



Lapeer County

## 4-H Family News

March 2020

Hello 4-H Families,

As we are going through this challenging time, Michigan State University Extension's focus is to continue to bring you great, educational programming remotely. Please read the next few pages with important information and fun activity ideas that you can do with your family while at home.

I am going to open our Lapeer County 4-H Facebook page up to family's being able to post what they're doing while at home and just to stay in communication. If you have great ideas to share or just want to say "H!", feel free to post and I will monitor the page closely. Please do not post any items for sale or anything negative. This is a time to come together, stay strong and support one another and I hope this will help make this happen!

There are a number of committee meetings that needed to be cancelled or move to a video conferencing format, which I can set up. We have heard back from a few committees about whether to postpone until after April 20 or do a "Zoom", which is our video conference format. If you are on a committee board and you haven't talked about what you want to do, please do so at your earliest convenience and email me your decision. I will email and post on Facebook, so that everyone stays informed.

Again, the Spring Achievement/Style Revue has been postponed till a future date and Award Ceremony that happens that day has been cancelled. We will announce the award through an email, press release as well as a shortened version at the 2020 Fair Awards Ceremony. **PLEASE DO NOT GO OUT VISITING ANY BUSINESSES AT THIS TIME FOR DONATIONS.**

Stay safe and healthy,

Kathy George  
4-H Program Coordinator

### Calendar of Events

(Small meeting room=SMR; Lg. meeting room=LMR (Downstairs); Board Room=BR)

Sheep/Goat Weigh In	May 16, fairgrounds
Spring Achievement/Style Revue	Postponed to future date
Spring Auction	Postponed to future date
Eastern Michigan State Fair	July 28-August 1
"Through the Decades" Day Camp kids grades Kdg-1	July 6, 7, Camp Lael, Lapeer
"Through the Decades" Overnight Camp kids grades 2-6	July 8-11, Camp Lael, Lapeer

For a complete listing of all state 4-H events, please click [here](#).

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Lapeer County 4-H

4-H Families received this email March 18 from MSUE and state 4-H leadership:

Dear 4-H community:

As concern about the novel coronavirus grows, Michigan State University Extension remains focused on the health and wellbeing of its participants, volunteers and employees. With their wellbeing in mind, MSU Extension is asking all staff and volunteers to not participate in group settings. This applies to our Michigan 4-H volunteers and youth, as well. In this regard, please postpone or cancel in-person 4-H meetings and activities scheduled between now and April 20. If those meetings can be moved to an online format such as Zoom or Skype, please connect with your local MSU Extension staff members for assistance. This communication differs from the message you received last week but as we continue to monitor this very fluid situation, this is a necessary modification. We will continue to communicate updates, as needed.

Although our face-to-face programs and events will not take place, MSU Extension will continue to serve individuals. To support parents and caregivers with children at home, MSU Extension has assembled a collection of helpful educational resources. From science to financial literacy, whether for toddlers or teenagers, members of the 4-H community can take advantage of these activity books, guides and other resources to help children remain engaged in educational experiences throughout their school break.

Browse the site by age and topic area to find an activity or lesson that is perfect for your young person. Please check back often as MSU Extension staff are working quickly to offer new and creative virtual learning experiences and add additional resources to this space.

If you need information to support your youth-focused efforts, you may also be interested in the following educational resources :

- Talking to your child about the coronavirus - <https://www.canr.msu.edu/.../talking-to-your-children-about-t...>

- Ways 4-H volunteers can support youth when not in person - <https://www.canr.msu.edu/.../ways-4-h-volunteers-can-support-...>

- Managing stress and anxiety - [https://mediaspace.msu.edu/media/t/1\\_jvm81lca](https://mediaspace.msu.edu/media/t/1_jvm81lca)

MSU Extension also recently launched the Remote Learning and Resources online space—<https://www.canr.msu.edu/rlr/index>, a one-stop-shop for our digital offerings and educational materials related to the current circumstances. We hope this expanded offering on a variety of subjects will also be useful to you.

We appreciate your support and understanding of efforts to protect ourselves and our communities. If you have any specific questions or concerns regarding this matter, please do not hesitate to contact county 4-H program coordinator.

