



Kent County

4-H Family News

JANUARY 2019

Happy New Year!

Out with the old and in with the new! 2018 was a good year, but we are so excited to ring in 2019! Did you make any resolutions for 2019? Here are wonderful words to live by for the new year: *"As the New Year approaches, find inspiration around you, and motivation within you, to be all that you can be."* With all our wonderful 4-H youth members, volunteers and leaders, we know that the year ahead is going to be a great one!

Check out January's issue of the Kent County 4-H Family News to see upcoming events, workshops, and other opportunities to get involved with.

We are excited for all that the month of January has to offer! As always, please feel free to reach out to the MSU Extension 4-H team with any questions, concerns, or suggestions.

Sincerely,

Nana Temple & Mary Newman

4-H Program Coordinators, Kent County

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**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-h_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-h_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

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

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

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.

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/.

4-H SPIN Clubs

Have you heard any buzz about 4-H SPIN Clubs? Have you wondered what they were?

4-H SPIN Clubs stand for "Special Interest" clubs. They are short term clubs that span approximately 6-8 weeks in length. Youth, along with an adult mentor or volunteer, meet 1-2 times per week and focus on a specific topic for the duration of the program. Examples include, but are not limited to, coding, emergency preparedness, gardening, photography, and so much more! These clubs are a great way for youth to dive deeply into a topic of interest in an environment that fosters fun, hands-on, experiential learning. This form of 4-H participation is a great avenue for those who are new to 4-H, or for those who have been long time 4-H members.

Contact your 4-H Program Coordinators to learn more about planning, leading or participating in a 4-H SPIN club!

4-H County Workshops and Events

| | |
|---|---------|
| 4-H Horse Leaders Meeting | 1.3.19 |
| Fermentation 4-H SPIN Club (1st Mtg)..... | 1.3.19 |
| 4-H State Awards Webinar..... | 1.10.19 |
| Kent County 4-H Volunteer Update Meeting..... | 1.12.19 |
| 4-H Dog Developmental Committee Meeting | 1.17.19 |
| Kent County 4-H Council Meeting | 1.21.19 |

Kent County 4-H Council

Did you know that you can help support Kent County 4-H just by shopping on Amazon? The council would like you to know that the next time you order with Amazon, be sure to shop with Amazon Smile using the following link: <https://smile.amazon.com/>. Once there, you can select Kent County 4-H Council as a charity to donate to!

Feel free to join us at the next Kent County 4-H Council Meeting which will be held on January 21, 2019 at 5:30pm. Meetings take place at the Kent County MSU Extension Office (775 Ball Ave. NE, Grand Rapids MI, 49503).



SAVE THE DATE! 4-H Volunteer Update Meeting



It is that time of year again! Be sure to save the date for Saturday, January 12, 2019 for the annual Kent County 4-H Volunteer and Teen Workshop. All Kent County 4-H volunteers and teen members are encouraged to attend this workshop at 10:00a.m. at the Kent County MSU Extension office (775 Ball Ave. NE, Grand Rapids, MI 49503). We will have a couple of great speakers join us! One will be from MSU Extension to speak on the relationship and expectations between MSU Extension and our 4-H volun-

teers. We will also have a speaker from the Mennasah Project come to speak to us about human trafficking. Mark your calendars, and we will see you there!

County Awards

There is still time to RSVP for the county awards event! Save the date for January 19th for the Kent County 4-H Awards Ceremony hosted by the Kent County 4-H council. There is fun for the whole family including bowling!

This event will be held at Clique Lanes bowling alley in Grand Rapids, Michigan. See the flyer on page 7 for more information and details about how to RSVP.



