

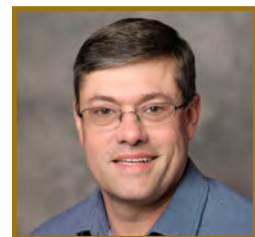
February 2025 Newsletter

IN THIS ISSUE :



Chelsea Brewer
County Extension Director;
HHS Educator

HHS (Health and Human Sciences) -
Programing survey / Parents Forever
Classes/ Upcoming events **Pages 3-5**



Kenneth Eck
Agriculture and Natural Resources
ANR Educator

ANR (Agriculture and Natural Resources)
-Garden Calendar / Deck care /Fall
Lawn tips. **Pages 6-9**



Lauren Fenneman
4-H -Youth Development Educator
Youth Development (4-H) - New Band
App Group/ Upcoming Events.2024-
2025 4-H updates **Pages 10-13**

Introducing our Newest Staff Member **Theresa Allen- Program Assistant**



My name is Theresa Allen. I graduated from Forest Park Jr/Sr High School in 2023. Growing up I participated in Girl Scouts where I earned my Girl Scout Gold Award. Throughout High School I participated in cheerleading and I now coach 5th and 6th grade cheerleading at Cedar Crest Intermediate. In 2024, I obtained my certificate in Visual Design from Ivy Tech. In my free time I enjoy sewing, baking, crafting, photography, camping, kayaking, playing with my dogs, and being outdoors. I have always wanted to find more ways to serve in the Dubois County community, so I am very excited to be taking on this position and continue serving the community that I love.

Keep up to date on our website: <https://extension.purdue.edu/county/dubois>



PURDUE
UNIVERSITY®

Extension - Dubois County



UPCOMING WORKSHOPS

P
PURDUE
UNIVERSITY
Extension

P
PURDUE
UNIVERSITY
Extension - Dubois County
Purdue University is an equal access/equal opportunity university.



Mushroom Workshop

at the Dubois Branch Library

Monday, March 10th at 6 pm

Come learn about foraging and growing mushrooms with Purdue University Extension Educator Kenneth Eck.




Jasper-Dubois County
Public Library
5506 E Main St, Dubois, IL
(812) 678-2548

Sew Smart Workshop

Limit 10 Participants

February 15, 2025
10:00 am - 2:00 pm,
Jasper Public Library.

Grades K-12 learn to sew smart! We will learn the basics of sewing machines, Sew a non wearable item like apron and tote. Limit of 10. This is meant for beginner sewers and items created here can be exhibited at the 4-H Fair for Grades K- 4.

Sign up under
<https://sewsmartnonwearcdc25.4honline.com>


Join the 4-H

BAND

Group
<https://band.us/n/adaaA2B4zd668ding>




Prepare healthy recipes.
Learn cooking techniques.
"Chopped" style Contest.



Chef University

SAVE THE DATE

Date: March 25-27
Grades: 3-5



P **PURDUE**
UNIVERSITY
Extension - Dubois County
Purdue University is an equal opportunity/equal access/affirmative action institution.

WHAT'S ON YOUR PLATE?

Exploring Food Science

4 DIFFERENT SESSIONS
FEB 8, MARCH 1, MARCH 15, & APRIL 5
AT THE DUBOIS COUNTY HEALTH DEPARTMENT
8:30AM- 12:30PM
SIGN UP ON 4-H ONLINE
[HTTPS://V2.4HONLINE.COM](https://v2.4honline.com)

P **PURDUE**
UNIVERSITY
Extension - Dubois County

INTERESTED IN LEARNING HOW TO CHANGE WHAT YOU EAT TO HELP PREVENT CHRONIC DISEASE?

