

FEBRUARY 2024 NEWSLETTER

Address:

525 W Beech Street
Osgood, IN 47037

Phone:

812-689-6511

Hours:

Monday - Friday
8:00am-4:00pm

Website:

extension.purdue.edu/ripley

Facebook:

Purdue Extension - Ripley County
&
Ripley County 4H Fair

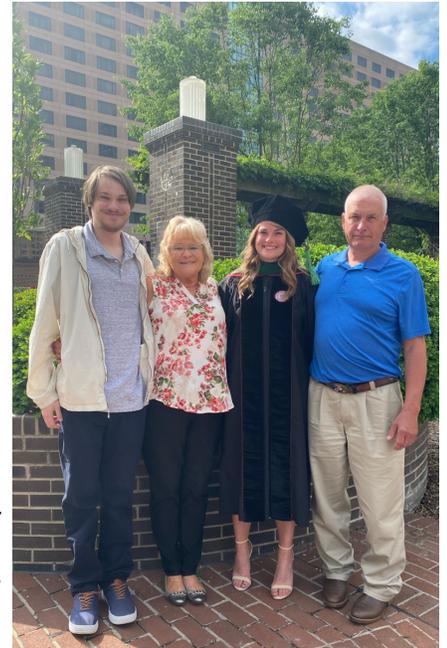
Instagram:

@ripleycountypurdueextension



We have a new face in the office to help with the ins and out of all things 4-H and Extension. Please help us in welcoming our new Program Assistant, Nancy Ricke! Nancy is excited to join the Ripley County Extension Office Staff after working in medical research at Cincinnati Children's and University of Cincinnati for 24 years. Nancy's children as well as many nieces and nephews have participated in 4-H over the years. Nancy is excited to be working closer to home and to be involved with the Ripley County community.

Pictured L to R: Christopher (Nancy's Son), Nancy, Sarah (Nancy's Daughter), and Richard (Nancy's Husband).



Ripley County Staff

David Osborne

County Extension Director
Ag & Natural Resource Educator
4-H Youth Development Educator
osbornda@purdue.edu

Baylee Dwenger

Health & Human Science Educator
4-H Youth Development Educator
bdwenger@purdue.edu

Brenna Sarringhaus

Office Manager
bsarring@purdue.edu

Nancy Ricke

Program Assistant
ricken@purdue.edu

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Calendar of Events



MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
-	-	-	-	-	1	2 Dog Volunteer Workshop
3 4:00 Pierceville Haypals Meeting 5:00 4-H Pioneers Meeting	4 6:45 Busy Bees Meeting 7:00 Country Kids Meeting	5 6:30 Ripley Wranglers Meeting	6	7 8:00 PARP No-Till Breakfast	8 5:00 Beef ID Day (must contact office)	9 9:00 Beef ID Day
10 2:00 Naopleon Country Club Meeting 2:00 Shooting Sports Meeting	11 7:00 Faithful Workers Meeting 7:00 Morris Shamrocks Meeting	12 6:30 Tractor Meeting	13	14	15 T-Shirt Designs Due!	16
17 1:00 Dream Seekers Meeting 1:00 Beef Workshop	18	19	20 6:00 Jr. Leader Meeting	21	22	23
24 /	25 7:30 Fair Board Meeting	26	27	28	29 OFFICE CLOSED	30
31						

Can you find the four H's hidden in the newsletter?





Club Meeting Resources:

Song: I'm Looking over a Four Leaf Clover

I'm looking over a four-leaf clover
That I overlooked before
One is for sunshine, the second is rain
Third are the roses that grow in the lane
No need explaining, the one remaining
Is somebody I adore
I'm looking over a four-leaf clover
That I overlooked before



Food for Thought

Poem: I Wish You

I wish you a beautiful rainbow enough to make you happy
I wish you lots of hope even when the days get foggy.
I wish you lots of success in whatever you want to do,
I wish you never have to face a day when you're blue.
I wish you meet true love at least once in life,
I wish that for friendship, you never have to strive.
I wish so much for you, more than I can even say,
I wish all the luck comes knocking on your doorway.
I wish you Happy St. Patrick's Day

Health & Safety Tip

March is Living Well Month

Why?

