



# Calhoun County 4-H Family News

March - April 2020

## 4-H Exploration Days 2020 June 24-26, 2020



4-H Exploration Days is Michigan 4-H's largest pre-college program and could be the highlight of your summer—maybe even change your life!

This signature MSU precollege program brings youth ages 11-19 to the campus of Michigan State University to live like a college student for three days and build critical life skills for the transition to college and adulthood.

With more than 200 session choices held on and off campus, there are topics for everyone including animal science, business and entrepreneurship, international language and culture, performing and visual arts, and science, engineering, and technology. The Exploration Days [registration book](#) and forms are available online or you can pick one up at the MSU Extension office.

County staff will begin registration starting **March 10**. You are strongly encouraged to turn your registration form in **prior** to that date, as our office staff registers participants online in the order that they are received. Many of the sessions fill up the very first day. **The deadline to register is Friday, April 30th**, but usually by that date, most of the popular sessions are already filled, so **DON'T WAIT!**

The 2020 cost is \$220. The fee includes meals, a shared room in a dorm, sessions and a t-shirt. An \$80 deposit is required at the time your registration form is turned in to the Calhoun County MSU Extension Office. There is an additional \$20 4-H participation fee for youth not yet enrolled in 4-H. The balance due is required no later than the Orientation Meeting date on Tuesday, May 26th. Youth must be age 11 by January 1st of the year they wish to attend 4-H Exploration Days. As you select your session choices, be sure to watch for age restrictions! Age requirements for sessions are based on your age as of January 1st of the current year.

If you are going or sending a youth to this event, please plan on attending the **Orientation: Tuesday May 26th, at the Fredonia Township Hall, 8803 US Hwy 27 S, Marshall 6:00-7:30pm** where you will sign up for roommates and get all the information you need for this event.

**Website:** [http://msue.anr.msu.edu/program/info/4\\_h\\_exploration\\_days](http://msue.anr.msu.edu/program/info/4_h_exploration_days) Contact the 4-H staff in Calhoun County at 269-781-0784 for more information on 4-H Exploration Days.



4-H'er having fun at 2019 Expo Days!

## 4-H Council Corner

**Calling all 16 to 19 year olds!  
4-H Council needs you!**

The 4-H Council meets the first Thursday of each month at 7:00 pm. with the purpose of planning events and activities. I have been on the 4-H Council since last year and have really enjoyed it! Sometimes you even get pizza! Being on the council gives you a chance to see 4-H from a new perspective and learn how to work as a group to achieve challenging goals.

**Current officers:** President - Macey Mead, Vice - President - David Dittimore, Secretary - Camille Davis, Corresponding Secretary - Treysen Mead, Reporter - Mary Claire Davis

Anyone who might be interested in serving on 4-H Council can contact any of the current members or Kathy at the MSU Extension office 269-781-0784.

**From Mary Claire Davis, 4-H Council Reporter**

## Contact Us

Kathy Fischer  
4-H Program Coordinator

Calhoun County  
MSU Extension  
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Marshall, MI  
49068

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Fax: 269-781-0768

Email  
[msue.calhoun@county.msu.edu](mailto:msue.calhoun@county.msu.edu)

Web Site  
<https://www.canr.msu.edu/calhoun/index>

**THE 4-H THEME  
2020: THERE'S  
MAGIC IN THE  
FAIR!**

### Important Items to Note:

If you are making a check payment to the MSU Extension office, please ADD your phone number to your check. Thank you!

4-H Exploration Days  
Registration Deadline  
April 30th

Calhoun County Fair  
August 16-22



## 4-H Day at the Red Wings

Thanks to a new Michigan 4-H Foundation partnership with the Detroit Red Wings, 4-H members, families and friends are invited to a Red Wings hockey game while supporting Michigan 4-H!

**4-H Day at the Red Wings  
Detroit Red Wings vs.  
Tampa Bay Lightning  
Saturday, April 4, 2020  
at 7 p.m.  
Little Caesars Arena  
2645 Woodward Ave,  
Detroit, MI 48201**

Each ticket purchased from the unique 4-H link will include a \$5 donation back to county 4-H programs (based on ticket purchaser zip code).

This partnership includes special ticket pricing for this event. This is also the last Saturday game and fan appreciation night.

Learn more & purchase tickets online: <https://www.canr.msu.edu/events/4-h-day-at-the-red-wings>.



