



Hendricks County 4-H Clover Connection



Volume 10 Issue 1 | January 2024

New Year, New You!

Ashley Alexander; 4-H Youth Extension Educator

During this time of year, people decide that they are going to set “New Year’s Resolutions”. Most of the time, these resolutions are broken within the first month (or even first week). Instead of New Year’s Resolutions, I challenge you to make a bucket list. Think of your goals for the year, and make a list of those things that you would like to accomplish. This can be in life, school, or in 4-H! I would like to challenge you to expand your horizons and go outside your “comfort zone”.

We are here to help you with your bucket list! There are so many opportunities in 4-H, and we want you to make the best of those opportunities! Check out pages 2 and 3 to see just a FEW of those opportunities! If you don’t see something that intrigues you, come to the New Family Orientation to get ideas! (See page 2 for information). I would love to help you build your bucket list and help you to “Make the Best Better”!

With a new year, comes new policies. Please see page 4 for the listing of new policies for 2024. The 2 changes are to the completion requirements and the FairEntry Deadline. More information will come after the first of the year.

The handbook is coming! We have sent the handbook to the printer, and we will let you know when it is ready! In the meantime, visit <https://hendricksco4h.com/24handbook> to view a digital copy of the handbook. Changes will be in **red, bold and italics**. If you have any questions or concerns with the policy, please reach out to me and I will help you the best I can!

Happy New Year and we hope to see you soon!

In This Issue

4-H Opportunities Pages 02 thru 04

Policy Updates Page 04

Club Information & Volunteer and Board Information Page 05

Calendar of Events Page 05

HHS & ANR Updates Page 06 and 07

Extra Announcements Page 08 thru 10

Extension Office Info

Office will be CLOSED on
December 25th and 26th for
Christmas AND January 1st
for New Years!

Contact Us



Purdue Extension — Hendricks County
1900 E. Main St. P.O. Box 7
Danville, IN 46122
317-745-9260



Open 8 a.m.—4 p.m.
Monday—Friday
<https://hendricksco4h.com/HCGS>
<https://v2.4honline.com>



4-H OPPORTUNITIES

Junior
Leaders
INDIANA 4-H



Junior Leaders

Next Junior Leaders Meeting:

Tuesday January 16

6:30-8:30 p.m.

Hendricks Co. 4-H Fairgrounds

For the January meeting, we will be making cards for the Nursing Homes in our area and the County Home in Danville. We will supply the materials needed, we ask that you come and are ready to make a person's day!!

We will have a guest speaker for this meeting. More details to come in the next 2 weeks.



Other Jr. Leaders Updates:

- **Be sure you have signed up for the Jr. Leaders Project on 4-Home!** In order to keep getting information about the Jr. Leaders project, you will need to sign up on 4-Home.
- **Committee Sign Ups Now available!** Interested in being on a committee in Jr. Leaders? You can learn more about the committees, and you can sign up for committees here: <https://hendricksco4h.com/2024JLCommittees>
- Mark your calendar for our **first few 2024 meeting** dates:
 - February 15
 - March TBD
 - April 15

NEW FAMILY ORIENTATION

Are you new to Hendricks County, or would you like some more guidance on what to expect in 4-H?!? This meeting is for YOU!

Our NEW Extension Educator, Ashley Alexander, will be hosting a New Family Orientation on **Wednesday, January 17th**
At the Hendricks County Fairgrounds

Mini 4-H: 6-6:45 p.m.

Regular 4-H: 7 p.m.

We will have New Family Guides and 2024 Handbooks available, and will be able to answer the questions that you may have regarding 4-H.

Day at the Statehouse

4-H members are invited to attend Indiana 4-H Day at the Statehouse! Members will have the opportunity to learn about mock legislation, becoming a 4-H ambassador, get to tour the facility and meet with legislators in our area.

Register to: Indiana 4-H Day at the Statehouse (4-Home)

By: January 15th



4-H OPPORTUNITIES

4-H Open Enrollment

4-H Enrollment is OPEN for the 2023-2024 year!!

Youth and adult volunteers are now able to re-enroll in 4-H Online (<https://v2.4honline.com>).

Please use your current log-in information to re-enroll for this next year.

Reach out to the Extension Office if you need assistance of any kind!

Scholarship Night

Open to 10th-12th graders!

Join us on Thursday, January 11th at 6:30pm for guidance on filling out your scholarship applications! Hendricks County 4-H Fairgrounds

Contact us with any questions at: hendrces@purdue.edu
o: 317-745-9260

Scholarships

State and Local Scholarships are now available!

You can find state scholarships at: <https://extension.purdue.edu/4-H/get-involved/scholarships.html>. These State Scholarships are due January 25th!

Applications must be submitted on 4-HOnline!

