



CLOVER CHRONICLES

September 2021

Isabella County

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Youth Mental Health First Aid Training (virtual) Monday, September 20 8:30 AM – 3 PM

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. See page 3 for more details.

***Isabella County 4-H Council will pay for Isabella County 4-H Volunteers to take this training. We need a minimum of 10 volunteers. Anyone who may be job hunting, or seeking advancement will find that this is a very valuable training to add to their resume. The training certificate is good for 3 years.

To register: email Kristi at schrei61@msu.edu

Congratulations James Endres!

Congratulations to James Endres of Vernon Center 4-H Club! James is a Junior 4-H State Award winner in Swine Science.

The [Michigan 4-H State Awards](#) Recognition Celebration took place on June 23, to celebrate the accomplishments of Michigan 4-H members. A 4-H State Award is the highest honor bestowed on Michigan 4-H members.

4-H Calendar Sponsorship Form

The Isabella County 4-H Council is making preparations for the 2022 4-H calendar. The calendar will be distributed to over 1,000 families in Isabella County. Calendar pages will feature 12 pieces of artwork and photography done by local 4-H members. Local and state 4-H events and community events will be put on the calendar making it a useful tool for Isabella County families.

Will you help sponsor this calendar with an advertisement?

_____ Half Banner (2 3/4" by 3 1/8") for \$100

_____ One Quarter Banner (business card size) for \$50

Contact the Extension office by October 1 if you are interested.



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CLUB CORNER

Retrograde Rhapsody - For June and July, we had a short business meeting. We approved our new club logo, and we ordered t-shirts and sweatshirts. We decided to keep our club virtual for the time being. In August, we enjoyed the Retrograde Rhapsody Virtual Fair. Our virtual fair was complete with showmanship and judges. The members were very professional and took great pride in showing their projects.

Isabella County 4-H STEAM Corps News

Currently, there are many 4-H STEAM Clubs occurring virtually throughout the state. If you are interested in Isabella County STEAM Clubs, please complete this survey <https://forms.gle/jj8ZghfdrMuRwjWr9> or contact Mary Lee Humphreys, 4-H STEAM Corps Coordinator at humph186@msu.edu for more information.



Club topics are chosen by members by completing the survey. Previous clubs have included Crime Scene Investigation, Jr. Audubon Explorers, Monarch Conservation, and CodeBreakers! SPIN (SPecial INterest) clubs will pause for September, but we will kick off October with "Good Vibes" followed closely by "Brain Boot Camp" and "Card Sharks."

If you are 5-19 and interested in science, adventure, exploring, fun, and learning - join a club!

Administrative Leader Meeting

Tuesday, September 28
6:30 p.m. - 7:30 p.m.
Island Park (south pavilion)

If you are unable to attend, there must be a representative from your club at this meeting.

Small Animal Association Meeting

The next small animal association meeting will be held on Thursday, September 16 at 7:00 p.m. This will be held at the fair grounds in the small animal barn. If you are planning to attend, please bring a lawn chair to sit in.

Seeking Adult 4-H Council Representatives

What is the Isabella County 4-H Council? The 4-H Council is the main decision-making body for the county 4-H program. It is responsible for working with the paid staff to support county 4-H program planning, administration and policy making. The Council is charged with keeping track of "the big picture" for our county 4-H program. It assists with volunteer recruitment, 4-H awareness building, and it oversees things such as member and volunteer recognition and the county award program. Monthly meetings (the 4th Tuesday of the month) are held online via Zoom or face to face and are open to all 4-H leaders and interested people.

We have four board positions up for election: We are accepting nominations "from the floor." This is open to any registered adult volunteer leader of the Isabella County 4-H program who has completed at least one year of volunteer service and is currently enrolled as a volunteer leader.

Please email your nominations to Kristi Schreiber, schrei61@msu.edu by September 30. If no nominations are received, we will accept the slate as presented.



