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Winter is arriving and that means there are many agricultural and gardening related meetings coming up, so don’t miss out! This is also the time of year that food is on our minds. Check out all the food related programs such as holiday jellies and ServSafe. 4-H enrollment started October 1st and ends Jan. 15th, if you have youth K-12 interested, now is the time to register.

If you have 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

**Mental Health First Aid**

Just like first aid training equips a lay person to assist someone until medics arrive, mental health first aid training provides knowledge and increases confidence in supporting someone in distress. In these 8-hour courses, participants learn signs and symptoms of common mental health challenges and how to recognize when someone is experiencing more than just a bad day. Participants practice scenarios to unmask stigma and gain confidence approaching someone non-judgmentally. Topics covered include anxiety, depression, substance use, trauma, suicidality, and self-care along with opportunity for participants to learn from each other through open conversation.

Purdue Extension began offering Adult and Youth Mental Health First aid in 2018 and our certified instructors have delivered over 100 trainings. Both course types, adult and youth, are intended for adult learners. The adult course focuses on common challenges related to adults. The youth course informs adults on common challenges youth may experience.

Learners receive a certificate of completion which can be utilized to submit for continuing education credits, if desired. Purdue University is an approved provider of Cat 1 credits for select counselors, therapists and social workers.

To learn more, contact Tonya at 812-882-3509 or [short43@purdue.edu](mailto:short43@purdue.edu) or visit [extension.purdue.edu/mhfa](https://extension.purdue.edu/mhfa). Will you #BeTheOne to make a difference in someone’s life?**4-H & Youth Development**

Mitch Wagoner

Extension Educator – 4-H Youth Development

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

**4-H Enrollment for 2024-2025**

**Parents** can go into 4Honline (https://v2.4honline.com) to enroll/re-enroll their children in 4-H for 2024

**Starts: October 1, 2024 Ends: January 15, 2025**

**Certificated adult volunteers** need to go into 4hOnline (https://v2.4honline.com) to re-enroll as an adult volunteer and to sign your 2025 Adult Behavior Expectations by **Nov. 1**!

If you do not have internet access, please contact the Extension Office (812-882-3509) so we can help!

**2025 4-H Scholarships**

4-H Accomplishment Scholarship – Sophomores, Juniors, Seniors, & College Freshman are eligible to apply for this scholarship!

4-H Senior Year Scholarship – All Seniors are eligible to apply. This one application will cover both County & State Scholarship.

4-H Club Scholarship - Senior in high school or currently enrolled in a post-secondary institution and will be transferring to Purdue University in the fall semester.

2025 4-H scholarship applications must be **uploaded & submitted through 4-HOnline by January 25, 2025**!

Scholarship Workshop: January 14, 2025 at 6:00 pm at the Extension Office in the 1st classroom.

For scholarship forms please visit this website:

<https://extension.purdue.edu/4-H/get-involved/scholarships.html>

**2025 4-H Trips**

Upcoming 4-H Trips:

* 4-H Day at the Indiana Statehouse: Feb 11, 2025.
  + Open to grades 7-12.
* 4-H Camp Counselors: June 1 – 4, 2025. Plus, in-person camp counselor trainings date TBA. Open to grades 9-12.
* **4-H Camp: June 2 – 4, 2025. Open to grades 3-6.**
* 4-H Academy @ Purdue: June 11 – 13, 2025. Open to grades 9-12.
* State 4-H Junior Leader Conference: March TBA, 2025.
  + Open to grades 7-12.
* 4-H Band Workshop: June 21 - 23, 2025 Open to grades 9-12.
* 4-H Chorus Workshop “aka. Show Choir”: June 21 - 24, 2025. Open to grades 9-12.
* 4-H Round Up: June 23 – 25, 2025. Open to grades 7-9.
* FYI, IN FFA State Convention: June 16 – 19, 2025.

