

May Newsletter

Online Resources



Follow us on
Instagram



Like us on
Facebook

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

State 4-H Opportunities

4-H Round-Up – Mon, June 26 – Wed, June 28, Purdue University, grades 7-9 completed, registration deadline June 1. bit.ly/in4hroundup

State 4-H Junior Leader Conference – Tues, June 13 - Fri, June 16, DePauw University, grades 9-12 completed; registration due May 15. **Facebook: @4HSJLC**
purdue.ag/4hsjlc

4-H Academy @ Purdue – Wed, June 7 – Fri, June 9, Purdue University, grades 9-12 completed; 15 career exploration workshops available. Registration deadline May 15.
bit.ly/in4hacademy

State 4-H Band & Chorus – Sat, June 24 – Mon, June 26, Purdue University; perform during 4-H Round-Up; grades 9-12 completed, registration deadline May 1. bit.ly/inband4h

STAFF DIRECTORY

Jill Andrew-Richards
Agriculture & Natural Resource
4-H Youth Development
jmrichards@purdue.edu

Shannon Chipman
County Extension Director
Health & Human Sciences/4-H Youth Development
chipmans@purdue.edu

Trenna Jossart,
Family Nutrition Program Advisor
tjossart@purdue.edu

Alyssa Devers
Office Manager
cook308@purdue.edu

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



DATE	EVENTS	Time	Location
May 10 th	CAMP FEES DUE		
May 11 th	Container Gardening Class	5pm	Ohio County Extension Office
May 15 th	Indiana 4-H Quality Livestock Care	5pm	Ohio County Extension Office
May 15 th	PROJECT DROP ADD DEADLINE		
May 15 th	ANIMAL ID- 4-H ONLINE		
May 16 th	FAIR ENTRY OPENS		
May 20 th	Parents Forever	9am-1pm	Ohio County Extension Office
May 21 st	Mini 4-H	3:30-4:30pm	Ohio County Extension Office
May 23 rd -24 th	Madison District Homemakers Retreat	9:30am	Camp Higherground
May 29 th	Memorial Day- Office Closed		
June 5 th -7 th	IEHA Home an Family Conference		Noblesville, IN
June 10 th	Rabbit ID Day	9-10am	Fairgrounds
June 10 th	Indiana 4-H Quality Livestock Care	10 am	Fairgrounds
June 13 th	Ohio County 4-H Ambassador Contest	1pm	Ohio County Extension Office
June 14 th	Homemakers Program Book Meeting	10am	Ohio County Extension Office
June 16 th	Veterinary Science Camp	9am-3pm	Rising Sun Vet Clinic
June 22 nd	Mini 4-H Morning	9:30-10:30	Ohio County Extension Office
June 22 nd	Pie Baking Workshop	11am-3pm	RSHS FCS Classroom
June 23 rd	Pie Baking Workshop	10am -2pm	RSHS FCS Classroom
June 23 rd -30 th	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

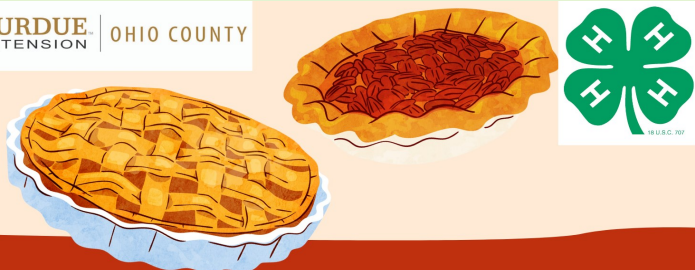
1. Unfortunately, our costs for camp have increased. Due to inflationary pressure and the need to cover our rising expenses we have set the camp fee for our 2023 4-H camp at \$220. (YAB will still pay half) Payment is due in full May 10th!

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.

4-H Baking Workshops

PURDUE
EXTENSION | OHIO COUNTY



YIPPY PIE YAY!

4-H Pie Baking Workshop

Are you in 10-12th grade? New to 4-H? Already a member? Curious about how to make a pie?

**JUNE 22ND 11AM-3PM & JUNE 23 10-2PM AT
RSHS FCS CLASSROOM
COST \$10.00**

RSVP TO PURDUE EXTENSION BY MONDAY, JUNE 19TH AT 4PM
WITH CHOICE OF APPLE OR PEACH PIE.
IF NEW TO 4-H PLEASE GO TO

Get your 4-H Pie baked and ready
for County Fair!



