



Calhoun County 4-H Family News

July 2020

4-H Spin Club at Harrington Elementary

Marquette Frost, AmeriCorps Vista Intern held six weeks of learning, sharing, growing and just having fun with 4-Hers at the Harrington Elementary in Albion.

Thank you to all who supported these youth:

Albion Community Foundation
James C. Kingsley Youth Fund
Harrington Elementary School
Marshall Public Schools
Bread of Life Ministries
Corinne Atchison (Palmer House
Bed & Breakfast)
Jolly Green Junction of Albion
American Legion, Auxiliary Unit 55
First Baptist Church of Albion
Council Woman Lynn Reid
Sheryl L. Mitchel and Ray Vargo
Build Albion AmeriCorps VISTA



Please note: This club and the meetings held were prior to the COVID-19 pandemic.

Thank you to Dickerson Music Company for being the greatest sound guru in the land! Your generosity and support for the youth of Albion is an investment in our future!

Contact Us

Kathy Fischer
4-H Program Coordinator

Calhoun County
MSU Extension
315 W Green St
Marshall, MI 49068

Phone: 269-781-0784
Fax: 269-781-0768

Email:
msue.calhoun@county.msu.edu

Website:
<https://www.canr.msu.edu/calhoun/>



Tri - County 4-H Virtual Showcase

WHO SHOULD ATTEND:

4-H Youth in Berrien, Branch, and Calhoun Counties

DESCRIPTION:

The Tri-County 4-H Virtual Showcase is an opportunity for 4-H youth to showcase a variety of projects in a unique way. This showcase will include showmanship for all animal species as well as many still project options. Participants will submit photos/videos of projects for judging. Judges will give feedback for each entry. Ribbons and certificates will be awarded. Class list will be out soon!

HOW TO REGISTER:

Stay tuned for more details!!!

COST: FREE!!!

SPONSORS:

Berrien County 4-H,
Branch County 4-H &
Calhoun County 4-H

DATE:

Entries will be due:
August 12, 2020

Judging begins: August 14, 2020

LOCATION: Virtual

CONTACT:

Berrien County: Kelly—grandtke@msu.edu
Branch County: Connie—langec@msu.edu
Calhoun County: Kathy—fisch226@msu.edu



4-H Grows Here, There & Everywhere!

As the world continues to cope with the COVID-19 pandemic, Michigan 4-H youth are sticking together while staying physically apart. Although saddened to miss their favorite summer events and county fairs, 4-H'ers across the state know they play an important role in helping to keep communities safe during the novel coronavirus outbreak.



Though they maintain their social distance, 4-H'ers continue to use their head, heart, hands and health through a multitude of online educational opportunities and virtual learning showcases that illustrate how 4-H grown continues while safe at home.

Tell us how your 4-H year has continued in alternative ways during the COVID-19 outbreak in a video testimonial. View the complete guidelines at www.canr.msu.edu/resources/4-h-grows-here-there-and-everywhere-guidelines.

4-H Virtual Communications Contest



Looking for ways to grow your public speaking, demonstration and other verbal communication skills? The new Michigan 4-H Virtual Communications Contest is for you! Now through July 24, youth of all ages have the opportunity to take part in a variety of online communication contests. Whether you're a Cloverbud or a senior, take part in this virtual experience that will help you grow your skills while having fun. Contests include:

Demonstrations: July 6-10. Youth will record a video of themselves performing a demonstration or illustrated talk. A demonstration is defined as a step-by-step procedure with an end product or result while an illustrated talk is a presentation of an idea or topic that uses visual aids to convey the message. Utilizing visual aids to help convey the major points of the presentation or demonstration, youth will record a 9-12 video (Cloverbud demonstrations should be 3-4 minutes) and upload their presentation for evaluation.

