercise reduces falls among community-dwelling older adults—about a 23–24% drop in fall rates, with even greater benefits when paired with strength training (Sherrington et al., 2020).

### What this means for local households:

If you (or a loved one) are 60+, add short balance sessions to your week—think heel-to-toe walking along the kitchen counter, sit-to-stands from a chair, or a beginner Tai Chi class. Combine that with simple home fixes: good lighting near steps, non-slip mats by doors where wet leaves collect,

and reflective gear for evening walks.

**Try this** 10-minute routine (3x/week):

- 10 sit-to-stands
- 2 sets of 10 calf raises holding a counter
- 2 minutes heel-to-toe walking along a hallway
- Gentle single-leg stands (10–20 seconds each side, holding a chair if needed)

### References

Sherrington, C., Fairhall, N., Wallbank, G. K., Tiedemann, A., Michaleff, Z. A., Howard, K., Clemson, L., Hopewell, S., & Lamb, S. (2020). Exercise for preventing falls in older people living in the community: An abridged Cochrane systematic review. *British Journal of Sports Medicine*, 54(15), 885–891. <https://doi.org/10.1136/bjsports-2019-101512>



## HEART-HEALTHY HARVEST ENERGY WRAP

### Why it works for farmers:

- Portable – easy to eat in the cab of a combine or tractor.
- Balanced nutrition – high in fiber, lean protein, and healthy fats for sustained energy.
- Heart-smart – low in sodium, no fried ingredients, packed with veggies and whole grains.

### Ingredients (makes 1 wrap)

- 1 whole grain tortilla (8–10 inches)
- 3 oz cooked skinless chicken breast (sliced) or low-sodium turkey
- 1 Tbsp hummus or mashed avocado
- ¼ cup shredded carrots
- ¼ cup baby spinach or leaf lettuce
- 2–3 thin cucumber slices

- 2 Tbsp shredded reduced-fat cheese (optional)
- Dash of black pepper or a squeeze of lemon juice for flavor

### Directions

1. Spread hummus or avocado evenly over tortilla.
2. Layer chicken or turkey, carrots, spinach, cucumber, and cheese.
3. Sprinkle with pepper or squeeze fresh lemon juice.
4. Roll tightly, wrap in foil or parchment paper, and refrigerate until ready to grab-and-go.

**Tip for harvest season:** Make several wraps at once and store in the fridge for up to 3 days. Keep a cooler with ice packs in your truck or tractor so you have healthy food handy all day.

### References

Garden-Robinson, J., & Simonson, O. (2023, August). A pocket guide to meals in the field (FN2105). North Dakota State University Extension Service. <https://www.ndsu.edu/agriculture/extension/publications/pocket-guide-meals-field>

## Grandma & Me!

### Learn to Crochet & Knit



Thursday, October 9th  
6:00pm  
DeKalb Co. Fairgrounds  
Exhibit Hall  
708 S. Union St.  
Auburn, IN

RSVP TO MARTHA CIOSE BY OCT 4<sup>TH</sup>  
260-920-8753

PLEASE BRING YARN &  
CROCHET OR  
KNITTING NEEDLES!



Presented by: DeKalb Co. Extension Homemakers

## DEKALB COUNTY EXTENSION HOMEMAKERS

# Beef & Noodle Dinner

OPEN TO THE PUBLIC  
FREEWILL DONATION

Wednesday, October 29th  
4:30-7:00pm

DEKALB CO. FAIRGROUNDS | 708 S. UNION ST. | AUBURN, IN

FUNDS WILL GO TO THE HOMEMAKERS SCHOLARSHIP FUND &  
OTHER COMMUNITY PROJECTS





## DEKALB COUNTY EXTENSION HOMEMAKERS


# Day at the Fair

**Thursday, September 25th**


### CALENDAR OF EVENTS:



8:00-9:00am	Registration for Quick Breads Contest
9:00-9:45am	Living Donor: Amy (Crow) Lehrman
9:45-10:00am	Break
10:00-10:45am	Community Resources for Seniors
10:45-11:00am	Break
11:00-11:45am	Cameron & Mary Moore: NE IN Honor Flight
12:00pm	Announce Winners of Quick Breads Contest



