

# November/December Newsletter



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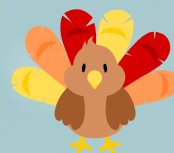
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**Facebook**

The office will be closed

November 11th



November 28th & 29th



December 24th-26th



December 31st-January 2nd



## Staff Directory

### Educators

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### Support Staff

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Office Manager  
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# Upcoming Dates

<b>DATE</b>	<b>EVENTS</b>	<b>TIME</b>	<b>LOCATION</b>
<b>November 4</b>	<b>YAB Meeting</b>	<b>6:30PM</b>	<b>Extension Office</b>
<b>November 8</b>	<b>Annual Extension Celebration</b>	<b>11AM-1PM</b>	<b>Extension Office</b>
<b>November 12</b>	<b>Hay Quality Update</b>	<b>6:30PM</b>	<b>SEPAC</b>
<b>November 18</b>	<b>Fair Board Meeting</b>	<b>6:30PM</b>	<b>Extension Office</b>
<b>November 19</b>	<b>BQA Training</b>	<b>6:30PM</b>	<b>SEPAC</b>
<b>November 21</b>	<b>Area 1 Crops, Forestry, &amp; Entomolgy</b>	<b>5:00PM</b>	<b>South Ripley Schools</b>
<b>November 26</b>	<b>Chef University – THanksgiving</b>	<b>9:30-3:30</b>	<b>Extension Office</b>
<b>November 27th</b>	<b>Mini 4-H Power Hour</b>	<b>10am-11am</b>	<b>Extension Office</b>
<b>November 28-29</b>	<b>Thanksgiving Holiday</b>	<b>Office Closed</b>	
<b>December 2</b>	<b>YAB/Fair Board Meeting</b>	<b>6:30PM</b>	<b>Extension Office</b>
<b>December 5th</b>	<b>Deadline to RSVP For Jr. Leaders Christmas Shopping</b>		
<b>December 8th</b>	<b>Jr. Leaders Christmas Shopping</b>	<b>3pm</b>	<b>Walmart</b>
<b>December 10</b>	<b>Area IBCA Meeting</b>	<b>6:00PM</b>	<b>SEPAC</b>
<b>December 20</b>	<b>Deadline to register for snow tubing Day</b>		
<b>January 2nd</b>	<b>Snow Tubing at Perfect North Slopes</b>		
<b>January 15th</b>	<b>Enrollment Deadline</b>		



**HAPPY**  
holidays



# 4-H Youth Development

T H A N K F U L

Thank you to Robin Jackson and Aimee Howlett Ballard and all of the Volunteers who helped make the haunted house a success this year

PLEASE JOIN US FOR  
OUR



## ANNUAL EXTENSION CELEBRATION

NOVEMBER 8TH

11AM-1PM

OHIO COUNTY EXTENSION OFFICE

412 MAIN STREET, RISING SUN, IN 47040

LUNCH PROVIDED  
PUBLIC WELCOME



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

THANK YOU TO ALL  
OF OUR BOARD  
MEMBERS,  
VOLUNTEERS,  
4-HERS, AND  
PARENTS FOR ALL  
OF YOUR HELP THIS  
YEAR.

Happy  
Thanksgiving



# 4-H Youth Development

**PURDUE**  
UNIVERSITY

Extension - Ohio County



Purdue Extension  
Ohio County

*Chef University-  
Thanksgiving*

Tuesday, November 26th from 9:30-  
3:30 at the Extension Office.  
Call the office to register by November  
15th!

Cost: \$30.00  
Bring your own lunch!

Join us and learn  
to cook some  
new and tasty  
Thanksgiving  
foods to share  
with your family!

Must be enrolled in 4-H to attend.  
Contact the Extension Office to  
reserve your spot

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## MINI 4-H POWER HOUR

**NOVEMBER  
27TH FROM  
10AM-11AM  
AT THE  
EXTENSION  
OFFICE**

Please RSVP by Thursday,  
November 21st to the Extension  
Office at 812-438-3656

Purdue University is an equal opportunity/equal access institution. If you have special  
needs, please let us know so that we can make accommodations.

