

*Kent County*

# 4-H Family News

DECEMBER 2018

## MERRY & BRIGHT

Stockings? Christmas tree? Lights? Holiday cards? Hot-cocoa by the fireplace? CHECK! CHECK! CHECK! What are some of your favorite holiday traditions?

While we watch the spirit of the holidays come into full manifestation around us, we are sincerely grateful for all the cheer, generosity, merriness, and goodwill that our 4-H community has spread this year! We cannot believe how quickly 2018 is wrapping up, but we are eagerly anticipating what exciting events the year 2019 will hold. Before we say goodbye to the end of this year, there are plenty of great opportunities to look forward to, and many events to mark on your calendars for the upcoming new year. Check out this month's issue of 4-H news for all these great offerings to participate in!

We are excited for all that the month of December 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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### 4-H Day at the Breslin 2019



Free tickets will be available starting Dec. 3 from your county MSU Extension office for the 2019 4-H Day at the Breslin. Gather with 4-H friends, families, volunteers and staff to cheer on the MSU women's basketball team as they take on the University of Michigan Wolverines on Sunday, Feb. 24 at MSU's Jack Breslin Student Events Center.

Doors will open at 12:30 p.m. with the game beginning at 2 p.m. Make sure to come early to engage in the activities set up around the concourse showcasing various Michigan 4-H programs and events and to mingle with other Michigan 4-H'ers. Wear your MSU Extension or 4-H green and white apparel to show your 4-H support!

Learn more at: <http://www.canr.msu.edu/events/4-h-day-at-the-breslin>.

## 4-H Events and Workshops

**December 10: Michigan 4-H Embryology Staff, Teacher and Volunteer Training**  
*Kent County MSU Extension Office, Grand Rapids*

This training is designed for educators who would like to learn how to implement an embryology program through classroom activities or 4-H SPIN clubs.

[http://msue.anr.msu.edu/events/michigan\\_4-h\\_embryology\\_staff\\_teacher\\_and\\_volunteer\\_training--kent\\_county](http://msue.anr.msu.edu/events/michigan_4-h_embryology_staff_teacher_and_volunteer_training--kent_county)

**December 11: Michigan 4-H Upper Peninsula Treasurer's Training**  
*Online Webinar*

Learn more about the importance of a treasurer's role in 4-H clubs while exploring how to effectively manage money.

[http://msue.anr.msu.edu/events/michigan\\_4\\_h\\_up\\_treasurers\\_training\\_12\\_11](http://msue.anr.msu.edu/events/michigan_4_h_up_treasurers_training_12_11)

**December 12: Michigan 4-H Embryology Staff, Teacher and Volunteer Training**  
*Sanilac County MSU Extension Office, Sandusky*

This training is designed for educators who would like to learn how to implement an embryology program through classroom activities or 4-H SPIN clubs.

[http://msue.anr.msu.edu/events/michigan\\_4-h\\_embryology\\_staff\\_teacher\\_and\\_volunteer\\_training--sanilac\\_county](http://msue.anr.msu.edu/events/michigan_4-h_embryology_staff_teacher_and_volunteer_training--sanilac_county)

**December 23: 4-H Day at the Lions**

*Ford Field, Detroit*

The Detroit Lions would like to invite all 4-H members, families and friends out to a Detroit Lions game. For every ticket purchased, \$5 will go back to your county 4-H program.

<http://www.canr.msu.edu/events/4-h-day-at-the-lions>

**December 28 - Jan. 1: 4-H Camp Kidwell Winter Camp**

*4-H Camp Kidwell, Bloomingdale*

Spend time during winter break enjoying yourself at winter camp. Options for both day camp sessions and overnight camping!

[http://msue.anr.msu.edu/events/4\\_h\\_camp\\_kidwell\\_winter\\_camp](http://msue.anr.msu.edu/events/4_h_camp_kidwell_winter_camp)

**January 16: Michigan 4-H Embryology Staff, Teacher and Volunteer Training**

*Washtenaw County MSU Extension Office, Ann Arbor*

This training is designed for educators who would like to learn how to implement an embryology program through classroom activities or 4-H SPIN clubs.

