

# Spring into Health

The sun is shining, the birds are chirping and the snow is melting! What better way to get rid of the winter blues than springing into health. Wintertime can have a toll on our bodies and mind. Now, with longer days and warmer weather we can get back into action.

Spring is a great time to get up, and go outside to enjoy what spring in Indiana has to offer. Trees and flowers are in bloom, birds are singing, and children are outside playing. Join in the fun! Below are some ways you can become more fit & active during the spring and summer months. As you complete these activities reward yourself with a movie night, new shoes, a nap, or something that motivates you.

- Track the Miles You Have Walked
- Try a New Vegetable
- Walk on a Trail
- Plant a Garden
- Reduce Screen Time
- Try Yoga
- Drink More Water and Sugar-Sweetened Beverages.
- Try a New Healthy Recipe
- Be Physically Active 30 Minutes  
Most Days of the Week
- Try a New Fruit
- Do Yard Work
- Eat Breakfast
- Go for a Walk with Friends or Family
- Go for a Bike Ride
- Stop and Smell the Flowers
- Play a Sport



# Recipes to Inspire

## Mango Black Bean Salsa

Servings: ¼ cup; Calories: 70 Fat: 0 g Carbs: 14g Fiber: 2g Protein: 3g Sugar: 6g Sodium: 314mg

### Ingredients:

- 1 can (15 ounces) black beans, rinsed and drained
- 1 can (11 ounces) corn, drained
- 1 medium mango, peeled and chopped
- ¼ cup finely chopped onion
- ¼ cup minced fresh cilantro
- 2 tablespoons lime juice
- 1 teaspoon garlic salt
- ¼ teaspoon ground cumin
- Baked tortilla chip scoops

**Directions:** In a large bowl, combine the beans, corn, mango, onion, cilantro, lime juice, garlic salt and cumin. Refrigerate until serving. Serve with chips. Yield: 3-1/2 cups.

**Source:** <https://www.tasteofhome.com/recipes/mango-black-bean-salsa>

## Mandarin Orange & Spinach Salad with Quinoa

Servings: 6; Calories: 240g Fat: 9g Carbs: 34g Fiber: 6g Protein: 7g Sodium: 2120mg Cholesterol: 0mg

### Ingredients:

- 2 cups mandarin oranges, drained
- ½ cup + 1 tbsp. quinoa, dry
- 3 cups romaine lettuce salad blend
- 1 ½ cups spinach leaves
- 1 ½ cups garbanzo beans, low sodium, canned and drained
- 3 tbsp. bell peppers, diced
- 3 tbsp. red onion, diced
- ½ tsp garlic, minced
- ½ tsp ginger root, minced
- 3 tbsp. apple cider vinegar
- 1/8 cup soy sauce, low sodium
- 3 tbsp. olive oil

**Directions:** Cook quinoa according to package directions. Combine vinegar, soy sauce, and olive oil. Then, combine all ingredients and drizzle dressing over salad and serve.

**Source:** <https://www.fruitsandveggiesmorematters.org/mandarin-orange-spinach-salad-with-quinoa>

## Spring is Coming, Along With the Rain

While the flowers and warm weather are great perks, unfortunately, they are not the only thing spring brings when it arrives. Floods are a part of the deal when spring hits and sadly for residents, they are not something you can escape becoming a victim from too easily. One of the best options you have to determine your threat level of a flooding is to check the angle of the ground to see where water is being directed during the average rain storm. You want the water to be flowing from your home. If the issue is something your street is prone to, you should contact your county planning or environmental service department so they can make suggestions on ways to help.

When flooding occurs, most people do not realize until the damage is done, that they do not have flood insurance. Flood insurance is a separate insurance that needs to be discussed with your agent. Don't wait until it's too late and the damage is done!

Contact your insurance agent and discuss your options.

Source: [www.fema.gov](http://www.fema.gov)



## Fitness Fun Fact

### March: Exercise and Equipment

**WOW (WorkOut Wisdom):** Starting or maintaining a fitness program does not mean you need to purchase expensive pieces of equipment. Use soup cans, books or even milk jugs filled with water for weights at home.

