



4-H Family News

Oakland County



Oakland County 4-H Tack Sale



2025 Oakland County Tack & Craft Sale!

Come shop with us for one of a kind unique gifts!!!!
Several new & used vendors!
Admission \$2

Saturday, February 22, 2025

10am -2pm

Waterford Oaks Event Center

2800 Watkins Lake Rd, Waterford MI 48328



For table reservation or more info, please contact: Michele Honomichl at ochcouncil@gmail.com. Registration must be received by 2/14.

Hosted by Oakland County 4-H Horse Council

CONTACT US

MSU Extension – 4-H Youth

1200 N Telegraph Rd

Building 34 East

Pontiac, Michigan

48341

PHONE & EMAIL:

248-858-0889

msue.4hoakland@campusad.msu.edu

WEBSITE:

Canr.msu.edu/oakland/4-h/

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4-H Healthy Horizons Club

4-H Healthy Horizons Club 🥗👤

FREE 6 week Health Education Programming for Youth Aged 8-12!

WHEN: January 8, 2025 - February 12, 2025
Wednesdays, 5:30 PM - 7 PM

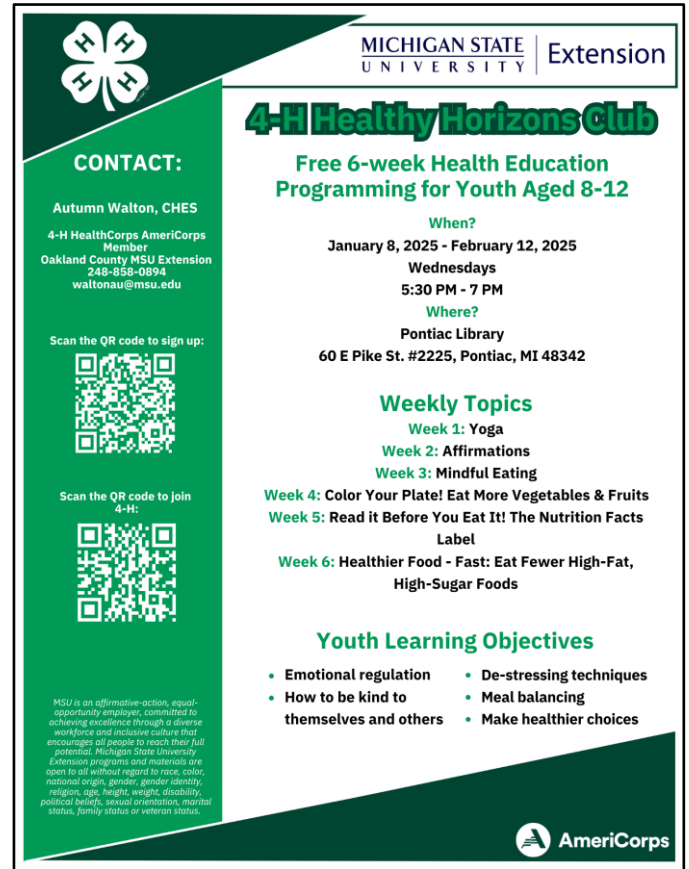
WHERE: Pontiac Library
60 E Pike St. #2225, Pontiac MI 48342

Weekly Topics

- Week 1: Yoga
- Week 2: Affirmations
- Week 3: Mindful Eating
- Week 4: Color Your Plate! Eat More Vegetables & Fruits
- Week 5: Read it Before You Eat It!
- Week 6: Healthier Food

Sign up: <https://m.signupgenius.com/>

Contact- Autumn Walton, waltonau@msu.edu or 248-858-0894



MICHIGAN STATE UNIVERSITY | Extension

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Weekly Topics
 Week 1: Yoga
 Week 2: Affirmations
 Week 3: Mindful Eating
 Week 4: Color Your Plate! Eat More Vegetables & Fruits
 Week 5: Read it Before You Eat It! The Nutrition Facts Label
 Week 6: Healthier Food - Fast: Eat Fewer High-Fat, High-Sugar Foods

Youth Learning Objectives


- Emotional regulation
- De-stressing techniques
- How to be kind to themselves and others
- Meal balancing
- Make healthier choices

CONTACT:
Autumn Walton, CHES
4-H HealthCorps AmeriCorps Member
Oakland County MSU Extension
248-858-0894
waltonau@msu.edu

Scan the QR code to sign up:



Scan the QR code to join 4-H:



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AmeriCorps

4-H Winter Fest

4-H Winterfest is open! Ages 8-12. Youth must be enrolled in 4-H Online and approved to register for this event. Youth and adults who attend 4-H Winterfest will spend 2 days learning about exciting project areas while meeting youth from across the state. 4-H Winterfest offers participants and chaperones an opportunity to experience Eagle Ville in an overnight camp setting.

