



Clover Gazette

MARCH/APRIL 2023

Important Dates

Please check newsletter for trip specific club and project meeting dates/information!

Extension Office Closed

April 7 Good Friday
May 2 Primary Election
May 29 Memorial Day

Fair Board Meeting

March 13 @ 6PM
April 10 @ 6PM
May 8 @ 6 PM

Center Board Meeting

March 13 @ 7PM
April 10 @ 7PM
May 8 @ 7PM

Share the FUN!!

April 14 @ 6 PM

Share the FUN Area 3!!

May 12th at North Posey

Area 3 Tractor Contest

June 24 @ Knox County

4-H Council Meeting

March 21 @ 7PM
April 18 @ 7PM
May 16 @ 7PM

Fair Dates

Warrick County 4-H Fair

July 17-22, 2023

Indiana State Fair

July 28-Aug. 20, 2023



THE ANNUAL 4-H PORK CHOP DINNER AND BASKET AUCTION will be on Saturday, March 11th at the Warrick County Fairgrounds in the Alcoa Building.

Carry-out dinners will be available starting at 4:30PM and dinner will be served from 5:00PM-7:00PM. Each dinner will include 1 pork chop, baked potato, green beans, dinner roll, cookie, and a drink.

Tickets are \$12 each and are available now at the Extension Office. Tickets will also be for sale the day of the event at the door...but **you are encouraged to buy tickets in ADVANCE so we can plan accordingly.** Sorry; there is not a child's ticket this year.

If you have questions on food and club product donations, call Cindy Lewis at 812-454-7055. If you have questions regarding tickets, call Brenda Hachmeister at 812-455-2069.

BASKET AUCTION

The auction portion of the Pork Chop Dinner will start at 6:30PM on Saturday, March 11th. If you are interested in donating a basket to be auctioned, the Alcoa Building will be open on March 11th between 9:00AM and 2:00PM for drop offs. Please include a list of items in the basket and the name of the donor or donor group. **IMPORTANT!!! Please deliver auction baskets BEFORE the dinner starts.** Thank you in advance for your part in making this fundraiser a success! If you have any questions regarding the auction and/or basket donations, please contact Candice Carroll at 812-455-2108

4-H SHOOTING SPORTS

RIFLE:

Anyone interested in participating in the Shooting Sports project? There is still time to sign up! We are proud to announce our upcoming dates for 4-H Rifle project meetings in 2023!

The meetings will be held:

Wednesday 4/5

Wednesday 5/10

Thursday 5/25

Wednesday 6/14

Location:

Izaak Walton Conservation Club
4266 S Bethany Church Road
Boonville, IN 47601

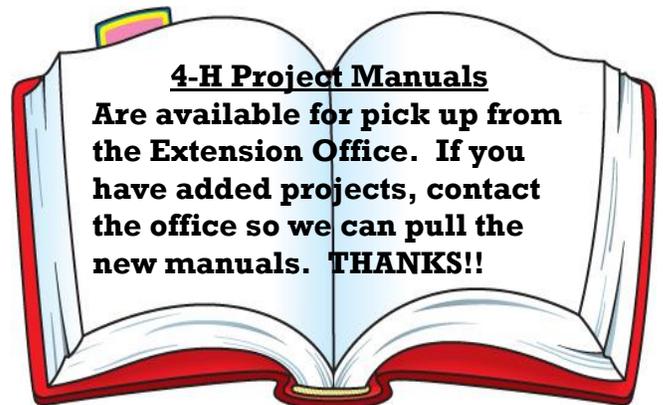
All meetings start at 6 p.m. and should last about an hour.

Feel free to bring our own rifle (subject to inspection by instructor before use) and factory ammunition. No reloads please. We will have rifles and ammunition present for 4-H'ers to use. If you have any questions call Nick Graham at 812-499-6405.

Shotgun:

Shotgun meeting dates are May 3, May 18, June 8 and June 20, 2023. Each meeting is from 6:00PM to 8:00PM at the Campbell Township Conservation Club located just east of Interstate 69, south of Millersburg Road at the end of County Line Road. We will shoot trap at each meeting and we provide eye and ear protection, 20-gauge shotguns with ammunition, and drinks and snacks. You are welcome to bring your own shotgun, but it will be inspected to ensure it is in good operating condition prior to being allowed to shoot.

