

*Clare County*

# 4-H Family News

JANUARY 2021

## 4-H Program Coordinator's Message

Happy New Year, 4-H families!

As we start off the new year, I am sure many of you, like me, are starting to make plans for your 4-H experiences for the upcoming spring and summer. At this time, we are still not holding any 4-H things face-to-face until further notice, but I am hopeful that we will be able to get back to some type of normalcy in the future.

Clubs, councils and committees should continue to make efforts to hold meetings and keep in contact with each other, especially as we start to come up on the busier time of year for 4-H. At this point, I have scheduled all council meetings through March to be held by Zoom. Clubs are highly encouraged to be represented at four meetings per a program year for 4-H Council and the 4-H Youth Leadership Council. Details for these meetings can be found on page 4 of this newsletter.

I want to share some of the things I have been working on lately. The final details are being pulled together on these opportunities and more information will be coming soon. This winter we will be holding a Teddy Bear Community Service Sewing Project for R.I.S.E. Advocacy, Inc. and the Winter Outdoor Family Adventure with Mid Michigan College and Jay's Sporting Goods. I have also had the opportunity to work on a few state-wide projects which include programs to support and engage volunteers, a skill-a-thon for 4-H members and beekeeping programs. Keep an eye on your email and our social media accounts for more details on these exciting programs!

As of the beginning of January, the MSU Extension Office is still closed until further notice. When this changes I will be letting everyone know.

I hope everyone has a great 2021!!

Alex Schunk



## Contact Us



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# STATEWIDE CALENDAR OF EVENTS

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**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>

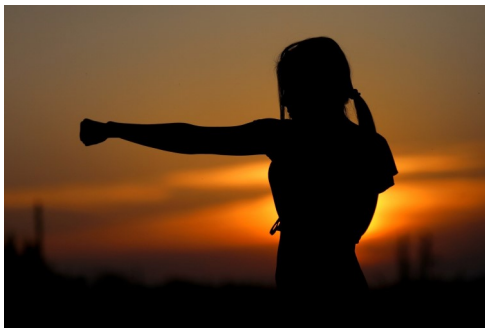
### January 26: Success and Safety on Volunteer-led Virtual Programs

*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 to 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 member's 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/4HStateAwards](http://extension.msu.edu/4HStateAwards).

# CLARE COUNTY CALENDAR OF EVENTS

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# HAPPY BIRTHDAY!

### Youth:

Lane Ogg  
 Cory Sheldon  
 Lillian Waldron  
 Linde Davison  
 Liberty Dillon  
 Aydrian Iserhoth  
 Broderick Hoover  
 Lilyanna Ficke  
 Ella Rogers  
 Baileigh Carpenter  
 Hayley Neff  
 Rylee Carncross  
 Gianna Cingano  
 Lennon Greene  
 Elizabeth Mickler  
 Venessa Hilyard  
 Gage Cingano  
 Gabriel Pettersch  
 Molly Crawford  
 Nadja Weinrich  
 Cameron McInnis  
 Logan Spears

### Volunteers:

Kasey Whitaker

### JANUARY

13: Youth Leadership Council, 6:30pm, Theme: Happy New Year/2021

<https://msu.zoom.us/j/97679102498> Passcode: youth

27: 4-H Council, 6:30pm, <https://msu.zoom.us/j/98008030853> Passcode: council

### FEBRUARY

10: Youth Leadership Council, 6:30pm, <https://msu.zoom.us/j/97679102498> Passcode: youth

19-21: Winter Outdoor Family Adventure, GooseChase app, more details coming soon

24: 4-H Council, 6:30pm, <https://msu.zoom.us/j/98008030853> Passcode: council

### MARCH

10: Youth Leadership Council, 6:30pm, Theme: Happy New Year/2021

<https://msu.zoom.us/j/97679102498> Passcode: youth

24: 4-H Council, 6:30pm, <https://msu.zoom.us/j/98008030853> Passcode: council

# CLARE COUNTY NEWS

### Winners Announced for Gingerbread House Showdown: Clare vs. Gladwin

The first Gingerbread House Showdown against Gladwin was a great success and we plan to hold the contest again in 2021! Many people voted for their favorite gingerbread house on Facebook after teams had to make their gingerbread from scratch. Clare County was the overall winner with 179 points and Gladwin County with 174 points! Winning teams are:

1st Place: OK Squad—Kara and Olivia Forsberg (Clare)

2nd Place: 2 Turtle Doves—Lilly and Michelle (Gladwin)

3rd Place: Colvin Family—Emily, Leah and Ethan (Gladwin)

Congratulations everyone and thank you for participating and voting!!



Above: Kynlee Carr, Shaylynn, Mike & Melissa Larsen



Above: Jaley & Zayla Stoike, Kara & Olivia Forsberg



Left:

Haley Schunk

Right:

Cory & Katie Sheldon



*Welcome to our newest volunteers!*

**Phoebe Hall:**

Broken Arrow Club

**Bailey Gilroy:**

Show Sticks & Spurs Club