**4-H**  
GROWS HERE

**PURDUE**  
UNIVERSITY

Extension

*Merry  
Christmas*

AND HAPPY NEW YEAR



**PURDUE**  
EXTENSION

OHIO COUNTY



**Junior Leader  
Christmas Fun**

When: Sunday,  
December 8th at  
3pm.

Where: Walmart for  
shopping and  
dinner at  
Acupulco's!

What: Please RSVP  
to EO by December  
5th!

It is the policy of the Purdue University Cooperative Extension Service that all persons have equal opportunity and access to its educational programs, services,  
activities, and facilities without regard to race, religion, color, sex, age, national origin or ancestry, marital status.



# 4-H Youth Development



It's already time to start thinking about 4-H Camp again! If you are in 8th-12th grade go to <https://25SEI4HCamp.4honline.com> today to complete your Junior Staff Application. You can also access the application from the events tab on 4-H online. You must be enrolled in 4-H for the new year to complete your application. Junior Staff trainings start in January so don't miss out on the fun! Our application deadline is November 22, 2024. Contact your local extension educator with any questions about camp!

**ENROLL NOW**

Register under Event Tab in 4honline: 2025 Family Fun Snow Tubing. Your 4-H enrollment **MUST** be approved before registering under the event tab



<https://v2.4honline.com>

## FAMILY FUN SNOW DAY

Must be an APPROVED Ohio Co 4-Her in grades 3rd-12th to attend

**January 2nd 1-3pm**

We are excited to invite you to spend a day at Perfect North Slopes with us for a day of snow tubing. It is important that you RSVP with your CLUB LEADER, and register by 12/20/24 to insure we have an accurate head count for the day. The cost of all APPROVED 4-hers will be covered by your club and Fair board. Any parents, friends or siblings wishing to join will be responsible for paying for their own pass at the group discounted rate. A waiver from your club leader must also be signed ahead of time.

**MUST BE REGISTERED BY December 20th**  
**CONTACT YOUR LEADER WITH QUESTIONS**



# RIISING SUN COMMUNITY GARDEN

In an effort to increase access to fresh produce at the Christian Outreach Free Store, Ohio County community partners worked together to establish a donation-style community garden where all produce is donated directly to food pantry participants. This report highlights the successes of the garden and celebrates those who worked to make fresh and healthy foods accessible to limited resource audiences in Ohio County.

2024  
HIGHLIGHTS

## GARDEN SUCCESSES

A brief survey was distributed to Christian Outreach Free Store participants. Of the 11 respondents:

- 100% indicated that the fresh produce at the Free Store helped them eat healthier this summer.
- 100% reported that they enjoyed having fresh produce options at the Free Store.



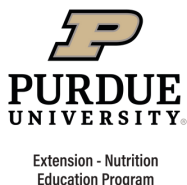
400  
POUNDS OF  
PRODUCE  
DONATED

98  
VOLUNTEER  
HOURS  
COMPLETED

50+/-  
FAMILIES  
IMPACTED

24  
VOLUNTEERS

7  
COMMUNITY  
PARTNERS



Purdue University is an Equal Access/Equal Opportunity institution. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).

EALFOU



# Agriculture & Natural Resources

## PARP & CCH Opportunities

Ripley County Produce Auction Sale Barn  
5994 S US 421, Versailles IN 47042

Tuesday, December 10, 2024

1 PM

### Topics

1-2 PM David Osborne – Purdue Extension –  
PPE's and State Regulatory Topic

2-3 PM Richard Beckort – Purdue Extension –  
Management of common vegetable diseases.

Private Applicators wishing to receive  
recertification credit must bring \$10 and their  
PA number to the meeting

Southeast Purdue Ag Center  
4425 East 350 North  
Butler, IN 47223

Monday, December 16, 2024  
1-3 PM

### Topics

1-2 PM – Fred Whitford, Purdue Extension –  
Understanding the Science of Spray Nozzles

2-3 PM – Managing your Chemical Inventory  
2024 PESTICIDE REGULATORY UPDATE

Private Applicators wishing to receive  
recertification credit must bring their PA  
number to the meeting.

