

## **October 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



Purdue Extension Jennings County

Purdue Extension Jennings County



PurdueExtJenCo

### Jennings County Staff



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Please see the ANR Update page in this newsletter for more details.



Extension

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

### 2020-2021 4-H Enrollment begins October 1st!!!

The 4-H enrollment window is October 1, 2020 through January 15, 2021. Starting October 1, 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.

**2020 4-H Projects:** Some 4-H projects will be listed under different "titles" in 4Honline 2.0. A reference sheet will be available soon. Check your 4HOnline email, our Facebook page and Website for updated information.

The 2020 4-H Awards Drive Thru event will be held on Monday, October 5 from 5:30 pm-7:00 pm at the Jennings County fairgrounds. See 4-H section of the newsletter for more information and the event safety plan.

In celebration of National Farm to School Month, the annual Great Lakes Apple Crunch will be celebrated throughout October. This event provides hundreds of thousands of students, teachers and others across the Midwest with a chance to try local apples and learn more about agriculture. Check out more information at: https://www.cias.wisc.edu/applecrunch/





ANR Extension Educator-Vacancy Assured Admission. At Purdue University, we are empowering students to direct their own futures through the free Purdue Fast Start program, which makes higher education more affordable for Indiana students. Learn more at:

https://www.admissions.purdue.edu/purduefaststart/

## **URDUE** XTENSION Health and Human Sciences Newsletter

### Reading at Head Start

For the 2020 - 2021 school year, we will not be reading at Head Start, but will continue to offer books to the students. If you have an interest in assisting with this program either this year or in the future, please reach out to Beth Steiner.

### **Reading Made Fun**

At the point of this newsletter, details for this year's program are still being worked out. A grant to fund the purchase of books has been submitted. As we learn more about how it will be implemented within the schools, Atina will communicate that information. At minimum, it is hoped we will be able to provide books to kindergarteners again this school year.

### **Puppy Pillows**

If you are looking for something to do on October 12th, come to SEPAC and assist with making Puppy Pillows. The fun will start at 9 AM!

### Extension Clubs' Christmas Open House

The Christmas Open House for this year has been cancelled. We look forward to seeing you in 2021.

### Mastering Home Food Preservation

As a result of Home Food Preservation classes that were held virtually this summer, a dedicated website for Home Food Preservation for Purdue Extension was developed. It can be found at: puext.in/food-preservation. I would encourage you to check out the webpage for resources even beyond Purdue Extension, that are reliable sources of information. I would also remind you if you home preserve and use a dial gauge pressure canner, it is advised to have that tested every year. Contact Atina to set up a time to get yours tested!

### **Council Meeting**

Plans are underway to have an in-person Council meeting on October 20th at 4:30 PM at the Extension Office. Deidre will contact the council members with the information regarding the meeting.

### 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. Stay tuned for when these class might resume to normal.

### Get Walk IN

As the weather is starting too cool down, perhaps you are feeling motivated to walk more. Whether you need additional motivation or need the motivation to get started, Purdue Extension has a free email based program to help you. Contact the Extension Office if you would like to take part in this program.

### **Upcoming Programs**

Do you have an interest in learning more about any of the following topics? If so, contact the Extension Office. None of these interest you? Feel free to share ideas with Atina on what you would like to learn about! Thanks!

Meal Planning and Prep, Decluttering, Scams, Finance, Electric Pressure Cookers, Diabetes

Atina Rozhon, County Extension Directorarozhon@purdue.eduPO Box 365, 200 E Brown St., Vernon, IN 47282812-352-3033www.extension.purdue.edu/JenningsFacebook Purdue Extension Jennings County

### **Health and Human Sciences**

purdue.edu/hhs



HHS-843-W



### FAMILY HEALTH

## **Recharging your Patience**

Barbara Beaulieu Human Development & Family Studies

Allison Hillis HHS Extension Educator Howard County Purdue University When caring for others, whether it is children, aging parents, or other family members, we also have to take care of ourselves. Just like airlines say to put on our oxygen mask before putting the mask on a child, we need to care for ourselves to provide better care for others. If we feel overwhelmed it is okay to take time to recharge. When we feel recharged we are able to have more patience and tolerance with others. Find ways to recharge that work for you.