Having a month dedicated to living well helps to encourage people to take steps toward living a healthier life style.

When?

All throughout March

During Living Well Month, what should I do?

We encourage you to take small steps to living a healthier life. Here are some small steps you can take to live well during March.

- Read at least 1 chapter of a book each week.
- Try getting some exercise each day, even a brisk walk counts!
- Make a budget for the month and stick to it.
- Try including fruits and vegetables in your diet more.
- Find opportunities to get outside and enjoy nature.

See page 17 for a calendar of things you can do each day of March to Live Well!



Ripley County 4-H Newsletter



Summer Fun from the State 4-H Office

4-H ROUND-UP

Purdue University

June 24-26

Register by June 1

4-H Round-Up is an opportunity for youth who have completed grades 7, 8, and 9 to visit Purdue University's campus and explore a variety of career paths by attending hands-on classes created just for Round-Up attendees. Supported by 4-H chaperones, participants get a taste of college life by living in a Purdue Residence Hall for two nights, eating in a University dining hall, and exploring campus. Youth enjoy building friendships with 4-H'ers from across the state during recreation events planned in the evenings and blocks of free time.



30+

CLASS CHOICES

Purdue faculty, graduate students, and 4-H staff design and host hands-on experiences for 4-H Round-Up participants. Upon registration, 4-H'ers rank their preferred classes from a list of over 30 choices.

Contact your local Purdue Extension office to register: bit.ly/contactin4h



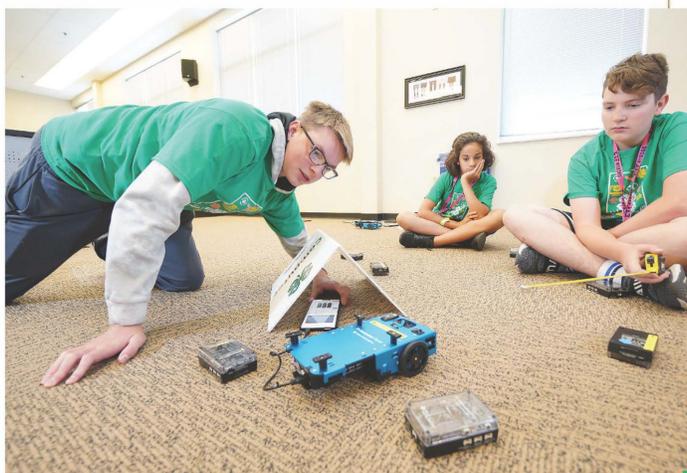


4-H ACADEMY

**Purdue University
June 12-14, 2024**

**Registration Open March 15
to May 15**

4-H Academy is a program held at Purdue University which offers hands-on, exciting opportunities to dive deep into a 4-H'ers subject of choice. Participants in grades 9-12 learn from professors, graduate students and other experts in their respective fields and participate in interactive activities and experiential learning. Participants stay in a Purdue University Residence Hall for two nights while exploring the Purdue University campus and meeting 4-H members from across Indiana.



10+

WORKSHOP CHOICES

4-H Academy attendees are immersed in their subject of choice during 3 days of hands-on workshops lead by university faculty. Small groups of 4-H'ers learn by doing and build skills together over the course of this experience.

Contact your local Purdue Extension office to register: bit.ly/contactin4h





T-SHIRT DESIGN CONTEST

2024 T-Shirt

Every 4-H member has the chance to design the 2024 4-H Fair shirt! The 4-Her with the winning design will be awarded a gift from the 4-H Corporation Board and will see their design on the 2024 shirts!

Contact Info

If you have any questions, please contact the extension office.



812-689-6511

Guidelines

- Completed in black ink (regular pencil does not scan well) on white 8 ½ X 11 unlined paper
- Your original artwork! (Any potential copyright infringements cannot be considered)
- In some way state 100% completion of projects and represent Ripley County 4-H
- Must include the original copyrighted 4-H Logo
- Please put your name and shirt color choice on the back of your artwork!

Deadline



Designs must be turned into the Extension office by March 15th, 2024

Ripley County Community Foundation

Donate a gift to 4-H through the Ripley County Community Foundation. Our fund is the *Ripley County 4-H Corporation Fund #282*. Questions, about how to donate, please contact the community foundation by calling, 812-933-1098.

