



DECEMBER 20, 2024

# 4-H Family News

## Ingham County



**INGHAM COUNTY 4-H ANNUAL RECOGNITION EVENT**

Join us for the 2024 Ingham County 4-H Awards Celebration to honor member achievements and recognize leaders' contributions to youth development

The celebration will begin with dinner at 3:00 p.m. and complete with the award ceremony. Drinks and main dish supplied! (sloppy joes, pulled pork and pulled chicken)

Please bring a dish to pass by last name A-M = desserts; N-Z = sides



<b>3:00 PM SATURDAY, JANUARY 12TH 2025</b>	<b>INGHAM COUNTY FAIRGROUNDS 700 E ASH, MASON, MI</b>	<b>RSUP BY JANUARY 6TH EMAIL: WEISSGLE@MSU.EDU PHONE: 517-676-7303 SCAN QR CODE ABOVE</b>
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### Contact Us:

**Glenda Weiss**

4-H Program Coordinator  
weissg@msu.edu

Michigan State University Extension  
Ingham County Hilliard Bldg  
121 E. Maple Street, PO Box 319  
Mason, MI 48854  
Ph: 517.676.7207

**Rachel Ochylski**

4-H Urban Program Coordinator  
ochylski@msu.edu

Michigan State University Extension  
Ingham County Human Services Bldg  
5303 S. Cedar Street  
Lansing, MI 48911  
Ph: 517.676.7300

**Ingham County 4-H**

<https://www.canr.msu.edu/ingham/4-h/>

**Facebook**

<https://www.facebook.com/Ingham4Hyou>

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# COUNTY CALENDAR OF EVENTS

Holiday Break MSUE Office Closed Tuesday, Dec 24 through Wednesday, Dec 1  
 Annual 4-H Award Banquet Sunday, January 12, 2025 Community Hall Fairgrounds  
 Horse Committee Meeting Wednesday, January 8 Hilliard Bldg  
 4-H Council Committee Meeting Wednesday, January 15 Hilliard Bldg

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## 2025 State 4-H Rabbit and Cavy Show and Expo

**\$4 Entry Fee**



Breed, Market, Fur Class Entry Fee: \$4.00  
 Other Contests Entry Fee: \$2.00  
 Photography, Educational Display, Breed Identification, Skillathon

Showmanship pre-enter by  
**January 17, 2025**

<p>Jan 25, 2025          Enter animals day of Show          7:00 am-10:00am</p>	<p>MSU Pavilion          for Agriculture and Livestock Education</p>
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State Rabbit and Cavy Show Web Page:  
[shorturl.at/Ey5yF](http://shorturl.at/Ey5yF)



SCAN HERE

Perpetual trophy for all Best In Shows!



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MICHIGAN 4-H HORSE PROGRAM WINTER WEBINAR SERIES

January 15th at 6pm: How to buy a horse with Paula Hitzler  
 January 29th at 6pm: The basics of Equine Management with David Lindsay  
 February 5th at 6pm: Equine Nutrition basics with Dr. Christine Skelly  
 February 18th at 6pm: Being a better boarder and Running a boarding facility with Taylor Fabus  
 March 12th at 6pm: From the judges' perspective: Showmanship with Dr. Karen Waite  
 March 26th at 6pm: From the judges' perspective: Ranch Riding with Dr. Alyssa Logan

Any further questions email David Lindsay, Extension Educator at [lindsa75@msu.edu](mailto:lindsa75@msu.edu)



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## MICHIGAN 4-H DAY AT THE BRESLIN

MARCH 1

**SAVE THE DATE!**

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4-H GROWS HERE



**REMINDER**



RE-ENROLL NOW IN 4-H ONLINE FOR THE NEW PROGRAM YEAR!





# ..... SPIN CLUB: INTRODUCTION TO SPHERO

**Unlock the World of Coding with Spheros!  
Over six fun-filled weeks, you will dive into the  
fascinating realm of programming!**

- ✓ Week 1: Get hands-on with Sphero's movements
- ✓ Week 2: Start coding with block-based programming
- ✓ Week 3: Discover loops and sensors for advanced control
- ✓ Week 4: Master variables to influence speed and direction
- ✓ Week 5: Tackle real-world challenges using coding skills
- ✓ Week 6: Showcase projects in a final presentation!



