



Roscommon County

# 4-H Family News

JANUARY 2021

## The Open Palette of 2021

We look forward to the new 2021 year that is now upon us. We are fortunate that we have our dedicated group of 4-H volunteers who have ideas that they get excited about and MSU Extension, through our 4-H program, helps put these ideas into action. Each year affords us the opportunity to take the new clean canvas of our potential painting and decide what we will do that will make the world a better place. In 4-H, we focus that attention on helping the kids gain new experiences that they simply can't get anywhere else.

We are always looking for new potential 4-H volunteers. A few years back we certainly had some challenges getting people through our Volunteer Selection Process. We have now drastically streamlined it and it is way easier than ever to jump in and get involved as a 4-H volunteer all while keeping kids safe.

We have a 2021 4-H Council that is busy getting new things to happen for our local 4-H youth members. We have another 4-H volunteer that is working to bring you a new program that will be unveiled in February. There are 4-H SPIN Clubs in the planning stages that offer a range of virtual options as well as some plans for 4-H Clubs that will be dropped in place once we can again meet in a face-to-face setting.

We look forward to serving you and the Roscommon County community in the years ahead. What it will look like is up to you as you pick up your paintbrush and decide to create a beautiful picture of your own, one that benefits our kids, who now more than ever, need it so much.

Sincerely, John Wurm, Roscommon County 4-H Program Coordinator

## Contact Us

John Wurm  
4-H Program Coordinator  
785-260-3186 (direct cell)  
wurmj@msu.edu



Rebecca Sova  
MSU Extension Support  
Staff  
989-275-5043  
sovarebe@msu.edu



500 Lake Street  
Roscommon, MI 48653

Like us on Facebook:  
[Roscommon County 4-H](#)

## This 4-H Newsletter Is Packed With Great Topics

- ◆ 4-H Lego® Club
- ◆ Wild Spartans
- ◆ Adulting 101 Skills
- ◆ Mindfulness Programs
- ◆ 4-H Ninja Club
- ◆ Careers
- ◆ 4-H Money Challenge
- ◆ Online Safety for Kids—Parent Resources
- ◆ Language School
- ◆ 4-H Minecraft™

Michigan State University is an affirmative action/equal opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.

# STATEWIDE CALENDAR OF EVENTS

2

**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>

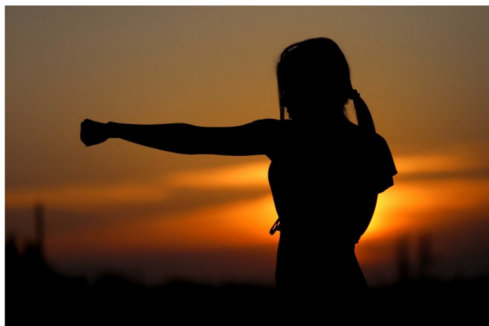
### January 26: Success and Safety on Volunteer-led Virtual Programs

*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).

Here are a few of the programs 4-H currently offers. Click on image for details.

JOIN US ONLINE!

## 4-H LEGO MASTER BUILDER SPIN CLUB



*Every day choose to be creative, be ingenious, be an engineer and become a Master Builder with LEGO! Open to all youth aged 5 to 12.*

Sign up by January 14th!  
Starts: Monday, Jan. 18-22, 2021  
From: 10-11:15am

Questions: Christine Miller email at [johns832@msu.edu](mailto:johns832@msu.edu) or call (517)552-6905

MICHIGAN STATE UNIVERSITY | Extension



Join Us Online

## WILD SPARTANS

MONTHLY WILDLIFE RESEARCH WEBINAR SERIES  
FOR FAMILIES INTERESTED IN EXPLORING  
SCIENCE \* RESEARCH \* CAREERS \* CONSERVATION

Begins October 27 | 7PM EST  
then on the 2nd Tuesday of each month

Registration required: [https://events.anr.msu.edu/wild\\_spartans/](https://events.anr.msu.edu/wild_spartans/)

MICHIGAN STATE UNIVERSITY | Extension



MICHIGAN STATE UNIVERSITY | Extension

Join Us Online

## ADULTING 101

January 14, 21, and 28  
4:00 p.m.



International Conversations



[www.canr.msu.edu/adulting101](http://www.canr.msu.edu/adulting101)



JOIN US ONLINE!

## 4-H MINECRAFT SPIN CLUB

An introduction to computer coding through the world of Minecraft!  
Open to all youth age 8 to 12.

Sign up by January 21st!  
Starts: Monday, January 25-29, 2021  
From: 10-11:15am

Questions: Christine Miller email at [johns832@msu.edu](mailto:johns832@msu.edu) or call (517)552-6905

MICHIGAN STATE UNIVERSITY | Extension

Want to see more? Visit <https://www.canr.msu.edu/4h/events>

Here are a few of the programs 4-H currently offers. Click on image for details.



