

*Benzie County*

4-H Family News

October 2020

Fall 4-H and Family Time

As the Fall season descends upon us here in Benzie County, it is a good time to take time to reflect on the changes we've all faced this year. It has been a difficult time for all of us, but it is important to reflect on what is truly important, family and community.

Family and community are the key components to successful 4-H clubs, programs, and our youth. I encourage current 4-H members and their families to think of ways they might contribute to their communities in this difficult time. Perhaps your club could coordinate a letter writing campaign and send letters to essential workers in the front line? Or to elderly community members who may reside in local nursing homes? Perhaps your club could virtually organize a food bank donation drive with the help of the county MSU Extension office? There are many ways for our clubs to engage with their communities while practicing safe distancing. I am happy to help your club think of other ideas.

Be sure to take personal time as well, for your health and well-being. I enjoy taking my pup for walks and admiring the changing leaves, going fishing, or sitting outside and reading my books. Take time to take care of yourself and do things you enjoy.

Continue to be Well,

Ali Olson

4-H Program Coordinator

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Announcements

- › 4-H Annual Leader Updates: If you are a club leader, please check your emails for your AFR and schedule your ALU with Ali Olson as soon as possible.
- › Virtual 4-H Soccer is still accepting enrollments!
- › 4-H Online 2.0 is up and running for new and existing members! Reminder that there are no participation fees for 2020-21 and youth can participate in up to two counties.
- › Two Teen Representative Spaces Available on Manistee 4-H Livestock Council! Must be 14 y.o. and a member of a 4-H Livestock Club. One Year of Service Required.
- › Oct. 19, 21, 26 & 28: Virtual Baby Sitter Training Course
- › Oct. 26: SPIN Club - Pippin's Pantry, DIY Dog Treats, What's Safe for your Pup and What's Not

4-H scholarships available



Outstanding Michigan 4-H members who are involved at county, regional, state, national or international levels are eligible to apply for Michigan 4-H scholarships to help fund their college experience.

A number of scholarship opportunities exist, ranging in value from \$500 to \$2,500. All applications are due by November 1.

Learn more and access applications materials at: www.canr.msu.edu/4_h_scholarships_and_recognition_program/4_h_scholarships.

4-H Events and Workshops

October 5: MSU Tollgate Farm Secret Life of Trees Interactive Weekly Series *Online*

Explore the secret life of trees in this 5-week series that occurs each Monday. Interact with MSU Tollgate Farm staff, visit the fields and gardens, engage in STEM challenges, learn how we are a part of the same ecosystem as the trees and how we can give back.

<https://www.canr.msu.edu/events/msu-tollgate-farm-fall-virtual-secret-life-of-trees-interactive-weekly-series>

October 6: 4-H Jedi Training for Teens

Online via Zoom

Do you have what it takes to harness the force and become a guardian of peace and justice? Find your inner harmony with this 5-week series that will occur each Tuesday.

<https://www.canr.msu.edu/events/4-h-jedi-training-for-teens>

October 8: MSU Tollgate Farm Follow The Nutrient Trail Interactive Weekly Series

Online

Follow the nutrient trail of consumers, producers and decomposers as you meet Tollgate's goats, chickens and worms during this 5-week series that occurs each Thursday. Students will interact with staff and question, hypothesize, experiment, analyze data, conclude and question again through hands-on STEAM challenges.

<https://www.canr.msu.edu/events/msu-tollgate-farm-fall-virtual-follow-the-nutrient-trail-interactive-weekly-series>

October 10: 4-H Coding Weekend Workshop - An Intro to Coding

Online via Zoom

Students will spend four days (weekends of October 10-11 and 17-18) learning how to code and develop an application to solve a technical problem that they define. This workshop is for any high school students of all coding skill levels and experience.

<https://www.canr.msu.edu/events/4-h-coding-weekend-workshops-an-intro-to-coding>

October 12: Adulting 101

Online via Zoom

The exciting Adulting 101 series is offered to high school youth to help prepare for life on their own. This 3-week series will occur each Monday and cover Interviews for Success, Household Tasks, and Making a Spending Plan.

<https://www.canr.msu.edu/events/adulting-101-fall-series-mondays>

October 17: 4-H in the Kitchen Live! Ultimate Grilled Cheese

Online via Zoom

Participants, ages 5-19, will learn how to make Ultimate Grilled Cheese Sandwiches using low and non-fat ingredients. Participants will receive the recipe two days in advance.

<https://www.canr.msu.edu/events/4-h-in-the-kitchen-live-ultimate-grilled-cheese>

For the most up-to-date events listing, go to <http://4h.msue.msu.edu/events>.

National 4-H Week to be celebrated Oct. 4 - 10

For the 78th consecutive year, millions of youth, parents, volunteers and alumni across the country will celebrate *National 4-H Week* from October 4-10. The theme for this year's National 4-H Week, Opportunity4All, is a campaign that was created by National 4-H Council to rally support for Cooperative Extension's 4-H program and identify solutions to eliminate the opportunity gap that affects 55 million kids across America.



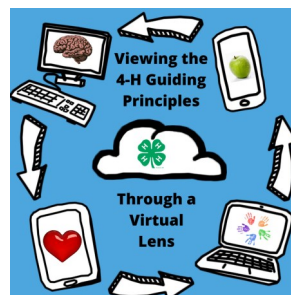
With so many children struggling to reach their full potential, 4-H believes that young people, in partnership with adults, can play a key role in creating a more promising and equitable future for youth, families and communities across the country. In 4-H, we believe every child should have an equal opportunity to succeed. We believe every child should have the skills they need to make a difference in the world.

To help bring awareness to the many positive youth development opportunities offered by 4-H, Michigan 4-H is encouraging 4-H youth, volunteers, staff and supporters to celebrate National 4-H Week in their communities. A few ways to do that while maintain safe social distancing include:

- Share how 4-H has inspired you or your kids on social media channels and with individuals in your community.
- Show your 4-H pride by wearing your 4-H apparel on Wednesday, Oct. 7, the official 4-H Spirit Day.
- Write an op-ed for your local paper to tell your Michigan 4-H story or submit it to MSU Extension for the [Meet Michigan 4-H'ers series](#).
- Decorate an [Opportunity4All sign](#) and share your pictures and captions of what opportunity means to you using the hashtag #Opportunity4All on social media.
- Use a [National 4-H Week Zoom background](#) on your virtual meetings.

Guidelines for Positive Youth Development Virtually

As Michigan 4-H staff, volunteers and youth continue to practice safe social distancing, 4-H programs have moved online and many 4-H clubs are connecting virtually. To help both 4-H staff and volunteers view the 4-H Guiding Principles through a virtual lens, MSU Extension recently developed "Michigan 4-H Guiding Principles for Positive Youth Development: Virtual Programming Focus." This resource is a great tool for adults interacting with 4-H'ers to review as they consider their best ways to optimize 4-H programming for the online world.



View the Michigan 4-H Guiding Principles for Positive Youth Development online at www.canr.msu.edu/resources/michigan-4-h-guiding-principles-for-positive-youth-development-virtual-programming-focus.

Support 4-H with the Tractor Supply Co. Paper Clover Campaign



Tractor Supply Company (TSC) customers across the nation will have the opportunity to support 4-H youth by purchasing a \$1 clover at checkouts when shopping both in stores or online at www.TractorSupply.com from Oct. 7-18.

Funds raised will support county, state and national 4-H programming. To learn more regarding the campaign, visit <https://www.tractorsupply.com/tsc/cms/4h>.