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



Mini 4-H Morning- What to Expect on Project Check-In Day!

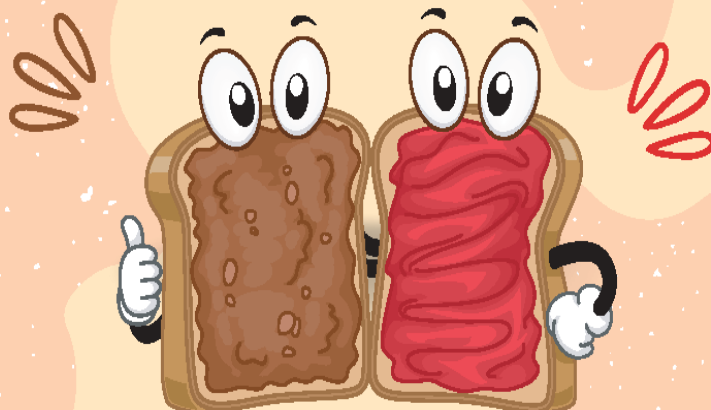
Activities Include:

- Learning to make a PBJ Sandwich
- Tips for talking about your projects
- Exhibit Hall Tags

June 22, 2023

9:30-10:30am

Extension Office



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



4-H Youth Development



ALL LIVESTOCK MUST BE ENTERED INTO
4-HONLINE BY MAY 15TH TO BE
ELIGIBLE TO SHOW AT THE 2023
OHIO COUNTY 4-H FAIR!! THIS IN-
CLUDES: BEEF, DAIRY, GOATS, SHEEP,
SWINE, & HORSE!!



FairEntry ➡ **Cheat Sheet**

1. Go to ohiocountyindiana.fairentry.com
2. Sign in with your 4Honline email and password.
3. Click "Individual"
4. Choose the child you would like to enter.
5. There are no required questions → continue.
6. Check your contact information → continue.
7. "Add an Entry"
8. Select your "Department"
9. Select your "Division"
10. Select your "Class"
11. Review
12. Select your "Club"
 - a. If this is an animal entry, after you select your club you will enter your animal.
 - b. Adding an animal
 - i. Choose and Existing animal record-SWINE, CATTLE, HORSE, SHEEP, GOATS
 - ii. Enter a New animal record-RABBITS, POULTRY, DOG, CAT
13. Enter a Description for a non-animal entry.
14. What do you want to do next?
 - a. Add another Entry-for this child
 - b. Add another Entry for this Division-same child, same division
 - c. Register another exhibitor-new child
 - d. Continue to payment- You have completed all entries for all children.
15. YOU DO NOT NEED TO PAY
16. Review your entries, →Continue→Submit
17. Make sure you make it to the THANKS! page.
18. CONGRATS! YOU ARE ALL DONE! See you at the fair!



Fair Entry is OPEN
May 16 - June 11!!!



4-H Youth Development



Extension - Indiana 4-H



INDIANA 4-H QUALITY LIVESTOCK CARE

To exhibit **BEEF CATTLE, DAIRY CATTLE, SWINE, SHEEP, MEAT GOATS, DAIRY GOATS, POULTRY, and RABBITS**, 4-H members must be certified through the Indiana 4-H Quality Livestock Care training (\$3) **OR** the online Youth for the Quality Care of Animals program (YQCA) (\$12).

1. This certification must be done on an annual basis
2. Members must be registered **BEFORE** attending a training
3. Members may attend any training dates listed on this flyer
OR a training in another county
OR complete the online YQCA training

Training Dates

Training Locations

March 6 @ 5pm

Ohio County Extension Office

April 3 @ 5pm

Ohio County Extension Office

May 15 @ 5pm

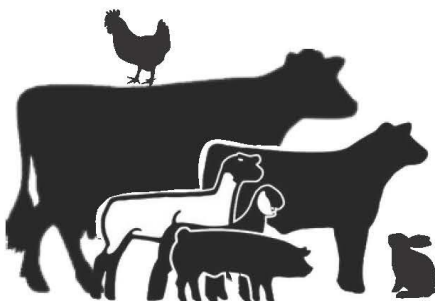
Ohio County Extension Office

June 10 @ 10am

Ohio County Fairgrounds

To register for the Indiana 4-H Quality Livestock Care program, please use <https://v2.4honline.com>.

