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Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1. Combined Bd Meeting 7pm Fair Entry Opens	2.	3.	4.	5.	6.
4-H Camp 2020 Setting our Sights on Gold—Virtual Campish Experience on Southeastern IN 4-H Camp Facebook page						
7.	8.	9.	10.	11.	12.	13.
14.	15. Combined Bd Meeting 7pm	16.	17.	18.	19. Fair Entry Deadline for Projects	20.
21.	22.	23.	24.	25.	26.	27.

28.	29.	30.				
-----2020 Ohio County Virtual Fair-----						

2020 4-H Handbook is available NOW!

Stop in the Extension Office to get your family copy of the 4-H Handbook for the 2020 4-H year. It is your responsibility to become familiar with current rules and guidelines.

As a reminder, Livestock Exhibitors must have a Premise ID from Indiana BOAH to exhibit animals at the fair. Premise ID's are required to register animals in 4-HOnline.

Be sure to check out all the project requirements!
If you have questions feel free to contact the office at 812-438-3656.

The 2020 4-H Handbook is available on our website at:
<https://extension.purdue.edu/Ohio/>

Online Animal Ethics Module & Qualtrics Survey MUST be completed in place of YQCA for 2020

If you will be exhibiting livestock at the 2020 Ohio County Fair or the Indiana State Fair this message is for you. For the 2020 4-H year ONLY, any 4-H member planning to exhibit livestock at the Ohio County Fair can complete the mandatory livestock training by completing online Animal Ethics modules followed by completing the Qualtrics Survey. All four modules must be completed by **JUNE 10th**, along with the survey to receive credit for the training. If you plan to exhibit at the Indiana State Fair you must complete YQCA Training online. **THIS MUST BE COMPLETED FOR VIRTUAL EXHIBITION!!**

The online Animal Ethics can be found here:

<https://extension.purdue.edu/4h/Pages/Online-Animal-Ethics-Program.aspx> - the 4 sections that must be completed are listed under the Online Animal Ethics Modules.

The Qualtrics can be found here:

https://purdue.ca1.qualtrics.com/jfe/form/SV_2aAOaEAK0BEGoRv

If you already attended a YQCA training in 2020 you do not have to complete the online ethics modules.

4-H Camp 2020 - Setting Our Sights on Gold



The Junior Directors have been working hard to put together a 2020 4-H Campish Experience during the originally scheduled week of camp, June 1-5. During the week we will be posting videos of camp songs and activities for everyone to enjoy. We will also be doing a scavenger hunt that everyone can participate in with using an app. Stay tuned for more details to come and a daily schedule.



2020 Ohio County Virtual 4-H Fair



The Youth Advisory Board and the Fair Board decided that the 2020 Ohio County Fair will be held virtually due to our concerns for the safety of 4-H members and volunteers, along with the time restraints and guidelines to have a fair. We will be utilizing Fair Entry to hold a virtual fair where all projects will be judged.

Below find information and deadlines that will help with this process.

General/Exhibit Hall

- **Fair Entry will be open to submit projects June 1-19.**
- **All projects will be judged through Fair Entry using pictures.**
- **Awards for projects will be distributed at a later date, this includes ribbons and trophies.**
- **Scorecards for indoor exhibits will be completed by judges and sent to 4-H members.**
- **In this newsletter you will find a card with 4-H member name and grade that needs to be in the exhibit hall projects picture.**
- **Results from judging will be published on Purdue Extension-Ohio County Facebook and web pages.**
- **The drop/add deadline for projects is May 30th for 2020 only.**
- **There will be no Shooting Sports Range Activities for 2020.**
- **A tip sheet will be provided in 4HOnline on how and what pictures to upload into Fair Entry. You MUST have pictures ready to upload when you begin the Fair Entry process.**

Livestock

- **All animals must be entered into 4HOnline by May 30th, this includes rabbits.**
- **There will be NO AUCTION this year due to the financial impact on the community during COVID-19.**
- **The Fair Board is offering to ship extra goats, sheep, and swine to the yards for anyone needing to ship animals. This will take place July 2 from 3:00-5:00pm at the fairgrounds.**
- **There will be no showmanship classes due to the difficulty of judging those classes.**
- **No weights will be entered for animals.**

Attention 4-H Families & Volunteers!

