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**412 Main Street**  
**Rising Sun, IN 47040**



<https://extension.purdue.edu/Ohio/>



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1. Jazzy Jest-ers	2.
3.	4. 5:30pm Goat Management Program YAB 6:30pm	5.	6. Lumberjacks 6pm @EO	7. Shooting Sports Safety Meeting, 6pm	8. Ext. Home-maker Council 9am	9. 9-3 Camp Counselor Training Cake Decorating Class
10. Shamrock Shiners 3pm @EO	11.	12.	13. Classy Clovers 6pm @ EO PCARET 7pm Zoom	14. Area Livestock & Dairy Contests	15. OFFICE CLOSED	16.
17. 	18. Fair Board 6:30  — AI School —	19.	20.	21.	22.	23.
24. Trailblazers 2pm @ EO Junior Leaders 5pm	25.	26. Homemakers Achievement Night	27. Administrative Professional's Day	28.	29.	30. Spring ID Day 8-10 am Goats, Sheep, Swine

## Attention ALL Youth Grades 7-12!

Are you looking for volunteer hours?

We are looking for youth to come to board meetings to help with planning programs and the fair.

If you are interested please contact the office. Each meeting is approximately an hour. Come to as many or as few as you would like to attend.

### Mark Your Calendar!



**4-H GROWS HERE**

- May 15, 2022 - Livestock Entered into 4-HOnline Deadline
- June 3, 2022 - Nature Camp
- June 4, 2022 - Summer ID Day (Rabbit) 9:00-10:00am
- June 4, 2022 - Rabbit & Poultry Workshop 10:00am
- June 4, 2022 - YQCA @ 11:00am
- June 4, 2022 - Fair Entry Deadline
- June 6-10, 2022 - 4-H Camp
- June 11-12, 2022 - Area 1 Horse & Pony Show
- June 17, 2022 - Vet Science Camp
- June 24-July 2, 2022 - Ohio County 4-H Fair

### Spring ID Day: All Sheep, Goat, & Swine April 30, 8 - 10A.M. at the Ohio County Fairgrounds

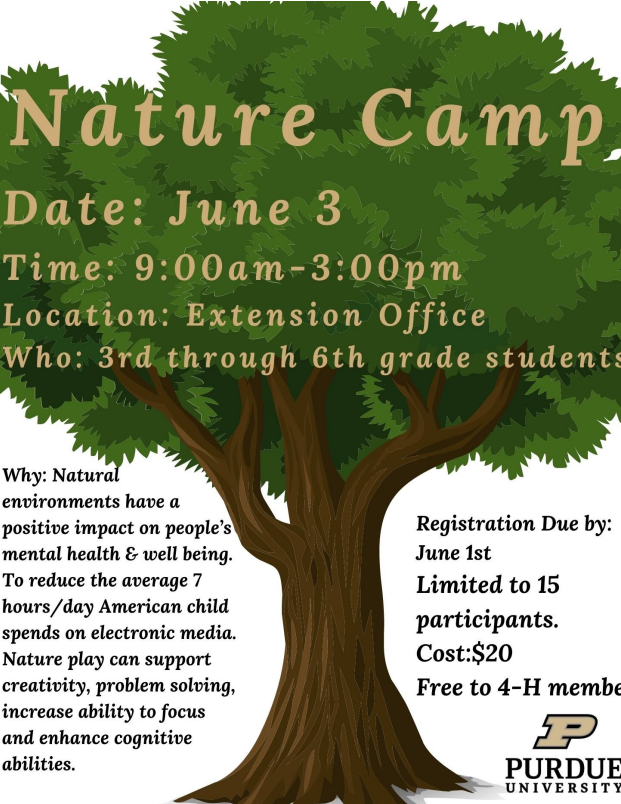
- ◇ Animals will be tagged with a 5-digit county unless they are already tagged.
- ◇ Sheep and Goats will need to be tagged with a 5 Digit tag unless they already have one from the county or are tattooed. Swine will receive a 5 digit tag and an RFID tag. Scrapie tags will not be excepted for identification.
- ◇ **All animals MUST be enrolled online by May 15th to be eligible to exhibit!!**
- ◇ Swine, Goats and Sheep planning on going to the State Fair must be tagged with RFID tag and must have DNA sample collected and turned into the Extension Office by May 15th.
- ◇ Females that have been previously shown or that are registered do not need to be brought to ID day, the 4-H member needs to complete the enrollment information online.
- ◇ Please contact Jill at the Extension Office if you have any questions, 438-3656.