## Looking for fun activities while at home?

In addition to the comprehensive “Remote Learning and Resources site noted in the letter above that provides education for the whole family (Adult Online Learning Resources, Family and Consumer Resources, Health and Wellness Resources, Educational Resources for School Closures), here are some great “At-Home” Activities you can do to continue 4-H education with your families while at home (many more on the Facebook page):

### Michigan 4-H Easy Science Activities

There is a new article with 84 lessons you can do at home:

<https://www.canr.msu.edu/.../84-easy-science-lessons-you-can-...>

These lessons are from the wide range of lessons and news articles done by the MSUE Children & Youth Science Team. I screened them for:

- elementary and middle-school age
- only required supplies you probably already had at home
- hands-on activities
- short prep time
- don't need prior knowledge

### Michigan 4-H Educational Activities

List of great 4-H educational activities while kids are home from school!

Website up: <https://www.canr.msu.edu/.../Educational-Resources-for-Schoo.../>

## **Lapeer County 4-H Community Service Opportunity!**

A safe way to do something for our community is to write letters to local nursing homes since they can't get visitors at this time. I spoke with Suncrest Assisted Living and Stonegate Health Campus so far in Lapeer and they were very excited at the idea of families mailing cards, drawings, etc. to be given to residents. To keep it safe, they will hold the letters for at least 3 days to ensure the virus is not active on them. Of course, if anyone in your household is not well, please do not mail letters. I will post additional assisted living homes on our Facebook page, when available. Please address envelopes this way:

Lapeer County Medical Care Facility  
4-H Letters of Kindness  
1455 Suncrest Drive  
Lapeer, MI 48446

Stonegate Health Campus  
Attention: Activities Department  
4-H Letters of Kindness  
2525 Demille Blvd.  
Lapeer, MI 48446

## **Jean's Tidbits**

### Summer Camp Program 2020

Although we currently are in a time of uncertainty, I wanted to let everyone plans are still underway for "Through the Decades" summer camp 2020! I still have counselor opportunities so if you are 13 years and older like working with younger kids and camp then give me a call.

Also, if you or someone you know may be looking at sending your child(ren) to camp and interested in a discount, I am looking for adult chaperones to help at summer camp week of July 6th. I can use help with adults leading session activities and/or spending the night as overnight chaperone for the campers. Monday and Tuesday are days for our day camp program running 9:30 am-3:30 pm. Overnight camp starts Wednesday evening and runs to noon on Saturday. Watch for some interesting and fun activities coming your way soon via social media!

### Saturday Day Camp/Workshop

Currently there is a Saturday Camper Workshop scheduled for April 25 from 10am-12pm for kids ages 5-12. As of today, that event is postponed. Watch for details with future date and time.

**Home Alone Webinar Series** March 19, 23, 25, and 27 at 10 - 11:15 a.m.

<https://events.anr.msu.edu/event.cfm...>

Thousands of students in Michigan and across the country are unexpectedly finding themselves home without adult supervision. This online series will help youth learn how to keep themselves safe as well as teach them about nutrition, emotional well-being, and even some fun science experiments to do at home! Each session will have two different topic areas and include guided physical activity.

### **Utah 4-H Discover Clubs Curriculum**

Utah 4-H has amazing curriculum around a huge list of project areas that you can do right at home!

<https://utah4h.org/discover/>

### **4-H Virtual Farm**

Check out the 4-H Virtual Farm available through Virginia Cooperative Extension. The program takes viewers on a tour of the industry. They can find out why farming is part of their life without visiting a farm. Through the site viewers meet with a producer, learn about science, about each industry and the food chain. This could be a terrific support for leaders who are postponing club meetings. The site focuses on the following farms: Aquaculture, Beef, Dairy, Poultry, Wheat, and Horse. Join on a trip to discover farming at

<https://www.sites.ext.vt.edu/virtualfarm/main.html>

### **Zoonotic Disease Education (transferring from animal to human and vice versa)**

Printable book "Be a Zoonotic Disease Detective" - this would be good to do prior to fair...

