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| Office contact information:  4259 N Purdue Rd.  Vincennes, IN 47591  Phone: 812-882-3509  Fax: 812-882-3537  Website: [www.extension.purdue.edu/knox](http://www.extension.purdue.edu/knox)  Email: [knoxces@purdue.edu](mailto:knoxces@purdue.edu) |

Spring is around the corner! Here is to longer and sunnier days as well as greener landscapes.

Speaking of greener landscapes mowing lawns will be one of the first spring jobs most of us have. I will be offering a lawncare program this month. I will also have a program for those interested in drones. For more information look at the ag section of this newsletter.

If you are looking to get more active in community groups Extension Homemakers is an option. The clubs of Knox Co. have been highlighted in our last few newsletters. Also, check out other programs about balance and ServSafe in the Health and Human Sciences section.

4-H season is here if you are showing livestock there are many important dates coming up. Also, if youth are interested in camp make sure to check out the 4-H & Youth Development section of the newsletter

If you have any 4-H, health, human science, agriculture, natural resource, or gardening questions feel free to call us at 812-882-3509.

Valerie Clingerman Extension Educator

Agriculture and Natural Resources/County Extension Director

**Purdue Extension – Knox County**

**4-H Summer Intern Position**

The Purdue Extension - Knox County Office is accepting applications for a summer intern. The position will begin May 23 and will go through August 5. This will be a paid internship. All applicants must have graduated from high school and enrolled in some type of post-secondary education.

Please visit the link to download an application <https://adobe.ly/357vcsC> .



All applications must be received no later than March 25, 2022 and sent to the following address:

Purdue Extension Knox County

4259 N Purdue Road

Vincennes, IN 47591 **4-H & Youth Development**

Mitch Wagoner

Extension Educator - 4-H Youth Development

[mwagoner@purdue.edu](mailto:mwagoner@purdue.edu)

**Livestock Tagging & Tattoo Dates**

All livestock “BUT poultry at this time” must be ID’d on 4HOnline 2.0 by May 16!

Possession date for rabbits & poultry is the date of tagging! All others are May 16!

* **Steers** & **Commercial Heifers**: tagging was on February 19 at Producers.
* For **Beef Cattle** & **Dairy Cattle** if you need an 840 RFID tag please contact the Extension Office.
* **Poultry** leg banding & blood testing is on May 7 at the Southwest Purdue Ag Center from 8:00-10:00 am. \*Poultry must be large enough to blood test and band (based off of breed)
* **Rabbit** tattooing is on May 7 at the Southwest Purdue Ag Center from 2:00–4:00 pm.
* **Sheep** & **Goat** tagging is on May 7 at the Extension Office Parking Lot from 9:00—11:00 am.
  + Which sheep & goats need to come to tagging? Any sheep planning to go to State Fair and all market lambs/ commercial breeding ewes. All meat goat wethers and meat goat wether dams.
* **Swine**: No tagging date for swine. All exhibitors need to pick up tags from Extension Office before May 13.

**State Fair DNA Hair Samples** envelopes for beef cattle, dairy cattle, meat goats, sheep, & swine can be picked up from the Extension Office and are due back to the Extension Office by May 16!

**How to ID Animals on 4HOnline**

**All livestock must be ID’d by May 16!**

All Livestock “*BUT poultry at this time*” are to be ID’d on **“https://v2.4honline.com”**.

Instructions on how to ID your livestock will be mailed out. Worksheets are **NOT** enrollment forms. Worksheets should be used to help collect information to be inputted into 4HOnline 2.0.

If you have problems, please contact the Extension Office at 812-882-3509.

**4-H Camp**

**Who**: 3rd-6th graders

**Where**: United Methodist Campground, Santa Claus

**When**: June 6th - 8th

**Cost**: $95.00 to be paid by cash or check to “Knox County 4-H Council” at the Extension Office by April 15.

Camp **Enrollment** will OPEN soon and will be completed through 4HOnline by April 15.

The **cost covers**: transportation to & from camp, 2 nights lodging, 7 meals/ 2 snacks, Camp shirt, and All the games, craft, and fun!

**Youth for the Quality Care of Animals (YQCA)**

**IMPORTANT: YQCA is switching to a NEW website as of March 23, 2022!**

**Please wait until after that date before completing!!**

If your certificate expires this year before the Fair: No action needed.

