



Hendricks County 4-H Clover Connection



Volume 10 Issue 8 | August 2024



Fun and Food Continue!

Welcome by Ashley Alexander - 4-H Educator

I want to thank you all for a FANTASTIC 2024 Hendricks County 4-H Fair! The first couple of days were HOT, but we had some fantastic weather in the last half of the fair. I hope that you had a great fair week. Just remember, it is one judge's opinion on one day!

It is Indiana State Fair time! I encourage you all to go and experience the fun and food at the Indiana State Fair! It is sure to be a great time for all families. Let us know what your favorite fair food was this year. It can be either State Fair or County fair!

We are quickly approaching school season. I wish you all the best as you go back to school this year! Invite your friends to join us in 4-H next year! Our enrollment opens again on October 1st, so be on the lookout in September on how to enroll into 4-H!

I would like to give a special shout out to the Extension Office staff! This year was my first year as the 4-H Educator, and they made my job so much easier! I am especially thankful for the staff this year! Next time you see a staff member, please thank them for all their hard work!

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Extension Office Info

The Office will be closed
Monday, September 2nd in
observance of Labor Day

Contact Us

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317-745-9260
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Open 8 a.m.—4 p.m.
Monday—Friday
<https://hendricksco4h.com/HCGS>
<https://v2.4honline.com>



2024 Hendricks County 4-H Fair Recap

2024 4-H Fair Queen & Court



From L to R: Kelly Wagner (Miss Congeniality), Lexi Mercurio (Court Member), Lora Watson (First Runner Up), Graci O'Neal (2024 Hendricks County 4-H Queen), Alexxys Standish (2024 Indiana State Fair Queen), Brianna Hume (Court Member), Ariane Sims (Court Member).



10-Year 4-H Members
Hendricks County 4-H recognized 64 10-year members/9-year seniors this year. During their time in the program, these youth exhibited more than 1,600 projects combined.



Supreme Showman
Mary Van Ness was named 2024 Supreme Showman after showing seven species during the contest on Saturday, July 20th.



Disability Inclusion Day
Around 700 participants attended this event that allowed individuals of any age with any type of disability to visit and enjoy the fair along with their families. Accommodations such as lowered lights and sounds were available at the carnival.

Exhibits

There were 5,036 entries at this year's fair. This included both indoor projects and livestock exhibits by almost 1,200 exhibitors.

State Fair Exhibitors

Congratulations to our exhibitors who are showing livestock or have projects on display! We had approximately 200+ non-livestock projects promoted to the state level from our county! We are also going to be well represented in the livestock barns!

4-H Super Sale

Thank you to all of the Super Sale contributors who donated to support the livestock participants in this year's event. We appreciate all support of our 4-H members!!

County Fair Visitors

There were approximately 52,000 individuals that visited our fair this year!

Volunteer Appreciation

A BIG thank you to the HUNDREDS of volunteers who made the fair happen!

Thank you to ALL of our 4-H families, volunteers, sponsors, & supporters for a great year!

**WE ARE LOOKING FORWARD TO THE
2025 HENDRICKS COUNTY 4-H FAIR - JULY 13-19, 2025!!**

4-H Information

Junior Leaders

Congratulations!!

We had such a great time at Holiday World for our 2024 Completion Trip! Thank you so much to everyone who attended!



Officer Elections will occur in September! Be on the lookout for an email from Ashley about how you can be a part of the 2024-2025 Officer Team!

2024 results are available for all Hendricks County Exhibitors



<https://hendricksco4h.com/results24>

Congratulations 4-H'ers!



INDIANA STATE FAIR

4-H Participants and Volunteers: Are you interested in attending the 2024 Indiana State Fair and unsure of what the schedule is? Here is the website for you to find the schedule, events and more!

<https://www.indianastatefair.com/p/state-fair>

Congratulations and GOOD LUCK to all of our 4-H members who have projects and/or livestock being exhibited at the Indiana State Fair!



The Art & Nature of Fun
PRESENTED BY NEWFIELDS

4-H Information

4-H Projects & Awards

In all the **CRAZINESS** of the fair, did you forget to pick up an indoor project?? We still have several in the Extension Office that are ready to be taken home.

All projects not picked up by Friday, August 9th will be disposed, recycled or used as future examples of 4-H projects.

We also have project awards, achievement awards and volunteer appreciation gifts in the Extension Office. If you are an award recipient please be sure to write a thank you note to your award sponsor!!

THANK YOU TO ALL OF OUR GENEROUS AWARD SPONSORS!!