JOIN PURDUE EXTENSION FOR

FOOD AS MEDICINE

FEATURING THE MEDITERRANEAN DIET

TUESDAYS
FEB 25
MAR 4, 11 & 18
5:00 - 7:00 PM
505 W 5TH ST. DOOR #4
JASPER, IN

Register at
bit.ly/FAM-4



P **PURDUE**
UNIVERSITY
Extension - Dubois County

All participants under 18 years of age must be accompanied by an adult

EA/EO



Chelsea Brewer
County Extension Director;
Extension Educator - HHS
cebrewer@purdue.edu

HHS

Health and
Human
Sciences



Money



Food and Nutrition



Family



Healthy Communities



I created a quick survey to gather input about future programs that people would enjoy seeing. Please follow this link.

bit.ly/HHSSurvey23

If you're seeking a presenter for your group or organization in regards to food, nutrition or other wellness topics, reach out. Chances are we can help!

Contact

Chelsea Brewer
County Extension Director; Extension Educator - HHS
cebrewer@purdue.edu / 812-482-1782

PARENTS FOREVER

****This course is appropriate for adults only. Please make childcare arrangements.**



to register,
visit bit.ly/ParentsForeverIN
or scan the QR code



**Financial
assistance may be
available**



UNIVERSITY OF MINNESOTA EXTENSION



Extension - Dubois County

INTERESTED IN LEARNING HOW TO
CHANGE WHAT YOU EAT TO HELP
PREVENT CHRONIC DISEASE?

JOIN PURDUE EXTENSION FOR

FOOD AS MEDICINE

FEATURING THE MEDITERRANEAN DIET

TUESDAYS
FEB 25
MAR 4, 11 & 18

5:00-7:00 PM
505 W 5TH ST, DOOR #4
JASPER, IN

Register at
bit.ly/FAM-4



P PURDUE
UNIVERSITY

Extension

EA/EO

All participants under 18 years of age must be accompanied by an adult

WHAT'S ON YOUR PLATE?

Exploring Food Science

AT THE DUBOIS COUNTY HEALTH DEPARTMENT

8:30AM- 12:30PM

SIGN UP ON 4-H ONLINE

SESSION 1: THE SECRETS OF BAKING

LEARN ABOUT GLUTEN FORMATION, LEVENING, AND HOW TO
INFLUENCE THE TEXTURE OF BAKED GOODS

FEBRUARY 8

SESSION 2: THE POWER OF PROTEIN CHEMISTRY

LEARN ABOUT PROTEIN COAGULATION AND HOW TO MAKE
QUESO FRESCO

MARCH 1

SESSION 3: THE INNER MYSTERIES OF FRUITS AND VEGETABLES

LEARN ABOUT OXIDATION, HOW TO PRESERVE NUTRIENTS
DURING COOKING, AND OSMOSIS VS. DIFFUSION

MARCH 15

SESSION 4: BE A FOOD SCIENTIST

CREATE YOUR OWN UNIQUE BEVERAGE AND LEARN ABOUT
SUGAR CRYSTALLIZATION IN CANDIES

APRIL 5



Kenneth Eck
Extension Educator - ANR
kjeck@purdue.edu

OISC Pesticide Applicator Licenses

For pesticide (PARP) and fertilizer (Cat. 14) applicators wanting to review their license “points”, go to the Office of the Indiana State Chemist (OISC) website to check your personal OISC records

<https://inplants.oisc.purdue.edu/USAPlantsIN/Index.aspx>

On the left side click on the ninth/bottom tab marked “Applicator Login”, then provide your name and last four SSN digits to log in for your information and credits/meetings attended.



For individuals wanting to obtain a Private Applicator license, the most popular way to take the exam has been to obtain the training manual for the CORE exam (PPP-13), study the manual at home, and then take the exam at the Ivy Tech Community College in Evansville (other testing locations available at <https://tinyurl.com/5kb6898w> or ph. 877-533-2900

The test is administered by the Metro Institute, and Ivy Tech merely provides the supervision during the exam.

To prepare for the exam, the study manual can be purchased for \$40 plus shipping at <https://tinyurl.com/yrjxswt5> or by calling 765-494-6794.

Manuals are available in English and Spanish (limited English manuals are also available in some Dubois County libraries) .

Once you receive a manual, go on-line to <https://tinyurl.com/5yy5xay6> or call 1-877-533-2900 to schedule an appointment to take the exam. Leave a message and let them know when the best time is to reach you.

