



DECEMBER 6, 2024

4-H Family News

Ingham County



FALL CLOVER DAYS November 28-December 15

Sign up your club for promotion, demonstrations, etc. during these days:



<https://www.signupgenius.com/go/8050C4CA9A82EA3FB6-53442879-tractor#/>

Williamston

3001 N. Williamston Rd
Williamston MI, 48895

Stockbridge

4569 South M52
Stockbridge MI 49285

4-H REMINDER



RE-ENROLL NOW IN
4-H ONLINE FOR THE
NEW PROGRAM YEAR!

Contact Us:

Glenda Weiss

4-H Program Coordinator
weissg@msu.edu

Michigan State University Extension
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Rachel Ochylski

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Ingham County 4-H

<https://www.canr.msu.edu/ingham/4-h/>

Facebook

<https://www.facebook.com/Ingham4Hyou>

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COUNTY CALENDAR OF EVENTS

Horse Committee Meeting Wednesday, Dec 11, 7:00 pm Hilliard Bldg
 4-H Council Committee Meeting Wednesday, Dec 18, 7:00 pm Hilliard Bldg
 Holiday Break MSUE Office Closed Tuesday, Dec 24 through Wednesday, Dec 1
 Annual 4-H Award Banquet Sunday, January 12, 2025 Community Hall Fairgrounds



Save The Date

Annual 4-H Awards Banquet

Sunday, January 12th, 2025
 3:00 pm
 Community Hall Fairgrounds



CRAFTS AROUND THE WORLD SPIN CLUB

- ✔ Youth ages 8 to 19
- ✔ Tuesdays from November 12th - December 17th 6:30pm - 7:30pm
- ✔ Hilliard Building, Mason, MI
- ✔ Cost is \$5.00
- ✔ Visit V2.4HOnline.com to Register
- ✔ Club Name: SPIN - Crafts and Culture

Discover different cultures as you learn a new cool craft. You will go home with a new project each week from a different country!

Projects include Norwegian Gnomes, Mexico's Yarn Art, and many more!

CONTACT US:
 Glenda Weiss
weissgle@msu.edu
 517-676-7303



Join Us Online

WILD SPARTANS

SCIENCE * RESEARCH * CAREERS * CONSERVATION

"YOU DRIVE THAT?!"
 BEING A FIRE OFFICER IS ABOUT MORE THAN JUST FIRE"
 WITH JENNIFER HANSEN & COURTNEY KUBITSKEY
 FOREST FIREFIGHTERS,
 MICHIGAN DEPARTMENT OF NATURAL RESOURCES

December 10 | 6:30 PM EST
 Registration required:
https://events.anr.msu.edu/wildspartans2024_25



2025 State 4-H Rabbit and Cavy Show and Expo

\$4 Entry Fee

Breed, Market, Fur Class Entry Fee: \$4.00
 Other Contests Entry Fee: \$2.00
 Photography, Educational Display, Breed Identification, Skillathon

Showmanship pre-enter by January 17, 2025

Jan 25, 2025
 Enter animals day of Show
 7:00 am-10:00am

MSU Pavilion for Agriculture and Livestock Education

State Rabbit and Cavy Show Web Page:
shorturl.at/Ey5yF

Perpetual trophy for all Best In Shows!



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MICHIGAN STATE LIVESTOCK JUDGING WORKOUT

Join the MSU Livestock Judging Team on December 18th at the Pavilion for a mock judging contest workout!

Take advantage of the opportunity to judge several classes of sheep, cattle, and swine from state-leading breeders and give reasons to respected livestock judges alongside the 2025 Michigan State Livestock Judging Team!

Spots are limited so confirm your spot with coach Kestlyn Willert by Sunday, December 15th.



