

*Gladwin County*

# 4-H Family News

January 2019

## Volunteers, Adults, Parents and youth needed on Committees and Council.

You're never too young to get involved in growing the 4-H program and every voice matters. We are looking for Volunteers and youth who are interested in serving on the Leader's Council as President, Vice President & Secretary. This is an amazing opportunity for skill building plus it looks great on scholarship applications and job resumes. Must be at least 13 years of age to serve on the board in any capacity. We really encourage parents and volunteers to run for one of these positions as well. Meetings take place the first Monday of every odd month. Without involvement and input from the community our program will never grow and it takes all voices to make this program, not just a few. However, if you don't feel you are ready for a Leader's Council position just yet, we have tons of committees that need all your unique talents. To sign up for one of the committees contact the office at 989-426-7741 or email at [prest142@msu.edu](mailto:prest142@msu.edu) most committees meet less than 4 times a year. Gladwin Office. Elections for officers will take place Monday, January 14th, 2019.

### Contact Us

Melissa Preston  
Program Coordinator

555 West Cedar Ave  
Gladwin MI  
48624

Phone  
989-426-7741

Email  
[prest142@msu.edu](mailto:prest142@msu.edu)

Web Site  
<http://msue.msu.edu/county/info/gladwin>

[January 4th & 18th 2019- Tales for Tails Reading program, Gladwin County Animal Shelter, from 4-4:45pm](#)

[January 14th 2019- Leader's Council Meeting @ 6:00 pm in the Gladwin office, See page 3 for Agenda](#)

[January 12th, 2019—Beef Weigh-In Starts at 8:00am runs until 12:00pm at the Gladwin County Fair Grounds](#)

[February 8th, 2019- Fish Fry @ 3:30pm, Gladwin County 4-H in partnership with the Gladwin Knights Of Columbus located at K of C Hall](#)

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## Tales for Tails receiving the support of the Local Community!

Tales for Tails kicks off its third month as an active program and has gained the support of many in the community. This program has allowed youth to engage with animals and work on reading skills. With support from the local community we have been able to gain access to many resources. With the help of the library and the Friends of the Library Committee we have been granted use of books for the program. This allows us to continue to provide materials for youth. With that the Gladwin County Animal Shelter has received donations of books for the program as well. We thank all our partners for their support .



### Happy Birthday!

Ashton Dougherty  
Bryar Pollard  
Brytan Muma  
Caden McKeever  
Dylan Moore  
Elizabeth Mickler  
Emily Heyer  
Gage Prieskorn  
Kristen Willert  
Lily Miller  
Lily Romatz  
logan walters  
Mary Miller  
Reed Sprague  
Riley Sprague  
Rina Graveline  
Sophie Milks  
Tucker Trinca  
Zackary McMillan



### Leader's Meeting Calendar

January 14th,2019 MSUE Office @6:00pm

March 4th,2019 MSUE Office @6:30pm

May 6th,2019 MSUE Office @6:30pm

July- NO Meeting! See you at fair

August 5th,2019 MSUE Office @6:30pm

Closing out year

September 2nd,2019 MSUE Office @6:30pm

Mandatory Leader's Meeting!

November 4th,2019 MSUE Office @6:30pm

## Everything is Awesome at Camp Clover!

June 25th-June  
27th 2019,  
Weidman, MI



# Kids are naturally curious about cooking

Capitalize on kid's natural curiosity in the kitchen by trying out new recipes.

July 24, 2017 - Author: Pam Daniels, [Michigan State University Extension](#)

If you have a child or grandchild, you are familiar with the newest craze kids enjoy: making slime. It consists of water, glue, baking soda, food coloring and the rest is up to kid creativity. Slime is not edible, so you may be wondering what slime has to do with cooking.

Making a good batch of slime requires careful measuring, mixing, reading directions, and working in the kitchen. Building confidence in the kitchen can lead to more interest in cooking and baking.

Have you noticed kids want to be hands-on when it comes to making their own food? It can begin as simply as they make snacks or their own breakfast. Along with preparing their own food there is a sense of accomplishment and a willingness to eat what they have prepared.

## A few teachable tips for beginning cooking

### Food and nutrition go hand-in-hand

Eating healthy is associated with chronic disease prevention. Have a copy of [MyPlate](#) as a helpful guideline for balanced nutrition.

### Sanitize first

Use hot soapy water to wash your work site counters before preparing food. Practice good hand washing, discuss cross contamination factors and food safety. Michigan State University Extension has up to date [food safety resources](#) and guidelines.

