



MARCH 2023

4-H Family News

Livingston County



4-H Teens Ages 13-19! We Need YOUR Feedback on the 4-H Teen Ambassador Program

We are working hard to bring in a new program to replace the King and Queen contest at fair, and we need your feedback and suggestions! Join us for the 4-H Teen Ambassador Feedback Zoom Session on March 23rd at 7 pm on Zoom to learn more about what we have planned, and to provide input on what you would like to see from this program.

This event is open to currently enrolled 4-H youth ages 13-19. Registration closes March 21st at 5pm.

To register for this event:

https://msu.co1.qualtrics.com/jfe/form/SV_bCtIhx2kDMRPq1o



UPCOMING MEETINGS & EVENTS:

Animal Project Committee Meeting

March 7th at 7 pm at the MSU Extension Office

Cat Showmanship Clinic

March 10th at 7 pm at the MSU Extension Office

Horse Committee Meeting

March 14th at 7 pm at the MSU Extension Office

Conservation Quest: Intro to Conservation and Bobwhite Quails

March 17th at 6:30 pm on Zoom

4-H Council Meeting

March 21st at 7 pm at the MSU Extension Office

4-H Ambassador Program Feedback

March 23rd at 7 pm on Zoom

Cloverbud Spring Break Camp

March 29-31st at LESA and 4-H Building

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COUNTY 4-H NEWS

Livingston County 4-H Conservation Quest: Introduction to Conservation and Bobwhite Quails: March 17th at 6:30 pm on Zoom



We are excited to announce Livingston County 4-H Conservation Quest! This FREE 6 session program is open to all youth ages 8-19*, and will feature both in person and virtual sessions. Register here:

<https://events.anr.msu.edu/4hconservationquestmarch/>

To kick off this exciting wildlife habitat conservation program, we invite you to join us for our first session on zoom on March 17th at 6:30 pm to learn more about this program, and to learn all about Bobwhite Quail conservation from special Guest Speaker, Gianna Coppola! Gianna is a Livingston County 4-H member in the Roots and Wings 4-H Club, a Michigan 4-H Statewide Leadership Council Member, and has a wealth of knowledge on all things

Bobwhite Quail. **FYI this program is different from the Statewide Wild Spartans Series which has a session on Pheasants with Marissa Jensen, Pheasants Forever and Quail Forever Education and Outreach Manager, on March 14th. If you have a youth passionate about Pheasants and Quail, you are welcome to attend both.** Future sessions will feature guest speakers from Pheasants Forever, hands on activities, and exciting field trips to local wildlife areas!

*If your cloverbud is interested in participating, please contact 4-H staff.

Cloverbud Spring Break Camp Needs Teen Counselors!

Do you know a teen between the ages of 13-19 years old interested in volunteering with kids? Join us as a teen counselor at the Livingston County 4-H Cloverbud Spring Break Camp on March 29-31st.

This Cloverbud Spring Break Camp will run from 9 am-3 pm on Wednesday, March 29 & Thursday March 30 at Livingston Educational Service Agency and Friday March 31 at the 4-H Building in the Fowlerville Family Fairgrounds. The camp will be STEAM focused with lots of hands-on interactive activities for our Cloverbud campers.



The teen counselor role offers teens a chance to enrich, mentor, and lead campers while gaining valuable leadership and life skills. Teen counselors do not have to be current 4-H members as long as they enroll in 4-H before the first day of camp. Teen counselors must sign up for at least one day of camp and arrive at 8:30 am to help set up for the day. Got questions? Please email Jenny Speyer at speyerje@msu.edu

Register now at: <https://events.anr.msu.edu/livingstoncloverbud/>



COUNTY 4-H NEWS

Cat Showmanship Clinic: March 10th at 7 PM in the MSU Extension Office

New to showing cats? Just want to brush up on your skills? Join us on Friday, March 10th for a chance to learn more from the Fowlerville Family Fair Cat superintendent! **There will be no live animals at this event, please bring a stuffed animal to practice with!** Registration for this event closes on March 8th at 5pm. Sign up today

To register for this event:

https://msu.co1.qualtrics.com/jfe/form/SV_9piyW6THbTqOK4m



Fowlerville Youth Show Deadlines to Enroll in 4-H Online

We want to remind our 4-H members that the Fowlerville Youth Show is open to 4-H, FFA, and Junior Agricultural Society members that **enroll by May 1st of 2023**. Last year, Fowlerville Youth Show registrations opened on June 1st and that is when youth can register for the Youth Show. If you have questions about the Fowlerville Youth Show, please contact them at fair@fowlervillefamilyfair.com.