If you have any questions, please call Jason Fox at (812)319-2585.



TRACTOR NEWS

The next Tractor Workshop is Sunday, March 19th, at 1PM in the Alcoa Building Call Dwayne Schmitt for any questions @ 812-305-3902.



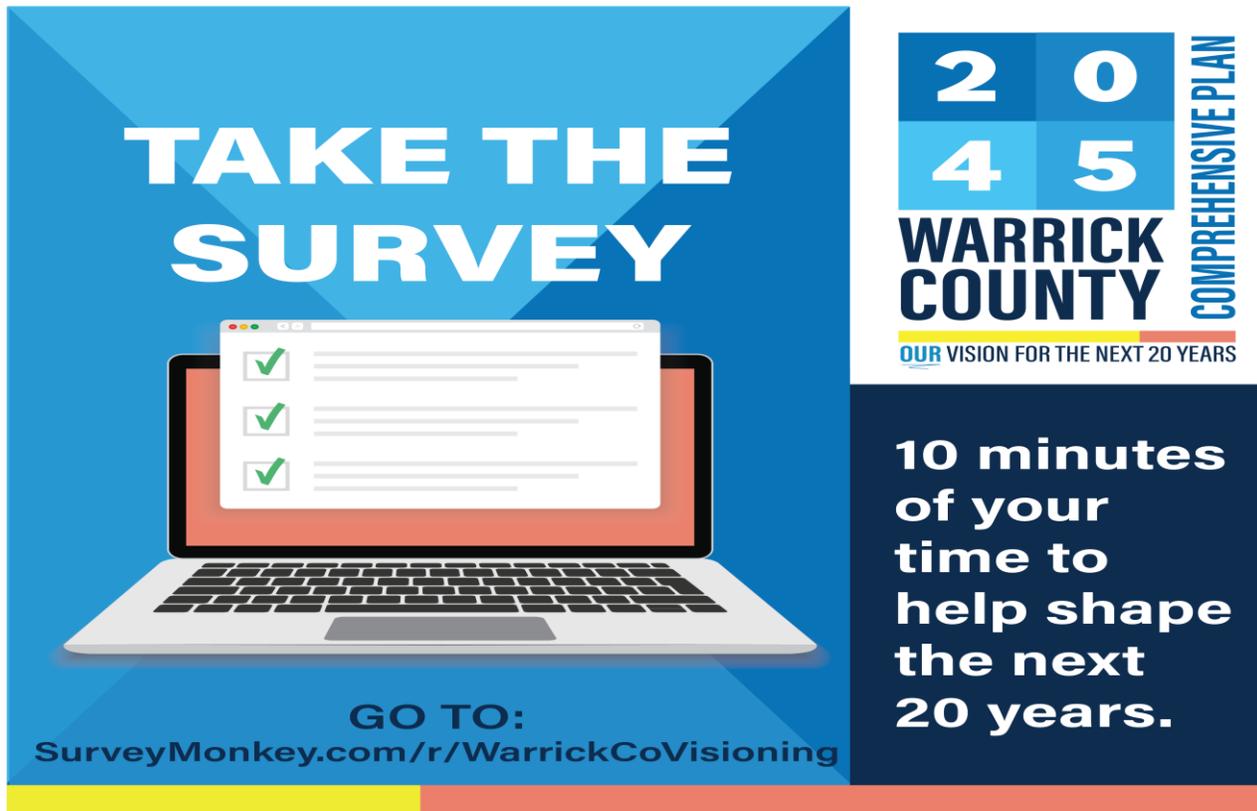
**AREA 3 TRACTOR CONTEST
IN KNOX COUNTY JUNE 24.**



The Area Plan Commission public survey for Warrick County's new comprehensive plan is now live. Complete the survey to share your thoughts on what the county's future should be like.

Can you spare 10 minutes to help shape the next 20 years?

Go to SurveyMonkey.com/r/WarrickCoVisioning.

A promotional graphic for a survey. On the left, a laptop displays a survey form with three green checkmarks. The text 'TAKE THE SURVEY' is written in large white letters on a blue background. Below the laptop, it says 'GO TO: SurveyMonkey.com/r/WarrickCoVisioning'. On the right, there is a logo for 'WARRICK COUNTY COMPREHENSIVE PLAN' with the numbers '2045' in a grid. Below the logo, it says 'OUR VISION FOR THE NEXT 20 YEARS'. A dark blue box on the right contains the text '10 minutes of your time to help shape the next 20 years.'