THE MOCK CONTEST INCLUDES

- High quality judging classes
- Reasons practice
- Performance data experience
- Feedback from contest officials
- Lunch

**CONTACT KESTLYN
WILLERT FOR MORE
INFORMATION AND TO
SECURE YOUR SPOT!**

willertk@msu.edu
507-829-5128



MICHIGAN 4-H HORSE PROGRAM



2025 DATES OF IMPORTANCE!!!

*January 31 & February 1: Horse Judging
Workshop and Practice Contest*

March 15: State 4-H Hippology Contest

*March 29: Michigan 4-H/FFA State
Horse Judging Contest*

*August 14-17: Michigan 4-H State Horse
Show*



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MICHIGAN STATE UNIVERSITY OCCUPIES THE ANCESTRAL, TRADITIONAL AND CONTEMPORARY LANDS OF THE ANISHINAABEG – THREE FIRMS CONFEDERACY OF OJIBWE, OJAWA AND POTAWATOMI PEOPLES. THE UNIVERSITY RESIDES ON LAND CEDED IN THE 1819 TREATY OF SAGINAW.

HORSE JUDGING WORKSHOP

WHEN

January 31-Feb. 1, 2025
Friday workshop, 6:30-8:30p
Saturday contest, 8:30-10:30a

WHERE

MSU Pavilion

4301 Farm Lane, Lansing, MI

FEATURING

**Friday evening's workshop will feature
carded judge & clinician Dr. Karen
Waite on Evaluating Halter.**

**Saturday's practice contest will have 3
classes with opportunity to give oral
reasons: Halter, Ranch Rail and
Horsemanship**

ALL AGES WELCOME

PRE-REGISTER
\$15 per youth/adult/coach

REGISTER AT THE DOOR
\$20 per youth/coach/adult

CONTACT

Carla McLachlan
Event Coordinator
Carlam@msu.edu

BENEFITING

**All proceeds of event will
go directly to the MSU
Horse Judging Team**

**Online registration and
payment is available at:**
https://commerce.cashnet.com/msu_3645



STATEWIDE CALENDAR OF EVENTS

Shop the Michigan 4-H store this holiday season



Buy your favorite Michigan 4-H apparel, drinkware, and essentials at the SHOP 4-H Online Store!

Offered in collaboration with National 4-H Council through Shop 4-H, the Michigan 4-H store offers Michigan 4-H branded apparel and other gifts. Visit the store online and find the perfect item for your favorite 4-H'er, volunteer, alumni, professional or fan! The shop is open to the public and a percentage of all proceeds will be donated to Michigan 4-H.

To order Michigan 4-H specific items, visit <https://bit.ly/30pdNJw>. The store will remain open beyond the holiday season to continue offering Michigan 4-H branded gear to the Michigan 4-H community.

November 29 – December 15: Fall TSC Paper Clover Campaign

Local Tractor Supply Co.

Support 4-H by purchasing a \$1 paper clover at your local Tractor Supply Co. (TSC) store!

www.canr.msu.edu/events/tractor-supply-co-paper-clover-campaign

December 3: Giving Tuesday

Online

Join the #GivingTuesday movement — a global day of giving and a chance to celebrate the opportunities that makes 4-H so extraordinary. 4-H'ers are leading the way in a world full of change and together, we can build a generation ready for anything. We have set a goal to raise \$5,000 to grow 4-H county endowments in a 24-hour period.

<https://mi4hfdtn.org/giving-tuesday/>

December 10: Wild Spartans – Forestry Fire Crew

Online

Join 4-H staff to spark excitement in the world of wildland fire. Meet Jennifer Hansen and Courtney Kubitskey, who are on the forestry fire crew with the Michigan Department of Natural Resources.

Learn about their work, and the education and career path they followed to get there. This free series is open to all youth ages 12-19 years. Pre-registration is required:

www.canr.msu.edu/events/wild-spartans-monthly-wildlife-fisheries-webinar-series-december-2024-25

December 17: Online Extension Extras - Helping Kids Manage Stress

Online

Children and youth experience stress; parents and caregivers have an opportunity to support them.