# Nature Camp

**Date: June 3**  
**Time: 9:00am-3:00pm**  
**Location: Extension Office**  
**Who: 3rd through 6th grade students**

**Why: Natural environments have a positive impact on people's mental health & well being. To reduce the average 7 hours/day American child spends on electronic media. Nature play can support creativity, problem solving, increase ability to focus and enhance cognitive abilities.**



**Registration Due by: June 1st**  
**Limited to 15 participants.**  
**Cost: \$20**  
**Free to 4-H members**

  
**PURDUE UNIVERSITY**  
 Extension

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Saturday, April 23, 2022  
 9am-3pm  
 Lawrenceburg Fairgrounds  
 US 50 across from  
 Hollywood Casino  
 Livestock Barn

## Dearborn County 4-H Livestock Workshop

### Multi-Species Workshop

Beef, Dairy, Meat & Dairy Goat, Sheep, Swine, and Rabbit & Poultry

Open to All 4-H and FFA Families in Dearborn and surrounding counties.

You do not need to be enrolled in the project. If the interest is there now or in the future, the opportunity is available.



### Topics to be Discussed

- Animal Selection
- Nutrition and Health
- Grooming and Preparation
  - Cleanliness,
  - Clipping
  - Grooming
- Showmanship
  - Preparing before the show.
  - During the Show
  - Live showmanship practice.



**YQCA Training will be offered right after lunch**

**We will be offering duplicate morning and afternoon sessions allowing participants to attend more than one species training.**



**Lunch and Drinks will be provided**

Please RSVP to the Dearborn County Extension Office by Tuesday, April 19th at 812-926-1189 or email: [ebelers@purdue.edu](mailto:ebelers@purdue.edu). Please designate names attending and species you are interested in.

**This workshop will be a hands on experience. We will have animals on hand for grooming and showmanship.**



# Veterinary Science Camp



**June 17, 2022**  
**9:00am-3:00pm**  
**Rising Sun Vet Clinic**

**Youth that just completed grades 5-9.**  
**Cost: \$20 (Current 4-H members are FREE)**  
**Lunch will be provided.**

**Register: Please contact the Ohio Co. Extension Office at 812-438-3656 for registration or questions.**



  
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# Area 1 Performing Arts Contest

**April 30, 2022 | 6:30pm****Southwestern Elementary Multi Purpose Room****273 S Main Cross St, Hanover, IN 47243****Registration begins at 6:00pm**

## Who can participate?

- The contest is open to all 4-H members in Area 1 (Bartholomew, Brown, Dearborn, Decatur, Jefferson, Jennings, Ohio, Ripley, & Switzerland Counties).

## What are the categories?

- Curtain Acts: Musical
  - 1-4 performers, 3-5 minutes
  - Types of Acts: instrumental (piano, guitar, flute, drums, etc.), vocal, bands (rock, country, jazz)
- Curtain Acts: Non-Musical
  - 1-4 performers, 3-5 minutes
  - Skits or sketches, magic, clowning, rhythmic gymnastics, reading, 4-H cheerleading routines, choral speaking/reading, dance (ballet, tap, modern, etc.) lip sync, juggling, acrobatic feats, ballads, puppetry.
- Group Acts:
  - 5 or more performers, 5-8 minutes.
  - Skits or sketches, choral number, dance routines, lip sync, etc.