If your certificate is good for this year’s Fair: You will need to login the YQCA website before March 22 and print your certificate. After March 24 you will need to re-update your certificate into the new website.

More information to come!

4-H members MUST BE certified through the YQCA program to exhibit beef cattle, dairy cattle, swine, sheep, goats, poultry, and rabbits in 4-H for 2022.

Knox County is hosting 3 events:

* Tuesday, April 12 at 6:00 pm at the VU Ag Center room 102.
* Sunday, April 24 at 3:00 pm at the Knox County Fairgrounds in the Farm Bureau Exhibit Hall.  It will be after the Rabbit Club Meeting.
* Tuesday, May 17 at 6:00 pm at the VU Ag Center room 102.

**4-H Meetings**

4-H Clubs have started to schedule meetings for the upcoming year. Once they have scheduled their meetings, we will send a letter out to inform you of the dates and location of the meetings.

Our office is working to update the website with this information.

**Upcoming Dates**

* Indiana 4-H Day at the Statehouse: March 1
* Knox County Ag Day: March 10
* Area 3 Dairy Judging Contest: April 5 at Perry County
* Area 3 Livestock Judging Contest: April 7 at Knox County
* Junior Leader trip to French Lick Big Splash: April 9
* YQCA Training: April 12
* Beef Member meeting: April 12
* YQCA Training: April 24
* Knox County Performing Art Contest: April TBA
* Area 3 Performing Art Contest: TBA at Spencer County
* Livestock Tagging date (for Goats, Poultry, Rabbits, & Sheep): May 7
* Animal ID Deadline: May 16
* Project Drop & Add Deadline: May 16
* YQCA Training: May 17
* Fair Entry Opens: June 1
* Knox County 4-H Camp: June 6-8
* 4-H Academy @ Purdue: June 8-10
* Knox County Tractor Driving Contest: June 12 at Fairgrounds
* 4-H Round-Up: June 20-22
* Area 3 Tractor Driving Contest: June 25 at Warrick County
* Fair Entry Closes: July 6
* Livestock Cleanup Day: July 9
* Knox County Fair: July 18-23
* Indiana State Fair: July 29 – Aug 21

**Social Media**

Facebook: “KnoxCountyIN4H”

Instagram: “@knoxcountyin4h”

Twitter: “@knox\_in4h”

## **Health & Human Sciences**

Tonya Short-Extension Educator

Health & Human Sciences

[Short43@purdue.edu](mailto:Short43@purdue.edu)

**Club highlight: Lower Johnson Homemakers Club**

This article continues the highlight of different organized Extension Homemaker Clubs and their ongoing contributions to our community.

The Indiana Home Economics Association was organized in 1913 with 10 clubs across the state. Now known as the Indiana Extension Homemakers Association (IEHA), the mission of this group is **to strengthen families through continuing education, leadership development and volunteer community support**. Knox County Extension Homemakers is part of IEHA and currently consists of four active clubs. This month we are highlighting the club, Lower Johnson.

The Lower Johnson Homemakers club was established in 1938 and has had over 161 members during the last several years. Members have held many offices within the club and have served on the Extension Homemakers Council.

In the community, the Lower Johnson club has helped with many things over the years including 4-H projects and awards, making military back packs, collecting pop tabs, making baby bibs, baby blankets, teen dream pillows, and puppy pillows. The group also bought red wagons and crocheted shawls for the Riley Children’s Hospital for children who were on hospice.

In addition to donating their skills, club members also volunteer their time through activities such as ringing the Salvation Army bells, helping with the sales of Kmart Christmas trees for children, Heart to Heart, Ag Day, Lords Warehouse, Harbor House, Food Pantry and donating BINGO prizes for area nursing homes. They also give gifts to KCARC for the residents at Christmas, shop with children at the Christmas breakfast with Santa and help with local scholarship applications.

Members also share their knowledge and have offered many demonstrations on quilting, basket making, painting gourds, cooking special dishes, May breakfast, Spring fling, District meetings and volunteering as superintendents for the Open Class building at the Knox County Fair.

Members also find time to relax and just enjoy each other’s company through numerous trips over the years including; Sherman House, concerts at Roberts Stadium, Grand Ole Opry, Ice Capades, Rock Home garden, Beef and Boards, Brown County, and Conner Prairie.

