



Lapeer County

4-H Family News

January 2021

Dear 4-H families,

Happy 2021! A big shout-out to all of the volunteers for re-enrolling in 4honline as well as completing the annual background check permissions in Volunteer Central! I really appreciate getting those steps done for the year and am looking forward to continuing to make this program great and beneficial for our 4-H'ers, both virtual and eventually in-person. Please check our Facebook posts and emails for upcoming programs as well as updates on when we can return to meeting in person.

Financial summary reports for committees and club were due. If you still need to turn one in (even if it's all 0's—no money handled) please submit now. I will be contacting administrative leaders this week.

This year, due to all that's going on, the 4-H member enrollment deadline, December 31 or April 30 for new members, did not apply. Council may wish to revisit that when we start to meet in person again. It's not too late to enroll in 4-H and it's free this year! There are plenty of online activities (see following pages) as well as support for clubs meeting virtually.

Flower Bulb kit and indoor herb garden kits were a success! Look for more information about the next kit idea and please share ideas with me, if you have one!

If you're interested in helping to put together an online spring achievement, I am gathering names of interested adults and teen leaders to explore offering a virtual spring achievement/style revue program. I will also send out a separate survey to 4-H'ers to get an idea of how many would be available to participate, so please watch out for those emails/FB posts.

A special thank you to Woodland Walkers 4-H club leader, Regina Thomas, for sending me an awesome 4-H facemask! I love it and will wear it with pride:)

Yours in 4-H,

Kathy George, 4-H Program Coordinator

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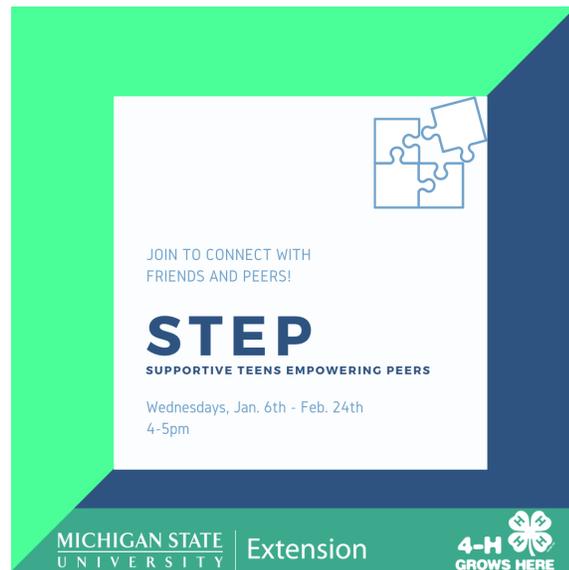
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4-H STEP (Supportive Teens Empowering Peers) SPIN Club

Are you missing the ability to connect with friends and peers? Looking for an opportunity to get to know other teens in your area? Join the 4-H STEP (Supportive Teens Empowering Peers) SPIN Club from January 6 – February 24 on Wednesdays from 4 – 5pm! This club provides an opportunity for teens ages 13- 19 to connect virtually with peers through fun games, social interaction, and more! Created by teens from the Michigan 4-H State Youth Leadership Council with support from 4-H staff. This opportunity is open to all youth statewide. For more information and to register, visit <https://events.anr.msu.edu/4hstep2/>



Adulting 101-Winter Series

Ready to be out on your own? Learn some important skills to be successful as an adult. Our Adulting 101-Winter Series includes: international conversations, goal setting, and food safety. Bring questions and gain practical skills you can use in your everyday life. Webinars will be held on Jan 14, 21, and 28 from 4:00 -5:00 p.m. Register at <https://events.anr.msu.edu/Adult101Jan/>

January 14 - International Conversations: Join us for a cultural conversation live and ask questions that interest you.

January 21 - Goal Setting: Turn your goals into reality with these SMART tips.

January 28 - Food Safety: We all love to eat! Learn how to properly store, cook, and handle your food with safety in mind.

Youth can register at: <https://www.canr.msu.edu/adulting101/index> for any and all sessions!

PARACORD MAIL HOME KITS!

