



Hendricks County 4-H Clover Connection

Volume 11 Issue 1 | January 2025

Happy New Year!

Welcome by Ashley Alexander - 4-H Educator

It is a new year, and it is time to make those New Year's Resolutions! I challenge you all to challenge yourself this year, not only in 4-H, but in life. "Tomorrow is the first blank page of a 365-page book. Write a good one"

January 15th is the target date for 4-H Enrollment! After January 15th, we will only be sending current correspondence with those who have signed up to be in 4-H for 2025. Don't wait until the last minute to sign up for 4-H!

Make sure that you check out all the different opportunities in 4-H this year! We have several new programs coming, and we look forward to seeing you all this year.

Happy New Year!

Ashley



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Extension Office Info

The Office will be closed January 1, 2025, in observance of New Year's Day and January 20 in observance of Martin Luther King Jr. Day

Contact Us

Purdue Extension — Hendricks County
1900 E. Main St. P.O. Box 7
Danville, IN 46122
317-745-9260
hendrces@purdue.edu
Open 8 a.m.—4 p.m.
Monday—Friday
<https://hendricksco4h.com/HCGS>
<https://v2.4honline.com>



4-H Opportunities



2025 Jr. Leader Meeting Dates:

January 16

February 12

March 6 (7 p.m.

Offsite)

April 9

May 12

June 3

June 25

All Meetings 6:30

p.m. to 8 p.m.

**Next Jr. Leader Meeting:
Thursday, January 16th
6:30 p.m. to 8 p.m.
Hendricks Co. 4-H Fairgrounds**

Jr. Leaders is open to youth in 7th-12th grade who are interested in taking more of a leadership role in the 4-H Program! We meet monthly and do monthly community service projects. Be sure to sign up for "Junior Leaders" on 4-HOnline when enrolling in projects!

Jr. Leader Community Service Opportunity

Thank you to Shirley Larson and Susan Gackenheimer for presenting to the Jr. Leaders in November. To help their organizations, we encourage the Jr. Leaders to donate non-perishable items to the food pantry or no larger than a kitchen size trash bag of clothes. **Bring them to this month's meeting** so we can distribute them to those organizations!

Day at the Statehouse

4-H members are invited to attend Indiana 4-H Day at the Statehouse! Members will have the opportunity to learn about mock legislation, becoming a 4-H ambassador, get to tour the facility and meet with legislators in our area.

Register to: Indiana 4-H Day at the Statehouse (4-HOnline).

By: January 13th



NEW FAMILY ORIENTATION



Are you new to Hendricks County, or would you like some more guidance on what to expect in 4-H?!? This meeting is for YOU! Our Extension Educator, Ashley Alexander, will be hosting a New Family Orientation on ***Tuesday, January 28th at the Hendricks County 4-H Fairgrounds***

Mini 4-H: 6-6:45 p.m.

Regular 4-H: 7 p.m.

We will have New Family Guides available, and will be able to answer the questions that you may have regarding 4-H.

4-H Opportunities

Teen Leadership Weekend

Join
US!

The Teen Leadership Weekend is an exciting opportunity for 4-H members to build their leadership skills, connect with peers from across the state, and prepare to make a positive impact in their communities. Held annually, this conference is designed for youth in grades 7-12 who are ready to take their leadership journey to the next level.

Participants engage in hands-on workshops, interactive team activities, and inspiring sessions led by experienced mentors and fellow 4-H members. With a focus on personal growth, teamwork, and service, the weekend empowers youth to step into leadership roles, develop practical skills, and create lasting memories!

Where: Camp Tecumseh

When: March 28-30

Ages: Grades 7th-12th



**PURDUE
EXTENSION**
INDIANA 4-H 

2025 Hendricks County 4-H Volunteer

Appreciation Event

The Hendricks County 4-H
Jr. Leaders would like to
show their appreciation to
all 4-H Volunteers!

Mark your calendars for a
great event!

SAVE
THE
DATE
2/12/25





Summer Assistant Applications are open!

Our office is looking for 2 individuals to join our office for a summer full of fun!

We are once again hiring 4-H Summer Assistants to experience Extension and 4-H for a summer!

