

*Osceola County*

# 4-H Family News

January 2021

Happy New Year and best wishes to you and your family as you begin the start of a New Year!

A new year brings new opportunities. Are you looking to try something new and exciting this year? How about participating in a virtual program that is being offered either local or statewide. Challenge yourself to and try something you have never done before.

Keep your calendar handy in order to make sure you do not miss any of the events or meetings you have planned. We have the Judy Mohr Life Skills Market Contest application available to be emailed for goats, rabbits, and livestock are due February 15, 2021. Also, in this newsletter the turkey order form is available. Please read the whole form and please keep an eye on the postmark deadline.

The 4-H office will keep you inform on all updates as we continue to move thru this pandemic. We will continue to have no face to face meetings until further notice. Remember we have had several virtual meetings with all county wide programs like OLC and Small Animals. Please see the message from Robin below.

Sincerely,

Jacob Stieg, Osceola County 4-H Coordinator

Due to some recent changes at Osceola County my hours in the 4-H Office have changed. I will still be in the Courthouse all day, but my hours are being shared with the Treasurer's Office. I will be available via email and phone all day (except for vacation days, Holidays, etc.) Hope this will not inconvenience anyone at this time, especially with the rest of the office working remotely. Please remember that at this time you need an appointment to enter the courthouse due to the up rise in COVID-19 cases in Osceola County.

Thank you,

Robin Eisenga, MSU Extension Osceola County Support Staff

## Contact Us

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4-H Coordinator

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Like us on Facebook -  
"Osceola County Michigan  
4-H"



**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/>.

## 4-H Events and Workshops

### January 5: Art & Activism SPIN Club

*Zoom Webinar*

Youth ages 9-13 are invited to join discussions and activities related to activism. Michigan AmeriCorps members will lead the meetings from 6-7 p.m. each Tuesday from Jan. 5 - Feb. 23. <https://www.canr.msu.edu/events/art-activism-spin-club>

### January 6: Supportive Teens Empowering Peers SPIN Club

*Zoom Webinar*

The 4-H Supportive Teens Empowering Peers (STEP) SPIN Club provides an opportunity for teens ages 13- 19 to connect virtually with peers through fun games, social interaction and more! This club will meet from 4-5 p.m. each Wednesday from Jan. 6—Feb. 24. <https://www.canr.msu.edu/events/4-h-step-spin-club-jan-6-feb-24>

### 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: Adulting 101 - International Conversations

*Zoom Webinar*

The Adulting 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/adulting-101-winter-series-jan-14>

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

*Zoom Webinar*

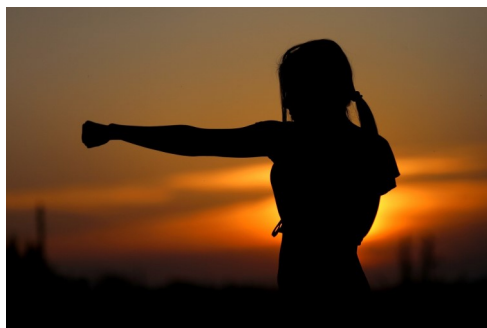
In this workshop, participants will learn about best practices and strategies to use when programming virtually with youth and adults. <https://www.canr.msu.edu/events/success-and-safety-in-virtual-volunteer-led-programs-1>

### 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>.



## 4-H Ninja Training SPIN Club

Ever wonder what it takes to be a ninja 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. Throughout the six-week series, different topics will be explored to help youth learn how 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](http://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.

## 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/4H/StateAwards](http://extension.msu.edu/4H/StateAwards).

## Local News and Events

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### Small Animal

#### Rabbit Breed Dates:

Evart Meat Pens/Single Fryers Breed date on March 5th due April 5th

Marion Meat Pens/Single Fryers Breed date on March 5th due on April 5th

The mandatory **order Zoom meeting for Market Turkeys** for the Marion and Evart Fairs and Small Animal Association meeting will be held on Monday, January 11th via Zoom. Prices are \$10 for Marion Turkeys and \$9 for Evart Turkeys. The Turkey Order Form is attached on page 5. Please turn in your form and payment by January 22, 2021 to the 4-H Office either by mail or in person. If mailed it must be postmarked by January 20, 2021.

