

February Newsletter



Online Resources



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

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JR. LEADERS

SUPER BOWL SUNDAY & BINGO PARTY

SUNDAY, FEBRUARY 12, 2022
1:00 - 2:00 PM
JR. LEADERS NEED TO ARRIVE BY 12:45 FOR SETUP

HOOSIER HAVEN MEETING ROOM




2023 Fair Changes and Updates

LIVESTOCK SHOWS

Monday, June 26, 2023

5:00 Sheep Show
7:00 Swine Show

Tuesday, June 27, 2023

8:00AM Rabbit Show
4:30 Dairy Cattle
5:00 Dairy Goat Show
7:00 Meat Goat Show

Wednesday, June 28, 2023

8:00AM Poultry/Waterfowl Show
6:00 Beef Show



4Honline & Fair Entry Checklist

In an effort to minimize the confusion we have put together a step by step checklist for you to follow as you prepare for the 2023 4-H Fair.

1. Make project select on 4Honline by May 15th deadline
2. If choosing to take livestock have animal identification entered in 4Honline by May 15th Deadline
3. Make sure you attending club meetings- livestock exhibitors wishing to participate in the auction must attend a minimum 3 meeting.
4. Fair Entry Opens May 16th- This is where you will log into Fairentry.com and select your projects for the fair. If a project was not previously entered into 4Honline it will not be able to be added at this point.

UPCOMING DATES



<u>DATE</u>	<u>EVENT</u>	<u>TIME & LOCATION</u>
February 16th	Camp Counselor Training	6:00PM @ Hopewell Baptist Church
March 4th	Beef and Dairy ID	8:00-9:00AM @ Fairgrounds
March 20th	Madison Homemaker District Spring Meeting	
April 25th	Ohio County Homemakers Achievement Night	6pm at E0
April 29th	Goat, Sheep, & Swine ID Day	8:00-10:00AM @ Fairgrounds
May 15th	Project Drop Add Deadline	
May 15th	Animal ID 4Honline Deadline	
May 23rd& 24th	Madison District Homemaker Retreat	@Camp Higherground
June 10th	Rabbit ID Day	9-10am @ Fairgrounds
June 23rd— 30th	Ohio County 4-H Fair	





4-H Youth Development



Club Information

Clubs and Leaders

Classy Clovers- Sonja Southard- Meet 2nd Wednesday @6pm- EO

Jazzy Jesters- Mary Zeiser, Kathy Steele, Ashley Castle- Meet the 1st Friday @ Ashley's

4-H Lumberjacks- Katie Schulz- Meet the 1st Wednesday @6pm- EO

Ohio County Trailblazers- Jenny Ohlmansiek- Meet 4th Sunday @2pm-EO

2023 Important 4-H Camp Updates and Changes

Camp Dates

1. Junior Directors, Group Leaders, and Counselors will report to camp from June 5th through June 9th.
2. Counselors In Training and Campers will report to camp from June 6th through June 9th.

Camp Fee

1. Unfortunately, our costs for camp have increased. Due to inflationary pressure and the need to cover our rising expenses we have set the camp fee for our 2023 4-H camp at \$220. (YAB will still pay half)

Schedule and Meal Change for Friday June 9th

1. The time for the closing program for Friday June 9th will be moved up to accommodate the travel time for our counties that are driving the furthest. Due to the change in time, we will not be serving dinner on Friday. Please plan accordingly.

Camp Counselor Training

What: Required training for 4-H Camp Staff

Who: Camp Junior Directors, Group Leaders, and Counselors

When: February 16, 2023

Time: 6:00-8:00PM

Where: Hopewell Baptist Church, Hobton, IN



**5TH-6TH GRADE
4-HERS IN AREA 1 ARE
INVITED TO
FREE BROOMBALL
AND ICE SKATING**

**FEBRUARY 18 | 2-4 P.M.
HAMILTON ICE ARENA
IN COLUMBUS**

Register on 4-H Online (v2.4honline.com) under "Events" or call your county's Extension Office to sign up. Let us know of any accommodations needed, and invite your friends to 4-H and FREE fun!

Call the Brown County Extension Office at 812-988-5495 or email schmi114@purdue.edu with additional questions.