**BOYS AND GIRLS CLUB OF LANSING  
4315 PLEASANT GROVE RD  
LANSING, MI 48911**

**5:00PM - 6:00PM  
WEDNESDAYS STARTING  
JANUARY 10TH, 2025**



To register, go to 4-H online and select "SPIN Club Boys & Girls Club 1124" v2.4HOnline.com



**Open to ages 9-12, don't miss this chance to spark creativity and problem-solving skills! Perfect for all budding tech enthusiasts!**



**Rachel Fitch  
(313) 351-2340  
fitchrac@msu.edu**







# MINDFULNESS on the MOVE

4-H Special  
Interest (SPIN) Club at  fenner nature center

Step outside and take on  
mindfulness with this 4-H SPIN  
club!

Dates: Wednesdays

Dec. 4, 11, 18, Jan. 8, 15, 22

Time: 4:00-5:00pm

Location: Fenner Nature Center

Ages 8+

4-H enrollment required (free)

Join us as we explore the outdoors  
while learning various mindfulness  
practices!

## Questions?

Contact Rachel

Ochylski

[ochylski@msu.edu](mailto:ochylski@msu.edu)

(517)676-7300

To register, go to 4-H  
online and select "SPIN  
Club Mindfulness on  
the Move 4-H"  
<http://v2.4HOnline.com>



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AmeriCorps

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Michigan 4-H

# Spark and Share Summit

FRANKENMUTH, MI

BAVARIAN INN LODGE AND CONFERENCE CENTER

MARCH 8, 2025

9AM -5:30PM

\$50 includes Lunch

- Animal Science
- Science of Gardening
- Paper Art
- Engaging Meetings
- Mindfulness
- Rocketry
- Marketing your Project
- Youth-Adult Partnerships
- Teaching Science
- Vermicomposting
- Spa Day

Register by February 8th: <https://events.anr.msu.edu/SELeaderMeet2025/>

Thanks to a generous donation by Michigan 4-H Foundation Program Committee, the price for this training has been reduced.



Webinars monthly January-May 2025

# Driven for the Future: Automotive Research and Development Technician Career Webinar Series



TOYOTA MOTOR NORTH AMERICA Research & Development

MICHIGAN STATE UNIVERSITY Extension

## 2025 ADULTING 101



- DECREASING STRESS WITH MINDFULNESS- JANUARY 14 AT 6 PM
- MEDICAL INSURANCE 101 - FEBRUARY 10 AT 5:30 PM
- TIME AND ORGANIZATION TIPS TO THRIVE - MARCH 3 AT 7 PM
- WEALTH BUILDING - APRIL 8 AT 5 PM
- STAY SAFE OUT THERE - MAY 15 AT 6 PM
- INTERNATIONAL TRAVEL ON A BUDGET- JUNE 2 AT 6:30 PM
- MASTERING MEAL PLANNING - JULY 9 AT 4:00 PM
- NAVIGATING PEER PRESSURE - AUGUST 18 AT 6 PM
- WORKPLACE PROFESSIONALISM - SEPTEMBER 17 AT 6:30 PM
- ENJOY YOUR HOLIDAYS ON A BUDGET - OCTOBER 23 AT 5 PM
- NAVIGATING TOUGH TALKS - NOVEMBER 13 AT 6:30 PM

\*ALL TIMES LISTED ARE EASTERN STANDARD TIME



<https://events.anr.msu.edu/Adulting2025/>



## SAVE THE DATE!

### 2025 MICHIGAN 4-H DAIRY CONFERENCE!

WHERE: MICHIGAN STATE UNIVERSITY  
WHEN: MARCH 1ST & 2ND

MORE INFORMATION & REGISTRATION COMING SOON!

### 2025 4-H Cash Composition Contest



Learn about credit

Answer this year's question in 300 words or less

Submit your essay by February 28, 2025

Possibly win a \$100 gift card!

Open to 9-19 year olds in Michigan

MICHIGAN STATE UNIVERSITY Extension

Extra Credit UNION



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

# HORSE JUDGING WORKSHOP

## WHEN

**January 31-Feb. 1, 2025**  
**Friday workshop, 6:30-8:30p**  
**Saturday contest, 8:30-10:30a**

## WHERE

**MSU Pavilion**

4301 Farm Lane, Lansing, MI

## FEATURING

**Friday evening's workshop will feature  
carded judge & clinician Dr. Karen  
Waite on Evaluating Halter.**

**Saturday's practice contest will have 3  
classes with opportunity to give oral  
reasons: Halter, Ranch Rail and  
Horsemanship**

## ALL AGES WELCOME

**PRE-REGISTER**  
**\$15 per youth/adult/coach**

**REGISTER AT THE DOOR**  
**\$20 per youth/coach/adult**

## CONTACT

**Carla McLachlan**  
**Event Coordinator**  
**Carlam@msu.edu**

## BENEFITING

**All proceeds of event will  
go directly to the MSU  
Horse Judging Team**

**Online registration and  
payment is available at:**  
[https://commerce.cashnet.com/msu\\_3645](https://commerce.cashnet.com/msu_3645)