\* \* \* \* \*

### Did you know???

Did you know that the Horse Developmental Committee has Troxel Riding Helmets available for sale at the 4-H Office. If you are needing a new helmet come see us, they are \$25. We have sizes XS, S, M & L.

\* \* \* \* \*

### General News

**Judy Mohr Life Skills Contest** - This is open to any youth that is interested. Youth will fill out an application for Turkey, Poultry, Rabbit, Goat, Beef, Sheep and Swine, then submit it the 4-H Office by the deadlines. The Selection Committee will go through the applications and pick individuals that will go to the next step by participating in a non-formal interview. After the interview one recipient will be awarded for each species and that species must be shown and sold at any of the three fairs. Please watch your emails for more information such as applications and deadlines.

**High School Seniors!!** The Osceola County Community Foundation webpage has scholarship opportunities. You can access the webpage at: <https://facommunityfoundation.org/scholarships/>

**Small Animal and OLC Educational Meetings** are being held on the second Monday of every month until we can meet face to face again. Please watch your emails for the links to the Zooms. There are different age groups, but family members can participate in one Zoom session, even if they are different age groups. Please reach out to us if you have any questions.

**Upcoming  
Fair Dates for  
2021:**

**Marion Fair -  
June 13 - 19**

**Osceola  
County Fair -  
July 25 - 31**



**2021 4-H MARKET TURKEY ORDER FORM****Osceola County 4-H Program**

4-H Office (231)832-6139

Jacob cell (231)465-5011

There is no minimum order amount required. However, it is common knowledge that birds do better when raised in a "flock" of several. This also gives you a better choice at fair time.

Prices are per bird: Marion = White \$ 10.00 ea.

Evart = White \$ 9.00 ea.

**ORDERS MUST BE PREPAID. PLEASE FILL OUT ALL OF THE FOLLOWING INFORMATION.****MAKE CHECKS PAYABLE: OSCEOLA COUNTY SMALL ANIMAL ASSOCIATION**

NAME OF 4-H MEMBER(S): Last \_\_\_\_\_

First \_\_\_\_\_

\_\_\_\_\_

Number of Marion white market turkeys \_\_\_\_\_ X \$ 10.00 = \_\_\_\_\_

Number of Evart white market turkeys \_\_\_\_\_ X \$ 9.00 = \_\_\_\_\_

TOTAL \_\_\_\_\_

Check/Cash \_\_\_\_\_

Date \_\_\_\_\_

I realize 4-H chicks need to be given feed, water and placed in a warm environment as soon as possible. I also realize that we are solely responsible for picking up these ordered chicks and for their care.

SIGNATURE OF PARENT OR GUARDIAN \_\_\_\_\_

PERSON WHO WILL PICK UP YOUR CHICK ORDER \_\_\_\_\_

PHONE NO. OF PERSON WHO WILL PICK UP ORDER \_\_\_\_\_

NAME OF YOUR 4-H CLUB \_\_\_\_\_

NAME OF CLUB LEADER \_\_\_\_\_

**TENTATIVE DELIVERY DATES**

MARION – Tuesday, March 3-4, 2021

EVART – Tuesday, March 31-April 1, 2021

To be post marked by January 20, 2021

Osceola County MSU Extension

301 W. Upton. Reed City, MI. 49677

# January 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office closed for New Years	2
3	4	5	6 4-H Coun- cil Zoom	7	8	9
10	11 Small Ani- mal & OLC Zooms	12	13	14	15	16
17	18 Marion Fair Board Mtg 7pm Courthouse closed MLK Day	19	20	21 Horse Devel- opmental Committee 7:30	22	23
24	25	26	27	28	29	30
31						

## Upcoming in February...

8th - Small Animal  
& OLC Zooms

15th - Judy Mohr  
Life Skills  
Applications are  
due to the 4-H  
Office

15th - Courthouse  
closed for  
President's Day

15th - Marion Fair  
Board Mtg