How to donate: **Online** at rccfonline.org/donate/

In-person at: 13 E George Street, Suite B
Batesville, IN 47006



Ripley County 4-H Newsletter



Manuals, Project Books, & Record Sheets

Beginning this year, manuals, project books, and record sheets will need to be picked up from the extension office. Club leaders may compile a list of club members who need books and share this list with the office to schedule a pick up. However, the office will not be pulling books for every 4-H member because often times we must refile many books that people do not pick up. You may be thinking “I need my books!” What should you do? There are two options:

1. Come by the office between 8:00 and 4:00 on a weekday. If you’re coming for books, consider letting us know a head of time and we can pull what you need before you get here. Our number is 812-689-6511.
2. Communicate with your club leader. Ask if there are other members in your club that may also need books. Club leaders can give us your names and we can compile a pick up for your club.



CPA Wanted

The Ripley County 4-H Corporation Board is in search of a CPA to conduct an audit and review of our accounts. If you or someone you know is interested in assisting with this, please contact the extension office at 812-689-6511.

Upcoming Ripley County 4-H Events

BEEF ID DAY

FRIDAY, MARCH 8, 2024
9-11AM

SATURDAY, MARCH 9, 2024
5-6PM

If you are planning on coming on Friday evening, please let the office know by calling 812-689-6511.



*Deadline to have animals enrolled on 4HOnline is May 15, 2024.



Ripley County Beef Workshops

Join us from 1:00-3:00 for a series of workshops for beef members
All Sessions will be hosted at Clear Water Simmentals Sale Facility,
5512 East State Road 350 | Milan, IN 47031

Session 1 - March 17

Topics:

Halter Breaking

Feeding & Nutrition

Hair Care: Where to Begin

Session 2 - April 14

Topics:

Grooming 101: How to
Prepare for a Show

Show Day Fitting

Showmanship

***Bring your animals, feed, and hay with you to practice skills and for discussion with leaders. Each 4-H member attending has the opportunity to have 1 hay sample and 1 feed sample analyzed at no cost.**

Thanks to Laughery Valley Ag and Purina for providing the testing.

Please direct questions to Beef Superintendent: Jeff Meinders 812-871-1313



EA/EOU



Extension - Ripley County





Extension - Indiana 4-H



INDIANA 4-H QUALITY LIVESTOCK CARE

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 Quality Livestock Care training **OR** the online Youth for the Quality Care of Animals program (YQCA).

1. This certification must be done on an annual basis
2. Members must be registered **BEFORE** attending a training
3. Members may attend any training dates listed on this flyer **OR** a training in another county **OR** complete the online YQCA training (**Proof of YQCA completion must be submitted to the Extension Office by July 13!**)

Training Dates

Training Locations

May 4, 2024 10:00am

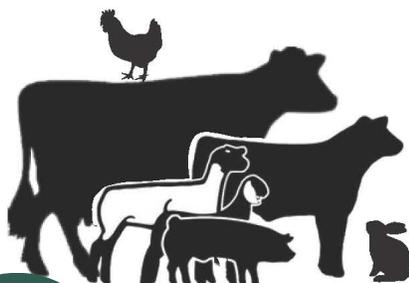
Homemakers Building
at the Ripley County
Fairgrounds

June 22, 2024 1:00pm

July 13, 2024 10:00am

To register for the Indiana 4-H Quality Livestock Care program, please use <https://v2.4honline.com>.

Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator.