Paracord Bracelets kits will be mailed about as well as great information about why people use them and the supplies for the youth to make their own. Cost - \$10.00 per kit This program is open to both 4-H youth statewide, ages 10-19. Families can register here starting on Monday December 14: <https://events.anr.msu.edu/Mecosta/> by January 15th to make sure no one misses out.

Success and Safety in Volunteer-Led Virtual Programs

With more virtual programs and meetings taking place, have you considered how you are keeping youth and adult participants safe and creating a positive learning environment? Attend Success and Safety in Volunteer-Led Virtual Programs and learn about best practices and strategies to use when programming virtually with youth and adults. This hour-long session will cover important points to remember and resources to help you in your role. Register for January 21st 1:00pm EST at <https://bit.ly/3oA5K3i> OR January 26th 6:30 PM EST at <https://bit.ly/36VOOyf>



JOIN US ONLINE

SUCCESS AND SAFETY ON VOLUNTEER-LED VIRTUAL PROGRAMS

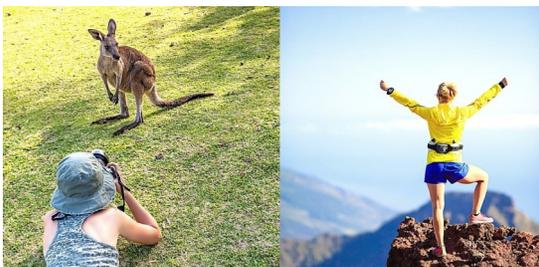
January 21 | 1:00 pm EST
Register Here: <https://bit.ly/3oA5K3i>

OR

January 26 | 6:30 pm EST
Register Here: <https://bit.ly/36VOOyf>



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Wild and Crazy Careers!



MICHIGAN 4-H PRESENTS

You can get PAID for THAT?!

WILD & CRAZY CAREERS

Careers come in all shapes and sizes.
Hear from people who have made their passions a job, and their jobs their passions!

Tuesdays, January 12 - February 16
4:30PM ET on Zoom

Target Audience: Ages 9-19 Cost: Free
Zoom link will be provided upon registration

MSU Extension programs and material 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.

“New program starting on January 12 for youth ages 9-19! Wild and Crazy Careers! Do you know what you want to be when you grow up? Do you want an "out-there" career? Hear from people who followed their passions to find a job they love--from wildland firefighters to wildlife documentary creators, from zookeepers to mountaineers, and everywhere in between. Get ready to ask yourself, "you can get paid for THAT?" This will be a 6 week Zoom series on Tuesday afternoons from 4:30-5:30pm. Open to all, no cost.

Sign up here: <https://events.anr.msu.edu/wildcrazycareers/>”

Art & Activism 4-H SPIN Club - January 5 - February 23, 2021 - Tuesdays at 6:00pm - via Zoom

Are you interested in learning more about being an activist while being creative? The Art & Activism 4-H SPIN Club is free and open to youth ages 9-13. Join us for discussions and activities related to art and activism. Meetings will be held on Tuesdays at 6:00pm from January 5 - February 23, 2021 via the Zoom App. Space is limited to 20 participants. Register here: <https://bit.ly/37Kr4fj>

To register, youth must be enrolled 4-H members through 4-H Online (<https://v2.4honline.com/>).



Macomb + Eaton County 4-H Present

ART + ACTIVISM

VIRTUAL 4-H SPIN CLUB

EXPERIENCE THE WORLD DIFFERENTLY, FIND THE ARTIST AND ACTIVIST IN YOU.