Clowning or Acting: July 13-24. This contest will give new life to the art of clowning in 4-H and can be modified for aspiring actors as well. Youth will record a 3-12 minute skit and upload their video for judging. Watch for resources and classes to be shared prior to the week of this contest and give clowning/acting a try even if you have never done it before! To take part in one or more of these contests, visit <https://events.anr.msu.edu/MI4HVirCommContest/> to register and read the complete contest rules. Each contest will place the top 10 winners with the top three receiving medals and all participants receiving a participation certificate. Questions? Contact Roxanne Turner at turnerr@msu.edu or Emily Hoover at hooverem@msu.edu.

Connect with fellow 4-H'ers online!

While 4-H'ers across the state continue to maintain their social distance this summer, many are missing the interactions with their fellow 4-H'ers and peers. To provide a space for 4-H'ers across the state to virtually connect and learn from one another, Michigan 4-H will be hosting two virtual series throughout the summer.

Teen Tuesdays: Now through August 25, current 4-H members ages 13-19 are invited to join this weekly online experience that will feature a different theme each session. In addition to learning about a new topic, each virtual forum will provide a space for online interaction and discussion. View scheduled topics and register online at <https://events.anr.msu.edu/teentuesdays/>.

4-H at 4 on Thursdays: Now through August 27, current 4-H members ages 8-12 are invited to join this weekly online experience that will demonstrate a different hands-on project, experiment or craft each week. In addition to providing a fun, at-home activity to enjoy, these sessions will provide a taste of what 4-H has to offer and allow youth to try 4-H projects they might not know exist. View the weekly topics and register online at <https://events.anr.msu.edu/4hthursdays/>.



STATEWIDE NEWS AREA

3

4-H Events and Workshops

July 9: 4-H at 4 on Thursdays—American Sign Language

Youth ages 8 - 12 years old can learn basic American Sign Language.

<https://www.canr.msu.edu/events/july-9-american-sign-language>

July 14: 4-H Teen Tuesday—Virtual Club Meetings

Current 4-H members can connect each Tuesday with their peers across the state while learning about a wide array of 4-H project areas.

<https://www.canr.msu.edu/events/july-14-4-h-teen-tuesday-virtual-club-meetings>

July 15 – August 19: 4-H Summer Movie Series films present coming of age stories through a diverse range of topics and genres. The 4-H Summer Movie Series is a virtual SPIN Club where youth ages 13-19 will watch the scheduled movie and then participate in a weekly discussion of the films curated from NETFLIX. While these films share the universal themes of growth and self-discovery, they were selected to present the differences and experiences that are faced by teens who live in dissimilar settings with diverse challenges. To join for free: <https://events.anr.msu.edu/4hsummermovieseries>

July 20: Virtual Junk Drawer Robotics

Learn about different aspects of robotics while building your own robots with items that some may consider junk, but we call treasure!

<https://www.canr.msu.edu/events/virtual-junk-drawer-robotics>



July 20 – August 24: Exploring Topics Through a Youth Lens

Registration is open now through July 15 for the Exploring Topics Through a Youth Lens, which is being organized and led by staff from MSU Extension. The project, open to all youth ages 13+, will bring together teens from Michigan (and other states) to take photos and share their viewpoints on important current topics and issues that they choose to explore. Youth participants will learn how to use their photos and their voices to advocate on behalf of topics and issues that are important to themselves and other young people. Learn more about the project, and complete a registration to participate at <https://events.anr.msu.edu/photovoicetopics/>

July 21: 4-H Teen Tuesday—Community Service from Home

Current 4-H members can connect each Tuesday with their peers across the state while learning about a wide array of 4-H project areas.

<https://www.canr.msu.edu/events/july-21-4-h-teen-tuesday-community-service-from-home>

July 28: Venture to Adventure

Does working outside interest you? Enjoy camping, hunting, hiking, kayaking, nature photography, or fishing? Learn firsthand about careers that will keep you connected to the natural environment at the Venture to Adventure online program on July 28th at 1pm. The hour-long program will include live and video presentations from professionals in the field as well as games and interaction. Open to youth 11-19 years old.

More information and register at: <https://events.anr.msu.edu/VenturetoAdventure/>

July 29: Teen Spokesperson Virtual Camp

Learn and practice using a variety of communication tools and media including social media, video, photography, written and spoken communication.