If you need to request special accommodations, please contact the Extension office

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Ripley County 4-H Newsletter



2024 Animal Dates

Animal	ID Day	4-H Online Due	Check-In	Show	Release
Poultry	None	None	Saturday, July 20, 2024 2pm – 5pm	Sunday, July 21, 2024 3pm	Friday, July 26, 2024 8pm*
Beef Set-Up will be Friday, March 8 @ 5pm	Saturday, March 9, 2024 9am - 11am	May 15, 2024	Sunday, July 21, 2024 6am – 2pm	Wednesday, July 24, 2024 10am	Friday, July 26, 2024 8pm*
Dairy	None	May 15, 2024	Sunday, July 21, 2024 6am – 2pm	Monday, July 22, 2024 9am	Friday, July 26, 2024 8pm*
Dairy Feeder	Saturday, May 4, 2024 8am – 11am	May 15, 2024	Sunday, July 21, 2024 6am – 2pm	Monday, July 22, 2024 11am (or following Dairy)	Friday, July 26, 2024 8pm*
Goats	Saturday, May 4, 2024 8am – 11am	May 15, 2024	Sunday, July 21, 2024 6am – 2pm	Thursday, July 25, 2024 Dairy- 9am Meat- 1pm Pygmy- 5pm	Friday, July 26, 2024 8pm*
Llama & Alpaca	None	May 15, 2024	Sunday, July 21, 2024 6am – 2pm	Tuesday, July 23, 2024 9am	Friday, July 26, 2024 8pm*
Horse & Pony	None	May 15, 2024	Friday, July 19, 2024	See H&P Leaders	Friday, July 26, 2024 8pm*
Pocket Pets	None	May 15, 2024 (Form w/ Picture must be turned into Office.)	At Show	Saturday, July 13, 2024 2pm	After Show
Rabbit	All Rabbits: Saturday, May 4, 2024 8am – 11am Meat Pen Only: Friday, July 12, 2024 6:30 – 8:00 pm	May 15, 2024 (for adult rabbits)	Sunday, July 21, 2024 6am – 2pm	Wednesday, July 24, 2024 5pm	Friday, July 26, 2024 8pm*
Sheep	Saturday, May 4, 2024 8am – 11am	May 15, 2024	Sunday, July 21, 2024 6am – 2pm	Monday, July 22, 2024 6pm	Friday, July 26, 2024 8pm*
Swine	None	May 15, 2024	Sunday, July 21, 2024 6am – 2pm Barrow weigh in Tuesday, July 23, 2024 8am-10am	Tuesday, July 23, 2024 Gilt- 1pm Barrow- 5pm	Friday, July 26, 2024 8pm*
Cat	None	Bring Form to Show	At Show	Monday, July 22, 2024 3pm	After Show
Dog	None	Bring Form to Show	At Show	Saturday, June 16, 2024 2pm	After Show

Barn Set-Up will be Saturday, July 13, 2024 @ 8:00 AM

Clean Up will be Saturday, July 27, 2024 @ 8:00 AM

*Non-Auction animals can leave Friday, July 26, 2024 at 7:00am – 10:00AM OR after 8:00PM.

No animals can leave between 10AM-8:00PM



- RIPLEY COUNTY JUNIOR LEADERS -

Food Drive

FEBRUARY 1
to
MAY 15

We will except all non perishable goods.

Drop off donations at your **4-H Club Meeting** or at the **Extension Office**.

A friendly competition between clubs:
The club with greatest weight in total donations will receive the **Golden Can Traveling Trophy** and a **pizza party** sponsored by the Junior Leaders!



Junior Leaders
INDIANA 4-H



Ripley County 4-H Newsletter



Southeastern Indiana REMC

If you're a 4-H member and your electric provider is Southeastern Indiana REMC, be sure to visit www.seiremc.com/4h to get your 4-H enrollment fee reimbursed!



Join 4-H and get Money Back

SEI REMC will reimburse 4-H enrollment fees (up to \$20) for children of our members.

APPLY TODAY

<https://www.seiremc.com/4h>



Handbook Updates

There have been some date changes and revisions to our 2024 Ripley County Handbook. As a reminder our handbook can be found on your Ripley County Purdue Extension website at <https://extension.purdue.edu/county/ripley/4h-ripley-county.html> or paper copies are available at the Extension Office,



Ripley County Purdue
Extension website

- **Mini 4-H Day** - June 22nd (previously June 15th)
- **Tractor Practice** - June 22nd at 9AM (previously June 15th)
- **Indiana Quality Livestock Care class** - June 22th at 1PM (previously June 15th)
- **Dog Show** - June 16th at 2PM (previously June 15th)
- **Grievance policy** - The Grievance Policy has been updated to reflect the Indiana State 4-H Policies and Procedures Section 4.12.



