

Newsletter

4-H Enrollment!

October 1, 2024 through January 15, 2025
v2.4HOnline.com

Children K-12

Parents/Guardians can go into 4HOnline (v2.4honline.com) to **enroll/re-enroll** their children in 4-H for 2025 between October 1st, 2024 and January 15th, 2024.

Adult Volunteers

Must **enroll/re-enroll** in 4HOnline (v2.4honline.com) as an adult volunteer, sign the 2025 Adult Behavioral Expectations and complete the required trainings **BEFORE** January 15!

If you need assistance or do not have internet access, please contact the Extension Office or email Brooke, Kloe or Tiffany so we can help!



812-354-6838
<http://extension.purdue.edu/Pike>
Courthouse, 801 E Main Street, Suite 101
Petersburg, IN 47567

Brooke Goble

County Extension Director
4-H Youth Development and
Health & Human Science Educator
Email: bgoble5@purdue.edu

Kloe Bromm

4-H Youth Development and
Agriculture & Natural Resources Educator
Email: key14@purdue.edu

Erin Meyer

Community Wellness Coordinator
Email: meyer258@purdue.edu

Kelsie Coomer

Nutrition Education Program
Email: kbcoomer@purdue.edu

Tiffany Lundy

Office Manager
Email: tlundy@purdue.edu



4-H Achievement Dinner

Saturday, September 14th @ 6pm

Glezen Revival Center

245 S Glezen Center St., Petersburg, Indiana

4-H Youth & Approved Volunteers are FREE

All others \$5.00/each

Please RSVP by calling the Extension Office @ 812-354-6838

No later than September 6th.



Fair season has come to a close and
we want to shout

**THANK YOU and
CONGRATULATIONS**

to each of our youth and volunteers
as they worked so hard all year long
to make this program year and
2024 Pike County 4-H Fair a huge
success! We are looking forward to
another great program year with
Pike County 4-H!



National 4-H Week: October 6-12, 2024

All Pike County 4-H Clubs are encouraged to create and exhibit a display in a local public area during this week to promote Pike County 4-H and all of the awesome benefits our program has to offer. 4-H members: Break out those 4-H T-shirts for school that week and be sure to invite your friends to

“Make the Best Better!”



4-H Club Leaders

It's time to transition from one 4-H year to the next with enrollment beginning October 1. Clubs are encouraged to begin meeting now while the weather is nice. Fall is a great time to invite new members to come to a meeting to see what 4-H offers. Consider offering a meeting or event where potential members are welcome to attend to meet members and leaders and experience a 4-H event. Reach out to Brooke or Kloe if you are needing activity ideas or would like them to come to one of your meetings or events.



Fall into the Healthy Benefits of this Season

For many, fall is a favorite time of year due to its seasonal perks. Whether it's college football, pumpkin spice lattes or gathering with family for the holidays, the list goes on and on. We all can attest to a reason to be excited about fall. In addition to the excitement the season brings, fall is filled with several health benefits.

- **Seasonal foods and spices**

A popular way to express the season's health benefit is through fall harvest. Fall foods and spices are not only delicious, but also rich in healthy nutrients. Make sure to add these foods and spices to your diet: Pumpkin, Apples, Cinnamon, Brussel Sprouts, Nutmeg, Pears, and Squash.

- **More Sleep**

Sleep is also a health advantage during fall. During fall our bodies get more rest. Although we only gain one hour of sleep, it does wonders for a person's overall health. Sleeping allows our bodies to recharge both physically and mentally. Research has revealed that good quality sleep is linked to the reduction of heart disease and obesity. Studies have also shown that it is often easier for our bodies to adjust to standard time than to daylight saving time. So, take advantage of what could be your body's natural tendency to get more rest.

- **Physical Activity**

Fall makes for the perfect time to get outdoors and increase the physical activity our bodies need. With cooler temperatures, the risk of heat-related health issues are reduced. Activities include walking, biking, hiking, horseback riding and raking leaves. These outdoor activities offer both a direct health benefit and a great emotional boost that comes from being in the midst of the beautiful colors this season produces. Fall is considered to be the season of change. Make this a fall of positive transitions and great memories while maintaining your health.