Those planning to be certified through the YQCA program, will register at www.yqcaprogram.org and will present their completion certificate to their 4-H Educator.



If you need to request special accommodations, please contact the Extension office @ 812-438-3656.

The Ohio County Fair Board will be sponsoring each member for the \$3 in person fee in 2023.



4-H Youth Development




MINI 4-H
After School Program
 NOW OPEN TO HOMESCHOOL MINIS
 Kids in Grades K-2nd

OCEMS
Pick up and Drop off
ALL MINIS ENTER THROUGH THE MAIN ENTRANCE OF THE SCHOOL
3:15-4:15

MEETING DATES

- March 7, 2023 at OCEMS
- April 18, 2023 at OCEMS
- May 16th, 2023 at OCEMS

NEW SUNDAY MEETINGS ADDED
 Sunday, April 16th 3:30-4:30pm @ EO
 Sunday, May 21 3:30pm-4:30pm @ EO

ENROLL TODAY

Sponsored by the City of Rising Sun

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS/AFFIRMATIVE ACTION INSTITUTION

Ohio County 4-H Ambassador Contest (Formerly known as the Royalty Contest)

The Ohio County 4-H Ambassador contest will be held on Tuesday, June 13th at 1pm here at the Extension Office. The role of the Ohio County 4-H Ambassadors will be to share knowledge of the 4-H program with the public and serve in various roles during county fair week. Based on the grade youth are in on March 1, 2023, youth in grades 3-8th can apply to be Junior Ambassadors and youth in grades 9-12 can apply to be senior ambassadors. For more information, please see the General Info section of your 4-H Handbook. For further questions please give the office a call at 812-438-3656. Application forms will be available on May 1, 2023.

Attention Seniors!!

We are in need of senior pictures and biographies from each of the 10 year and final year 4-H members. We will recognize each of the seniors during the fair prior to the auction.

You did it!
Congratulations

**2023 Drop/Add
 Deadline for Projects is
 MAY 15th!!**

*DON'T MISS
 THE DEADLINE!*



Veterinary Science Camp



**June 16, 2023
 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.



PURDUE COOPERATIVE EXTENSION SERVICE IS AN EQUAL OPPORTUNITY/EQUAL ACCESS INSTITUTION

Agriculture & Natural Resources



PURDUE UNIVERSITY
Extension

Container Gardening

BUILD YOUR OWN HOME GARDEN

Have you ever wanted vine ripe tomatoes or fresh peppers or maybe even some fresh herbs for cooking? If you don't have the space or have limited mobility but enjoy fresh from the garden produce then container gardening is for you. Come join the FREE class and learn about container gardening while planting your own take home container.

Reserve your spot by May 8th at 812-438-3656.

**May 11th, 2023
5:00pm
Ohio County
Extension Office**

Purdue University is an equal opportunity/equal access/affirmative action institution.
IF YOU ARE IN NEED OF ACCOMMODATIONS TO ATTEND THIS PROGRAM, PLEASE CONTACT THE OFFICE PRIOR TO THE MEETING AT 812-438-3656 BY MAY 8TH.

The Purdue Extension AI School Team had an excellent two days of training for 13 producers to get certified! Thank you to our partners Select Sires and Cox Livestock! They learned the skill of artificial insemination to improve their reproductive management practices, herd genetics, and breeding programs. Contact Jill at 438-3656 if you want to get on the waitlist for next year.



Agriculture & Natural Resources

Purdue Yard & Garden Calendar: MAY

By: Rosie Lerner, Purdue Extension Consumer Horticulturalist

HOME (Indoor plants and activities)

Many indoor plants can be moved to shady locations outdoors but only after danger of frost is past. Plants will dry out more often outdoors, so keep a close eye on soil moisture. Sinking the pots in soil will help slow down moisture loss.

Now is a good time to take cuttings of houseplants to increase a collection or share with friends. Root cuttings in media, such as vermiculite, perlite or potting soil. Roots grown in water tend to be weak from lack of oxygen and do not adjust well to planting in soil. Fertilize houseplants according to label directions. Foliage plants require relatively high nitrogen fertilizer; flowering houseplants respond best to fertilizer high in phosphorus.

YARD (Lawns, woody ornamentals and fruits)

Prune early spring-flowering trees and shrubs after flowers fade. Plant balled-and-burlapped or container nursery stock, and water thoroughly. Remove and destroy overwintering bagworms from landscape trees and shrubs.