Date: February 8-9, 2025

Location: Eagle Village, Hersey MI

Cost: \$120

Registration Link: <https://4hwinterfest2025.4honline.com>

This event typically fills fast and a waiting list will be started for those not able to sign up during the initial registration period. Anyone interested in being placed on the waiting list once the event is filled/closed online needs to contact Holly Mueller, julianho@msu.edu.





Horse Program Winter Series

MICHIGAN 4-H HORSE PROGRAM WINTER WEBINAR SERIES

January 15th at 6pm: How to buy a horse with Paula Hitzler
 January 29th at 6pm: The basics of Equine Management with David Lindsay
 February 5th at 6pm: Equine Nutrition basics with Dr. Christine Skelly
 February 18th at 6pm: Being a better boarder and Running a boarding facility with Taylor Fabus
 March 12th at 6pm: From the judges' perspective: Showmanship with Dr. Karen Waite
 March 26th at 6pm: From the judges' perspective: Ranch Riding with Dr. Alyssa Logan

Any further questions email David Lindsay, Extension Educator at lindsa75@msu.edu

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The Michigan 4-H Horse Program is hosting a six-part winter webinar series. The series will focus on an array of topics centered around Youth who are just getting started with horses and the Horse and Pony Project. All webinars start at 6 pm.

- January 15th:** How to buy a horse with Paula Hitzler, Farm Manager at the Michigan State University Horse Teaching and Research Center
- January 29th:** The basics of Equine Management with David Lindsay, Extension Education, Michigan 4-H Youth Horse Programs
- February 5th:** Equine Nutrition basics with Dr. Christine Skelly, Associate Professor and Extension Specialist
- February 18th:** Being a better boarder and Running a boarding facility with Taylor Fabus, owner and Manager of Fabus Farms
- March 12th:** From the judges' perspective: Showmanship with Dr. Karen Waite, multi-carded judge and Associate Professor at Michigan State University
- March 26th:** From the judges' perspective: Ranch Riding with Dr. Alyssa Logan, multi-carded judge and Assistant Professor at Middle Tennessee State University

Zoom link:

<https://msu.zoom.us/j/97121881938>

Password: 4HHORSE

Questions – David Lindsay,

lindsa75@msu.edu.

Spark and Share Summit!

Reignite your passion for 4-H at the 2025 Spark and Share Summit March 8th at the Bavarian Inn Lodge and Conference Center in Frankenmuth!!

4-H Volunteers and teens can register for this 1-day conference where they can learn new projects and information that they can take back to teach and share in their local 4-H program at:

<https://events.anr.msu.edu/SELeaderMeet2025/>.

Registration is \$50 and includes lunch and selection of up to 3 breakout sessions. A link to session descriptions is available through the registration page. The deadline for registration is February 8th. Scholarships available if needed. Please contact the 4-H office.

Michigan 4-H

Spark and Share Summit

FRANKENMUTH, MI

BAVARIAN INN LODGE AND CONFERENCE CENTER
 MARCH 8, 2025
 9AM -5:30PM

\$50 includes Lunch

- Animal Science
- Science of Gardening
- Paper Art
- Engaging Meetings
- Mindfulness
- Rocketry
- Marketing your Project
- Youth-Adult Partnerships
- Teaching Science
- Vermicomposting
- Spa Day

Register by February 8th: <https://events.anr.msu.edu/SELeaderMeet2025/>

Thanks to a generous donation by Michigan 4-H Foundation Program Committee, the price for this training has been reduced.

SAVE THE DATES- Discovery Day & 4-H Day with the Detroit Tigers

Discovery Day - April 26th 2025, A FREE family event open to the public providing fun and educational activities for the whole family! There will be information about joining 4-H and exhibiting at the Oakland County Fair. Stay tuned for more information to come out soon!

Michigan 4-H Day with the Detroit Tigers– April 27, 2025.

Mark your calendars and join MSU Extension for [Michigan 4-H Day with the Detroit Tigers](#) on April 27, 2025! The Tigers will be playing the Baltimore Orioles. The game is at 1:30 p.m. and there will be special pre-game activities. Watch for additional information to be announced.





STATEWIDE CALENDAR OF EVENTS

Attend the State 4-H Rabbit & Cavy Show & Expo



Join us for the 2025 State 4-H Rabbit and Cavy Show and Expo at the MSU Pavilion! Youth may choose to exhibit their rabbit and/or cavy as well as to compete in other contests such as breed identification, photography, educational display, showmanship, and new this year -skillathon.