TAKE THE SURVEY

GO TO:
SurveyMonkey.com/r/WarrickCoVisioning

2045
WARRICK COUNTY
COMPREHENSIVE PLAN
OUR VISION FOR THE NEXT 20 YEARS

10 minutes of your time to help shape the next 20 years.

Please take a few minutes to assist the Area Plan Commission to gather information for the future of Warrick County.

CHANGES TO YQCA 2023!

Very important for all livestock exhibitors!!!

Indiana 4H has replaced the national YQCA – Youth Quality Care for Animals with an Indiana 4H Quality Livestock care program. What does this mean for you?

1. **NO more Online** National YQCA option. Only current certificates will be accepted.
2. Cost is \$3 / youth.
3. **Training must be completed in person.**
 - a. More info coming in v2.4honline on how to register.
 - b. Save the dates!
 - i. March 28th – 5pm @ Warrick Co Fairgrounds
 - ii. April 19th – 5 pm @ Warrick Co Fairgrounds
 - iii. May 9th – 5 pm @warrick co Fairgrounds

Questions? Email bailey1@purdue.edu or call the Purdue Extension office at 812-897-6100 and ask for Amanda.

4-H Camp Counselors



Camp Counselor

Overnight begins Saturday, March 18th at 7PM and ends Sunday March 19th at 7AM. The event is in the Alcoa Building located on the 4-H Fairgrounds. If you were a freshman as of August 1, 2022, you are eligible to apply. Cost to cover food is \$10 and is payable at the event.

If you wish to be considered as a 2023 Warrick County 4-H Camp Counselor, please fill out the application via 4-H online. All counselors MUST currently be enrolled in 4H. **The application deadline is March 10th.**

The Overnight will be structured where potential counselors will be leading the activities for most of the evening and adults helping to lead. This gives potential counselors an opportunity to meet adult leaders and to show the Camp Committee your leadership skills.



Many thanks to the Junior Leaders members who have helped Warrick County 4-H by contributing items to our auction basket to be auctioned off at the Pork Chop Dinner. Also, many thanks to those who helped to set up and decorate for the Achievement Banquet.

Our next meeting will be on **March 11th** where we will help to set up for the Pork Chop Dinner. All Warrick County 4-H members grade 7+ are invited to join us for fun, friendship, and community service!

Future Meetings: May 11 & June 15 @ 6:30PM

Questions about Jr. Leaders??? Contact Tom Stallings 812-205-6329 or email:

stallingsfamily6@gmail.com.

All youth enrolled in 4-H, grades 7th and up are invited to join!

The Achievement Banquet was a wonderful evening that showcased some of the outstanding 4-Her accomplishments from 2022 with 189 awards! In addition, 29 trip delegates were recognized for 2023. Thank you to the Awards Committeemen, consisting of 8 people, that put in countless hours selecting recipients. Thank you also to Brenda Hachmeister and crew for serving and cleaning up the meal!

Newsletter Info...

CLUB LEADERS/BOARDS INTERESTED:

If you would like to submit information to the newsletter, please email to franz10@purdue.edu or hkellem@purdue.edu. The deadline to submit information for the 2023 May/June Newsletter is April 19, 2023. Thank you!



MINI 4-H NEWS... We had a fantastic turnout at our 1st meeting in January. Due to the large numbers of youth, we are asking that parents please not attend. We are doing our very best to keep everyone safe! We have new ideas to space things out more and will be using the entire building. We are looking forward to an exciting year! Upcoming Meetings:

Tuesday, March 14 @ 5-6PM or 6-7PM

Tuesday, April 11 @ 5-6PM or 6-7PM

Sunday, May 7 @ 2-3PM or 3-4PM

Thursday, June 22 @ 5-6PM or 6-7PM

Thursday, July 13 @ 5-6PM or 6-7PM

Please only attend ONE session!

As always, if you have any questions, please contact Candice Carroll 812-455-2108 or ccarroll0714@gmail.com

RABBIT PROJECT WORKSHOP

The Rabbit Club will be meeting and having workshops on the following days @ 2:30 p.m.:

- ♦ **Sunday, March 19th in Alcoa Bldg.**
- ♦ **Sunday, April 16th in Exhibit Hall**
- ♦ **Sunday, May 21st in Alcoa Bldg.**

Deadline for T-Shirt orders and payment will be April 27th.