Lower Johnson Homemakers club meets the third Monday of each month at Colonial Assisted Living. Each member hosts a meeting and other are co-hosts. We have a lot of fun and over the years we have made a scrapbook of different events and club happenings. Anyone is invited to join in and check it out. “Come as you are and join in on a possible Toga party, Halloween party and much more,” says Carol Luenebrink, club member.

**Extension Homemakers—Dates**

· March 2: County Council Meeting, 10AM, Fortnightly

· March 8: Spring District Meeting, Daviess County

· March 15: various scholarship and award due dates; see program book

· April: various organizational due dates; see program book

· May 4: May Lunch – Stay tuned for details!

**Club Secretaries** – be on the lookout for member update forms coming soon via mail.

**Extension Homemaker May “Lunch”**

“Let’s not go another year without being able to get together and celebrate,” says Pat Summers, president of the Knox County Extension Homemakers Council. The County Council and any interested members will meet at the next council meeting to discuss and plan an opportunity to host a May Lunch instead of the historical May Breakfast. Ideas include finding restaurant meeting space that can accommodate the group so that no one has to be in charge of meal preparation. The planning meeting will take place March 2, 2022 at 10AM at the Fortnightly. All members are encouraged to attend.

**Ten tips to keep your identity safe**

Identity theft affects somewhere around 15 million consumers, costing over $16 billion dollars every year. Follow these basic tips to help minimize the risk that you could become a victim.

1. Shred documents that contain personal information and if you use electronic document delivery make sure that your accounts are secure using strong passwords.
2. Do not carry your Social Security card or write your number on checks.
3. Never provide personal information via phone, mail or the internet unless you initiated the conversation and know the request is legitimate and the site is secure. (Look for “https” at the beginning of the URL in the address bar.)
4. Do not click on pop-up ads or links in unsolicited email.
5. Keep your computer security and antivirus software up-to-date
6. Use hard-to-guess passwords, and change them often.
7. Do not use the same password on all your accounts. If your password is compromised then all of your accounts are compromised instead of just one.
8. Review account statements when you receive them to identify any irregular activity that you may not recognize.
9. Check your credit report. You are entitled to request a free copy every year from each of the credit reporting agencies. Visit [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com) or write to Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348-5281
10. If something does not seem right or sounds too good to be true, do not be fooled; follow your instinct. A good test can be to ask for a phone number where you can call them back.

Learn more about scams and identity fraud at <https://www.consumerfinance.gov/consumer-tools/fraud/>

**Meet Me At The Fair**

The pandemic has impacted many of our routines, and that includes participation at our county fair. To celebrate our fair and invite the community to preserve and continue the history, the theme for the Open Class exhibit hall this year will be “Meet me at the fair”. Extension Homemakers are busy collecting historical pieces to display during the fair and are asking your help. If you have any documents, pictures, newspapers articles, etc. from the fair of years past and are willing to display them and/or let us take a copy, please contact Barb Holscher at 812-881-7688 or [bbd62@yahoo.com](mailto:bbd62@yahoo.com).

**Matter of Balance - Fall Prevention Class**

**What**: An 8-week class that teaches fall prevention skills; participants will learn how to identify fall risks in their environment; build confidence so fear does not limit their activities; and practice simple strength and balance exercises.

**When:** Thursdays; March 17-May 5, 2022 from 10A-12P ET

**Where:** Blue Jeans Community Center, 1242 Main St. Monroe City, IN (cafeteria)

**Who:** Anyone who has fallen or is afraid of falling can benefit from this class.

**Why:** Why not? You have nothing to lose and much to gain by investing in yourself.

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| **What we’re doing** | **How to connect** |
| Bite By Bite Cover Art - FINAL-01**Bite By Bite: Nutrition For Life**  A podcast covering the latest fads in food and nutrition where we cut through the hype, explore the science behind food and nutrition, and provide practical tips for incorporating healthful strategies into everyday life. | Find us on **Spotify** and other popular listening platforms.    Or come take a peek at [**Anchor.fm/BitebyBite**](http://Anchor.fm/BitebyBite)  Follow us on social media to stay connected and suggest topics for us to cover! Find us on Facebook and Instagram. @**BitebyBiteNutritionForLife** |
| Purdue Extension—Knox County Health & Human Sciences general **Facebook** page to share news and happenings. Stop by and leave me a note! | Facebook “f” Logo Download and Usage Guidelines **@KnoxCountyHHS** |
| Purdue Extension HHS Southwest Educators  A collaborative effort to record educational content from 1 minute to 1 hour to help Hoosiers live well, eat right and spend smart. Miss a session or just wonder what we’re up to? Come find us on **YouTube**! | Free Youtube Logo Icon, Symbol. PNG, SVG Download.Free Youtube Logo Icon, Symbol. PNG, SVG Download.Free Youtube Logo Icon, Symbol. PNG, SVG Download.  **@Purdue Extension HHS Southwest Educators** |

**ServSafe Manager Class and Certification Exam**

This class and exam fulfills Indiana requirements to become a “Certified Food Protection Manager” (formerly called Certified Food Handlers).