See link below for description and application!

Applications due: February 23rd, 2025

<https://hendricksco4h.com/SummerAssistant25>

Summer

Adult Leader Meeting/ Volunteer Training Workshop

Adult Volunteers, please mark your calendars!

Join us on January 21, 2025 at the Hendricks County 4-H Fairgrounds for a volunteer training workshop!

We will begin at 7:00 PM



4-H Scholarships



State and Local Scholarships are now available!

You can find state scholarships at: <https://extension.purdue.edu/4-H/get-involved/scholarships.html>. These State Scholarships are due January 25th! Applications must be submitted on 4-HOnline!

You can find links to our local scholarships <https://hendricksco4h.com/scholarships25> Be sure to follow the application deadlines!

More applications will be added as they become available.

Blessing Box

We are looking for clubs and groups to help us stock our box. You can bring **NON-PERISHABLE FOOD OR TOILETRY ITEMS AT ANY TIME!** If the blessing box is full, please bring your items into the Extension Office and we will fill the box at a later time.



We appreciate and thank each and every person, family, club, or group that has donated to our Blessing Box!!



Eating Right: How Can You Include More Fiber In Your Daily Diet?

Written by Abigail Rosborough, Biomedical Health Sciences Student at Purdue University '26

Fiber is a type of carbohydrate that is important for a balanced diet. Fiber is important for digestive health, it helps prevent type 2 diabetes, and reduces the risk of cardiovascular diseases like heart attack and stroke. There are two types of fiber, soluble and insoluble. They both play an important role in digestion and overall health. Soluble fiber dissolves in water and forms a type of “gel” substance. It helps keep healthy blood sugar levels by slowing how sugar is absorbed in the bloodstream. Soluble fibers can be found in oats, beans, and apples. Insoluble fiber has other unique benefits in supporting digestive health. Insoluble fibers do not dissolve in water. They remain whole as they move through the digestive tract, which adds weight to stool. This added weight is important for movement through the digestive tract. Insoluble fibers can be found in brown rice, nuts, green beans, and cauliflower. Because both fiber types have a lot of benefits, it is important to eat a variety of foods that have both insoluble and soluble fiber types.

Here are some tips for increasing daily fiber intake:

- Replace white rice with brown rice.
- Choose whole grain cereals for breakfast.
- Add more fruits to your meals, for example, add berries or apples to your yogurt or cereal.
- Try to include fruits or vegetables in every meal.
- Replace salty snack foods with fruits, vegetables, or wholegrain snacks.

Sources: <https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/#:~:text=Fiber%20helps%20regulate%20the%20body's,vegetables%2C%20legumes%2C%20and%20nuts.>



BE HEART SMART



For more information or questions regarding registration, call Purdue Extension at (317)745-9260.

Be Heart Smart is a 4-week program designed to help individuals prevent heart disease through heart-healthy lifestyle changes. Participants will learn to monitor risk factors and incorporate simple, heart-healthy habits into their daily routines.

Participants will be provided Fitness Trackers after completing all four sessions of Be Heart Smart.

When: February 5,12,19,26 - 5-6 pm

Where: Hendricks County 4-H Grounds and Conference Center

Cost: \$20 (covers the 4-weeks)

To Pre-register: Call Purdue Extension at (317)-745-9260 or email at hendrces@purdue.edu

Purdue University is an equal opportunity/equal access/affirmative action institution.



Check out the HHS Newsletter each month here!
<https://extension.purdue.edu/county/hendricks/hhs/index.html>

BEGINNING FARMER

FARM RESOURCE PLANNING

FOR THE SMALL-SCALE AND MARKET FARMER
VIRTUAL VIA ZOOM

The goal of this 8-session program is to help new and beginning farmers find success through the creation of a practical action plan. The program helps farmers set goals, identify assets and challenges, and become aware of outside assistance and resources that can lead them towards a successful farming operation. Each participant will be encouraged to explore outside resources and supplemental materials presented in the class as well as other resources shared by classmates.

Participants will be provided with a digital copy of the Beginning Farmer workbook.