**Upcoming Dates**

* Area 3 4-H/FFA Crops, Forestry, & Entomology CDE: November 13
* Junior Leader Callout meeting: TBA
* 4-H Scholarship workshop: January 14
* **4-H Enrollment push ENDS**: January 15, 2025
* 4-H Scholarships “Senior Year & Accomplishment” **DUE**: **January 25, 2025**
* \***NEW**\* 4-H Bowling Party at VU: January \_\_\_\_, 2025
  + “More information to come!”

**Social Media**

Facebook: “KnoxCountyIN4H”

Instagram: “@knoxcountyin4h”

**During the fair, where does the money come from & who pays?**

We have some questions about funds around the fair.

We hope this document will provide clarity.

The list below is not an inclusive list. I grouped items together to shorten the extensive list.

A great County Fair equals a lot of organizations working together!

A State Fair staff stated, “A great offseason for the fair equals a great State Fair.”

**Knox County Fair Board**: The Fair Board is a community organization with NO ties to the government or 4-H. We just partner very well together.

Revenue: Sponsorships, donations, grants, rentals of grounds/ building, gate fees “outside gates, grandstand, & pit pass (depends on contracts)”, event registration for grandstand/ VU Pavilion events (depends on contracts), food booth rentals, vendor rentals, percentage from carnival, passes “parking, golf-cart, & camping”, Queen Contest, Open Class fee, and etc.

Expenses: Insurance for fair/ grounds/ other events, utilities “water, electric, gas, internet, & trash”, upkeep of all facilities/ the grounds, paying for entertainment “grandstands/ VU pavilion events”, Queen Contest, 4-H ribbons, Open Class, paying worker “ticket takers/ parking help”, advertisement/ printing, postage, cleaning supplies, trophies/ prizes/ pay outs, and etc.

**Knox County 4-H Council**:

Revenue for 4-H Council comes in 3 areas.

1. Knox County Commissioners.

2. Fees from enrollments & trips.

3. Donations & sponsorships.

Expenses for 4-H Council: State 4-H enrollment fee, provide scholarships to trips/ camps, buys all 4-H manuals, advertisement, insurance, some 4-H awards, 10-year member awards, senior-year scholarships, assist with postage, supplies for 4-H project judging, fair building supplies, hiring a summer intern, paying all 4-H judges, paying for 4-H events, 4-H premium money, 4-H shirts, & etc.

**4-H Livestock Committee “aka. Auction Committee”**:

95% of the money brought in during the 4-H Livestock Auction goes directly to the 4-H’er.

The Knox County 4-H Livestock Committee gets 5%.

* From the 5%, over 1/3 goes to the Fairground to help with upkeep of the livestock barns.
* Under 2/3 goes to pay for livestock tagging supplies, barn supplies, auction invitation, auction supplies, postage, printing, special projects at fairgrounds, quality assurance training cost, and etc.

 If you have questions, please contact Mitch Wagoner at the Purdue Extension-Knox County Office.

## **Health & Human Sciences**

Tonya Short, Extension Educator – Health & Human Sciences

[Short43@purdue.edu](mailto:Short43@purdue.edu) [www.facebook.com/KnoxCoHHS](http://www.facebook.com/KnoxCoHHS)



# Extension Homemakers—Updates

Next **County Council** meeting is November 4, 2024 at 10:30AM. This meeting is for county officers, club presidents, and anyone else who cares about Knox County Extension Homemakers.

**Club Presidents:** if you have activities or announcements to include in the newsletter, get that information to Tonya by the 15th of even numbered months. E.g. Information to Tonya by June 15 for printing in the July-August newsletter.

**Spring District Meeting**, March 27, 2025, Posey County

# News from the Knox County Extension Homemakers

The Extension Homemakers will have a Cookie Exchange at their November

Council meeting on Monday, November 4 at the Knox County Library Fortnightly

Club. The meeting will begin at 10:30 a.m. with cookies at 11:00. All members

are invited to participate by bringing two dozen cookies. New members are

always welcome.