Hey, Pike County Families!

Help me figure out what I can offer to make Pike County better! Scan the QR code below to fill out the survey to give me more information on what this county needs! Thank you so much for your participation and for your pride in our county!



Farm Safety

National Farm Safety week for 2024 is September 15th-21st. What are you going to do to stay safe on the farm?

Play this fun word search about farm safety below!

Handling Livestock Safely

Q B R T H Q H L T C B P C M Z S A H R L K P K L
Y J K E E A E P R H U G Z I C F G M C B P G S U
D D D P F F N O Y N L D J H I W R E M U L W E C
O L Y S T I C D X U L O A O E L T N E G O U I L
T D R S P B E A L G J L Q Y L U Z D O H V T R U
A Q M Q U O W H W I L U P X S Q J S X L J Y U J
D W Y A Q Y T M Q E N M O U H A Z A R D Q P J O
E P A C S E Z N N C Y G O I V S P E L V T N N A
L I H L S N G G I F F R U X U B C R B U V B I L
E L Z A P M E M R V E L Q O Y K T J Z X Y B U A
H T H I I X A J J G H D I V R Y C L V J U R N G
S X U B D R A Y N I Z T H Q R S N Z N O C W I U
R E M O O F E A A I U O V T Y L I Y C Q Z O O X
S P N N R M D T U A X N I Y L U T F V H J T I D
A D A S K P H H C P R A Q R B X S K I C K I N G
F P G C I G O O F E R G D K R J N D N X P J Y G
E D E F M T G E A K L H V J J Y I O U Y E D I S
T G A R K X I C D C S D N S F I P S W H J V E K
Y O Y N C C T V G Y D E R U U K L S T V Q P S Q
Q L I L F I O C E U V K N E T M P U F S E M T F
F N B W N V B J J W M O W X L A Q H S O C C E N
I U U G Y S X L E M X O B L I N D S I V B F E A
D R X Q N S D B O R K P R J R C H I J T Q B R R
Z C T G Q E D O M V P S A P S W C U T Q E B O A

BLIND	REACTING	HANDLING	STEER
CHALLENGE	SENSITIVE	INJURIES	
GENTLE	SPOT	LEFT	
HEIFER	BULL	ROUTE	
KICKING	DANGEROUS	SIDE	

Microirrigation Workshop

for Small-Scale Farms

Workshop Highlights

- Understanding Irrigation
- NRCS EQIP Programs
- Irrigation Scheduling
- Water and Soil Health
- Estimating Soil Moisture
- Automatic Irrigation Control and other topics!

Speakers Include:

Cara Bergschneider, NRCS State
Urban Conservationist

Wenjing Guan, Purdue Extension
Specialist

Scott Wagner, NRCS Agricultural
Engineer



This program is limited to 50 participants.
Use the QR to register. Contact Valerie
Clingerman at clingerman@purdue.edu or
812-882-3509 for questions.



Date: September 4, 2024

Time: 3:00-8:00 PM EST

Location: Southwest Purdue
Ag Center, 4369 N Purdue Rd.,
Vincennes, IN 47591

*This is a free event and dinner will be provided. You
must register.*



United States
Department of
Agriculture

Natural Resources Conservation Service

URBAN
SOIL HEALTH

PURDUE
UNIVERSITY® Extension

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801 E MAIN STREET
SUITE 101
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PETERSBURG, INDIANA

PERMIT NO. 50

Address Service Requested

Sweet Potato & Black Bean Chili Recipe

Ingredients:

- 1 T and 2tsp extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 T chili powder
- 4tsp ground cumin
- 1/2 tsp ground chipotle chili
- 1/4 tsp salt
- 2 1/2 cups of water
- 2 15-ounce cans black beans, rinsed.
- 1 14-ounce can diced tomatoes
- 4 tsp lime juice
- 1/2 cup chopped fresh cilantro



Directions:

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes, and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

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