Exams are available in a variety of languages and classes are offered in English and Spanish in our area.

This class and proctored examination is offered at a variety of dates and locations. Training with Exam or Exam Only options for those who self-study are available. For more information contact Tonya @ 812-882-3509 or [short43@purdue.edu](mailto:short43@purdue.edu).

**The next local class will be held March 21, 2022 in Washington.**

**Register here** [**https://cvent.me/v71kA4**](https://cvent.me/v71kA4) **or call Purdue Extension – Daviess County with any questions. 812-254-8668**

For a full list of upcoming class dates visit:

<http://www.purdue.edu/servsafe/workshops>

**National Nutrition Month – CHALLENGE**

Every month we celebrate National Nutrition Month as a way to acknowledge and appreciate all of the healthful foods we have available to us. It could also be an opportunity, to explore your current nutrition habits to find ways to maximize the nutrition in your diet. This year’s theme is *“Celebrate a World of Flavors”* See if you are up to the task of taking on one or more of these challenges!

1. Eat a variety of nutritious foods

* Include foods from all food groups; Use the nutrition facts label when choosing foods
* Incorporate your favorite cultural foods and traditions

1. Talk to a health professional about your health and nutrition goals

* Ask your healthcare provider for a referral to a Registered Dietitian Nutritionist (RDN). A dietitian is specifically trained in nutrition science to provide personalized recommendations

1. Plan your meals and snacks
   * Planning ahead helps you make your grocery list and helps you stay within the plan you designed for yourself.
   * Plan ahead for meals away from home; spontaneous choices are typically less nutritious
2. Create tasty foods at home
   * Try a new recipe or learn a new cooking skill
   * Try new flavors and foods from around the world
   * Enjoy meals with family and friends

To learn more and get tips to meet your personal nutrition goals visit: <https://www.eatright.org/food/resources/national-nutrition-month/toolkit#:~:text=tip%20sheets%20/%20handouts>

## **Agriculture & Natural Resources**

Valerie Clingerman-Extension Educator

Agriculture & Natural Resources Facebook@

[clingerman@purdue.edu](mailto:clingerman@purdue.edu)

\*\*Like **Purdue Extension Knox County Ag and Natural Resources on Facebook.**

**\***\*To receive monthly e-newsletters call 812-882-3509 or e-mail me to be added.

**Upcoming Events**

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| Date | Event | Time (Eastern) | Location | Contact info. |
| Various dates in March | Small Farms Conference | Varies | Virtual | Registration, topics, and dates can be found at: <https://www.purdue.edu/dffs/smallfarms/sfc-2022/> |
| Mar. 10 | Ag Day | 5-7:30pm | VU P.E. Complex, Vincennes | Tickets available, call: 812-882-3509 |
| Mar. 12 | Ohio Valley Small Farm and Garden Conference | 9:30am-1:30pm | Henderson Co. Extension Office, Henderson Kentucky | Questions call: 812-435-5287 |
| Mar. 12 | Vermiculture Workshop | 11-1pm | Vanderburgh Co. 4-H Fairgrounds, Evansville | Register at: <https://tinyurl.com/> vermiculturewksp |
| Mar. 15-18 | UAV (drone) Technology Program (see article on pg. 10) | 1-5pm | Vanderburgh Co. 4-H Fairgrounds, Evansville | Register by Mar. 8th: <https://cvent.me/gmqn4B>Questions call: 812-882-3509 |
| Mar. 23, 24, 30, 31 | DIY Lawncare Program (see article on pg. 11) | 1-3pm | Knox County Public Library Sun Room, Vincennes | Register by Mar. 16th <https://cvent.me/8ZLNar> Questions call: 812-882-3509 |
| April 12 | Youth For the Quality Care of Animals (See article on pg. 3) | 6:00 pm | VU Ag Center room 102, Vincennes | Questions: Call  812-882-3509 |
| April 24 | Youth For the Quality Care of Animals (See article on pg. 3) | 3:00 pm | Knox County Fairgrounds, Bicknell | Questions: Call  812-882-3509 |
| May 17 | Youth For the Quality Care of Animals (See article on pg. 3) | 6:00 pm | VU Ag Center room 102, Vincennes | Questions: Call  812-882-3509 |

**UAV (drone) technology program**

Do you fly drones but need to take the FAA part 107 exam? Do you fly drones but want to learn more about them? If so this course may be for you.