The Extension Homemakers Fall District meeting at the Gibson County

Fairgrounds was enjoyed by Darlene Decker, Mary Louise Hess, Sue Oexman,

Pat Doades, Michelle Richardville, and Suzan Morgan. In addition to the regular

district and state information, Stanley Madison gave the history of Lyles Station

and invited all to visit this National Historical Landmark. It truly was a memorable district meeting. Spring district meeting will be hosted in Posey County.

Thank you to Suzan Morgan for creating a display at the Knox County Public Library for the month of October to celebrate and share about Extension Homemakers. Hopefully you were able to visit the library to see the display.

# Indiana Youth Institution Youth Worker Café

De-Escalating Agitated Youth

**Who:** Anyone who works with or interacts with youth. You do not have to be a youth worker to attend.

**When:** November 12, 2024, 11A-1P ET

**Where:** KCARC 1972, Vincennes

**Description:** In your work as a youth-serving professional, you may encounter agitated people. De-escalation can be challenging as you care for the young person, others, and yourself, all at the same time. And the intensity of the moment when a young person’s behavior is escalated may feel hard to handle. Knowing how to respond quickly with calming de-escalation skills is the key. This workshop will focus on prevention, intervention, and postvention of de-escalation.

Presented by: Kent Leslie, Assistant Director of Programs, Youth First, Inc.

Lunch will be provided and CEUs may be available through the IU School of Social Work.

Learn more and register at: <https://iyi.org/events/>

# Holiday Jams and Jellies

**When:** November 22, 2024; 12-4PM

**Where:** Goshorn Park, 208 Nye St., Clay City, IN

**Cost:** $30

**What you’ll learn**: Boiling water bath basics, the difference between boiling water bath and pressure canning, the science of jam and jelly making, and where to find trusted sources for all your food preservation needs. PLUS, we’ll get into the kitchen and try our hand at canning a batch of jam. Participants will take home a jar of product we make.

**What you need to bring:** Close toed shoes are required. You may also wish to bring an apron.

**To Register**: Call 812-829-5020 or 812-448-9041

Anyone who registers and pays before November 15 will receive a free canning utensil set.



# Virtual Mental Health First Aid

November 21, 2024, 8:30A-3:30P CT/ 9:30-4:30 ET

Register or learn more at <https://cvent.me/embrBL>

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# ServSafe Manager and Food Handler courses

ServSafe Manager Certification is an approved training in the state of Indiana to become a certified food protection manager.

ServSafe Food Handler is for anyone else who needs basic food safety and food handling training, including home-based vendors, food service workers, volunteers, or others who work with food who only need the basic training. This course is NOT intended for food service managers.

Here are upcoming classes scheduled in our area. For more information including registration links visit [www.purdue.edu/servsafe/workshops](http://www.purdue.edu/servsafe/workshops) or <https://extension.purdue.edu/county/knox/ServSafe.html>

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| **ServSafe Manager Classes** | |
| When | Where |
| February 19, 2025 | Dubois County contact Chelsea 812-482-1782 |
| April 17, 2025 | Washington, IN contact Jennifer 812-254-8668 |
| July 22, 2025 | Vincennes, IN contact Tonya 812-882-3509 |
| October 9, 2025 | Washington, IN contact Jennifer 812-254-8668 |

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# Bite by Bite: Nutrition for Life

# Podcast

Anywhere you look you can find a magic pill or formula promising to protect your health and transform your body in three easy steps. And, many of these claims do have (or at least started with) a speck of valid science. So, how to you cut through all the hype and separate truth from false marketing claims? The truth is, it doesn’t have to be that complicated! Join us as we explore and dissect different fads and trends to discover the real science behind food and nutrition.