- Establish new routines routines offer a way to promote health and wellness. Having routines provide a feeling of having control through structure and organization.
- Stay connected with family and friends the feeling of loneliness can be associated with depression and cardiovascular disease. Make social connections with other adults a priority through video chats, phone calls, emails, or text messages.
- 3. *Exercise* find ways to exercise at home. Try to duplicate what you do at a gym with things that you have at home such as using canned goods for weights if you do not have standard weights. You can do yoga, Pilates, Zumba or just dance to some fun music. Find routines on the internet that you enjoy doing.
- 4. Go outside studies show being outside in nature reduces stress, depression and anxiety. Take a walk, run, hike, or bike ride in nature either by yourself or with your family. Do fun activities with your children such blowing bubbles, sidewalk chalk, or kicking a soccer ball.
- Adjust your expectations set reasonable expectations for yourself and family. Or even lower your expectations during this time. Eliminate or reduce some tasks/ activities at this time to create expectations that work with you instead of against you.

- Mindfulness being aware of our thoughts, feelings and bodily sensations. Several websites and apps provide steps in learning how to focus on our body at a moment in time.
- Alone time find time to be alone to decompress from family demands, separation from family members, and have some quiet time for prayer, meditation, journal, or just to process thoughts.
- 8. *Give yourself a break* indulge in something that you enjoy which is positive and helps you relieve stress and relax. Allow yourself to engage in activities that you enjoy, such as soaking in a bathtub, reading

books you have been wanting to read, binge watch your favorite TV show, watch your favorite movies again, do puzzles, bake, coloring etc.

- 'Pet your stress away' ten minutes of playing, interacting, or petting your dog or cat reduces stress hormone cortisol and can reduce stress, anxiety, and loneliness.
- Laughter is still a good medicine for your health to reduce physical tension. A good laugh can relieve some physical symptoms of stress, reduce pain, and increase personal satisfaction.

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Extension

Extension DOES.org

## STRENGTHENING For Parents and Youth 10-14

### When:

<u>Youth Session-5:30-6:30pm:</u> Tuesdays-October 6, 13, 20 & 27 Tuesdays-November 3, 10 & 17

Parents Session-5:30-6:30pm Family Session-7:00-8:00pm: Thursdays-October 8, 15, 22 & 29 Thursdays-November 5, 12 & 19

## Where:

Virtual Program

### Who:

All families with youth between the ages of 10-14.

### What:

Strengthening Families focuses on family skills taught in group sessions to increase family strengths. The program builds on improving family relationships, parenting skills and improving youth's social and life skills. Week 1 Love & Limits Dreams & Goals

Week 2 House Rules Appreciating Parents

Week 3 Encouraging Positive Behavior Dealing with Stress

Week 4 Using Consequence Following Rules

> Week 5 Building Bridges Peer Pressure

> > Week 6

Protecting Youth Peer Pressure

### Week 7 Putting It All Together Celebrate!

Registration Required Deadline: Friday, October 2, 2020

Marcia Parcell, Extension Educator Health & Human Sciences mparcell@purdue.edu/812-926-1189 or Liz Beiersdorfer, Extension Educator 4-H Youth Development ebeiers@purdue.edu/812-926-1189

Purdue University is an equal opportunity/equal access affirmative action university. If you are in need of accommodations to attend this program, please indicate on the registration form, or contact Liz Beiersdorfer prior to the meeting at <u>ebeiers@purdue.edu</u> or 812-926-1189 by February 20, 2020. For special dietary needs contact Liz Beiersdorfer at <u>ebeiers@purdue.edu</u> or 812-926-1189.

## October Update

Hi all,

I hope that each of you is doing well, enjoying the cooler weather, and that your families are healthy and happy right now. It's been a while since we've been able to mail a newsletter, so, you can expect several updates here. In addition to a report about what I've been up to, .....