You can find links to our local scholarships at: <https://hendricksco4h.com/2024Scholarship>. Be sure to follow the application deadlines!

MINI 4-H

Hendricks County Mini 4-H is for those kids in Grades 1 or 2 as of January 2024. The Mini 4-H members meet once a month from February to May from 6:30 p.m. to 7:30 p.m. (unless stated otherwise).

You can sign up your Mini 4-Her at: v2.4honline.com (they can be on the same account as regular 4-H members).

Please choose "Hendricks County Mini 4-H" as your primary club so you can get all the details of meetings and more!

2024 Meeting Dates:

Thursday, January 17th @ 6 p.m.
(New Family Orientation)

Monday, February 12th
March TBD

Tuesday, April 16th
Wednesday, May 8th

Thursday, May 30th @ 9am-12noon
(Mini 4-H Day Camp)

Sunday, July 14th @ TBA
(Mini Day @ the Fair)

4-H OPPORTUNITIES



As in previous years, in order to exhibit at the Hendricks County 4-H Fair, you **MUST** complete FairEntry by the designated deadline. This year, the FairEntry Deadline will be on Monday, July 1st at 11:59 p.m. After this date, FairEntry will **NOT** re-open and you **MUST** contact the Extension Office for assistance. It is **VERY** important to complete FairEntry by this deadline! FairEntry will open for entries approximately June 1st, 2024.

4-H Online Information

This is a reminder for ALL 4-H families!!
Please be sure to update your information, especially address, email, and phone number. We **CANNOT** contact you if these are not up to date. We have been receiving many returned emails and mailings due to outdated information and we want to make sure you are aware of changes, news, and upcoming events!
Also, if everything is correct, be sure to check your SPAM/junk box. 4-H Online sends broadcasts via *RegMax*, so you may need to add this email to your "safe" list.

FairEntry

2024 FairEntry Deadline

The 2024 FairEntry Deadline will be Monday, July 1st, 2024 at 11:59 p.m.

NEW POLICY UPDATES

Due to new 2024 Purdue Policy Updates, there are new completion guidelines that have been laid out for 4-Hers to follow. As of the time of this newsletter, project books and record sheets are **NOT** required to exhibit at the 2024 Hendricks County 4-H Fair. This being said, we **HIGHLY RECOMMEND** purchasing project manuals for reference and for help in completing your 4-H Project. Example: Consumer Clothing has activities that must be completed to enter into the Consumer Clothing notebook.

If you choose to **NOT** exhibit at the Hendricks County 4-H Fair and you would like to receive credit for completing your project, you **MUST** complete a record sheet for the specific project and turn it into your leader by Monday, July 1st, 2024.

As always, to complete either option, the \$15 State Program Fee **MUST** be paid to receive credit for the year's project. (FairEntry will not be accessible without your State Program Fee being paid)

If you have questions about this new policy, please contact the Extension Office.

CLUB INFORMATION & VOLUNTEER/BOARD INFORMATION



Contact Me About Clubs

If you selected "Contact Me To Learn About Clubs" when enrolling for 4-H, there are 2 ways to decide which club to join: visit our Google Site for a current list of clubs OR contact the office by calling 317-745-9260 or email hendrces@purdue.edu.

For more info: <https://hendricksco4h.com/HCGS>

Blessing Box

We are looking for clubs and groups to help us stock our box. You can bring **NON-PERISHABLE FOOD OR TOILETRY ITEMS AT ANY TIME!** If the blessing box is full, please bring your items into the Extension Office and we will fill the box at a later time.

IMPORTANT 4-H DATES

January and February Dates

January 1 - OFFICE CLOSED IN OBSERVANCE OF NEW YEARS
January 15 - OFFICE CLOSED IN OBSERVANCE OF Martin Luther King Jr. Day
January 17 - New Family Orientation; HC 4-H Fairgrounds (see page 02 for times)
January 22 - 4-H Youth Council Meeting; HC 4-H Fairgrounds @ 7 p.m.

Feb 19 - OFFICE CLOSED IN OBSERVANCE OF PRESIDENTS' DAY

Bad Weather Policy

NOTE: As the weather is constantly changing, we want you to know that SAFETY is the number one concern of Purdue Extension—Hendricks County and Hendricks County 4-H. Therefore, should inclement weather happen, please pay close attention to our website and social media accounts for cancellations. If schools have been canceled for the day, MOST LIKELY 4-H related events will be canceled as well for that day. When bad weather happens, please make sure that you only attend meetings where you are comfortable getting to and from the meetings. Again, we want you to stay SAFE while driving this winter!