<https://www.canr.msu.edu/.../be-a-zoonotic-disease-detective-...>

### **Fun Coloring Pages and Games**

I'll be trying to post helpful information and fun activities to do at home during the next few weeks. Here are some free children's games and coloring pages-they have Easter pages right now also! <https://www.primarygames.com/>

### **Scholastic Free Education**

Scholastic is offering free online courses so your kids can keep learning while schools are closed

[https://www.wnem.com/news/us\\_world\\_news/scholastic-is-offering-free-online-courses-so-your-kids-can/article\\_58d0564c-2fe4-5b27-b1f5-ee71f7cd24b2.html?fbclid=IwAR3egeNXxi7Mt7BkSITxFSeyD2MI35VIH3fGbfaX45mKwwnrmJquXIQVM8s](https://www.wnem.com/news/us_world_news/scholastic-is-offering-free-online-courses-so-your-kids-can/article_58d0564c-2fe4-5b27-b1f5-ee71f7cd24b2.html?fbclid=IwAR3egeNXxi7Mt7BkSITxFSeyD2MI35VIH3fGbfaX45mKwwnrmJquXIQVM8s)

We will continue to bring you educational ideas to do at home in the coming weeks. If anyone has a great idea, please share! Email Kathy George at [george92@msu.edu](mailto:george92@msu.edu) and I will post in Facebook or next newsletter.



# MSU Extension Online Resources for Michigan Communities

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

## ONLINE PROGRAMMING:

Social Distancing

[Scavenger Hunt](#)

Home Alone [Virtual 4-H Club](#)

[Family Yoga with Kylie](#)

[Communicating Through Conflict](#) “At A Distance”  
March 27

Guiding Principles for  
[Highly Successful Parenting](#) April

[RELAX: Alternatives to Anger for Parents & Caregivers](#) - March 23

**For youth aged 13-19:**  
[Credit Craze!](#) Basics of Credit for Youth

4-H [Show Your Money Smarts](#) Contest

## Health, Wellness & Relationships

[Clean, Sanitize & Disinfect](#) - What is the difference and what is the best situation to use each method?

Is there a way to fight fairly? [Resolving conflicts](#) with positive communication; bring people closer and make relationships stronger

[Coping strategies](#) to guide you and your family when dealing with everyday stress and crisis situations.

[Understanding cortisol](#), the stress hormone - Elevated levels of cortisol compromise health and well-being

## Food & Nutrition

[Planning menus and making a shopping list](#) saves time and can lead to healthier meals.

[Food Preservation](#) - Safe, high-quality products using the latest research on food preservation.

Benefits of [Community Supported Agriculture](#) - Get high quality food and help strengthen the local food system.

[Good and Cheap: Eat Well on \\$4/Day](#) (Free Download)

Using and Storing Low-Cost Pantry Staples:

[RICE](#) - good source of B-vitamins, iron and starch

[CORNMEAL](#) - nutritious and energy-rich

[NONFAT DRY MILK](#) - good source of protein and calcium

[DRIED BEANS](#) - excellent source of protein and fiber

## Youth Wellness & Learning

Everyday [mindfulness](#) is key to social and emotional health.

[Educational Resources](#) - from science to financial literacy, for toddlers to teenagers

[84 Easy Science Experiments](#) - get young people to ask questions and seek out their own answers

Easy [science, math and language arts](#) lessons to do at home

Plant science at the dinner table: [Oats](#). Just like animals, we eat plants from the grass family, which include corn, wheat and oats.

## April 4: 4-H Day at the Red Wings

Little Caesars Arena, Detroit

Michigan 4-H youth, families and friends are invited to cheer on the Red Wings. For every ticket purchased, \$5 will go back to your county 4-H program. <https://www.canr.msu.edu/events/4-h-day-at-the-red-wings>

## 4-H Exploration Days registration opening March 10

4-H Exploration Days is Michigan 4-H's largest pre-college program and could be the highlight of your summer—maybe even change your life! Registration for this popular event will open March 10 and is open to any Michigan 4-H'er above the age of 11 as of Jan. 1.

4-H Exploration Days is designed to help youth build the skills they need to successfully transition to college and to life as an adult. Michigan 4-H youth who participate have the opportunity to stay in MSU campus residence halls while attending classroom and field trip sessions throughout their stay.