Here's what I've been up to:

- In July, we launched Joining Jennings for Healthy Living launched a new website at <u>www.jenningswellness.org</u>. We have also set up social media accounts on Facebook and Instagram. These will all serve as online resources for sports leagues, events, places to get outdoors, and monthly wellness challenges for Jennings County residents. Check it out!
- 2. The Farm Fresh Foods (F3) initiative was launched in August and were 8 weeks into the 12-week program. As a short description, F3 is produce prescription program where individuals who are 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. If you missed the news about this, feel free to give us a call so we can talk to you about other diabetes-relevant programs we have or so we can put you on our wait list for next year!
- 3. 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. In partnership with First Baptist Church in North Vernon, the Jennings County Youth Foundation, and Prairie Farms; we were able to distribute 13,000 gallons of milk to Jennings County from the USDA's Farm to Families program.

As an additional note, October is known as "Walktober" in different communities around the country. I encourage you to get out with your family and enjoy some walks in the cool weather this fall. There are two great opportunities to be out walking this month! Light Up the Night, the annual awareness walk hosted by the Jennings County Council on Domestic Violence, will meet on Thursday, October 22<sup>nd</sup> at 6pm at Stellar Plaza. Then the most fun night of walking on North Vernon's calendar, trick or treating and the Sweet Street event at Stellar Plaza, will be on Saturday, October 31<sup>st</sup> from 5-8pm.

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!

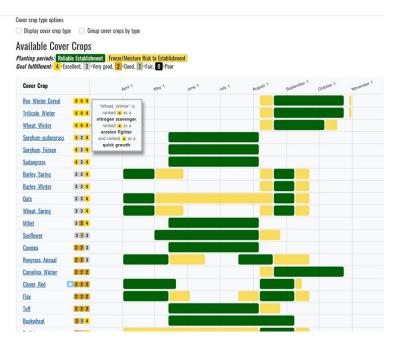
Healthfully yours,

Jeff Walker



## **Agriculture & Natural Resources Update**

### Improved Tool Can Help Midwest Farmers with Cover Crop Decisions



Cover crops have been shown to improve water and soil quality, reduce erosion and capture nutrients. Choosing the right cover crop, however, can be difficult.

The <u>Midwest Cover Crops Council</u> (MCCC) made up of representatives from 12 Midwest states and universities, including Purdue, the province of Ontario and other agricultural stakeholders — is rolling out an improved <u>cover crop selection tool</u> that will help farmers make those decisions.

Visit <u>http://mccc.msu.edu/selector-tool</u> to register for the webinar recording that took place September 23<sup>rd</sup>.

Purdue agricultural economists Michael Langemeier and James Mintert discussed USDA's September Crop

Production and World Agricultural Supply and Demand Estimates (WASDE) reports on September 11. The reports provided USDA's first objective yield estimates for the 2020 corn and soybean crops. The webinar includes an overview of the information on the two reports along with a discussion regarding implications of the changes for the corn and soybean outlook in addition to a review of the likely changes in corn and soybean profitability and what that portends for 2021 cash rental rates. Read more at:



https://ag.purdue.edu/commercialag/home/resource/2020/09/fall-2020-crop-outlook-webinar/

### 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:

- Securing Indiana's Pork Supply
- Sunnyside Master Gardener Association 2020 Fall Lecture Series
  - Llama and Alpaca Fiber Lunch and Learn

### INDIANA STATE BOARD OF ANIMAL HEALTH



Office of the State Veterinarian Discovery Hall, Suite 100 1202 East 38<sup>th</sup> Street Indianapolis, IN 46205-2898 Phone: 317/544-2400

### Securing Indiana's Pork Supply

### What is the National Secure Pork Supply Plan?

The National Secure Pork Supply (SPS) Continuity of Business Plan is an initiative that provides opportunities for producers to voluntarily prepare before a disease outbreak. This will better prepare swine operations that have no evidence of infection to move animals under a movement permit issued by regulatory officials and maintain business continuity during a Foreign Animal Disease (FAD) outbreak. Producers are encouraged to visit www.securepork.org to read more about the National Secure Pork Supply Plan.

