



St. Joseph County 4-H

# January/February 2021

**The MSU Extension office is closed to the public.**  
**Questions, call 269-467-5511.**

SUN	MON	TUE	WED	THU	FRI	SAT
<b>MSU Extension Remote Learning &amp; Resources:</b> <a href="http://www.canr.msu.edu/rlr/">www.canr.msu.edu/rlr/</a> <a href="#">Stress Less with Mindfulness</a> <a href="#">National Diabetes Prevention Program</a> <a href="#">Wild Spartans Series</a> <a href="#">Cooking with Kristi</a> <a href="#">Planting the Seeds for Healthy Habits</a>	<b>18</b> <b>OFFICE CLOSED</b> <a href="#">Calming down and de-stressing</a> 11:30 a.m. <a href="#">Electric Pressure Cookers</a> 1:00 p.m. <a href="#">Do you think your property value is too high?</a> 7:00 p.m.	<b>19</b> <a href="#">Be Food Safe &amp; Ready for Emergencies: Being Mindful in Emergencies</a> 12:00 p.m. <a href="#">Cooking for Crowds</a> 1:00 p.m. <a href="#">Extra Parenting Hour: ABC's of Early Literacy</a> 8:00 p.m.	<b>20</b> <a href="#">Michigan Cottage Food Law</a> , 10:00 a.m. <a href="#">Changing Negative Self-Talk</a> , 12:00 p.m. <a href="#">Homeownership</a> 4:00 p.m. <a href="#">Secret recipes for invisible ink!</a> , 4:00 p.m. <a href="#">Foreclosure Basics</a> , 6p	<b>21</b> <a href="#">Have a Seat</a> , 12 p.m. <a href="#">Using your frozen fruit to make jelly or jam</a> 1:00 or 6:00 p.m. <a href="#">Mindful Walking</a> , 2 p.m. <a href="#">Applying for Student Loans</a> 3:00 p.m. <a href="#">Adulting 101: Goal Setting</a> 4:00 p.m.	<b>22</b> <a href="#">State 4-H Rabbit &amp; Cavy Show</a> <a href="#">Not MI Species: Hemlock Rescue</a> 9:00 a.m. <a href="#">DIY Recipe Videos!</a> 10:30 a.m.	<b>23</b> <a href="#">Maple Education Event</a> 8:45 a.m. <b>More remote learning:</b> <a href="#">Science Experiments with Household Products</a> <a href="#">Minecraft SPIN Club</a> <a href="#">Cozy up to Nutrition</a> <a href="#">Jedi Training</a>
<a href="#">Ice Fishing Rod Kit</a> <a href="#">Wild and Crazy Careers</a> <a href="#">Pet Care &amp; Careers</a> <a href="#">Paracord Bracelets 101 Kit</a> <a href="#">Powerful Tools for Caregivers &amp; Caregivers of Special Needs Children</a> <a href="#">Birth Management for Sheep and Goats</a> <a href="#">Teen Photo Project</a>	<b>25</b> <a href="#">Six Principles of Problem Solving</a> , 11:30 a.m. <a href="#">Winter Food Safety: Freezer Jam</a> , 1:00 p.m. <a href="#">Farm Financials 101</a> , 6pm <a href="#">4-H State Award Application...where do I start?</a> 7:00 p.m.	<b>26</b> <a href="#">How much home can you afford?</a> , 12 p.m. <a href="#">Life of the Straits: Ice Fishing</a> , 6 p.m. <a href="#">Safe Food == Health Kids</a> , 6 p.m. <a href="#">Beekeeping</a> , 7 p.m. <a href="#">Extra Parenting Hour: Mindfulness</a> , 8 p.m.	<b>27</b> <a href="#">Caring for the Caregiver</a> , 12:00 pm <a href="#">4-H Volunteer Brainstorming</a> , 12:30 pm <a href="#">Milk comes to life!</a> , 4 pm <a href="#">Can you explain your tax bill?</a> , 7:00 p.m. <a href="#">4-H State Award Youth Training</a> , 7:00 p.m.	<b>28</b> <a href="#">Homeownership</a> , 9 a.m. <a href="#">Have a Seat</a> , 12 p.m. <a href="#">All about beans</a> , 1 or 6 p.m. <a href="#">Be kind to your Mind</a> , 1:30pm <a href="#">Adulting 101: Food Safety</a> , 4pm <a href="#">Officer Training</a> , 6 p.m. <a href="#">Backyard Winter Activities</a> , 6pm <a href="#">4-H Volunteer Brainstorming</a> , 7:00 p.m.	<b>29</b> <a href="#">Mindfully Feeding Infants &amp; Toddlers</a> 1:30 p.m.	<b>Note:</b> All of the titles on this calendar are clickable "active" links to more information about each event. Most registrations close the night before the event, so if something sounds fun or interesting, check it out before it's supposed to start.
<a href="#">Cooking for One Mondays or Tuesdays</a> <a href="#">RELAX: Alternatives to Anger</a> <a href="#">Guiding Principles for Highly Successful Parenting</a> <a href="#">Building Early Emotional Skills for Parents</a> <a href="#">Virtual Pest &amp; Crop Management Update</a>	<b>1</b> <a href="#">Living Grief</a> , 10:00 a.m. <a href="#">Forgiving &amp; Letting Go of the Past</a> , 11:30 a.m. <a href="#">Score a touchdown on Food Safety</a> , 1:00 p.m. <a href="#">Youth Council Meeting</a> , 6:30 p.m.	<b>2</b> <a href="#">Be Food Safe &amp; Ready for Emergencies: Emergency Preparedness for Seniors</a> , 12:00 p.m. <a href="#">Life of the Straits: Sledding</a> , 6:00 p.m. <a href="#">Horse Council Meeting</a> , 6:30 p.m.	<b>3</b> <a href="#">Understanding Food Labels</a> , 11:00 a.m. <a href="#">Begin with a Breath</a> 12:00 p.m. <a href="#">Make a spending plan work for you</a> , 12:00 pm <a href="#">Melding ice with food science!</a> , 4:00 p.m.	<b>4</b> <a href="#">Preserving Soups and Broth</a> 1:00 or 6:00 p.m. <a href="#">Life of the Straits: Snowshoeing/Winter Hiking</a> 6:00 p.m. <a href="#">Tips to Build and Protect your Credit</a> , 6:00 p.m. <a href="#">4-H State Award Youth Training</a> , 7:00 p.m.	<b>5</b>	<b>If you need to drop off paperwork at the office, please leave it in the bottom part of the black mailbox (locked section) on the east side of the building and put the flag up. Thank you.</b>