Youth Mental Health First Aid Training (virtual)

Monday, September 20

8:30 AM – 3 PM

To register: email Kristi at schrei61@msu.edu

64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

Mental Health America

1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

National Alliance for Mental Illness

5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

Mental Health America

Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
 - Anxiety
 - Depression
 - Eating disorders
 - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

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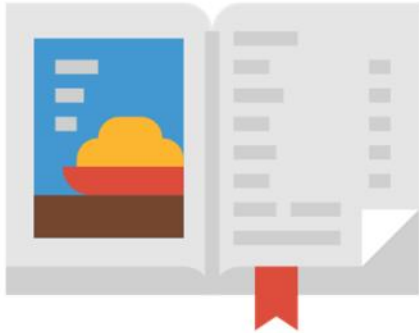


**MENTAL
HEALTH
FIRST AID®**

"As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, 'How can I be helpful?' that is a powerful question."

—Alyssa Fruchtenicht, School-based Mental Health Counselor

If you didn't have an opportunity to take the first series, you can register for it now before we launch series 2 this fall!



COOKING WITH KRISTI

Learn

- new recipes
- kitchen safety
- cooking terms & techniques

Your free enrollment includes access to a private Facebook group where you can access six videos to watch on your schedule. You will also receive a PDF to go along with each video that includes the recipe and other valuable info.

This series is recommended for youth 10 and up or younger with help from an adult.

To register:

<https://events.anr.msu.edu/CWK1/>



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All youth who post pictures of all six recipes by September 30, 2021 will be entered into a drawing for a prize package of fun kitchen items! Participants who confirm they have completed the survey included in the initial welcome email will get an additional entry into the drawing. There will be up to 5 winners.

STATEWIDE CALENDAR OF EVENTS

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.

4-H Events and Workshops

September 8: Welcome Back MSU 4-H Alumni Reception

Morrill Hall of Agriculture, East Lansing

If you are a current or former 4-H'er attending MSU this fall, stop by outside the Morrill Hall of Agriculture for networking and free dinner! Interact with 4-H alums and free pizza and pop will be provided.

www.canr.msu.edu/events/msu-welcome-week-4-h-alumni-reception

September 11: Saginaw Bay 4-H Fish Camp—Bay County

Bay City State Park, Bay City

Bay County 4-H, Michigan Sea Grant, Project FISH and local partners will be hosting a one-day Fish Camp. Participants will learn about knot-tying, tackle crafting, casting, aquatic ecology, angler ethics and more! Register by September 3.

www.canr.msu.edu/events/saginaw-bay-4-h-fish-camp-bay-county

September 11: Clare & Gladwin Counties 4-H Teen Night

4X Adventureland, Harrison

Come hangout with your 4-H friends! All participants will get to do one escape room, play a round of putt putt golf and get ice cream! Register by September 8.

www.canr.msu.edu/events/clare-gladwin-counties-4-h-teen-night

September 11: MSU Tollgate Farm Homegrown Gardening Series 2021

Zoom Webinar

Are you interested in starting a vegetable garden for the first time, or are you an experienced veggie gardener looking to explore new ideas? All levels of experience are welcome at this monthly series. This session will focus on veggie harvest and storage.

www.canr.msu.edu/events/msu-tollgate-farm-homegrown-gardening-series-2021-sept-11

September 18: Saginaw Bay 4-H Fish Camp—Arenac County

River Side Park, Au Gres

Arenac County 4-H, Michigan Sea Grant, Project FISH and local partners will be hosting a one-day Fish Camp. Participants will learn about knot tying, tackle crafting, casting, aquatic ecology, angler ethics and more! Register by September 10.

www.canr.msu.edu/events/saginaw-bay-4-h-fish-camp-bay-county-arenac-county

September 18: 4-H Open House Lapeer County

Lapeer County MSU Extension Office, Lapeer

Come join this family-focused event and learn what 4-H has to offer! Open to the public, the event will have hands-on activities and fun events.