Congratulations!

Ashley Alexander

For completing your first fair as the 4-H Educator! You did a fantastic job and we appreciate your passion for educating our 4-H'ers! We know you will continue to do great things for Hendricks County 4-H!

Mini 4-H

Thank you to all of the Mini 4-H members who participated in our program this year!

We are looking to update a few projects for Mini 4-H in the coming years. If you have feedback, please let us know!

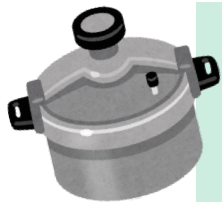


Club and Project Leaders Needed!



Are you interested in helping with a 4-H Club or leading 4-H project workshops throughout the year? We have numerous clubs and projects that need additional adult volunteer help! Needs range from club leaders to co-leaders to extra sets of hands to help with meetings and workshops. Contact the Extension Office for more information!





Pressure Canner Testing

We are in the season of canning, so if you are in need of maintenance testing for your Presto canner, Amanda can conduct that testing here in the office. The cost is \$5 and we request that you give us at least 1 business day to get the tests completed. Contact the Extension Office with any questions.

Getting Back on Track After a Busy County 4-H Fair Week

The county fair is a whirlwind of excitement, community bonding, and indulgence. As the dust settles, it's essential to refocus and return to your regular routines, especially concerning health and well-being.

Here are some practical steps to help you get back on track after the festivities.

• **Prioritize Rest and Recovery**

The fair can be exhausting, with long days and later than normal nights. Make sleep a priority to recharge your body and mind. Aim for 7-9 hours of quality sleep per night to help restore energy levels and improve overall well-being.

• **Rehydrate and Nourish**

Fair food, while delicious, is often high in sugar, salt, and fat. It's time to rehydrate and nourish your body with balanced, nutritious meals. Start with plenty of water to flush out toxins and rehydrate your system. Incorporate fruits, vegetables, lean proteins, and whole grains into your diet to replenish essential nutrients.

• **Gradual Return to Physical Activity**

If your exercise routine took a backseat during the fair, ease back into it gradually. Start with light activities such as walking or stretching, and slowly increase intensity as your body readjusts. Regular physical activity helps boost energy, improve mood, and maintain overall health. Need an excuse to start moving again? Get Walkin' will begin August 26th. This program will begin at 5pm every Monday at Ellis Park! Come move and form your own accountability team! Call the extension office to get signed-up today, spots are limited for in-person.

• **Reestablish a Routine**

One of the best ways to regain a sense of normalcy is to reestablish your daily routine. Set a schedule for meals, exercise, and sleep, and stick to it as closely as possible. Consistency is key to getting back on track and maintaining a balanced lifestyle.

• **Mental Health Check-In**

The fair can be overwhelming, and it's important to take care of your mental health. Take a few moments each day for mindfulness or relaxation techniques such as deep breathing, meditation, or journaling.

Here's a Grilled Chicken Chickpea Salad recipe to start getting back on track. This is a fresh and simple high-protein lunch that can be eaten cold brought to a party, enjoy on the patio, work, or anywhere else you're headed during this hot weather. <https://www.skinnytaste.com/grilled-chicken-chickpea-salad/>



2024 OISC Clean Sweep Pesticide Disposal Program

Location: Hendricks County
4-H Fairgrounds
1900 E. Main St. Danville,
Indiana 46122

When: 9:00 am to 2:00 pm
Local Time

Date: August 22, 2024

This is open to public and private schools, golf courses, nurseries, farmers, ag dealers, public, cities, towns, municipalities and county units of government or others receiving this notice are eligible to participate.

The OISC Clean Sweep Pesticide Disposal Program is designed to collect and dispose of suspended, canceled, banned, unusable, opened, unopened or just unwanted pesticides (herbicides, insecticides, rodenticides, fungicides, miticides, etc.). This disposal service is free of charge up to 250 pounds per participant. Over 250 pounds there will be a \$3.00 per pound charge. This is a great opportunity for you to legally dispose of unwanted products at little or no cost.

Find the participation form with more information at the following link: <https://hendricksco4h.com/2024Pesticide>

Mail, fax or e-mail the completed form to Nathan Davis at 765-494-4331 or cleansweep@groups.purdue.edu no later than Fri., August 9, 2024. Questions may be directed to Nathan at 765-494-7108.

PURDUE
UNIVERSITY

Extension
HENDRICKS COUNTY

Hendricks County PARP and CCH Program

August 26, 2024 from 9:00 a.m. - 11:00 a.m.