Find us on Apple and Google podcasts, Radio Public and Spotify. Follow us on Facebook and Instagram @BiteByBiteNutritionForLife

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## **Agriculture & Natural Resources**

Valerie Clingerman-Extension Educator

Agriculture & Natural Resources

[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. |
| Nov. 6 | Daviess Co. PARP\*/CCH\*\* | 5:30-8:30pm | Montgomery | RSVP by Nov. 2 by calling 812-254-8668 |
| Nov. 7 | Daviess Co. PARP\*/CCH\*\* | 5:30-8:30pm | Montgomery | 812-254-8668 |
| Nov. 7 | Martin Co. PARP\*/CCH\*\* | 10:00-12:00pm | Loogootee | RSVP by Nov. 2 by calling 812-254-8668 |
| Nov. 12 | Knox Co. PARP\*/CCH\*\*/CEU\*\*\* | 10:00-12:00pm | Bicknell | 812-882-3509 |
| Nov. 12 | Pike Co. PARP\*/CCH\*\*/CEU\*\*\* | 6:00-8:00pm | Petersburg | 812-882-3509 |
| Dec. 11 | Area Beef Meeting | 7:00pm | Petersburg | RSVP by calling 812-385-3491 |
| Dec. 13 | Agriculture Outlook | 8:00am | Vincennes | 812-882-3509 |
| Dec. 13 | Knox Co. PARP\*/CCH\*\* | 10:00-12:00pm | Vincennes | 812-882-3509 |
| Dec. 19 | Gibson Co. PARP\* | 10:00-12:30pm | Princeton | 812-385-3491 |
| Jan. 9, 16, 23, 30, Feb. 6, 20 | Get Growing | 6:00-8:00pm | Vincennes | 812-882-3509 |
| Jan. 21, 28, Feb. 4, 11 | Succession Planning Workshop for Farms | 6:00-9:00pm | Vincennes | 812-882-3509 |
| Wednesdays from Feb. 5-May 14 | Master Gardener Basic Training | 5:30-8:30pm | Vincennes and Washington | 812-882-3509 |
| Feb. 13-14 | UAV (Drone) Technology Program | 9:00am-5:00pm | Boonville | Register at: <https://cvent.me/wmrBgo>, Got questions? Call 812-882-3509 |

\*PARP=Private Applicator Recertification Program \*\*CCH=Commercial Applicator Credits \*\*\*CEU=Certified Crop Adviser

**Area Wheat Plots Provide Valuable Information**

The Area III Agriculture and Natural Resource Extension Educators conduct a wheat variety trial every year. For the last few years these plots have been located at the Southwest Purdue Agricultural Center in Vincennes. The 2023/2024 wheat yielded extremely well across all varieties. We want to thank AgriMAXX Wheat Company, AgriPro(Gro Pro Genetics), Beck’s Hybrids, DKD Genetics, Dyna-Gro, Pioneer Seed, and Proharvest Seed for submitting their varieties for testing. When selecting wheat varieties, it is important to review multiple years of data to see how varieties respond to different environmental conditions. You can view the last three years of data at: https://tinyurl.com/PurdueExtKnoxANR. We have planted the 2024/2025 plots and look forward to seeing how these varieties fair this year. If you have questions about the plots call the Extension Office 812-882-3509.

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**License Recertification (Private Applicators=PARP, Commercial Applicators=CCH)**

This time of year, is busy because it is when many recertification programs take place for pesticide applicators. I have many listed under upcoming events (pg. 9) however this list is constantly changing. Visit <https://ag.purdue.edu/department/extension/ppp/private-applicators/recertification-parp/parp-events/> for updated listings.

A few reminders: If your license is expiring in December, you should have received a letter from the Office of the Indiana State Chemist in October or November telling you either that you need more credits or that you have received your credits and need to pay a fee to finish the renewal process.

Private Applicator license are good for five years and you either need to attend three PARP programs or retake the exam. You can only attend two programs in one year.

Commercial applicator licenses are good for one year but the certification is good for five years. Each certification varies on the number of CCH credits depending on their license category (Ex: Category 1-ag pest management needs to get 20 CCH’s). You cannot earn more than half the points required at one conference. If you do not want to attend conferences to accumulate CCH credits you can retake the exam.

Private and commercial applicators can re-print their licenses and check their credits by visiting: <https://inplants.oisc.purdue.edu/USAPlantsIN/Index.aspx> go to applicator login on the left side of the page and enter your name and last four of your SSN. Under license information you can view/print your license, under categories/CCH’s you can see your current number of credits, and you can see the tests you have taken and what meetings you have attended.