**Tip:** *It is a good idea to replace your athletic shoes every 300-500 miles or every 3-6 months, depending on how much wear and tear you put on your shoes.*

For more nutrition and fitness information, visit [WellnessCSI.com](http://WellnessCSI.com)

## Upcoming Health & Human Sciences Programs

### March

- 1 **Strengthening Families Program 10-14**; Elevation Church Scottsburg; 5:30 - 8 pm  
*Goal: prevent substance abuse in youth by building their skills and giving parents more tools to help their children become responsible young adults.*
- 5 MyPlate Lesson @ New Hope Services; TBA
- 8 **Strengthening Families Program 10-14**; Elevation Church Scottsburg; 5:30 - 8 pm
- 9 **I Am Moving I Am Learning Training @ Community Action of Southern Indiana**; 9 am  
*I Am Moving, I Am Learning is a fun, active program for caregivers of young children (birth to 5) to encourage children's movement and healthy food choices each day.*
- 9 **Block Party @ Jeffersonville Township Library**; 10:30 am  
*Block Party events are times of free play with blocks of all sizes for families and their children ages 8 months to 8 years.*
- 12 **Block Party @ Community Action of Southern Indiana**; 10 am & 4 pm
- 13 **Prenatal Workshop @ Community Action of Southern Indiana**; 10 am & 5 pm  
*Parents will learn healthy eating habits they can role model for their children*
- 15 **Strengthening Families Program 10-14**; Elevation Church Scottsburg; 5:30 - 8 pm

### April

- 3 **Gardening for Health Prenatal Workshop @ Community Action of Southern Indiana**; 10 am & 5 pm  
*Participants will learn how gardening improves your health.*
- 6 **Block Party @ Jeffersonville Township Library**; 10:30 am
- 10 - 12 **Clark County Sheriff's Office Impaired Driving Simulation @ Huber's Orchard**  
*Hands-on event addressing the misuse and abuse of alcohol and other drugs and the dangers of distracted driving.*
- 13 **I Am Moving I Am Learning Training @ Community Action of Southern Indiana**; 9 am  
*I Am Moving, I Am Learning is a fun, active program for caregivers of young children (birth to 5) to encourage children's movement and healthy food choices each day.*
- 17 **Parent Workshop @ Community Action of Southern Indiana**; 10 am & 5 pm
- 25 **Gardening for Health @ New Hope Services**; TBD
- 28 **Multicultural Health Fair @ Community Action of Southern Indiana**; 10 am - 2 pm

For more information, contact Marilyn Sink at 812-256-4591 or [msink@purdue.edu](mailto:msink@purdue.edu)



## Clark County 4-H Important Dates

### March/ April 2018



#### March

- 1** **Camp Counselor Applications Due**
- 3** Steer ID Day-4-H Fairgrounds-8am-11am
- 3** Horse & Pony Chili Supper-6pm-Food Stand
- 5** Junior Leader Meeting-7pm-Food Stand
- 5** Officer's Training and 4-H Trip Information Meeting-7pm- Food Stand
- 6** Beginner's Guide to Grant Writing- Day 2- Food Stand
- 6** Clarksville Parks & Recreation Programming-6:30pm- Clarksville Middle School
- 8** Clark County 4-H Camp Counselor Interviews
- 10** 4-H Consignment Auction
- 13** Shooting Sports Call Out Meeting-6pm- Food Stand
- 15** Adult Leader Meeting-7pm- Clark County Extension Office Conference Room
- 19** YQCA Training/Livestock Meeting-6pm-7:30pm- 4-H Fairgrounds Food Stand
- 21** 4-H Corporation Board Meeting-7pm- Clark County Extension Office Conference Room
- 26,28,29** STEM Spark Club-Sellersburg Library-10am-Noon
- 26** Trampoline Challenge-1pm-Henryville Library
- 29** Trampoline Challenge-1pm-Sellersburg Library
- 30** Trampoline Challenge-1pm-New Washington Library
- 30** **Office Closed- Good Friday**