[http://msue.anr.msu.edu/events/michigan\\_4-h\\_embryology\\_staff\\_teacher\\_and\\_volunteer\\_training--washtenaw\\_county](http://msue.anr.msu.edu/events/michigan_4-h_embryology_staff_teacher_and_volunteer_training--washtenaw_county)

**January 19: Michigan 4-H Embryology Staff, Teacher and Volunteer Training**

*Ingham County Fairgrounds, Mason*

This training is designed for educators who would like to learn how to implement an embryology program through classroom activities or 4-H SPIN clubs.

[http://msue.anr.msu.edu/events/michigan\\_4-h\\_embryology\\_staff\\_teacher\\_and\\_volunteer\\_training--ingham\\_county](http://msue.anr.msu.edu/events/michigan_4-h_embryology_staff_teacher_and_volunteer_training--ingham_county)

**January 26: State 4-H Rabbit Show**

*MSU Pavilion, East Lansing*

This one day event is open to Michigan 4-H members ages 8 to 19. Exhibitors may enter as many breeds as they wish. Spectators are welcome!

[http://msue.anr.msu.edu/events/2019\\_state\\_4-h\\_rabbit\\_and\\_cavy\\_show](http://msue.anr.msu.edu/events/2019_state_4-h_rabbit_and_cavy_show)

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

## 2019 State Award applications now available

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.



2018 State Award winners in the senior division with their plaques at 4-H Exploration Days.

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.

The application can be found at <http://bit.ly/2xWk3VO> and is due Feb. 1, 2019. For more information, contact Betty Jo Krosnicki at [nashbett@anr.msu.edu](mailto:nashbett@anr.msu.edu). **INSERT INFORMATION ABOUT LOCAL WORKSHOPS IF APPLICABLE.**

## 2019 4-H Beekeeping Essay Contest for Michigan 4-H Members

Michigan 4-H youth can improve their science, knowledge, writing and research skills and win a cash prize by entering the 2019 4-H Beekeeping Essay Competition. This year's essay topic is *Honey Varietals, State to State*. Each jar of honey reflects an unrepeatable combination of climate, soil, weather and flowers. Each state has unique honey varietals that beekeepers can market to their customers. Contestants should identify one unique varietal to their state and discuss the flower's uniqueness and how beekeepers can effectively market that varietal. Please include a photo of the varietal's flower, an interview with a local beekeeper who collects this varietal, and a recipe that highlights the varietal.

The top three winners nationally will receive cash prizes of \$750, \$500 and \$250, and winning essays will be published in *ABF Quarterly*, the magazine of the American Beekeeping Federation. The three national winners and the top winner of each state will receive a book about honey bees, beekeeping or honey.

Essay length should be 750 to 1000 words and will be judged on the scope of research, accuracy, creativity, conciseness and logic development of the topic. Youth are encouraged to research the topic using a number of sources. Download the complete rules at <https://bit.ly/2PuegUu> before beginning the contest. This contest is sponsored by the Foundation for the Preservation of Honey Bees, Inc., a non-profit corporation, to preserve the practice and the profession of beekeeping through education and research, established by the American Beekeeping Federation.

**Support  
Michigan 4-H  
during your  
holiday  
shopping!**



Get ready for the holidays by supporting 4-H while making your purchases on AmazonSmile, SHOP 4-H Online and at JOANN's Fabric.

AmazonSmile will give 0.5 percent of eligible purchases to the Michigan 4-H Foundation when you shop at <http://smile.amazon.com/ch/38-1539997>.

Buy your favorite Michigan 4-H'ers 4-H apparel and essentials at the SHOP 4-H Online Store (<https://shop4-h.org/?rfsn=871792.16dd0>) and 5 percent of the purchase will go back to Michigan 4-H!

JOANN's Fabrics shoppers who use their free 4-H loyalty card (<http://www.joann.com/4-h/>) will save 15 percent while also giving 2.5 percent back to the National 4-H Council.