Animal Project Committee By-Laws Change

The Animal Project Committee is amending their by-laws to allow youth as young as 9-year-olds to participate as an elected member. Youth will be encouraged to assist in planning county wide events and activities and will be given the opportunity to grow their leadership and public speaking skills!

Please contact Kat or attend the next Animal Project Committee meeting on March 7th at 7 pm in the MSU Extension Office for more information on how to get involved!

Leader Recognition Picnic: May 22nd at 6 pm at Fowlerville Fairgrounds



We would like to formally invite all of our Livingston County 4-H volunteers to our Leader Appreciation Night on Monday, May 22nd, at 6pm. This event will take place at the Fowlerville Fairgrounds in the Livestock arena and Dan Krebs picnic area.

This is a night of celebration, appreciation, and fun for all that you do as volunteers for our Livingston County 4-H Program. We couldn't do this without you!

We do ask that you pre-register for this event, so that we can

adequately plan for refreshments and activities. While this event is meant for our volunteers, we understand that some circumstances may require children attend. Please contact staff if your children need to attend so that we can make appropriate accommodations.

Registration: <https://tinyurl.com/4HLivinVolunteers>

COUNTY 4-H NEWS

Grand Equestrians Therapeutic Riding Program Needs you! If you Love Working with Horses and Children, this Could be for you!

Grand Equestrians help special needs children with therapeutic horseback riding, and there are volunteer opportunities available to help bring in horses on the day of classes, grooming, tacking, and helping children get ready to ride. Once the rider is mounted, up to three volunteers are needed per horse:

One or Two side walkers who walk alongside the horse and rider to offer support, and one person who leads the horse. Side walkers and horse leaders need to be 14 years old, younger volunteers are able to help with grooming, tacking, assisting with games, etc.

Riders are put through patterns of walking, trotting, reversing, changing directions, and stopping. We also play games on horseback like Egg and Spoon, and Red Light, Green Light. The Grand Equestrians riders also show at Fair, which is especially awesome!

It is so rewarding to see the smiles on the kid's faces and see the progress they make! We also sign for community service hours 😊

2023 Classes will start June 6th and run through July 18th on Tuesdays only from 6:00 p.m. – 9:00 p.m. There will be no class on July 4th.

Email grandequestrians@gmail.com to sign up or for further information!





STATEWIDE CALENDAR OF EVENTS

Win prizes with 4-H Money Contests



Money, money, money! In honor of Financial Awareness Month held each April, MSU Extension is coordinating two contests with an opportunity to win... money!

Youth ages 9-12 can write a short essay of 300 words or less for a chance to win a \$100 gift card in the Cash Composition Contest.

Youth ages 13-19 can participate in a 30-question online challenge for a chance to win a \$25 gift card in the Show Your Money Smarts Contest.

Learn more at www.canr.msu.edu/4-h-money-smarts. Prizes for the contests are generously sponsored by Extra Credit Union and the Michigan Credit Union Foundation.



March 2: Build Your Future - Career Education for Youth

Online

Adults who work with youth are encouraged to join this webinar session to learn ways to implement career education and workforce development skills with youth!

www.canr.msu.edu/events/build-your-future-mar-2

March 10: 4-H Teen Fun Night

The Northern Center & Fox Den Restaurant, Houghton Lake

Teens from Roscommon and surrounding counties are invited for a night of video games, basketball, board games, cards, food, fun and making friends.