#### April

- 2** Junior Leader Meeting-7pm-4-H-4-H Fairgrounds Food Stand
- 5** Cake Decorating Program-Sellersburg Library-5:30pm-7:30pm
- 6** Area II Performing Arts Contest-Bass Pro Shop Clarksville-6pm
- 7** Mini Project Workshop Day- Community Building-10am-2pm
- 12** Adult Leader Meeting-Clark County Extension Office Conference Room-7pm
- 13-15** Teens as Teachers Event
- 17** Electric Workshop-Community Building-5:30pm
- 18** Corp. Board Meeting-7pm- Clark County Extension Office Conference Room
- 21** Area II Bicycle Event-Bedford Indiana
- 22** YQCA Training/Livestock Meeting-2pm-3:30pm- 4-H Fairgrounds Food Stand
- 23** Recycling Project Workshop-6:30pm-Food Stand
- 24** Extension Board Meeting-7pm-Extension Office
- 26** Area II Livestock Judging-Little York Stockyards-9pm
- 28** Livestock Workshop Day-4-H Fairgrounds

## Area II 4-H Camp

Fly out of space adventures at the Area II 4-H Camp, a rodeo of exciting adventures **June 1-3, 2018!** 4-Hers in grades 3-8 are invited to join the Out of this World camping adventures. Camp will fly in at Country Lake Christian Retreat in Clark County. Registration forms will be mailed out this month and are due via 4HOnline no later than May 1<sup>st</sup> with your payment. Please contact the Extension Office with questions.



## 4-H Shooting Sports Call-Out Meeting

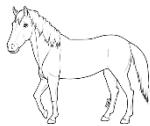
March 13<sup>th</sup> @ 6pm

4-H Food Stand

If you are interested in joining the Clark County 4-H Shooting Sports Club or are a current this meeting is for you!

Questions?

Contact the Extension Office



## **Horse & Pony Shot Clinic April 2<sup>nd</sup> @ 6:30pm 4-H Fairgrounds Horse Arena**

This is a great place to get your required horse shots and turn in all the paperwork needed to complete horse & pony enrollment. You must have all your shot paperwork completed and turned into Sharon Barger before you can participate in open rides.

## **Clark County 4-H**

### **Farm & Construction Equipment**

#### **Consignment Auction**

March 10<sup>th</sup> starting at 10:00am

Clark County 4-H Fairgrounds

For Information Call:

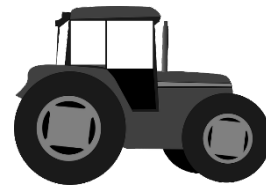
Tony Barger: 502-817-5691

Ann Branstetter: 502-759-6823

Wally Estes: 502-817-6831

Jason Raney: 502-639-2695

Forms are also available at the Extension Office.



### Officer's Training & Trip Meeting

March 5<sup>th</sup> @ 7pm

Food Stand

Are you an officer of your club or wanting to learn more about an office? This training is open to all 4-H members who are interested in learning more about being President, Vice President, Secretary, Treasurer, Song Leader, Recreation, Devotions or Health & Safety of their clubs. The training will take part during a Junior Leader Meeting. Youth will be able to watch the meeting and take home information about being an officer. At the end of the meeting we will have pizza and soda for everyone. There will also be fun ice breakers and games to kick-off the meeting, so come join us to learn more about being a 4-H club officer!

Following the Officer's Training there will be a Trip Meeting open to 4-H members and their families. Come learn about all the trips 4-H has to offer. Hear testimony from current 4-Hers who have attended trips and get your questions answered.

*Contact the Extension Office to Register*



**Area II Performing Arts Contest  
April 6<sup>th</sup> @ 6pm  
Bass Pro- Clarksville**

Do you have a talent you would like to share? Are you good at singing or dancing?

Does your 4-H Club have a skit they would like to perform?

The Clark County Performing Arts Contest is the place to exhibit your special talents. The registration form can be found on our website or you can request one from the office. Please return your form to the

Extension Office by March 29<sup>th</sup>.

If you have questions please contact us!

812-256-4591

kcarunch@purdue.edu

**Mini Project Workshop Day**

April 7<sup>th</sup> 10am-2pm

Community Building

Mini Project Workshop Day will give your mini 4-Her a chance to work on and complete 4 mini projects. The cost of this workshop is \$5.00. You do not need to be signed up for the projects to participate. The projects we will be working on are: Sun, Stars & Space, Bugs, Whales & Dolphins, and Plants & Flowers.

