



December 2024



Family News



As we enter the end of the year, it is hard not to reflect on the past and celebrate you, the 4-H family, youth, parents and volunteers.



Thank YOU!

Wishing you and your families a warm and heart filled season.

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COUNTY 4-H NEWS

Congratulations to Isabelle Plamondon, Clover Award Winner 2024!



Isabelle has been in 4-H since she was 6 years old!! When asked how 4-H has helped her with her future plans and goals, she replied with *“4-H has taught me how to be responsible and set goals for myself. It has given me my great work ethic and independence as well. This has helped me be proactive in my education and resume building as well”*.

Congratulations Isabelle !!!



Isabelle 2019 club display at the NW MI Fair



COUNTY 4-H NEWS

Congratulations to Henry Sutherland, Scholarship Winner!

The Michigan 4-H Youth Programs, and the Leelanau County MSUE, would like to congratulate Henry Sutherland of Glen Arbor, along with 25 youth from across the state that received the MSU Pre College Scholarship. Henry participated in a 4-H precollege program in 2024 and was nominated to represent 4-H in the MSU Pre College Scholarship competition. He received a \$2,000 scholarship to attend MSU in the future. Congratulations Henry!



4-H GROWS HERE



Enroll now! Register by calling the 4-H Office at 231-256-9888 and by enrolling in 4-H Online

Tiny Tappers Winter Classes (5-7yrs old)

Tiny Tappers-Wednesday from 3:30pm-4:00pm, January 8-March 19

Tap Time Winter Classes (8-11 yrs. old)

Tap Time-Thursday from 3:30pm-4:00pm, January 9th-March 20th



Classes take place at
Suttons Bay Congregational Church
218 W Madison St. Suttons Bay



No cost, registration through 4-H

Register Here





4-H



Night
Every 4th
Tuesday at
7pm



AN EVENT FOR ALL TO
ENJOY, JUST CHILL
PEOPLE HANGING OUT



Register to attend:
<https://forms.gle/gV5yaKdPxb3Yc4uA7>



MICHIGAN STATE UNIVERSITY | Extension

DECREASING STRESS WITH MINDFULNESS

JANUARY 14, 2025 AT 6 PM

A 4-H ADULTING 101 SESSION

<https://events.anr.msu.edu/Adulthood2025/>

4-H GROWS HERE

MSU Extension is excited to announce the Adulthood 101 program is back in 2025! New classes and some past favorites are included in this FREE monthly online program. We are thrilled to share the registration is now live for all classes here:

<https://www.canr.msu.edu/events/adulthood-101-2025>



Michigan 4-H

WINTER/ SPRING 2025 VOLUNTEER WEBINAR SERIES

✕
✕

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

MICHIGAN STATE UNIVERSITY | Extension

- Building a Culture of Appreciation: Recognizing 4-H Volunteers & Youth: January 30, 2025
 - Engaging Every Voice: Facilitation Skills for Dynamic 4-H Clubs: February 25, 2025
 - The Heart of 4-H: Cultivating Developmental Relationships with Youth: March 18, 2025
 - 4-H Club Fundraising 101: April 16, 2025
 - Fueling or Squashing the Rumor Mill: May 15, 2025
 - Engaging Parents in 4-H Experiences and Implement Shared Leadership in 4-H Clubs
- Please visit:
<https://www.canr.msu.edu/volunteering/mi-4-h-volunteer-webinar-series>



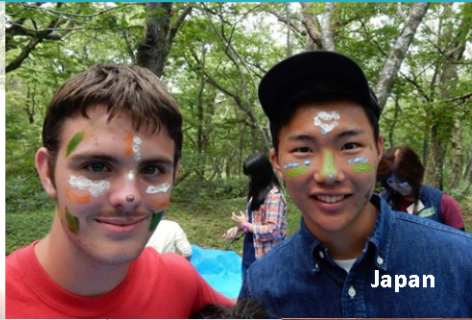
States' 4-H International Exchange Programs

2025 OUTBOUND PROGRAMS

Costa Rica · Japan · Taiwan · Korea · Argentina



Costa Rica



Japan



Taiwan



South Korea



Argentina

Are you curious about daily life, culture, and youth programs in other countries?
Travel abroad with States' 4-H and enter a world that most visitors rarely get to see.

Program Details:

States' 4-H Summer Outbound programs provide American 4-H youth with the opportunity to travel to foreign countries for a month-long cultural immersion experience. Delegates live with volunteer host families* and engage in experiential learning about a new way of life. Delegates experience aspects of daily life that allow them to more deeply understand both their host culture and their own culture. Our network of like-minded international partners recruit host families and plan enrichment activities.