<https://www.canr.msu.edu/events/4-h-teen-fun-night-march-2023>

March 11-12: Tollgate Farm Maplefest

Tollgate Farm, Novi

Identify and tap a maple tree, tour the sugar shack, explore fun maple-themed activities, take a wagon ride, taste maple sap, syrup and sugar, and explore maple tools and technology. Enjoy pancakes, sausage, coffee, cocoa and real maple syrup in the historic 19th-century barn.

www.canr.msu.edu/events/msu-tollgate-farm-maplefest

March 14: Wild Spartans Series - Upland Bird Conservation

Online

Meet Pheasants Forever and Quail Forever Education and Outreach Manager Marissa Jensen. Learn about her field work and the education and career path she followed to get there.

www.canr.msu.edu/events/wild-spartans-series-march-2023

March 16: Adulting 101 – Paycheck and Taxes

Online

Understanding why and how taxes and other items are deducted from a worker's paycheck is an important step toward gaining financial knowledge. Explore what taxes are and why we pay them. See how taxes affect your salary vs. your take home pay.

www.canr.msu.edu/events/adulting3-16-23

March 18: 4-H Hippology Contest

Anthony Hall, East Lansing

Participants will be able to demonstrate their experience and knowledge gained in horse judging, quiz bowl, speeches and practical horse management. Register by March 3.

www.canr.msu.edu/events/mi-4-h-hippology-contest





STATEWIDE 4-H NEWS

Apply for the Michigan 4-H State Awards!

Michigan 4-H true leaders ages 11 and older have an opportunity to be recognized for the great work they do in 4-H and develop their career skills 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.

More information about the Michigan 4-H State Award process can be found online at <http://bit.ly/stateaward>. Applications are due April 1. For more information, contact your 4-H program coordinator or email Betty Jo Krosnicki at nashbett@msu.edu or Janice Zerbe at rajzerj@msu.edu.



MICHIGAN 4-H VOLUNTEER WEBINAR SERIES

- February 28th**
Building the Value of Your 4-H Club
- March 16th**
Creating a Welcoming 4-H Club
- April 13th**
Energizing Your 4-H Club Meetings

ALL TRAININGS OFFERED 12-1PM EST AND 7-8PM EST

REGISTER HERE:
www.canr.msu.edu/volunteering/mi-4-h-volunteer-webinar-series

Register for Michigan 4-H Volunteer Webinar Series!

Join Michigan 4-H for an online webinar series that will provide volunteers with a variety of learning opportunities to help them grow as a volunteer and support Michigan 4-H'ers.

There will be a minimum of six topics offered throughout the year, with each topic offered twice (once as a daytime and once as an evening option). Everyone who attends at least four of the live webinars will receive a certificate at the end of the series.

The session dates and topics for the first three months are:

- **Building the Value of Your 4-H Club:** This session will focus on the key components of creating a club environment and how that leads to positive outcomes.
 - February 28, from 12:00 - 1:00 p.m. or 7:00 - 8:00 p.m.
- **Creating a Welcoming 4-H Club:** This session will allow you to learn new strategies as well as share methods that have worked for you.
 - March 16, from 12:00 - 1:00 p.m. or 7:00 - 8:00 p.m.
- **Energizing Your 4-H Club Meetings:** Learn quick and engaging activities to make your next meeting both fun and functional. Have fun and learn ways to help everyone participate at their own comfort level.
 - April 13, from 12:00 - 1:00 p.m. or 7:00 - 8:00 p.m.

For registration links or more information, visit www.canr.msu.edu/volunteering/mi-4-h-volunteer-webinar-series.



MSU Extension Child and Family Development

MSU Extension has a wide range of free online classes for parents and caregivers of children of all ages and early childhood professionals.