### "QUICK BREADS" Contest Guidelines

1. Any resident of DeKalb County is eligible. One entry per category/per person.
  2. Recipe to accompany the homemade entry (legibly handwritten or typed).
  3. Two divisions: Adults - 19 years & older; Youth - 10-18 years
  4. Entry must be made from scratch, no box mixes allowed. No alcohol.
  5. Quick breads are to be baked in a 9x5 pan and turned out on a display board.
  6. All entries will be judged on taste, appearance, and display.
  7. Entries must be entered between 8-9:00 am on Thursday of the fair at the Exhibit Hall.
  8. Winners will be announced at 12pm, and pictures will be taken right after winners announced.
  9. Cash prizes for Adult division: 1st Place-\$30; 2nd Place-\$20; 3rd Place-\$10.
  10. Cash prizes for Youth division: 1st Place-\$25; 2nd Place-\$15; 3rd Place-\$10.
- 

*all events held at the  
Exhibit Hall*



# HOMEMAKERS "QUICK BREADS" CONTEST

## Entry Form

Entry Number

Please print complete information. Do not detach entry form and recipe section.

DIVISION (check one): ☐ Adult (19 yrs. & older) ☐ Youth (10 – 18 yrs. old)

Name \_\_\_\_\_ Phone \_\_\_\_\_

Street Address \_\_\_\_\_

### CONTEST GUIDELINES:

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9. Cash prizes for Adult division: 1st Place-\$30; 2nd Place-\$20; 3rd Place-\$10.
10. Cash prizes for Youth division: 1st Place-\$25; 2nd Place-\$15; 3rd Place-\$10.

## CONTEST ENTRY RECIPE

Entry Number

Recipe: \_\_\_\_\_ Division: ☐ Adult ☐ Youth

→ **PLEASE PRINT** OUT INGREDIENTS IN PROPER ORDER (COMPLETE LEFT COLUMN FIRST, THEN RIGHT COLUMN)

### Ingredients:

_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

### Directions: (PLEASE PRINT)

_____
_____
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_____
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_____

\_\_\_\_\_

## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# Sewing Day Dates

**Sew Day is 9 am - 3 pm at the County  
Office Building on 9th St. (Lower Level)  
Bring a dish to share**

**2025  
September 9th  
October 14th**

**2026  
January 13th  
February 10th  
March 10th  
April 14th  
May 12th  
June 9th**

Hello Everyone

I am not sure what happened to summer it has gone by just too fast. If you are like me there is not enough time to get everything done that you need to. Now it is time for all our fall programs and activities.

The council meeting is September 10<sup>th</sup>; everyone who is interested is welcome to attend.

Homemaker's Camp is September 10-12. All campers attending have a fun time learning lessons and craft projects. We would love to hear all about it!

Homemaker's Day at the Fair takes place on September 25<sup>th</sup> this year. The clubs appointed have some great speakers lined up for the programs, come check them out. Don't forget to enter your best quick bread for the contest!

October is full of programs check out the calendar. The Fall District meeting is October 6<sup>th</sup>.

I would like to see many DeKalb Extension members there. If you have not attended, this would be a great year to go and see what it is all about. Don't forget the Beef and Noodle Dinner on October 29<sup>th</sup>, your help will be greatly appreciated.

I will see many of you at the upcoming programs consider attending some of them. They are for all members and the public to attend. If you don't like going alone please bring someone with you.

See you soon,  
Michelle

**Be yourself; everyone else is already taken. Oscar Wilde**



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# THANK YOUR AWARD SPONSORS

Don't forget to send a THANK YOU note to your award sponsors. Your appreciation may encourage them to contribute again next year. Your notes can make a difference!

Award sponsors' information is attached to the award that you received.

## 7 STEPS TO A GREAT THANK YOU NOTE

- 1 A greeting to the thank you note recipient
- 2 Specific reason you are thanking them
- 3 The reason you appreciate them
- 4 How you plan to use the gift or why the gift was important to you
- 5 A comment or detail about yourself
- 6 A repeat of your thank you
- 7 A closing and signature of your name

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.

Extension - DeKalb County

**September 8**  
**FairEntry**  
**DEADLINE**

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Permit No. 80

RETURN SERVICE REQUESTED

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