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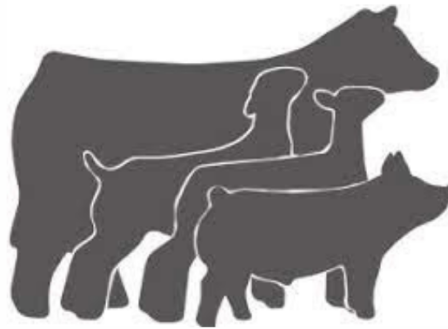
4-H Youth Development



Livestock Judging Reasons Workshop

This workshop is for beginners to advanced judges, 3rd-12th grade. Learn how important note taking is to being successful at the livestock judging contest!

February 20th
from
5:00-6:00PM
@ Extension
Office



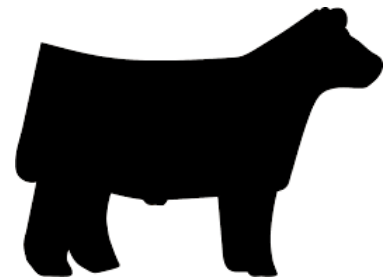
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Youth for the Quality Care of Animals (YQCA) will be replaced with Indiana 4-H Quality Livestock Care.

Look for more information coming soon that will include training dates and requirements.



Beef & Dairy Identification Day **March 4th from 8 - 9AM** **Ohio County Fairgrounds**



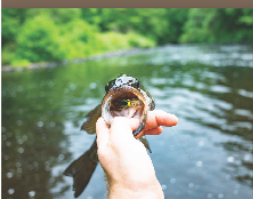
- ◇ All animals must be haltered with lead.
- ◇ Steers will be tagged and weighed.
- ◇ All steers and all heifers will be RFID tagged. 4-H members MUST provide Premise ID numbers in 4-H Online by May 15th.
- ◇ All commercial heifers will be tagged (unless they already have a tattoo) and weighed. Registered heifers will be tagged with RFID tags and must present registration form at tag day and complete livestock enrollment in 4HOnline. All heifers must be permanently identified with a tattoo or 5-digit county tag, in order to meet federal health requirements.
- ◇ Cows for the cow/calf project must be enrolled in 4HOnline by May 15. The calf will be tagged at the fair prior to unloading.
- ◇ Dairy heifers must be tattooed if not previously done and entered in 4HOnline by May 15.
- ◇ All livestock will need to be entered online by the deadline information will be distributed at the ID Day.
- ◇ Any beef cattle going to the Indiana State Fair will need DNA samples taken contact the extension office for more information.

Agriculture & Natural Resources

Southeastern Indiana Agriculture & Natural Resources Lunch & Learn Webinar Series

Make the most of your lunch break and join extension educators live to discuss topics relevant to you and your operation. All sessions are hosted at 12 pm noon. Call (812) 265-8919 or email copelanb@purdue.edu with any questions.

January 12
Growing Bigger Fish



"Catch us" at the next webinar focused on the practices you should implement to grow your fish stock in your personal ponds.

January 26
Frost Seeding Pastures



February 9
Home Lawn Care



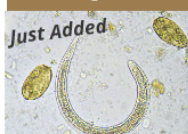
February 23
Gardening 101



Register for one or all here:
bit.ly/3fGf32m



March 9
Parasite Management



Extension - Agriculture
and Natural Resources

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Poultry Basics



**Join us on Facebook LIVE
Feb 21 & 28 @ 5pm
to learn what you need to
know to start raising
chickens.**

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3 Part Series



In each session, participants will have the opportunity to:

Session 1- April 13

- Getting started in Vegetable Gardening
- Vegetable Varieties

Session 2- April 20

- Pest Management

Session 3- April 27

- Disease Management



Home Vegetable Gardening

Registration Fee

\$30/person- for all sessions

Remote viewing available

Register by visiting

<http://cvent.me/VXgVMe>

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Agriculture & Natural Resources