Everyone taking the exam must show a government-issued photo ID. Contact the Indiana State Chemist at 756-494-1492 for alternative identification, if needed. A person is allowed three attempts to take the exam in 12 months' time. There is a \$55 fee for use of facilities through Ivy Tech.



Winter Garden Calendar

Lawns, Tree Fruits, Landscape Plants, and Woody Ornamentals

February

- Check mulches, rodent shields, salt/wind screens and other winter plant protections. to make sure they are still in place.
- Prune landscape plants, except early spring bloomers, which should be pruned after flowers fade. Birches, maples, dogwoods, and other heavy sap bleeders can be pruned in early summer to avoid the sap flow, although bleeding is not harmful to the tree.
- Prune Fruit trees to control plant size and remove dead, damaged, or weak limbs.

March

- Rake to remove leaves, twigs and trash.
- Mow lawn as needed. the first mowing should be slightly lower than normal to encourage green-up.
- Prune trees and shrubs while plants are still dormant. Those that bloom early in spring should be pruned after flowers fade.
- Fertilize woody plants before new growth begins but wait until after soil temperatures have reached 40 F (Usually in early March in Southern IN) Two pounds of actual nitrogen per 1000 square feet should be broadcast over the entire root area.
- Remove winter coverings from roses as soon as new growth begins, but keep mulch near by for protection from late freezes. Prune and fertilize as needed.
- Apply superior oil spray to control scale insects and mites on landscape plants and fruit trees when tip of leaves start to protrude from buds.

Indoor Plants and Activities

February

- Check water levels daily in cut-flower vases.
- Repot houseplants as the outgrow current pots.
- Early blooms of spring-flowering bulbs can make good gifts for a sweetheart. Keep the plant in a bright, cool location for long lasting blooms.

March

- Apply fertilizer to houseplants according to label directions as days grow brighter and longer and new growth begins. Foliage plants require a relatively high-nitrogen fertilizer while blooming plants thrive on formulations that are higher in phosphorus. Remove spent leaves and flowers regularly to improve looks and encourage more blooms.
- Start seeds of cool season plants for transplanting outdoors later in spring. (Late February for Southern IN.)

Flowers, Vegetables, and Small Fruits

February

- Prepare or repair lawn and garden tools for upcoming season.
- Start seeds indoors for cool-season vegetables; so they will be ready for transplanting to the garden early in the season. Broccoli, cauliflower, and cabbage seeds should be started five to seven weeks prior to transplanting.
- Test leftover garden seeds for germination. Place 10 seeds between moist paper towel or cover with a thin layer of soil. Keep seeds warm and moist. If less than six seeds germinate, fresh seeds should be purchased.

March

- Prepare garden soil for planting. DO NOT work soil while it's wet. Soil should crumble when squeezed in your hand when it's ready to work. If soil forms a solid ball when squeezed in your hand, it's still too wet.
- Follow last fall's soil test recommendations for fertilizer and pH adjustment. (it's not too late to test your soil, if you missed last year.)
- Start seeds of warm season vegetables and flowers, indoors (In North and Central IN wait until end of March-early April)
- Watch for blooms of early spring bulbs such as daffodils, squill, crocus, dwarf iris and snowdrops.
- Remove old asparagus and rhubarb tops and then side dress with nitrogen or manure.

Keep Your Home Warm and Safe in Winter Conditions

In winter our thoughts often turn first to higher utility costs. But we may need to consider more measures to stay warm and safe at home. Staying warm becomes more challenging if the heat goes out in your home. In that case, look for community resources to help you heat your house or apartment.