Lunch will be provided for all participants.

*This workshop cost \$5.00.*

*Please sign-up today!*

**812-256-4591**

**kcarunch@purdue.edu**



**2018 Clark County 4-H Battle of the Barns**

**Sunday, July 15<sup>th</sup> @ 8pm**



It's time to sign-up for our annual Battle of the Barns fun night. The Battle of the Barns contest held in the outdoor arena in the horse & pony area. Each team will be led by barn committee captains (adults). Every participant will receive a free t-shirt. If you would like to join one of the teams please contact the Extension Office no later than June 15<sup>th</sup>. All participants and their families will also be given free pizza and water after the games are completed. If you have questions about this event please contact the office.

Teams: Swine, Goat, Sheep, Beef/Dairy, Lama, Horse, Poultry, Rabbits, Exhibit Hall

“Once you replace negative thoughts with positive ones, you’ll start having positive results.” – Will Nelson



**Electric Workshop  
April 17<sup>th</sup> @ 5:30pm  
Community Building**



**Interested in taking the electric project? Looking to complete an advanced electric project for the fair?**

**This workshop may be for you. We will be completing projects for levels 1-3 and working on projects for levels 4 and advanced. Clark County REMC will be assisting with this program.**

**Level 1 (Circuit Board)**

**Cost: \$5.00**

**5:30pm-6:30pm**

**Level 2 (Shake Light)**

**Cost: \$16.50**

**5:30pm-6:30pm**

**Level 3 (Trouble Light)**

**Cost: \$34.00**

**6:30pm-7:00pm**

**Level 4 & Advanced  
Bring your own project  
7:00pm-7:30pm**

**\*\*Dinner will be provided for all participants\*\*  
Please register for this workshop by March 22<sup>nd</sup>**

**812-256-4591**

**kcarunch@purdue.edu**

# Youth Quality Care of Animals (YQCA)

Per a new requirement for all livestock exhibitors showing beef, dairy, goats, sheep, swine, rabbits and poultry, you must attend a YQCA training to exhibit and auction at the Clark County 4-H Fair and the Indiana State Fair. Information about how to enroll in the classes or take a class online will be mailed to all livestock exhibitors.

Available Training Dates:

March 19<sup>th</sup> 6pm-7:30pm- Food Stand

April 22<sup>nd</sup> 2pm- 3:30pm-Food Stand



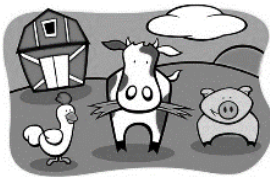
Cost: In person Class: \$3.00- Onetime fee for all species you show

Online Class: \$12.00- Onetime fee for all species you show

\*All money collected from the class goes to the YQCA program\*Mandatory Livestock Meeting: Since we will not have the mandatory livestock meeting during fair this year there will be a livestock meeting to follow these trainings. Packets with changes will be handed out with discussion of new items and an open forum for questions. I encourage adults to stay with the youth during these trainings and meetings.

If you have questions about YQCA or the livestock meetings please contact the Extension Office at:

812-256-4591; kcarunch@purdue.edu



## **2018 Animal ID Day**

**May 12<sup>th</sup> 2018**

**8am-11am**

Each member with a livestock exhibit will receive a packet with animal ID information. *There will be stations at Animal ID day to enter your information and complete your online enrollment that day.* All animals that are intended for exhibit at the 2018 Clark County 4-H Fair must be entered on your 4HOnline Account no later than **May 15, 2018.**

**There are no exceptions to this rule.**

No online enrollment equals no exhibit!

**\*New for 2018- Tags will cost \$2 each\***

**\*Watch for ID Day mailing with instructions on how to enter the fairgrounds and more\***

## **Clark County 4-H All Specie Livestock Workshop**

**April 28<sup>th</sup> (Times for each Specie TBD)**

**4-H Fairgrounds Food Stand/ Show Arena**

This year's livestock workshops will be combined into a one day showmanship clinic. Youth will be able to practice showmanship with not only their own specie but others as well. There will be judges available for feedback and skill improvement.

