

Extension Edge

An educational publication of Purdue Extension — DeKalb County



Extension - DeKalb County

January/February 2024

Welcome Heather

We greatly appreciate all of Kim's work with our office the last couple of years, but with her retirement on December 15th, we are excited to introduce our new Administrative Assistant!

Heater Waldon joined us on December 4th and was able to work with Kim for a couple of weeks reviewing tasks with her. Heather comes to us from Auburn Abstract Co. where she was a Title Plant Manager. When she isn't working, she and her husband James enjoy spending time with their 3 kids going to whichever sporting event they are involved in for the season!



Take a minute to stop in and welcome Heather to our staff!

In This Issue

Diet & Lifestyle.....	2	Women in AG	8	4-H Summer Counselors.....	12
Eat Healthy on a Budget	3	Beef Basics	8	Biology is a Hoot.....	12
Homemakers Game Night.....	5	ANR Important Dates	9	4-H Scholarship	13
Homemakers Scholarships.....	5	Ft Wayne Farm Show	10	4-H Deadlines.....	14
Homemakers Important Dates	7	EmpowHERed	11	4-H Important Dates.....	14
				4-H Enrollment.....	15

The American Heart Association Diet and Lifestyle Recommendations

A healthy diet and lifestyle are the keys to preventing and managing cardiovascular disease. It's not as hard as you may think! Remember, it's the overall pattern of your choices that counts. Make the simple steps below part of your life for long-term benefits to your health and your heart.

Use up at least as many calories as you take in.

- Start by knowing how many calories you should be eating and drinking to maintain your weight. Nutrition and calorie information on food labels is typically based on a 2,000 calorie per day diet. You may need fewer or more calories depending on several factors including age, gender, and level of physical activity.
- Increase the amount and intensity of your physical activity to burn more calories.
- Aim for at least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity (or an equal combination of both) each week.

Regular physical activity can help you maintain your weight, keep off weight that you lose and reach physical and cardiovascular fitness. If it's hard to schedule regular exercise, look for ways to build short bursts of activity into your daily routine such as parking farther away and taking the stairs instead of the elevator. Ideally, your activity should be spread throughout the week.

Eat an overall healthy dietary pattern that emphasizes:

- a wide variety of fruits and vegetables
- whole grains and products made up mostly of whole grains
- healthy sources of protein (mostly plants such as legumes and nuts; fish and seafood; low-fat or nonfat dairy; and, if you eat meat and poultry, ensuring it is lean and unprocessed)
- liquid non-tropical vegetable oils
- minimally processed foods
- minimized intake of added sugars
- foods prepared with little or no salt
- limited or preferably no alcohol intake

Apply this guidance wherever food is prepared or consumed.

It is possible to follow a heart-healthy dietary pattern regardless of whether food is prepared at home, ordered in a restaurant or online, or purchased as a prepared meal. Read the Nutrition Facts and ingredient list on packaged food labels to choose those with less sodium, added sugars and saturated fat. Look for the Heart-Check mark to find foods that have been certified by the American Heart Association as heart-healthy.

Live Tobacco Free

Don't smoke, vape or use tobacco or nicotine products — and avoid secondhand smoke or vapor.

Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/aha-diet-and-lifestyle-recommendations>

Health & Human Sciences

Eat Healthy on a Budget: Plan Ahead

Eating healthy, that is including lots of fruit, vegetables, lean protein and whole grains into your eating plan, doesn't have to cost a lot. If you shop smart and plan ahead, you'll be surprised at how much good-for-you food you can buy without breaking the bank.

Plan ahead

- **Prepare menus and grocery lists ahead.** This can keep you from making impulse food choices, which often aren't healthy. With planning, you can make the healthy choice the easy choice. Take a few minutes over the weekend to go through your favorite healthy recipes and map out your meal plan for the upcoming week.
- **Use technology.** There's an app for that. Look for a grocery list or meal-planning app with a grocery list feature. This will help you quickly grab the ingredients you need for your healthy meal plan.
- **Cook on the weekends.** If your weekdays are busy, prep ahead or cook over the weekend and store the meals in the fridge or freezer. Simply thaw as needed and reheat for hassle-free lunches and dinners.
- **Prep snacks.** Cut up fruits and vegetables and keep them handy in individual portions in the fridge. This will help you and your family have healthy ready-to-go snacks.

