



May/June 2019

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## Design the 2019 Pike County 4-H T-Shirt!

Do you enjoy creating artwork and designs? **Help design the 2019 Pike County 4-H T-Shirt!** Send your design as an electronic picture file (.jpeg) to [shalbrad@purdue.edu](mailto:shalbrad@purdue.edu) by June 2. Contest designs will be voted on by the 4-H Council at their June 3 meeting! Your design should include:

- The words "Pike County 4-H"
- The year "2019"
- The 4-H Emblem or theme "4-H Grows Here"
- Creativity

Email [hopkin27@purdue.edu](mailto:hopkin27@purdue.edu) for the official emblems and logos to use in your design.

***The winner of the t-shirt design contest will receive a \$25 iTunes gift card!***

## 2019 4-H Shooting Sports

Do you enjoy target shooting? Mark your calendar! The 4-H Shooting Sports project is available to enrolled members in grades 3-12. Practices will be held on the following **Saturdays from 6-8p.m.** at:

**372 S County Road 175 E  
Winslow, IN 47598**

**June 22**

**June 29**

**July 6**

**August 3**

**September 21**

**October 12**

**October 19**





# Pike County 4-H Youth Development

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## It's time to Enter Exhibits in the 2019 4-H Fair!

The annual Pike County 4-H Fair provides a great opportunity for 4-H members to show off their hard work through fair exhibits. Now is the time to begin entering exhibits that members wish to display into FairEntry. **All 4-H Building and Livestock exhibits must be entered into FairEntry by July 14 so exhibit tags and show programs can be printed.** Be sure to include a project description so we know to expect. Below are instructions to help you get started with FairEntry. If you have any questions or issues, please do not hesitate to contact our office and we will gladly assist.

### FairEntry Instructions

1. Go to the Pike County 4-H FairEntry page at <http://pikecounty4hfair.fairentry.com>.
2. Select "Sign in with your 4HOnline account."
3. A separate box will pop up where you can enter the login email address and password for 4HOnline. If you have forgotten your password, please use the 'I forgot my password' option on the 4HOnline login page, and you will be sent a new temporary password.
4. Click the "login" box.
5. This will take you to the welcome screen, where you will need to select the green box to "Begin Registration."
6. Choose that you want to register an "individual."
7. Select the dot next to the name of the 4-H member you would like to register, then click "continue."
8. Do not create any exhibitors from scratch, as you will not be able to add exhibits for your projects.
9. Answer any required questions and review the exhibitor's information. Make any corrections using the edit boxes.
10. Click "continue" when you are ready to move on.
11. When you are taken back to the Exhibitor information page, click "continue to entries."
12. Select the green "add an entry" box to the right of the exhibitor's name.
13. Click "select" next to the department you would like to enter.
14. Click "select" next to the division you would like to choose.
15. Click "select" next to the class you would like to choose.
16. Review your selections and click "continue" to move to the next step.
17. Answer additional questions required and click "continue" after completing each question.
18. Decide if you would like to:
  - a. Add another entry
  - b. Add another entry in this division
  - c. Register another exhibitor
  - d. Continue to payment
19. Complete the required information and click "continue."
20. Once all the information is complete, "submit" the entries.



FairEntry



# Pike County 4-H Youth Development

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## 4-H Council Meetings

The Pike County 4-H Council meets on the first Monday each month at 6:30 p.m. in the 4-H Building. Upcoming meetings are **June 3, July 1, and August 5.**

## 2019 4-H Cat Show

The 2019 4-H Cat Show will be held on Saturday, June 15 in the Pike County 4-H Building. An optional Showmanship and Grooming workshop will be held immediately before the cat show at 9:00 a.m. The 4-H Cat Show will begin at 10:00 a.m. See the enclosed flyer for complete guidelines and registration information.

## 4-H Fridays

Join us over summer break for some exciting “4-H Fridays!” Learn through hands-on activities designed to enhance life skills in youth who completed grades 3-12. Cost is only \$10 per day and lunch is included! Pre-registration is required at least one week before the workshop. Sign up for one or all five! Register for three or more and get one free! See the enclosed flyer for dates, locations, and the registration form.

## 4-H Volunteer Development: Youth Mental Health First Aid

**Wednesday, June 12; 9:00 a.m.-6:30 p.m.; Spencer County Youth & Community Center**

Youth Mental Health First Aid is an 8-hour evidence-based training designed to teach participants how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance abuse-including opioids, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. Participants will learn how to assist those in need during specific situations in an attempt to get an individual appropriate help from a health professional. Raising awareness and understanding of these disorders can reduce the stigma often associated with seeking resources and care.

See the enclosed flyer for registration details.