Fee is sponsored by Indiana Corn and Soybean  
Checkoff.



### All Category Commercial Applicator CCH Program

Monday, December 16, 2024

8 AM – 12 PM

Southeast Purdue Ag Center  
4425 East 350 North  
Butler, IN 47223

### Topics

8:00 – 10:00 AM – PPE keeping everyone safe during a pesticide application.  
Managing your Chemical Inventory  
2024 PESTICIDE REGULATORY UPDATE

10:00 – 12:00 AM – Fred Whitford – Purdue Pesticide Programs  
Understanding the Science of Spray Nozzles  
Keeping your Spray equipment and tools from being stolen.  
4 CCH's applied for ALL Commercial Categories (TBD)

Applicators wishing to receive recertification credits must RSVP by emailing names to  
osbornda@purdue.edu or calling 812-689-6511 space limited to first 60 reservations.

Cost for Program is \$40 (checks payable to Ripley County CES Fund).  
Pay at the door.



# Agriculture & Natural Resources



Southeastern Indiana Agriculture & Natural Resources

## Lunch & Learns

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 on zoom.* Call (812) 265-8919 or email [copelanb@purdue.edu](mailto:copelanb@purdue.edu) with any questions.



Register for one or all here: [bit.ly/seianrlunchandlearn](https://bit.ly/seianrlunchandlearn)

**November 6**  
Succession  
Planning for the  
Family Farm



**November 13**  
Overwintering  
Pollinators in your  
garden



**December 11**  
Preparing for  
Livestock  
Emergencies



**December 18**  
Fall & Winter Lawn  
Care



**January 8**  
Forage Management



**January 15**  
Growing Bigger  
Fish



### 2024 Beef Quality Assurance (BQA) Trainings

**Tuesday November 19, 2024 6:30 to 9:00 PM**

*Pre-registration is highly encouraged so we can ensure appropriate accommodations and to speed the on-site registration process and printing of certificates.*

Location	Main Contact	Contact for Questions
<b>Northern Indiana</b>		
Elkhart County 4-H Fairgrounds 17746-D County Road 34 Goshen, IN 46528	Kathryn Jennings	574-533-0554
<b>Central Indiana</b>		
Johnson Co Extension Office 484 N Morton Street Franklin, IN 46131	Shalee Bradley	317-736-3724
<b>Southern Indiana</b>		
Southern Indiana Purdue Ag Center 11371 E Purdue Farm Rd Dubois, IN 47527	Kenny Eck Molloy Hasenour	812-482-1782 812-338-5466
Washington County Government Bldg. Meeting Room 806 Martinsburg Rd Salem, IN 47167	Danielle Walker	812-883-4601
Southeast Purdue Ag Center 4425 County Road 350 N Butlerville, IN 47223	Jill Andrew-Richards	812-438-3656
Lawrence County 4-H County Fairgrounds 11261 US Hwy 50 West Bedford, IN 47421	Kristen Rappold Heidi Potter	812-275-4623

Producers can go online at <https://www.bqa.org> and become certified as an alternative to face-to-face meetings.

BQA Certification is valid for a three consecutive year period.

In Partnership with:



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## Hey There, Hay Here

### Understanding Forage Quality Virtual Seminar

**TUESDAY**  
**NOVEMBER 12<sup>th</sup>**

**6:30 PM- 8:00 PM EST**



### JOIN US:

The Indiana Forage Council and Purdue University Extension will host a virtual seminar covering forage quality on November 12th, 2024. Join the event by scanning the QR code, visiting the website or in-person at one of great Indiana satellite locations.

**Slow Connection, Poor Connection or No Connection?** No problem - take part in the free seminar by joining one of our virtual viewing locations across Indiana. To find a location near you, contact us: 765-494-4783 or use the QR code / web address below for more details.