Shop smart to save big

- **Look for specials and sales.** This is the time to stock up on frozen and canned produce (without added sugar or extra sodium).
- **Use coupons and join store rewards programs.** This makes it easy to track what's on sale.
- **Buy fresh produce in season.** For example, blueberries cost less in spring and summer, when they're in season. You'll pay more in the fall and winter when they're shipped from warmer climates.
- **Skip the prepared individually packaged food.** The convenience may be tempting, but it's usually healthier and cheaper to prepare the same foods at home. For example, buy whole fruits, such as watermelon and pineapple, instead of the cut chunks in the container. It will be much less expensive and only takes a few minutes to do yourself.
- **Buy local.** The produce at a farmers market or local farm-stand is usually fresher when it's local because it didn't have to travel a long distance to a food distribution warehouse followed by delivery to your supermarket. Local food is typically picked at peak freshness, which offers the best flavor and nutritional value.
- **Buy in bulk.** Often the more you

buy, the less expensive it is per unit. Consider buying food in bulk and splitting the cost with friends or family.

Create a new routine

- **Start small.** Start with a small change and keep building from there. Many small changes will add up to big results. Before you know it, you will have a new healthy routine in place.
 - **Make one healthy change at a time.** You and your family won't feel blindsided or deprived if the changes you make aren't all at once.
 - **Involve the whole family.** Kids can help with meal planning, grocery shopping and cooking. Let each family member be chef for a day and take charge of a particular meal. Encourage older kids to make a game of reading Nutrition Facts labels and ingredient lists at the grocery store. Let younger kids pick out new types of fruits and vegetables to try.
 - **Learn to cook healthy and on a budget.** Check out this list of healthy foods under \$1 and budget-friendly recipes.
- Source: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/eat-healthy-on-a-budget-by-planning-ahead>

Turkey Cutlets and Gravy

Creamy country gravy tops lightly breaded turkey cutlets in this mouthwatering entrée.

Ingredients

Servings 4 Serving Size 3 ounces turkey and 2 tablespoons gravy

- 1/4 cup all-purpose flour and 2 teaspoons all-purpose flour, divided use
- 1 1/2 teaspoons salt-free all-purpose seasoning blend
- 2 large egg whites
- 1/4 cup fat-free milk
- 1/2 cup plain dry bread crumbs (lowest sodium available)
- 4 turkey breast cutlets (about 4 ounces each), all visible fat discarded

OR

- 1 pound boneless, skinless turkey breast, cut crosswise into 4 slices, cutlets, or slices flattened to 1/2-inch thickness
- Cooking spray
- 1 tablespoon canola or corn oil
- 1/4 cup fat-free half-and-half
- 1/3 cup fat-free, low-sodium chicken broth
- 1/8 teaspoon pepper

Directions

Tip: Click on step to mark as complete.

1. In a medium shallow dish, stir together 1/4 cup flour and the seasoning blend. In a separate medium shallow dish, whisk the egg whites until foamy. Whisk in the milk. Put the bread crumbs in a third medium shallow dish. Set the dishes and a large plate in a row, assembly-line fashion.

2. Dip the turkey in the flour mixture, then in the egg white mixture, and finally in the bread crumbs, turning to coat at each step and gently shaking off any excess. Using your fingertips, gently press the coating so it adheres to the turkey. Transfer to the plate. Sprinkle any remaining bread crumb mixture over the turkey. Lightly spray both sides with cooking spray.

3. In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the turkey for 4 minutes on each side, or until no longer pink in the center. Transfer to serving plates, leaving any pan drippings in the skillet. Reduce the heat to medium.

