



MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - [Click Here!](#)

ONLINE PROGRAMMING:

June

[Money Smart Business](#)

[Retirement Myths and Facts](#)

Mindful Mondays

[Changing Negative Self Talk](#)
[Mindful Eating](#)

[Brightening Your Idea](#)

[Michigan Beekeeping Webinar](#)

[Mending the Stress Fence](#)

Homeownership Education

[June 16](#) [June 23](#)

[Native bees of Michigan: How to ID and Support Pollinators](#)

[Top 10 Credit Tips](#)

RELAX: Alternatives to Anger

[June 16](#) [June 23](#)

[Protecting Your Identity](#)

[Fiscally Ready Communities: Capital Asset Mngmt, Planning](#)

SEE PAGES 5-7 FOR YOUTH ONLINE PROGRAMMING

More Events:

Page 3: Food Preservation & Safety

Page 4: Child Development

Health, Wellness & Relationships

[Laundry pod poisoning](#): Protecting your family

[Diabetes PATH](#) is a 7-week, self-management online workshop designed for people living with diabetes

Food & Nutrition

MSU Extension Food Safety Hotline: 1-877-643-9882 bit.ly/2ICA3qH

Local produce is the best! Learn how to use, store and preserve:

[Rhubarb](#)

[Asparagus](#)

[Leeks](#)

Youth Wellness & Learning

Parents may ask, "Should I get my child involved in a youth development organization?" [The answer is yes!](#)

[Recognizing letters](#) is the key to the success of future reading ability

["Investigating Food with Science: Science Behind Food Safety"](#) explore how cooking is an experiment and baking is a science

Lawn & Garden

[Simple Garden Plans](#): designed for the Grand Traverse region, reminiscent of the "Victory Gardens" planted during World War I and II
Is your [water garden](#) having a RIPPLE effect on Michigan's waterways?
2021 Interactive Composting Workshop - [Harvesting Black Gold](#)

Community Resources

Stop the [spread of invasive species](#) with a few simple practices
[Michigan Oak Wilt Coalition](#): resources and information

Connect online for more programs and resources

MSU Extension [Online Events Schedule](#)

Grand Traverse County MSU Extension [Website](#) & [FaceBook Page](#)

June 2021

Doing some pressure canning this year? Now is a good time to get your pressure canner DIAL GAUGE tested! Contact our office to find out how: 231-922-4620 or msue.grandtraverse@county.msu.edu



LAWN & GARDEN Q&A
with Extension Master Gardeners
& Dr. Nate Walton
Every Wednesday
11am - 1pm
live via Zoom

MICHIGAN STATE UNIVERSITY EXTENSION



MICHIGAN STATE
UNIVERSITY

Extension

Join by zoom link: <https://msu.zoom.us/j/210151959>
or by calling 312-626-6799 and entering meeting ID: 210 151 959

JOIN US ONLINE!

Food Safety Online Workshops

Register in advance for these FREE* workshops by visiting the links provided.

No Internet? No Problem! Workshops are available by phone

Food Safety Q&A

Every Monday - 1 p.m. EDT

<https://events.anr.msu.edu/SpringFoodSafetyQA/>

Investigating Food With Science

Every Wednesday - 4 p.m. EDT

<https://events.anr.msu.edu/InvestigatingFoodwithScienceSpring/>

Home Food Preservation

Every Thursday - 1 p.m & 6 p.m. EDT

https://www.canr.msu.edu/food_preservation/events

Safe Food = Healthy Kids

June 22nd

https://www.canr.msu.edu/safe_food_healthy_kids/events

Be Food Safe and Ready for Emergencies

June 1st

<https://events.anr.msu.edu/emergencypreparedness2021/>

Michigan Cottage Food Law

June 15th, June 24th

https://www.canr.msu.edu/cottage_food_law/events

Pantry Food Safety - It's Your Job

June 15th, June 23rd

<https://events.anr.msu.edu/PantryFoodSafetySpring/>

Cooking For Crowds

June 21st

https://www.canr.msu.edu/cooking_for_crowds/events

*Cost-\$15/person (includes food safety manual)

**To learn more,
follow us on
Facebook
and
Instagram.**



Food Safety Hotline
Questions about food safety topics?
Call 877-643-9882
Monday - Friday 9 a.m. - 5 p.m. EDT

To learn more visit: www.canr.msu.edu/safe_food_water/events

To listen by phone: Call in advance to register - 877-643-9882

Child and Family Development July Offerings

MSU Extension has a wide range of free online classes for parents, caregivers and early childhood professionals. See below for our July offerings! For more information and resources, visit [MI Stronger Family - MSU Extension](#) on Facebook

Extension Extra's Parenting Hour

This free online series of parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings as follows:

7/6/21: Mindfulness for Young Children

7/13/21: Positive Discipline

7/20/21: Essential Skills for Learning and Life

7/27/21: Raising Young Readers

Registration: https://msu.zoom.us/webinar/register/WN_O1E9J1yXQRmaNTmjoneyOQ

Parenting Series

Guiding Principles for Highly Successful Families

This five week series is for parents of toddlers to teens and will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent.