2024 TRACTOR SCHEDULE

MARCH 12, 2024 @ 6:30PM

Tanner Volz Uncle's
(6694 S Co. RD 480 E, Greensburg)

APRIL 2, 2024 @ 6:30PM

Location TBD

JUNE 22, 2024 @ 9:00AM

Practice - Ripley County Fairgrounds
*Bring tractor book

JUNE 29, 2024, Registration @ 7:30AM

County Tractor Contest - Ripley County
Fairgrounds
*Turn in tractor book

JULY 27, 2024 @ 7:00AM

Area Tractor Contest - Decatur
County Fairgrounds

Contact the
Extension Office
at 812-689-6511
or a Tractor
Leader with
questions.



Extension - 4-H Youth
Development



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Ripley County 4-H Newsletter



RIPLEY WRANGLERS 2024 CLUB CALENDAR

Updates will be added throughout the year to our calendar.

Watch Facebook, Remind and come to meetings to get the latest info!

February 6, 2024- CLUB MEETING: Extension Office Bring Banner and Barrel Idea *Demonstrations:* Shelley Hoffrogge, Tinley & Teagan Enneking, Ashtyn Peelman and Hank Dickman

March 5, 2024- CLUB MEETING: Extension Office Bring Banner and Barrel Ideas to be VOTED on! **Helmet Presentation by IU Health** *Demonstrations:* Rylee Mitchell, Mackenzie Sparks, Adalyn Placke, Savannah Siebert and Ava Werner

April 2, 2024- CLUB MEETING Vaccine Clinic: Dr. Kelli Cobler Fair Showbill and Show Clinic Updates *Demonstrations:*

May 7, 2024- CLUB MEETING *Work Detail, Stall Clean Up, 1st of 3 Safety Meetings, Demonstrations:* Hadley Carfield

May 8, 2024- 6-8 pm Open Ride/Clinic (To Be Announced)

May 11-12, 2024- Ripley Wrangler's Spring Show Clinic and Sleepover. Clinic will begin on May 11th at 10am with 4-Hers and horses ready in the arena. Please bring your lunch with you. Horses go home after Clinic is finished (around 3:30pm) Dinner in the Horse Barn will be served at 5:30pm with a Parent/Leader Meeting at 6:30pm. 4-Hers will stay at the barn during the meeting with Leaders. Sleepover begins after the Parent/Leader Meeting. Sleepover Pick up will be at 9am, Sunday May 12th.

May 19, 2024- 6-8 pm Open Ride/Clinic (To Be Announced)

June 4, 2024- CLUB MEETING 2nd of 3 Safety Meetings, Area 1 4-H Prep Completed Fair Showbill, Stall Reservations and Stall Fees are DUE Today! *Demonstrations:*

June 6, 2024- 6-8 pm Open Ride/Clinic (To Be Announced)

June 8-9, 2024- Area-1 Horse and Pony Show @ Ripley County Fairgrounds.

Our club is NOT in charge of this Show, however we encouraged you to attend to prep for Fair!

June 17, 2024- 6-8 pm Open Ride/Clinic (To Be Announced)

July 2, 2024- CLUB MEETING Pre-Fair Meeting: ENCOURAGED to ATTEND! Stall Reservations, Stall Fees AND Completed Class Entries DUE! Last of 3 Safety Meetings, Fair Week Prep and Job Duty Sign Up. *Demonstrations:*

July 14, 2024- 6-8 pm Open Ride/Clinic (To Be Announced)

July 19, 2024- 6-8pm Move into the Osgood Fairgrounds with your Horse/Pony. Need to bring your horse to the Booth before putting it in the assigned stall. Bring your paperwork to turn in. (Vaccine Paperwork, High Point Sheet, Trail Riding Hours Sheet, Sponsors, Class Changes and Horseless Horse Project (if applicable)

July 20, 2024- 1pm English and Trail Show

July 21, 2024- 10am Western Show

July 22, 2024- 6pm Mini 4-H, Versatility and Driving Show

July 23, 2024- 6pm Contesting

July 24, 2024- 6pm Freestyle Show

July 25, 2024- 6pm Fun Show

July 26, 2024- 6:30pm Family Pitch In Dinner and Awards Banquet. Horses/Ponies will be dismissed from the Fairgrounds following the Banquet

Feel free to reach out with any questions to the Club Superintendents/Leaders:

Monica Hansen (812)756.0200 and Greg Bonfer (812)621.1015.