The Purdue Extension Office is back open to regular hours and staff, but feel free to call in your needs prior to arrival so we can have items ready for you. Please pay attention to updates through 4HOnline email and the Purdue Extension-Ohio County Facebook page. If you have questions or concerns call the office at 438-3656.

Stockyards available for Goats, Sheep, and Swine ONLY

The Fair Board is offering to ship extra goats, sheep, and swine to the yards for anyone needing to ship animals. This will take place July 2 from 3:00-5:00pm at the fairgrounds.



We ask that you remain in your vehicle. The animals will come off your trailer, go onto the scales, and into another trailer. Shipping animals to the stockyards is for market price only. You will need to mark animals in Fair Entry if you plan to ship to the yards. If you have questions please contact the Extension Office at 438-3656.



Exhibit Hall Project Card for pictures for Fair Entry

In this newsletter you will find a card with 4-H member name and grade that needs to be in the exhibit hall projects picture. If you receive your newsletter via email please stop by the office to pick yours up, or let us know if you'd like it mailed out to you. You do not need to attach it to each project. Be sure that it is not covering the details of the project, so either place beside or in the bottom right corner of the project. If you have questions please contact the office.

FOAM BOARDS & SLEEVES

Foam Board and Sleeves to cover your posters are now available at the Extension Office! Foam Boards are \$4.00 and the Sleeves are \$1.00. We also carry sleeves to cover the photography salon prints. Please be aware if you want to purchase the foam boards elsewhere make sure that it meets the poster size requirements of 22" x28".



Attention: 4-H Member

If you have not paid your \$20 program fee please stop by the Extension Office to do that as soon as possible. If you wish pay electronically give us a call and we'll be happy to assist you

Agriculture & Natural Resources

Purdue Yard & Garden Calendar : JUNE

By Rosie Lerner

HOME (Houseplants and indoor activities)

Indoor plants will require more frequent watering and fertilization as they increase their summer growth. Houseplants can be moved outdoors to a shady location, but pay close attention to their watering needs. Cut garden flowers for indoor beauty. Recut the stems again just before placing in water. Add a floral preservative, and change the solution frequently.

Root cuttings of houseplants and garden plants to increase your collection or share with a friend.

YARD (Lawns, woody ornamentals and fruits)

Prune spring-flowering shrubs after blooms fade. Apply fungicide to prevent and control black spot on roses. Water newly planted trees and shrubs. Water deeply every seven to 10 days when rain is lacking. Propagate deciduous shrubs, such as forsythia, lilac, pyracantha and weigela, by stem tip cuttings.

Remove faded flowers and seed pods on lilac and other spring-flowering shrubs. Many fruit trees had few to no flowers this year thanks to the brutal winter, but some apples and pears may still have fruit set. If they have much of a crop, don't be alarmed at June drop of some fruit. It is a natural thinning process for most trees to prevent excessive loads, though might not be as much to thin this year. Thin remaining fruit, if necessary, or prop up heavy branches to avoid breakage. Most fruit should be spaced 6 to 8 inches apart on a branch.

Keep grass mowed regularly, but mow high to help protect the crown of the plant from heat stress.

Lawn clippings, unless excessive, should be left on the lawn.

To keep lawn green and growing, water as needed to supply a total of 1 to 1.5 inches of water per week. If left unwatered, lawns will turn brown and become dormant during extended hot, dry spells, but will green up again when conditions are more favorable.

GARDEN (Vegetables, small fruits and flowers)

Discontinue harvest of asparagus and rhubarb around mid-June to allow foliage to develop and store food reserves for next year's harvest. Fertilize and water when dry to promote healthy growth.