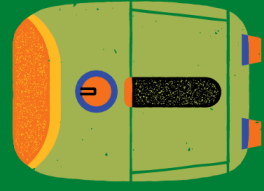
## How to register:

- Register for the event by following the link or scanning the QR code at the top of the flyer. **<https://bit.ly/3rxnTho>**

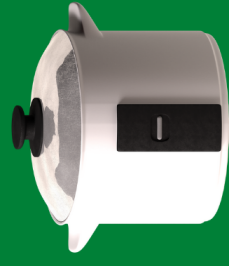
**Registration Deadline: April 22, 2022**

Call the Jefferson County Extension Office at (812)265-8919 if you have any questions

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# ABC's Of Small Appliances

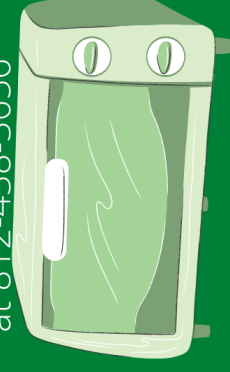


Airfryers, Instapots, Toasters Ovens,  
OH MY!

Thursday, June 2nd from 9:30-3:30 at Extension Office  
7th-9th graders

Cost \$20.00

for registration info please call the Extension Office  
at 812-438-3656



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# APRIL 18–19, 2022



Extension



## ARTIFICIAL INSEMINATION CERTIFICATION SCHOOL

### About This Course:

Purdue Extension is partnering with Select Sires to hold an Artificial Insemination (AI) class for beef and dairy producers interested in learning about:

Anatomy/Physiology, AI Technique, Semen Handling, Estrus Detection/Timing and Estrus Synchronization program into their herd.

The event is two days April 18 from 5:00–8:00 pm and April 19 from 8:00am–4:00pm.

### Location & Info:

Cox Livestock  
1014 W County Rd 150 N  
Osgood, IN 47037

Register by April 12, 2022

\$350 per person

**REGISTER HERE: [HTTPS://CVENT.ME/QZVVG Y](https://cvent.me/qzvvgY)**

Purdue University is an equal opportunity/equal access/affirmative action university. If you require special accommodations to attend this event or have any questions about this event, please email Jill Andrew-Richards [jmrichards@purdue.edu](mailto:jmrichards@purdue.edu) or call 812-438-3656

### **April Tips for Better Pastures & Grazing Management**

- Graze winter annuals that were planted last fall.
- As pasture growth begins, rotate through pastures quickly to keep up with rapid spring growth.
- Creep-graze calves and lambs, allowing them access to highest-quality pasture.
- As pasture growth exceeds the needs of the livestock, remove some fields from the rotation and allow growth to accumulate for hay or haylage.
- Determine need for supplemental warm season forages such as pearl millet or sudangrass.
- Flash graze pastures newly seeded with clovers to reduce grass competition.



# GOAT MANAGEMENT 101

**Did you enjoy the Facebook Live sessions, but you still have questions? This is your chance to come in person to speak to Ashly Green, DMV. Come learn what it takes to raise productive goats year round!**



Join us on April 4th  
@ 5:30pm @ the  
Purdue Extension-Ohio  
County Office  
412 Main Street  
Rising Sun IN 47040  
RSVP: 812-438-3656



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## **April Garden Tips** **By: Rosie Lerner**



### **HOME (Indoor plants and activities)**

Start seeds of warm-season plants (including tomatoes, peppers, eggplant, marigolds, zinnias, and petunias) indoors for transplanting later to the garden. Harden off transplants started earlier in spring before planting outdoors. Gradually expose the young plants to outdoor conditions of wind, brighter sunlight, and lower moisture. Apply fertilizer to houseplants according to label directions as days grow brighter and longer and new growth begins. Foliage plants require relatively high-nitrogen fertilizer, while blooming plants thrive on formulations that are higher in phosphorus. Keep Easter lily in a bright, cool location, out of direct sunlight. Water as soil begins to dry. You can remove the yellow, pollen-bearing anthers inside the flower by pinching to prevent staining the petals.