Hendricks County 4-H Fairgrounds Complex

1900 East Main Street, Danville, IN 46122



Program Speakers:

Dan Quinn, Purdue Extension Corn Specialist - Further Understanding Input-Invasive Management in Corn

Thomas Butts, Purdue Extension Weed Scientist - Weed Management Update and Tips for Success

Jeff Pell, Purdue Extension Educator Hendricks County - Pesticide Regulatory Update

Program Credits Offered:

1 PARP Program Credit

Categories 1 and 11 - 2 CCH's Available

Category 14 - 1 CCH Available

RT - 2 CCH's Available

If you need a reasonable accommodation to participate in this program, please contact us prior to the meeting at (317) 745-9260. PARP program fees have been sponsored by the Indiana Soybean Alliance and the Indiana Corn Marketing Council.



Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

Succession Planning- Transferring the Farm's Legacy

Are you ready to pursue the next step of Farm Succession? The Purdue Cooperative Extension Service is offering a series of live virtual workshops to help families navigate the next steps of their farm progression.

August 20, 2024, 12:00 p.m. - 1:00 p.m. EST

Topic - "Management Transfer "

Speakers: Nick Held and Kyle Weaver

August 21, 2024, 12:00 p.m. - 1:00 p.m. EST

Topic - "Financial Preparedness"

Speakers: Michael Langemeier and Ed Farris

August 22, 2024, 11:00 a.m. - 1:00 p.m. EST

Topic - "Conflict Management "

Speakers: Phil Woolery and Renee Wiatt

Topic - "Legal Considerations for Structuring Your Farm Succession Plan"

Speakers: Scott Linneweber and Brian Eagle, Attorneys, Eagle and Fein, P.C.

Registration: Participants can register for the program series at

<https://cvent.me/NE0BQg>.

The program fee is \$40.00 per email address.

Zoom Links to the programs will be sent to registered participants prior to the programs.

Questions? Contact Jeff Pell at the Hendricks County Extension Office at 317-745-9260 or jpell@purdue.edu.



Calendar of Events

This year's 4-H Open House will be **NOVEMBER 10th at the Hendricks County 4-H Fairgrounds!**



Join us to learn more about the 4-H program, projects available, and how the **WHOLE** family can get involved!!

More details coming soon!

4-H Open Enrollment

We know county fair just ended and the state fair just started, but.... keep in mind that enrollment for the 2025 4-H year will begin October 1, 2024.

After October 1st, youth and volunteers will be able to enroll in 4-H Online at:
<https://v2.4honline.com>

August and September Dates

August 5 - 4-H Fairboard Meeting; Fairgrounds @ 7 p.m.

August 26 - 4-H Youth Council Meeting; Fairgrounds @ 7 p.m.

September 2 - OFFICE CLOSED IN OBSERVANCE OF
LABOR DAY

September 3 - 4-H Fairboard Meeting; Fairgrounds @ 7 p.m.

September 23 - 4-H Fairboard Annual Meeting; Fairgrounds
@ 6 p.m.

Club/Project Meetings in August

5- Dog Club ISF Practice; Fairgrounds @ 6:00 p.m.

8- Discovery Club Officer Meeting @ 6:30 p.m.

12- Dog Club ISF Practice; Fairgrounds @ 6:00 p.m.

13-Dog Club Drill Team ISF Practice; Fairgrounds @ 6:00 p.m.



4-H Youth Council

August 26th
at 7 p.m.



4-H Adult Leaders

TBD
Stay Tuned!



4-H Fairboard

August 5th
at 7 p.m.



We want to give a huge THANK YOU to our 2024 Summer Assistants! They were invaluable additions to our team and we appreciate all their hard work and dedication!



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Lauren Fry was a returning summer assistant. She will be returning to Kansas State University this fall to begin her 3rd year as an Agriculture Education student.

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Molly Land was our second summer assistant. She will head back to Purdue University this fall to continue in her 2nd year pursuing her degree in Agriculture Communications.



They were crucial roles in the office and in preparing for many fair activities. Some things they oversaw were: Mini 4-H Day Camp and Day at the Fair, Mini 4-H and Jr. Leader Meetings, Indoor project judging preparation, Livestock Skillathon, Rocket Launch, livestock tagging and BOAH reports, and MANY MORE!



And a big shoutout to these girls for redoing our Selfie Station and being JUDGES for the Beef Grooming Contest during the Fair!!

Thank you ladies for your hard work and humor this summer! Good luck to you both!