## 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 .....	12.6.18
Kent County 4-H Council Meeting .....	12.17.18
4-H Embryology Project Training .....	12.10.18
Kent County 4-H Volunteer Update Meeting .....	1.12.19

### 4-H Council Updates

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 December 17th, 2018 at 5:30pm. Meetings take place at the Kent County MSU Extension Office (775 Ball Ave. NE, Grand Rapids MI, 49503).***



## 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!

## 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

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 8 for more information and details about how to RSVP.



## COMING SOON! Fermentation 4-H SPIN Club to start in 2019.

Are you curious to learn more about food preservation methods? Do you enjoy gardening, cooking, and eating? Then we have just the opportunity for you! A Fermented Foods 4-H SPIN club will be heading your way in January 2019. This short-term 4-H club is open to new or existing 4-H members who are looking for a new projects to explore. This 4-H club will

adventure in trying new flavors, experiment with the art of an ancient cooking method,

and learn more about the benefits of fermented foods in your diet. See the flyer on page 8 for this upcoming 4-H SPIN club opportunity and to find out more details, contact information, and a sneak peak about the instructor!



### 4-H Embryology Project Training—December 10, 2018



Interested in bringing embryology into your classroom or learning environment? A training for this great hands-on, experiential learning project is coming to the Kent County MSU Extension office very soon! This is a great training for teachers, volunteers, and 4-H clubs who are looking to learn more about embryology. (See flyer on p. 7). Looking for more information? Have additional questions? Please feel free to contact Mary Newman, 4-H Program Coordinator at 616-632-7888.

### Holiday Crafts with 4-H & JOANN

4-H and JOANN are partnering to inspire kids to learn by doing, creating and making. Try one or more of their fun, kid-friendly activities this holiday season! Each activity comes with printable instructions including a comprehensive supply and tool list. Check out all the cool options by visiting their website at : <https://mailchi.mp/50865cb7513b/holiday-crafts-with-4-h-joann?e=d100a7d3fa>.



### Congratulations to Local 4-Her!

Congratulations to Shannon Good (Kent County 4-H) and her team for their wonderful achievement at the 2018 North American International Livestock Exposition dairy cattle judging contest in Louisville, Kentucky in November.

The 2018 Michigan 4-H dairy cattle judging team competed in the youth division for 4-H and FFA members at the North American International Livestock Exposition in Louisville, Kentucky, in early November. Team members are (from left): Drew Neyer, Cristin Theisen, Shannon Good, Katie Wilson, and Coach Joe Domecq. Good placed ninth in oral reasons, and third in the individual breed classes. Way to go Shannon!



### 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!





# Coming Soon

## Kimchi to Kombucha: Fermented Foods Club

Jan 3, 10, 24, 31 & Feb 7, 14

5:45-6:45 PM | 8-19 year olds

Kent County MSU Extension Kitchen



- Excite your taste buds with new flavors
- Experiment with ancient cooking methods
- Collaborate to create unique flavors
- Cultivate an understanding of the benefits of incorporating fermented food into everyday eating



MICHIGAN STATE UNIVERSITY | Extension

**To enroll please contact Mary Newman at  
632-7870 or by email at [newman65@msu.edu](mailto:newman65@msu.edu)**



### About the Instructor:



**Koral Fritz**

A graduate of the University of Michigan then earning her Master and Law Degree from Vermont Law School, Koral currently practices at Rhoades McKee helping growers and food manufacturers navigate the issues surrounding environmental and food law.

"As a food enthusiast, I enjoy testing out new recipes and connecting with friends and family over meals that are locally and seasonally sourced. I am proud to be known as "that" person when it comes to quirky recipes and look forward to trying new foods with you!"

Rhoades McKee is a proud supporter of Kent County 4H and will be donating the supplies for this SPIN club

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## ***Kent County 4-H Awards Ceremony***



***When: January 19<sup>th</sup>    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](mailto: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.***