### **YARD (Lawns, woody ornamentals and fruits)**

Plant a tree in celebration of Arbor Day, April 24. You should plant bare-root stock before new top growth begins. You can plant balled and burlapped and containerized stock later in spring. Complete pruning chore. Remove dead and injured branches first. Apply a prebloom, multipurpose orchard spray to fruit trees. Remove winter coverings from roses, but keep mulch nearby to protect them from late freezes. Prune and fertilize as needed. Apply pre-emergent herbicide to control crabgrass in lawns. Approximate application dates are late March to mid-April in southern Indiana and mid-April to early May in northern Indiana. Exact timing varies each year with weather conditions.

### **GARDEN (Flowers, vegetables and small fruits)**

Plant seeds of cool-season crops directly in the garden as soon as the soil dries enough to be worked. When squeezed, soil should crumble instead of forming a ball. Cool-season crops that can be direct-seeded include peas, lettuce, spinach, carrots, beets, turnips, parsnips and Swiss chard. Plant transplants of cool-season crops, such as broccoli, cauliflower, cabbage, Brussels sprouts, kohlrabi and onions. Plant or transplant asparagus and rhubarb crowns. For best plant establishment, do not harvest until the third year after planting. Plant sections of certified, disease-free potato "seed" tubers.

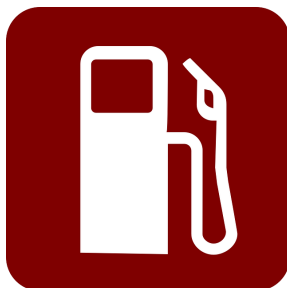
Allow the foliage of spring-flowering bulbs to remain in place after blooms fade. Leaves manufacture the food reserves, which are then stored in the bulb for a repeat showing next year. Plant hardy perennials, such as daylilies and delphiniums. Start tuberous begonias and caladiums indoors for transplanting to garden later. Remove winter mulch from strawberries, but keep mulch handy in case late frosts are predicted and to help keep weeds under control. Plant or transplant strawberries, raspberries, and other small fruit.



# HEALTH & HUMAN SCIENCES

## 10 Ways to Save at the Gas Pump

We are feeling the pinch when we fill up our vehicles at the gas pump. Check out these tips from Consumer Reports so that you can get the most out of your dollar and your tank of gas.



1. Stay at Half Full— keep your tank at least half full as there could be risks of shortages due to lack of drivers and weather situations (i.e. tornadoes, hurricanes) that can impact production and shipping.
2. Try using appl like GasBuddy— they can show you what local gas prices are and make it easier to find good prices in your area or wherever you are traveling to.
3. Minimize Travel— try to combine errands, activities to reduce the overall gas consumption that your family uses.
4. Speed Limits— following the speed limit and all of your driving habits can impact how much fuel your vehicle uses.
5. Drive evenly— hard acceleration and braking when done in frequent bursts can impact your mileage by as much as 2 to 3 miles per gallon.
6. Pay attention to the aerodynamics of your vehicle— remove roof racks, bike racks and any other object that may limit your vehicles aerodynamics.
7. Buy quality gasoline— similar to the way our body needs good food to fuel up your car does also The cleaners in top tier gas can clean your engine and may be more available.
8. Skip buying the premium gas unless its required by your vehicle.
9. Check your tire pressure— tires lose about 1 psi/month so having lower than recommended tire pressure can affect your car's performance and fuel usage.
10. Skip using the AC— with these beautiful spring days put your windows down and enjoy the warmth before the heat of summer. As for summer time, cooling your car will use gas but it will also be more comfortable to use the AC when its hot and humid.