Extension Extra's Parenting Hour

These free online parenting workshops will provide guidance for parents of young children as they navigate the challenges, concerns, and joys of parenting. Participants may register for as few or as many workshops as they wish. The workshops are on Tuesday evenings from 8:00 to 9:30PM EST as follows:

Class dates:

- 3/7/23: Importance of Outdoor Play
- 3/14/23: Setting the Stage: Promoting Social-Emotional Health in Young Children
- 3/21/23: Screen Time for Children
- 3/28/23: RELAX: Alternatives to Anger for Parents and Caregivers

Registration: https://msu.zoom.us/webinar/register/WN_prC0K8g9SFe2es2ymb6_kg

For more information contact Courtney Aldrich at aldric82@msu.edu

Guiding Principles for Highly Successful Parenting

Are you wondering how to gain greater cooperation from your children? Struggling with chores or routines? Not sure how to handle discipline issues? Join us for this five week parenting education series for parents with children of all ages will explore developing routines, emotional control, rules and relationships, and being a calm, assertive parent. Certificates of attendance are available.

Class dates: March 13, March 20, March 27, April 3, April 10

Class times: 8:00pm-9:30pm EST

Registration: <https://events.anr.msu.edu/GuidingPrinciplesMarApr2023/>

For more information, contact Courtney Aldrich, aldric82@msu.edu

The Parent Talk System

Do you feel like your children aren't listening to you? Finding yourself constantly repeating yourself trying to gain compliance? This 6 week series is for parents of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. Topics include eliminating unwanted behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character. Certificates of attendance are available.

Class dates: March 2, March 9, March 16, March 23, March 30, April 6

Class times: 11:30am-1pm EST

Registration: <https://events.anr.msu.edu/ParentTalkMarch2023/>

For more information, contact Courtney Aldrich, aldric82@msu.edu

March Lunchtime Webinar: Shingles and Chickenpox

Did you know that shingles and chickenpox are two different illnesses caused by the same virus? Join us for a conversation with Katie Stanulis, nurse practitioner, from the Sparrow Medical Group. We will be speaking with Katie about the differences between shingles and chickenpox and the role of vaccination in preventing and managing these diseases. Pre-register and join via Zoom or watch the live stream on our [Facebook page @MiStrongerFamily](https://www.facebook.com/MiStrongerFamily).

Date: March 14th

Time: 12:00PM-1:00PM

Zoom Registration Link: <https://bit.ly/MVPshingles>



MSU Extension Child and Family Development

MSU Extension has a wide range of free online classes for parents and caregivers of children of all ages and early childhood professionals.

Early Childhood Professional Development Classes

These free online classes provide professional development training hours for early childhood professionals. Credit in the MiRegistry system is available.

Essential Skills for Learning and Life

Class Date: March 16th

Class Time: 7:00PM to 8:30PM

Registration: https://msu.zoom.us/webinar/register/WN_-fWIZlqTu-lkyn9Czibow

The Importance of Outdoor Play

Class Date: March 24th

Class Time: 1:00PM to 2:30PM

Registration: https://msu.zoom.us/webinar/register/WN_VLYBmjHIR-qzBK-PRCn0Gg

For more information contact Vivian Washington at washi138@msu.edu



Online Self-Paced Classes

These free online classes can be completed on your own at your own pace.

Positive Discipline

Helping young children learn self-control is important to their ability to be successful citizens now and in the future. Positive Discipline workshops help adults learn how their role in creating appropriate environments and experiences can strengthen that development. This class has a “parent and caregiver” track and a “professional” track. Certificates of attendance are available for all who take the class and professional development training hours are available for early childhood professionals. Credit in the MiRegistry system is available.

Registration: <https://www.canr.msu.edu/courses/positive-discipline-online-course>

For more information contact Courtney Aldrich at aldric82@msu.edu

Infant Safety

MSU Extension has partnered with the Livingston County Child Abuse Prevention Council to create a self-directed online infant safety course called “Sleeping, Crying, Driving.” This three part course contains videos and interactive content on infant safe sleep, how to handle extended infant crying and guidelines for transporting your child safely. A certificate of completion is available for those who need proof of attendance.

Registration: https://www.canr.msu.edu/early_childhood_development/infant-safety/

MI Parenting Resource

This free, online program is meant to support caregivers across the state in strengthening their parent-child relationships and gaining new tools for enhancing positive child behaviors.

Registration: <https://miparentingresource.org/>

For more information contact Courtney Aldrich at aldric82@msu.edu