November/December 2020 Newsletter

Purdue Extension **Jennings County Office** 200 E Brown, St. P O Box 365 Vernon, IN 47282 Phone: 812-352-3033 FAX: 812-352-3040 Hours: Monday - Friday 8 a.m. - 4 p.m. www.extension. Purdue.edu/Jennings

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XTENSION



2020 Purdue Extension-Jennings County Annual Meeting December 11, 2020 12:00 PM Jennings County Government Center

The 4-H enrollment window is through January 15, 2021. Youth in grades K-12 will be able to enroll in the Jennings County 4-H program at the NEW 4HOnline 2.0 website at http://v2.4honline.com.



PURDUE FAST START PROGRAM

Learn more at: https://www.admissions.purdue.edu/purduefaststart/

PURDUE

MODERN STATES



Purdue University's winter recess will be held December 21st- January 1, 2021. Our Extension Educators will have



limited availability during this timeframe.



ANR Extension Educator-Vacancy Please see the ANR Update page

in this newsletter for more details. Save the date for this four part series with Atina on Tuesdays starting January 19 through February 9th in 2021!



Extension - Jennings County



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Jennings County 4-H

November/December 2020

Dear 4-H Families and Volunteers,

4-H enrollment has begun and will continue through January 15, 2021. Youth in grades K-12 may enroll in the Jennings County 4-H program at the NEW 4HOnline 2.0 website at <u>http://v2.4honline.com.</u>

Paper enrollment forms are available at the Extension Office. Please contact the Extension office at 812-352-3033 if you need assistance with enrollment.

The enrollment fee is \$5.00 for Mini 4-H members in grades K-2 and \$20.00 for regular members in grades 3-12. If you are paying your 4-H program fees with a check or cash, please try to submit your payment to the Extension Office within 2 weeks of your enrollment date. Checks are payable to **Jennings CES Fund.**

Thank you to those 4-H families who were able to attend the 2020 Awards Drive Thru event on Monday, October 5. There are still a few awards and t-shirts at the Extension Office. Please make arrangements to pick up those items by December 1.

State 4-H Projects: The following state 4-H projects were updated for the 2020-2021 4-H program year: Beekeeping, Computer, Electric, Food Safety Policy, Photography, and Sewing. Once all state and county 4-H project updates are complete, project requirements will be made available to all members. More information will be shared with 4-H families as soon as possible

4-H Scholarships: The State 4-H scholarship flyer is included in this newsletter. All applications are due via electronic file to the Extension Office by January 25, 2021.

Sincerely, *Melessa Wiesehan* Melessa Wiesehan— Extension Educator, 4-H Youth Development



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Extension

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4-H Livestock!

Beef and Dairy Beef Animal ID (Tagging) Days

Friday, February 26, 5-7 pm Jennings County Fairgrounds

ALL market steers (beef and dairy beef) and commercial/non-registered heifers must attend the Animal ID day. Animal ID **worksheets,** requirements and 4HOnline instructions will be mailed (after January 15) to 4-H members enrolled in the beef and dairy projects. If you do NOT receive this information in the mail, contact the Extension Office.

A <u>completed</u> worksheet MUST be brought to Animal ID Day.

NEW THIS YEAR! Beef and Dairy Beef Steer information must be entered into 4HOnline no later than MAY 15, 2021.



YQCA training will be implemented again this year. All 4-H members exhibiting animals at the fair must complete their YQCA training. "YQCA is designed as an annual education and certification program focused on food safety, animal well-being and character awareness for youth ages 8 to 21 producing and/or showing pigs, beef cattle, dairy cattle, sheep, goats, rabbits and poultry."

Visit http://yqca.org to learn more!

In-person YQCA training dates will be advertised in January.

Premise ID

Registering your premises may be done online, at no charge, and takes only about 5 minutes. Visit the Indiana State Board of Animal Health's (BOAH) website: https://www.in.gov/boah/2328.htm. Please get your Premise ID number prior to tagging day! All Indiana premises associated with the purchase, sale and/or exhibition of cattle, swine, sheep, goats and farmed cervids must be registered by state law.