4. Meanwhile, in a small bowl, whisk together the half-and-half and the remaining 2 teaspoons flour (the mixture may be slightly lumpy). Whisk in the broth and pepper. Whisk into the pan drippings, scraping to dislodge any browned bits. Cook for 1 minute, whisking constantly. Spoon the gravy over the turkey.

Nutrition Facts:

Calories 268 Per Serving, Protein 34g Per Serving, Fiber 1g Per Serving,

Nutrition Facts

Calories	268	Total Carbohydrate	20 g
Total Fat	5.0 g	Dietary Fiber	1 g
Saturated Fat	0.5 g	Sugars	3 g
Trans Fat	0.0 g	Protein	34 g
Polyunsaturated Fat	1.5 g	Dietary Exchanges	
Monounsaturated Fat	2.5 g	1 1/2 starch, 3 lean meat	
Cholesterol	71 mg		
Sodium	209 mg		

Source: recipes.heart.org/en/



DEKALB COUNTY EXTENSION HOMEMAKERS

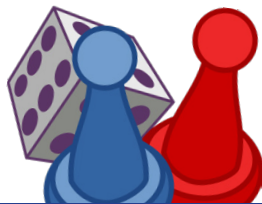
"If you're always trying to be normal, you will never know how amazing you can be."

— Maya Angelou,

GAME NIGHT

WEDNESDAY,
JANUARY 24, 2024

Bring a
snack to
share



6 P.M. AT THE COUNTY OFFICE BUILDING
(LOWER LEVEL)

GIVE LINDA WILSON A CALL AT
260-909-0358 TO SAVE A SPOT.

EXTENSION HOMEMAKER SCHOLARSHIPS

The DeKalb County Extension Homemakers provide up to three \$500 scholarships. Application with supporting documentation is due March 1.

Applications are available by contacting the Extension Office or by going to the DeKalb 4-H Hub in the Scholarship folder.

Good day ladies,

I hope all is well, and you all have your Christmas trees up and shopping finished or started, I hope.

The gnome class had 24 participants. The cookie candy stroll went very well and is always a fun and festive time. Bonnie Deetz and her committee did a fantastic job. Thank you all. The candy classes went great. Now they all know how to get chocolate all over themselves!

Sew Day was canceled in December because it is such a busy month, but it is rescheduled for January 9th from 9:00 am to 3:00 pm. Please bring a dish to share. Joan delivered 25 baby blankets, and they were so happy. To date, they have given out 12, so the program is working.

The county Christmas party was wonderful, always good food and fun visiting with everyone. Town and Country

and the Rolling Pins did a fantastic job of decorating. It was all so pretty, and we had a lot of fun playing Bingo. Thanks ladies.

Do not forget the upcoming Council meeting on January 4th at 6:00 pm at the C.O.B.

We have Game Night coming up on January 24th at the C.O.B. Please bring a snack to share. It is going to be a fun time.

Do not forget to tell your grandkids about the Extension Homemakers Scholarship. They can pick it up in the office or online. Deadline is March 1st, 2024

I want to wish each of you and your families a very Merry Christmas and a blessed New Year. May 2024 bring you happiness.

Make peace with your past, so it does not affect the PRESENT

President Martha Close



Margaret Menges, chair person for the special interest project Fortify Life, with one of the two graduation bags turned in.

Thank you to Jackson Homemakers and Never Idle clubs for your support in this project.

Fortify Life sent Margaret a very nice thank you letter.