### How to Participate in Indiana

To integrate the foundational elements of the national plan into Indiana's disease response framework, the Indiana State Board of Animal Health (BOAH) encourages producer participation in Securing Indiana's Pork Supply. As part of voluntary participation in Securing Indiana's Pork Supply, BOAH requires that the following items be completed:

- Premises ID Validation
- Biosecurity Assessment & Training
- Certified Sampler Training
- Electronic Movement Permit Training
- "Securing Indiana's Pork Supply" meeting with BOAH

While all the listed items are required, the *order* in which these items are completed is not prescribed. Some items may be the responsibility of the producer to complete. For others, BOAH is asking for producers to work with their swine veterinarian(s).

### Action Items in Indiana

- **Premises ID Validation:** Premises IDs must be validated by BOAH. Contact Dr. Maria Cooper at mcooper1@boah.in.gov to get Premises IDs validated. Use the Template for Premises Verification to validate multiple premises.
- **Biosecurity Assessment & Training**: Work with your veterinarian to assess your site(s) biosecurity. Your veterinarian should complete BOAH's Self-Assessment Checklist for Pork Production Biosecurity and submit to BOAH at kwerling@boah.in.gov.
- **Certified Sampler Training:** Individuals at each site or within a production system must be designated as sample collectors and trained by their accredited veterinarian to properly collect blood, oral fluid, tonsil, and spleen samples for diagnostic testing. A Certified Sampler List must be submitted by the veterinarian to BOAH at kwerling@boah.in.gov.
- **Electronic Movement Permit Training:** A test digital movement permit must be completed and submitted. Contact BOAH Swine Health at kwerling@boah.in.gov for a copy of the movement permit.
- "Securing Indiana's Pork Supply" Meeting: Attend a meeting with BOAH to discuss the response process, provide additional information about the Secure Pork Supply Plan, and answer any questions. Contact kwerling@boah.in.gov or (317) 607-7071 to schedule a meeting.

To learn more about the requirements for voluntary participation, visit the Securing Indiana's Pork Supply webpage at <a href="https://www.in.gov/boah/2889.htm">https://www.in.gov/boah/2889.htm</a> or contact Dr. Kelli Werling at kwerling@boah.in.gov or (317) 607-7071.

Safeguarding Indiana's animals, food supply and citizens for more than 125 years. An equal opportunity employer and provider.



## 10.14.2020 LLAMA AND ALPACA FIBER LUNCH AND LEARN

### Learn how fiber is processed

Join us to learn how animals' fibers differ, what machines are used to process fiber into a more sellable product, and what value can be added to make fiber more marketable. Our friends from Red Hill Fiber Mill will be giving this presentation. Have llama and alpaca fiber but don't know what to do with it?

Join this webinar to see how it is processed from raw fiber to a more sellable product.

This lunch and learn is free! 11:30-12:30 EST

Register here: https://bit.ly/35ZIK EW

### FOR QUESTIONS, CONTACT PURDUE EXTENSION FLOYD COUNTY

812-948-5470 or email Gina Anderson at gmanders@purdue.edu



Sunnyside Master Gardeners present

## Fall Lecture Series 2020 "Helping Others Grow"

The Sunnyside Master Gardener Association in conjunction with the Purdue Cooperative Extension Service of Floyd County, Indiana is pleased to announce their Fall 2020 Lecture Series.

This series will be presented live online on the four Wednesday evenings of October. Each program begins at 7 PM and lasts approximately one hour, including an opportunity for questions and answers.



- October 7 Using Bulbs in the Garden. Sayde Heckman, Garden and Arboretum Manager at Yew Dell Gardens.
- October 14 Native Alternatives to Invasive Ornamental Grasses. Margaret Shea, Owner, Dropseed Native Plant Nursery.
- October 21 Stars and Teaspoons. Jamie Burghardt, Director of Horticulture and Education at the Waterfront Botanical Gardens.
- October 28 The Forgotten Fourth Season: Winter Interest in the Ornamental Garden. Bonnie Cummings, Gold Level Purdue Master Gardener.

Registration in advance is required at **https://www.sunnysidemg.org**/. The registration fee of \$15 is for all four sessions of the live online program, and includes access to a recording of each program online after its live presentation. The series is open to all.

If you have any questions please contact Gina Anderson, ANR Extension Educator, at 812-948-5470 or gmanders@purdue.edu.

SMG participants receive one hour of advanced training credit for each session.