I PLEDGE ... FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD

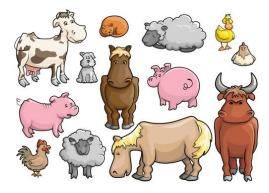
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4-H EVENTS!

Furry and Feathered Friends Zoom Program

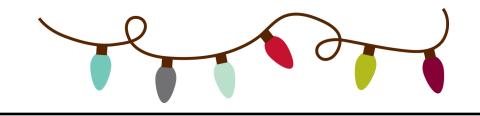
For youth in grades K-5 Wednesday, November 18 at 6 pm

Youth will "show and tell" others about their pets while learning about animal species, basic pet care and animal science careers. Email Melessa at mwieseha@purdue.edu or call 812-352-3033 to register for the program and to receive the Zoom meeting invitation. Owning an animal is not a requirement. Any youth in grades K-5 interested in learning more about animals may register for the program.



Christmas in the City Parade

The Junior Leaders 4-H Club and the 4-H Royalty and Court are planning to have an entry in this year's Christmas in the City parade on Saturday, December 5. All Jennings County 4-H members are invited. Melessa will write a safety plan to include all members and clubs. The Junior Leaders plan to have just one wagon/trailer. The majority of members will be walking in the parade in order to follow social distancing guidelines. If 4-H Club Leaders want to coordinate their own entry, please contact Melessa at mwieseha@purdue.edu. More information about the parade will be shared on the Purdue Extension Facebook page and through 4HOnline emails.



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4-H Club Connection



Due to ongoing COVID-19 precautionary measures, some clubs may hold 4-H meetings virtually or wait to start meetings later in the 4-H year. 4-H Club Leaders who choose to meet in-person are required to submit a safety plan to the Extension Office <u>4 weeks</u> prior to the event. 4-H members, family members and guests attending 4-H meetings and events will be required to wear face coverings and observe social distancing guidelines. Please be patient with 4-H Club Leaders as they determine what is best for them and their clubs. Everyone's safety is our first priority!

<u>General Project Clubs:</u> Barefoot Bandits— Jessica Bailey (baileyjm12@gmail.com or 812-592-5279)

Muscatatuck Mud Puppies - Jeff Jones (812-592-2496)

Shining Stars - Mary Burton (812-592-6201)

Zenas Livewires & Plowboys – Cheryl Ward (cward@jcsc.org or 812-344-3409)

Project Specific Clubs: Beef Club – Jenny Vogel (ilvogel89@gmail.com or 812-592-2144)

JC Riders – Krysta Thompson (krystaydanton@gmail.com or 812-592-1014)

Junior Leaders – Melessa Wiesehan (mwieseha@purdue.edu or 812-352-3033)

Llama Club – Connie Taylor and Jenny Gabbard (jgab38@aol.com or 812-756-1106)

- Shooting Sports We are searching for NEW club leaders. Contact Melessa at 812-352-3033 if you are interested in learning more about being a club leader or a member!
- Swine Club Chelsie Sharp (jenningscounty4hswineclub@gmail.com or 812-592-8619)
- Tractor Club—Dave Vogel (jlvogel89@gmail.com or 812-592-2144) Tractor Club is open to youth in grades 3-12.



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4-H COUNCIL & FAMILY FUN!

NEW 4-H COUNCIL MEMBERS

The Jennings County 4-H Council will elect new council members at the annual meeting on November 30, 2020 at 6 pm at the Jennings County Public Library. There are two vacancies to fill on the 4-H Council.

Thank you to Rhonda Ponsler and Jennifer Wahlman for their service to the 4-H program.

4-H families may vote for the new candidates by completing this survey link by November 27. https://purdue.ca1.qualtrics.com/jfe/form/SV_1Uq46ZNXHEPVTmt

If 4-H families would prefer an alternate way to vote, please call the Extension Office at 812-352-3033 or email Melessa at mwieseha@purdue.edu by November 23.