## 2025 Calendar of Statewide Animal Science Events

### 4-H Animal Science Staff

**Autumn Converse**  
4-H Livestock and Veterinary  
Science Educator  
[conver20@msu.edu](mailto:conver20@msu.edu)

**David Lindsay**  
4-H Equine Educator  
[lindsa75@msu.edu](mailto:lindsa75@msu.edu)

**Kendra Van Order**  
4-H Dairy Educator  
[vanorde4@msu.edu](mailto:vanorde4@msu.edu)

**Jacob Stieg**  
4-H Poultry Point of Contact  
[stieg@msu.edu](mailto:stieg@msu.edu)

**Kat VanDouser**  
4-H Dog Point of Contact  
[krollkat@msu.edu](mailto:krollkat@msu.edu)

**Glenda Weiss**  
4-H Rabbit & Cavy Point of  
Contact  
[weissgls@msu.edu](mailto:weissgls@msu.edu)

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<b>January 25</b>	State 4-H Rabbit and Cavy Show & Expo
<b>February 15</b>	4-H Animal Science Career Quest
<b>March 1-2</b>	4-H Dairy Conference
<b>March 8</b>	4-H Spring Livestock Workshop
<b>March 15</b>	4-H Hippology State Contest
<b>March 29</b>	4-H & FFA Horse Judging State Contest
<b>May 8</b>	4-H & FFA Meats Judging State Contest
<b>June 11-12</b>	Youth Livestock Judging Camp
<b>June 25</b>	4-H & FFA Livestock Judging State Contest
<b>June 28</b>	4-H Dairy Quiz Bowl
<b>July 7-8 &amp; 9-10</b>	4-H Animal and Veterinary Science Camp
<b>July 15-17</b>	4-H Youth Dairy Days
<b>August 14-17</b>	4-H State Horse Show

Other programs could include the State 4-H Dog Show, species workshops, and more!



**Scan me** for  
more  
information  
about these  
programs!

# MICHIGAN 4-H HORSE PROGRAM



## **2025 DATES OF IMPORTANCE!!!**

*January 31 & February 1: Horse Judging  
Workshop and Practice Contest*

*March 15: State 4-H Hippology Contest*

*March 29: Michigan 4-H/FFA State  
Horse Judging Contest*

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



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





# 2025 MI 4-H STATEWIDE DAIRY EVENTS

March  
**1-2** **MI 4-H Dairy Conference**  
Michigan State University

June  
**28** **State 4-H Dairy Quiz Bowl Contest**  
Anthony Hall, Michigan State University

July  
**14-17** **MI 4-H Dairy Days**  
Michigan State University

Sept. 28- **National 4-H Dairy Conference**  
Oct. 2 Madison, WI

**KENDRA VAN ORDER**  
MI 4-H DAIRY EDUCATOR

**517-432-4306**

**VANORDE4@MSU.EDU**

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# 4-H Winterfest 2025

**DATE:**  
February 8—9, 2025

**LOCATION:**  
Eagle Village  
Hersey, MI

**COST:**  
\$120

**SOCIAL MEDIA:**  
[https://www.facebook.com/  
profile.php?  
id=100067458275560](https://www.facebook.com/profile.php?id=100067458275560)



## WHO SHOULD ATTEND:

4-H youth 8—12 years old

## DESCRIPTION:

Youth and adults who attend 4-H Winterfest will spend 2 days learning about exciting project areas while meeting youth from around the state. 4-H Winterfest offers participants and chaperones an opportunity to experience Eagle Ville in an overnight camp setting. Youth participate in hands on sessions.

## HOW TO REGISTER

Registration information will be available in early January with registration taking place through 4-H Online. The committee highly encourages youth to be enrolled in 4-H Online prior to registration opening.

## CONTACT:

Jacob Stieg: [stieg@msu.edu](mailto:stieg@msu.edu)

Holly Mueller: [julianho@msu.edu](mailto:julianho@msu.edu)

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# STATEWIDE CALENDAR OF EVENTS

## Shop the Michigan 4-H store this holiday season



Buy your favorite Michigan 4-H apparel, drinkware, and essentials at the SHOP 4-H Online Store!

Offered in collaboration with National 4-H Council through Shop 4-H, the Michigan 4-H store offers Michigan 4-H branded apparel and other gifts. Visit the store online and find the perfect item for your favorite 4-H'er, volunteer, alumni, professional or fan! The shop is open to the public and a percentage of all proceeds will be donated to Michigan 4-H.

