

*Kent County*

4-H Family News

February 2020

A letter from your Program Coordinators!

Kent County 4-H is a growing program and with a growing program comes news faces! We are very lucky to be welcoming a new member to the team as an Urban 4-H Program Coordinator. Veronica will be working with the urban areas throughout the county to make sure 4-H is being provided in our larger populated areas. Read a little about Veronica on page 3!

We were also very saddened to see one of our long time Program Coordinators leave us in January. Nana has accepted a position on campus with Michigan State University and her last day was January 31. She does still have her MSU email so if you have any burning questions for her she would be more than happy to answer them. If you have any further questions about club information, volunteer questions, or anything else you can now direct those to myself at the contact information to the right.

We wish Nana good luck in all her future endeavors!

Sincerely,

Kent County 4-H Program Coordinators

Alexis and Veronica

@MI4-HKentCO Podcast is here!

We are incredibly excited to announce that Kent County 4-H officially has a podcast! This podcast is going to be posted bi-weekly on SoundCloud where you can find us at MI4-HKentCO. You do not need a SoundCloud account to access the podcast. There is a mobile app that can be downloaded onto your phone, just search for SoundCloud in your app store. It can also be accessed through the SoundCloud website by searching @MI4-HKentCO.

Our goal of this podcast is to give our members another form of communication for events and updates happening throughout the county. We will also be having some special guest throughout where you might hear some familiar voices. The podcast is planned to be no longer than 10 minutes to make for quick listening. If you have any questions or ideas for the podcast please contact Alexis Garbo.

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Kent County 4-H Program



COUNTY NEWS AREA

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If you have any questions about the following events or articles please forward those to Alexis Garbo (garboale@msu.edu or 616-632-7870) at the MSU Extension Office!



A Night with the Griffins!

We are sending a huge thank you to the Kent County 4-H Council for sponsoring this fun night with the Grand Rapids Griffins Hockey team! We received an overwhelming amount of interest and unfortunately have sold out of tickets!! We love to see our 4-H members and volunteers excited for this event. Since we did receive such interest in this event it is something that we may offer again next year during the Griffin's season.

If you did reserve tickets make sure to watch for those tickets in the mail around the end of February or beginning of March. Please direct all questions to Alexis Garbo at the MSU Extension office.



Our final discussion meeting is being held on February 11 at the Kent County Mounted Unit Training Center located in Rockford (4687 Kroes Rd. NE). These meetings are open to all volunteers and members who have questions or suggestions for the 2020 year. If you have any questions about the meeting place or meeting please contact Alexis Garbo and the MSU Extension office.

CALLING ALL CLUB LEADERS!!

An email was recently send out discussing the new club directory that is currently being created. This directory is intended to be a useful source of club contact information new youth interested in joining our program. Please follow this [link](#) to a google sheets which will be used to create a club directory. The final date to make edits on the club directory will be February 15. If you having trouble accessing the document feel free to email information to Alexis Garbo (club name, leader contact information, accepting new members?, Accepting 5-7 yr. old?, any focus project are-

April is True Leaders in Service Month!

Don't forget to mark your calendars! We currently have three community service days scheduled for April. Make sure to register at the appropriate links so we can make sure we can give final counts:

April 18: Seidman park clean up, [Registration](#)

April 26: Equest Center for Therapeutic Riding Prep for fundraiser, [Registration](#)

April 30: Humane Society of West MI, [Registration](#), We will also be holding a supply drive! Find the list of needed supplies on the registration page and bring your items to the MSU Extension office or on the day of the event!



IN NEED OF VOLUNTEERS!

The Kent County 4-H Program is excited to announce that we are beginning a 4-H cat program! Michigan 4-H does have some curriculum on starting a cat program, but of course we are in need of volunteers who would like to assist in getting this program started, planning events, and getting youth involved. We would like to host a cat show sometime this summer where youth can show off their cat showmanship skills. If interested in being part of this new program please contact Alexis Garbo and the MSU



COUNTY NEWS AREA CONTINUED

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If you have any questions about the following events or articles please forward those to Alexis Garbo (garboale@msu.edu or 616-632-7870) at the MSU Extension Office!

Welcome our New Urban 4-H Program Coordinator Veronica!

Veronica Quintino-Aranda obtained a Master's degree in Social Work with a minor in youth ministry. She currently is a candidate for Theology of the Body certification program and is the Theology of the Body speaker for the Quinceañera Retreat in our Catholic Diocese of Grand Rapids.

