

2020 Goal Setting

Setting goals is an important life skill that everyone needs to learn. It's hard to know where your going if you don't set a goal for the destination. The goal may be to earn money toward financial goals, maybe learn a new skill or to improve on a skill you already have. Using SMART goals is a way to help you stay on track. Now is a great time to set those goals for yourself and possibly for your 2020 fair projects. Below are several articles with details on why and how to set those SMART goals:

https://www.canr.msu.edu/news/setting goals to make your best better

https://www.canr.msu.edu/news/smart goals help you achieve success

https://www.canr.msu.edu/news/achieving your goals an evidence based approach https://www.canr.msu.edu/news/smart goals make good new years resolutions



Michigan State University is an affirmative action/equal opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.

(269) 383-8867 bolhuisv@msu.edu

Tyler Augst 4-H Program Coordinator (269) 383-8878 augsttyl@msu.edu

201 W. Kalamazoo Ave. Suite 306 Kalamazoo, MI. 49007

Phone (269) 383-8830 main line **MSU Extension**

Email msue.kalamazoo@campus ad.msu.edu

Web Site http://canr.msu.edu/ kalamazoo4H

Opt in to Text Alerts

Want to get important Kalamazoo County 4-H messages right on your phone? Then you should sign up for text alerts from 4-H Online! This is a great way to get quick messages about meeting cancellations (winter is here!), newsletters, and other updates. Just follow the steps below.



4-H Day at the Breslin

March 1, 2020 Game time is still to be determined (either 12 p.m. or 2 p.m.) MSU Campus, Breslin Center

Join us for the 15th annual celebration of 4-H Day at the MSU Women's Basketball

game. The Spartans will host the Penn State Nittany Lions.

Participants are asked to wear green and white 4-H apparel if possible. We really want to make our presence in the Breslin Center known!

Gates open 1.5 hours before tip-off, come early to enjoy all the fun activities going on around the concourse. Tickets are free to 4-H youth and their families, 4-H volunteers and MSU Extension staff and their families. And NEW THIS YEAR: 4-H members and guests will obtain their own tickets online. Order Tickets at (https://fevo.me/34iKc1r).

Go to : https://www.canr.msu.edu/events/4-h-day-at-the-breslin for more information

If you are an alumni, please make plans to attend our pre-game alumni celebration.

NOTE: <u>The no-bag policy is still in effect, this means all bags such a purses, large bags, diaper bags, camera and binocular cases and other similar bags are pro-</u>



Poultry Project:

The New Year starts plans for Fair 2020 with a poultry project meeting scheduled for Tuesday, Jan. 21st at 7pm in room B of the Kalamazoo County Fairgrounds and Expo Center. Ann will have sign up sheets for ordering any market project birds, so give some thought to what birds you would like to raise for the fair and auction. Maybe try a new challenge and learn something new!

Contact Jackie (629-9664) or Ann (370-4032) if you have questions.





4-H Pollinators

Project is happy to welcome you to their next meeting on

> January 23 at 6:30pm

You do not have to be a member to come to the

meeting but please RSVP to

Veronica at <u>bolhuisv@msu.edu</u>.



Pig Project:

Our first pig meeting of 2020 is Tuesday, March 24th We are looking forward to a great year!

3

4

Feeder Calf :



Happy New Year! Let the Feeder Calf project start! We will be having a meeting on :

January 28 at 7pm in Room A at the Kalamazoo County Fairgrounds.

Join the Kalamazoo County 4-H Feeder Calf club page on Facebook - please note- only current Feeder Calf Club members and their immediate family can join the page.

4-H dairy feeder steers can be born between January 1 and February 29 and Cloverbud dairy feeder steers can be born between January 1 and March 31.

If you have questions you can either call Greg (269) 535-0936 or Sara (269) 720-7215.

The Feeder Calf project is looking for another superintendentif you are interested, please contact Veronica or Tyler. You will need to complete the MSU Extension Volunteer Selection Process prior to applying to be a superintendent.

Dairy :

We will hold the first dairy club meeting

Friday, January 24 @7:00pm at Vlietstra Dairy Farm

Please dress for the weather! Join the Kalamazoo County 4-H Dairy club page on Facebook - please note- only current Dairy club members and their immediate family can join the page.

Please contact Sara if you have questions (269) 720-7215





Rabbit Project

Next Rabbit Project meeting - January 28th

Please remember to keep your bunnies hydrated with fresh liquid water and out of the winter weather. Your bunnies prefer colder temperatures and are able to tolerate temperatures in the single digits with a proper outdoor shelter.