Keep Warm and Reduce Costs

Whether you're a homeowner or renter, you can keep your home warm and save on heating costs. Just take these simple steps:

- Set your heat at 68 degrees or lower. To save on heating bills, close off rooms you don't use. Also turn the thermostat below 68 degrees when you're asleep or away from home.
- Keep extra blankets, sleeping bags, and warm winter coats available if the power goes out.
- To keep warm at home, wear socks, slippers and long underwear. Dress in layers of clothing. Throw a blanket over your legs when you are sitting.
- Do not turn on stove burners or the oven for heat. This poses a fire hazard and can cause carbon monoxide poisoning. Carbon monoxide (CO) is produced whenever fuel such as gas, oil, kerosene, wood or charcoal is burned. Maintaining and using appliances running on these fuel sources correctly usually keeps CO levels safe. But if appliances are not working properly or are used incorrectly, dangerous levels of CO can result. Carbon monoxide is colorless and odorless. At high levels, it can kill a person in minutes.
- Portable space heaters are a good choice to provide more heat. Make sure your space heater has an automatic shut-off switch and a non-glowing element. Never place a space heater on top of furniture or near water. Also keep it at least three feet away from furniture and drapes. Never leave children unattended near a space heater.
- Seal insulation gaps. Especially check around doors and windows for spots additional weather stripping or caulk might be needed.
- Re-set ceiling fans to clockwise rotation to move heat back down into living areas.
- Add a humidifier for increased air moisture to retain heat (also helps house plants in the room).

Stay Safe During Winter Storms

Winter storms are natural disasters. They can have a devastating effect on families and their homes. Here are some things to be aware of:

- If you lose power, don't use stoves, ovens, grills, or other cooking equipment for heat. This could cause fires or carbon monoxide poisoning. Only use proper equipment, like space heaters, to provide heat. And use them correctly (see above).
- You may use a generator during power outages. But be sure to maintain and operate it correctly. Follow the operating instructions as listed in the owner's manual.
- Stay away from damaged utility lines. They present a fire hazard and can be life threatening.
- Water-damaged appliances and utility equipment, like water heaters, may still be electrically charged. Unplug damaged appliances and equipment. Also turn off electrical breakers or switches and contact your utility company.
- Frozen water pipes can burst and cause home damage and safety hazards. Drain and shut off water pipes that are not used frequently in the winter, especially those that lead outside.
- Gas lines, gas propane containers, and vehicle gas tanks may explode or ignite if they are leaking. If you smell gas, exit immediately and call for help.

Get Help from the Federal Energy Assistance Program

The federal Energy Assistance Program helps pay home heating costs and furnace repairs if you qualify. Both renters and homeowners are eligible for the program based on income, household size, fuel type, and usage. Learn more about the Energy Assistance Program on Indiana's IH&CDA website at:

<https://www.in.gov/ihcda/homeowners-and-renters/low-income-home-energy-assistance-program-liheap/>

Source: University of Minnesota Extension



PURDUE
UNIVERSITY

Extension - Dubois County

*Purdue University is an equal
access/equal opportunity university.*

Mushroom Workshop

at the Dubois Branch Library

Monday, March 10th at 6 pm

**Come learn about foraging and growing
mushrooms with Purdue University
Extension Educator Kenneth Eck.**



**Jasper-Dubois County
Public Library**

5506 E Main St, Dubois, IN
(812) 678-2548



Lauren Fenneman
Extension Educator
4-H Youth Development
lhaase@purdue.edu



February is considered the Month of Love and the shortest one of the year. Let's make this short month the most impactful. I would LOVE for you to invite a new family to join you along for 4-H experience. Help them enroll, help carpool the kids to meetings and showcase why 4-H is "Where Leaders are Grown".

4-H Experiences start in October and keep a close eye on the dates to register for events by. I want to make sure you don't miss out on an opportunity because of registration date.

Our office is here to answer any questions you may have. Our phone setup is where you select who to talk to and know that Angie Hostetter, Diane Lechner, and Program Assistant Theresa Allen, and I are all able to answer any questions you may have.

2024-2025 Dubois County 4-H Fair July 14-18, 2025 Where Leaders are Grown



Thank you,
Lauren Fenneman

4-H Band Group

Dubois County 4-H Band App Page - To assist in learning about upcoming events, sign ups and more we are going to utilize the 4-H Band page as an additional resource.

This is an opt in and you will still get the information via 4-H Online, Purdue Extension Facebook Page and email.