Mulch to control weeds and conserve soil moisture after soil has warmed. Many materials such as straw, chopped corncobs, bark chips, shredded paper and grass clippings can be used.

Blanch (exclude light from) cauliflower when heads are just 2 inches in diameter. Tie leaves up and over the developing head.

Keep weeds controlled. They're easier to pull when they are still young.

Start seeds of cabbage, Brussels sprouts, broccoli and cauliflower for fall garden transplants.

Plan now for your Halloween pumpkin. Determine the days to harvest for the particular cultivar you want to plant (usually on the seed packet), and count backward to determine the proper planting date. Harvest spring plantings of broccoli, cabbage and peas.

Remove cool-season plants, such as radish, spinach and lettuce, as they bolt, or form seed stalks, during hot summer weather.

Continue planting carrots, beans and sweet corn for successive harvests. For staked tomatoes, remove suckers (branches that form where the leaf joins the stem) while they are 1 to 1.5 inches long to allow easier training. Remove spent blooms of peony, iris, delphiniums and other flowers.

Pinch shoot tips of chrysanthemums, impatiens, petunias and coleus to promote bushier growth.

Remove tops of spring-flowering bulbs only after they have yellowed and withered. Continue planting gladiolus for a succession of bloom. Pick strawberries from the garden or a U-pick operation.

Protect ripening strawberries from birds by covering with netting.

Follow these tips for a safer drive during planting season

By [Darrin J Pack](#), Writer/Editor

With planting season underway throughout Indiana, a Purdue Extension agricultural safety and health specialist is urging motorists and farmers alike to use caution when travelling on rural roadways.

For motorists:

- * Be aware - Watch for roadway obstructions like slow-moving farm vehicles and avoid distracted driving behaviors, such as texting.
- * Slow down - Especially when passing through agricultural areas.
- * Keep your distance - drivers should allow at least 3 seconds' distance from any vehicle they are following.
- * Pass with care - Pass only on straightaways with good visibility, and make sure the farm vehicle is not swinging wide to make a left turn.
- * Be patient - In heavy traffic conditions, farmers are expected to pull over and let other vehicles pass but only if conditions are safe to do so.

For farmers:

- * Don't park trucks on side of a main road while loading grain.
- * Make sure all farm vehicles are clearly marked with "slow vehicle" signage.
- * Make sure all vehicle lights are operating.
- * Consider using escort vehicles and trailers to transport farm equipment over longer distances.

Monthly Tips for Better Pasture & Grazing Management

June



- **Clip pastures for weeds and seed heads as needed.**
- **Use portable fencing to increase paddock numbers to allow for longer recovery periods.**
- **When present, crabgrass and johnsongrass can provide high quality summer grazing.**
- **Begin grazing native and annual warm-season grasses. Start at 18-20” and stop at 8-10”.**

High Quality pastures like alfalfa can provide excellent gains in late spring and early summer. Alfalfa and alfalfa mixtures should be rotationally stocked to encourage re-growth and persistence.

Source: 2020 UK Grazing Calendar

Farm Stress Team Tips for Communication

When communicating, there are 3 principles to effective communication.

1) Speak carefully.

a. Be specific.

b. Stay focused.

c. Say less.

d. Say it with tact. Use an “I” Statement. I feel (name the emotion frustrated, hurt, excited, etc) when (explain the behavior) because (explain the reason). Could we (name a solution or solutions)?

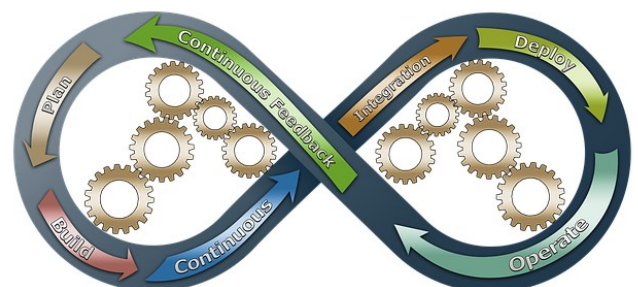
2) Listen attentively.

