



AUGUST 8, 2025

4-H Family News

Ingham County



ADULTING 101 NAVIGATING LIFE: ADDRESSING AND HANDLING PEER PRESSURE

EXPLORE THE REALITY OF PEER PRESSURE TO ENSURE
HEALTHY DECISION MAKING AND POSITIVE
SELF-CONFIDENCE

AUGUST 18, 2025 | 6-7 PM
FREE ON ZOOM



MICHIGAN STATE UNIVERSITY Extension

Michigan 4-H Volunteer Webinar: Planning with Purpose: Designing Your Best 4-H Year Yet

September 11, 2025 12:00PM - 1:00PM

September 11, 2025 7:00PM - 8:00PM

Via Zoom

A webinar series that will provide Michigan 4-H volunteers with a variety of learning opportunities to help them grow as a volunteer and support the Michigan 4-Hers. This session is: Planning with Purpose: Designing Your Best 4-H Year Yet

Kick off your 4-H year with confidence and clarity! This webinar will guide volunteers through seasonal planning, setting goals, and aligning club activities with youth development outcomes. Learn how to create a roadmap that keeps your club organized, energized, and focused all year long.

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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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STATEWIDE CALENDAR OF EVENTS

Welcome Back MSU 4-H Alumni Reception



Join MSU Extension for the eighth annual MSU Welcome Back 4-H Alumni Reception on Wednesday, September 3.

All current or former 4-H'ers attending MSU this fall are invited to stop by the Michigan 4-H Children's Gardens from 5:30 - 7:00 p.m. for networking and free dinner!

Members of the MSU Extension staff will be on site to interact with 4-H alums and free pizza and pop will be provided. Come to meet fellow 4-H'ers, network with staff and students and have fun.

Learn more at www.canr.msu.edu/events/msu-welcome-week-4-h-alumni-reception.

Want to learn more about collegiate 4-H at MSU? Plan to stop by this event and stay for the club's first meeting of the fall semester, to start at the conclusion of the event.

August 2: Breakfast on the Farm

MSU Horse Teaching and Research Center, Lansing

Live in or around Ingham County? Stop by Breakfast on the Farm at the MSU Horse Teaching and Research Center. The event will include tours of the farm and great food.

www.canr.msu.edu/breakfast_on_the_farm/find_a_breakfast

August 14-17: 2025 Michigan 4-H State Horse Show

MSU Pavilion, East Lansing

The State 4-H Horse Show is an annual, three-day event that brings together 4-H members from counties across Michigan. Members are selected by their county 4-H programs to participate in this event; spectators are welcome.

www.canr.msu.edu/events/michigan-4-h-state-horse-show

August 14: Beach Day

Michigan 4-H Children's Gardens, East Lansing

Celebrate the end of summer at the garden with a day at the beach! Make sand castles, paint shells, play beach games and more. Bring your beach towel and suit and come ready to get wet.

www.canr.msu.edu/events/beach-day

August 18: Adulting 101 - Navigating Life: Addressing and Handling Peer Pressure

Online

This interactive presentation will explore the reality of peer pressure and ways to identify, process, and overcome it, to ensure healthy decision making and positive self-confidence.

www.canr.msu.edu/events/adulting-101-navigating-life

September 17: Adulting 101 – Professionalism: Communicate, Dress and Deliver with Confidence

Online

Learn the essentials for thriving in any professional environment—from effective verbal and written communication to dressing the part and following through on commitments.

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

September 20: Michigan State 4-H Dog Show

Shiawassee County Fairgrounds, Corunna, MI

The 4-H State Dog Show is an annual, single-day event that brings together 4-H'ers from counties across Michigan. Registration is due by August 31 and spectators are welcome!

<https://www.canr.msu.edu/events/2025-michigan-state-4-h-dog-show>





STATEWIDE 4-H NEWS

Safe food for 4-H events

Food safety is important when hosting food events or fundraisers. A new fact sheet, **Safe Food for 4-H Events**, was created to provide education and resources for 4-H staff, volunteers and youth who are coordinating and participating in 4-H food fundraisers or events. View the factsheet at www.canr.msu.edu/resources/safe-food-for-4-h-events.

In addition, MSU Extension held a training on food safety best practice guidelines for those who are planning for, preparing and implementing food fundraisers or events. 4-H families are encouraged to watch the training online at https://mediaspace.msu.edu/media/Safe+Food+for+4-H+Events/1_krsqfes3.

As 4-H families plan fundraisers and other activities throughout the year, remember to review these important resources as a reminder of food safety best practice recommendations.



Going home: Biosecurity tips for animals that travel off the farm

Adapted from: https://www.canr.msu.edu/news/biosecurity_tips_for_animals_that_went_to_the_county_fair.