<https://www.canr.msu.edu/events/teen-spokesperson-virtual-camp>

July 30: 4-H at 4 on Thursdays — Healthy Snacking

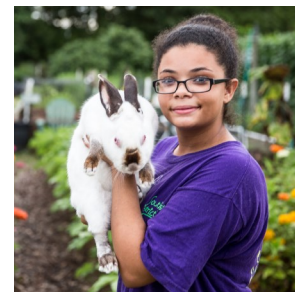
Youth ages 8-12 can explore fun options for healthy snacks

<https://www.canr.msu.edu/events/july-30-healthy-snacking>

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

On the next few pages we are highlighting 3 of the 9 Calhoun County 4-Hers who are aging out of 4-H this year. This will be their last year and we are hoping to make it special by giving them a "Shout Out" and letting others know how much they learned and enjoyed their time in 4-H. If any of the others aging out would still like to turn in their questionnaire, we would be happy to profile them in the next 4-H family newsletter.

Share Your 4-H Story!



Across the state, Michigan 4-H is growing true leaders for today and tomorrow. From Marquette to Monroe, these young people are impacting their clubs, communities, country and world.

To help share this impact with others, we're looking for youth to share their own testimonials of how 4-H has influenced their own personal growth and development.

Submissions will be posted on the [Meet Michigan 4-H'ers](#) section of the MSU Extension website and promoted digitally in newsletters and social media.

To learn more and download the guidelines, visit www.canr.msu.edu/4h/meet-michigan-4-h.

Profiling Calhoun County 4-Hers Last Year of 4-H!

It's their last year... Let's make it special and Recognize them!

Profiling Morgan Hautau's 4-H Experience

What clubs were you in and how many years were you in them

Draft Horse and Pony Club - 15 years
Beef Club - 10 years
Eckford Energetics - 8 years
Rabbit Club - 6 years
Sheep Club - 4 years
Beef Breeding Club - 4 years

What 4-H mentors or leaders inspired you

Dave Bosserd, Bruce Bosserd, Ken Flanders, Cindy Wieas and Randy Combs

Your current school/major

Attending MSU in the school of Natural Resources, majoring in Fisheries and Wildlife with a minor in Forestry.

Your career goals

My goal is to obtain a career in natural resources, maybe for the DNR, and to raise beef cattle.

Most memorable 4-H experience

Becoming Fair King. Driving the different horse hitches: team, tandem, unicorn, and 4 horse hitch, and practicing with Bruce Bosserd.

Most important life skill 4-H taught you

Leadership, responsibility, how to care for and raise multiple animal species, how to win and lose respectfully.

Best 4-H achievement

I started my own beef herd and bought my own draft horse team.



We salute Morgan Hautau in his last year of 4-H and hope he has a wonderful and successful life in the years to come!

Profiling Calhoun County 4-Hers Last Year of 4-H!

It's their last year... let's make it special and Recognize them!

Profiling Andrew Letts 4-H Experience

What clubs were you in and how many years were you in them

Dairy Cub - 15 years
Happy Hustlers - 15 years
Swine Club - 10 years
Poultry Club - 5 years
Dairy Starter Calf Club - 5 years
Beef Breeding Club - 1 year

What 4-H mentors or leaders inspired you

Grandma, Grandpa (Marilyn & Charlie Letts, Aunt Beth (Letts), Mom and Dad (Teri & Ken Letts). Exploration days chaperones- Sherry Grice, Carla Bean, Jeremy Blunt, also Randy Sprague and Mike Flynn have all been inspiring to me.

Your current school/major

Sophomore at University of Northwestern Ohio.
Studying Automotive Diesel Technology.

Your career goals

I would like to work in the field for 5-10 years until I have the knowledge and experience, then own my own shop.

Most memorable 4-H experience

My 1st year at Exploration Days, and all the memories and time spent with friends.

Most important life skill 4-H taught you

Hard work!