**THURSDAY EVENINGS: 7:00 - 8:30 PM EST
JANUARY 9 - FEBRUARY 27, 2025**

REGISTRATION IS \$86

**LEARN MORE AND REGISTER AT:
[HTTPS://CVENT.ME/2BYD1E](https://cvent.me/2BYD1E)**

IF YOU NEED A REASONABLE ACCOMMODATION TO PARTICIPATE, PLEASE CONTACT AMY THOMPSON AT ATHOMPSON@PURDUE.EDU.

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS/AFFIRMATIVE ACTION INSTITUTION.

Diversified Farming and Food Systems

PURDUE
UNIVERSITY | Extension

2025

INDIANA SMALL FARM CONFERENCE

March 4-5

Hendricks County Fairgrounds • Danville, Indiana

INDIANA REGISTRATION DETAILS

JAN. 21 | JAN. 28 | FEB. 4 | FEB. 11 2025 6-9 p.m. ET

Participants should plan to attend each session. Dinner is included at the start of every workshop.

purdue.link/Legacy

Before Jan. 13: In-person: \$60 | Virtual: \$75

On/After Jan. 13: In-person: \$75 | Virtual: \$75

All locations in Eastern Time except where noted **Denotes Central Time (5-8 p.m. CT)

Lebanon Farm Bureau Inc. Community Building 1300 E. 100 St.

Martinsville Morgan County Administration Building 180 S. Main St.

**LEAVING A
LASTING LEGACY
Succession
Planning Series**

In-Person Sites Across 3 States: Jan. 21 | Jan. 28
| Feb. 4 | Feb. 11 6-9 p.m. ET 2025

Interested in Becoming a Master Gardener?

Hendricks County Master Gardener Program Basic Training Intern Class starts January 27, 2025!

Applications are due January 17th!

Class Topics To Be Covered:

- Native Plants
- Soil & Plant Nutrition
- Plant Science
- Plant Disease Diagnosis
- Lawn Care
- Weed Identification & Control
- Woody Ornamentals
- Herbaceous Ornamentals

- Insect Identification & Control
- Animal Pest/Invasive Species
- Pollinator/Pollinator Protection
- Pesticide Safety & Pesticide Alternatives
- Vegetable & Fruit Gardening

To Apply:

Contact Purdue Extension Hendricks County ANR Educator, Jeff Pell at jpell@purdue.edu, or contact the Extension Office 317-745-9260 or email hendrees@purdue.edu. Hendricks County 4-H Fairgrounds and Conference Complex 1900 E Main Street Danville, IN 46122

Participants must be 18 or older to participate in the class.

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

Calendar of Events

MINI 4-H

FIRST Mini 4-H Meeting: Tuesday,
February 11th from 6:30 p.m. to 7:30 p.m.
at the Fairgrounds.

Meeting Dates

January 28 - New Family Orientation; Fairgrounds @ 6:00

February 11 - Fairgrounds @ 6:30

March 6 - Eaton Hall; Brownsburg Town Hall @ 6:00

April 21 - Fairgrounds @ 6:30

May 6 - Fairgrounds @ 6:30

June 3 - Fairgrounds @ 6:30

July 13 - Mini Day at the Fair! More details TBA

Mini 4-H

Clover Corner



Mini 4-Hers! Keep a lookout in your mailbox this month for a special Mini 4-H Newsletter called the "Clover Corner"! This will have important Mini 4-H Dates, information, and activities!