**JOIN**  
**US**

**Free Virtual Seminar**

**Purdue.ag/hayquality**



FOR MORE INFORMATION ☎ +765-494-4783 🌐 [Purdue.ag/AGRYEXT](https://Purdue.ag/AGRYEXT) 🌐 [INDIANAforage.org](https://INDIANAforage.org)



**Area 1**  
**Annual Meeting**  
**December 10, 2024**  
**6:00PM**

**Southeast Purdue Ag Center**  
**4425 East 350 North**  
**Butlerville IN 47223**

Open to ALL BEEF  
PRODUCERS in  
Bartholomew, Brown,  
Dearborn, Jefferson,  
Jennings, Ohio, Ripley,  
and Switzerland  
Counties.

**Agenda Items:**  
**Meal Provided**  
**NBCA/IBCA Updates**  
**Market Trends**

**RSVP's REQUIRED by December 3 to**  
**812-438-3656, for meal count!**





# Health & Human Science

## November is Lung Cancer Awareness Month

### 7 Signs and Symptoms of Lung Cancer

**Persistent Cough**-Your body makes its self cough in order to prevent unwanted particles from entering our airways and lungs. However, a cough that doesn't go away or worsens to a chronic cough is actually one of the most common symptoms of lung cancer. If you have a cough where you are bringing up rust colored spit/phlegm or blood, see your doctor immediately.

**Shortness of Breath**-if a tumor is blocking a major airway, it could cause shortness of breath. Sometimes fluid in the lungs can also make breathing harder and this could also be a sign of lung cancer. If you are concerned about your shortness of breath, make an appointment with your doctor today.

**Hoarseness**- has your voice changed? Feel like you have a frog in your throat? Has anyone pointed out that your voice sounds high pitched or different? Our vocal cords create sound by vibrating open and closed but lung cancer can affect the nerve that makes this movement happen. Hoarseness can be associated with several other issues like laryngitis so if you are hoarse, make an appointment to see your doctor.

**Bronchitis, Pneumonia or Emphysema**-according to some studies, chronic bronchitis, pneumonia and emphysema that doesn't go away could also be a sign of lung cancer. If you have symptoms like a fever, shortness of breath, cough, chills or chest discomfort, see your doctor.

**Chest Pain**-if you are experiencing chest pain, it could be a sign that there are blockages in your lungs. Pay attention to your chest pain- if its worse when you cough, laugh or take a deep breath, if the pain is sharp, dull or constant you need to speak with your doctor.

**Unexplained Weight Loss**- Have you lost weight for no reason? One of the first signs of lung cancer is unexplained weight loss and this could be due to the cancer cells sending the energy from food away from it normal process to rogue cells that are growing. If you have lost 10 or more pounds and haven't been trying to, reach out to your doctor.

**Bone Pain**-Got weird aches and pains? It may be hard to distinguish between bone and muscle pain but pay attention if your pain increases at night or while lying on your back. Lung cancer less commonly causes pain in the shoulders, arms and neck. Bone pain from lung cancers may be caused by the cancer spreading to the bones - especially your spine, pelvis and upper arms and legs.

Information Courtesy: <https://lcfamerica.org/about-lung-cancer/detection/7-symptoms-lung-cancer/>



### Turkey to Table

Be sure to invite family and friends to Thanksgiving and not food borne illness!



### Tips for Turkey Thawing

<b>Thaw the turkey in the refrigerator</b> Keep turkey in original wrapping and place it in a container before putting it in the refrigerator. The container will prevent the turkey juice from dripping onto other food.	<b>Thaw your turkey in cold water</b> Be sure that turkey is in a leakproof plastic bag before placing in sink to help prevent juices from spreading in kitchen. This will help turkey to not absorb water. Make sure to completely cover your turkey with cold tap water. Change the water every 30 minutes, allowing 30 minutes of thawing for each pound of turkey.	<b>Thaw your turkey in microwave</b> Follow the microwave manufacturer's instructions for thawing a turkey. <b>A turkey thawed in microwave must be cooked immediately after thawing!</b>
<b>Thawing Times</b> 4-12 lbs. - 1-3 days 12-16 lbs. - 3-4 days 16-20 lbs. - 4-5 days 20-24 lbs. - 5-6 days A turkey thawed in the refrigerator can remain in the refrigerator once its been thawed for 1 to 2 days before cooking.	<b>A thawed turkey in cold water must be cooked immediately after thawing.</b>	<b>Never thaw turkey by leaving it out on the counter-this is a breeding ground for germs and possible food borne illness due to the turkey being in the temperature danger zone of 41°-140°F where bacteria can multiply quickly!</b>

