

February 2025 Newsletter

Dear Friends,

Thank you to everyone who attended this year's annual meeting. We had a great time learning from Dr. Lovejoy with the Indiana Board of Animal Health and Kuno and his handler Chief Deputy Laura Pickel from the Jefferson County Sheriffs Department. Congratulations and thank you to all our 4-H Volunteers on another year of service. Anyone that was not present at the meeting and wants to pick up their gift can do so at the office anytime.

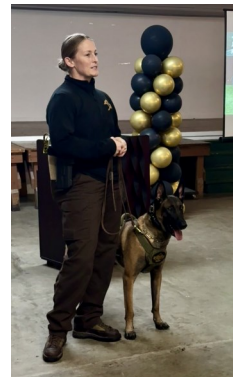
It's February now and we would love for you to enroll in 4-H! Club leaders have lots of meetings scheduled so make sure you are on their club rosters! The 2025 Jefferson County 4-H Handbook complete with Fair Schedule and Important dates is available on our website: extension.purdue.edu/county/jefferson/ and in print at the extension office.

The next fair board meetings will be February 6th and March 6th at 7 pm in the Community building. The next extension board meeting will be March 17th at 6 pm in the Community Building.

Sincerely,

Britt Copeland, Extension Educator

Savannah Stout, Extension Educator



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Avian Influenza Reporting and Recommendations

The hot topic around our area is the continuation of the Highly Pathogenic Avian Influenza (HPAI) outbreak. Page 2 of this letter has recommendations for our backyard poultry owners in the community to reduce the risk of wild birds spreading this flu to small flocks. Public health risk is low for the H5 bird flu which is being monitored by the CDC. The main risk is to commercial and backyard flocks. Learn more about the flu by visiting cdc.gov/bird-flu

If you experience a loss of poultry please report that loss to the Indiana Board of Animal Health by visiting in.gov/boah.

If you would like report a loss of wild birds you may do so with the Indiana Department of Natural Resources by visiting in.gov/dnr

Please read on to learn more about biosecurity practices to reduce the spread of the disease.



BIOSECURITY BASICS FOR BACKYARD AND SMALL FLOCK POULTRY

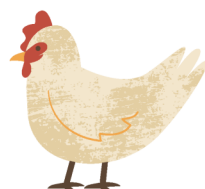
Authors: Torey Fischer, Geoff Lossie, DVM and Darrin Karcher, PhD



Biosecurity includes a variety of procedures that can protect both you and your animals from disease and is an important consideration to ensure the health of your livestock. With the recent outbreak of high pathogenic avian influenza (HPAI), poultry practitioners should take extra precautions and reevaluate their biosecurity. Numerous reports of backyard and small flocks infected with the HPAI virus have occurred. Everyone must do their part to ensure their flock's safety and protect others' poultry enterprises.

THREE MAIN COMPONENTS OF BIOSECURITY

- Isolation – keep your birds away from wildlife (wild birds and other animals)
- Traffic Control – limit people that visit your flock
- Sanitation – keep your equipment and buildings clean



WHAT CAN YOU DO TO PROTECT YOUR FLOCK?

ANIMALS (ISOLATION)

- Don't let dogs or cats in with your flock
- Keep wild birds and wildlife away from your birds
- Remove dead birds quickly
- Quarantine all new birds at least 21 days before mixing them with your current birds



PEOPLE (TRAFFIC CONTROL)

- Shower and change clothes after being around other birds before seeing your birds
- Limit people coming to see your birds
- Limit going to see other people's birds
- If possible, have visitors coming to see your birds put on clean boots and clothes and ask them not to interact with other poultry prior to visiting your flock

EQUIPMENT (SANITATION)

- Clean out your chicken coop or building at least twice a year
- Keep the area around the coop clean from waste and debris where rodents can hide
- Mow grass 10 feet around the chicken coop to ward off rodents
- Wash and disinfect water containers weekly
- Clean and disinfect all equipment you use: feeders, waterers, nests, crates, etc.
- Do not share equipment with others who have poultry

SIGNS AND SYMPTOMS OF HPAI TO WATCH OUT FOR

- Sudden high mortality
- Lack of energy and very quiet birds
- Swelling of head, comb, eyelids, wattles, and hocks
- Purple discoloration of wattles, comb, and legs
- Nasal discharge, coughing, and sneezing
- Diarrhea (particularly green in color)
- Decrease in feed and water consumption
- Neurologic signs

HPAI can occur quickly leading to sudden death with no warning signs, and is extremely contagious. If you observe any of the symptoms noted above, with sudden high mortality being the most concerning, we encourage you to report it immediately to USDA Healthy Birds Hotline: 866-536-7593.