If you have questions reach out to the Extension Office 812-882-3509.

**Get Growing Workshop**

Join Purdue Extension-Knox County for a 6-week program on commonly asked garden topics. This program will be offered Thursday evenings from Jan. 9-Feb. 20, 2025 from 6:00-8:00pm at the Purdue Extension-Knox County Office (4259 N Purdue Rd. Vincennes 47591).

**Topics:**

Jan. 9-How Plants Grow

Jan. 16-What’s Pestering Your Garden

Jan. 23-Wondering About Woody Plant Care

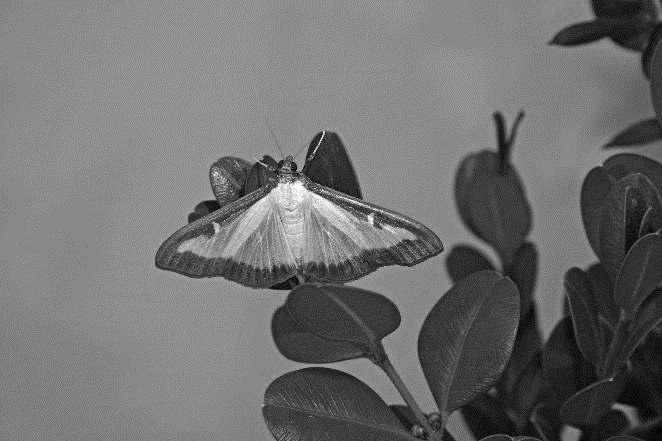
Jan. 30-Growing Fantastic Flower Gardens

Feb. 6-Growing Lush Lawns

Feb. 13-NO CLASS

Feb. 20-Fruit in the Backyard

**Pre-registration and the $40 registration fee are due by Jan. 3, 2025. Send payment to the Purdue Extension-Knox County Office (4259 N Purdue Rd. Vincennes 47591). Please include names of attendees and contact information (phone number/email).** If you have questions contact Valerie Clingerman, 812-882-3509, or [clingerman@purdue.edu](mailto:clingerman@purdue.edu).



**Box Tree Moth on Indiana’s Doorstep**

**(Purdue Plant and Pest Diagnostic Lab)**

The U.S. Department of Agriculture’s (USDA) Animal and Plant Health Inspection Service (APHIS) has confirmed the detection of the box tree moth (BTM) near the border of Hamilton and Clermont counties in Ohio.

The box tree moth is an invasive pest from East Asia that poses a threat to boxwood plantings and the horticulture industry. Federal and state officials are asking the public and horticultural businesses to spot and report the box tree moth.

If you suspect box tree moth please send us photos by using our website upload at: [**https://ag.purdue.edu/department/btny/ppdl/submit-samples/digital-submission.html**](https://ag.purdue.edu/department/btny/ppdl/submit-samples/digital-submission.html)

Or send a sample to our lab using the information found here: [**https://ag.purdue.edu/department/btny/ppdl/submit-samples/physical-submission.html**](https://ag.purdue.edu/department/btny/ppdl/submit-samples/physical-submission.html)

You may also contact the Indiana Dept. of Natural Resources: [**https://www.in.gov/dnr/rules-and-regulations/invasive-species/**](https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.in.gov%2Fdnr%2Frules-and-regulations%2Finvasive-species%2F&data=05%7C01%7Cabraha15%40purdue.edu%7C3e8035ba0b08418f7e4208db77f7848e%7C4130bd397c53419cb1e58758d6d63f21%7C0%7C0%7C638235677186007330%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=AIzVUtPEbtNgW12CEdNuqXIXe%2F7ccEqE%2BIHxljlZJLI%3D&reserved=0)

To read this article visit: <https://ag.purdue.edu/department/btny/ppdl/>

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Thank you to our sponsor! Look inside for agriculture and natural resource, health and human science, and 4-H updates.