January and February Dates

January 1 - OFFICE CLOSED IN OBSERVANCE OF NEW YEARS DAY

January 6 - Beef Club Meeting; Fairgrounds @ 6:00 pm

January 7- Sew Savvy workshop; Fairgrounds @ 6:00 pm

January 7- Hippology Judging Team; Fairgrounds @ 6:30 pm

January 9- Discovery Club Meeting; Fairgrounds @ 6:30 pm

January 13- Bridle Bunch Meeting; Fairgrounds @ 6:30 pm

January 14- Hippology Judging Team; Fairgrounds @ 6:30 pm

January 15- Robotics Workshop; Fairgrounds @ 6:00 pm

January 16 - Jr. Leaders Meeting; Fairgrounds @ 6:30 pm

January 21- Hippology Judging Team; Fairgrounds @ 6:30 pm

January 28- Hippology Judging Team; Fairgrounds @ 6:30 pm

January 30 - Happy Farmers Meeting; Fairgrounds @ 7:00 pm

February 4 - Sew Savvy Workshop; Fairgrounds @ 6:00 pm

February 10 - Bridle Bunch Meeting; Fairgrounds @ 6:30 pm

February 11 - Hippology Judging Team; Fairgrounds @ 6:30 pm

February 12 - JL Volunteer Appreciation Dinner; Fairgrounds @ 6:00 pm

February 12 - Robotics Workshop; Fairgrounds @ 6:00 pm

February 16 - Goat Workshop; Fairgrounds @ 4:00 pm

February 18 -Poultry Workshop; Fairgrounds @ 7:00 pm

February 18 - Hippology Judging Team; Fairgrounds @ 6:30 pm

February 18 - Sheep Club Meeting; Fairgrounds @ 6:30 pm

February 20 - Rabbit Workshop; Fairgrounds @ 6:30 pm

February 20 - Jr. Master Gardener Workshop; Fairgrounds @ 6:30 pm

February 25 - Hippology Judging Team Meeting; Fairgrounds @ 6:30 pm

February 25 - Happy Farmers Meeting; Fairgrounds @ 7:00 pm

February 26 - Robotics Workshop; Fairgrounds @ 6:00 pm

4-H Youth Council

Next Meeting: January 27th



4-H Adult Leaders

Volunteer Workshop:

January 21st at 7 p.m.



4-H Fairboard

No meeting this month.



4-H

VOLUNTEERS

NEEDED



CLUBS

- Gifted 4-Hers
 - The Gifted 4-Her's Club is seeking a co-leader to help facilitate meetings in the Danville area.
- Working Wonders
 - Working Wonders is seeking one or two club leaders looking to serve youth in the Clayton Area.

STEM VOLUNTEERS

We are seeking an energetic STEM volunteer to help facilitate workshops. Workshops are frequently held during Spring Break and in the Fall. More workshops can be added as the leaders deem appropriate.

MINI 4-H VOLUNTEERS

We are in search of help to facilitate our ever-growing Mini 4-H Program! Our Mini 4-Hers meet once a month beginning in February and have meetings through the beginning of June.

PROJECT ADVISORS

- ATV: Safety Co-Leader
- Bicycle
- Computers
- Entomology
- Forestry
- Geology
- Health
- Our Environment (Recycling)
- Shooting Sports (Volunteers/Instructors)
- Small Engines
- Sportfishing
- Veterinary Science

GENERAL VOLUNTEERS

We are always looking for general volunteers to help where needed! This could be serving on a committee or helping at the fair. If you are interested in helping our rapidly growing program, call us to get more information!

CONTACT US 317-745-9260
TO VOLUNTEER hendrces@purdue.edu

Bridges to Adventure

Survival Skills

An immersive outdoor survival experience to learn essential wilderness skills, including shelter building, fire starting, and foraging.

February 26th - Virtual Session 7pm-8:30pm

March 1st - Ransburg Scout Reservation 10am-3pm

Flyfishing

A hands-on fly fishing adventure! Learn not only the art of fly casting, but also how to build fly rods and create custom flies.

March 19th - Virtual Session 7pm-8:30pm

March 22nd - Fairfax State Rec Area 10am-3pm

Sportfishing

Experience the thrill of fishing, discover how to filet, fry, and savor the delicious results of your catch!

April 2nd - Virtual Session 7pm-8:30pm

April 5th - Raccoon Lake 10am-3pm

Outdoor Skills

Get a grip on nature, & learn skills to enjoy your time outside, from map and compass reading to knot tying and tracking.

May 14th - Virtual Session 7pm-8:30pm

May 17th - Shakamak State Park 10am-3pm

\$35

Lots of Ways to Participate!!

Go all in! Attend all 4 virtual sessions and all 4 in-person sessions

Attend whatever sessions that fit into your schedule!

Busy, but crave the knowledge? Virtual sessions will be recorded to watch at your leisure

REGISTER NOW
bridgestoadventure.4thonline.com