*There will be drawings for show equipment at the end of each specie clinic.*

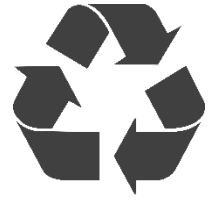
*Food will also be available throughout the day.*

*This workshop replaces your record sheet at the fair.*





**Clark County 4-H Recycling Project Workshop**  
**April 23<sup>rd</sup> @ 6:30pm**  
**4-H Fairgrounds Food Stand**



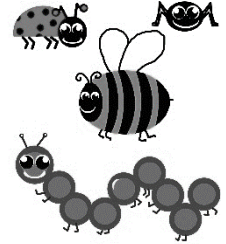
Come join us to learn more about the recycling project. You will be able to work on and complete your project for the fair! You don't have to be signed up for this project to join us!

Sign-up today!

812-256-4591; loririce@purdue.edu



**Save the Date!**  
**Entomology Spark Club Coming Soon**  
**April & May Dates**  
**4-H Fairgrounds Food Stand**



Come join us to for this exciting opportunity! We will be hosting an Entomology Spark Club where you will be a able to learn more about collecting and pinning bugs as well as putting together your own collection for the fair.

More details will be coming out soon!



**Future Dates to Remember**



**May 1- 4-H Camp Applications Due**

**June 9- Color Me Green Dash**

**May 5-6- 4-H Camp Counselor Training**

**June 9- Bike Rodeo**

**May 27- Open Swine Show**

**June 12- Mini Day Camp**

**June 1-3- 4-H Camp**

**June 13-15- 4-H Academy at Purdue**

**June 3- Open Sheep & Goat Show**

**June 25-27- 4-H Round-Up**

**July 13 – 21 –Clark County 4-H Fair**



**Did you find the hidden quote?**

**Call the Extension Office at 812-256-4591 and claim your prize!**

## Clark County Ag News

ANR Newsletter - A newsletter for homeowners and producers in Clark County about education opportunities and information regarding agricultural production from the Purdue Extension Service.

Put together by Simon Kafari, ANR Educator, Clark County, 9608 Hwy. 62, Suite 1  
Charlestown, IN 47111  
Phone: (812) 256-4591  
Fax: (812) 256-4270  
skafari@purdue.edu

### March/April 2018

March/April are months that we see many Ag activities increase a notch. This is the peak nursery operations period. Corn and soybean farmers also get busy with planting activities. Conventional wisdom has it that for corn yield maximization, planting should start about April 20 and close around May 10. In our “neck of the woods”, it is normal to see corn planting start a week earlier than this window, especially in years when the ground warms up early.

For cattle farmers, March and April are equally busy months. With the weather warming up, grazing density on winter pasture is increased in March and April but it needs to be done with careful management so as not to overgraze pasture and cause a setback in growth. There will still be the need to combine feeding of greens with hay to slow down the amount of greens passing through the systems of cattle and ensure better digestion. These are also the months for spring/Summer pasture plantings and the period to plan the Spring/Summer grazing program. For some cattle farmers, February is the time to take soil samples for testing and March/April are the months to amend/fertilize pastures based on soil test results in February. March and April are also months that farmers get busy harvesting excess forage for hay.

Vegetable gardening activities also peak during these months. Most of the cold season and some dual season vegetables are planted during these months while planning for summer vegetable plantings.

ANR education is also at its peak during these months. For the months of March and April, several ANR programming activities are lined up aimed at addressing some of the County's ANR needs. These activities are listed in the Agricultural Events section of this newsletter. Please take note of events dates and take advantage of these opportunities. In addition, these events will be published in the local newspapers, on our County's website and Facebook pages. You may also call the Extension office for additional information on ANR activities at any time.

Happy Cropping Season to you all.