HOMEMAKERS 2024 IMPORTANT DATES

Jan 1, 2024	New Years Day - Extension Office Closed
Jan 4	EH Council - 6 pm, COB (lower Level)
Jan 15	Martin Luther King Day - Extension Office Closed
Jan 24	Game Night - 6 pm Exhibit Hall, Bring a snack to share
Feb 6	Sew Day - 9 am - 3 pm, bring a covered dish to share
Feb 14	<i>County 1st Timer Application due in Extension Office</i>
Feb 15	Rock Painting - Cost is \$5.00 - 6 pm, COB (lower level)
Feb 19	Presidents Day - Extension Office Closed
March 1	<i>Newly Elected Officer list due, EH Scholarship Applications due, Ruth B Sayre Scholarship application due.</i>
March 5	Spring District meeting - Adams County
March 7	EH Council - 6 pm, COB (lower Level)
March 19	Sew Day - 9 am - 3 pm, bring a covered dish to share
March 20	Jewelry Class - 6 pm, COB (lower Level)
March 28	<i>New Member/Recruiters list due; 25 & 50 year members due; Outstanding Homemaker nomination due in Extension Office</i>
March 29	Good Friday - Extension Office Closed

*COB - Lower Level of County Office Bldg., 215 E. 9th St., Auburn.

[HTTPS://AG.PURDUE.EDU/DEPARTMENT/EXTENSION/WIA/CONFERENCE.HTML](https://ag.purdue.edu/departments/extension/wia/conference.html)

SAVE THE DATE

AG WOMEN 2024
ENGAGE
CONFERENCE

February 22, 2024



**Grand Wayne Convention Center
Fort Wayne, IN**



Women in Agriculture

Purdue University is an equal opportunity/equal access institution.

PURDUE BEEF BASICS

IN THE EASTERN CORNBELT

SAVE THE DATE

From Purdue University Extension, Agricultural and Natural Resources, comes a virtual, multi-session program this February and March for the **beef cattle industry!**

PROGRAM BEGINS FEBRUARY 6



Extension educators, specialists and industry experts will facilitate and lead program sessions. Among the topics to be covered are an **overview of beef cattle, behavior and facilities, health, genetic selection, forages, nutrition and reproduction.**

PROGRAM DATES & TIMES

February 6 until March 26, 2024 on:

- Tuesdays from 6:00 – 8:30 p.m. EST
- Thursdays from 7:00 – 8:00 p.m. EST

Producers with less than five years of experience and those interested in exploring the industry are encouraged to attend. The cost to participate is \$50 and the **deadline to register is January 24, 2024.**



Facebook/Twitter/LinkedIn: @PurdueExtension | www.extension.purdue.edu

2024 Regional Meetings

Save the Date!

The IDP Regional Meetings are quickly approaching! We have assembled timely and engaging topics that will challenge producers to think in new ways, moving their farms forward.

All are welcome to attend!

We are excited to see everyone at the 2024 Regional meetings!"

→ February 6th — Adams County:

Adams Co. 4-H Park
160 W Washington St
Monroe, IN 46772

→ February 7th — Marshall County:

Christos Banquet Center
830 Lincoln way E
Plymouth, IN 46563

→ February 8th — Elkhart County:

Das Dutchman Essenhaus
240 US 20
Middlebury, IN 46540

Meeting Schedule

- 9:00 a.m.—Registration
- 9:30 a.m.—Welcome
- 9:35–12:00 p.m.—Educational topics
- 12:00 p.m.—Lunch
- 12:45–2:30 p.m.—Educational topics
- 2:30 p.m. Wrap-up & Adjourn



REGISTER TODAY

<https://cvent.me/EBNPV>



QUESTIONS

and other inquiries, email:
allen484@purdue.edu or
jmrichards@purdue.edu

An Equal Access/Equal Opportunity University

PURDUE EXTENSION

Get Growing

PROGRAM

Tuesdays, January 16 - February 6, 2024

6:30 PM- 8:00 PM

DeKalb County Office Building Basement

215 E 9th Street, Auburn, IN

Come in the back doors on 10th Street

Cost: \$45, payable by cash or check

Join us for this 4-week program on commonly

asked garden topics

How Plants Grow

What's Pestering Me

Vegetable Gardening

Growing Lush Lawns

Pre-registration is requested

Payment is due by the first class on January 16

To register or for more information, please contact:

Elysia Rodgers

Purdue Extension-DeKalb County

(260) 925-2562 or

eberry@purdue.edu



"The success of every woman should be the inspiration to another. We should raise each other up. Make sure you're very courageous: be strong, be extremely kind, and above all be humble."