**Exception: Argentina uses group accommodations on program*

2025 Travel Dates*

Japan 8-week:	June 11—August 8, 2025
Costa Rica:	June 19—July 18, 2025
Argentina:	June 19—July 13, 2025
Japan 4-week:	July 9—August 8, 2025
South Korea:	July 16—August 15, 2025
Taiwan:	July 16—August 15, 2025

**Program dates subject to slight change or modification*

Eligibility:

4-H ages **12—18** for Japan 4-Week & Taiwan, **12—17** for Korea, and **15—18** for Costa Rica, Argentina, and Japan 8-Week

Program Information:

- Adult chaperones accompany the group during international travel and remain in-country to provide support.
- States' 4-H provides Program Handbooks that cover everything from packing lists to financial matters to cultural information.
- States' 4-H conducts group conference calls and a National Departure Orientation prior to international travel.
- No prior language study is required, but it certainly is helpful! Our international partners have English-speaking staff on hand to assist you in communication.

Application Deadline & Program Fees:

Contact your 4-H State Coordinator for deadlines and to apply.
Please note that program details are subject to change.

For more information:

www.states4hexchange.org

OB@states4h.org

(206) 462-2200



<https://www.facebook.com/states4hexchange/>

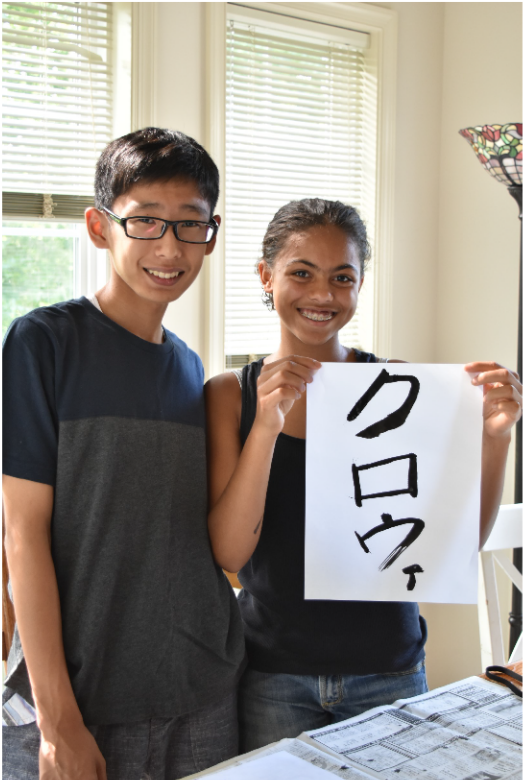


[@states4hinternational](https://www.instagram.com/states4hinternational)



2025 OUTBOUND PROGRAMS

States' 4-H International's mission is to enhance world understanding and global citizenship; one way to move towards that goal is through living with a local host family and immersing oneself in another culture.



Program Fees Include:

Welcome packet; overnight national departure orientation; arrival orientation in host country; portion of chaperone fee; Accident & Sickness Medical Insurance; in-country transportation, lodging, and meals while on-program; country-specific activities as determined by international partner organizations; overnight national departure debriefing upon return.

Program Policies:

- Program Cancellations:
 - * No refund of paid deposits, unless full program cancelled by States' 4-H
- Airfare is non-refundable once issued
- In-State Fees may apply
- Unaccompanied Minor fees may apply (up to \$150 each way)
- Program details subject to change

Q: Will a chaperone accompany the group?

A: Yes! Adult chaperones accompany the group during international travel and remain in-country to provide support during the exchange.

Q: Do I need to speak another language?

A: No prior language study is required, but it is certainly helpful! Our international partners have English-speaking staff on hand to assist you in communication.

Q: How will States' 4-H prepare me for my homestay?

A: States' 4-H provides travel handbooks that cover everything from packing lists to financial matters to cultural information. In addition, each state may conduct a spring orientation covering these topics. Delegates also receive details during the States' 4-H group conference call in late spring and a National Departure Orientation the day before the international flight.

4-H Fun!