With more than 200 session choices held on and off campus, there are topics for everyone including animal science, business and entrepreneurship, international language and culture, performing and visual arts, and science, engineering, and technology. During the 2019 4-H Exploration Days, nearly 2,000 youth attended and they gained important life skills like decision making, problem solving and communication.

Registration will be available beginning March 10 at 9 a.m. All registration information should be turned in to your county's Extension office, typically by the end of April. Check with your local 4-H program coordinator for your specific county date or visit [www.canr.msu.edu/4-h-exploration-days](http://www.canr.msu.edu/4-h-exploration-days) for more information.

## Celebrate Money Smart Week with 4-H Money Smarts contests

Money Smart Week is April 4-11 and to celebrate, you can win cash for you and your county 4-H program! Youth ages 13-19 have the opportunity to participate in the second annual **Show Your Money Smarts Contest**. During this contest, youth will learn how to use credit wisely through an online challenge. High-scoring youth will be entered into a cash prize drawing for themselves and counties with 10 or more youth participants will be eligible to receive \$50 for their county 4-H program. Make sure to register by April 16!



Students in fifth through eighth grade also have the opportunity to participate in the **Money Smart Kids Essay Contest**. In partnership with the Federal Reserve Bank of Chicago Detroit Branch, MSU Extension and Michigan 4-H are asking youth to answer this year's Money Smart question for a chance to win a \$1,000 prize. To participate, youth will share what they know about predatory lenders, why people use them, what the negative consequences are, and how to avoid these types of financial risks. Essays should be 300 words or less and be submitted by March 29.

To learn more about both contests, including official rules, registration links and resources for completing the contests, visit <https://www.canr.msu.edu/4-h-money-smarts/>.

## Share your photo and support 4-H with Manna Pro!

From February 1 – April 30, Manna Pro is hosting a contest to build a 4-H picture mosaic online. Those pictures are integrated into tiny pieces to make a larger photo.

At the conclusion of the contest, Manna Pro will be providing the top three state 4-H programs with prizes of \$6,000, \$3,000, and \$1,000. Winners will be determined based on the number of photos uploaded in relation to the state's total population.

4-H members, supporters, and friends can upload pictures of their pet or animal to Manna Pro's contest site. In return, they will receive \$50 in coupons and help increase their state's chances at taking home a cash prize!

To learn more or participate, visit [www.mannapro.com/4h](http://www.mannapro.com/4h).

## 4-H Renewable Energy Camp



Explore how Michigan's abundant natural resources and growing agriculture industry are changing the face of energy and what it means to your family, Michigan and the world!

**July 6-10**



4-H Renewable Energy Camp now open for applications! This five day pre-college program held at Michigan State University, July 6-10, 2020, is open for youth age 13 to 15 (as of 1/1/2020), who have an interest in exploring ideas, research and opportunities around solar energy and renewable energy in general. For more information and to apply click [here](#).

## Michigan 4-H Exploration Days

I'm pleased to announce that the 2020 4-H Exploration Days registration book is now online, and the physical books are in the office! Click here for the registration page with link to the book - [https://www.canr.msu.edu/4\\_h\\_explo.../registration\\_information](https://www.canr.msu.edu/4_h_explo.../registration_information)

Please take a look at classes, fill out the registration form and bring or mail in to the office with deposit. We will number the order they've come in and enter them in that order on registration day. Many classes fill up in minutes, so if there's something you really want:), bring in form asap and we'll try our best! \$70 council scholarship will be applied to Lapeer County 4-H members and an additional MSU scholarship for members who haven't attended before or are in financial need are encouraged to ask for more information.

## 4-H Spartan Coding Camp

Registration is now open for 4-H Spartan Coding Camp! 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. Youth entering 9<sup>th</sup> through 12<sup>th</sup> grade can apply at <https://events.anr.msu.edu/4HSpartanCodingCamp2020/> Space is limited! Website: <https://www.canr.msu.edu/4-h-spartan-coding-camp/>



Questions? Contact Christine Miller, MSU Extension at 517-552-6905 or email [johns832@msu.edu](mailto:johns832@msu.edu).

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**4-H Family News**

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