January 5th - February 23rd | Every Tuesday
6:00 PM - 7:00 pm est.
via zoom

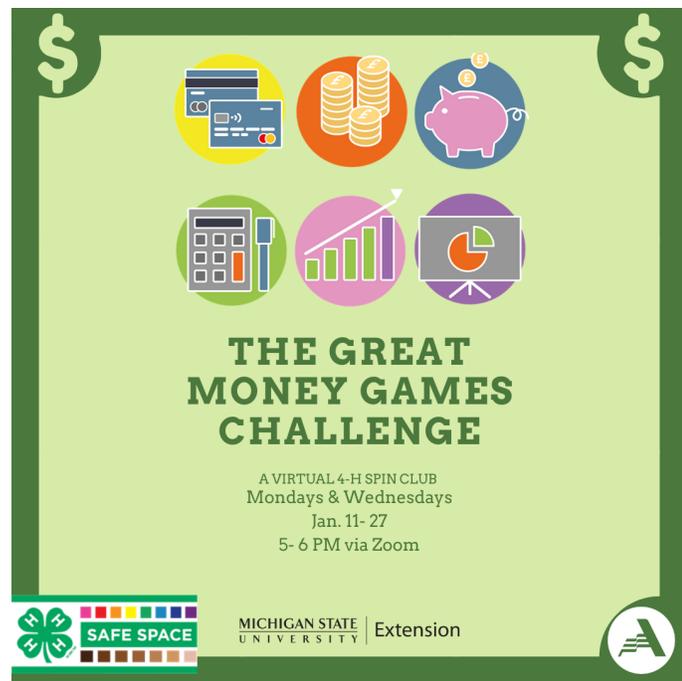
FREE AND OPEN TO YOUTH AGES 9 - 13

Please email Ally Baird (bairdal2@msu.edu) with any questions
Register here: <https://bit.ly/37Kr4fj>



The Great Money Games Challenge 4-H SPIN Club

Are you interested in learning how to save, budget, and invest your money from the comfort of your home? During the Great Money Games Challenge SPIN Club, Michigan youth ages 11-15 will explore these topics and more through interactive games and discussions. Michigan AmeriCorps members and 4-H staff will lead the meetings from 5-6 p.m. EST Mondays and Wednesdays from January 11 until the 27. Register here: <https://bit.ly/MoneyGamesSPIN>



JOIN US ONLINE!
4-H LEGO MASTER BUILDER SPIN CLUB

Every day choose to be creative, be ingenious, be an engineer and become a Master Builder with LEGO! Open to all youth aged 5 to 12.

Sign up by January 14th!
Starts: Monday, Jan. 18-22, 2021
From: 10-11:15am

Questions: Christine Miller email at johns832@msu.edu or call (517)552-6905

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LEGO SPIN Club

January **4-H Lego Master Builder SPIN Club**, will begin on Monday, January 18th and end Friday, January 22nd, registration closes on January 14th. This club will meet virtually every day from 10-11:15 am EST. Over the course of the week, youth will get a chance to be creative, be ingenious, be an engineer and become a Master Builder with LEGO! This 4-H SPIN Club is **FREE** and **OPEN** to 4-H and non-4-H members ages 5 to 12. For more information and to register, please visit: <https://events.anr.msu.edu/4HLEgoSPINClubJanuary/>

This 4-H SPIN Club will meet virtually via Zoom (both computer and smartphone accessible). Zoom link information will only be sent to event registrants that complete their 4-H Online enrollment by January 15th (Club is listed under Livingston County – SPIN Club LEGO Master Builder).

Minecraft SPIN Club

January **4-H Minecraft SPIN Club**, will begin on Monday, January 25th and end Friday, January 29th, registration closes on January 21st. This club will meet virtually every day from 10-11:15 am EST. During this week, youth will be introduced to computer coding through the world of Minecraft- no game necessary! This 4-H SPIN Club is **FREE** and **OPEN** to 4-H and non-4-H members ages 8 to 12. For more information and to register, please visit: <https://events.anr.msu.edu/4HMinecraftSPINClubJanuary/>

JOIN US ONLINE!
4-H MINECRAFT SPIN CLUB

An introduction to computer coding through the world of Minecraft!
Open to all youth age 8 to 12.

Sign up by January 21st!
Starts: Monday, January 25-29, 2021
From: 10-11:15am

Questions: Christine Miller email at johns832@msu.edu or call (517)552-6905

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STATEWIDE CALENDAR OF EVENTS

4-H Events and Workshops

January 7: Cloverbud Social Emotional Wellness Kit

Statewide

Complete activities together with your child to help them explore their emotions. Supplies for activities are included in the kit and can be shipped directly to your home.