*Simon Kafari*

Mark your calendar – Agricultural Events		
March 5 <sup>th</sup> and 8 <sup>th</sup>	Beekeeping Classes	6:30-8:30pm
March 13 <sup>th</sup> and April 17 <sup>th</sup>	Joint program with Clarksville Parks and Recreation	6:30-8:30pm
March 15 <sup>th</sup> and April 12 <sup>th</sup>	“The After Dinner Garden Conversation” – Clark County Vegetable Gardening class Series	7-9pm
March 21 <sup>st</sup> and April 18 <sup>th</sup>	Beekeeping club meetings	6:30-8:30pm
April 23 <sup>rd</sup>	Fish Pond Management	5pm

**Beekeeping Classes – March 5<sup>th</sup> and 8<sup>th</sup>**

**Location: Food Stand, Clark County 4-H Fairgrounds**

The last 2 of 4 beekeeping class series sponsored by Clark County Extension will take place on March 5<sup>th</sup> and 8<sup>th</sup> from 6:30-8:30pm. There is a fee of \$5 for each class.

On March 5<sup>th</sup>, participants will be taken through the “Basic Equipment Needs (for Bees and beekeepers)” and “Honey bee biology 101”. Andrew Fogg, Branch Manager of Dadant & Sons beekeeping company, Kentucky, will teach this class.

On March 8<sup>th</sup>, Randy Lynch, Manager and owner of New Albany Apiary will teach a class titled “The Life of a Bee (how and when to obtain your own bees). He will also discuss basic beehive inspection needs.

**Joint programming with Clarksville Parks and Recreation (March 13<sup>th</sup> and April 17<sup>th</sup>)**

**Location: Clarksville Middle School (101 Ettels Ln, Clarksville)**

Clark County Extension is collaborating with Clarksville Parks and Recreation Department on their adult education classes starting January to April.

On March 13<sup>th</sup>, a class titled “Learn how to grow your hard-to-find vegetables from the ground up - Vegetable Nursery Management 101” will be taught.

While raising and managing vegetable nurseries at home is a sure way to grow your hard-to-find vegetables, it also enables you to start your garden season early and end late. Following the basic requirements for raising a disease-free nursery and knowing the right conditions required such as light, temperature, humidity as well as applying the right quantities of water and nutrients at the right time is all it takes to be successful. In this class, participants will learn how to raise their own vegetable nurseries at home.

On April 17<sup>th</sup>, another class will be taught titled “You got your Soil Test results, then What? - Amending your Garden Soil after a Soil Test”.

After a soil test, it is often a challenge interpreting the results and knowing how to amend garden soils appropriately. This class will take participants through how to take soil samples, where to send them for testing and what to do when test results are obtained

Both classes will take place at the Clarksville Middle school from 6:30-8:30pm. There is a nominal charge of \$3 for each class to meet the cost of presentation handouts.

If you are interested in registering to participate in any of these classes, please visit the Clarksville Parks and Recreation programs website at <http://www.clarksvilleparks.com/programs---classes.html>. If you have questions about these classes or need a reasonable accommodation to be able to participate, you may contact Nathan Kane (Tel: 812-283-1423; Email: [nkane@clarksvilleparks.com](mailto:nkane@clarksvilleparks.com)) with Clarksville Parks and Recreation or Simon Kafari (Tel: 812-256-4591; Email: [skafari@Purdue.edu](mailto:skafari@Purdue.edu)) with the Clark County Extension Office.

**“The After Dinner Garden Conversation” – Clark County Vegetable Gardening class Series (March 15<sup>th</sup> and April 12<sup>th</sup>)**  
**Location: Clark County 4-H Fairgrounds**

The Clark County annual vegetable gardening class series dubbed “The after dinner garden conversation” started this January. We will have a series of 9 classes, one class per month on Thursdays from 7-9pm. There will be a fee of \$20 for all 9 classes and \$3 per class should you decide to participate in some of the classes. Participants will get a 3-ring binder with presentations you participate in and enjoy light snacks at every presentation.

On March 15<sup>th</sup>, a class titled “Your Vegetable Seedlings are Ready for the Garden, then What?? - Basic Vegetables Agronomy for the Home Gardener” will be taught.