Best 4-H achievement

My hog roaster I built, receiving the "I Dare You" Award, and winning Grand Champion Turkey.



We salute Andrew Letts in his last year of 4-H and hope he has a wonderful and successful life in the years to come!

Profiling Calhoun County 4-Hers Last Year of 4-H!

It's their last year...let's make it special and Recognize them!

Profiling Julie Smoot's 4-H Experience

What clubs were you in and how many years were you in them

4-Leaf Clovers - 12 years
Tumbleweed Riders - 5 years
Rabbit and Cavy Club - 3 years

What 4-H mentors or leaders inspired you

Nancy Sutherland and Mary Adams have both had a big impact on my life. Nancy has been my 4-H leader since I was 7 years old. She helped me to develop my love for photography and has encouraged me to explore everything that 4-H has to offer. She put so much time and effort into every part of our club from leading projects to decorating our booth for fair week. Nancy always makes sure that everyone feels welcome in the 4-Leaf Clovers. I've known Mary Adams as both my 4-H leader and my coach. She is incredibly supportive of everyone on her team and is always there to help someone in need. Both Nancy and Mrs. Adams have helped me grow into the leader that I am today.

Your current school/major

I am a Junior at the University of Michigan. I am double majoring in Mathematics and Cognitive Science.

Your career goals

I plan to obtain my Masters degree, then pursue a career in research.

Most memorable 4-H experience

One of my favorite 4-H memories is receiving my first blue ribbon on judging day. The first project that I showed as a non-Cloverbud was a sewing project that I had made with the help of my grandmother. I nervously brought my project to the judge's table, not knowing what to expect. After explaining my work and receiving some slight criticism of my craftsmanship, I remember holding my breath as the judge reached for the stacks of ribbons sitting beside her. When she presented me with a blue ribbon, I was so proud of myself and although I entered hundreds of projects in the years since, that moment has always stuck with me.

Most important life skill 4-H taught you

The most important skill that 4-H has given me is leadership. I have served as the president and secretary of both the 4-Leaf Clovers and Tumbleweed Riders, and this experience has allowed me to grow my skills as a leader.

Best 4-H achievement

My favorite 4-H achievement was representing our fair as the 2018 Fair Queen. Being a part of fair court was a wonderful experience, and I am proud to have been a part of this long standing tradition. Ever since I can remember, the Calhoun County Fair has been my favorite part of the summer so I was excited to have the chance to be more involved in our fair community.

We salute Julie Smoot in her last year of 4-H and hope she has a wonderful and successful life in the years to come!



MSU EXTENSION PROGRAMS AND EVENTS

Citizen Planner Summer Series II Via Zoom

July 29, Aug. 5, 12, 19, Sept. 2, Wednesdays, 2pm-5pm

We are offering our signature Citizen Planner classroom program via Zoom as a special summer series. This limited-time offer is available at a reduced price of \$225 per person (group rate of \$195 per person for four or more from the same municipality). Visit events.anr.msu.edu/cpsummerII to register today!

The Power of Participation

July 14, 16, 21, & 23, 10am-11:30am

Moving from public comment to public commitment. For more information click [here](#).

Extension Master Gardener Program for Greater Calhoun Area (online)

Aug. 24-Nov. 23, Mondays, 5pm-9pm

Become part of the MSU Extension Master Gardener Program! This horticulture education and volunteer training program is taught by Michigan State University Extension horticulture experts. No prior knowledge or experience in gardening is required. Fall 2020 Programs are now open for registration. https://www.canr.msu.edu/master_gardener_volunteer_program/join-us/upcoming-extension-master-gardener-trainings

ONLINE DIABETES PATH SERIES- THURSDAY JULY 9TH

JULY 9, 2020 2:00PM – 4:00PM ZOOM WEBINAR

Online Diabetes PATH is a series of six online sessions designed to help participants manage their diabetes

PANTRY FOOD SAFETY - IT'S YOUR JOB

JULY 13, 2020 – AUGUST 18, 2020 ONLINE VIA ZOOM

MSU Extension educators present food safety topics for volunteers and staff working in food pantries and food banks.