– Serena Williams



EXED

UPCOMING EVENTS ANR IMPORTANT DATES 2024

JAN 16-18, 2024	Fort Wayne Farm Show, Allen County War Memorial Coliseum, Fort Wayne, IN
TUES JAN 16 - FEB 6	6:30-8:00 PM: Get Growing Program (See Above Flyer for Details)
JAN 29	6:30 PM-EmpowHERed Together DIY Charcuterie Boards, County Office Building, Cost: \$50; Register at: https://tinyurl.com/EXTCharJan24
FEB 6 - MAR 26	6-8:30 PM-Purdue Beef Basics Virtual Program (See Flyer for Details)
FEB 6	9 AM-Regional Dairy Producer's Meeting in Adams County
Feb 21-22	Ag Women Engage Conference, Grand Wayne Center, Fort Wayne, IN

Agriculture & Natural Resources



January 16-18, 2024
Allen County
War Memorial Coliseum

Major Farm Manufacturing and Distributor Trade Show	
January 16	9 AM - 5 PM
January 17	9 AM - 8 PM
January 18	9 AM - 4 PM

Tuesday, January 16
Appleseed Room A

10:00 a.m.
Midwest Ag Market Outlook
Jon Cavanaugh
WOWO Market Analyst
David Kohli
WOWO Market Analyst
Ryan Martin
Farm Origination Specialist,
Louis Dreyfus Co.
Rob Winters
Farm Director,
News/Talk 1190, WOWO

11:30 a.m.
How Farmers Can Take Advantage of Global Climate Action
Carrie Vollmer-Sanders
Sustainability Director,
U.S. Farmers & Ranchers in Action

2:00 p.m.
Pesticide Applicator Program
PARP, CCH Credits Available
James Wolff
Ag & Natural Resources Educator,
County Extension Director,
Purdue Extension, Allen County
Christian Krupke,
Professor of Entomology,
Purdue University
Ann Klein
Extension Educator,
Purdue Extension, Noble County



Support the FFA auction
1 p.m. Tuesday-
Wednesday,
January 16th and 17th

Wednesday, January 17
Appleseed Room A

9:00 a.m.
Coffee and... The Demand for Regenerative Ag (Breakfast Served)
Noah Radde
Grain Origination Specialist,
ADM



11:30 a.m. (Luncheon)
Hot Topics in Land Use
Appleseed Room B
Brianna Schroeder
Partner,
Janzen Schroeder Ag Law



2:00 p.m.
New Technology in Conservation
Rhiannon Lake
Conservation Program Specialist,
Allen County SWCD
Adam Shanks
Extension Educator,
Purdue Extension, Clinton County

5:30 p.m.
Back By Popular Demand:
Five Ways to Lose the Family Farm
Dan Gordon
Owner, Attorney,
Gordon Legal

Be sure to visit our booths on the lower level, Expo Hall 4

Thursday, January 18
Appleseed Room A

10:00 a.m.
Cultivating Resiliency: Financial Incentives for Environmental Stewardship with the Soil and Water Outcomes Fund® (Breakfast Served)
Indiana Soybean Alliance,
Indiana Corn Marketing Council,
Soil and Water Outcomes Fund



11:00 a.m.
Insurance & Agritourism
Mike Lampton
Agent,
Indiana Farm Bureau
Courtney Schmidt
Extension Educator,
Purdue Extension, Miami County

12:30 p.m.
Office Hours:
Meet Your Agency Staff
CCSI
Farm Service Agency
Indiana State Department of Ag
Local SWCDs
Local Watershed Organizations
NRCS
OCRA
Purdue University Extension

For more educational resources visit WWW.ALLENSWCD.ORG or scan the code

Join Us for Lunch!