Showmanship exhibitors are required to pre-register by January 17. All other contest registrations are done onsite at the show.

Educational sessions will also be scheduled throughout the day with the support of The Rabbit School and Rabbit Tutor.

Learn more at:
www.canr.msu.edu/events/2025_showmanship_rabbit_and_cavy_show.

January 6: Online Parent Talk System Series (Mondays in January and February)

Online

This parenting workshop is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. This class is for caregivers of toddlers to teens and will take place on Monday evenings for six weeks, beginning on Jan. 6.

www.canr.msu.edu/events/the-parent-talk-system-series-january-february-25

January 14: Wild Spartans – Working my dream job with Michigan Sea Grant

Online

Take a look into life working with fisheries and wildlife! This month, delve into the freshwaters and skies that surround as you meet Elliot Nelson with Michigan Sea Grant. You'll learn about his work, and the education and career path he followed to get there. Youth will be encouraged to ask questions to learn more through a live Q&A. This free virtual series is youth ages 12-19. www.canr.msu.edu/events/wild-spartans-monthly-wildlife-fisheries-webinar-series-january-2024-2025

January 14: Adulting 101 – Decreasing Stress with Mindfulness

Online

Are you ready to leave for college or be out on your own? Are you prepared to do adult tasks related to finances, home, health or finding a career? Adulting 101 can help you learn real life skills to successfully transition to living independently. In this session, learn how stressors can affect physical and mental health and practice mindfulness techniques to use in everyday life.

www.canr.msu.edu/events/adulting-101-2025

January 23: Gearing up for success through apprenticeships: Advance your career in automotive research and development

Online

Are you passionate about vehicles and ready to jump-start your career? Enjoy technology, robotics and hands-on problem solving? Join this webinar designed to provide valuable insight into the skills and certifications you need to excel in today's fast evolving automotive industry.

www.canr.msu.edu/events/gearing-up-for-success

January 30: Michigan 4-H Volunteer Webinar – Building a Culture of Appreciation by Recognizing 4-H Volunteers and Youth

Online

Discover simple, impactful ways to celebrate and recognize volunteers and youth involved in your club.

www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-building-a-culture-of-appreciation-recognizing-4-h-volunteers-youth-noon

www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-building-a-culture-of-appreciation-recognizing-4-h-volunteers-youth-7pm





STATEWIDE 4-H NEWS



Register today for Michigan 4-H Capitol Experience!

At Michigan 4-H Capitol Experience, teens learn how to change the world for the better through engagement in Michigan's state government and public policy process. The program is scheduled for March 16-18, in Lansing.

The three-day event, open to high-school-aged youth, includes tours of the Michigan Capitol, interactions with state legislators, meetings with state agency staff, lobbyists and state-level experts and learning how policy is made. During the program, youth work in small teams to draft legislation on:

agriculture; civil rights; crime, law enforcement and corrections; education; energy, environment and natural resources; health and human services; and jobs and the economy.

The cost to register in 2025 is \$365, which includes most meals, materials, and lodging at the Okemos Conference Center. Please contact your local 4-H program coordinator to inquire about local funding opportunities. To learn more and/or find the link to register, visit www.canr.msu.edu/4_h_capitol_experience/.

Resolve to have a great 4-H year

Adapted from: www.canr.msu.edu/news/resolve_to_have_a_great_4_h_year.

As we start the New Year, how can 4-H clubs resolve to improve in the year ahead? 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 Robert's Rules of Order and that 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 place will be a safe, comfortable and welcoming environment for all club members.
5. Fun will be included in each meeting.
6. A learning activity will be included in each club meeting. Ideas include exploring a new 4-H curriculum, having members volunteer to do a demonstration, doing a show and tell about each members' favorite project, or bringing in a guest speaker.
7. The club will pursue at least one community service project chosen, planned and celebrated by the club.
8. New members will have a buddy they may talk with about any 4-H questions.
9. The 4-H pledge will be said at every meeting.
10. Every club member will be recognized in some way to let them know they are cared about.



SAVE THE DATE – Michigan 4-H Day at the Breslin

Michigan 4-H Day at the Breslin returns on March 1, 2025! For nearly two decades, this has been exciting event attended by Michigan 4-H youth, volunteers and families. We look forward to continuing this event in 2025 as 4-H'ers from across the state come together for a day of fun, comradery and basketball at MSU.

Make plans to join us on March 1 as the MSU Women's Basketball team takes on the Minnesota Gophers. Tickets will be available soon; visit www.canr.msu.edu/events/4-h-day-at-the-breslin for more information.