Family Fun: The Importance of Being Outside

The following are 10 benefits from being outside:

- 1. Relieves Stress
- 2. Strengthens Immunity
- 3. Sharpens Your Focus
- 4. Helps Develop a Healthier Diet
- 5. Calms the Mind
- 6. Aids in Weight Management
- 7. Betters Your Short-Term Memory
- 8. Improves Vison
- 9. Fights Nature Deficit Disorder
- 10. Increases Longevity

Spend time with your family enjoying outdoor activities and reap the benefits listed above. Jennings County is blessed with lots of parks and nature areas. Go for a nature walk with your family. Included in this newsletter is a nature scavenger hunt. Enjoy!

Source: Askthescientist.com





Scavenger Hunt- Nature Walk

Can you find all 20?

| bird | tree roots | ant | spiderweb |
|---------------------------------------|-------------------|--------------|------------|
| | | | |
| | | | |
| green leaf | acorn | flower | log |
| | | | |
| two similar rocks | mushroom | squirrel | tall grass |
| | and C. | | |
| stick that looks like a letter 'y' | flying bug | brown leaf | cloud |
| | N: N: N: N: | | |
| dandelion | animal footprints | wild berries | pine cone |

A-H 2021 SCHOLARSHIP FOUNDATION 2021 OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship, and a silver tray, will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Additional scholarships may be awarded depending on sponsorship availability. The number of scholarships awarded in each category may be adjusted to meet special criteria of a particular sponsor.

Visit **<u>bit.ly/IN4Hscholarships</u>** to download applications.

Applications due to County 4-H Educator January 25. Contact your county's Purdue Extension Office to learn more. **\$136,850 AWARDED IN 2020**



PURDUE
EXTENSIONJennings CountyHealth and Human Sciences Newsletter

Diabetes Support Group

A new Diabetes Support Group has been formed. We are happy to share that the Farm Fresh Foods program participants desired to form a diabetes support group. The group will be meeting the first and third Tuesdays of each month at 10 AM at the Jennings County Library. If you or someone you know is a diabetic, please share this opportunity with them. Educational programs will be offered periodically to the group. The first program will be on November 17th, Diabetes through the Holidays.

Healthy Holiday Hacks

If you follow us on Facebook, or if you don't go to Purdue Extension Jennings County and like us, you will be able to view a series of Healthy Holiday Hacks presented on behalf of Area 1 HHS Educators. While you are there, please be sure to click on the survey - we would greatly appreciate it!

Lunch N Learn Series

Atina will be offering the following Lunch N Learn Series. Each session will be held via zoom at Noon on the date listed below. Please contact the Extension Office to sign up and receive the zoom link information.

January 19: Empower Me To Be Clutter Free January 26: Electric Pressure Cookers February 2: Meal Planning February 9: Food Preservation Basics

Reading Made Fun

We just received word that we have received funding for this year's Reading Made Fun program. Atina will have details soon as to what this year's program will look like. We appreciate all the volunteers for this program. Contact the Extension Office if you would like to have a volunteer part, if needed, with this year's program. This would be in a virtual capacity.

Dining With Diabetes

Dining With Diabetes will be offered January 26, February 2, 9 and 16 at 6 PM, via zoom. Please contact the Extension Office to learn more about how to register for this program.

ServSafe

ServSafe classes are currently not being held in-person; however Atina is still proctoring exams for individuals that are needing to get the certification and taking the course online.

