



NOVEMBER 1, 2024

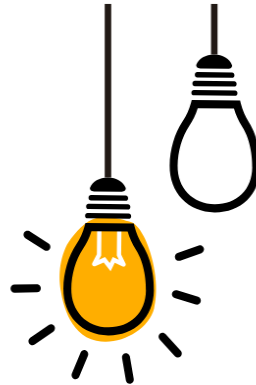
4-H Family News

Ingham County



WAYS VOLUNTEERS CAN
SPARK BIG DREAMS AND
FUTURE

Careers



A Michigan 4-H Volunteer Training Webinar
November 6, 2024 at noon or 7pm



CRAFTS AROUND THE WORLD SPIN CLUB

- ✔ Youth ages 8 to 19
- ✔ Tuesdays from November 12th - December 17th 6:30pm - 7:30pm
- ✔ Hilliard Building, Mason, MI
- ✔ Cost is \$5.00
- ✔ Visit [V2.4HOnline.com](https://www.v2.4HOnline.com) to Register
- ✔ Club Name: SPIN - Crafts and Culture

Discover different cultures as you learn a new cool craft. You will go home with a new project each week from a different country!

Projects include Norwegian Gnomes, Mexico's Yarn Art, and many more!

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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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2024 U.S. Arabian Nationals



On October 25th, the Ingham County 4-H Horse Judging team did a first-class job as the team representing the Michigan 4-H horse programs while competing at the U.S. Arabian Nationals horse judging contest in Tulsa, Oklahoma. At the contest, teams evaluated and placed 4 halter classes and 6 performance classes and then delivered 4 sets of oral reasons, defending their placings. **Team members were Adelaide Halstead, Tabitha Hayworth and Danykah Muck**, who graciously stepped up at the last minute to fill a much-needed position on the team. The team is coached by Marci Rene' Charest. **In the 4-H/FFA division, the team placed 3rd in Halter, 4th in Performance and 3rd in Reasons and ended up being the 3rd place team overall!**

Everyone on the team did a fantastic job individually as well! **Adelaide placed 5th in halter, 4th in performance, 5th in reasons and was the 4th place individual overall. Tabitha placed 8th in halter, 7th in performance, 7th in reasons and was the 8th place individual overall. Having less than 10 days to prepare, Danykah tied for 12th in halter, placed 18th in performance, tied for 19th in reasons and placed 16th overall. Placings alone cannot characterize the growth, tenacity and success of this team. While in Tulsa, each of them met the challenge of grueling workouts and late nights of preparation before competing and giving their best individual performances against National level teams, judging National quality horses. And they pulled together as a team to knock out a 3rd place overall finish in their division. Congratulations!**



4-H HealthCorps
AmeriCorps Member



ERIN KELLY

Hello, my name is Erin Kelly! I am one of the newest AmeriCorps members serving in Ingham County. I recently graduated from Hope College where I studied sociology and mathematics. I love reading and spending time outdoors. I look forward to spending my next year serving the communities in Ingham County!



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Focus

During my term, I will be working on developing and delivering health centered programming to the youth in Ingham county. I hope for my programs to inspire love for the outdoors by connecting mental health topics to nature.

- ~Mindfulness ~Movement
- ~Health benefits of nature

Service Sites

- ~Ingham County Parks
- ~Fenner Nature Center

Welcome

AMERICORPS HEALTHCORPS MEMBERS

Erin, Laasya
Erayna



MICHIGAN STATE UNIVERSITY | Extension

LAASYA KODURI

4-H Healthcorps AmeriCorps Memeber

Currently, I am a senior at Michigan State majoring in Human Biology and Nutritional Sciences, preparing for a future in healthcare.



Interested in learning how to manage stress and build resilience?



Want to explore mindfulness and self-care strategies that work for you?



Looking for fun, supportive ways to boost your mental and physical health?

Passionate about offering engaging programs on mental, emotional, and physical health, I aim to empower vulnerable communities through fun activities like mindfulness, yoga, and healthy eating.

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517-887-4536

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Email

kodurila@msu.edu

Hello, I'm Erayna Greenwood

I am thrilled to be serving Ingham County as a 4-H HealthCorps AmeriCorps member. I graduated from Northern Michigan University, where I studied Psychology and Social Work, building a strong foundation for supporting the well-being of individuals and communities. When I'm not serving, I enjoy gaming, cooking, watching new movies and shows, and diving into history and thrillers.



4-H HealthCorps
AmeriCorps
Member

"You can't pour out of an empty cup, pour into yourself first!"