We hope everyone enjoys a safe and happy holiday season!

Upcoming events:

Register now for the 2020 State 4-H Rabbit & Cavy Show! <u>January 25th starting at 8:30 AM</u>

https://www.canr.msu.edu/events/2020-state-4-h-rabbit-and-cavy-show

Pavilion for Agriculture and Livestock Education

4301 Farm Lane, Lansing, MI 48910

This one-day event is open to participants age 8 to 19. To enter, exhibitors must be Michigan 4-H members and own the rabbits or cavies they enter.

Don't miss out on this opportunity to show your rabbits. Breeders will be there selling their rabbits as well if you are looking for a new rabbit.

As always, should you have any questions, please feel free to contact your rabbit superintendents:

Janelle Gray (269) 254-2411

Roxanne O'Neil (269) 317-1925









Communication Tools

There are a variety of ways that we (the 4-H staff and volunteers) use to communicate information to large groups of people.

They include:

- Monthly newsletters
- Mass e-mails
- Text feature in 4-H online
- ♦ Facebook
- Individual e-mails
- Some groups use group texts

What are some other ways that we can help communicate with you more efficiently?

Please e-mail Veronica at Bolhuisv@msu.edu with your ideas and thoughts.

STATEWIDE NEWS AREA

6

4-H Club Officer Guides



Every successful 4-H club has a good team of officers. But how do you know what your roles and responsibilities are if you've never served as an officer before?

These newly released, free downloadable resources are a great resource for youth elected to leadership positions in their 4-H club. Guides are available for the officer roles of president, vice president, secretary, treasurer and reporter.

Download your "So Your Are an Officer in Your 4-H Club" guides at <u>https://</u> <u>www.canr.msu.edu/</u> <u>leadership_citizenship/so-</u> <u>you-are-an-officer-in-your</u> <u>-4-h-club-series</u> to learn more about the role your



2020 MSU Extension Exploration Days June 24-26, 2020

Exploration Days is a fun MSU pre-college program that could be the highlight of your summer - it could even change your life! About



2,500 youth (ages 11-19, as of Jan 1, 2020) and chaperones from across Michigan attend annually.

4-H Exploration Days registration goes from *mid-March* through *April* with session assignments made on a **first-come**, **first-served** basis.

Registration deadlines are usually the end of April, but can vary by county, so check with your county MSU Extension office.

For more information go to:

https://www.canr.msu.edu/4_h_exploration_days/

For more information about the pre-college programs offered at MSU, please visit Spartan Youth Programs at <u>http://www.spartanyouth.msu.edu</u>. You'll find a multitude of programs that can help you develop valuable skills, make new friends and taste college life!

STATEWIDE NEWS AREA

Start thinking about the 2020 Michigan 4-H Dare to Serve Challenge

7





ry to imagine what it would look like if over 200,000 Michiganders decided to complete an act of service in their community during a single month.

A group of youth who serve as members of the <u>Michigan 4-H State Youth Leadership</u> <u>Council</u> and <u>Michigan State University Extension</u> staff have been thinking about this scenario as well. They have decided to spark a movement that they hope will lead to the completion of a massive amount of community service activities across Michigan during the month of April.

In April, 4-Hers are encouraged to lend their hands to service in their community in a way that is meaningful to them. It's called the <u>Dare to Serve Challenge</u>, and if you are one of the more than 200,000 4-H members, leaders, volunteers, alumni or staff members who make up Michigan 4-H, the challenge is being issued directly to you! January is a great time to start having those conversations and making a plan for April.

Contact Brian Wibby @ 231-922-4621 or <u>wibby@msu.edu</u> with any questions! Keep an eye out in future newsletters for more information.

8



Interested in information on SPIN clubs? Or maybe you have an idea for a new SPIN club??? contact: Tyler Augst augsttyl@msu.edu (269) 383-8878 or Veronica Bolhuis bolhuisv@msu.edu (269)383-8867

MSU Extension 4-H Cloverbuds (Ages 5-7)

Our youngest 4-H'ers aren't quite ready to participate in *all* of the project areas and/or activities that older children can, but there's still <u>plenty</u> for them to do in 4-H, starting with fun!

The emphasis is on participation, learning and teamwork, not competition. They might learn about nutrition while helping to prepare simple snacks, plant seeds and learn what to do to help them grow, or help with animal grooming and feeding (with proper supervision).