Listen with empathy, without interrupting, receive criticism successfully, and accept what is said without giving advice.

3) Respond accurately.

Get all the facts, check your interpretations, recognize emotions, and listen to yourself (tone, ask for time to process, so you can respond calmly, etc.)

Source: Turner, L. H. & West, R. W. (2014). The SAGE Handbook of Family Communication. Los Angeles, California: Sage Publications, Inc.



FREE (VIRTUAL) NUTRITION LESSONS



For free nutrition and health resources visit us online at eatgathergo.org

The Nutrition Education Program provides fun, engaging, and free nutrition education lessons to limited- resource youth and adults throughout Indiana.

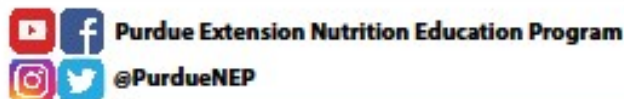
Our virtual lessons teach new skills that can be used at home every day - planning meals, grocery shopping, cooking tips, and simple solutions for healthy eating and physical activity.

Contact your local Nutrition Education Program Assistant to learn more about our FREE virtual lessons.

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PURDUE
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NUTRITION EDUCATION PROGRAM

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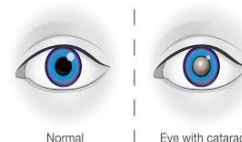
HEALTH & HUMAN SCIENCES

June is Cataract Awareness Month

Information courtesy: <https://www.aaopt.org/eye-health/diseases/what-are-cataracts>

So what exactly is a cataract? Inside our eyes we have a natural lens that bends light rays that come into our eyes to help us see.

When there is a cataract, the lens becomes cloudy—kind of like you are looking through a dirty windshield.



Symptoms of a Cataract:

- Blurry vision
- Seeing Double
- Extra sensitivity to light
- Having trouble seeing well at night
- Seeing bright colors as faded or yellow instead.

Aging is the most common cause of cataracts and most of these changes start happening round age 40. The proteins in the lens begin to break down and that is what causes the lens to get cloudy.

Some other reasons you may get cataracts include:

- Having parents, siblings or other family members with cataracts
- Certain medical problems like diabetes
- Having had an eye injury
- Spending a lot of time in sun without wearing protection
- Using certain medicines like corticosteroids

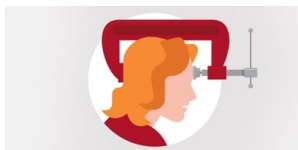
June is National Migraine and Headache Awareness Month

Information courtesy:

<https://americanmigrainefoundation.org/>

A migraine is defined as an inherited neurological disorder that is characterized by over excitability of specific areas of the brain. Some triggers that can set off a migraine include hormonal imbalance, environmental stimuli like weather or bright lights, certain smells, alcohol, certain foods, poor sleep and high stress.

- ⇒ 1 billion people worldwide suffer from migraines.
- ⇒ 1 in every 4 household is affected by migraines.
- ⇒ 1 in 5 women are affected by migraines.
- ⇒ 1 in 16 men are affected by migraines.
- ⇒ 1 in 11 children are affected by migraines.



June is National Dairy Month! Support America's Dairy farmers by....

- Ordering extra cheese on your pizza
- Make a strawberry shortcake with real whipped cream
- Try a news cheese in your grilled cheese sandwich
- Make an easy appetizer for a summer picnic: Skewer a grape tomato, a piece of mozzarella and a basil leave on a tooth pick. Drizzle with olive oil, salt and pepper
- Have cereal for supper with fresh fruit and milk
- Try a smoothie with fresh summer fruit and Greek yogurt for breakfast
- Add some cheese and veggies to those eggs for a delicious omelet
- Put some cheese on that fresh grilled burger