Join our Facebook Group Warrick County 4-H Rabbit Club for latest announcements

Dates for Rabbit Tattoo & Verification are:

- ♦ **Tuesday, April 25 – April 27 from 5-7PM**

These will all be held in the Exhibit Hall.

The deadline for Rabbit Tattoo & Verification is May 15th! Prior to the deadline **ALL** rabbits must be **TATTOOED & VERIFIED** by the rabbit superintendent. You must bring all of the rabbits you intend to show even if they already have a tattoo. Please bring your rabbits in a carrying cage/pet taxi; not in buckets, tubs, or totes. If your rabbit needs a tattoo identification number, you may bring an old towel/blanket to swaddle it in. If you have any questions, please feel free to contact Brandi Stahl at (812)202-1153 or by email to stahlb1219@gmail.com.

NEWS FROM DEGONIA...

SHOUTOUT!!!! Thank you to Degonia 4-H Club for donating new flags and poles for the Alcoa Building!

Questions???

Call Candice Carroll @ 812-455-2108.

Meetings Coming Up:

April 16 @ 1PM

May 7 @ 1PM

Alcoa Bldg. 4-H Fairgrounds

SOUTHSIDE NEWS...

Meetings @ 6p.m. @ Alcoa Building on the following dates:

March 20th

April 24th

May 22nd

We will be breaking off into committees and designing club t-shirt in March.

Questions??? See Nora Titzer @ 812-216-7552. New club email address southside4h87@gmail.com

WARRICK WARRIORS met Jan. 22 and created paper weaved hearts for a nursing home. Bianca Lochmueller gave a demonstration over weather and poster projects.

Upcoming meetings: March 9th and April 5th

DAYVILLE AT THE CROSSING will meet at 6:30PM in the Alcoa Building on: March 15th and April 13th

Warrick County Ambassadors exceeded and presented at the Achievement Banquet. They are working on officers training, achievement card training, and recruiting ideas.



Paradise 4H participates in community giveback events!

November 2022 – The club members and parents participated in a shopping event to support Newburgh Food Bank around the Thanksgiving Holiday. The club members donated money and the club matched the funds dollar-for-dollar to support the food drive!

December 2022 – The club adopted two kids from a Holiday Angel tree, the club members divided and conquered during a shopping event in which the club members picked out clothing, toys, and games for the kids. The club members and parents followed-up the shopping event with a wrapping and pizza party!

**PROJECT DROP/ADD
DEADLINE in 4Honline is
May 14, 2023 by
midnight!!**



4-H Record of Achievement---Don't forget to keep track of all the activities, events, and opportunities you are involved in throughout the year. Include what you are doing, learning, and sharing. Write everything down on the white achievement card. We have more forms in the office or we can email you the form to keep on your computer at home!

Email request to: hkellem@purdue.edu.



**AREA 3
SHARE THE FUN
will be at North
Posey on May 12th**



What: 2023 Warrick County 4-H Share The Fun

When: Friday, April 14th at 6:00PM

Where: Alcoa Building; Warrick Co. Fairgrounds.

Who: All Clubs wanted!!! You may enter an act in each category: Group Acts (5 or more people); Musical Curtain Acts (1-4 people); and Non-Musical Curtain Acts (1-4 people).

CATEGORIES FOR “4-H SHARE THE FUN”

The types of acts listed are just examples:

- ◆ **Group Acts** - Number of performers: 5 or more.
Performance Time Limit - Maximum 8 minutes.
Types of acts - Skits or sketches, choral numbers, dance, etc.
- ◆ **Curtain Acts-Non Musical** - Number of performers: 1-4.
Performance Time Limit - Maximum 5 minutes.
Types of acts - Skits or sketches, magic, clowning, reading, etc.
- ◆ **Curtain Acts—Musical** - Number of performers: 1-4.
Performance Time Limit - Maximum 5 minutes.
Types of acts - Instrumental (piano, guitar, flute, etc.) vocal, bands.



Each 4-H club may do one of each type of act.