LUNCHEON
11:30 a.m. Wednesday, January 17
Appleseed Room B



Sponsored by: Indiana Farm Bureau, Inc., Adams, Allen, DeKalb, Huntington, LaGrange, Noble, Steuben, Wells, and Whitley County Farm Bureaus, District 2 and District 4
 Please note that only 150 meals will be available for this event and they will be provided on a first come - first served basis!

Educational Seminars Provided By:
Northeast Indiana Soil and Water Conservation Districts
and Purdue Cooperative Extension Service



Northeast Indiana
Soil and Water
Conservation Districts



Extension

Assistance and programs of the Soil and Water Conservation Districts, Natural Resources Conservation Service, ISDA, Division of Soil Conservation and Purdue Cooperative Extension Service are available without regard to race, religion, color, sex, age or disability.



Extension

EmpowHERed Together

Join Ladies from
across Northeast Indiana for
fun programs and networking
throughout 2024!

JANUARY 29 @ 6:30 PM **DIY CHARCUTERIE BOARDS**

DeKalb County Office Building
215 E 9th Street, Auburn, IN

Cost: \$50

Register at:

<https://tinyurl.com/EXTCharJan24>

APRIL 8 TBD **BASIC TRACTOR SKILLS**

Kenn-Feld Group
Edgerton, OH

MAY 21 @ 6:30 PM **SPRING MESH RIBBON** **WREATHS**

DeKalb County Office Building
215 E 9th Street, Auburn, IN

Cost: \$50

JULY 12 @ 9 AM **QUILT GARDEN DESIGNS**

Heritage Trail in Elkhart County
Location: TBD

AUGUST 22 TBD **CUT FLOWER GARDENS &** **ARRANGEMENTS**

Down Home Blooms
Edon, OH



TO REGISTER:

Elysia Rodgers
Purdue Extension
DeKalb County
(260) 925-2562
eberry@purdue.edu

or

Reba Wicker
Purdue Extension
Steuben County
(260) 668-1000 ext 1400
rwicker@purdue.edu

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4-H/Youth Development

2024 RULE CHANGES

THE DEKALB 4-H COUNCIL IS WORKING HARD TO GO THROUGH RULE CHANGES FOR 2024. ALL CHANGES THAT HAVE PASSED WILL BE AVAILABLE TO READ IN THE FEBRUARY 4-H NEWSLETTER.



Counselors needed!

Summer seems SO far away, but it's time to apply for 4-H Camp Counselor positions!

Interested in serving as a counselor at this summer's 4-H Camp? Be thinking about it now if you are in Grades 9-12 because applications will be due on February 1st. 8th graders may be considered if we run short on high school counselors.

We will begin planning and mingling with counselors from other counties in March.

4-H Camp will be held June 5-7, but for counselors, camp begins on June 4.

This is an excellent opportunity to develop your leadership skills in working with younger youth and planning fun adventures for them along with your peer counselors.

You can request an application by emailing Effie at campb314@purdue.edu or by stopping by the Extension Office.

Join us as we travel the world through virtual reality! No passports are needed, just your imagination and want to learn something new! Register today at <https://bit.ly/GoWithoutGoing>.

GO WITHOUT GOING
Your Passport to VR Travel

EXPLORE YOUR WORLD THROUGH VIRTUAL REALITY!

REGISTER THROUGH THE LINK ABOVE! ONLY 20 SEATS!
GRADES 3-12
JANUARY 29 - CITIES OF THE WORLD
JANUARY 31 - NATURE
FEBRUARY 5 - THE ANCIENT WORLD
FEBRUARY 7 - SPACE! THE FINAL FRONTIER

Purdue University is an equal opportunity/ equal access/affirmative action institution.
P PURDUE UNIVERSITY Extension - 4-H Youth Development
4-H EXHIBIT HALL, 708 S. UNION ST. AUBURN, IN

Biology is a Hoot!

Take flight as we explore the biology behind owls. Join us for a night of owl investigation as we discover what makes owls so unique and physically investigate what owls have eaten.