Cloverbuds also provide opportunities for older youth to mentor and help a younger 4-H'er be successful, and start laying the groundwork for their future "career" as a 4-H member.

With Cloverbuds, safety comes first, and all of the activities are developmentally appropriate for this age group.

MSU Extension utilizes 4-H Cloverbud Camps as a developmentally appropriate experience that targets youth ages 5-7 years old. The following fact sheets are designed to help MSU Extension staff and volunteers, as well as other youth development professionals, plan a safe and positive experience for 5-7 year olds.



https://www.canr.msu.edu/resources/michigan_4_h_cloverbud_learning_guidelines https://www.canr.msu.edu/cloverbuds_ages_5-8/

STATEWIDE NEWS AREA

Get ready for the 2020 4-H State Award applications process!

Michigan 4-H true leaders ages 11 and older have an opportunity to be recognized for the great work they do in 4-H by completing a state award application. A Michigan 4-H State Award is the highest honor

bestowed on a Michigan 4-H member and provides an opportunity to receive recognition for their engagement in rich learning experiences that result in outstanding knowledge and life-skill development.

State award applications are divided into four categories:

Mark of Excellence essay contest (11-12 years old), junior state award (13-15 years old), senior state award (16-19 years old) and group awards (13-19 years old). The application process and selection is determined by the age of the 4-H member. Final candidates for the junior, senior and group level awards in each project area will be selected to participate in the State Awards program during 4-H Exploration Days in June where final selection and announcement of winners will take place. More information about the Michigan 4-H State Award process can be found online at https://www.canr.msu.edu/4 h scholarships and recognition program/4-h-awardsand-recognition-program/youth-recognition. Applications are due Feb. 1, 2020. For more information, contact Betty Jo Krosnicki at nashbett@ msu.edu.

What can you do because of 4-H? Share for a chance to win!

Michigan 4-H'ers ages 11-12 are encouraged to share how 4-H has impacted them through the 4-H Mark of Excellence Essay Contest. A great introduction to the Michigan 4-H State Awards program, Mark of Excellence contestants write a 500 word Please e-mail Veronica at essay on the topic of "Because of 4-H, I can..." Winners will receive a certificate of recognition and medal to commemorate their accomplishment.

Essays are due to respective county 4-H offices by February 1. County 4-H programs then select up to two youth essays as their representatives and submit those names and essays to the State 4-H Awards Committee. The committee uses the essays to inform the public about what 4-H means to youth and copies are also shared with the Michigan State 4-H Office, Michigan 4-H Foundation, and Kettunen Center.

For more additional information and instructions, visit <u>https://</u> www.canr.msu.edu/4 h scholarships and recognition program/4-h-awards-andrecognition-program/youth-recognition or com or contact Kelly Stelter at grandtke@msu.edu.

Communication Tools

9

There are a variety of ways that we (the 4-H staff and volunteers) use to communicate information to large groups of people.

They include:

- Monthly newsletters
- Mass e-mails
- Text feature in 4-H online
- Facebook
- Individual e-mails
- Some groups use group texts

What are some other ways that we can help communicate with you more efficiently?

Bolhuisv@msu.edu with your ideas and thoughts.





plaques at 4-H Exploration Days.

STATEWIDE CALENDAR OF EVENTS

4-H Events and Workshops

Dj

January 6: Resumes and Cover Letters Made Easy Online webinar

Youth will learn to build a resume, even if they have limited work experience! Attendees will also receive a step-by-step guide for creating attention grabbing cover letters. Register now at:

https://events.anr.msu.edu/ResumeCover/

January 7: 4-H State Award Program Overview Teen/Parent Training Online webinar

This training will provide 4-H members/teens with an overview of the 4-H State Awards Program, as well as review the application and deadlines.

https://www.canr.msu.edu/events/4-h-state-award-program-overview-teen-parent-trainingjanuary

January 8: Resumes and Cover Letters Made Easy Online webinar

Youth will learn to build a resume, even if they have limited work experience! Attendees will also receive a step-by-step guide for creating attention grabbing cover letters. Register now at:

https://events.anr.msu.edu/ResumeCover/

January 15: Youth for the Quality Care of Animals (YQCA)

St. Joseph County Intermediate School District, Centreville

YQCA is an annual education and certification program focused on food safety, animal well-being and character awareness for youth ages 8 to 18.

https://www.canr.msu.edu/events/youth-for-the-quality-care-of-animals-yqca-st-joseph-county-01-15-20

January 31: 4-H Horse Judging Workshop

MSU Pavilion for Agriculture and Livestock Education, Lansing

Join this Friday evening judging workshop followed by a practice contest on Saturday morning! The workshop will feature three classes and an opportunity to give oral reasons. This is an approved Michigan 4-H Horse Judges Seminar.

https://www.canr.msu.edu/events/4-h-horse-judging-workshop

February 1: 4-H Benefit Clinic

MSU Pavilion for Agriculture and Livestock Education, Lansing

Join us for an annual clinic, with a day full of clinics in the classroom and arena. Topics will include showmanship, trail, and barrel racing. https://www.canr.msu.edu/events/4-h-benefit-clinic-1

View more 4-H events at https://www.canr.msu.edu/4h/events.