Class dates: 7/1-7/29 from 7:30-9 PM EST

Registration: <http://bit.ly/GPJuly2021>

Building Early Emotional Skills (BEES) for Parents

This four week series is for parents of children ages 0-3 and will help parents learn about their young child's social emotional development including managing biting, tantrums, and supporting your child's emotions.

Class dates: 7/7-7/28 from 7:30-9 PM EST

Registration: <http://bit.ly/BEESJULY2021>

The Parent Talk System

This 6 week series is for parents of toddlers to teens and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character.

Class dates: 7/7-7/19 from 7:30-9PM

Registration: <https://events.anr.msu.edu/ParentTalkJune2021/>

Family FAQs

Join MSU Extension for our newest parenting programming option, Extension Extras Family FAQs! This one hour live program features MSU Extension child and family development experts and guest speakers answering your pressing parenting questions. Pre-register and join via Zoom or watch the live stream on our Facebook page @MiStrongerFamily.

[Click here to submit your parenting questions](#) in advance or submit questions via Zoom or Facebook Live chat

Navigating Co-Parenting Successfully

July 15th, 2021 from 10:00AM to 11:00AM

<https://bit.ly/3tbaUpz>

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

What Children Need to Know to Start School

July 15, 2021, from 7-8:30 PM

Registration: https://msu.zoom.us/webinar/register/WN_EZwaINU8T7C3kXQvQLdK_A

The Importance of Outdoor Play

July 23, 2021, from 1-2:30 PM

Registration: https://msu.zoom.us/webinar/register/WN_vqmPH-f0RpmpKU8hQIYNIQ



Michigan 4-H Virtual Opportunities

Updated 6/1/2021

MSU Community Language School

Online ESL & World Language Programs - Summer 2021

MSU's Community Language School (part of the College of Arts & Letters) is offering online classes in foreign languages and ESL (in collaboration with the English Language Center) this summer. Family programs are offered to children 3-6 years of age, Kids programs for children 6-9 years, pre-teens/teens for kids ages 10-14 years and adult programs for 18 years and above. Languages include Spanish, German, Arabic, Italian, Chinese, French, Japanese and English as a Second Language. Registration deadline for Session 1: May 24th, 2021; Registration deadline for Session 2: July 5th, 2021. For more information: <https://celta.msu.edu/language-school/cls-online-programs/>

June Online Events

NEW! Puppet Workshop

Have you ever wondered what it is like to be a puppeteer? Learn how to create imaginary characters in our hands-on puppet-making studio! Participants will be encouraged to see creative inspiration in found objects and materials, and learn techniques for sewing, cutting, and gluing. We'll also explore how puppeteers use movement and other performance skills to bring characters to life. Date: Wednesdays & Thursdays 6/16 to 7/1 3:30 pm – 5 pm EST. This free club is open to youth of all ages. Zoom link and supply kit information will be sent to you upon completion of registration. Register here before June 15: <https://forms.gle/Wy3oZFfpTBQXqRe7>

NEW! National Children's Day GooseChase

Families will celebrate their children with fun outdoor activities focusing on nature and the great outdoors. Outdoor themed missions will be completed by household teams on the GooseChase app and allows teams a chance to win prizes! Mission themes: fishing, hiking, camping, water safety, wildflowers, sidewalk chalk art, reading, telling stories, listening, and much more. Missions can be completed any time from 8 a.m. to 8 p.m., Sunday, June 13, 2021. Families can participate from home, cabin, cottage, campground or wherever your family is located during this time! All that's needed for this program is a smart phone or tablet with a camera and internet connectivity! Preregistration required at <https://events.anr.msu.edu/childrensday/> Hosted by Clare County Michigan State University Extension and 4-H, Jay's Sporting Goods, and Mid Michigan College.

The Magic of Mindfulness

The Magic of Mindfulness is a six-week program created to promote mindful practices that lead to improvements in managing one's own goals, developing a sense of self, time management, stress management, emotional regulation, and mindful eating practices. Our ultimate goal is for youth to embrace the now to shape the future ahead of them. Different session topics will be offered on Tuesdays from June 1st - July 6th at 4:00-5:00 PM EST.