## 4-H GROWS HERE



# 4-H Cat Show

**Saturday, June 15 in the Pike County 4-H Building**  
**9:00am: Optional Showmanship & Grooming Workshop**  
**10:00am: Cat Show**

**Showmanship 🐾 Cage Decoration/Costume Contest 🐾 Kittens 🐾 Adult Cats**

- **Animals may be brought to 4-H Building at 9:00 a.m. Must be in place by 10:00 a.m.**
- All cats must be on a harness and brought to and from the show in a carrier.
- All cats must have up to date vaccinations prior to show date. Proof of vaccination by a veterinarian is required. Recommended claws be clipped day before show.
- All cats must be free of fleas, fungus, ear mites, or other communicable diseases.
- Males over 8 months must be neutered.
- Exhibitors must appear with animal as this project is conference judged.
- A maximum of two cats per individual may be entered.
- Cat Show registration is required by **Friday, June 7.**

**Exhibitors have the option of attending a showmanship and grooming workshop immediately before the cat show, beginning at 9:00 a.m.**

## JUDGING CLASSES

KITTENS (6 to 8 months old)

1. Males; short hair
2. Males; long hair
3. Females; short hair
4. Females; long hair

ADULT CATS

5. Females whole; short hair
6. Females whole; long hair
7. Altered males; short hair
8. Altered males; long hair
9. Altered female; short hair
10. Altered female; long hair

SHOWMANSHIP

CAGE DECORATING



## PRIZES

Champion Male  
Champion Female  
Reserve Champion Male  
Reserve Champion Female  
Showmanship  
Best Decorated Cage/Costume

# *MASTERING HOME FOOD PRESERVATION*

The Purdue Mastering Home Food Preservation Program, sponsored by Purdue Extension, is designed to meet the home food preservation needs of the consumer. USDA Home Food Preservation recommended procedures are taught. Educators will provide instructional course work and preservation labs. After completing the program, a final examination will be provided to assess the knowledge gained of home food preservation. This program is for personal development only and not for certification in home food preservation.



June 3-7, 2019: 9AM – 4:30PM

Purdue University-West Lafayette, IN

Nelson Hall of Food Science-Skidmore Lab

745 Agriculture Mall Dr., West Lafayette IN



Register online at:

<http://www.cvent.com/d/s6q441>

If you are in need of accommodations to attend this program, please contact one of the following prior to the program by May 20th.

Karen Richey: 574-935-8545 [krichey@purdue.edu](mailto:krichey@purdue.edu)

Atina Rozhon: 812-352.3033 [arozhon@purdue.edu](mailto:arozhon@purdue.edu)



## TOPICS COVERED

Food Safety and Freezing Food

Boiling-Water Canning

Pressure Canning

Pickling and Drying Foods

## REGISTER EARLY!

The cost of the program is \$200.00 which covers the Mastering Home Food Preservation notebook, lab activities and food preservation examples from the five sessions.



# 2019 PIKE COUNTY 4-H SHOOTING SPORTS



If you are  
not enrolled  
in Pike  
County  
4-H, enroll  
here:  
[in.4honline.com](http://in.4honline.com)

372 S County Road 175 E  
Winslow, IN 47598

Shooting Sports meetings will take place  
on the following dates from 6-8 p.m.

June 22

August 3

June 29

September 21

July 6

October 12

October 19

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**PURDUE** EXTENSION





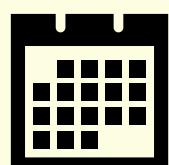
## WHY YOUTH MENTAL HEALTH FIRST AID?

- Mental health issues often start in adolescence.
  - Mental health issues are common.
  - Like CPR, it's good to know what to do when someone is in crisis.
  - You can raise awareness and reduce stigma.
- Open to any adult who interacts with youth.

## DETAILS



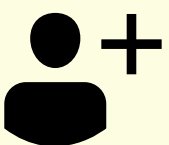
Spencer County Youth and Community Center  
1101 East County Rd 800 N  
Chrisney, IN 47611



Wednesday June 12, 2019  
8:00 AM to 5:30 PM Central Time



\$20 per person;  
Lunch & workbook included



Sign-up required by June 5, 2019  
Visit <http://www.cvent.com/d/56q5hq>



Some CEUs available;  
See registration page for details.

## QUESTIONS?

Contact  
Purdue Extension: [mhfa@purdue.edu](mailto:mhfa@purdue.edu)