What Will I Accomplish ?

I am committed to promoting mental, emotional, and physical wellness among youth in our community. I'll be leading special interest clubs that focus on topics like self-care, mindfulness, and building healthy habits. My goal is to foster positive relationships and empower young people to grow and thrive. I look forward to connecting with you and making a meaningful impact in Ingham County!





Healthy Choices:

Substance Use Awareness and Prevention

Weekly sessions include:

What is Vaping?

Understanding Health Effects of Vaping

Making Healthy Choices

Dec. 2, 4, 9, 11, 16, 18

Time: 11:00 am – 11:30 AM

Location: Gardner International Magnet
School



**HEALTH
ROCKS!**
INSPIRED TO BE SUBSTANCE FREE

For More Information, Contact
Rachel Ochylski

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Phone: (517)676-7300



AmeriCorps

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COUNTY CALENDAR OF EVENTS

Horse Committee Meeting Wednesday, Nov 13, 7:00 pm Hilliard Bldg Conf Rm A
4-H Council Committee Meeting Wednesday, Nov 20, 7:00 pm Hilliard Bldg Conf Rm A
Award Applications Due Monday, Dec 2, 5:00 pm

Do you love horses?
Would you like to learn more about them?

Horse Hippology Clinic

November 17th
2-4 p.m.
551 Courthouse Drive,
Charlotte MI

- Learn from youth, judges and coaches with experience
- have fun
- win prizes
- learn skills that make you a better horse person

10 stations with a variety of things to learn- from horse parts to horse care.
This is a great introductory to Horse Hippology for beginners but everyone is welcome.




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Coding and Careers

November 11, 2024
7:00PM - 8:00PM

Join

4-H FUTURE SQUAD

A virtual 4-H club for youth 12-19 years old focused on life skills for the future



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Available on Video!

WILD SPARTANS

November 12, 2024 with Andrea Martinson

This month's 4-H Wild Spartans Series will fly into the refuges that many migrating birds depend on for migration. Join us on Tuesday, November 12th, 2024 at 6:30pm EST for "Behind the Scenes in the Life of a Park Ranger." You will meet Andrea Martinson, Park Ranger for the U.S. Fish and Wildlife Service at the Shiawassee National Wildlife Refuge.

Save The Date

Annual 4-H Awards Banquet

Sunday, January 12th, 2025
3:00 pm
Community Hall Fairgrounds

**Award Applications DUE
Monday, Dec 2nd**



2025 MICHIGAN 4-H OUTBOUND TRAVEL APPLICATIONS ARE OPEN!

DONT BE SCARED TO APPLY TODAY!

MICHIGAN 4-H APPLICATION DEADLINE IS DECEMBER 9, 2024

2025 ONLINE APPLICATION TO TRAVEL LINK:
[HTTPS://SMR.TO/P98780](https://SMR.TO/P98780)

BE SCARY TOGETHER

2025 Summer Host Family Applications Are Now Open!

Do not be scared this Halloween Season, and start spreading the news that the 2025 Inbound Host Family Applications have opened!

Applications to host can be found at:
<https://www.states4hexchange.org/apply/host/>

MICHIGAN 4-H HAS 10 JAPANESE YOUTH AND ONE ADULT CHAPERONE COMING THIS SUMMER



Paper Clover

Nov. 29 – Dec. 15

Funds support 4-H camp, scholarships & leadership activities.

TSC TRACTOR SUPPLY CO



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 6: Michigan 4-H Volunteer Webinar Series - Ways Volunteers Can Spark Big Dreams and Future Careers

Online

November is National Career Development Month! Learn easy activities to help youth explore career pathways and develop skills to be ready for the workforce. Explore tools and resources that allow youth to reflect and prepare for the next steps in their career journey. This session will be offered twice for the convenience of volunteers.

12 – 1 p.m. session: www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-ways-volunteers-can-spark-big-dreams-and-future-careers

7 – 8 p.m. session: www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-ways-volunteers-can-spark-big-dreams-and-future-careers7pm

November 12: Wild Spartan Series – Behind the Scenes in the Life of a Park Ranger

Online

This month's 4-H Wild Spartans will fly into the refuges that many migrating birds depend on for migration. Join us at 6:30 p.m. to meet Andrea Martinson, park ranger for the U.S. Fish and Wildlife Service at the Shiawassee National Wildlife Refuge. Learn about her work, and the education and career path she followed to get there. Youth will be encouraged to ask questions to learn more through a live Q&A. This free virtual series is open to 4-H and non-4-H youth ages 12-19 years.