County Extension Director Comments

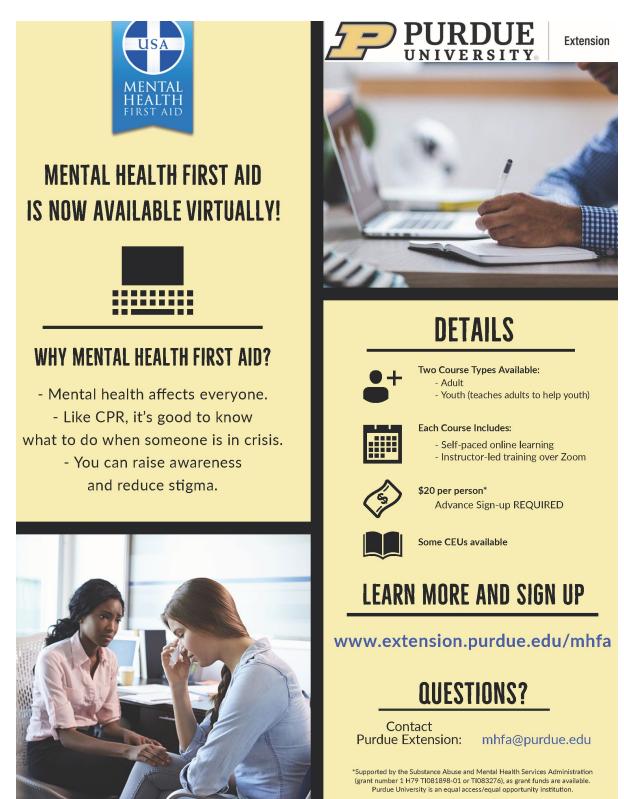
Purdue Extension is currently working to fill our Ag and Natural Resources Extension Educator position. If you know of someone that might be qualified for the position, please encourage them to apply.

Pending State approval of our budget, we will be hiring a program assistant. If you or someone you know would be interested in learning more about this position, please email Atina at arozhon@purdue.edu.

We will be holding our Annual Meeting on December 11th at noon. This will be a hybrid meeting, those wishing to participate, in person or virtually, should contact the Extension Office.

Upcoming Mental Health First Aid courses available that will be held in December: <u>ADULT COURSES</u> <u>YOUTH COURSES</u>

Dec. 1st -registration closes Nov. 17th Dec. 10th -registration closes Nov. 24th Dec. 15th -registration closes Dec. 1st Dec. 2nd -registration closes Nov. 18th Dec. 15 -registration closes Dec. 1st



Register for a course at https://extension.purdue.edu/mhfa

11.17.2020 10AM | TUESDAY JENNINGS CO. PUBLIC LIBRARY

PUBLIC LIBRARY LEARN TIPS TO MANAGE YOUR HEALTH AND STAY ON TRACK THIS HOLIDAY SEASON -NUTRITION-FITNESS-WELLNESS-



ealthy

Extension - Jennings County

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November-December Update

Hi all,

I hope that you're all doing well and enjoying the remnants of Halloween (along with some healthy fall produce!). Before we end 2020, I want to share some updates with you from the work I've been doing over the last month along with some more thoughts on nutrition.

Here's what I've been up to:

- The Farm Fresh Foods (F3) initiative was launched in August and we finished our last class of twelve on October 27th. F3 is a produce prescription program where individuals who were eligible can join to learn how to manage their Type 2 Diabetes through food choices, participants also receive vouchers to spend on produce at the Jennings County Farmers Market. Congrats to all of the participants who completed the program and thanks to our partners who made it possible!
- 2. In response to the pandemic, I have continued to help coordinate the donation of eggs from Jen Acre to assist with the Gleaners Mobile Pantries that have occurred monthly. I've also been working with the Jennings County School Corporation on restarting a local back sack program this year look for more news on that in the near future.
- 3. I presented virtually at the Food and Nutrition Conference and Expo, which is the largest gathering dietitians in the world alongside some other Community Wellness Coordinators with Purdue Extension. The conference was originally supposed to be held in Indianapolis, but we were able to make sure it still had some Indiana flavor!

Now that the weather is getting cold and there's less daylight to work with, I encourage you to reach out to friends and family for support in staying active this winter. Many of us stayed seated and indoors more often this year due to COVID-19 and while we need to keep taking precautions, it's important to get moving! If you like to walk, make it a group activity by checking out the app Stridekick. It's free and you can use to prove to your friends that you do get the most steps in each day!

If you're interested by the work of making Jennings County a healthier place to live or know someone who is, contact our office at (812) 352-3033 or email me at <u>walke526@purdue.edu</u>. I am always ready to partner with people with ideas and a willingness to work, or help get them involved in what we're already doing! Now, more than ever promoting health benefits everyone in Jennings County!