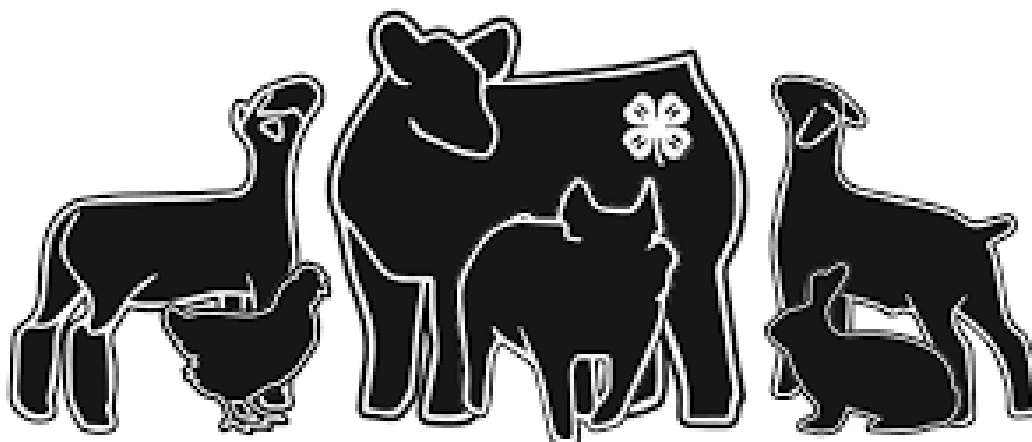
Access to Animal Medications: Plan Ahead for Changes Coming this Summer

By Debbie Boyd, DVM; Indiana State Board of Animal Health

Changes are coming to the way certain antibiotics will be available to animal owners by June 11, 2023. The U.S. Food and Drug Administration (FDA) has been taking steps to improve the judicious use of antibiotics in humans and animals. For animal owners, the next step is outlined in *Guidance for Industry (GFI) #263*. This document requires drug companies to change the labels on over-the-counter medically important antibiotics (MIA) to prescription status. The FDA has been working toward the goal of having all medically important antibiotics for animals fall under the oversight of veterinarians. In 2017, FDA required MIAs in feed to have a veterinary feed directive (VFD) and all antibiotics administered via water have prescription labels.

Not all drugs and not even all antibiotics will be affected by this rule change—only MIAs. Medically important antibiotics are those classes of antibiotics that are important for treating human disease. However, the most common over-the-counter antibiotics such as penicillin, tetracyclines, and sulfas fall in the medically important category and will no longer be available without a prescription. GFI #263 affects MIAs for livestock, equine, and small animals. Dewormers, some coccidiostats, and some less common and non-MIA antibiotics will not have a label change.

Antibiotics you have on-hand after they are no longer available to buy without a prescription may be used legally. However, stocking up on these products is not recommended they may expire before they can be used. The best idea is to work with your veterinarian and have a plan in place for when animals may need antibiotics. If you don't currently have a regular veterinarian, now is a good time to reach out to one *before* an emergency occurs. Veterinarians are not obligated to write prescriptions or see animals, particularly after hours, if they are not regular clients. A valid veterinary client patient relationship (VCPR) is required for veterinarians to write prescriptions. To establish a valid VCPR, be prepared to have an annual visit from the veterinarian in order to have access to emergency visits and prescriptions. This federal rule change does not mean a veterinarian needs to see every animal every time it is sick. However, how you and your veterinarian will handle sick animals, prescriptions, and emergency situations is a conversation that should be completed in advance.



Health & Human Science

February is Heart Health Month

According to hearttruth.gov, around 344,000 people in Indiana have coronary heart disease. Check out these tips to help spread the word about heart health and making it a priority!

1. Wear Red on February 3rd for National Wear Red Day to raise awareness about heart disease and encourage others to do the same.
2. Commit to a walking schedule with a friend or family member—hold each other accountable!
3. Make TV watching more active by doing jumping jacks or push ups during the commercials or just stand up and stretch. Just get up and move!
4. Plan a date with a loved one—go hiking or cook a heart healthy meal for Valentine's Day.



Spring into the Country

Madison District Spring Meeting

Monday March 20, 2023

Breakfast and Registration: 9:00 am-9:30 am

President Meeting 9:05 am

Location: Brown County Fairgrounds, Green Exhibit Building

802 Memorial Drive Nashville, IN. 47448

Cost: \$15

Lunch Menu:

Pulled Pork, Roll, Baked Potato Bar

Veggie Cup w/Dip, Cinnamon Applesauce

Assorted Desserts

Reservations must be submitted by March 16, 2023

\$15 Reservations and county \$5 door prize money should be labeled by county and mailed to:

B.C. Extension Homemakers

P.O. Box 7

Nashville, IN. 47448

Please include individuals names for nametags

Questions: Call or text Jane Donaldson at 317-753-7083

DO YOU HAVE **Concerns** about falling?