Club/Workshop Dates JANUARY

- 8 - 4-H Beef Club Meeting; HC 4-H Fairgrounds @ 6:30
- 8 - Llama Workshop; HC 4-H Fairgrounds @ 5PM
- 8- Bridle Bunch Club Meeting; HC 4-H Fairgrounds @ 6 PM
- 9-Hippology; HC 4-H Fairgrounds @ 6PM
- 9 - Sewing Workshop; HC 4-H Fairgrounds @ 6PM
- 11 - Discovery Club Meeting; HC 4-H Fairgrounds @ 6:30
- 11- Scholarship Workshop; HC 4-H Fairgrounds @ 6:30
- 16 - Poultry Workshop; HC 4-H Fairgrounds @ 6PM
- 16- Hippology; HC 4-H Fairgrounds @ 6PM
- 17 - Washington Winners Club Meeting; HC 4-H Fairgrounds @ 5:30PM
- 18 - Robotics 101 Workshop; HC 4-H Fairgrounds @ 6PM
- 23- Hippology; HC 4-H Fairgrounds @ 6PM
- 25 - Robotics 102 Workshop; HC 4-H Fairgrounds @ 5PM and 6PM
- 30- Hippology; HC 4-H Fairgrounds @ 6PM

4-H Youth Council

Monday, January 22nd
@ 7 p.m.



4-H Adult Leaders

February 22nd
6:30 p.m. - 8 p.m.
Fairgrounds



4-H Fairboard

No January Meeting
See you February 5
@ 7PM
HC Fairgrounds





Extension

PURDUE EXTENSION
MASTER GARDENER PROGRAM

Class Topics to be covered

<p>Native Plants Soil & Plant Nutrition Plant Science Plant Disease Diagnosis Lawn Care</p>	<p>Weed Identification & Control Insect Identification & Control Animal Pest/Invasive Species Pollinator/Pollinator Protection Fruit Gardening</p>	<p>Pesticide Safety & Pesticide Alternatives Vegetable Gardening Woody Ornamentals Herbaceous Ornamentals</p>
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Registration Deadline: January 16, 2024
 Request or Complete the Master Gardener Class Application to begin registration
 Program Cost: \$185.00

Every Monday from January 29th - May 6th

For further information or accommodations to participate in the program, please contact Jeff Pell or the Hendricks County Extension Office.

Jeff Pell, jpell@purdue.edu, 317-745-9260

HCMG
Winter Dinner & Awards

On December 12th, we had the honor of recognizing Master Gardeners who achieved new levels this past year. We would like to congratulate the following certified Master Gardeners...

Certified Level Master Gardeners

- Susan Alexander
- Annette Brown
- Nancy Callahan
- Susan Carey
- Cheryl Clarkson
- Tony Corrice
- Jeff Cunningham
- Bruce English
- Lorrie Freeman
- Ted Freeman
- Pam Hoffman
- Joseph Knueven
- Amanda Lucas
- Nicole Manley
- Mark McNabb
- Robin McNabb
- Marli Mondry
- Debra Pease
- Cindy Pierson
- Tracie Ricklefs
- Terri Rosner
- Katelyn Rush
- Jennifer Scheib
- Biljana Tygart
- Jeff Wolfenbarger
- Ann Wynn
- Charles Zauss

Advanced Level Master Gardeners

- Kathy Abel
- Patricia Furner
- Pam Hoffman
- Linda Kanouse
- Joseph Knueven
- Marian Knueven
- Valerie LeGacy
- Mark McNabb
- Robin McNabb
- Debra Pease
- Cindy Pierson
- Jennifer Scheib
- Biljana Tygart
- Tracy VanTryon
- Ann Wynn

Bronze Level Master Gardeners

- Annella Abel
- Debbie Baker
- Carrie Little
- Dee Dee Moore
- Dennis Nelson
- Barbara Pantos
- Debra Pease
- Cindy Pierson
- Suzanne Roehling
- Jo Vickery

Silver Level Master Gardeners

- Bruce Crum
- Sara Fenton
- Andria Grady

Gold Level- 1,000 Master Gardeners

- Kathleen Hutton Kindred
- Kimberly Somermeyer
- Steve Somermeyer

EMBRACE A HEALTHIER YOU IN THE NEW YEAR!

The tradition of New Year's resolutions invites us to reflect on our aspirations and set intentions for positive change. As your Health and Human Sciences Educator, I am thrilled to embark on this journey toward enhanced health and wellness together! New Year's resolutions serve as powerful commitments to self-improvement, especially when centered on health and overall well-being. There should be emphasis on setting specific, realistic health goals can significantly increase the likelihood of successful lifestyle changes when setting goals. Unsure how to create sustainable goals? Here's where we can start:

1. Be Specific:

Identify Clear Objectives: Define exactly what you want to achieve. For instance, instead of a vague goal like "losing weight," specify a target weight or a fitness milestone.
Quantify and Measure: Make your goals measurable. For example, aim to walk a certain number of steps per day, consume a specific amount of fruits and vegetables daily, or achieve a certain amount of exercise each week.