**4-H Beef Club Scholarship:** To assist students who will attend a school of higher learning and who has been a member of the Calhoun County 4-H Beef Club. **Deadline is June 1st.** Please contact Mr. & Mrs. Mike Flynn of the Calhoun County 4-H Beef Club.

**Burrell E Henry College Scholarship:** To assist Calhoun County students who will attend Michigan State University and are accepted in the College of Agriculture and Natural Resources, including the Ag Tech Program, or pursuing a career in Veterinary Medicine or other opportunity in the field of agriculture or family and consumer science related careers. **Deadline for application is April 1,** send to: BE Henry Scholarship Committee c/o Patti Jarvis, Secretary/Treasurer, 7705 29 Mile Road, Concord MI 49237 Or email to: [michfarmgal@yahoo.com](mailto:michfarmgal@yahoo.com)

**Calhoun County Swine Club Scholarship:** Two yearly scholarships will be awarded to a high school senior or high school graduate continuing their education at an accredited institution in the year in which they are applying and must be enrolled as a Calhoun County Youth Swine Exhibitor at the time of application. Applicants may not be older than 19 years of age as of January 1st of the current year. Previous recipients are not eligible. The applicants will be judged on livestock participation, leadership, and citizenship. The scholarship is administered by the Homer Area Community Foundation and will be paid to the accredited institution in the name of the recipient. **Deadline: March 15.** Applications can be turned in at the MSU Extension office or mailed to the Homer Area Community Foundation at P.O. Box 201, Homer, MI 49245.

**Furu Family 4-H Legacy Scholarship:** Implemented to honor the Don & Virginia Furu family. Applicants must be a current or past year member of a Calhoun County 4-H Club who has exhibited at the Calhoun County Fair and high school senior who is currently accepted at a college or technical school or currently enrolled in post-secondary or a technical training program. Applicant must have a minimum high school grade point average of 2.5; and previous recipients will not be eligible in future years. **The deadline is June 30th.** A complete application must be received on or before this deadline to: MSU Extension Office, Calhoun County Building, 315 West Green Street, Marshall, MI 49068. This scholarship will be awarded at the Calhoun County Fair during the Show of Champions.

**LaVern Smith Memorial Scholarship:** Applicants must be a member of a 4-H Club or a Future Farmers of America (FFA) Chapter within Calhoun County, Michigan. At the time of application for this scholarship, applicants must be either a senior in high school or a high school graduate enrolled in a technical school or college. Applicants must be available for an interview if requested by the selection committee. Previous recipients are not eligible. **Deadline for application is April 1.** Mail or fax applications to MSU Extension 315 W Green St, Marshall, MI 49068. The LaVern Smith Memorial Scholarship selection committee shall establish the selection criteria. The committee will meet to determine the number of scholarships to be awarded and to select scholarship recipients. The recipient(s) will be announced after May 1. Scholarships will be presented to recipients during the Calhoun County Fair in August at the Fairgrounds in Marshall, Michigan. For details, contact the MSU Extension Office or your local FFA Advisor.

Deadline to apply for the **2020 Michigan Youth Livestock Scholarship is May 15, 2020.** Application details available at [www.michigan.gov/mda-myths](http://www.michigan.gov/mda-myths) For the general MYLSF scholarship, the applicant must be a youth exhibitor at the Michigan Livestock Expo, the Michigan Dairy Expo or the former Michigan State Fair, for a minimum of three calendar years prior to the year of application. For the statewide scholarship, an applicant must be a youth exhibitor at a local, county, or statewide exhibition for a minimum of three years prior to the year of application. Two Scholarship Options for 2020 1)MYLSF SCHOLARSHIP (UP TO \$5,000 Life Time) 2)STATEWIDE SCHOLARSHIP (UP TO \$1,000)

**Michigan 4-H Rabbit & Cavy Project Scholarship** To apply you must be a high school senior for 2019-2020 and currently enrolled in 4-H. You must have been enrolled in a 4-H rabbit/cavy project for at least three years and have financial need. Award amount: Varies, two to four given annually. Deadline is **November 1<sup>st</sup>**. For more information and an application: [https://www.canr.msu.edu/4\\_h\\_scholarships\\_and\\_recognition\\_program/4\\_h\\_scholarships](https://www.canr.msu.edu/4_h_scholarships_and_recognition_program/4_h_scholarships)

If you have any questions about these or any other scholarships, please don't hesitate to contact the Calhoun County MSU Extension office.  
Phone: 269-781-0784 or  
Email: [msue.calhoun@county.msu.edu](mailto:msue.calhoun@county.msu.edu)







## Pre-College Scholarship Recipients for Calhoun County



Mary Claire Davis

We are pleased to announce that Alexis Chamberlin and Mary Claire Davis have each been awarded a \$2,000 Michigan State University Pre-College Achievement Scholarship.

