

*Calhoun County***4-H Family News****MAY 2020****Weekly Activities for Youth**

To support families and caregivers with youth at home during the COVID-19 pandemic, MSU Extension has put together a weekly list of DIY activities and online events. Choose from daily childhood development, career exploration, STEM, healthy living and leadership activities - or choose them all! There's even two quick resources to support parents and caregivers during these unprecedented times. We hope this helpful resource will provide a weekly dose of fun and learning while staying safe at home.

Website: <https://www.canr.msu.edu/family/Educational-Resources-for-School-Closures/Weekly-Activities-for-Youth/index>

Virtual Rabbit Education Series

Who should attend: Youth ages 5-19 and volunteers who are interested in learning more about the rabbit project. Description: 4-H volunteers, staff and ARBA judges are sharing their knowledge of the rabbit project area.

TOPICS WITH DATE All will be at 6:00 p.m. unless otherwise noted

- Meat Pens—From Breeding to Selection—Tuesday, May 5
- Equipment and Supplies— Tuesday, May 12
- Building a Rabbit Cage— Thursday, May 14
- Showmanship—Saturday, May 16—this session is at 10 a.m.
- General Care— Tuesday, May 19
- Nutrition— Thursday, May 21
- Breeding— Tuesday, May 26
- Selection— Thursday, May 28
- Body Types— Tuesday, June 2
- Health— Thursday, June 4
- Breed Selection— Thursday June 11



REGISTRATION <https://events.anr.msu.edu/VirtualRabbit/> COST: Free

FURTHER INFORMATION weissgle@msu.edu or 517-676-7303

LOCATION Virtual—you will receive the link upon registration

SPONSORS Michigan State 4-H Rabbit and Cavy Programming Committee & The Rabbit Show— You Tube Channel— David Moll & Allen Mesick

Contact Us

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4-H Mini-Grants Now Available!

Michigan 4-H Foundation

**MINI-GRANTS
AVAILABLE**

Apply for a grant up to \$1,000



Each year, the Michigan 4-H Foundation Board of Trustees approves grant opportunities for 4-H programs across the state.

These grants are designed to encourage program planning and participation by 4-H members and volunteers in partnership with MSU Extension 4-H program staff. The grants will be eligible for use in the 2020-2021 program year.

Several grant opportunities exist, ranging in value from \$400-1,000. Applications are due June 1. To learn more information about the grants visit <https://mi4hfdtn.org/grants/>.

**Here's the link to
Calhoun County
Fair:**

[http://
www.calhouncountyfa
irgrounds.com/](http://www.calhouncountyfairgrounds.com/)

4-H Events and Workshops

May 4: Tik Tok Dances with H&H

Online Zoom

Join the 4-H Healthy Living team with activities that are engaging and get you moving. This morning movement session will get you moving with dance!

<https://www.canr.msu.edu/events/tik-tok-dances-with-h-h-may-4>

May 7: Adulting 101 Series– Spending Plan

Online Zoom

Learn quick tips for navigating life and college. In this session, learn how to develop a spending plan by budgeting and tracking your money. Preregistration required.

<https://www.canr.msu.edu/events/adulting-101-mayseries-spendingplan>

May 7: Ocean Explorers with Madison

Online Zoom

Join your 4-H friends and marine educator Madison Dix as we explore sea life! Learn about amazing creatures, their habitats and stewardship issues surrounding ocean life.

<https://www.canr.msu.edu/events/ocean-explorers-with-madison-may-7>

May 8: Running with Sarah - Prepare for a 4K 9:30 - 10 a.m.

Online Webinar

Join the 4-H Healthy Living team with activities that are engaging and get you moving. This weekly morning movement session provides a fun way to be healthy and active with running.

<https://www.canr.msu.edu/events/running-with-sarah-prepare-for-a-4k-may-8>

May 12: MSU Extension's Family Yoga with Kylie

Online Zoom

Help keep your family moving! Join MSU Extension for yoga, breathing and mindfulness. All ages and abilities welcome!

<https://www.canr.msu.edu/events/msu-extensions-family-yoga-with-kylie-may-12>

May 14: Ocean Explorers with Madison

Online Zoom

Join your 4-H friends and marine educator Madison Dix as we explore sea life! Learn about amazing creatures, their habitats and stewardship issues surrounding ocean life.