Course topics will cover FAA test preparation, flight instructions, camera settings, flight plans and recordkeeping, data management, image quality and troubleshooting, sensors and artificial intelligence, and emergency preparation. You will also get some hands on experience flying drones.

We will meet March 15, 16, 17, & 18 at the Vanderburgh Co. 4-H Fairgrounds from 1:00-5:00pm eastern. Cost for this program is $200 per person and registration and payment are due by March 8th by going to <https://cvent.me/gmqn4B>. If you have additional questions about this program you can contact Valerie Clingerman at the Purdue-Extension Knox County Office by calling 812-882-3509 or email clingerman@purdue.edu.

**Don’t forget your soybean dicamba training**

Every year presents a unique challenge when it comes to farming. This year high input costs and herbicide shortages will be the start of the 2022 growing season. I know many may be shifting what herbicide resistant traits they will be investing in to give more options in post herbicide applications. If you are shifting to dicamba tolerant soybeans and you are planning to spray Engenia, Xtendimax, Fexapan (no longer being sold), or Tavium don’t forget you need to take a mandatory training annually. The registrants are the ones required to offer these trainings. Registrants are offering these trainings in many formats such as online modules, live webinars, or in person. You can find information about these trainings at the following websites:

* BASF: <https://www.engeniaherbicide.com/training.html>
* Bayer: <https://www.roundupreadyxtend.com/stewardship/Pages/default.aspx>
* Syngenta: <https://www.syngenta-us.com/herbicides/tavium-application-stewardship>

A few other reminders: These herbicides cannot be applied after June, 20 and R1 growth stage (V4 for Tavium). Constantly keep your eye on the weather, especially wind speeds and only apply when wind speeds are between 3-10 mph, including gusts. Do not spray if wind is blowing towards sensitive crops. Maintain downwind buffers as indicated by the label. Always read and follow all labelled directions.

Remember that recordkeeping is also critical with these herbicides, the Office of the Indiana State Chemist has created a nice quick guide that highlights the key label requirements and includes a recordkeeping sheet that can be used on your farm. This can be found at: <https://tinyurl.com/dicambarecords>

**DIY lawncare program**

Do you want to know how to have a greener, healthier lawn? Join us for this series where you will receive information on essential turf basics needed to lay the groundwork for creating, establishing, and maintaining your lawn.

**Who should join?**

• Homeowners • Property Renters • Homeowner Associations

**What will I learn?**

Session 1: Basics of Taking Care of Lawns

Session 2: Lawn Pests and Problems

Session 3: Weed Identification and Management

Session 4: Seeding Establishment and Lawn Renovation

**When/where is it?**

March 23, 24, 30,31 from 1:00-3:00 pm eastern at the Knox County Public Library Sun Room.

**How do I register and what is the fee?**

Register by Mar. 16 at <https://cvent.me/8ZLNar>. There will be a $20 fee to cover the cost of handouts and snacks. If you have additional questions please contact Valerie Clingerman at the Purdue Extension-Knox County Office by calling 812-882-3509 or email clingerman@purdue.edu.

**Starting seed indoors**

Starting seeds indoors can be very rewarding and you can grow cultivars that are not available at local garden stores. If you are starting seed make sure to read the packet as it will tell you how many weeks in advance you need to start them. This can range from 4-14 weeks. As an example, around mid-March is when you will want to start plants such as tomatoes or peppers.