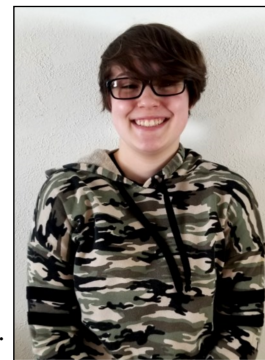
Mary Claire is an 8th grader who is being home schooled. She's been in 4-H for about five years and participates in Happy Hustlers and the 4-H Livestock Club. Mary Claire joined 4H Council last year and likes gaining a broader perspective of 4-H.

Her favorite 4-H activities associated with the fair are sewing clothing and showing her sheep. Mary Claire has participated in Exploration Days for the past three years and thoroughly enjoys staying on -campus at MSU, attending classes and being with friends for the 3-day event each summer.

Mary Claire was fortunate to receive the MSU Pre-college scholarship this year. Even though she's only in eighth grade, it's never too early to start preparing for college! She appreciates all the support she's received from 4-H and her club leaders.

Alexis is a 9th grade student at Marshall High School. Alexis is in her 4th year in 4-H, and her 3rd year as an Calhoun County 4-H Airhead, where she is head of media. Alexis is on the high school golf team, she is also a member of the High school's robotics team, as well as a member of the high school's symphony orchestra. Outside of school she enjoys art, reading, babysitting, and playing with the Jackson Youth Symphony Orchestra. Alexis plans to attend MSU, and start a career in Symphony Orchestra.

Selection for this scholarship is based on academic ability and potential, demonstration of extra-curricular and community service experience, demonstration of leadership and teamwork skills, ability to overcome obstacles, teacher and program director nominations and strength of student essay. The scholarship is applied toward the student's first year at MSU as a degree-seeking student. Scholarship recipients are not guaranteed admission to MSU and must meet admission requirements upon submitting the MSU application as an incoming undergraduate.



Alexis Chamberlin

Who can apply: Students in 8th, 9th or 10th grade following their MSU involvement in one or more of the following programs: (4-H Exploration Days, 4-H Great Lakes & Natural Resources Camp, 4-H Renewal Energy Camp, 4-H Animal & Veterinary Science Camp or 4-H Capital Experience). Student will be invited to apply by their county MSU Extension 4-H staff for Exploration Days or the pre-college program director for GLNR Camp, Renewable Energy Camp, Veterinary Science Camp or 4-H Capital Experience. For more information about this scholarship go to:

[http://www.canr.msu.edu/4\\_h\\_scholarships\\_and\\_recognition\\_program/4\\_h\\_scholarships#pre-college](http://www.canr.msu.edu/4_h_scholarships_and_recognition_program/4_h_scholarships#pre-college)

***Congratulations, Alexis and Mary Claire on receiving this year's MSU Pre-College Scholarship!***

## Celebrate Money Smart Week with 4-H Money Smarts contest

Money Smart Week is April 4-11 and to celebrate, you can win cash for you and your county 4-H program! Youth ages 13-19 have the opportunity to participate in the second annual **Show Your Money Smarts Contest**. During this contest, youth will learn how to use credit wisely through an online challenge. High-scoring youth will be entered into a cash prize drawing for themselves and counties with 10 or more youth participants will be eligible to receive \$50 for their county 4-H program. Make sure to register by April 16!

Students in fifth through eighth grade also have the opportunity to participate in the **Money Smart Kids Essay Contest**. In partnership with the Federal Reserve Bank of Chicago Detroit Branch, MSU Extension and Michigan 4-H are asking youth to answer this year's Money Smart question for a chance to win a \$1,000 prize. To participate, youth will share what they know about predatory lenders, why people use them, what the negative consequences are, and how to avoid these types of financial risks. Essays should be 300 words or less and be submitted by March 29.

### 4-H MONEY SMARTS CONTESTS

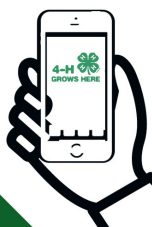
Opportunity to win cash prizes!