Ripley County 4-H Newsletter



Ripley County Shooting Sports



Gun & Archery 2023-24

Date	Location	Time	
Mar. 10, 2024	Sunman Fish & Game	2:00-4:00 PM	Archery & Guns
Apr. 14, 2024	Sunman Fish & Game	2:00-4:00 PM	Archery & Guns
May 12, 2024	Sunman Fish & Game	2:00-4:00 PM	Archery & Guns
Jun. 2, 2024	Sunman Fish & Game	2:00-4:00 PM	Archery & Guns

Contest and Family Fun Day: July 13th, 2024
Time: Noon-4pm @ Coon Hunters Lodge

Shooting Sports Leaders

Michael Luers
Pistol
812-756-2999
Luers48@gmail.com

Randy Kramer
Shotgun
812-209-9218

Mike Weiler
Archery
812-569-0533
mikeweiler@etzone.com

Daren Sarringhaus
Shotgun
812-212-1060
dsarringhaus1975@gmail.com

Jim Luers
Rifle
812-852-2178
Luers48@gmail.com

Bill Jordan
Marksmanship
317-525-1102
whjordan333@gmail.com

facebook.com/RipCoShootingSports

4-H Volunteer Opportunities

Ripley County 4-H is always welcoming new volunteers! If you have any question or are interested in starting the process of becoming a new volunteer, please contact the Extension Office. The 4-H program would not be such a success without the help of all our wonderful 4-H volunteers!

We need YOU!

PROJECT LEADERS NEEDED

- Aerospace
- Cake Decorating
- Child Development
- Collections
- Computer Science
- Construction & Architectural Replica
- Consumer Clothing
- Entomology
- Forestry
- Garden

- Giftwrapping
- Home Environment
- Leadership
- Llama & Alpaca Craft
- Recycling
- Soil & Water
- Veterinary Science
- Wearable Arts
- Weather
- Weeds
- Wildlife
- Woodworking



INDIANA 4-H NEEDS YOU TO BE A



**BROADBAND
INFLUENCER**

What is an Indiana 4-H Broadband Influencer?

1

Checks your internet speed

pcrd.purdue.edu/speedtest



2

Validates it on the FCC website

broadbandmap.fcc.gov

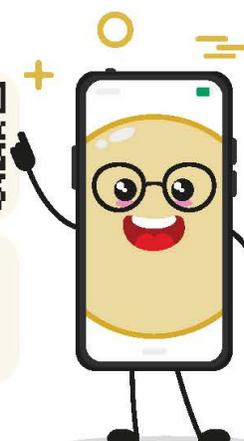


3

Share what they've done with others

4

Reports work in the Broadband Influencers event in 4-H Online



Once you have completed all 4, you will receive your Broadband Influencer Pin and be eligible to win an iPad*!

Why should I be an Indiana 4-H Broadband Influencer?

There are a lot of different ways to connect to the internet. Some of them are *very* fast, and some of them are *very* slow. We would like everyone in the state of Indiana to be able to use the internet at fast speeds. While it might help you play games and watch videos more easily, it also can help people who are looking for jobs or trying to communicate, do business, or do schoolwork.

The FCC, or Federal Communication Commission, can't help everyone get fast internet unless they know all the places the internet is installed and how fast it is in each location.

I have more questions!



For more information contact your county extension 4-H educator OR email:

state4hleader@purdue.edu



Extension - 4-H Youth
Development



*Indiana 4-H Broadband Influencers will be asked to write a short essay about their experience. The Broadband Influencer Program is a Purdue Broadband Team initiative.