### Be prepared

Have utensils like bowls, mixers, measuring cups, hot pads, and dish towels out and ready.

### Talk safety

Discuss stove, oven and microwave safety. Teach them how to check to see if a dish is microwave safe. Only the contents in a dish should be hot with microwave use, not the dish itself. If a dish gets too hot in the microwave, chances are it is not safe for microwave cooking.

Demonstrate cutting board & knife safety.

### Have the recipe ready

Following a recipe helps children see the process of cooking step by step.

## Easy beginner cooking foods include

- Hard boiled eggs
- Wash and cut up fruits and vegetables
- Make your own cocoa mix
- Smoothies
- Fresh salsa
- Layered dips

Learning by doing is fundamental for beginning cooking. Cooking allows youth to gain independence, build food knowledge and identify foods and food groups. Cooking is a valuable skill that can be enjoyed throughout a lifespan.

This article was published by [Michigan State University Extension](#). For more information, visit <http://www.msue.msu.edu>. To have a digest of information delivered straight to your email inbox, visit <http://www.msue.msu.edu/newsletters>. To contact an expert in your area, visit <http://expert.msue.msu.edu>, or call 888-MSUE4MI (888-678-3464).



Photo by Pam Daniels

# STATEWIDE CALENDAR OF EVENTS

4

**Save the date  
for the 4-H  
Alumni Tip-Off  
Reception!**



On Feb. 24, Michigan 4-H alumni will gather to celebrate 4-H with other alums from across the state at the 4-H Alumni Tip-Off Reception!

Attendees will have the opportunity to enjoy snacks and drinks, take a photo with Sparty and meet other 4-H alumni before enjoying a women's basketball game at the Breslin Center.

Organized by Michigan 4-H and the Michigan 4-H Foundation, the Tip-Off event takes place before 4-H Day at the Breslin, for which free tickets are available.

More information about the Alumni Tip-Off event is available at <https://www.canr.msu.edu/events/4-h-alumni-tip-off-reception>. For free tickets to the 4-H Day at the Breslin, contact your local MSU Extension office.

## 4-H Events and Workshops

January 10 : 4-H State Award Overview Teen/Parent Training

*Online Webinar*

This training is geared toward 4-H members that may be interested in applying for the 4-H State Awards Program.

<http://msue.anr.msu.edu/events/4>

January 16: Michigan 4-H Embryology Staff, Teacher and Volunteer Training

*Washtenaw County MSU Extension Office, Ann Arbor*

Learn more about implementing an embryology program in your classrooms and 4-H SPIN clubs. Attendees will receive curriculum, resources and lunch.

[http://msue.anr.msu.edu/events/michigan\\_4-embryology\\_staff\\_teacher\\_and\\_volunteer\\_training--washtenaw\\_county](http://msue.anr.msu.edu/events/michigan_4-embryology_staff_teacher_and_volunteer_training--washtenaw_county)

January 18-19: Michigan 4-H Horse Judges and Show Managers Conference

*Crowne Plaza, Lansing*

This networking event builds show management skills and fulfills the yearly seminar requirement for Michigan 4-H horse judges.

<https://www.canr.msu.edu/events/mi-4-h-horse-judges-and-show-managers-conference>

January 19: Michigan 4-H Embryology Staff, Teacher and Volunteer Training

*Ingham County Fairgrounds, Mason*

Learn more about implementing an embryology program in your classrooms and 4-H SPIN clubs. Attendees will receive curriculum, resources and lunch.

[http://msue.anr.msu.edu/events/michigan\\_4-embryology\\_staff\\_teacher\\_and\\_volunteer\\_training--ingham\\_county](http://msue.anr.msu.edu/events/michigan_4-embryology_staff_teacher_and_volunteer_training--ingham_county)

January 26: State 4-H Rabbit and Cavy Show

*MSU Pavilion, East Lansing*

This one-day event is open to participants age 8 to 19 by Jan. 1 of the current year. Exhibitors must be Michigan 4-H members and spectators are welcome!

[http://msue.anr.msu.edu/events/2019\\_state\\_4-h\\_rabbit\\_and\\_cavy\\_show](http://msue.anr.msu.edu/events/2019_state_4-h_rabbit_and_cavy_show)

February 1-2: Michigan 4-H Horse Judging Workshop and Practice Contest

*MSU Pavilion, East Lansing*

Participants will have the opportunity to judge high quality Quarter Horses and deliver a set of reasons after learning more about evaluating horses from Extension experts.