Animals that are exhibited at the county fair, jackpot shows, and other exhibitions are likely near and dear to their exhibitor's hearts. Michigan State University Extension offers these biosecurity steps exhibitors can take to protect their show animals and those that were left at home once the event has ended.

- Keep animals that left home separate from animals that did not for a minimum of 14 days. If at all possible, do not allow nose-to-nose contact and provide as much distance between animals.
- Disinfect all buckets, feeders, tools and footwear that left home.
- Throw away any feed or hay that left home.
- Always wear clean clothes and footwear. Boot coverings may be helpful when caring for isolated animals.
- Take care of animals that stayed home from the show first, and animals that were at the show second. Do not go back and forth between animals as this increases the risk of cross-contamination.
- Do not eat or drink in the barn.
- Observe animals daily for signs and symptoms of illness, such as:
 - Obvious pain or discomfort
 - Decrease in appetite and water intake
 - Fever
 - Lethargy
 - Diarrhea or changes in consistency in manure
 - Discharge from nasal cavity or eyes
 - Overall weakness

Care of animals after traveling is just as critical as their pre-show care. Exhibited animals were exposed to new animal populations and fair-goers, and will typically experience a lot of stress during their time away from home. By practicing these biosecurity steps, you can help keep all of your animals safe and healthy.



2025 MICHIGAN 4-H STATE HORSE SHOW

Save the date!

THURSDAY AUG. 14: RANCH DAY
FRIDAY AUG. 15: GYMKHANA DAY
AND MINIATURE HORSE SHOW
SATURDAY AUG. 16: SENIOR DAY
SUNDAY AUG. 17: JUNIOR DAY



AUGUST 14 TO AUGUST 17, 2025



REGISTRATION OPENS ON SUNDAY JUNE 1, 2025
QUESTIONS? REACH OUT TO DAVID AT LINDSA75@MSU.EDU



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



MSUE Extras

MSU Extension's Extension Extras

Working Together to Develop Early Literacy: Infant/Toddler

REGISTER IN ADVANCE:
<https://bit.ly/ExtrasSummer2025>



8:00 PM - 9:30 PM EST
September 2, 2025

MICHIGAN STATE UNIVERSITY | Extension

MSU Extension's Extras Back to the Basics: Skills in Infant & Toddler Care

8:00 PM - 9:30PM EST
September 9, 2025



REGISTER IN ADVANCE:
<https://bit.ly/ExtrasSummer2025>

MICHIGAN STATE UNIVERSITY | Extension

MSU Extension's Extension Extras

TALKING WITH KIDS ABOUT DIFFERENCES

Register in advance:
<https://bit.ly/ExtrasSummer2025>



When: September 16, 2025
8:00 PM - 9:30 PM EST

MICHIGAN STATE UNIVERSITY | Extension

MSU Extension's Extension Extras

Young at Art

REGISTER IN ADVANCE:
<https://bit.ly/ExtrasSummer2025>



8:00 PM - 9:30PM EST
September 23, 2025

MICHIGAN STATE UNIVERSITY | Extension

The Kinship Care Resource Center and MSU Extension present lunch and learn online:

INTRODUCTION TO POSITIVE AND ADVERSE CHILDHOOD EXPERIENCES (PACES)

When: September 19, 2025
11:30 AM - 1:30 PM



MICHIGAN STATE UNIVERSITY | Extension



School of Social Work
MICHIGAN STATE UNIVERSITY

MSU Extension's Extension Extras RELAX: Alternatives to Anger for Parents and Caregivers

REGISTER IN ADVANCE:
<https://bit.ly/ExtrasSummer2025>



8:00 PM - 9:30 PM EST
September 30, 2025

MICHIGAN STATE UNIVERSITY | Extension

The Kinship Care Resource Center and MSU Extension present:

INTRO TO HOPE

Register in advance:
<https://bit.ly/kinship25>



When: September 10, 2025
7:00 PM - 8:30 pm ET

KINSHIP CARE
Resource Center
School of Social Work
MICHIGAN STATE UNIVERSITY
MICHIGAN STATE UNIVERSITY | Extension

BUILDING STRONG ADOLESCENTS WEBINAR SERIES

DATES: 9/15, 9/22, 9/29, 10/6, 10/13 TIME: 7:00PM-9:00PM EST

This parenting series for parents and caregivers of adolescents 9-16 years old will focus on the assets teen needs to succeed. Learn how to set boundaries, foster independence, discuss difficult topics, promote school success, promote positive friendships and more!

Register using QR code



MICHIGAN STATE UNIVERSITY | Extension

Questions? Contact Courtney Aldrich at aldric82@msu.edu

THE PARENT TALK SYSTEM ONLINE SERIES

This parenting series is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children. This class is meant for parents of kids from toddlers to teens and will explore eliminating unwanted behaviors, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character.

DATES: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14
TIME: 7:30PM-9:00PM EST



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Questions? Contact Courtney Aldrich at aldric82@msu.edu