<https://band.us/n/adaaA2B4zd668ding>



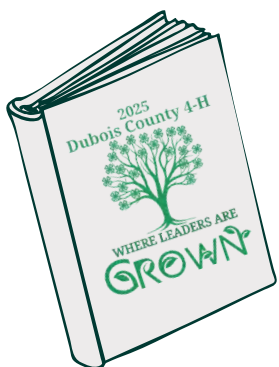
Handbooks and T-shirts

We're putting the finishing touches on the handbook. Be on the lookout for an email saying it's ready and online. Our first supply pick up day will be

Thurs. Feb 27th 4PM-6PM

Center on 5th, 505 W 5th St Jasper Door #3

<https://extension.purdue.edu/news/county/dubois/2020/08/Dubois-County-4-H-FairEntry.html>





Quality Livestock Care Trainings

To exhibit BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS, 4-H members must be certified through the Indiana 4-H.

Members must be registered BEFORE attending a training at
<https://25dubois4HQLCtraining.4honline.com>

Members may attend any training dates listed, OR a training in another county, OR complete the online YQCA training

July 1st Proof of Completed Certificates due

- February 10, 2025, 5 pm – Clover Pavilion, Dubois County 4-H Fairgrounds (1.5 hours)
- February 27, 2025, 6 pm – Auditorium, Center on 5th (1.5 hours)
- March 8, 2025, 1:30 pm – Clover Pavilion, Dubois County 4-H Fairgrounds (1.5 hours) After Beef Weigh In
- April 29, 2024, 6:30 pm – Training Room, Center on 5th (1.5 hours)
- June 18, 2025, 5:30 pm – Clover Pavilion, Dubois County 4-H Fairgrounds (1.5 hours)



Dubois County 4-H wants to celebrate you and showcase you during the 4-H Fair. Please complete the graduating senior information form that collects your information for social media, print media, and banner. If a banner is requested, then it will be ready in time for graduation and will be returned so that will be on display during the 4-H Fair. You will also upload your photo to use for media and for the banner in this form.

Please complete form by April 1st. <https://forms.gle/vgm1Lu1qLNQfAVa99>



4-H Grad Survey

Indiana 4-H wants to hear about your 4-H experience! Please complete a survey to capture the culmination and impact of your 4-H activities. Information from your survey will be used to feature you as a 4-H graduating member for the county via newsletters, bulletin boards, social media posts, etc. Those who complete the survey will receive a 4-H graduation tassel.

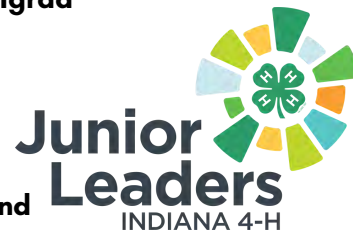
Complete the survey before April 1st. bit.ly/IN4Hgrad

Dubois County 4-H Junior Leaders

4-H members in grades 7-12 the opportunity to provide their Adult 4-H Volunteers with additional assistance in their 4-H Clubs and related activities while serving as mentors and role models to the younger 4-H members by sharing their experiences with them. The RESPONSIBILITY of leadership, the CHALLENGE of assisting others, and the OPPORTUNITY to expand your personal experiences best sums up the objectives of the Junior Leader project.

If you are unable to make all the meetings that is fine. Please make it too as many as possible.

- February 10th – 7 pm, Agaves Mexican Restaurant
- March 10th – 7 pm, Zax's Creamery
- April 14th – 7 pm, Stuffing Easter Eggs, Center on 5th Auditorium
- May 12th – 7 pm, Pickleball, Location TBA
- June 9th – 7 pm, Disc Golf, Meet at Clover Pavilion.
- July 7th – 7 pm, Clover Pavilion meet, Exhibit Building cleanup for 4-H Fair
- September 8th – 7 pm, Clover Pavilion – 2025-2026 club year planning



Important Reminders

Mini 4-H Liability Waiver -

Mini 4-H (Grades K-2) members that will be exhibiting livestock at the 2025 Dubois County 4-H Fair must complete this waiver. If you have difficulties, paper copy is still accepted. Please complete this by check in of 4-H Fair. For directions and a copy of the Mini 4-H liability waiver go here:

<https://25duboismini4hanimalliability.4honline.com>

Premise ID Information -

Premise ID is required for any 4-H livestock animal (beef, dairy, goat, rabbit, sheep, and swine) that will be exhibited and entered in the food system. It provides the information needed to trace the animal from processing back to the farm to ensure a safe food system and necessary biosecurity.