Information courtesy: <https://www.fda.gov/food/safety/turkey-recipe-handling-and-preparation/quality/turkey-basics-safe-thawing>



Need more information? Contact  
Purdue Extension Ohio County at  
812-438-3656

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**DON'T FORGET**  
Friday, November 15th is Clean Out Your Refrigerator Day!

**Leftovers can be kept in the fridge for 3-4 days or frozen for 2-6 months but when in doubt Throw IT OUT!**



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Extension - Ohio County



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# Health & Human Science

## Cold Weather Safety

Winter is just around the corner and with the beauty of it also comes the increased risk of falls and injuries. Learn how you can be proactive in protecting yourself or a loved one from injury thanks to these tips from the National Institute on Aging.

<https://www.nia.nih.gov/health/falls-and-falls-prevention/falls-and-fractures-older-adults-causes-and-prevention>.

The first thing that can be done to reduce the risk of falls in icy or snowy conditions is to ensure that walking surfaces are as dry as possible. Make sure that wet boots/shoes stay outside or on rugs and wipe up any moisture that may have melted after coming in from the cold.

Be careful when shoveling snow- not only is there a risk for falling on slippery surfaces but there is also an increased risk for attacks for older folks while shoveling snow.

Make sure that porch railings are sturdy and dependable so that you can hold onto them when climbing stairs or walkways.

Check your shoes/boots- wear non-skid, rubber soled, low heeled footwear that will help you navigate uneven surfaces.

If the weather is really bad- stay inside! Try stocking up on groceries, medicines and other needs before inclement weather sets in.

Around 20% of injuries related to cold exposure occur in the home. Be sure to set your thermostat to at least 68 degrees as even mildly cool homes that are set to 65 and lower can cause hypothermia in older adults. To keep the cold out, roll up a towel or old blanket and place it in front of the door to keep out the drafts. You can also keep blinds and curtains closed and if you notice drafts around the windows, try using weather stripping or caulk to seal up leaks where cold can get in.

Dress warm- wear slip resistant slippers with grips and use the throw blankets to stay warm. Pack on an extra blanket or two for your bed as well in order to stay warm.

Make sure you eat! Your body uses fat to keep you warm so make sure you are consuming the calories you need. Also- avoid alcoholic drinks as alcohol can make you lose body heat.

Make sure that you have someone check on you in cold weather but that you also check on others to make sure they are safe and warm.

And lastly, when its get sub-zero or near that, we may be tempted to use a portable space heater. Be very careful using these as they can be a fire hazard and a risk for carbon monoxide poisoning.

## Slow Cooker Vegetable Turkey Soup

1 pound ground skinless turkey breast

3 large carrots, sliced crosswise into rounds

2 medium zucchini, halved lengthwise and sliced

1 small onion, chopped

1 28-ounce can no-salt-added tomato sauce

1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained

2 medium garlic cloves, minced

1 tablespoon dried Italian seasoning, crumbled

1/2 teaspoon salt

1/2 teaspoon pepper

4 cups fat-free, low-sodium chicken broth

Directions: Wash hands with warm water and soap for 20 seconds. Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey. Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

### Tips to get your packages safe on your porch

1. Network with your neighbors- let them know you may be receiving stuff and to keep an eye out.
2. If possible, have your packages delivered to your work.
3. Leave specific drop-off instructions.
4. Use a smart lock.
5. Install security cameras
6. Set up notifications to track your package.
7. Require a signature on delivery.
8. Reschedule a delivery or ask for a package hold if item will be delivered when you are out of town.

Information Courtesy: <https://nnw.org/holiday-safety>

### *Dates to Remember*

**Madison District Spring Meeting- Date TBA**

**Ohio County Extension Homemakers Achievement Night- TBA**