



MARCH 2023

4-H Family News

Washtenaw County



4-H Kitchen Coordinator Needed for Washtenaw County 4-H Youth Show!

The 4-H Service Club and 4-H Office are in search of a 4-H Kitchen Coordinator for the Washtenaw County 4-H Youth Show from July 23-28th. Applicants must be ServSafe Certified and have experience in food prep, handling, and storage. If you are interested and not ServSafe Certified, please reach out and we may be able to cover the cost of the certification.

A stipend will be provided for this position. Profits from the 4-H Kitchen go to support the Washtenaw County 4-H Program and fund annual youth scholarships. Help us provide affordable food options for 4-H families and raise funds for the Washtenaw County 4-H Program! [A full job description can be found here.](#)

Please help us spread the word about this need by sharing the job description and our [facebook posts](#). If you have any questions about the position, please email Jenny Speyer, speyerje@msu.edu.



UPCOMING MEETINGS & EVENTS:

Horse Board & Association Meeting

February 28th at 6:30 pm and 7 pm at the MSU Extension Office

Still Project Committee Meeting

February 28th at 6:30 pm on Zoom

Beef Weigh In & Tagging for Washtenaw County 4-H Youth Show

March 4th from 8-11 am at the Washtenaw Farm Council Grounds

Horse Board & Association Meeting

March 7th at 6:30 & 7 pm at the MSU Extension Office

Small Animal Committee & Cloverbud Meet your Mentor Night

March 7th at 6 pm & 7 pm at the MSU Extension Office

Mindfulness Training & Advisory Council Meeting

March 9th at 7 pm at MSU Extension Office

CONTACT US

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COUNTY 4-H NEWS

Cloverbud Meet your Mentor Night: March 7th at 7 pm



Do you have a Cloverbud (5-7 years old) interested in participating in a livestock project area? What about a teen (13+) who is excited about a livestock project area and wants to share their knowledge and serve as a mentor? Small Animal Committee and Livestock and Dairy Committee are hosting Cloverbud Meet your Mentor Night on **March 7th at 7 pm** in the MSU Extension Office. This event will match up mentors and mentees for the Cloverbud Mentor Program! This program is a great way for teens to gain leadership skills and provides our Cloverbud mentees with experience and skills in a livestock project area.

This evening will feature a short presentation about the program and

provide mentors and mentees time to get to know each other playing games and enjoying an ice cream social!

Questions? Contact Katherine Miller mill2948@msu.edu or 4-H leader, Mandy Rogers rogers3mandy@yahoo.com

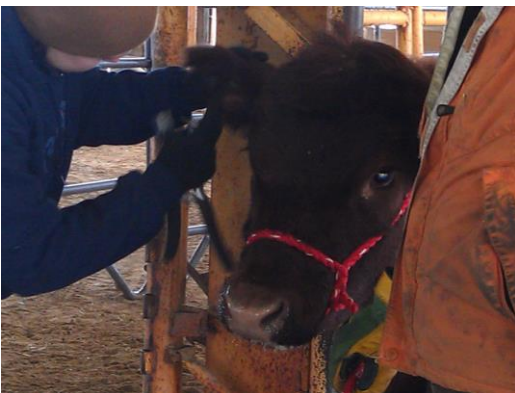
Mindfulness Training: March 9th at 7 pm at the MSU Extension Office

4-H volunteers, parents, and teens are invited to join the 4-H Advisory Council March 9th at 7 pm in the MSU Extension Office for a Mindfulness Training with MSU Extension Program Instructor Courtney Aldrich. This 30 minute training will provide adults and teens with strategies to recognize stress signals and move into mindful techniques. The 4-H Advisory Council will also provide pizza for all who attend. The 4-H Advisory Council meeting will take place after the training. Please register here:

<https://forms.gle/us7pn4JYAkBfqHsN6> so we have a head count for pizza!



Beef Weigh In/Tagging: March 4 from 8-11 am at the Washtenaw Farm Council Grounds



Youth planning to show beef at the Washtenaw County 4-H Youth Show, must attend the Beef Weigh In and Tagging on March 4th from 8-11 am at the Washtenaw Farm Council Grounds at 5055 Ann Arbor Saline Rd, Ann Arbor, MI 48103. RFID tags should be in ears, or at minimum, bring your tag and tagger; RFID is required for the Youth Show.

We also strongly encourage youth to be enrolled in [4-H Online](#) before weigh in dates as only currently enrolled 4-H youth are covered under 4-H liability policy. The next tagging date is April 29th for sheep, goats, feeders and swine.

Questions? Contact Katherine Miller, mill2948@msu.edu.



COUNTY 4-H NEWS

Project Galore: March 18th from 1-4:30 pm at the MSU Extension Office

Want to try out a new project area but don't know where to start? Project Galore is the perfect opportunity to learn a new project area with the help of a skilled adult or youth! This afternoon of sessions will allow 4-H members to try out different project areas including crochet, photography, cat showmanship, yoga, card making, weather, and much more! There is a \$5 supply fee for participants. Many sessions have limited spots available, so we encourage you to sign up as soon as the registration opens. You can find the schedule of sessions [here](#). We plan for registration to open in the next few days. We will send it out in 4-H online and on Facebook as soon as it opens.