2. Make Goals Realistic:

Consider Your Current Lifestyle: Assess what is feasible within your daily routine. Setting unattainable goals can lead to frustration and abandonment of efforts.
Break Down Goals: Divide larger goals into smaller, manageable steps. For instance, if your aim is to run a marathon, start with smaller distances and gradually increase them over time.

3. Set Timeframes:

Establish a Timeline: Assign a realistic time frame for achieving each goal. It provides structure and helps you track progress.
Short-term and Long-term Goals: Balance your goals between short-term achievements and long-term objectives. Short-term wins can boost motivation while working towards bigger goals.

4. Align Goals with Personal Values:

Reflect on Your Values: Make sure your goals align with what is personally important to you. Whether it's improving overall health, reducing stress, or increasing energy levels, ensure your goals resonate with your values.

5. Write Down Your Goals:

Put It on Paper: Writing down your goals solidifies your commitment. Keep them visible as a constant reminder and update or adjust them as needed.

6. Monitor Progress and Adjust:

Track Your Journey: Keep a journal or use apps to monitor your progress regularly. Celebrate achievements and evaluate areas that need improvement.
Flexibility in Approach: Be adaptable. If something isn't working, be open to adjusting your goals or strategies to better suit your lifestyle or circumstances.

By setting specific, achievable, and time-bound health goals that resonate with your lifestyle and values, you're more likely to stay motivated and succeed in making positive lifestyle changes. Remember, progress is a journey, not an instant destination. You got this!

If you are interested in keeping up to date with Amanda's programming, subscribe to her monthly newsletter at the link below:

<https://bit.ly/3RkPLaz>

Welcome, Bailey!

Welcome to our new 4-H administrative assistant, Bailey Stierwalt! Bailey grew up in and completed 10 years of 4-H in Morgan County. She graduated from Eminence High School and continued her education at Ball State University where she received her Bachelors of Science in Hospitality and Food Management in 2020. When she's free, Bailey loves to spend time in the kitchen and hang out with her toy Aussie-doodle Lilah and Aussie-Border Collie Chunk. Bailey is excited to join the team and get re-involved in the 4-H world!



FREE PIANO

REHOMED

Hendricks County
University



COOKING AROUND THE WORLD

Cook your way through the world with this 4-H virtual experience! Learn about new cultures as instructors lead participants through hands-on recipes that can be made from the comfort of your own home.

When: Each Saturday from
Jan 20 - Feb 24, 2024

Time: 10-11 am CT

Who: Youth in grades 3-12

Where: Zoom

Cost: \$30

Register in 4-H Online Events by
Jan 5. Sessions will be recorded in
case you miss one.

Questions?

Email Megan Hoffherr

at mkron@purdue.edu



PACK YOUR BAGS!

Purdue University is an equal access/equal opportunity institution.
If you have special needs, please call us prior to the event at (812) 867-4935.

FORCES Of Nature



\$35

January

Join us as we kick-off our Forces of Nature SPARK Club! We will be taking a deeper dive into the Wildlife and Soil & Water Conservation 4-H Projects. Come to the Goose Pond FWA property to learn about and see a restored wetland, migratory birds, and the flora/fauna of this unique Hoosier property!

January 17th - Virtual Session 7pm-8:30pm

January 20th - Goose Pond Fish & Wildlife Area 10am-3pm

February

Join us at IU's Geology Learning Lab! One part each museum, lab, and classroom, you can compare thousands of rocks, minerals, and fossils, create art, and participate in interactive activities. 450 million years of Hoosier history will be at our fingertips as we explore Geology, Weather & Climate Science, and more!

February 21st - Virtual Session 7pm-8:30pm

February 24th - Indiana University Geology Lab 10am-3pm

March

Join us as we learn more about Forestry and Weather & Climate Science! We will use tools to help with tree identification, learn about producing maple syrup, the role of slopes in microclimates and even learn about sandstone geology at Turkey Run State Park. We will also discuss career opportunities in both of these fields of study.

March 13th - Virtual Session 7pm-8:30pm

March 16th - Turkey Run State Park 10am-3pm

April

Exploration of benthic macroinvertebrates like what is the significance of a left or right handed snail for water quality? Local limestone geology and soil formation

will be discussed. From the Indiana 4-H soil and water science project curriculum, we will conduct the clod comparison activity and learn about soil health.

April 3rd - Virtual Session 7pm-8:30pm

April 6th - DePauw Nature Park 10am-3pm

Lots of Ways to Participate!!

- 1 Go all in! Attend all 4 virtual sessions and all 4 in-person sessions
- 2 Attend whatever sessions that fit into your schedule!
- 3 Busy, but still crave the knowledge? All virtual sessions will be recorded & you can watch them at your leisure

REGISTER NOW
FORCESOFNATURE.4HONLINE.COM