events.anr.msu.edu/wildspartans2024_25/

November 19: Adulting 101 - Cracking the Code to College

Online

The Michigan 4-H Adulting 101 series helps young people prepare for college or life on their own. In this session, explore the admission and application process and get tips on writing your essay.

www.canr.msu.edu/events/college

November 21: Michigan 4-H Volunteer Webinar Series - Positive Youth Development 101; Building Strong Relationships Through Every Stage

Online

Understanding the development of youth is crucial for building strong, positive relationships. In this webinar, we will explore the key stages of child and youth development and the common characteristics that young people share as they grow. Learn how to support and engage with youth effectively, recognizing that each young person develops at their own pace. Equip yourself with the knowledge and tools to foster meaningful connections with youth at every stage of their growth.

12 – 1 p.m. session: www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-positive-youth-development-101-building-strong-relationships-through-every-stage

7 – 8 p.m. session: www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-positive-youth-development-101-building-strong-relationships-through-every-stage7pm





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.



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/>

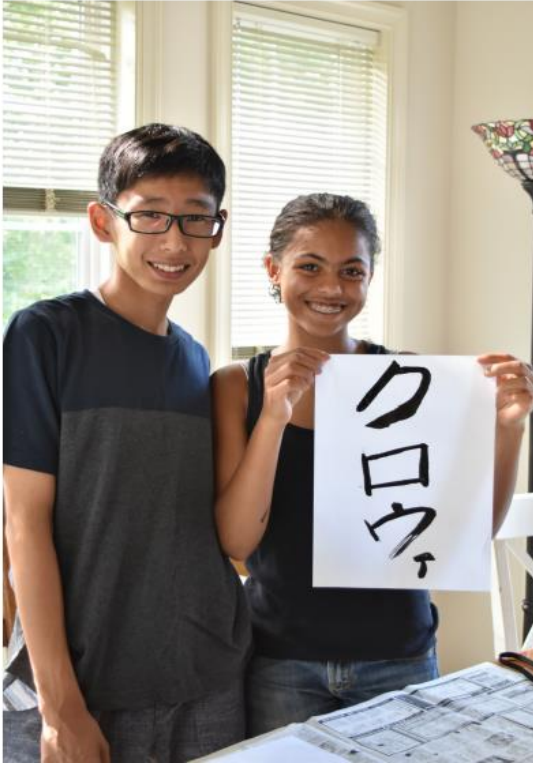


[@states4hinternational](https://www.instagram.com/states4hinternational)



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 Zoo Apprentice Camp

Overview

4-H Zoo Apprentice Camp (Ages 14+)

4-H Junior Zoo Apprentice (Ages 11-13)

- **Registration Deadline: Dec 1, 2024**
- **Arrive:** Fly or Drive.
- **Depart:** Fly or Drive Home.

The world's largest zoological organization partners with Missouri 4-H to offer 4-H youth an opportunity to discover, learn, laugh and experience one-of-a-kind adventures with animals from around the world.

Learn-by-doing has long been a 4-H motto. Now 4-Hers will experience this Busch Gardens 335-acre African-themed living classroom by attending the 4-H Zoo Apprentice Camp for youth ages 14+ or by attending 4-H Junior Zoo Apprentice Camp for youth ages 11-13.

Youth in attendance will become amateur zookeepers and discover firsthand what it takes to care for animals from around the world. Assist zoo staff behind the scenes and observe animal care sessions.

Youth in attendance will be living inside Busch Gardens. They will investigate the mysteries of the animal kingdom, getting up-close to animals they have never seen before. And in between life changing moments, participants will enjoy World Class Entertainment in our nation's fourth most popular amusement park. In addition, all participants will make lifetime memories spend time working with the animal care specialists at Sea World, touring Sea World Rescue and sleeping overnight beside our new aquatic friends.

You will return with a keen understanding of animal behavior, science, and nutrition. You will be a better communicator with your own animals and four-footed family members.

The \$875 registration fee includes:

- Airport pick-up and transportation on Saturday to Busch Gardens
- All lodging
- 24/7 Staff Escorts including Zoo Staff, Education Staff, Youth Professionals and Health Staff
- Three camp t-shirts
- Staff will process needed laundry during the week
- All meals and lodge snacks
- Re-usable water bottle
- I.D. badges
- Backpack
- Transportation to and from Orlando
- All meals at Sea World
- All special events at Sea World
- Sea World Rescue facilities
- Park admission to both Sea World and Busch Gardens
- Behind the scene access
- Veterinary practices and care facilities
- Animal encounters