Project RED Volunteers Needed for April 24-27th



Project RED (Rural Education Days) will again be held from Tuesday April 25 to Thursday, April 27th at the Washtenaw Farm Council Grounds. Set up will take place on the afternoon/evening of April 24th. The Washtenaw County MSU Extension 4-H Program, the Farm Bureau Promotion and Education Committee and the Washtenaw Farm Council sponsor this program filled with educational experiences for 3rd grade students. Volunteers are needed for animal exhibits, group leaders, commodity displays, and other educational exhibits. Thousands of 3rd graders across the

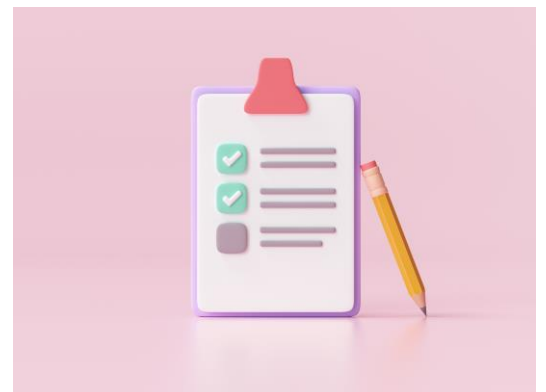
county enjoy this event each year, and it takes many hands to pull the event together. Don't miss out on a chance to help with this wonderful community event!

Sign up to volunteer here: <https://forms.gle/uQ8eXUN69FmGLkmLA>

We Need 4-H Youth Feedback! 4-H Education and Clinic Survey 2023

The 4-H Office is looking to add some educational opportunities from a wide area of interests this program year. Please take a moment to help us brainstorm and finalize some events and clinics that Washtenaw 4-H would be interested in attending. 4-H youth should fill out sections that they find of interest. Have an idea but it is not listed? Feel free to submit it in the other box. We appreciate your help in planning these exciting events and clinics this year!

Submit your feedback here: <https://forms.gle/rZ8iVTDAo5jqZMFS6>





COUNTY 4-H NEWS

Washtenaw County 4-H Junior Master Gardener Program: Starting May 8th at the Farm at Trinity Health Ann Arbor



We are excited to announce that our 4-H Junior Master Gardener Program is back this year at the Farm at Trinity Health Ann Arbor in Ypsilanti, MI. The 4-H Junior Master Gardener (JMG) program is designed for youth ages 9 to 11 and provides an interactive, hands-on educational experience in gardening enabling them to achieve a Junior Master Gardener certificate. Classes and workdays in the garden will take place on Monday evenings at the Farm. All sessions will be taught by adult volunteers who are both trained as MSU Extension Master Gardeners and 4-H volunteers. This program is a great experience for youth interested in gardening to get a deep understanding of planting, tending, and harvesting plants with a low youth to volunteer ratio.

The cost is \$50 for all the sessions but financial aid is available. Registration is limited to 12 youth, so sign up before the spots fill. Register here: <https://events.anr.msu.edu/WashtenawJMG2023/>

Valentine's Day Service Project: 4-H Junior Livestock

The Washtenaw County 4-H Junior Livestock teens made Valentine's Day special for their community. These beautiful handmade centerpieces and Valentine's Cards went to local seniors at the Chelsea Retirement Community. What a thoughtful service project that will make a difference in the lives of seniors in our community.



Washtenaw Conservation District School & Community Habitat Grant



Is your 4-H club looking to make a difference in your community? Washtenaw Conservation District School & Community Habitat Grant is open for applications for 2023. This grant provides tree, shrub, native plant material and technical assistance from WCCD and partners to local community organizations looking to create wildlife habitat in a public or semi-public space. If your 4-H club is interested in applying for this grant or any others, please let the 4-H office know. As 4-H clubs are under the umbrella of MSU we would need to assist with applications. Want to learn more about this grant? Check out the Washtenaw Conservation District website with more information: <https://www.washtenawcd.org/school-community-habitat-grant.html>



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](#).

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

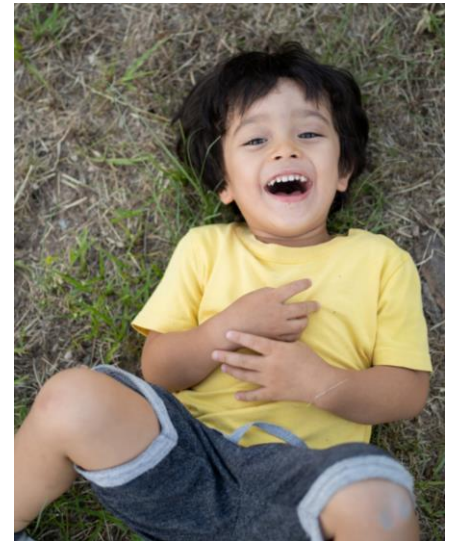
The Importance of Outdoor Play

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