A small part of the solution in starting a vegetable garden is being able to raise a success vegetable nursery. But you can also obtain your ready-to-transplant vegetable seedlings from the several local nurseries around, including from Walmart, Home Depot, Rural King and several others. The other part of the solution, which may be the major part, is raising a successful vegetable garden. The knowledge required here is the Agronomic practices from transplanting your seedlings into the field and managing your garden in a manner that will give you a good crop.

This class will take participants through what it takes to have your seedlings establish well in the garden, how to best manage your plants through the different vegetative and reproductive growth stages so as to get a good crop without compromising soil health.

On April 12<sup>th</sup>, there will be another class titled “Tomatoes: More Than Just in The Garden”. Tomatoes are the most common and most desired vegetables found in most gardens. The same cultural practices required for growing vegetables can be applied to most vegetables including tomatoes. However, some vegetable crops may need more care or attention than others may and in some cases certain vegetables would require additional unique treatment during their growth period. Preparing to grow tomatoes in your garden and during the period that the plants are growing on the field requires, in addition to the standard cultural practices, some unique care before, after transplanting, and during the growth and development of the plant. This class will teach the basics of growing vegetables that apply to tomatoes as well as emphasize on the unique ways to manage your tomatoes culturally to get the best out of them.

Registration is required to attend these classes. To register for the classes or if you have questions about these classes, please call the Clark County Extension office (812-256-4591) or email [skafari@purdue.edu](mailto:skafari@purdue.edu). Should you need a reasonable accommodation to participate, prior to the day of an event, please contact the Extension office at 812-256-4591.

**Beekeeping club meetings (March 21<sup>st</sup> and April 18<sup>th</sup>)**

**Location: Food Stand, Clark County 4-H Fairgrounds**

The Clark County Beekeeping club will continue its monthly meetings in 2018. Meetings are held the 3rd Wednesday of every month. March and April meetings will be on the 21<sup>st</sup> and 18<sup>th</sup> respectfully.

The club is opened to all and welcomes anyone interested in joining to learn either about beekeeping or help train others in the County on beekeeping.

If you have questions, please contact the club leadership or Clark County Extension office by calling 812-256-4591 or emailing Simon Kafari at skafari@purdue.edu. If you need a reasonable accommodation to participate, prior to the day of the event, please contact the Extension office

**CLARK WANTS TO KNOW**

**Mandatory Dicamba Training**

The Indiana law requires all Certified Pesticides users (including Non-certified applicators and Registered Technician) to take a mandatory Dicamba Training before they can use Dicamba products going forward. You will still need this training even if you have all your PARP credits. This Training is free and is being offered at many locations to enable pesticide users to get the training. Please go to <https://ppp.purdue.edu/private-applicators/recertification-parp/parp-events/> for events information.

For additional information go to the website of the Office of the Indiana State Chemist - <http://www.oisc.purdue.edu/> . You may also call the Clark County Extension office or the OISC (765-494-1492) if you have additional questions.

**Bull Breeding Soundness Clinic Scheduled**

Research has shown that about 10% of all beef herd bulls develop a problem with reproductive ability each year. These problems can include internal structural soundness, semen mobility, semen quality, external structural soundness, and animal condition. While 10% doesn't sound terrible, if your bull is one of those "duds" it can mean no calves from your herd the following spring. In Clark County, the average cow herd is about 20 and a loss of 20 feeder calves from a farm's revenues can mean a loss of \$15-20 thousand dollars with today's market prices.

The annual Bull Breeding Soundness Evaluation Clinic for Clark County will be held on Monday, March 26th, at the Clark County 4-H Center (on Hwy. 62, near Charlestown, IN). The Clinic will begin at 1:00 pm and bulls will be scheduled for the evaluation until 4:00 pm. The cost is \$40 per bull. This fee covers internal and external reproductive organ palpation, semen collection and evaluation. Wormer will be provided by the Cattlemen's Association and other vaccinations are available upon request, at the producer's expense. The exams will be conducted by Dr. Jerry Rousch, Springmill Vet. Clinic.

To make appointments for your bulls call the Purdue Extension Office of Clark County at 812-256-4591. The Breeding Soundness Evaluation Clinic is sponsored by the Clark County Cattlemen's Association and the Purdue Extension – Clark County.