SHARE THE FUN ENTRY FORM

Name(s): _____

4-H Club: _____

Is your act: Group _____ Curtain (non-musical) _____ Curtain (musical) _____

Name of act: _____

Type of Act (description): _____

**MAIL TO: Purdue Extension Office, 107 W. Locust Street, Suite 111, Boonville, IN 47601
Share The Fun Program - Friday, April 14th at 6:00PM**

CELEBRATE EARTH DAY 2023



Household Hazardous Waste Collection

**Saturday, April 22, 2023
8 a.m. to Noon
Kaiser Aluminum Clubhouse**

Enter at Kaiser Aluminum's Main Entrance at Intersection of IN-66 and SR-61 and follow posted signs.

No Electronics will be accepted.

Only 10 gallons of paint per vehicle. No commercial painters.

Hosted by:



All items must be labeled and in closed containers. We reserve the right to limit quantities.

We will accept ...

- Various Aerosols
- Fluorescent Bulbs
- Photographic chemicals
- Pool chemicals
- Propane and helium tanks
- Mercury containing products
- Expired prescription and Over-the-Counter medications
- Energy Efficient Light Bulbs
- Pesticides and Herbicides**
- Chlorine Bleach
- Ammonia

*** Except those containing pentachlorophenol, silvex, 2, 4, 5-T and Dioxin*

- Lighter Fluid
- Rock Salt
- Gasoline
- Antifreeze
- Rat Bait
- Toilet Bowl Cleaner
- Oil
- Paints (only 10 gal. per vehicle)
- Solvents and thinners
- Detergents and soaps
- Batteries (household and auto)
- Plant food
- Glues
- Transmission fluid
- Brake fluid

YES

We will NOT accept ...

- Old Eyeglasses
- Leaking containers
- Smoke detectors
- Water softeners
- Stoves
- Air conditioners or freon
- Tires
- Refrigerators
- Infectious waste
- Ammunition
- Explosives
- Dishwashers
- Medical sharps/needles
- Nitrous oxide

- Electronics including:
 - Computers
 - Scanners
 - Keyboards and Monitors
 - Printers & Cartridges
 - Fax machines
 - Modems
 - DVD/CD Players
 - Stereos and Radios
 - TVs (Any size or type)
 - Microwaves
 - Telephones
 - Pagers and Cell phones
 - Answering machines

NO

WARRICK COUNTY RECYCLING AND RESOURCE MANAGEMENT DISTRICT

Phone: 812-897-6155 • Reduce, Re-use, Recycle! • WarrickRecycles.org

Find us on Facebook at *Warrick County Recycling And Resource Management District*

Access to Animal Medications: Plan Ahead for Changes Coming this Summer

By Debbie Boyd, DVM; Indiana State Board of Animal Health

Changes are coming to the way certain antibiotics will be available to animal owners by June 11, 2023. The U.S. Food and Drug Administration (FDA) has been taking steps to improve the judicious use of antibiotics in humans and animals. For animal owners, the next step is outlined in *Guidance for Industry (GFI) #263*. This document requires drug companies to change the labels on over-the-counter medically important antibiotics (MIA) to prescription status. The FDA has been working toward the goal of having all medically important antibiotics for animals fall under the oversight of veterinarians. In 2017, FDA required MIAs in feed to have a veterinary feed directive (VFD) and all antibiotics administered via water have prescription labels.

Not all drugs and not even all antibiotics will be affected by this rule change—only MIAs. Medically important antibiotics are those classes of antibiotics that are important for treating human disease. However, the most common over-the-counter antibiotics such as penicillin, tetracyclines, and sulfas fall in the medically important category and will no longer be available without a prescription. GFI #263 affects MIAs for livestock, equine, and small animals. Dewormers, some coccidiostats, and some less common and non-MIA antibiotics will not have a label change.

Antibiotics you have on-hand after they are no longer available to buy without a prescription may be used legally. However, stocking up on these products is not recommended they may expire before they can be used. The best idea is to work with your veterinarian and have a plan in place for when animals may need antibiotics. If you don't currently have a regular veterinarian, now is a good time to reach out to one *before* an emergency occurs. Veterinarians are not obligated to write prescriptions or see animals, particularly after hours, if they are not regular clients. A valid veterinary client patient relationship (VCPR) is required for veterinarians to write prescriptions. To establish a valid VCPR, be prepared to have an annual visit from the veterinarian in order to have access to emergency visits and prescriptions. This federal rule change does not mean a veterinarian needs to see every animal every time it is sick. However, how you and your veterinarian will handle sick animals, prescriptions, and emergency situations is a conversation that should be completed in advance.

