

*Grand Traverse County*

# 4-H Family News

JANUARY 2021

## Welcome to 2021!

While we are already four months into the 2020/2021 4-H Program Year, the new calendar year is just beginning. This year already looks different than other 4-H program years, but do you know about all that 4-H has to offer? 4-H is a National Organization and Michigan 4-H is the youth-serving program of Michigan State University Extension and the largest youth development organization in Michigan, offering a variety of programs to help youth learn critical life skills. In Grand Traverse County over 1000 youth participate in 4-H each year. While most of our members are part of community clubs, youth also participate in statewide programs, SPIN (Special Interest) clubs, and camps. Watch for these opportunities throughout the year, which we share by E-mail, Grand Traverse County 4-H Facebook Page, and monthly Newsletters. Michigan 4-H is supported by County 4-H Program Coordinators, but also Youth Educators who develop curriculum, run statewide programming, and offer educational experiences related to specific fields of study such as Animal Science and Career Exploration.

Grand Traverse County is also home to three active Councils that support 4-H Activities. These Councils develop programming, secure funding, give out scholarships, and assist in overseeing 4-H activities as well as develop opportunities for youth and community partnerships. The three Councils in Grand Traverse County are the 4-H Leaders Advisory Council, 4-H Horse and Pony Council, and we are one of five counties that are part of the Northwest Michigan 4-H Livestock Council. Councils are comprised of 4-H youth and volunteers. As this New Year starts, I want to thank our 4-H families, volunteers, and community partners for supporting our youth to build a better club, community, country, and world.

### Northwest Michigan 4-H Livestock Council News

The Northwest Michigan 4-H Livestock Council coordinates and oversees the 4-H Livestock programs exhibiting at the Northwestern Michigan Fair. Working closely with Michigan State University (MSU) Extension 4-H Program Coordinators and staff, they bring livestock education to youth from five counties in Northern Michigan: Grand Traverse, Leelanau, Benzie, Kalkaska, and Antrim. 4-H members who would like to participate in the Livestock program should review information posted on the 4-H [Northwest Michigan 4-H Livestock Council webpage](#), including [the Guidebook](#), species specific guidebooks, and important dates and [registration information for each species](#); join an associated 4-H club (youth can be members of more than one 4-H club), and [enroll in 4-H](#).

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**REMINDERS:** The Large Beef projects must be in possession no later than January 1<sup>st</sup> and registrations are due on or before January 4, 2021, the date of the next general membership meeting. Registration is open for ALL species and youth should be talking to breeders to secure their animal projects for the upcoming year.



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**Give the gift of  
Spartan Cheese!**



Spartans are creative and adaptive, so when the COVID-19 pandemic disrupted normal operations this year, MSU Dairy Store cheese was transferred to MSU Extension. The MSU Product Center then turned this into an opportunity for the perfect holiday gift box. Start your new year with delicious Spartan cheese!

MSU Dairy Store cheese boxes are available for a limited time. From smoky cheddar to salty caerphilly, gift boxes are available for delivery or contactless pickup in Okemos or Novi. Visit the online store today at <https://msu-dairy-store.myshopify.com/>.

## 4-H Events and Workshops

### January 5: Art & Activism SPIN Club

*Zoom Webinar*

Youth ages 9-13 are invited to join discussions and activities related to activism. Michigan AmeriCorps members will lead the meetings from 6-7 p.m. each Tuesday from Jan. 5 - Feb. 23.

<https://www.canr.msu.edu/events/art-activism-spin-club>

### January 6: Supportive Teens Empowering Peers SPIN Club

*Zoom Webinar*

The 4-H Supportive Teens Empowering Peers (STEP) SPIN Club provides an opportunity for teens ages 13- 19 to connect virtually with peers through fun games, social interaction and more! This club will meet from 4-5 p.m. each Wednesday from Jan. 6—Feb. 24.

<https://www.canr.msu.edu/events/4-h-step-spin-club-jan-6-feb-24>

### January 7: Cloverbud Social Emotional Wellness Kit

*Statewide*

Complete activities together with your child to help them explore their emotions. Supplies for activities are included in the kit and can be shipped directly to your home.