- Location: DeKalb County Office Building (215 E. 9th St. Auburn, IN)
- Date & Time: January 24, 2024 6-8 p.m.
- Best suited for youth in Grades 3 & up
- Cost: \$10
- Registration closes: January 17
- Register: <https://bit.ly/biologysteam>

P PURDUE UNIVERSITY Extension - 4-H Youth Development
Purdue University is an equal opportunity/equal access/affirmative action institution.

2024 4-H COUNCIL (EXECUTIVE)

PRESIDENT
Kyle Yarde

SECRETARY
Cassie Brown

COUNCIL REP TO FAIR BOARD
Travis Fry

VICE PRESIDENT
Carrie Dunn

TREASURER
McKenzie Shoudel

EXECUTIVE BOARD MEMBER-AT-LARGE
Matt Blomeke



2024 SCHOLARSHIP OPPORTUNITIES

Senior Year Scholarship

Available to 4-H members in their senior year of high school

Club Scholarship

Available to 4-H members entering Purdue University majoring in the College of Agriculture or select majors in the College of Health and Human Sciences

Purdue Horticulture & Landscape Architecture Scholarship

Available to a 4-H member majoring in horticulture or landscape architecture at Purdue University and studied plant science in 4-H.

Accomplishment Scholarship

Available to 4-H members in grades 10-12 of high school and the year immediately following high school graduation. The purpose of the 4-H Accomplishment Scholarship is to recognize youth who have excelled in life skills development through their 4-H activities and involvement.

Categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food and Nutrition Science; Leadership Development; and Plant and Environmental Science. Three additional categories are reserved for applicants demonstrating life skills development in more than one of the previously listed categories. Those are Premier Achievement, Premier Citizenship, and Premier Leadership.

Eligibility: Applicants must be in grade 10, 11, 12, or their first year immediately following 4-H enrollment eligibility at the time applications are due. While an applicant does not have to be a current 4-H member, they must demonstrate multiple years of involvement in Indiana's 4-H Youth Development Program.

Youth who have previously been awarded a \$1,000 accomplishment scholarship are only eligible to compete in the Premier Achievement, Premier Citizenship, and Premier Leadership categories. Youth who have previously been awarded a \$2,000 scholarship are no longer eligible to compete in any category.

Awards: A minimum of thirty \$1,000 scholarships will be awarded to youth based on their demonstration of life skills development in these eight categories: Animal Science—Meat and Milk Production; Animal Science—Companion and Small Animal Production; Citizenship; Communications; Engineering and Technological Science; Healthy Living, Food, and Nutrition Science; Leadership Development; and Plant and Environmental Science.

A minimum of one \$2,000 scholarship will be awarded in each of these categories: Premier Achievement; Premier Citizenship; and Premier Leadership.

Visit bit.ly/4hscholarship to download applications.

Applications due to County 4-H Educator January 25.

Contact your county's Purdue Extension Office to learn more.

\$166,725 AWARDED IN 2023



2024 4-H Deadlines

May 15th	<ul style="list-style-type: none"> • 4-H Online entry for Beef Steers, Registered and Unregistered Heifers, Dairy Steers, Horse & Pony, Draft Animals, State Fair Animals
July 1st	<ul style="list-style-type: none"> • FairEntry for Summer Static Projects (Drop/Add Deadline for Summer Projects) • 4-H Online entry for Fall Fair Animals • 4-H Online entry for Summer Goats; FairEntry for Summer Goats; Worksheets for Summer Goats due in Extension Office; QLC/YQCA due for Summer Goats • Nomination forms for Rabbits and Poultry due in Extension Office
September 9th	<ul style="list-style-type: none"> • FairEntry for Fall Fair Animals and Crops Exhibits (Drop/Add Deadline for Fall Projects) • QLC/YQCA and Animal Worksheets due for Fall Fair • 4-H Online entry for Beef Feeders