■ OISC CORE and Category 14 Training and Testing

This training is for pesticide applicators needing to take the core or agriculture fertilizer applicator exams. Other category testing can be scheduled for afternoon; but no subject matter is taught.

MARCH 17, 2023

8:30 am to Noon CT : Training

1pm to 5pm CT: Testing

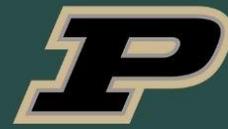
Ivy Tech Community College RM 107
3501 N First Ave, Evansville, IN 47710

For more Information and to Register

Email: aheidenr@purdue.edu

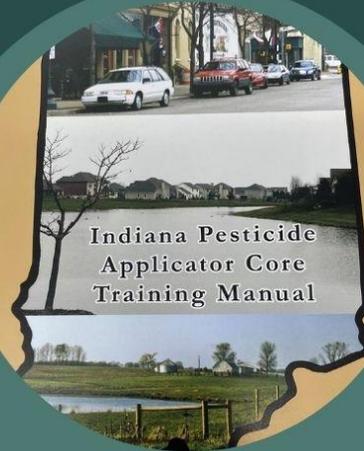
812-385-3491 by March 14th!

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Extension - Agriculture
and Natural Resources



Registration required.

*To register for the exam(s) at Ivy Tech visit <http://indiana.metrosignup.com> to sign-up. There will be a \$55 fee. To select the March 17th testing date- you need a **PASSWORD**. Register at 812 385-3491 FIRST to receive password. There are limited spaces so sign-up early!

*Training manuals are available (\$40+shipping) from The Purdue Education Store and can be ordered by calling 765-494-6794.

*If you need a reasonable accommodation to participate in this program, **two weeks** prior to the meeting, contact Abby at Purdue Extension-Gibson County, 812-385-3491, or aheidenr@purdue.edu.

Warrick County Pond Workshop

MARCH 22, 2023
5-7 pm

Find out how to manage your pond to keep it healthy and to maximize your summer enjoyment!

Bring in your pond weeds for an ID!

TOPICS INCLUDE:

- basic pond maintenance
- effective pond weed management
- how to increase fish habitat
- how to increase the quantity/quality of fish in your pond

Speakers:

Amanda Mosiman and Dave Osborne,
Ag and Natural Resource Extension Educators

Hosted by:



Extension - Agriculture
and Natural Resources

WARRICK COUNTY SWCD



LOCATION:

**Warrick County
Fairgrounds
133 W Degonia Road
Boonville, IN 47601**

For Registration Contact:

Susan King, Warrick SWCD :
email: susan.king@in.nacdnet.net
or call 812-897-2840 ext. 3
or Purdue Extension Office
812-897-6100

BECOMING THE EMPLOYER OF CHOICE

The event will be held on:

March 3, 6, 8, 10, 2023

9:00 - 11:00 AM EST Via Zoom

About the program

This program is geared towards current and future farm and other business managers/owners looking to improve their human resource management skills. The program includes hand-on activities to engage managers to increase management awareness and ability.

Topics Covered:

- From Managers to Leaders
- Developing a Motivated Workforce
- Hiring the Right People
- The Farm/General Business Culture
- Strategic Leadership & On-Boarding
- Reviews & Feedback
- Managing Conflict

**JOIN
NOW
\$40**

To register visit:

<https://tinyurl.com/mwjy9e6u>

Please send checks to:

Purdue Extension -Jackson County
111 S Main Street, Ste 10
Brownstown, IN 47220

**For more information or if accommodations
are needed by February 21 contact:**

Richard Beckort

812-358-6101 or rbeckort@purdue.edu



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UNIVERSITY OF WISCONSIN-MADISON

AG and NATURAL RESOURCE NEWSLETTER

ANR NEWS MARCH/APRIL 2023

The University of Kentucky College of Agriculture, Food and Environment is leading a series of webinars on various aspects of raising poultry. You can find the webinar information at the website below.