FOOD SAFETY Q&A: HERBS, DRYING AND STORAGE

JULY 13, 2020 1:00PM – 1:30PM ONLINE VIA ZOOM

MSU Extension educators review how to use your herbs all year long in an online workshop with a live Q&A.

SUMMER FUN SERIES - HIKING / TRAIL MIX

JULY 15, 2020 1:00PM – 2:00PM ONLINE VIA ZOOM

MSU Extension Presents a Series of Safe Food Handling Tips for Summer Events.

ONLINE HOME FOOD PRESERVATION SERIES - PICKLING- JULY 16

JULY 16, 2020 1 - 2:30 PM OR 6 - 7:30 PM EST ONLINE VIA ZOOM

Online Home Food Preservation series providing education regarding the best practices for preparing safe home preserved food

SAFE FOOD = HEALTHY KIDS - ONLINE TRAINING - JULY 28

JULY 28, 2020 9:00AM – 12:00PM EST ONLINE VIA ZOOM

Safe Food = Healthy Kids is an interactive food safety workshop for child care providers.

ONLINE HOME FOOD PRESERVATION SERIES - PRESERVING MEAT- JULY 30

JULY 30, 2020 1 - 2:30 PM OR 6 - 7:30 PM EST ONLINE VIA ZOOM

Online Home Food Preservation series providing education regarding the best practices for preparing safe home preserved foods.

For upcoming courses or more information for both Dining with Diabetes and Wellness Initiative for Senior Education please contact:

Laura Anderson MS RDN, MSU Extension Educator Barry County/District 7. Office: 269-945-1388 x1026 Email: ander359@msu.edu

Chronic Pain PATH (Personal Action Towards Health): a six-week evidence based program for people living with chronic pain. Participants learn tools to better self-manage symptoms and side effects as they face the daily challenges of living with a chronic condition like arthritis, back pain, fibromyalgia or other pain conditions.

Matter of Balance: is an eight-week evidence-based program that includes discussion and low impact strength and balance exercises. Participants gain the tools needed to reduce fear of falling and be more active. This includes sharing strategies within the group, setting realistic goals to increase activity, strength and balance.

Powerful Tools for Caregivers Series: Six lesson series taught one time a week for six weeks. Each lesson is 2.5 hours. Lessons include: Taking Care of Yourself, Identifying and Reducing Personal Stress, Communicating Feelings, Needs and Concerns, Communicating in Challenging Situations, Learning from Difficult Emotions, Mastering Caregiving Decisions. Primary Audience – informal caregivers of aging adults or adults with dementia.

Powerful Tools for Caregivers of Special Needs Children: Six lesson series taught one time a week for six weeks. Each lesson is 2 hours. Lessons include: Taking Care of Yourself, Identifying and Reducing Personal Stress, Communicating Feelings, Needs and Concerns, Communicating in Challenging Situations, Learning from Difficult Emotions, Mastering Caregiving Decisions. Primary Audience – parents and informal caregivers of children with challenging behaviors and emotions.

RELAX: Alternatives to Anger Series: Four Lessons, taught in small to large group, one time per week for four weeks. Each lesson is 1.5 hours. Topics include recognizing anger signals, ways to calm down, problem solving through conflict and forgiving and letting go of the past. Audience – any adult.

Stress Less with Mindfulness Series or One Time Workshops: Five lessons from West Virginia Extension, taught in small to large groups. Can be taught in a series or as one time presentations at community events or as work site wellness lunch and learns. Each lesson is 1 - 1.5 hours. Lesson titles: Introduction to Mindfulness, Mindful Eating, Mindful Walking and Thought Surfing, Be Kind to Your Mind and Laughter is Good Medicine. Audience – any adult.

These MSU Extension Health Programs available in Berrien, Branch, Calhoun, Cass, Kalamazoo, St. Joseph & Van Buren Counties

Please contact: Georgina Perry MA, FCS, MSU Extension Educator, Kent County Office: 616-632-7884, Email: perrygeo@msu