This workshop will cover common causes, signs and symptoms of stress, as well as discuss strategies for supporting children, youth and parents experiencing stress.

www.canr.msu.edu/events/online-parenting-helping-kids-manage-stress-12-17-24

Kettunen Center Inventory Closeout

Kettunen Center was the first 4-H volunteer and youth training center in the nation, owned and operated by the Michigan 4-H Foundation from 1961 to 2021. The center's remaining merchandise and furnishings is now available for sale through the MSU Surplus Store! We know the Kettunen Center meant so much to the 4-H community and this is an opportunity to purchase something by which to remember the center. Purchase yours today!





STATEWIDE 4-H NEWS

Help youth build the Five C's: Competence, confidence, connection, character and compassion

Adapted from an article by Christine Heverly, MSU Extension

Michigan 4-H works to ensure that youth are engaged in a positive youth development program and utilizes the 4-H Thriving Model to help illustrate how it is meeting the needs of youth across Michigan. A key component of the 4-H Thriving Model is that youth form developmental relationships. Young people thrive best when their families, friends, schools, neighbors, businesses and other community members support them in a variety of ways.

Positive relationships with volunteers provide young people with chances to learn life skills such as goal setting, problem-solving and communicating. Volunteers can help young people move through the developmental stages and address difficulties along the way. One important way volunteers can help youth thrive is to help them build their Five C's. According to "Liberty: Thriving and civic engagement among America's youth" by Richard Lerner, the Five C's are competence, confidence, connection, character and compassion.



The Five C's aren't tangible things you can give to young people. They're skills and characteristics young people develop through their experiences and relationships. According to Zarrett and Lerner, young people who are able to display stronger evidence of having the Five C's are considered to be thriving and more likely to be developmentally on target than those who do not. Volunteers have the potential to assist young people in building the Five C's by creating relationships and situations that allow them to thrive.

MSU Extension recommends the following ideas to help Michigan 4-H volunteers working with youth to help build the Five C's.

- Help youth learn new concepts for the projects or activities they are participating in.
- Know youth names and address them by their preferred names and pronouns.
- Have youth find their spark by trying something new.
- Help youth navigate obstacles that they encounter.
- Help youth work through the tough side of giving away a project (i.e., selling an animal, giving away a project they worked hard on).
- Help youth record progress, no matter how small; each completed task is a job well done (i.e., maintain a "Done It List").
- Identify values or ethical standards a youth lives by. Do this with them. Write a non-negotiables list showing beliefs the youth will not alter. This helps alleviate peer pressure break downs.
- Define confidence, competence, connection, character and compassion. Use one of these terms to define during a group meeting and discuss ways we show it. Align with the 4-H pledge and have youth brainstorm ways (or goals) to show these traits in the new 4-H year on paper. They can draw or write those ideas.
- Use simple ice breaker activities in pairs or small groups to help young people talk through or work on a common activity or topic. Have them share out loud to the larger group their shared connection or how they worked together to achieve a common goal (building competence and confidence, building connections).
- Focus on building relationship with the youth involved by really getting to know them (their hobbies, interests, events in school or family) and inquire about them with a genuine interest.
- Recognize specific positive behaviors or accomplishments in competence, confidence or character of youth in the club/group.
- Be compassionate in one's interactions with youth (and others) and serve as a role model in that behavior.

Paper Clover

Nov. 29 – Dec. 15

Funds support 4-H camp, scholarships & leadership activities.

SAVE THE DATE!

2025 MICHIGAN 4-H DAIRY CONFERENCE!

WHERE: MICHIGAN STATE UNIVERSITY
WHEN: MARCH 1ST & 2ND

MORE INFORMATION & REGISTRATION COMING SOON!