<https://news.ca.uky.edu/article/uk-leads-series-webinars-backyard-poultry-owners>



February
2023

EAT BETTER FOR LESS

EatGatherGo.org

Canned Foods: Unlock the Magic of Quick, Affordable Meals

Canned foods make life easier. Packaged at the peak of their ripeness, canned fruits and vegetables offer vitamins and minerals long after the fresh ones have wilted. Canned meat is often a less expensive way to enjoy protein.

Canned foods are quick to prepare and have a long shelf life - perfect for today's busy lifestyle.

Add these affordable staples to your pantry today with these tips:



- Stock your pantry with canned fruits, veggies and beans to add to meals.
- Look for low-/no-sodium, low-sugar versions. Compare the Nutrition Facts Labels for the healthiest options.
- Do not use rusted, dented, scratched, or bulging cans. These may have harmful bacteria.
- Store canned food in clean, cool, dark, and dry spaces. Don't put them in garages, basements, over the stove, or places with extreme temps.

February is Canned Food Month. Celebrate with these ideas:

- Toss old, expired canned goods.
- Donate canned goods to your local food pantry.
- Challenge your friends or family to a cook-off with canned items. Get creative and enjoy a meal with family or friends.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at www.eatgathergo.org/programs.



<https://food.unl.edu/healthy-bites-february-national-canned-food-month>

<https://www.eatgathergo.org/recipe/cilantro-lime-tuna-wrap/>



Cilantro Lime Tuna Wrap

Ingredients

- 3 tablespoons lime juice
- 2 tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- 2/3 cup cilantro, chopped and loosely packed
- 2 green onions or 1/2 teaspoon onion powder
- 1 cup red bell pepper, diced
- 1 jalapeno, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup shredded lettuce or 5 small lettuce leaves

Directions

1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
 2. Divide tuna mixture between 5 tortillas. Spread to edges.
 3. Top with lettuce and fold or roll into a wrap.
- Refrigerate leftovers within 2 hours.



@Purdue Extension

Nutrition Education Program

Food, Family, Money & Health

Purdue Extension - Warrick County
Health & Human Sciences

A Message From Jo -



I want to start out by saying "Hello" and "Happy Spring" ! As we turn the calendars to March & April we start to experience longer days, more sunshine, more outdoors time. All very good for our physical and mental well being! To keep your skin safe and reduce your risk for skin cancer, please read the article on Sun Safety Tips!

Regardless of the season we all experience stress of some kind - at home and at work. Purdue Extension is launching a new workplace development program related to managing stress.

If you and your colleagues are interested in learning more please contact me - I'd be happy to provide some education.

Jo Gilreath

812-897-6100

jgilreat@purdue.edu

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MARCH-APRIL 2023



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Extension - Warrick County

HHS Newsletter Highlights

A Message from Jo -
workplace programs

Spring Forward

Sun Safety

Extension
Homemakers Info



Spring-forward

As you get ready to change your clocks on **Sunday March 12th**, take a few minutes to think through your sleep habits. Are you getting the recommended amount of sleep? Do you feel rested when you wake?



Quality sleep benefits us in many ways! It forms new learning and memory pathways in the brain; allowing one to learn tasks and remember what was learned. It can increase creative problem-solving ability. Sleep gives your heart and vascular system a much-needed rest, which then promotes cardiovascular health. During sleep, hormones are released that support growth & development, fertility, insulin & blood sugar levels. Sleep strengthens your immune system, allowing your body to fight infections.

if you are not well rested, you can experience irritability, bad mood, tiredness, confusion, lack of concentration. More severe consequences can be risk-taking behavior, faulty decision making, loss of perception of your functioning level, impaired driving, slower reaction time, accidents, increased risk for heart disease, stroke, diabetes, obesity, depression, low immune system.

There are five primary aspects to quality sleep:

1. **Follow a Bedroom Routine Every Day**
2. **Turn off Electronics**
3. **Create a Calming, Quiet & Dark Environment**
4. **Eat Healthy**
5. **Exercise Regularly**

FOR MORE INFORMATION:

www.nhlbi.nih.gov/

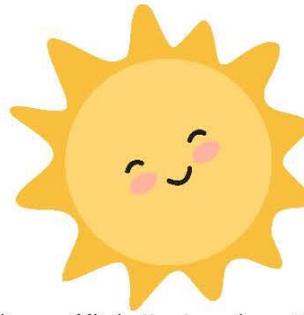
www.cdc.gov/sleep

OR

Contact Extension Educator Jo Gilreath
812-897-6100 jgilreat@purdue.edu

SUN SAFETY BEGINS NOW

By Jo Gilreath -HHS Extension Educator



Daylight Savings Begins Sunday March 12th and Spring officially begins March 20th – you know what that means: longer days, nicer temperatures, spring break vacations, more sunshine, more outside time in general – Yeah!