Ripley County HHS Newsletter



Let Purdue Extension Help You "Get Walkin'"

Winter is upon us but spring will soon be here and that means nicer weather with more time spent outdoors. Why not take this opportunity to start walking and moving more? Walking is a popular form of physical activity—and good for your health! Only half of all American adults get the recommended amount of physical activity. Lack of physical activity is directly related to the occurrence of adult obesity and being overweight. Regular physical activity can lower the risk of heart disease, high blood pressure, type 2 diabetes, osteoporosis, depression, and falls in older adults. Walking is an excellent way for most people to increase their physical activity. It is an easy way to start and maintain a physically active lifestyle. Walking is accessible to almost anyone and doesn't require specific skills or fancy workout clothes and equipment.

Need some motivation to get started but don't have time to attend a class? Get WalkIN' is an e-mail based walking program being offered through Purdue Extension in Ripley County. Participants can sign up, walk on their own, and receive e-mailed support and information. Participants will be asked to complete two short online surveys. Any resident of the county who is aged 18 years and older may enroll. If you are interested in participating or want more information contact Baylee Dwenger (4-H & HHS Educator) by email bdwenger@purdue.edu or by phone at 812-689-6511.

DETAILS

You will receive a total of 16 emails - 2 per week for the first month and 1 per week for the next 8 weeks

To sign up: Fill out this 3 questions sign up form

https://purdue.ca1.qualtrics.com/jfe/form/SV_OUPBo6vulqgebaK

Scan me



Register By: March 10, 2024

Program Start Date: March 11, 2024

PURDUE EXTENSION GET WALKIN' PROGRAM

Helping Hoosiers get on their feet!



SCHOOL OF NURSING



Ripley County HHS Newsletter



Living Well Month

March is Living Well Month and Purdue Extension is encouraging people to take small steps each day to live a better life. Please see the below calendar with suggestions on things to do each day to improve your health and move towards living well. 

LIVING WELL

31 Ways to Live Well during
Living Well Month



MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Extension - Health and Human Sciences</p> <p>www.purdue.edu/hhs/extension</p>					1 Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)	2 Practice being still for 5 minutes today (Try out some breathing exercises)
3 Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment	4 Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)	5 Try a new vegetable today or try a familiar vegetable in a new way	6 Take 5 minutes to do some flexibility exercises	7 Swap one sugar sweetened drink for water	8 Give 3 compliments today	9 Write down 5 blessings or things you are grateful for
10 Do 10 body-weight squats and 10 jumping jacks	11 Do some research to learn about a culture that is different than yours	12 Be aware of your feelings. Express them to people you trust	13 Reach out to someone you care about. Make a date to get together	14 Be well at work - Set goals for your career and start taking steps to achieve them	15 Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same	16 Explore public events in your community and discover ways to get involved
17 Find a book to read and read 1 chapter today	18 Forgive someone who has wronged you	19 Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)	20 Declutter, donate, and recycle things you don't need or use anymore	21 Find an opportunity to appreciate nature today	22 Nurture your spiritual wellness. Ask yourself what values are most important to you	23 I Do 10 pushups (or modified pushups) and 10 sit-ups today
24 Take a mental health break at work and go for a walk outside or in the hallways	25 Instead of watching a 30 min show tonight, listen to a 30 min educational podcast or watch a Ted Talk	26 Get outside and soak up some vitamin D. Find a park or trail and take a walk	27 Make a budget for April. If needed, talk to a financial advisor to get started	28 Have a plant-based meal today	29 Schedule any doctors visits, exams, or check ups that you have been putting off	30 Bring a homemade lunch to work today rather than buying fast food
31 Have dinner with your family, friend, or neighbor with no smart devices						



Annual No-Till Breakfast Pesticide Recertification Program Hopewell Baptist Church

2319 North Co Rd 850 West
Holton, IN 47023

Thursday, March 7, 2024
8-12 Noon

Topics

8:00

Breakfast

9:00 – 12:00

Agency Updates

David Fischer - Fischer Farms - Ryegrass and Silage Rotation, Direct Marketing and how to capitalize on climate/carbon markets

Dave Osborne - Purdue Extension - PARP Topic and Rule Changes for Applications

RSVP TO:

Kim Jolly – Ripley County SWCD (812) 689-6410 ext 3

Questions to: David Osborne – 812-689-6511

Private Applicators wishing to receive recertification credit must bring their PA number to the meeting. Fee is sponsored by Indiana Corn and Soybean Checkoff.