State Awards Information Webinar

**ASK
QUESTIONS**

**KNOW THE
APPLICATION
AND DEADLINES**

**4-H STATE AWARD OVERVIEW
TEEN AND ADULT TRAINING**

Jan. 10 | 6:30 p.m. | online webinar

4-H GROWS HERE MICHIGAN STATE UNIVERSITY | Extension

Are you interested in 4-H State Awards? Plan to learn more about Michigan 4-H State Awards and the application process by attending the 4-H State Award Overview Teen and Parent webinar on January 10, 2019 at 6:30 p.m.

Follow the webinar link here:
<https://msu.zoom.us/j/483706952>.

4-H CHINA PROJECT

Do you know any youth, teachers, schools, or other individuals who would be interested in participating in a 4-H global art exchange project?

Contact your 4-H Program Coordinators for more information!



4-H Fermented Foods SPIN Club

On January 3, the 4-H Fermented Foods SPIN Club held their first club meeting at the Kent County Michigan State University Extension office. Adults and club members learned how to make Kombucha (a healthier alternative to pop). Kombucha is a fermented tea that has been consumed for over two millennia. It has many health benefits, including:

1) Beneficial bacteria and yeasts that can help populate the gut with healthy flora to aid in digestion.

2) Organic acids that are known to improve bioavailability of vitamins, prevent accumulation of heavy metals and insoluble oxalates, inhibit pathogenic bacteria, support joint health, and modulate immunity.

Our 4-H Volunteer, Koral Fritz, is leading the SPIN Club. Her employer (Rhoades McKee Attorneys) has been kind enough to supply all the items for this program!



4-H Night at the Griffins

Join 4-H for a fun night at the Grand Rapids Griffins game! Mark your calendar for Saturday, February 16th for this event.

For more information and details on how to get tickets, please refer to the flyer at the end of this month's publication, or by visiting the Kent County MSUE 4-H Facebook page.

Looking forward to an exciting evening with our Grand Rapids Griffins hockey team and our 4-H members!



ATTENTION!

Looking for new

4-H Activity Leaders

Kent County 4-H Staff would be interested in finding and recruiting 4-H Activity Leaders.

These types of volunteers provide leadership or assistance with a activity or activities on a specific topic (i.e. cooking, sewing, gardening, science, etc.) throughout the 4-H program year.

They work independently with clubs, groups, or committees to carry out an activity related to their area of "speciality" and are a resource for

4-H staff and clubs to call on. If you would be interested in learning more, please contact your 4-H program coordinators to find out more!



Kent County 4-H Awards Ceremony



When: January 19th Time: 11:00 a.m. – 1:00 p.m.

Where: Clique Lanes (533 Stocking N.W. Grand Rapids)

Who: All Kent County volunteers and members!

The Kent County 4-H Council is once again hosting the annual Kent County 4-H Awards Ceremony. Please save the date and plan to join us! After handing out the awards, we will continue bowling. The council will be providing pizza and pop for everyone to enjoy.

Please RVSP with Mary Newman: newman65.msu.edu or (616) 632-7870 by Monday, January 7.

Bring the whole family! All Kent County members and volunteers are welcome! You do not have to be receiving an award to take part in this event.





Michigan 4-H

Come out to Van Andel Arena for an exciting night of hockey with the Grand Rapids Griffins!

Saturday, February 16th

Purchase your exclusive ticket for Star Wars Night soon - as it's always a guaranteed sold out game!

A portion of each ticket will go towards supporting the Michigan 4-H Organization

Special Discounted Pricing



Upper level faceoff - \$15

Upper level center ice - \$18

Lower level faceoff - \$21

Lower level center ice - \$25

MICHIGAN STATE UNIVERSITY | Extension

(A savings of \$4 per ticket – plus no taxes or service fees.)

PURCHASING TICKETS ONLINE IS EASY!

1. Log on to griffinshockey.com/promocode
2. Enter promo code: **MI4H**
3. Select your game date, seats, and make your purchase

If you have any questions regarding the offer, please contact

Bre'onna Raymo - 616.774.4585 ext. 3017 or braymo@griffinshockey.com

@GRIFFINSHOCKEY