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# **Jennings County 4-H**

### October 2020

Dear 4-H Families and Volunteers,

Fall is here and it's already time to sign-up for 4-H! The 4-H enrollment window is October 1, 2020 through January 15, 2021. Starting October 1, youth in grades K-12 will be able to enroll in the Jennings County 4-H program at the **newly updated 4HOnline 2.0 website at** <u>http://v2.4honline.com.</u>

### PLEASE DO NOT ATTEMPT TO SIGN UP BEFORE OCTOBER 1 AND BE SURE TO GO TO THE

<u>NEW WEBSITE!</u> Online enrollment instructions will be mailed separately once final revisions are made. Paper enrollment forms will also be available at the Extension Office. Please contact the Extension office at 812-352-3033 if you need assistance with enrollment.

The enrollment fee will remain \$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.** 

The 4-H Council and Livestock committees are working on rule changes and project requirement changes. Once the handbook is updated, it will be posted on our website and copies will be available at the Extension Office. Watch the newsletter and our Facebook page *Purdue Extension Jennings County* to find out when the handbook is ready!

### 2020 Awards Drive Thru Event

The 2020 Awards Drive Thru event will be held on Monday, October 5 from 5:30 pm-7:00 pm at the Jennings County fairgrounds. Awards will be distributed to 4-H families. 4-H Livestock Committee members will also be present to distribute this year's auction checks. 4-H families will enter the fairgrounds at the east entrance (across from the school) and follow the signs through the fairgrounds. Awards will be distributed at the front of the Community Building. **PLEASE READ THE SAFETY PLAN ON NEXT PAGE!** 

I am looking forward to seeing everyone at the Awards Drive Thru Event on October 5.

Sincerely,

Melessa Wiesehan — Extension Educator, 4-H Youth Development

# **4-H AWARDS SAFETY PLAN!**

### 2020 4-H AWARDS DRIVE THRU EVENT SAFETY PLAN

- Please do a health self-assessment prior to the event. If you or your family members are ill, please do not attend the event. Anyone not able to attend on October 5 may make arrangements to pick-up the awards at the office at a future date and time.
- 4-H families will enter the fairgrounds at the east entrance across from Sand Creek school.
- Please follow the signs as you drive behind the livestock barns, turn right at the corner at the end of the beef barn and drive towards the highway. Signs will direct drivers to turn on the road that leads to the front of the Community Building.
- All participants will stop their vehicle at the designated area in front of the Community Building. All participants are to remain in their vehicle while receiving awards.
- 4-H Volunteers will deliver the awards to each member's vehicle at the designate area in front of the Community Building.
- There will be an optional photo area after the awards distribution area/stop. Families wishing to take a photo may exit their vehicle at the designated photo area, take a photo and then return to their vehicle. Volunteers will provide directional assistance. A volunteer photographer will also be available to take photos on his personal camera and will email the photo to the family after the event. Participants wishing to have their photo taken by the volunteer will need to provide their name and email address at the photo area. One family at a time will be allowed in the photo area.
- All participants are to remain in their vehicles in the car line and are only allowed to exit the vehicle at the photo area.
- Please do not get out of your vehicle to visit with others and everyone must observe social distancing guidelines.
- Volunteers and staff will wear face coverings and will use hand sanitizer and clean working surfaces frequently.

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

### PAGE 2

## **4-H EVENTS!**



### **CLOVER CONNECTION ZOOM MEETING**

Thursday, October 15 at 6 pm

Open to all youth in grades K-12 and their families.

Anyone interested in learning more about the 4-H program can join this zoom meeting! Please go to this link <u>http://bit.ly/cloverconnection</u> to sign up for the meeting and to receive the zoom invitation or call the Purdue Extension Jennings County Office at 812-352-3033 and we will register you for the meeting.

### Mindful Movement to Promote Healthy Living

Saturday, October 24 at 12:30-1:30 pm Muscatatuck Park For youth in grades 3-12 Registration is required by calling the Purdue Extension Jennings County Office at 812-352-3033.

Perceptions Yoga, Mindfulness and Art is partnering with the 4-H program to offer a class to teach kids a mix of yoga and some mindfulness brain focusing practices utilizing the body, breath, and brain connection.