<https://www.canr.msu.edu/events/cloverbud-social-emotional-wellness-kit>

January 12: Wild and Crazy Careers 4-H SPIN Club

Zoom Webinar

In this six-week series, youth will hear from people who have turned their hobbies and passions into their dream job. Hear from wildland firefighters, wildlife documentary creators, zookeepers, mountaineers and more!

<https://www.canr.msu.edu/events/wild-and-crazy-careers-4-h-spin-club>

January 14: Adulthood 101 - International Conversations

Zoom Webinar

The Adulthood 101 series helps high school youth prepare for life on their own. This session will explore cultural values from around the world. Additional sessions will be held on the next two Thursdays and cover goal setting and food safety, respectively.

<https://www.canr.msu.edu/events/adulthood-101-winter-series-jan-14>

January 21: Success and Safety on Volunteer-led Virtual Programs

Zoom Webinar

In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults.

<https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-1>

January 26: Success and Safety on Volunteer-led Virtual Programs

Zoom Webinar

In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults.

<https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-2>

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

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**Give the gift of
Spartan Cheese!**



Spartans are creative and adaptive, so when the COVID-19 pandemic disrupted normal operations this year, MSU Dairy Store cheese was transferred to MSU Extension. The MSU Product Center then turned this into an opportunity for the perfect holiday gift box. Start your new year with delicious Spartan cheese!

MSU Dairy Store cheese boxes are available for a limited time. From smoky cheddar to salty caerphilly, gift boxes are available for delivery or contactless pickup in Okemos or Novi. Visit the online store today at <https://msu-dairy-store.myshopify.com/>.

2021 Michigan 4-H State Award Changes



Are you planning to apply for a 2021 Michigan 4-H State Award or submit a Mark of Excellence essay? The timeline for these exciting programs has changed!

The deadline to submit applications or essays is now April 1, 2021. Applications will again be submitted with the MSU Extension events management system.

Additional information regarding the awards program will be forthcoming. Learn more and apply at: extension.msu.edu/4HStateAwards.



4-H Ninja Warrior SPIN Club

Ever wonder what it takes to be a ninja warrior like you see on TV? Besides being physically active and in shape, what other things help them to be successful?

Michigan 4-H will be hosting a new and fun SPIN club opportunity for youth to learn what it takes to become a ninja warrior. Throughout the six-week series, different topics will be explored to help youth learn how to be active and strive to be healthy.

This series will run each Wednesday from February 10—March 17. Topics covered will include:

- **Goal setting.** Uncover your physical fitness goals and how you can accomplish them.
- **Strength.** Ninjas have to have both physical and mental strength. Explore ways to improve your strength.
- **Physical activity.** Learn exercise practices that can help you move and gain flexibility.
- **Good nutrition.** Ninjas must eat right to perform at their best. Discover what does good nutrition look like.
- **Balance.** Balance is fundamental in ninja training. Learn ways to build balance into everyday routines.
- **Mindfulness (patience and focus).** Learn strategies that build patience and focus during your ninja training.

Youth that complete the SPIN club will have the opportunity to hear directly from a real-life ninja: 2020 American Ninja Warrior winner Daniel Gil. He will speak to Michigan 4-H youth and friends on Wednesday, March 24. To register for the club, visit www.canr.msu.edu/events/4-h-ninja-warrior-spin-club.

Resolve to have a great 4-H year

Christine Heverly, MSU Extension. Adapted from an article originally published by Sandy Risedorph.

As we begin 2021, 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 Roberts Rules of Order. 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 will be safe, comfortable and welcoming.
5. Fun will be included in each meeting.
6. The club will pursue at least one community service project chosen, planned and celebrated by the club.
7. New members will have a buddy they may talk with about any 4-H questions.
8. The 4-H Pledge will be said at every meeting.
9. Every club member will be recognized in some way to let them know they are cared about.
10. The club will review club resolutions and Guiding Principles at least once year.