To order Michigan 4-H specific items, visit <https://bit.ly/30pdNJw>. The store will remain open beyond the holiday season to continue offering Michigan 4-H branded gear to the Michigan 4-H community.

### 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](http://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](http://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](http://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!





# 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.





# CHRISTMAS QUIZ QUESTIONS



Answer the following questions about Christmas.

1 What are the two other names Santa Claus is commonly called?

Answer: \_\_\_\_\_

2 What kind of calendar is used to count down to Christmas?

Answer: \_\_\_\_\_

3 Which country started the tradition of putting up a Christmas tree?

Answer: \_\_\_\_\_

4 What popular Christmas beverage is also known as "milk punch"?

Answer: \_\_\_\_\_

5 What two phrases will you find on almost every Christmas card?

Answer: \_\_\_\_\_

6 What Christmas decoration was originally made from strands of silver?

Answer: \_\_\_\_\_

7 Which country donates the Christmas tree in Trafalgar Square, London, every year?

Answer: \_\_\_\_\_

8 What is traditionally hidden inside a Christmas pudding?

Answer: \_\_\_\_\_

9 What winter sport is commonly associated with Christmas?

Answer: \_\_\_\_\_

10 What baked treat is left out for Santa in many countries around the world?

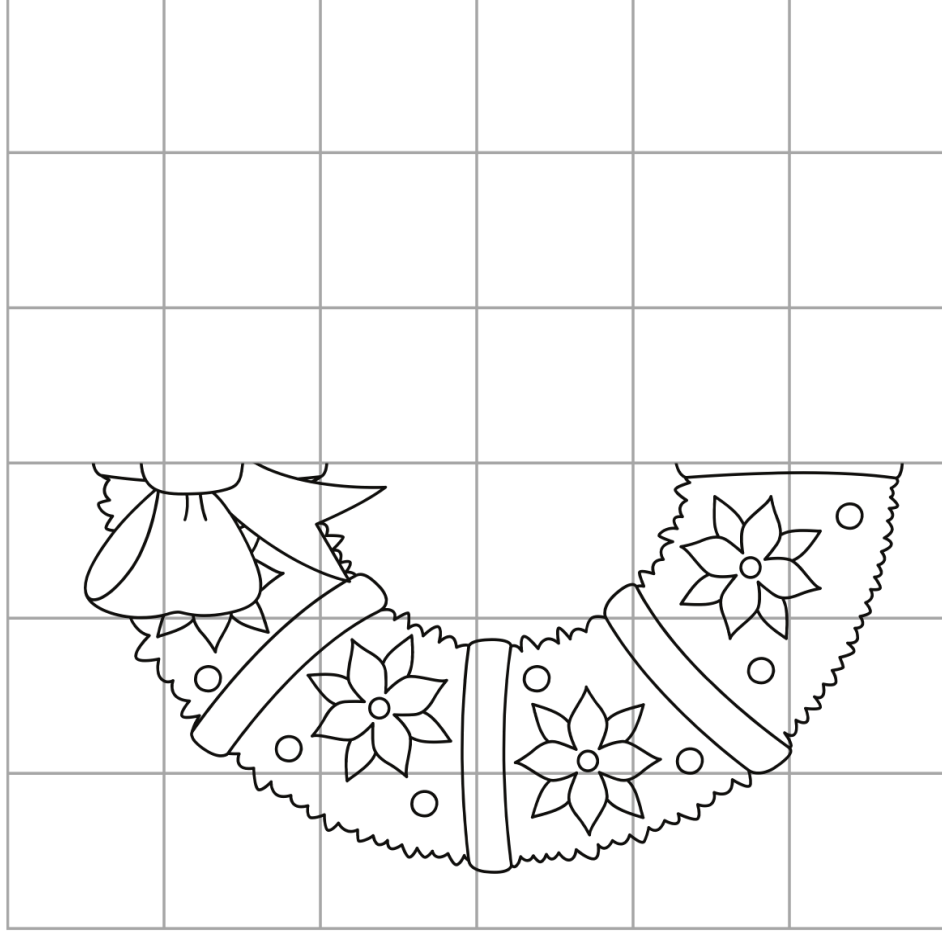
Answer: \_\_\_\_\_

1 Saint Nicholas, Kris Kringle 2 Advent Calendar 3 Germany 4 Eggnog  
5 "Merry Christmas" and "Happy New Year" 6 Tinsel 7 Norway  
8 A silver coin 9 Ice skating 10 Cookies



# Christmas Symmetry

Use the grid to draw the other side of the picture.



# Christmas Symmetry

Use the grid to draw the other side of the picture.