www.canr.msu.edu/events/4-h-open-house-lapeer-county

September 25: 4-H League of Clovers: The Dungeon Master Knows All

West Shore Community College, Scottville

Learn how to go from playing Dungeons & Dragons to being the Dungeon Master of your very own quest!

www.canr.msu.edu/events/4-h-league-of-clovers-the-dungeon-master-knows-all

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

STATEWIDE NEWS AREA

Michigan 4-H State Award winners announced at virtual recognition program

The [Michigan 4-H State Awards](#) Recognition Celebration took place on June 23, to celebrate the accomplishments of Michigan 4-H members. A Michigan 4-H State Award is the highest honor bestowed on Michigan 4-H members. While 4-H members were unable to gather at Michigan State University (MSU) this year, the Recognition Celebration was able to be held via virtually, allowing 4-H members along with their family and friends to attend the program.

Awards were presented in 13 of the 19 available award categories that showcase the diverse array of 4-H knowledge, skills, and experience. Recipients of the 2021 awards are:

- **Beef Science:** Jadyn Herzog, Mecosta Co. (junior); Andrew Strohm, Marquette Co. (senior)
- **Bird and Poultry Science:** Alison Borowski, Alpena Co. (junior)
- **Career Development:** Amanda Towne, Van Buren Co. (junior); Amy Saxton, Kalkaska Co. (senior)
- **Civic Engagement and Service:** IsaBelle Stull, St. Clair Co. (junior)
- **Companion Animal Science:** Bryant Janetzke, Ionia Co. (junior); Dylan Sawdon, St. Clair Co. (senior)
- **Dairy Science:** Irene Nielsen, Ingham Co. (senior)
- **Equine Science:** Evie Clare, Berrien Co. (senior)
- **Food, Nutrition, Health Fitness:** Rebecca Thomas, Ionia Co. (junior); Audrey Martin, Midland Co. (senior)
- **Goat Science:** Carey Towne, Van Buren Co. (junior)
- **Leadership:** Amari Potts, Oakland Co. (junior)
- **Rabbit and Cavy Science:** Thomas Tafoya, Cheboygan Co. (junior)
- **Swine Science:** James Endres, Isabella Co. (junior); Hana Harshbarger, Livingston Co. (senior)
- **Visual, Performing and Expressive Arts:** Alana Aulph, Monroe Co. (junior)

In addition to a plaque, each 4-H State Award winner in the senior division will also receive a \$200 cash award; junior winners receive \$50 cash awards. These awards are made possible by generous donations to the Michigan 4-H Foundation.

Michigan 4-H Foundation reopens 2021-22 grant cycle

The Michigan 4-H Foundation recently reopened their grant and award opportunities for the 2021-2022 season. Open to 4-H volunteer leaders, members and staff, the grants and awards support local 4-H clubs and county programs, as well as recognize members of the 4-H community. All applications are due September 9.

Opportunities include:

- **Michigan 4-H Legacy Grants of \$1,000.** These grants are awarded to support development of a new program or initiative or to strengthen, enhance or expand a current program that is making a difference.
- **4-H On-Target Grants of \$500.** These grants support 4-H Shooting Sports programs to enhance existing programs, develop a new program or offer a special experience related to 4-H Shooting Sports.
- **4-H Educational Garden Grants of \$1,000.** These grants support the creation of local 4-H educational gardens in Michigan.
- **Michigan Farm Bureau 4-H Excellence in Agriculture Award (includes \$1,000 grant).** This award recognizes the outstanding achievements of 4-H agricultural volunteers that have exhibited excellence in 4-H youth education and leadership development.

Learn more or apply online at <http://mi4hfdtn.org/grants>. Questions? Contact the Michigan 4-H Foundation at 517-353-6692.

Indoor masking reminder



In August, MSU issued new guidance for the MSU community. **Until further notice, attendees at any indoor MSU Extension or Michigan 4-H program or event are required to wear a face covering.** This includes 4-H meetings and other volunteer-led events. Unless they have a medical exemption, face coverings must be worn by everyone in attendance over age 2 regardless of vaccination status.