WE MUST WORK TOGETHER TO ERADICATE THIS DISEASE



To find the most up to date information you can visit the USDA website

<https://www.aphis.usda.gov/livestock-poultry-disease/avian/defend-the-flock>

FOR MORE INFORMATION AND RESOURCES



- <https://vet.purdue.edu/news/highly-pathogenic-avian-influenza-continues-in-the-news-even-as-cases-end-in-indiana-heres-what-you-need-to-know.php>
- <https://www.in.gov/boah/species-information/avianbirds/highly-pathogenic-avian-influenza/>

Agriculture & Natural Resources

Drone Farming: Innovations in Agriculture

TUESDAY, FEBRUARY 18TH

6-8PM

GUEST SPEAKERS:



MEET YOUR PILOTS
DUSTIN OSBORNE
12+ YEARS OF COMMERCIAL APPLICATION EXPERIENCE
-FAST KNOWLEDGE OF COMMERCIAL PRODUCTS & FERTILIZERS
-FULLY LICENSED & EXPERIENCED DRONE PILOT



Join us & learn about the many uses of drones in agriculture!

LOCATION:

Switzerland Co. TEC Center
708 W. Seminary St
Vevay, IN 47043

RSVP:

By Friday 2/14/25 to Purdue Extension (Switzerland Co.) 812-427-3152 or the SWCD 812-427-3126 ext. 3



Purdue Extension is an equal access/equal opportunity institution.



2025 Annual Tobacco GAP Training & Private Applicator Recertification Program (PARP)

March 10, 2025 at 6 pm
Jefferson County 4-H Community Building
3767 W SR 256 Madison, IN 47250

Tobacco Growers:

Register on GAP Connections:

shop.gapconnections.com/meetings

Private Applicators:

RSVP to Jefferson County Extension Office
(812) 265-8919, copelanb@purdue.edu

Tobacco Farmers and Private Applicators are invited to the Jefferson County 4-H Community Building on March 10, 2025 at 6 pm for our Tobacco GAP and PARP program.

The agenda will include an update on the Tobacco Industry as well as regulatory topics needed for pesticide application and Tobacco production.

RSVPs to the office are appreciated. PARP credits are \$10, cash or check to "Purdue University" will be accepted. Please bring your applicator card or alternate form of ID. For questions or to call ahead please use the contacts below.

Purdue Extension Jefferson County (812) 265-8919 or email: copelanb@purdue.edu

Purdue Extension Switzerland County (812) 427-3152 or email: keweaver@purdue.edu



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4-H Youth Development



Save the Dates for QLC Trainings



All 4-H members wishing to exhibit beef cattle, dairy cattle, swine, sheep, meat goats, dairy goats, poultry and rabbits must complete *either* an in person Indiana 4-H Quality Livestock Care training or an online YQCA training. Indiana 4-H Quality Livestock Care will cost \$3 and online YQCA will cost \$12. Registration is now collected on 4-H Online Events. You only need to attend 1 of these trainings per year.

1st Training Opportunity at Area 1 Beyond Ready to Show Livestock Workshop– March 29 on the Fairgrounds. This training is free if registered for the workshop.

2nd Training and 4-H Online Animal ID Help Night– May 15 @ 6 pm in the Community Bldg.

3rd Training Opportunity – June 24th @ Noon in the Community Bldg.

Purdue University Cooperative Extension is an Equal Access/Equal Opportunity Institution



4-H Youth Development



It would sure be
Sweet if you
Enrolled in
4-H!

Members & Leaders Don't forget to Enroll!

Enrolling on time ensures you don't miss out on any of the year round programs 4-H has to offer such as 4-H Camp, Purdue Trips, SPARK Clubs and other special events. Visit 4-H online at v2.4honline.com to enroll or reenroll! As always, let the office know if you have any questions, would like to help with upcoming events or have ideas for new programming. Our Office is open M-F 8-4 pm and our phone is (812) 265- 8919.