The Great Money Games Challenge poster features a green background with two dollar signs in the corners. It includes icons for a credit card, coins, a piggy bank, a calculator, a bar chart, and a pie chart. The text reads: "THE GREAT MONEY GAMES CHALLENGE", "A VIRTUAL 4-H SPIN CLUB", "Mondays & Wednesdays", "Jan. 11- 27", "5- 6 PM via Zoom". Logos for "SAFE SPACE", "MICHIGAN STATE UNIVERSITY Extension", and a stylized 'A' are at the bottom.



Wild & Crazy Careers poster features two photos: a person taking a picture of a kangaroo and a person standing on a mountain peak with arms raised. The text reads: "MICHIGAN 4-H PRESENTS", "You can get PAID for THAT?!", "WILD & CRAZY CAREERS", "Careers come in all shapes and sizes. Hear from people who have made their passions a job, and their jobs their passions!", "Tuesdays, January 12 - February 16", "4:30PM ET on Zoom", "Target Audience: Ages 9-19 Cost: Free", "Zoom link will be provided upon registration". A disclaimer at the bottom states: "MSU Extension programs and material are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status, or veteran status."

## Time to Be Creative!

Registration is now open for the  
*2021 Michigan 4-H Creative Arts Celebration Workshop*  
virtually held February 19-21, 2021!

To Register go to:  
<https://www.canr.msu.edu/events/2021-virtual-creative-arts-celebration>

Want to see more? Visit <https://www.canr.msu.edu/4h/events>

Here are a few of the programs 4-H currently offers. Click on image for details.



JOIN TO CONNECT WITH FRIENDS AND PEERS!

**STEP**  
SUPPORTIVE TEENS EMPOWERING PEERS

Wednesdays, Jan. 6th - Feb. 24th  
4-5pm

MICHIGAN STATE UNIVERSITY | Extension

4-H GROWS HERE



Macomb + Eaton County 4-H Present

**ART + ACTIVISM**  
VIRTUAL 4-H SPIN CLUB

EXPERIENCE THE WORLD DIFFERENTLY, FIND THE ARTIST AND ACTIVIST IN YOU.

January 5th - February 23rd | Every Tuesday  
6:00 PM - 7:00 pm est.  
via zoom

FREE AND OPEN TO YOUTH AGES 9 - 13

Please email Ally Baird (bairdal2@msu.edu) with any questions  
Register here: <https://bit.ly/37Kr4fj>

AmeriCorps

4-H GROWS HERE



**Michigan State University**

# Community Language School

Online foreign language programs for children, pre-teens, teens and adults

**French**      **Chinese**

**Japanese**      **Spanish**

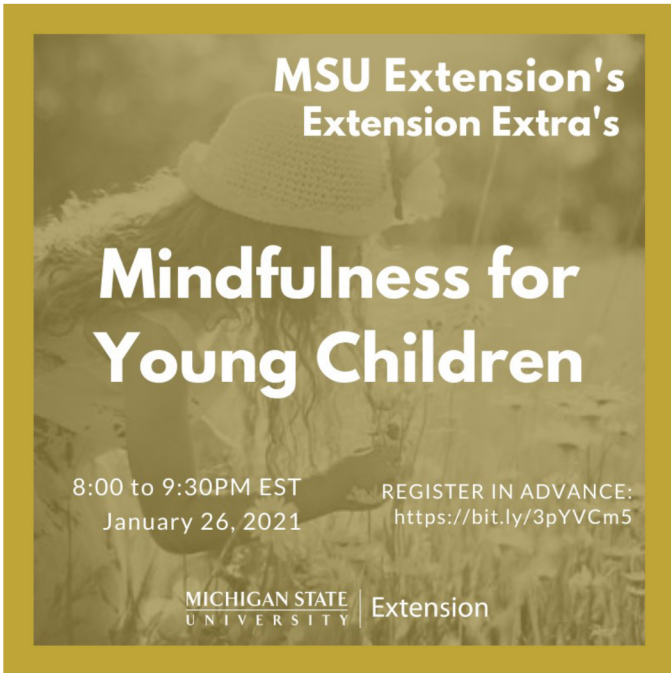
**Italian**      **German**

Starting the week of  
January 18, 2021

 <https://celta.msu.edu/language-school/cls-online-programs/>

Want to see more? Visit <https://www.canr.msu.edu/4h/events>

Looking for ways to find peace and harmony? Click on image for details.