For the purpose of MSU Extension or Michigan 4-H events and programs, indoor events are considered those in an enclosed building with limited airflow. Barns and other outbuildings that have multiple doors that can be fully opened to maximize air flow are considered an outdoor, open air facility.

Find the most up-to-date information about in-person event requirements at extension.msu.edu/approvedactivities.



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4-H IN THE KITCHEN: FORGOTTEN REALMS EDITION

**"You approach the
kitchen...roll for
initiative!"**

**Mason County 4-H is
hosting a special 4-H in
the Kitchen activity in
partnership with our
4-H League of Clovers
Gaming Society to help
you make some special
dishes straight out of
Dungeons & Dragons!**

**November 20th and
December 4th, 2021
2:00 pm to 3:00**

For more Information

Contact:

Aaron Myers

Mason County 4-H

Coordinator

myersaa1@msu.edu

(231)301-5622



Your Hand mixer does 1d8 damage:

The Clover banner has been raised...and the League is mighty hungry!

4-H in the Kitchen and the 4-H League of Clovers Gaming Society are partnering together to take you on an exciting adventure into the kitchens of the Forgotten Realms! We're going to help participants through the steps to make some delicious dishes straight from your latest Dungeons & Dragons adventure.

Participants will learn how to make two separate dishes:

November 20th: We're going to learn how to make Meal's End, a traditional Elvish dessert popular among wood elves and high elves alike!

December 4th: We're going to learn how to make a tasty batch of "Orc" Bacon. No, it's not made of Orc but this little snack, popular with orcs and non-orcs alike, is the perfect bait to throw that Orc band off your party's trail or barter with a half-orc for some much needed supplies.

This workshop is open to youth ages 5 thru 19 and adults. Youth ages 5 thru 8 must have an adult's help.

This workshop will be done virtually and participants will receive a zoom link and recipe two days prior to each workshop.

Registration will be open beginning August 27, 2021 and close on November 17, 2021. To enroll, simply go to the following link:

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

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Isabella County
200 N. Main Street
Mt. Pleasant, MI 48858

Phone: (989) 317-4079
Fax: (989) 773-1622

Website:

<https://www.canr.msu.edu/isabella/>

Get Text Reminders

To receive reminder text messages (via Remind App) with important dates and times of Isabella County 4-H events:

Text “@6c82ek6” to “81010”

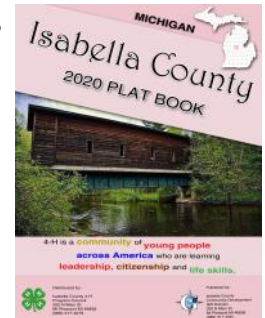
LIKE our Isabella County 4-H Facebook page to stay up to date on all the latest news and events:



<https://www.facebook.com/IsabellaCounty4H/>

Isabella County Plat Books Now Available

Cost for each book is \$30 and can be purchased at the MSU Extension office, Isabella County Register of Deeds, Collinsville Store, Jay's Sporting Goods, Farm Service Agency in Mt. Pleasant, or Farwell Trading Post.



Isabella County 4-H Calendar

September 6	OFFICE CLOSED	
16	Small Animal Association @ Fairgrounds in the Small Animal Barn	7 PM
28	4-H Administrative Leader Meeting @ Island Park South Pavilion	6:30 PM
28	4-H Council @ Island Park South Pavilion	7:30 PM

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"Accommodations for persons with disabilities may be requested by contacting the MSU Extension office at (989) 317-4079 at least 5 days prior to the scheduled event to ensure sufficient time to make arrangements. Requests received after this time will be met when possible."

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schrei61@msu.edu

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Paul Gross, Extension Educator
Eric Karbowski, Extension Educator
Kara Lynch, Extension Educator
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