Join Us at the Area 1 4-H Volunteer Conference on March 8th!

Educators have been busy buying 4-H Swag to give away, prepping meeting resources and lining up fellow leaders to be presenters at the conference this year. Registration is free and includes a catered lunch. The conference is held just up the road at Hopewell Baptist Church in Ripley County. I would love to have another great representation from Jefferson County again this year. To Register go to the events tab on 4-H online and search for Area 1 4-H Volunteer Conference or use this direct link: 25area1volunteerconference.4honline.com

We hope to see you there!

**NEW TO 4-H
NIGHT**

February 18th at 6 pm
4-H Community Building

MEET YOUR LEADERS- PLAY GAMES
LEARN HOW TO 4-H LIKE A PRO!
EAT COOKIES- JOIN A CLUB
GREAT FOR 1ST TIME FAMILIES!

Show Off Your Club!
Club leaders are encouraged to set up a booth with their club's information and display project examples from older members.

Junior Leaders will be leading games. 4-H Educator will lead the 4-H Orientation

PURDUE UNIVERSITY
Extension - Jefferson County

Let us know you are coming!!
Register on 4-H Online, call the office or show up!
CALL 812-265 8919



4-H Youth Development



Jefferson County 4-H Junior Leaders will meet February 11th & 18th

The next Junior Leader Meeting will be **February 18th at 5:30** pm in the Community Building. We will leading the New to 4-H Night activities so we need all hands on deck!

Indiana 4-H Day at the Statehouse Trip

Junior Leaders going up to the Capital Building with us on **February 11th** don't forget to meet us in the extension office parking lot bright and early at 6:15 am! The Dress Code is Business Casual, lunch is provided. Contact the office with questions.

Those wishing to Join Junior Leaders should sign up for the Junior Leaders Project on 4-H Online so we know to keep you informed of our upcoming events! We also have a Facebook page and a Remind Text Group. We will continue to send emails, post in the Facebook group and put reminders in the newsletter.



Jefferson County Southpaws 4-H Dog Club Callout Meeting

Any 4-H member interested in showing their dogs in 4-H needs to be enrolled in 4-H and have selected the dog project on their member profile. The first meeting of the year will be March 3rd at 5:30 pm. New members should not bring their dogs to the first informational meeting. Additional information about meetings will be shared by project superintendents via the contact information on your 4-H enrollment.



All members must turn in their signed 2025 Indiana 4-H Dog Vaccination Form before bringing a dog on the fairgrounds. This form can be found on the Indiana 4-H Website here: extension.purdue.edu/4-H/docs/projects/dog/dog-vaccination-form.pdf Paper copies can be picked up at the extension office.

4-H Horse and Pony Project Callout Meeting

Any 4-H member interested in showing their Horse or Pony in 4-H this year needs to be enrolled in 4-H and should plan to attend the first meeting on March 11th at 6 pm in the community building. This is an informational meeting, do not bring horses to this meeting. Additional information about meetings will be shared by project superintendents via the contact information on your 4-H enrollment.

All members must turn in the 2025 Indiana 4-H Horse Vaccination Form to the Horse and Pony Superintendent to be eligible to exhibit your animal. This form can be found on the Indiana 4-H website here: extension.purdue.edu/4-H/docs/projects/horse/horse-vaccination-form.pdf. Paper copies can be picked up at the extension office.





4-H Youth Development



Southeastern Indiana 4-H Camp Registration Opens February 11th!

This year's Southeastern Indiana 4-H Camp will be held at Camp Higher Ground in West Harrison, IN on **June 2-6 for Members in Grades 3-12**. We invite you to join Jefferson County Campers and over 250 campers from surround counties for a week of fun in the sun.