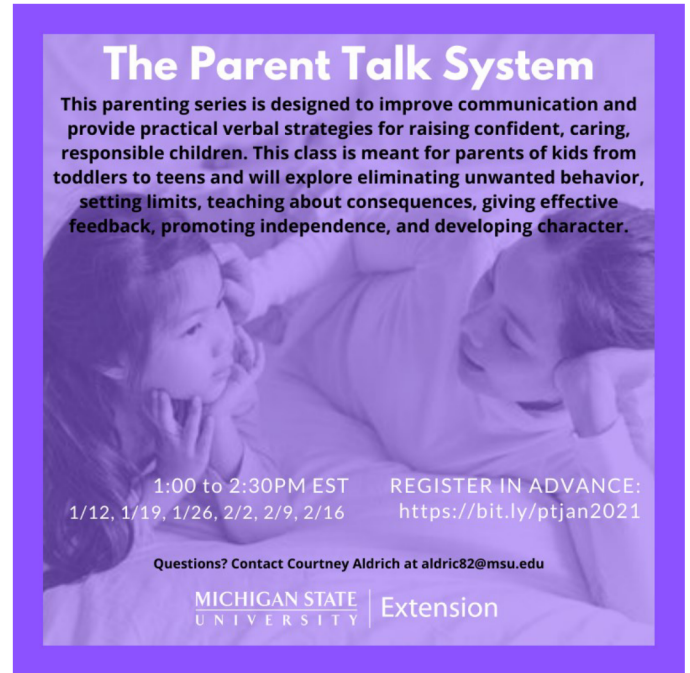
**MSU Extension's  
Extension Extra's**

# Mindfulness for Young Children

8:00 to 9:30PM EST  
January 26, 2021

REGISTER IN ADVANCE:  
<https://bit.ly/3pYVCm5>

MICHIGAN STATE UNIVERSITY | Extension



## The Parent Talk System

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 behavior, setting limits, teaching about consequences, giving effective feedback, promoting independence, and developing character.

1:00 to 2:30PM EST  
1/12, 1/19, 1/26, 2/2, 2/9, 2/16

REGISTER IN ADVANCE:  
<https://bit.ly/ptjan2021>

Questions? Contact Courtney Aldrich at [aldric82@msu.edu](mailto:aldric82@msu.edu)

MICHIGAN STATE UNIVERSITY | Extension



# Get chill with the whole family.

## FREE & ONLINE

Join **MiStrongerFamily** on Facebook for:  
**Family Meditations · Family Yoga Sessions · Mindful Moments**

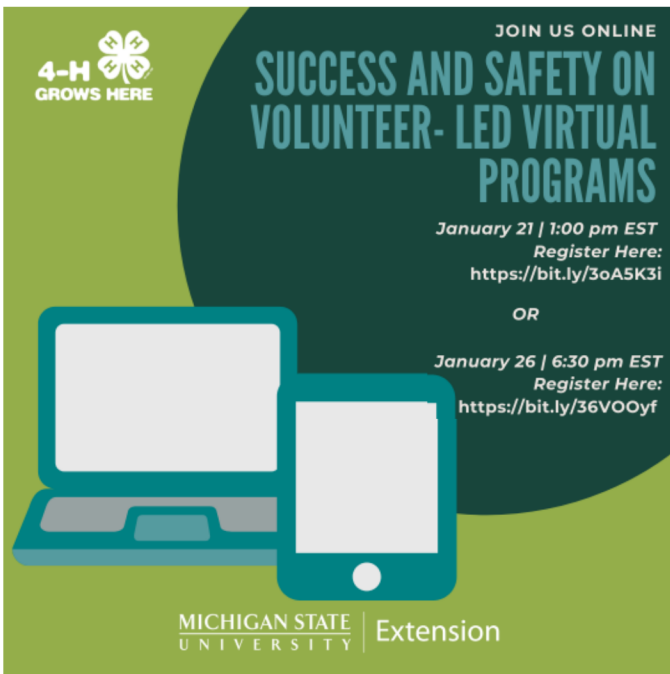
And check out our  
**Mindful Mondays** webpage!



By Ketut Subiyanto on Pexels

Want to see more? Visit [facebook.com/mistrongerfamily/](https://facebook.com/mistrongerfamily/)

Keeping Kids Safe. Click on image for details.



**4-H GROWS HERE**

JOIN US ONLINE

# SUCCESS AND SAFETY ON VOLUNTEER-LED VIRTUAL PROGRAMS

January 21 | 1:00 pm EST  
Register Here:  
<https://bit.ly/3oA5K3i>

OR

January 26 | 6:30 pm EST  
Register Here:  
<https://bit.ly/36VOOyf>

MICHIGAN STATE UNIVERSITY | Extension

MSU Extension has several resources to help parents and caregivers keep kids safe from predators. Available for free download. Click on title below to access PDF.

[Keeping Kids Safe: Preventing Grooming by Child Sexual Predators](#)

[Keeping Kids Safe: How Child Sexual Predators Groom Adults, Families, and Communities](#)

[Keeping Kids Safe: How Child Sexual Predators Groom Children](#)

[Keeping Kids Safe: Ages 12-17](#)

[Keeping Kids Safe: Ages 6-11](#)

[Keeping Kids Safe: Ages 0-5](#)

[Keeping Kids SAFE: The downside to "sharenting" on social media](#)

[Keeping Kids Safe Virtually: Best Practices](#)



MICHIGAN STATE UNIVERSITY | Extension



# Creating Safe Environments for Youth

Free Resources:  
<https://www.canr.msu.edu/creating-safe-environments/for-parents-caregivers>

Photo by Julia M Cameron from Pexels

Want to see more? Visit [canr.msu.edu/creating-safe-environments/index](https://www.canr.msu.edu/creating-safe-environments/index)