Compete with youth across the state of Michigan

Sign up before it's too late!!

<https://www.canr.msu.edu/4-h-money-smarts/index>

MICHIGAN STATE UNIVERSITY Extension



To learn more about both contests, including official rules, registration links and resources for completing the contests, [visit https://www.canr.msu.edu/4-h-money-smarts/](https://www.canr.msu.edu/4-h-money-smarts/).



## CENSUS 2020

**Remember to count your kids!**

Beginning in mid-March, you can respond to the census online, by phone, or by mail.



Don't miss this opportunity to shape the future for your child and your community!

For more information visit [bit.ly/calhouncensus](https://2020census.gov/) or <https://2020census.gov/>

# Statewide Calendar of Events

**Share your photo  
and support 4-H  
with Manna Pro!**

**INTRODUCING**



**A PROUD PARTNERSHIP  
WITH 4-H**



From February 1 – April 30, Manna Pro is hosting a contest to build a 4-H picture mosaic online. Those pictures are integrated into tiny pieces to make a larger photo.

At the conclusion of the contest, Manna Pro will be providing the top three state 4-H programs with prizes of \$6,000, \$3,000, and \$1,000. Winners will be determined based on the number of photos uploaded in relation to the state's total population.

4-H members, supporters, and friends can upload pictures of their pet or animal to Manna Pro's contest site. In return, they will receive \$50 in coupons and help increase their state's chances at taking home a cash prize!

To learn more or participate, visit [www.mannapro.com/4h](http://www.mannapro.com/4h).



## 4-H Workshops & Events

### March 1 to April 30, 2020: JOANN's Clover for Kids Campaign

Support Michigan 4-H by visiting your local JOANN store from March 1 – April 30, 2019 and purchasing a clover at the register. <https://bit.ly/38U22Kw>. The funds donated will support the 4-H program with 50% going back to local 4-H programming and 20% supporting Michigan 4-H.

### March 7: 4-H Dog Project Leader & Youth Workshop

<https://www.canr.msu.edu/events/michigan-4-h-dog-project-leader-and-youth-workshop>  
MSU Anthony Hall, East Lansing, MI

### March 13-15: Michigan 4-H Dairy Conference

<https://www.canr.msu.edu/events/michigan-4-h-dairy-conference-2020>  
Kettunen Center, 14901 4H Drive, Tustin, MI 49688

### March 14-15: Michigan 4-H Robotics Leaders Workshop

[http://msue.anr.msu.edu/events/michigan\\_4\\_h\\_robotics\\_leaders\\_workshop\\_2019](http://msue.anr.msu.edu/events/michigan_4_h_robotics_leaders_workshop_2019)  
Kettunen Center, Tustin Robotics workshop for adult and teen leaders ages 13 and up interested in developing and growing a robotics 4-H club.

### March 21: 4-H Hippology Skills & Equine Communications Contest

<https://www.canr.msu.edu/events/mi-4-h-hippology-skills-communications-contest>  
MSU Campus, Anthony Hall, East Lansing, MI

### March 22: 4-H & FFA State Horse Judging Contest

<https://www.canr.msu.edu/events/4-h-hippology-communications-and-horse-judging-contests>  
Contact Taylor Fabus by email at [tenlenta@msu.edu](mailto:tenlenta@msu.edu) or by phone: (517) 353-1748  
MSU Pavilion, Lansing

### March 28: Norma Agnew Memorial 4-H Hairy Horse Show

<https://www.canr.msu.edu/events/norma-agnew-memorial-4-h-hairy-horse-show>  
MSU Pavilion, Lansing

### April 4: 4-H Day at the Red Wings

<https://www.canr.msu.edu/events/4-h-day-at-the-red-wings>  
Michigan 4-H youth, families and friends are invited to cheer on the Red Wings. For every ticket purchased, \$5 will go back to your county 4-H program.  
Little Caesars Arena, Detroit

### April 11: Michigan State 4-H Goat Expo

<https://www.canr.msu.edu/events/2020-michigan-state-4-h-goat-expo>  
Anthony Hall, MSU, East Lansing

### April 24-26: Michigan 4-H Shooting Sports Instructor Certification Workshop

<https://www.canr.msu.edu/events/2020-4-h-shooting-sports-adult-and-teen-instructor-s-certification-workshop>  
Kettunen Center, Tustin, MI