<https://www.canr.msu.edu/events/cloverbud-social-emotional-wellness-kit>

### January 12: Wild and Crazy Careers 4-H SPIN Club

*Zoom Webinar*

In this six-week series, youth will hear from people who have turned their hobbies and passions into their dream job. Hear from wildland firefighters, wildlife documentary creators, zookeepers, mountaineers and more!

<https://www.canr.msu.edu/events/wild-and-crazy-careers-4-h-spin-club>

### January 14: Adulting 101 - International Conversations

*Zoom Webinar*

The Adulting 101 series helps high school youth prepare for life on their own. This session will explore cultural values from around the world. Additional sessions will be held on the next two Thursdays and cover goal setting and food safety, respectively.

<https://www.canr.msu.edu/events/adulting-101-winter-series-jan-14>

### January 21: Success and Safety on Volunteer-led Virtual Programs

*Zoom Webinar*

In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults.

<https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-1>

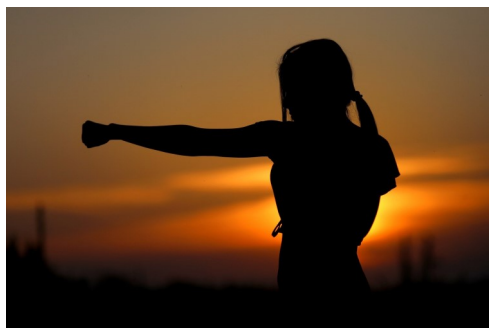
### January 26: Success and Safety on Volunteer-led Virtual Programs

*Zoom Webinar*

In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults.

<https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-2>

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



## 4-H Ninja Training SPIN Club

Ever wonder what it takes to be a ninja like you see on TV? Besides being physically active and in shape, what other things help them to be successful?

Michigan 4-H will be hosting a new and fun SPIN club opportunity for youth to learn what it takes to become a ninja. Throughout the six-week series, different topics will be explored to help youth learn how be active and strive to be healthy.

This series will run each Wednesday from February 10—March 17. Topics covered will include:

- **Goal setting.** Uncover your physical fitness goals and how you can accomplish them.
- **Strength.** Ninjas have to have both physical and mental strength. Explore ways to improve your strength.
- **Physical activity.** Learn exercise practices that can help you move and gain flexibility.
- **Good nutrition.** Ninjas must eat right to perform at their best. Discover what does good nutrition look like.
- **Balance.** Balance is fundamental in ninja training. Learn ways to build balance into everyday routines.
- **Mindfulness (patience and focus).** Learn strategies that build patience and focus during your ninja training.

Youth that complete the SPIN club will have the opportunity to hear directly from a real-life ninja: 2020 American Ninja Warrior winner Daniel Gil. He will speak to Michigan 4-H youth and friends on Wednesday, March 24. To register for the club, visit [www.canr.msu.edu/events/4-h-ninja-warrior-spin-club](http://www.canr.msu.edu/events/4-h-ninja-warrior-spin-club).

## Resolve to have a great 4-H year

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

As we begin 2021, 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 Roberts Rules of Order. 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 will be safe, comfortable and welcoming.
5. Fun will be included in each meeting.
6. The club will pursue at least one community service project chosen, planned and celebrated by the club.
7. New members will have a buddy they may talk with about any 4-H questions.
8. The 4-H Pledge will be said at every meeting.
9. Every club member will be recognized in some way to let them know they are cared about.
10. The club will review club resolutions and Guiding Principles at least once year.

## 2021 Michigan 4-H State Award Changes



Are you planning to apply for a 2021 Michigan 4-H State Award or submit a Mark of Excellence essay? The timeline for these exciting programs has changed!

**The deadline to submit applications or essays is now April 1, 2021.**

Applications will again be submitted with the MSU Extension events management system.

Additional information regarding the awards program will be forthcoming. Learn more and apply at: [extension.msu.edu/4H/StateAwards](http://extension.msu.edu/4H/StateAwards).