Healthfully yours,

Jeff Walker



Are you ready to learn how to eat smart and move more on a budget? FREE NUTRITION EDUCATION LESSONS AVAILABLE!

The Purdue Extension Nutrition Education Program provides free, engaging nutrition education classes for all ages!

- New skills that you can use at home every day
- Planning, grocery shopping, and cooking tips
- Healthy eating and physical activity made easy
- Healthy recipes for cooking together at home
- MyPlate
- Fix it Safe
- Plan: Know What's for Dinner
- Fix It Fast

Topics include:

- Move More Throughout the Day
- Shop: Get the Best for Less
- Shop for Value, Check the Facts
- Smart Size Your Portions

Extension - Nutrition Education Program

...and more!

visit eatgathergo.org/free-progr<mark>ams</mark> to sign up!

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Agriculture & Natural Resources Update

It is that time of year again and private and commercial applicator credits are due. If you are unsure about the current status of your license, please give our office or the Indiana State Chemist a call. More details about upcoming PARP events can be found at <u>https://ppp.purdue.edu</u>

See next page for more details on 2020 Virtual SEPAC Field Day!

Area 1 Agriculture & Natural Resources

2020 Virtual SEPAC Field Day

Live Webcast November 30 from 6-8:30 pm

Use this link above to register/participate or call your local extension office.

PARP/CCH Credits are available to attendees.







More Than A Handshake

Building Successful & Equitable Land Lease Agreements

November 2020

11/10/2020 - <u>AREA PARP SCOTT COUNTY</u> 9:00 am EST - 11:15 am EST Scott County Fairgrounds, Saddle Club Bldg

11/10/2020 - AREA PARP WASHINGTON COUNTY 1:00 pm EST - 3:15 pm EST 4-H Building Washington County Fairgrounds

11/10/2020 - <u>AREA PARP CRAWFORD COUNTY</u> 6:00 pm EST - 8:15 pm EST *Leavenworth Town Hall*

11/10/2020 - HARRISON COUNTY DRIVE-IN PARP 6:00 pm EST - 8:15 pm EST Harrison County Fairgrounds

11/13/2020 - OHIO COUNTY CONSERVATION PARP 9:00 am EST - 11:30 am EST Rising Sun Senior Center

11/18/2020 - <u>HORTICULTURE CROPS -- ZOOM</u> 6:00 pm EST - 8:00 pm EST

11/30/2020 - <u>SEPAC VIRTUAL FIELD DAY</u> 6:00 pm EST - 8:30 pm EST *SEPAC*



Extension - Agriculture and Natural Resources

> Landowners and farmers can learn more about different types of farmland leases, legal aspects of leases, and leasing trends by participating in the Purdue University Extension virtual workshop, "More Than a Handshake." Sign up at https://www.cvent.com/d/q7qdjr

ANR Extension Educator-Vacancy

If you know of individuals who are qualified and would be interested in a position, please share with them the <u>Purdue Careers website</u>. The new career site for Purdue is: careers.purdue.edu. When external applicants go to this page, they'll have to click on "staff" positions and they can search by "Extension" in keywords. If anyone has questions or would like more information about the position, they are asked to contact Atina Rozhon, County Extension Director, at arozhon@pudue.edu or call the Extension Office at 812-352-3033.

Check out the following information in this newsletter on:

- Holiday Plant Webinar
- More Than a Handshake: Building Successful & Equitable Land Lease Agreements
 - Securing Indiana's Pork Supply
 - 2020 Virtual SEPAC Field Day
 - Annual Ag Outlook Program



HOLIDAY PLANTS WEBINAR

THURSDAY, NOVEMBER 12, 2020 11:30 AM

JOIN RICHARD BECKORT, JACKSON CO. ANR EDUCATOR, TO LEARN:

*POINSETTIA CARE *CARE FOR OTHER HOLIDAY PLANTS *MANAGING LIVE & FRESH TREES *AND MORE!

> RICHARD WILL ALSO ANSWER ALL OF YOUR HOLIDAY PLANT QUESTIONS!