CHNSJQZMRSKIINGISPBN
ZMVARCLJKPQTFHIJCKHW
PSAJCAKUFYBCCNYIBFH
YVRKRLMQIYLRAIHZEDNE
OACCAFCYZREMROINAMA
YBHJBORRHMC CAXNOCOJD
IEEQBDVEFBAOWDRUEKRY
JERWICVLCPRXMTENOZEE
KFYSTCNAMRTTFMCRQSWN
FOAPCQZMVMESGVULSLJW
RIUVLRIBBONAHYZNOHMI
IEHTDERPUYEFTTEECIVIJ
EJEPDPDOGOATAIEGUTEPE
NHALUOXGBHUXFIOPTUYR
DARAGNOVEOETLDRNUPEF
SNTNTYR BOTACLDHORSE
HDSTKIGDSQEILLAHQPAV
ISNSLKRAFTSCTUMLALF
PPHOTOGRAPHYHSHBALYU
EIQZXKGFPHSPORTSAZQN

photography

community

robotics

clover

health

plants

llama

horse

lamb

leadership

outdoors

chicken

ribbon

sports

pledge

crafts

head

pony

friendship

recreation

science

rabbit

skiing

archery

hands

sheep

heart

calf

barn

beef

goat

club

fair

fun

art

4H



Don't miss a thing!
Please like and follow our Facebook Page



<https://www.facebook.com/LeelanauCounty4H>



We will be closed
CHRISTMAS EVE & DAY
NEW YEARS DAY
DECEMBER 24, 25 AND JANUARY 1

**see
you
next
year!**



STATEWIDE 4-H NEWS

Starting the 4-H season off right: Suggestions for the year's first meeting

Adapted from an article by Michelle Neff at www.canr.msu.edu/news/starting-the-4-h-season-off-right-suggestions-for-the-years-first-meeting.

A new 4-H year has started and that means it is time to start thinking about the goals and plans for educational, inspirational and recreational activities for Michigan 4-H clubs! No matter what project youth are participating in, it is important to start the year off right!



MSU Extension has resources for volunteers to help lead and manage their 4-H club on the 4-H Club Development website, www.canr.msu.edu/4hclub/index. A good start to the 4-H year will allow youth members, club leaders and parents to be clear about expectations and plans for the group and be excited for what will take place. Some tips to get you started include:

- Get to know youth and adults and share about 4-H! Clubs transition from year to year. There may be members new to 4-H, youth trying new project areas, and members who have left or transitioned to different activities. Make sure everyone knows each other with a fun icebreaker activity.
- Prepare a list of activities for the year. The 4-H year goes fast and there is a lot to do in a short period of time. Preparing a list of club activities for meetings is important to ensure youth are learning the life and technical skills of their 4-H project.
- Create a calendar. Once you have your activities picked out, it's time to plan when and where it will all happen!

MSU Extension hosts successful second Michigan 4-H Day at the Capitol

On October 9, MSU Extension hosted the second Michigan 4-H Day at the Capitol to showcase the positive impact of the Michigan 4-H program and bring additional visibility to its effects. The event was held in the atrium of Heritage Hall – the Capitol Visitor's Center.

"We were so excited to bring this event back in 2024," said Deanna East, MSU Extension associate director who served as the event emcee. "Michigan 4-H is certainly worth celebrating every day of the year and we are grateful for the opportunity to highlight this impactful program to our state's leaders."

Michigan 4-H Day at the Capitol was attended by legislators, stakeholders and members of the public. At the event, attendees visited information booths hosted by Michigan 4-H youth and staff. A brief program featured East as well as: legislative host Representative Reggie Miller; MSU President Kevin Guskiewicz; Emma Young, policy analyst for Governor Whitmer and a Michigan 4-H alumna; Everett Howell, Michigan 4-H youth from Leelanau County; and Brianna Sierra, Michigan 4-H youth from Genesee County.



Mich. 4-H youth with Rep. Miller (fourth from left).

"The Michigan 4-H program serves an incredible number of youth each year but we hope to reach even more young people in the years ahead" continued East. "Elevating awareness of the program is one of our primary goals for Michigan 4-H Day at the Capitol and we believe this event will help connect more youth with our program and all that Michigan 4-H has to offer."

The program was livestreamed on the Michigan 4-H Facebook and can be viewed at www.facebook.com/Michigan4H.



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.





STATEWIDE CALENDAR OF EVENTS

Support 4-H with the TSC Paper Clover Campaign



To embrace the holiday spirit, the Tractor Supply Company (TSC) Paper Clover campaign has moved from its traditional October dates to November and December this year! Now from Nov. 29 – Dec. 15, TSC customers across the nation will have the opportunity to support 4-H youth by purchasing a \$1 clover at checkouts when shopping both in stores or online at www.TractorSupply.com during the campaign dates.

Funds raised will support county, state and national 4-H programming. To learn more, visit www.tractorsupply.com/tsc/cms/4h.

New for 2024, you can also support 4-H by purchasing three special commemorative 4-H holiday ornaments, now in TSC stores! Proceeds from the sale of ornaments support 4-H.



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!