# 2019 Cat Show -- Registration

**4-H** (Must be an active Pike County 4-H Member)

**Exhibitor Name** \_\_\_\_\_

\_\_\_\_\_ Showmanship

\_\_\_\_\_ Cage Decorating/Costume

**Cat Info**

Name \_\_\_\_\_

\_\_\_\_\_ Kitten

\_\_\_\_\_ Adult

\_\_\_\_\_ Male

\_\_\_\_\_ Female

\_\_\_\_\_ Short Hair

\_\_\_\_\_ Long Hair

\_\_\_\_\_ Altered

\_\_\_\_\_ Whole

Name \_\_\_\_\_

\_\_\_\_\_ Kitten

\_\_\_\_\_ Adult

\_\_\_\_\_ Male

\_\_\_\_\_ Female

\_\_\_\_\_ Short Hair

\_\_\_\_\_ Long Hair

\_\_\_\_\_ Altered

\_\_\_\_\_ Whole

**Open Class -- \$5 per entry**

Checks payable to: Pike County CES ED Fund

**Exhibitor Name** \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

\_\_\_\_\_ Showmanship

\_\_\_\_\_ Cage Decorating/Costume

**Cat Info**

Name \_\_\_\_\_

\_\_\_\_\_ Kitten

\_\_\_\_\_ Adult

\_\_\_\_\_ Male

\_\_\_\_\_ Female

\_\_\_\_\_ Short Hair

\_\_\_\_\_ Long Hair

\_\_\_\_\_ Altered

\_\_\_\_\_ Whole

Name \_\_\_\_\_

\_\_\_\_\_ Kitten

\_\_\_\_\_ Adult

\_\_\_\_\_ Male

\_\_\_\_\_ Female

\_\_\_\_\_ Short Hair

\_\_\_\_\_ Long Hair

\_\_\_\_\_ Altered

\_\_\_\_\_ Whole



# 4-H FRIDAYS

## SUMMER 2019

9:30 a.m.- 3:30 p.m.

Only \$10 per day-Lunch included!

Youth Grades 3-12 completed

**PRE-REGISTRATION REQUIRED**  
at least one week before workshop.

### MAY 31: GAMING CONNECTION

#### Pike County 4-H Building

Engage in hands-on TEAM-building, GAME-building, and SKILL-building activities!

### JUNE 7: COMMUNITY CONNECTION

#### Pike County Courthouse Basement

Interact with local businesses and government and gain a better connection to your community.

### JUNE 14: INSTANT CHALLENGE

#### Petersburg Library

Can you open the treasure chest? Use your creativity, problem solving, and engineering skills to resolve issues.

### JUNE 21: LIVING WELL

#### Pike County 4-H Building

Practice basic first aid, safety skills, and tips for good physical, mental, and social well-being.

### JUNE 28: FUN IN THE SUN

#### Prides Creek Park

Learning can be fun with canoeing, swimming, and hands-on activities outside!



# 4-H Fridays: Summer 2019

Registration

*Youth Grades 3-12 completed.*

*9:30 a.m. - 3:30 p.m.*

Name: \_\_\_\_\_ Age: \_\_\_\_\_

4-H (Y/N): \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Relation: \_\_\_\_\_

Allergies: \_\_\_\_\_

If you need any special accommodations please notify the Purdue Extension office at 812-354-6838 or [hopkin27@purdue.edu](mailto:hopkin27@purdue.edu)

**Pre-registration required at least 1 week before workshop!**

Workshops Attending: (\$10 each...3 or more get one free!)

\_\_\_ May 31<sup>st</sup> Gaming Connection

\_\_\_ June 7<sup>th</sup> Community Connection

\_\_\_ June 14<sup>th</sup> Instant Challenge

\_\_\_ June 21<sup>st</sup> Living Well

\_\_\_ June 28<sup>th</sup> Fun in the Sun

\$\_\_\_\_\_ Total. Please make checks payable to **Pike County CES** and mail to:

**801 E. Main St. Petersburg IN 47567**

## **Healthy Fun in the Sun!**

Sarah Hopkins, Health & Human Sciences Educator

The temperatures are finally rising! With all the fun outdoor activities coming to you this summer, remember to take time to care for your body. Below are few reminders:

1. **Wear sunscreen:** The sun can have beneficial effects on the body, such as facilitating the release of serotonin and activating Vitamin D. Serotonin helps to improve your mood and Vitamin D is essential for bone health. However, there are also risks of too much sun exposure.

Skin cancer is one of the most common (and most preventable) forms of cancer in the United States. Skin cancer can be caused by harmful ultraviolet (UV) rays from the sun. There are two main types of UV rays, UVA and UVB. UVA rays can penetrate into the deeper layer of the skin, which can cause wrinkles, pigmentation changes, premature aging, and skin cancer growth. UVB rays damage the upper layer of the skin, which can cause sunburn.

The skin cancer foundation suggests applying about two tablespoons of sunscreen to exposed skin every two hours to protect against harmful UVA and UVB rays.

2. **Stay Hydrated:** Over half of the human body is water! Be aware of your water intake to prevent dehydration. Often times we do not realize we are in a state of dehydration until we experience muscle cramps, fatigue, or extreme thirst. Foods such as fruits and vegetables can be a source of hydration, and drinking at least 64 ounces of water each day will help to keep you hydrated. Remember to have water on hand if you are in the sun for long periods, and pay close attention to children's water intake to help them stay hydrated.
3. **Wear Shades:** The sun can cause problems for your eyes, such as macular degeneration, blurred vision, vision loss, or even sunburn to your cornea. Wearing a cap can shade your eyes from the sun, and sunglasses are a great way to protect your vision. Polarized sunglasses are great for cutting down the glare, but there is often no protection from the harmful ultraviolet (UV) rays. Therefore, finding sunglasses that are at least 99 percent UV protected is the best.

Looking for more helpful tips? Contact Sarah Hopkins at the Pike County Purdue Extension office for more resources related to food, family, money, and health, 812-354-6838 or [hopkin27@purdue.edu](mailto:hopkin27@purdue.edu).



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## July 21st - 27th, 2019

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