10

2019 Michigan 4-H Animal Science Sportsmanship winner



Michigan 4-H congratulates Caleb Hall, of Shiawassee County, on being named the 2019 Michigan 4-H Animal Science Sportsperson of the Year!

Hall received nine nominations, and that in itself is an incredible accomplishment. Their nomination letters were accompanied by an enthusiastic letter of support from Nikki Hersch, Shiawassee County 4-H program coordinator.

The nominators shared stories of leadership, mentorship to other 4-H youth, determination and passion for his animal projects, and his bright personality. Additionally, Hall was awarded Shiawassee County's John & Joan Spindler Sportsmanship Award in 2019. Congratulations Caleb!

STATEWIDE CALENDAR OF EVENTS

MSU Extension to launch new portal for volunteers in 2020

In early 2020, MSU Extension will launch Volunteer Central, a statewide volunteer management database and screening system. Volunteers are the core of many MSU Extension programs and the most essential partners MSU Extension has. As such, the organization has made a major investment into Volunteer Central in an effort to improve processes for both staff and volunteers. In the new system, volunteers will enjoy improved features including easy-to-read dashboards and a one-stop application process, among other advantages.

A unique feature of Volunteer Central is that each volunteer will have their own unique online account and profile. Unlike 4-H Online, family profiles will not be permitted. This is necessary to protect the confidentiality of each volunteer and the integrity of data in the system. In preparation for the launch of Volunteer Central, those who currently share an email address with another 4-H volunteer should make plans to create a separate email address for each shared user. For those who may need help with this task, holiday time with family, friends and neighbors is a great opportunity to ask for assistance in this area.

Once you have created a new email address, please either:

- 1. Log in to 4-HOnline and add the newly created email address to the volunteer with whom it should be associated; or
- 2. Contact your local 4-H program coordinator and share the newly created email address and the volunteer with whom the account should be associated.

The email addresses in 4-H Online and shared with 4-H program coordinators will be used to create access accounts for current volunteers in Volunteer Central. In the coming weeks, look for additional information about Volunteer Central and when current volunteers will have access to the system. In the meantime, please contact your local 4-H program coordinator with any questions or concerns.

4-H Day at the Breslin tickets

available

Join us for the 15th annual celebration of MSU Extension 4-H Youth Development at the MSU Women's Basketball game. The Spartans will host

the Penn State Nittany Lions on Sunday, March 1, at the Breslin Center on MSU's campus. Game time is still to be determined (either 12 p.m. or 2 p.m.). Gates open 1.5 hours before tipoff, come early to enjoy all the fun activities going on around the concourse. Tickets are free to 4-H youth and their families, 4-H volunteers and MSU Extension staff and their families.

NEW THIS YEAR: 4-H members and guests will obtain their own tickets online. Use the <u>ticket link (https://fevo.me/34iKclr</u>) to claim as many free tickets as desired. Once at the link, select the number of tickets required and click "add to cart." The tickets will be added to your cart, free of charge. Once done, click "CHECKOUT." Fill in your first and last name, email and phone number. In the space that says "Let's make it memorable. Name your event:" please type in your county followed by 4-H (ex. Ingham County 4-H). Once you name your event, you will need to fill in your address. After filling out all the information on the screen, click "CONFIRM." You will receive an email with your tickets. You can either scan tickets off your phone at the game or print them from your email and bring them to the game so they can be scanned at entry.



2020 Michigan 4-H State Award Changes



Are you making plans to apply for a 2020 Michigan 4 -H State Award? Take note of the exciting changes to this year's program!

• The awards program will be held on Wednesday evening of 4-H Exploration Days.

• Senior interviews will be held via Zoom during the week of June 9.

• This will open up the opportunity for all State Award delegates to attend both first and second half sessions at 4-H Exploration Days.

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

Learn more and apply at: <u>extension.msu.edu/4H</u>

11