<https://tinyurl.com/4fj6d8tw>

4-H Spartan Coding Camp

Virtual 4-H Spartan Coding Camp: July 17 & 18, 2021 and August 14 & 15, 2021

Explore the exciting field of computer coding at MSU Extension's newest premier pre-college program! Whether you have prior computer coding knowledge, or have never even thought about it, you will gain valuable coding skills at



this fun STEM summer camp. Open to all youth entering grades 9-12 in the fall of 2021. By the end of the camp, you will learn to develop your own tech ideas, plus design and code a personal website from scratch! Specific coding languages taught during the program include HTML, CSS, JS, Ruby, Rails, and Github. For more information and to register: <https://events.anr.msu.edu/4HSpartanCodingCamp2021/>

Check out the website for additional details: <https://www.canr.msu.edu/4-h-spartan-coding-camp/index>

4-H Juneteenth Jubilee

Saturday, June 19th at 10 AM. Youth statewide are invited to participate in our 4-H Global Education Day as we learn and explore African American culture and learn what Juneteenth is all about. Through this fun virtual event we will learn how it started, what it represents, and how it is celebrated today. 4-H youth who register will receive a Juneteenth Jubilee kit in the mail with materials for the live Zoom event. Register Online: <https://forms.gle/wUbNqxEsEADKUNF37>

Everything Shooting Sports

Want to learn more about Michigan's youth shooting sport ambassador program? Join us as we learn, play activities, and converse with volunteers, guest speakers, and Michigan's own Shooting Sports teen Ambassadors. In this SPIN Club, Everything Shooting Sports, youth will get knowledge about shooting sports disciplines, state and national events, and how to best represent their club in 4-H Shooting Sports! The club is geared towards ages 12-19 and meets every Tuesday from 4pm-5pm starting on June 15th and ending on July 20th. Kits with T-shirts and other 4-H gear will be mailed to registrants. Must be enrolled in 4-H Online to get access to this club. Please register here: <http://bit.ly/EverythingSS>

4-H League of Clovers: The Quest Continues

It's time to rally to the Clover Banner once again! The League is marching to battle! After valiantly vanquishing their foes in our last battle, we are calling on all brave adventurers to stand in the great battle between good and evil! Participants can learn problem solving, critical thinking, team building, and acceptance as they take part in the Dungeons & Dragons adventure of a lifetime! Registration is now open and will be open until June 30, 2021! <https://events.anr.msu.edu/LogMtG/>

4-H Michigan Trivia SPIN Club

How much do you know about the great state of Michigan? Have you ever wanted to find out how you scale next to others in your knowledge of some of Michigan's most historic, and most treasured landmarks? Come find out as we produce seven weeks of challenges related to our great state and see how you stack up with other 4-H members from all around! The 4-H Michigan Trivia SPIN Club meets every Tuesday from 4-5pm, starting June 1st. Students are eligible to participate Statewide, Ages 11-16 or 7th-10th grades. Upon registration, a link and passcode will be sent out to allow for access into the zoom room in which participants can join in on sessions. Email belljale@msu.edu or chapm347@msu.edu to register.

Virtual Fishing Derby

It's time to go Fishin' in Michigan! Michigan 4-H is proud to partner with the Michigan Department of Natural Resources to offer FREE a state-wide virtual fishing derby on Free Fishing Weekend June 12-13 2021 for youth ages 5-19. Fishing derbies are a great way to build angling skills, increase confidence, learn angler ethics, and have fun! Youth do not need to be 4-H members to participate. During the fishing derby, youth will be able to complete virtual fishing challenges and submit entries through the Goosechase app and will be awarded points for each mission. Top participants will be eligible for prizes! Register at www.canr.msu.edu/events/4-h-youth-virtual-fishing-derby



4-H in the Kitchen: Jalapeno Cheese Dip

Things are starting to get SPICY in the 4-H Kitchen! This time we're learning how to make a special jalapeno cheese dip, very similar to the type of dip served in Mexican restaurants around the MSU campus! We're going to craft this delicious dip and also learn a little bit about the science behind jalapenos and what makes them so spicy. The session kicks off at 4:30 pm on June 30, 2021. <https://events.anr.msu.edu/JalapenoCheeseDip/>

2021 Michigan 4-H & FFA Virtual Livestock Judging Contest

Registration is now for the 2021 Michigan 4-H & FFA Virtual Livestock Judging Contest being held in partnership with livestockjudging.com. The cost is \$10 per person, and youth can register as an individual or part of a team (all team members must be from the same county). Registration at <https://bit.ly/3tSezrm>
Contest rules, registration and additional information: <https://www.canr.msu.edu/events/2021-michigan-4-h-and-ffa-virtual-livestock-judging-contest>

History at Home 4-H SPIN Club

Do you enjoy learning about history? Do you wonder about how 4-H was involved in WWII? How about learning how to cook for an entire battleship? Did you know that every uniform has specific purposes? AND did you know that dogs and other animals played a specific role both as working dogs and as mascots throughout history? Join Sawyer and Shea the Sea Dogs, along with Tom Frezza of the Naval History and Heritage Command in Washington, D.C., for a 4-week Zoom series to learn all this and more! All ages welcome but recommended for ages 10 and up. For sign-up instructions, please contact Liz at wienereel@msu.edu



citizenship
WASHINGTON FOCUS

DEADLINE TO REGISTER FOR 2021 CWF EXTENDED TO JUNE 11

It's not too late to register for 2021 Citizenship Washington Focus. CWF is the perfect place to make new friends, connect with other young leaders from across the country and have fun, all while gaining the skills you'll need to use your voice to solve problems and create change, right here, right now. Register for the five-week program by June 11.

[Click here for more information](#)



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