When starting seed you can use many containers. You can purchase seed starting kits, save food packaging (examples: egg cartons, yogurt containers, cottage cheese containers, milk jugs etc.), or build something, the sky is the limit. Just make sure that there are holes in the bottom to allow for drainage. Use some sort of seed starting mix, this mix is typically light and fluffy and allows for easy germination of plants. Sow seeds at the depth recommended on the packaging. Once seeds are sowed spritz with water and cover container with plastic or some other source that will help hold water in but also allow light in. Keep in a warm location and make sure they have access to bright light after germination. Remove the plastic at this time. A fixture with two fluorescent light tubes is adequate. Once seedlings develop one set of leaves make sure they are thinned or transplanted into a new container. Before transplanting outside make sure to harden plants. You can find more information about seed starting at: <https://tinyurl.com/startingseed> or call 812-882-3509.

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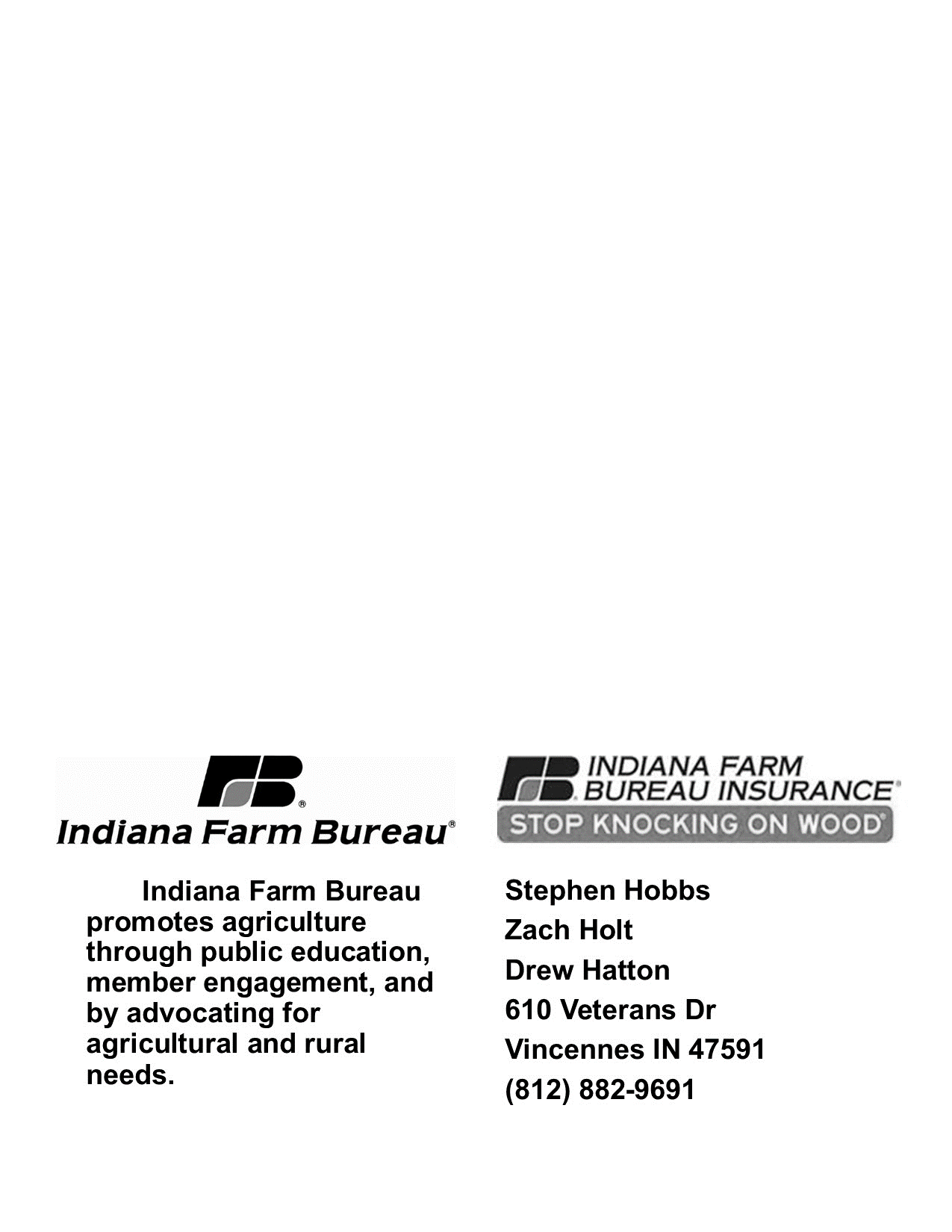
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Look inside for agriculture & natural resource, health and human science, and 4-H updates.