To keep yourself safe this spring start now with implementing best practices for staying safe in the sun, do not wait until “Summer”.

Did you know that skin cancer is the most common cancer in the U.S.? In fact, 1 in 5 Americans will develop skin cancer in their lifetime and nearly 20 Americans die every day from melanoma. However, skin cancer is also one of the most preventable cancers.

YOU can reduce your risk of skin cancer by protecting your skin from the sun’s harmful UV rays in several ways. All changes in your natural skin color are a sign of potential skin damage and there really is no such thing as a “healthy” tan.

To protect yourself follow the tips below from The American Academy of Dermatology:

Apply sunscreen 15 minutes before sun exposure, using 1oz per application

Use a sunscreen labeled “broad spectrum” with SPF30 or higher, preferably “water resistant”.

Re-apply every 2 hours, even on cloudy day and always after swimming or sweating

Wear protective clothing: lightweight, long sleeved shirts and pants

Wear a wide-brimmed hat and sunglasses

Seek shade when outside

Avoid outside exposure when the UV rays are the strongest: 10am – 2pm

For More Information Visit:

<https://www.aad.org>

https://www.cdc.gov/cancer/skin/basic_info/sun-safety

<https://www.cancer.org/skin-cancer>

Warrick County Extension

MARCH-APRIL 2023

Homemakers Club

News from President Terri-



HELLO HOMEMAKERS:

I WANT TO REMIND ALL CLUBS THAT THE MEMBERSHIP DUES WERE SUPPOSED TO HAVE BEEN PAID ON FEBRUARY 1, 2023. TO DATE, ONLY 4 CLUBS HAVE PAID. PLEASE MAIL YOUR FORMS AND PAYMENT ASAP TO LORI TAYLOR. MAIL A COPY OF THE FORM TO THE PURDUE EXTENSION OFFICE. FOR CLUBS WHO ORDERED BOOKS, YOU CAN PICK THEM UP IN THE OFFICE.

BAKELESS BAKE SALE DONATIONS ARE STILL BEING ACCEPTED. MAIL CHECK TO LORI TAYLOR. ONE CHECK PER CLUB PLEASE.

ALL 75 GIFT CERTIFICATES TO FAMILY ROOTS HAVE BEEN SOLD. THANK YOU TO THE FOLLOWING CLUBS THAT BOUGHT CERTIFICATES: SOUTHERN COMFORTERS, DAISY MAE'S, FRIENDS NITE OUT, PLEASANT HILL AND COUNTRY FRIENDS.

OUR DISTRICT MEETING IS MARCH 22, 2023 AT TRINITY LUTHERN CHURCH, 1401 BOONVILLE-NEWHARMONY ROAD, EVANSVILLE (DARMSTADT), INDIANA.

REGISTRATION OPENS AT 8:30AM AND THE MEETING STARTS AT 9:30AM. PLEASE BRING A PASTA ITEM FOR THE FOOD PANTRY AND ALSO AN ITEM FOR THE SILENT AUCTION. PROCEEDS WILL BENEFIT THE CANCER ENDOWMENT.

THE ACHIEVEMENT/MEMORIAL SERVICE NIGHT WILL BE ON APRIL 20, 2023.

REGISTRATION IS AT 5:30PM AND DINNER STARTS AT 6:00PM. MEAT AND DRINKS WILL BE PROVIDED BY THE COUNTY AND EVERY CLUB IS ASKED TO BRING SALAD, VEGETABLE AND A DESSERT. FOR THOSE CLUBS THAT ARE SMALL, JUST BRING ONE ITEM OF YOUR CHOICE.

TERRI DICUS, PRESIDENT

SAVE THE DATES:

March 2nd 5:30 Meeting on Fair Activities

March 22nd Spring District Meeting in Evansville

April 17th 5:30pm Council Meeting