Participants must bring a yoga mat or beach towel and wear clothes suitable for activity (sweatpants, athletic wear or anything comfortable that allows for movement). The event will be held outdoors so please dress appropriately for the weather.

Participants will be required to wear a face covering when social distancing is not possible, for example when arriving or leaving the program. All participants and guest must observe social distancing guidelines during the program.

### SAVE THE DATE JC Riders' 4-H Club Meeting

Saturday, October 24 Time and Location: TBD More details about the meeting will be shared once the safety plan is approved by Purdue Extension.



# **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 4 weeks 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 (jlvogel89@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)

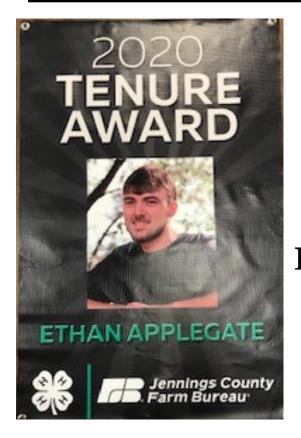
Llama Club – Connie Taylor and Jenny Gabbard (jgab38@aol.com or 812-756-1106)

- 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.



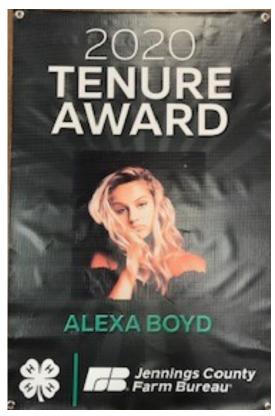


### PAGE 5



Congrats to the 2020 Tenure Award Recipients!

Ethan Applegate & Alexa Boyd



## **Congrats to the 2020 Bob Amick Award Winners!**

Susan Davis & Emily Georgi





### PAGE 6

The Jennings County 4-H program awards \$250 scholarships to qualifying senior 4-H members each year. 4-H members in 12<sup>th</sup> grade who have been a Jennings County 4-H member for at least 5 years and plan to attend some post-high school studies or training may apply. These scholarships were made possible by a generous donation by Gail Coon to the Jennings County 4-H Council's Community Foundation endowment fund.

### **Congrats to the 2020 4-H Scholarship Recipients!** Samuel Bennett, Alexa Boyd, Riley Eder, Haylie May and Jaydan Vanosdol.



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# **4-H Award Sponsors 2020**

## Thank you to the 2020 4-H Award Sponsors!

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# **4-H Auction Supporters 2020**

## Thank you to the 2020 4-H Auction Supporters!

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Thank You

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Extension



Saturday, November 21, 2020 Location: Host sites in Indiana via Zoom #IN4HSummit, #IN4HLeads, #TrueLeaders, #4HGrowsHere, #4HGrown

Time	Торіс
9-9:30 a.m.	On-site registration at host sites
9:30-9:45 a.m.	Welcome from the State 4-H Office
9:45-10:15 a.m.	Keynote Speaker – Michelle Cummings
10:20-11:05 a.m.	Session 1 – Healthy Living
11:10-11:55 a.m.	Session 2 – Science
12:00-12:55 p.m.	Lunch and 4-H Volunteer Recognition Program
1:00-1:45 p.m.	Session 3 – Civic Engagement/Leadership
1:50-2:35 p.m.	Session 4 – Engaging 4-H Youth Virtually: Lessons Learned
2:40-3:40 p.m.	Capnote Speaker – Michelle Cummings
3:40-4:00 p.m.	Closing Remarks from the State 4-H Office
4:00 p.m.	Safe travels home



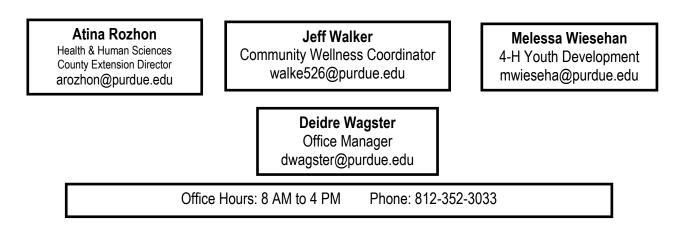




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