<https://www.canr.msu.edu/events/ocean-explorers-with-madison-may-14>

May 28: Adulting 101 Series— Cooking 101

Online Zoom

Learn quick tips for navigating life and college. In this session, learn tips and tricks for easy cooking. Preregistration required.

<https://www.canr.msu.edu/events/adulting-101-mayseries-cooking101>

For the full event listing of virtual events for youth audiences, visit <https://bit.ly/3dqPfll>.



Help Fight COVID-19 with the Michigan 4-H Mask Project

As the COVID-19 pandemic continues, the Michigan 4-H community has stepped up to help. CDC guidelines encourage the use of cloth face coverings to protect against disease spread; 4-H families across the state have sewn homemade cloth face coverings to protect the public, essential workers, and healthcare workers. By mid-April, more than 2,400 cloth face coverings had been donated to

over 25 organizations. These cloth face coverings were created in 32 counties by more than 40 4-H youth and adult volunteers.

Though an amazing feat, the need is still great. Fortunately, the Michigan 4-H community is as great as the need; by working together, we can help to address this need and more.

The newly launched [Michigan 4-H Mask Project website](https://extension.msu.edu/MI4H Masks) (extension.msu.edu/MI4H Masks) has instructions for making and donating to these efforts, using basic sewing skills and a few simple supplies. Join in making a difference in the fight against COVID-19.

Questions about this project? Contact MSU Extension Staff: Anne Kretschmann at kretsc11@msu.edu or Gary Williams at will1009@msu.edu.

Update on Face-to-Face 4-H Programming

On April 2, 2020, MSU made the decision to modify or suspend youth events scheduled to take place this summer on MSU's campus. This, combined with Gov. Whitmer's announcement that in-person K-12 instruction is suspended for the remainder of the academic year, has informed changes to MSU Extension's youth programming. These changes include:

- All on-campus MSU youth events scheduled to occur before September 1, 2020 will be modified to an online space, postponed or cancelled.
- No face-to-face MSU Extension youth events or programs will take place anywhere in the state, including summer camps, until September 1, 2020. This applies to events and activities scheduled through September 1 that are led by Michigan 4-H volunteers as well.

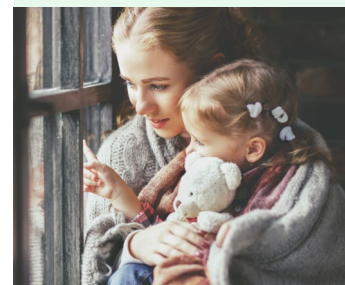
Given the fluid nature of this situation, it may be a few weeks before decisions are reached about which programs will become virtual versus which will be postponed or canceled; information will be shared as soon as it is available. Regardless, all program participants will receive a full refund for any out-of-pocket event fees already paid for affected programs. Staff will be in contact regarding this matter in the coming weeks; we appreciate your patience with this process.

This decision has implications on 4-H classes and activities at county fairs. MSU Extension is working with the Michigan Association of Fairs and Exhibitions, as well as local fair boards, to pursue new delivery methods for these 4-H events. Please watch for more information in the coming weeks.

Youth safety and security are a guiding principle of Michigan 4-H; this decision is a reflection of that and our ongoing commitment to helping Michigan youth be physically and emotionally safe. Although the right thing to do for the health and wellbeing of MSU Extension staff, volunteers, program participants and all Michiganders, this is still a heartbreaking decision for us.

Now more than ever, MSU Extension remains committed to delivering meaningful experiences to youth and volunteers through a variety of supplemental offerings that support the educational development of Michigan youth. We will continue to update our [Remote Learning and Resources](https://extension.msu.edu/Online4MI) space (extension.msu.edu/Online4MI) with online programs, so be sure to visit the site frequently.

Managing Youth Stress



The novel coronavirus pandemic has been stressful for everyone. Families and youth are navigating new challenges, including social distancing, uncertain health outcomes and "a new normal." These new stressors may spill over into their relationships and compound other stressful conditions in the family.

To help families better understand this stress and how to cope, MSU Extension has developed a new resource, "Managing Youth Stress."

To access the resource, visit www.canr.msu.edu/resources/managing-youth-stress.