Follow a spray schedule to keep home-orchard crops pest free. While trees are in bloom, use fungicide sprays without insecticide to avoid injury to bees. Follow label directions. More information is available in Purdue Extension publication ID-146 Controlling Pests in the Home Fruit Planting <https://mdc.itap.purdue.edu/item.asp?itemID=20518>

Thin fruits of apple trees, if needed, about three weeks after petal fall. Apples should be about 8 inches apart. Apply fungicides to roses to control diseases such as black spot. Purdue turf experts recommend that if you are going to fertilize your lawn in May, apply three-fourths to 1 pound N/1000 square foot with a product that contains 50 percent or more slow-release fertilizer. Try to schedule the application prior to a rain or irrigate following application to move the fertilizers off the leaf blade.

GARDEN (Vegetables, small fruits and flowers)

Plant frost-tender plants after danger of frost is past for your area. This includes warm-season vegetables, such as tomatoes, peppers, eggplant and vine crops, as well as most annual flowers and tender perennials, such as cannas, gladiolus, dahlias, tuberous begonias and caladiums.

Pinch chrysanthemums and annual flower plants to keep them compact and well branched. Make successive plantings of beans and sweet corn to extend the season of harvest. Thin seedlings of early planted crops, such as carrots, lettuce, spinach and beets, to their proper spacing.

Harvest early plantings of radishes, spinach and lettuce. Harvest asparagus by cutting or snapping spears at or just below soil level. Harvest rhubarb by cutting, or grasp the stalk and pull it up and slightly to one side.

Control cucumber beetles, carriers of bacterial wilt, as soon as cucumber plants germinate or are transplanted to prevent disease. Remove blossoms from newly set strawberry plants to allow better runner formation. Remove unwanted sucker growth in raspberries when new shoots are about a foot tall.



Health & Human Science

Everyone's Favorite Time of Year- It's Allergy Season! May is National Asthma and Allergy Awareness Month!

An allergy is when your immune system reacts to a foreign substance, called an allergen. Allergens can be anything eat, inhale, inject or touch and can cause various reactions ranging from coughing and sneezing to hives to rashes to low blood pressure and death if not treated quickly. Allergies are also one of the most common and overlooked diseases in the U.S but they can be managed with prevention and treatment. In the U.S. more than 50 million people experience allergens of all types with allergies ranking 6th in causes for chronic illness. For children, allergens account for over 90,000 emergency room visits because of anaphylaxis which is a strong, severe allergic reaction most commonly triggered by food, medicines and insect stings.



Indoor and outdoor allergies are all around us and can lead to our sinuses being swollen or painful, our eyes to be itchy and watery, our chest to be congested and can either be seasonal or year round. Most people with allergies have more than 1 type of allergen that triggers them. Some of these allergens can be tree pollen, grass pollen, weed pollen, mold spores, dust mites, cockroaches and cat/dog dander. The most common type of seasonal allergy which effects nearly 24 million Americans is Rhinitis or more commonly known as hay fever. Severe allergic rhinitis is an allergic reaction to the pollen from trees, grass and weeds and occurs most commonly in the spring and fall when pollen is plentiful.

So how do we ease the symptoms of allergies? Our treatment is based on our overall health and what allergens trigger us based on going through an allergen test. Treatment may include avoiding the allergen, medicine or immunotherapy.

Information courtesy: <https://aafa.org/get-involved/asthma-and-allergy-awareness-month/>

Tomato Melt

Recipe courtesy: <https://www.eatgathergo.org/recipe/tomato-melt/>

1/4 cup shredded cheese (try cheddar, mozzarella or a blended cheese)

1 Tablespoon low-fat mayonnaise

1/2 teaspoon prepared mustard

1 English muffins, halved or 2 bread slices (try whole wheat)

1 medium tomato, cut into 4 slices

Directions: Wash hands with warm water and soap for 20 seconds.

Using a small bowl, combine cheese, mayonnaise and mustard. Spread the cheese mixture evenly over the English muffin or bread slices. If using a toaster over, broil or toast until the cheese is melted or about 2-3 minutes. Place tomatoes on each sandwich, serve as is or broil tomatoes for 2-3 minutes. If using a skillet, add the sandwiches bread side down, cover and heat until cheese melts or about 7-8 minutes and top with tomatoes before or after heating. Refrigerate leftovers within 2 hours.