[http://msue.anr.msu.edu/events/michigan\\_4\\_h\\_horse\\_judging\\_workshop\\_practice\\_contest](http://msue.anr.msu.edu/events/michigan_4_h_horse_judging_workshop_practice_contest)

February 1: 4-H State Award Deadline

*Online*

Submit your State Award application on time for careful review by the selection committee. The application may take several weeks to finalize, so be sure to get an early start.

[http://msue.anr.msu.edu/events/4\\_h\\_state\\_awards](http://msue.anr.msu.edu/events/4_h_state_awards)

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

## Resolve to have a great 4-H year

Authored by Christine Heverly, MSU Extension. Adapted from an article originally published by Sandy Risedorph.

As we start to think ahead to the New Year, how can 4-H clubs resolve to improve in the year ahead? Here are ten suggestions to make the upcoming year a successful one.

Resolve that:

1. Club meetings will start and end on time.
2. Business meetings will follow Robert's Rules of Order and that all club paperwork, such as minutes, club inventory and financial statements, will be completed in a timely manner.
3. All members will take part in discussions and have a say in decisions that are made. Keep a chart with each members' name and when they speak at business meetings.
4. The club meeting place will be a safe, comfortable and welcoming environment for all club members.
5. Fun will be included in each meeting.
6. A learning activity will be included in each club meeting. Ideas include exploring a new 4-H curriculum, having members volunteer to do a demonstration, doing a show and tell about each members' favorite project, or bringing in a guest speaker.
7. The club will pursue at least one community service project chosen, planned and celebrated by the club.
8. New members will have a buddy they may talk with about any 4-H questions.
9. The 4-H pledge will be said at every meeting.
10. Every club member will be recognized in some way to let them know they are cared about.



**Save the date  
for the Michigan  
4-H Robotics  
Leaders  
Workshop!**



Enhance your engineering skills at the hands-on, 4-H Robotics Leaders Workshop, March 16-17, at the Kettunen Center in Tustin!

The workshop is open to adult and teen volunteer leaders ages 13 and up interested in developing and growing a 4-H robotics club.

Participants will be introduced to and learn basic robotic skills, as well as explore different types of robotic projects within LEGO Mindstorms EV3, VEX Robotics, LEGO Wedo and Junk Drawer Robotics.

Learn more at [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).

## Citizenship Washington Focus registration available

Registration for the 2019 4-H Citizenship Washington Focus (CWF) program, taking place June 22-29, is now available. Program participants learn about the nation's government by participating in hands-on leadership workshops and touring historical sites in Washington, D.C. The cost of the 2019 4-H CWF program is \$1,500 and includes all meals (except seven meals in transit), lodging and transportation. Visit <https://events.anr.msu.edu/CWF2019/> to register.



2018 Capitol Experience participants interacting with resource people.

## Now recruiting for 4-H Capitol Experience 2019

4-H Capitol Experience is now recruiting for 2019 participants! This annual statewide program, occurring March 17-20, helps prepare youth for active citizenship by focusing on civic engagement and public policy.

More than 100 teens from around the state converge on Lansing to experience state government in action and learn how they can influence policy issues. Participants interact with legislators, state agency staff, and other resource people to learn how policy is made.

Attendees will leave the program having a great understanding of the responsibilities of a citizen, be able to identify different aspects of a policy issue that may affect individuals and communities, and know potential careers in public policy.

Cost for this event is \$360 and includes most meals, lodging and materials. For more information, visit [https://www.canr.msu.edu/4\\_h\\_capitol\\_experience/](https://www.canr.msu.edu/4_h_capitol_experience/).



Clare and Gladwin County

# 4-H Tubing Party

Saturday, February 16, 2019, from 10 am to Noon  
at Snow Snake Mountain in Harrison



- Cost: \$11 a person. Due at time of event. Cash or credit card.
- Open to 4-H families and their friends
- Participants must be 36" tall to ride the tubes (Snow Snake rule!)
- All participants must have a liability form signed by a parent or guardian. Forms available through MSU Extension.
- Meet 15 minutes early to pay for tickets.

Questions? Contact Alex Schunk, Clare County 4-H Program Coordinator at 989-539-7805 or Melissa Preston, Gladwin County 4-H Program Coordinator at 989-426-7741

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