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



February 1, 8, 15 & 22
March 1, 8, 15 & 22

Wednesday, 10:00-12:00

North Dearborn Library
25969 Dole Road
West Harrison, IN 47060

Classes are held once a week for 8 weeks for
2 hours each.

RSVP early to North Dearborn Public Library
at 812-637-0777, space is limited

For more information call:
Marcia Parcell, HHS Extension Educator
mparcell@purdue.edu/812-926-1189
or

Shannon Chipman, HHS Extension Educator
chipmans@purdue.edu/812-438-3656

**This program emphasizes
practical strategies to
manage falls.**

Participants in the classes will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- concerns

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006
This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model
Recognized for Innovation and Quality in Healthcare and Aging, 2005, American Society on Aging.
A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).

Fall Prevention

According to Purdue University, nearly 2.5 million people visit emergency departments every year for injuries related to falling. Here are some quick tips that you and your family can use to help prevent a loved one from being a statistic.

1. Remove throw rugs from the home or use double-sided tape to assure rugs won't slip.
2. Arrange furniture so there is a clear pathway.
3. Replace burned out light bulbs in hallways and stair wells.
4. Add hand rails and grab bars in the shower or fix the ones already in place.
5. Store items that are frequently used on shelves that are below shoulder level.

Health & Human Sciences

February 13th is Oatmeal Monday

Oatmeal— its nutritious, delicious and can be fixed in so many ways! Oatmeal is whole grain which means it contains all 3 parts of the grain— the bran, the germ and endosperm. The bran is the fiber rich outer layer that contains loads of nutrients like B vitamins, iron, magnesium and zinc just to name a few. Fiber helps to lower cholesterol and move waste through the digestive tract. Fiber can also help prevent the formation of blood clots which can lead to heart attacks or strokes.

The germ is the center of the seed where growth occurs and is a supply of healthy fats, Vitamin E, B Vitamins, phytochemicals and antioxidants.

Third, the endosperm is the inner layer that holds carbohydrates, protein and small amounts of B vitamins and minerals (<https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/whole-grains/>)

Because fiber keeps us feeling fuller for longer, oatmeal is great way to start the day. To make yours with a little more kick you can try the following:

- Make oatmeal with milk. You will get your serving of calcium too!
- Toss in fresh or frozen fruit for added flavor and nutrition.
- Try mixing in applesauce for another sweet treat.



Applesauce Baked Oatmeal

- | | |
|-----------------------------|-------------------------|
| 1 1/2 c. quick cooking oats | 1/4 c. butter, softened |
| 1/4 c. white sugar | 1/4 c. applesauce |
| 1 tsp. baking powder | 1 egg, beaten |
| 3/4 tsp. salt | 1 tsp. vanilla extract |
| | 1/2 c. milk |

Directions: Combine oats, sugar, baking powder, and salt in a bowl. Add milk, butter, applesauce, egg and vanilla extract, mixing until a smooth thin consistency is reached. Pour into a prepared muffin pan. Bake at 350 degrees for 25-30 minutes or until edges are golden. Recipe courtesy: allrecipes.com



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Extension - Ohio County



TOFU FOR YOU OR NO THANK YOU?

LET'S GET COOKIN! PLANT PROTEINS

**WHAT IS A PLANT
BASED PROTEIN?**

Protein doesn't just come from animal sources. It can also be found in various plants like soy and quinoa!

Plant based protein is high in fiber and other nutrients that our body's need on a daily basis.

Plant based proteins are heart healthy, easy on the finances and aide in digestion.

**WANT TO KNOW
MORE?**

**Join us on March
7th at 10am!**

Samples provided!

RSVP: Please call Purdue Extension Ohio County at 812-438-3656 by Friday, March 3rd, 2023!

Purdue University is an equal opportunity/equal access/affirmative action institution.

Madison District Retreat!

The Madison District Retreat will be held May 23rd & 24th at Camp Higher Ground in Harrison, IN.

More information will available at the Spring District meeting on March 20th so stay tuned!