Parents Forever

Education to aid families in transition after divorce, separation, or custody change

By completing a Parents Forever course, participants learn to:

- Describe the family transition journey and how each family member will be affected.
- Recognize the role of self-care, parent-child relationships, and co-parenting in child well-being.
- Identify internal and external resources and strategize how to leverage these resources to promote resilience for all involved.



Parents Forever will be held Saturday, May 6th, 2023 from 9am-1pm with lunch included at the Purdue Extension Ohio County office in Rising Sun. For financial assistance or more information please contact Purdue Extension Ohio County at 812-438-3656

 UNIVERSITY OF MINNESOTA EXTENSION

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

 PURDUE UNIVERSITY Extension

Health & Human Sciences

May is Skin Cancer Awareness Month

Follow these tips courtesy of the American Academy of Dermatology to help reduce your risk of skin cancer!

1. Seek shade when appropriate– the sun's rays are the strongest between 10am and 2pm. If your shadow is shorter than you, see shade.
2. Wear Sun protective clothing– wide brimmed hats, sunglasses with UV protection and light weight clothing with Ultraviolet Protection Factor (UPF) can help too!
3. Use a broad-spectrum, water-resistant sunscreen with an SPF of 30+ even on cloudy days. Most adults need about 1 ounce of sunscreen to cover their body. Sunscreen needs to be reapplied every two hours and all areas like ears, toes, etc. need to be covered.
4. Perform regular skin self-exams and make it a point to see a dermatologist on a regular basis. If you notice new or suspicious spots, a changing mole or a mole that itches and bleeds contact your doctor.
5. Summer isn't the only time for sunscreen! If you are going to be on the water, playing in the snow or sand , these surfaces can reflect damaging rays and increase your chance for a sunburn.

DYK.... A tan is a sign that your skin has been injured. The more you tan the more you speed up the aging of your skin and increase your risk for all types of skin cancer.

MADISON DISTRICT RETREAT REGISTRATION FORM
May 23 & 24, 2023
Registration: 8:30 A.M. Program starts: 9:30 A.M.
Higher Grounds, 3820 Logan Creek Lane, West Harrison, In 47060

Name _____
Address _____
City _____ Zip _____
Phone _____ County _____
E-Mail: _____

❖ Is this your first time to attend retreat: YES NO Circle one

LODGE OPTIONS: State if the first floor is necessary: YES NO Circle one
Check one option:
☐ 2 people per room: \$106.00 per person
☐ 3 people per room: \$102.00 per person
☐ 4 people per room: \$96.00 per person
☐ 1 person per room: \$123.00
**Includes 1 night lodging and 4 meals

List names of individuals sharing a room:
1. _____ 2. _____
3. _____ 4. _____

ONE DAY REGISTRATION
For those wanting to attend one day: \$25.00 for the day includes lunch and grounds fees
Tuesday May 23, 2023

Tuesday May 23 with Lunch & Evening Dinner \$35.00

Return by May 10, 2023 to: Marnie Carr (812)-375-0999
3035 Flintwood Dr.
Columbus, Indiana 47203

Make checks payable to: MADISON DISTRICT RETREAT

PLEASE BEING ITEMS FOR OUR FUND RAISING AUCTION!!!!!!
NOTE: 1-2 items per person – can be new, slightly used & clean, or hand made

Still in the news.....Extension Homemaker Council VP Needed!

The Ohio County Extension Homemaker Council is looking for someone willing to serve as the Vice President. The role of the Vice President is to help plan and organize County Council meetings, serve as President in the absence of the County Homemaker Council President and be the tie breaking vote should the need arise.

The Ohio County Extension Homemaker Council meets quarterly to plan, discuss and generate ideas for Ohio County. For more information please reach out to Shannon at the Extension Office at 812-438-3656.

Upcoming Homemaker Events

1. IEHA Home and Family Conference, June 5th-7th, 2023 @ Embassy Suites, 13700 Conference Center South Drive, Noblesville, IN
Register at: <https://ieha-families.org/programs/home-and-family/hf-online-registration/> or pick up a paper form at the Extension Office
2. Ohio County 4-H Fair is coming up fast! If you are interested in being an exhibit hall monitor please give the office a call at 812-438-3656.
3. We will be working on program books on 14th at 10am– books will be ready for print ASAP!