If there were animals on the property beforehand, then you will need to check if there is a premise id already assigned. To check to see if there is an existing Premise ID email animalid@boah.in.gov (Include your name and physical address in the email.)

To obtain a new Premise ID please go here <https://www.in.gov/boah/traceability-and-premise-id/indiana-premises-registration/> and you can complete an online form. It will ask you questions about what animals will be on the property but there is a spot that you can select 4-H as the reason animals will be located on the property.

Upcoming Events

Teen Leadership Weekend

Grades 7-12, March 28-30, Camp Tecumseh, Registration is due by February 28th.



Contact Lauren to start the registration process



Limit 10 Participants

February 15, 2025 10:00 am - 2:00 pm, Jasper Public Library.
Grades K-12 learn to sew smart! We will learn the basics of sewing machines, Sew a non wearable item like apron and tote. Limit of 10. This is meant for beginner sewers and items created here can be exhibited at the 4-H Fair for Grades K- 4.

Sign up under <https://sewsmartnonweardc25.4honline.com>

 **4-H TRIP INTEREST FORM - YOUTH IN GRADES 7-12 THAT WISH TO RECEIVE ASSISTANCE FROM DUBOIS COUNTY 4-H COUNCIL TO ATTEND STATE 4-H TRIPS NEED TO FILL OUT THIS FORM. PLEASE COMPLETE FORM BY MARCH 2ND.** 



Upcoming Events

SERVE GROW THRIVE MAKE

Youth
Development

4-H



February

- 1- 4-H Camp Counselor Applications Due, Grade 9-12, 4-H Online 3- 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- 8- What's on Your Plate Workshop Grades 6-9, Dubois County Health Department
- 10- Dubois County Indiana 4-H Quality Livestock Care Training, 5-6:30 pm, Clover Pavilion
- 10- Junior Leader Meeting, 7-8 pm, Agaves Mexican Restaurant
- 27- Dubois County Indiana 4-H Quality Livestock Care Training, 6-7:30 pm, Center on 5th
- 27- T-Shirt and Handbook pickup, Center on 5th. 505 W 5th St Jasper door #3

March

- 3- 4-H Council Meeting, 6:30 pm, Clover Pavilion Office 8- Beef Weigh In, 10 am - 2 pm, Cattle Barn
- 8- Beef Weigh In, 10 am - 2 pm, Cattle Barn
- 8- Indiana 4-H Quality Livestock Care Training, 1:30 pm, Clover Pavilion
- 10- Junior Leader Meeting, 7-8 pm, Zax's Creamery
- 25-27- CHEF University, 9 am - 4 pm, Grades 3-6, TBD



April

- April 7: 4-H Council Meeting, 6:30 pm, Clover Pavilion Office
- April 14: Junior Leader Meeting, 6:30 pm, Center on 5th
- April 29: Dubois County Indiana 4-H Quality Livestock Care Training, 6:30 pm - 8 pm, TBD
- April TBA - Dubois County 4-H Verbal Communications and Performing Arts

Important Dates 2025

- May 15th - Animal Identification due in 4-H Online, v2.4honline.com
- May 26th - June 23rd FairEntry OPENS Enter ALL 4-H Projects
- June 11-13 - 4-H Academy Grades 9-12, Purdue University
- June 21-23 - 4-H Band and 4-H Chorus, Purdue University
- June 23rd - FairEntry due to pick up Project Labels early
- June 23-25 - 4-H Round Up Grades 7-9, Purdue University
- June 26th - Project Label and Supply Pickup Night, CP 5-7 pm
- June 23 - Hay Coring, 3-6 pm, Clover Pavilion
- July 8th - Project Label Pickup Night, 5-8 pm, Clover Pavilion
- July 10th - Project Check In Non Community Judged Projects, 5-8 pm
- July 11th - Community Judging and Project Check In for all projects, 5-8

JULY 14-18: 2025 Dubois County 4-H Fair