2025 ADULTING 101

- DECREASING STRESS WITH MINDFULNESS- JANUARY 14 AT 6 PM
- MEDICAL INSURANCE 101 - FEBRUARY 10 AT 5:30 PM
- TIME AND ORGANIZATION TIPS TO THRIVE - MARCH 3 AT 7 PM
- WEALTH BUILDING - APRIL 8 AT 5 PM
- STAY SAFE OUT THERE - MAY 15 AT 6 PM
- INTERNATIONAL TRAVEL ON A BUDGET- JUNE 2 AT 6:30 PM
- MASTERING MEAL PLANNING - JULY 9 AT 4:00 PM
- NAVIGATING PEER PRESSURE - AUGUST 18 AT 6 PM
- WORKPLACE PROFESSIONALISM - SEPTEMBER 17 AT 6:30 PM
- ENJOY YOUR HOLIDAYS ON A BUDGET - OCTOBER 23 AT 5 PM
- NAVIGATING TOUGH TALKS - NOVEMBER 13 AT 6:30 PM

*ALL TIMES LISTED ARE EASTERN STANDARD TIME

<https://events.anr.msu.edu/Adulting2025/>

2025 4-H Cash Composition Contest

Learn about credit

Answer this year's question in 300 words or less

Submit your essay by February 28, 2025

Possibly win a \$100 gift card!

Open to 9-19 year olds in Michigan

Michigan 4-H

WINTER/SPRING 2025 VOLUNTEER WEBINAR SERIES

For more information:

<https://www.canr.msu.edu/volunteering/mi-4-h-volunteer-webinar-series>



MINDFULNESS on the MOVE

4-H Special
Interest (SPIN) Club at



fenner nature center

Step outside and take on
mindfulness with this 4-H SPIN
club!

Dates: Wednesdays

Dec. 4, 11, 18, Jan. 8, 15, 22

Time: 4:00-5:00pm

Location: Fenner Nature Center

Ages 8+

4-H enrollment required (free)

Join us as we explore the outdoors
while learning various mindfulness
practices!

Questions?

Contact Rachel

Ochylski

ochylski@msu.edu

(517)676-7300

To register, go to 4-H
online and select "SPIN
Club Mindfulness on
the Move 4-H"
<http://v2.4HOnline.com>



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Healthy Choices:

Substance Use Awareness and Prevention

Weekly sessions include:

What is Vaping?

Understanding Health Effects of Vaping

Making Healthy Choices

Dec. 2, 4, 9, 11, 16, 18

Time: 11:00 am – 11:30 AM

Location: Gardner International Magnet
School



**HEALTH
ROCKS!**
INSPIRED TO BE SUBSTANCE FREE

For More Information, Contact

Rachel Ochylski

Email: ochylski@msu.edu

Phone: (517)676-7300



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2025 MI 4-H STATEWIDE DAIRY EVENTS

March
1-2 **MI 4-H Dairy Conference**
Michigan State University

June
28 **State 4-H Dairy Quiz Bowl Contest**
Anthony Hall, Michigan State University

July
14-17 **MI 4-H Dairy Days**
Michigan State University

Sept. 28- **National 4-H Dairy Conference**
Oct. 2 Madison, WI

KENDRA VAN ORDER
MI 4-H DAIRY EDUCATOR

517-432-4306

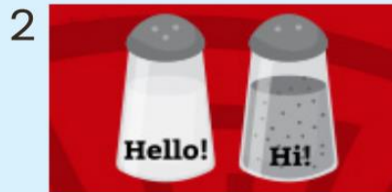
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CHRISTMAS RIDDLES

Can you figure out the Christmas phrase?



Now try guessing these Christmas songs.

- 4 Frozen precipitation commence
- 5 The dozen festive 24 hour intervals
- 6 Listen, aerial sprites vocalize musically
- 7 I spied my maternal parent osculating a gift bearer
- 8 Bipedal travel through an amazing acreage, during the period of Dec 21 to March 21 in the Northern Hemisphere

A Ye Ole Christmas Word For the Logophiles

Crawmassing: Putting away the leftover food and nibbling on the scraps as you go. It likely comes from the 17th-century English word comassing, which means “begging your friends and neighbors (rather than strangers) for food.”

“Hey! Would you mind to at least wait until I'm finished eating before crawmassing off my plate?”

Answers: 1. Noel 2. Season's Greetings 3. Peace on Earth 4. Let it Snow 5. 12 Days of Christmas 6. Hark the Herald Angels Sing 7. I saw Mommy Kissing Santa Claus 8. Walking in a Winter Wonderland