2024 4-H IMPORTANT DATES

January 8	QLC in-person training, 9:30 am – Hamilton Town Hall
January 15	<p>Enroll in 4-H so you don't miss out on upcoming events (registration will remain open until May 15)</p> <p>Volunteer re-enrollment is also due at this time!</p>
January 24	Biology is a Hoot STEAM workshop (Owl Pellet dissection), 6:00-8:00 pm - Exhibit Hall 708 S. Union St. Auburn, IN
January 29, 31, February 5, 7	Go without Going - Your Passport to VR Travel (Join us as we explore the world through virtual reality), 6:00-8:00 pm - Exhibit Hall 708 S. Union St. Auburn, IN (open to grades 3-12)
February 1	Camp Counselor Applications are due to the Extension Office
February 10	QLC in-person training, 10:00 am - Exhibit Hall
February 12 & 26	Horse & Pony Hippology and Judging Practice, 6:30 pm - Exhibit Hall
February 14	Valentine's Day Canvas Painting Class, 6:00-8:00 pm - Exhibit Hall
February 19, 21, & 23	Let's Get Crafty: Minecraft program (learn about architecture and engineering through Minecraft), 6:00-8:00 pm - Exhibit Hall 708 S. Union St. Auburn, IN
February 24	Horse & Pony Tack Auction Fundraiser, 5:00 pm (doors open at 4:00 pm)

MISSED THE 4-H ENROLLMENT DEADLINE? IT'S NOT TOO LATE TO SIGN-UP!

All 4-H members and adult volunteers must re-enroll annually. Go to the v2.4honline.com to re-enroll. Enrollment will continue until May 15th. The Extension Staff will be happy to assist you with your (re)enrollment process, if needed!

Winter Cancellation Policy

Historically, we have followed schools in regards to meeting and event cancellations. If one school canceled for the day, we canceled all events for that day. However, with schools offering e-learning days, we think they will be quicker to react and cancel.

We certainly care about your safety, but want to be mindful that sometimes the fog fades and the snow is cleared by evening.

Moving forward from this point on, we will use cautious discretion and/or consult with the Sheriff's Department regarding cancellation of DeKalb County 4-H programs, events, activities, and meetings.

Indian 4-H Scholarships

All 4-H scholarship applications and submission instructions are available on the State 4-H website (link below) and must be uploaded by members no later than January 25, 2023. This includes 4-H Club, Senior Year, Purdue Horticulture, and Accomplishment scholarships. Applications can also be found on the DeKalb 4-H Hub in the scholarship folder. bit.ly/DeKalb4HHub

A member must be in an "Active" status in 4HOnline to submit an application.

Youth in Grades 10 to their 1st year out of 4-H may apply for the 4-H Accomplishment Scholarship.

Do you need help with your application or have questions? Please reach out to Effie at campb314@purdue.edu

Visit <https://extension.purdue.edu/4-H/get-involved/scholarships.html>

CLOVER HUNT

Find the black & white 4-H clover logo hidden somewhere within this newsletter. To win the 2024 prize (Clover Wallet, 4-H Sticker, Hat, Gold Button, and Thermos cup), email Effie (campb314@purdue.edu) with the correct description of its location and have the chance to win this month's prize. Winner will be announced on January 15. Contest open to Mini 4-H and regular 4-H members ONLY. Prize will be available for pick-up at the Extension Office once winner has been notified.



Sample only

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Extension - DeKalb County

YOU CAN HELP PURDUE'S BROADBAND TEAM!



The Problem

- The federal Broadband Equity, Adoption, and Deployment (BEAD) program is deploying broadband funds.
- Indiana is receiving close to \$870 million from the federal government starting mid to late 2024.
- A Federal Communications Commission (FCC) map will dictate where these funds go.

The Solution

- The Purdue Broadband Team's (PBT) goal is to make make Indiana's broadband map more accurate and help with broadband adoption.
- PBT will spread the word on the following resources:

Share validating tool for addresses and internet service on the FCC map.	Learning more about the Indiana Connectivity Program (ICP).	Share tool for speed tests or reporting a lack of connectivity at your address.	Learning more about the Affordable Connectivity Program (ACP).

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