Information courtesy <https://www.consumerreports.org/fuel-economy-efficiency/10-tips-to-get-the-most-out-of-a-tank-of-gas-a2642110189/>

## April is Stress Awareness Month

**\*\* Know Your Limits\*\*** it's no shocker that we can reduce or eliminate some of our stressors. Learning to say NO is part of knowing your limitations and sticking to them. Taking on more than you can handle can have detrimental effect on our overall health both personally and professionally.

So whether its stepping back from some responsibilities, incorporating physical activity or seeing a counselor, finding ways to manage your stress is vital to your health.

Information Courtesy: <https://food.unl.edu/newsletter/healthy-bites/managing-stress>



## Cauliflower Broccoli Salad

Recipe courtesy: <https://food.unl.edu/recipe/broccoli-and-cauliflower-salad>

3 cups broccoli  
3 cups cauliflower  
1/2 c. dried cranberries  
1/2 c. purple grapes  
1/4 c. red onion, chopped  
2 Tablespoons vinegar or lemon juice  
3/4 cup non fat Greek Yogurt— PLAIN  
2 tsp. sugar

2 Tablespoons sunflower seeds  
3 slices bacon, cooked and crumbled  
Directions— wash hands with warm water and soap for 20 seconds. Using a large mixing bowl, combine broccoli, cauliflower, cranberries, grapes and onion. In a smaller bowl, stir together vinegar, Greek Yogurt and sugar and then pour over broccoli mixture. Add sunflower seeds and crumbled bacon, stirring gently. Store leftover in a sealed container and refrigerate within 2 hours.

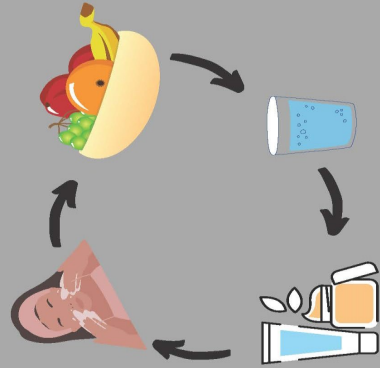
**\*\*Make sure to grab PLAIN Greek Yogurt— nothing will alter your salad flavor more than accidentally using Vanilla :)\*\*.**







Extension - Ohio County



## The Skin You Are In- Taking Care of our Skin as we Age

Date: Tuesday, April 12th, 2022

Time: 2pm

Where: Extension Office

RSVP: Please call 812-4358-3656 by April 11th, 2022

Our skin is our largest organ- keeping it healthy as we age is is vital to our overall health. Join us for tips on keeping your skin glowing, nutrition for our skin as well as learning the ABC's of skin health.

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Grab your lunch and get ready to learn during these 1-hour virtual segments of Be Heart Smart!



## TAKE OF CARE OF YOUR HEART



Looking for guidance on improving your heart health? Follow **Purdue Extension** as we explore ways to help prevent heart disease through healthy lifestyle changes via a Zoom lunch and learn.



Buzz on by and join us!

## BEE YOU IN 2022

OHIO COUNTY EXTENSION HOME  
MAKERS ACHIEVEMENT NIGHT

APRIL 26TH FROM 6-8PM  
AT THE SCHROEDER  
BUILDING

1414 FAIRGROUNDS RD  
RISING SUN, IN 47040

THE UNIVERSITY OF PURDUE SYSTEM  
OFFICE OF THE CHIEF OF EXTENSION

April 27th @ 12:00pm

**Know Your Risks**

May 4th @ 12:00pm

**Know Your Numbers**

May 11th @ 12:00pm

**Heart-Healthy  
Cooking**

May 18th @ 12:00pm

**Take Action**

To register for the event, call the Jefferson County Extension Office at (812) 265-8919

**Deadline to Register: Wednesday, April 20th**

Your Zoom link will be emailed to you upon registration.

Extension - Jefferson County

Extension - Ohio County

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