TO JOIN THE WEBINAR OR TO RECEIVE A LINK TO THE WEBINAR RECORDING, REGISTER BY TUES., NOV. 10 AT: http://bit.ly/2020holidayplants

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Dates & Times

November 12, 2020 10:00 am - 12:00 pm EST 9:00 am - 11:00 am CST or November 17, 2020 6:30 pm - 8:30 pm EST

Pick Which Works Best For You!

5:30 pm - 7:30 pm CST

Cost \$25 per household/farm

More Than A Handshake

Building Successful & Equitable Land Lease Agreements

- Enhance your ability to negotiate an equitable lease.
- Understand various ways to determine rental rates.
- Develop an understanding of different types of leases.
- Discover the common pitfalls made when developing a lease agreement.

Anthony Crowell, Attorney Gordon & Associates

Anthony Crowell will discuss the legal side of having an effective land lease.



Register Online Today! https://www.cvent.com/d/q7qdjr

For more information, or if you need a reasonable accommodation to participate in this program, contact Jenna Nees at 765-653-8411, smith535@purdue.edu, prior to the program.

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BARTHOLOMEW, JACKSON, JENNINGS COUNTIES OFFER

Securing Indiana's Pork Supply

How will disease outbreak and spread affect your operation?



Scan me to learn more

11.16.20 6:00 pm Register today! 812-<u>358-6101</u>

THE TEAM AT BOAH WANTS TO ENSURE THAT EVERY HOOSIER PORK PRODUCER IS AS PREPARED AS POSSIBLE *NOW,* BEFORE A DISEASE EVENT HAPPENS.

Plan to attend this information session on November 16th at 6:00 pm at the Jackson County Learning Center, 323 Dupont Dr., Seymour, IN 47274. There is no charge, but advance registration is required. Please contact rbeckort@purdue.edu or 812–358–6101. Masks required and social distancing rules will be followed.

More information about Securing Indiana's Pork Supply is online at:



UNIVERSITY

www.in.gov/boah/2857.htm E _{Extension}



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2020 Virtual SEPAC Field Day

Live Webcast November 30 from 6-8 pm

You are invited to join us virtually from the comfort of your home as Purdue Extension specialists discuss the following topics as part of the 2020 Virtual SEPAC Field Day! Feel free to pick and choose the live presentations you engage with as it pertains to your operation.

6:00: Tile Drainage- Eileen Kladivko & Dena Anderson

Installation, design, economics, field data, and 35-year usage summary.

6:30: Potassium Fertility- Jim Camberato & Alex Helms

7:00: Soybean Update- Shaun Casteel & Richard Smith

7:30: Crop Disease & Response to Foliar Fungicides -Darcy Telenko





Use the link above to register/participate

Questions about how to join? Contact your local Purdue Extension Office or Call (812) 926-1189



Extension - Agriculture and Natural Resources

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Extension

Annual Ag Outlook Program

Virtual Presentation

by

Dr. Todd Kuthe

Purdue Agricultural Economist and Agricultural Financial Specialist.

Tuesday, December 15, 2020

9:00 a.m.

Face-to-Face Locations Available:

Scott County

Fairgrounds 710 Fairground Rd. Scottsburg, IN 47171

Washington County

Purdue Extension Office 806 Martinsburg Rd. Ste 104, Salem, IN 47167

Crawford County

Schwartz Restaurant, 6738 W. Governors Trace, Eckerty, IN 47116 (Doors open at 8:30 am)



Ag Outlook Registration Link: <u>https://tinyurl.com/yxhg5ja5</u>

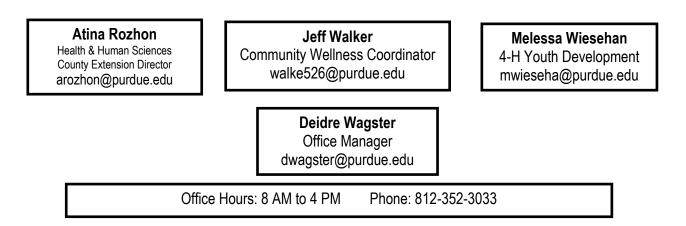
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