4-H Camp is discounted to \$120 for Jefferson County Campers from \$230. Additional needs based scholarships for camp are available to Jefferson County Campers. Please inquire directly with the County 4-H educators if you are interested in that opportunity. Payment for camp is not due

until May 1st but we encourage you to register for camp asap! Go to the events tab on your 4-H online profile and select Southeastern Indiana 4-H Camp or use this direct link: <https://25SEI4HCamp.4honline.com>



4-H Camp Junior Staff Training on February 11th at 6 pm at the Decatur County Extension Office and Parkside Bowling Lanes



Friendly reminder that our next Junior Staff Training for Junior Directors, Group Leaders and Camp Counselors will be February 11th at 6 pm at the Decatur County Extension Office and Parkside Lanes Bowling Alley. We will meet at the Decatur County Extension Office at 6 pm located at 545 S Co Rd 200 W, Greensburg, IN 47240 for a mixer then walk across the parking lot to the Bowling Alley for Refreshments and Bowling. Camp will be covering the cost of bowling. We will have our camp counselor training at the bowling alley. Our next all Staff Training including Counselors in Training (CITs) will be on April 12th from 10-3 pm at the Jefferson County 4-H Fairgrounds.

Indiana 4-H Summer Trips @ Purdue

Believe it or not, summer is right around the corner! Pack your summer plans with fun and friendship by joining us at one of the state 4-H events held at [Purdue University](#) :

- 4-H Academy: bit.ly/in4hacademy
- 4-H Round-Up: bit.ly/in4hroundup
- State 4-H Band: bit.ly/inband4h
- State 4-H Chorus: bit.ly/in4hchorus

Contact the office to learn more about these trips! Scholarships are available to reduce the cost of these trips for Jefferson County 4-H members.

ALL are eligible and welcome to sign up for these opportunities!



Health & Human Sciences

Jefferson County Extension Homemakers:

Extension Homemaker Updates:

Upcoming Smyrna Club Meetings:

- February 19th at Wirt Baptist Church
**Pitch-in lunch at 12:00pm, meeting at 1:00pm*

Upcoming Homemaker Events:

- Madison Spring District Day
"Hoppin' on the IEHA Trail"
Tuesday March 25, 2025
St. Mary's Catholic Church – Door 7
1331 East Hunter Robbins Way
Greensburg, IN 47240
Registration begins at 9:30am
Cost to attend is \$16

Congratulations to Jefferson County's First Baby in 2025

Jefferson County Extension Homemakers collected a variety of goodies to gift to the family of the first baby born in 2025. All items were arranged in a baby bath. Parents Tim and Tiffany Hicks welcomed Silas Andrew on January 2, 2025 at 11:11PM



February is American Heart Month

Below are a few tips to focus on your cardiovascular health



What does "self-care" mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's [heart-healthy living](#).

What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of [physical activity](#), such as a brisk, 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

- ✓ Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating [website](#).
- ✓ Go for a bike ride, take an online exercise class, or have a family dance party.
- ✓ Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- ✓ Organize your medications.

What does it take to give your heart the care—and patience—it deserves?

Self-care includes being patient with your body. You may not see or feel the results of your efforts right away. But small steps can lead to big progress. When we take care of #OurHearts as part of our self-care, we set an example for others to do the same. Visit [hearttruth.gov](#) for resources and tools to help you and your loved ones make heart-healthy lifestyle changes.



HEALTH FAIR

**FEBRUARY 8
8-11 A.M.
HUNTER HALL**

FREE

- Blood pressure checks
- Cholesterol/glucose checks
- Valuable health information
- Door prizes
- Healthy snacks
- Dozens of businesses & organizations with excellent physical and mental health information

No registration necessary.
Questions? Email heather.foy@nortonhealthcare.org

Healthy Lifestyles Team
of Jefferson County



National Heart, Lung, and Blood Institute



hearttruth.gov

Upcoming Dates

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Feb. 11	Camp Jr. Staff Training	Decatur County	
Feb. 14	Community Foundation Scholarship Deadline		
Feb. 18	New to 4-H Night	Community Building	6:00 p.m.
March 8	4-H Volunteer Conference	Holton, IN	10:00 a.m.
March 10	PARP Training	Community Building	6:00 p.m.
March 29	Beyond Ready to Show Livestock	Fairgrounds	10:00 a.m.
April 5	Beef Tagging	Fairgrounds	7:00-10:00 a.m.
April 26	Goat, Sheep & Swine Tagging	Fairgrounds	7:00-10:00 a.m.
April 12	Camp Jr. Staff Training	Jefferson County	
May 15	Quality Livestock Care Training	Community Building	6:00 p.m.
June 2-6	4-H Camp	Camp Higher Ground	

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