### May 7: 2020 World Food Prize Michigan Youth Institute

Michigan State University, East Lansing, MI Registration deadline is April 1, 2020  
One-day event where 8-12 grade students present research and recommendations on how to solve key global challenges. Participants network with researchers and other professionals while engaging in educational experiences. Information at: <https://www.canr.msu.edu/wfpmyi/> Contact Brian Wibby by email: [wibby@msu.edu](mailto:wibby@msu.edu) or by phone: (906) 475-5731. <https://www.canr.msu.edu/events/2020-world-food-prize-michigan-youth-institute>

**June 22-26: The 4-H Veterinary Science Camp** for youth (13 to 16 years of age as of January 1, 2019) For more information: [https://www.canr.msu.edu/4\\_h\\_animal\\_veterinary\\_science\\_camp/](https://www.canr.msu.edu/4_h_animal_veterinary_science_camp/)  
Youth ages 13 to 16 will need to complete the Michigan 4-H Animal and Veterinary Science Camp application packet by 5:00 p.m. March 2, 2020. Contact Nick Babcock at [babco116@msu.edu](mailto:babco116@msu.edu) or by phone: (517) 432-1626  
MSU East Lansing

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



# MSU Extension Programs & Events

## MSU Extension New Resource for Parents & Volunteers around Keeping Kids Safe

**Keeping Kids Safe:** These resources introduce key concepts and age-appropriate activities for youth ages 0-17 that can be used to help protect children from child sexual abuse and help them build skills and knowledge that will reduce their risk of being victimized.

<https://www.canr.msu.edu/creating-safe-environments/index>

[Keeping Kids Safe: Ages 12-17](#)

[Keeping Kids Safe: Ages 6-11](#)

[Keeping Kids Safe: Ages 0-5](#)

[Keeping Kids SAFE: The downside to "sharenting" on social media](#)

MICHIGAN STATE  
UNIVERSITY | Extension

## Dining with Diabetes: Enjoy Cooking, Eating and Education!

MSU Extension's *Dining with Diabetes* is a 4-session course open to all and especially designed for people at risk of diabetes and those with diabetes and family members. Through *Dining with Diabetes*, participants learn how to prepare healthy meals using less fat, sodium and sugar without reducing flavor and enjoyment. The workshops are free and include: 4 classes, hands on cooking instruction, taste testing foods and textbook.

## Wellness Initiative for Senior Education (WISE)

WISE is a program for adults aged 60 and older looking to stay healthy and meet new people. WISE's interactive lessons are designed to provide valuable education on topics including health and wellness, medication use, stress management, depression and substance abuse. This educational program offers six lessons that cover a wide range of topics, including: Understanding the changes associated with ageing. Aging sensitivity, Valuing cultural and generational diversity, Managing medications safely, Addressing addiction, alcohol, tobacco and other drug use, Enhancing quality of life.

**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](mailto: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.

**Class series and workshops provided in a variety of community locations. Some fees may apply.**

**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.edu](mailto:perrygeo@msu.edu)**

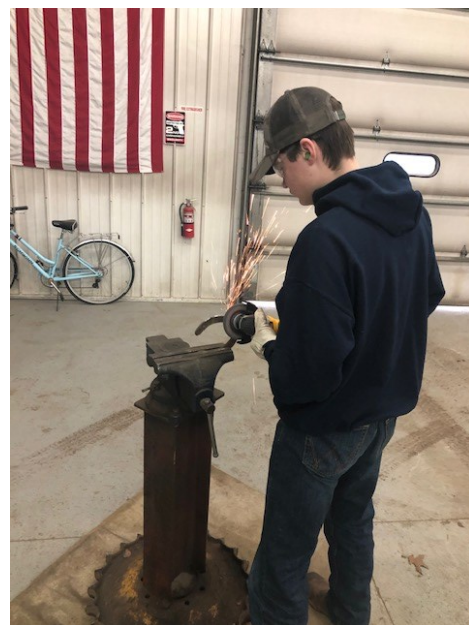
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## Calhoun County 4-H Youth participate in a 4-H Welding Program!



*4-H  
Prepares  
Michigan's  
Children & Youth  
for the  
Future!*



**The 4-H welding program teaches participants the basics of welding. With safety and understanding as key components, youth design and then create a project using horse shoes and other materials suitable for welding. With examples as inspiration, each project becomes unique to the individual creating it.**