Veronica is a volunteer youth leader at her parish. She empowers youth to discover the power they have and assist them in developing their gifts and talents to improve our community and families in her parish. She provides leadership opportunities for the youth, so they can be Youth evangelizing other Youth in her Parish and Diocese. Veronica states "You cannot be called a leader until you create other Leaders".

Veronica has experience working with families including pregnant women through the medical setting in different capacities. Her experience includes Developmental Ages and Stages and Social Emotional Health from preconception through 2 years of age. As well as, middle and high school age teens.

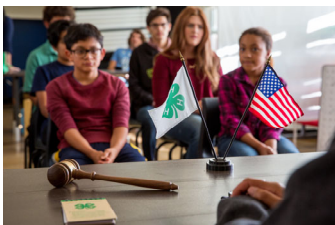
Veronica is a co-writer of Éxito Educativo an after-school program currently implemented in 4-H targeting Latino parents and students in high school. The modules of the program include requirements for high school graduation, the different sources of financial support, and the pathways to college. Previously, Veronica was an intern in the social emotional department at MSU extension. She assisted in the Spanish version of RELAX Anger Management Series titled "Relajate" thru Michigan State University Extension. A four module program that helps participants recognize anger signs thru body, mind and actions, teaches calming down techniques, four principles of problem solving and forgiving and letting go of the past.



Have a passion for something and want to share your knowledge with you? Starting a SPIN Club might be the thing for you! SPIN Clubs are quick 6-8 week programs that can be on almost any topic you choose. If you would like to be a part of organizing a SPIN club please email Erin Lilly at lillyeri@msu.edu.

Teens, This SPIN Club is for You!

We are excited to announce that we will be offering a SPIN (Special Interest) Club to the 14-16 age range beginning in March! This SPIN Club is going to offer lots of fun opportunities to develop your leadership skills, learn more about important adulting skills, and gain some insight to help you get that job. The SPIN Club is going to be offered in three different sessions. Our first session will begin on Tuesday March 10 at the MSU Extension Office from 6:30pm-8:30pm. This SPIN club will be \$5.00 for current 4-H Members and \$25.00 for non-4-H members to cover the annual participation fee. Please contact the MSU Extension office for Participation Fee scholarship opportunities. Registration can be found at [this link](#)! If you have any questions please contact Alexis Garbo at the MSU Extension office.



WE NEED YOU!!!

During our planning for programming in 2020 we want to make sure that we are providing the things that everyone wants to see. Please take a moment to fill out this [short survey](#) regarding what different project areas you would like to see more of in the Kent County 4-H Program. You will have a chance to be entered in a drawing for a \$25.00 gift card after the completion of the survey.

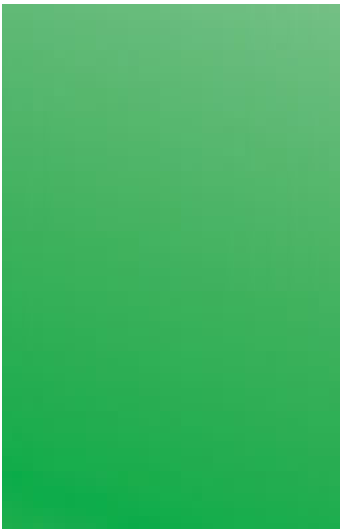


COUNTY CALENDAR OF EVENTS

Kent County 4-H Calendar

Feb 2020 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	31	1
					6:30pm - 4-H Horse Judging Workshop and Mini	10 am - 4-H Horse 10 am - SPIN Club @
2	3	4	5	6	7	8
			5:30pm - Hippology 6:30pm - Horse Judging	7:30pm - Horse		8 am - Hippology Team 10 am - SPIN Club @
9	10	11	12	13	14	15
		6 pm - Discussion	5:30pm - Hippology 6:30pm - Horse Judging 7pm - Kent County			10 am - Sparta Tack 10 am - SPIN Club @
16	17	18	19	20	21	22
	5:30pm - Council		5:30pm - Hippology 6:30pm - Horse Judging		Vet Science/Livestock Workshop @ Kettunen	10 am - SPIN Club @
23	24	25	26	27	28	29
Vet Science/Livestock			5:30pm - Hippology 6:30pm - Horse Judging			10 am - SPIN Club @



Please follow this [link](#) to access the live Kent County 4-H calendar!



World Food Prize Michigan Youth Institute registrations due April 1

As millions across the globe deal with food insecurity, the World Food Prize Michigan Youth Institute (WFP MIYI) offers young people an opportunity to be part of the solution. Held May 7 in East Lansing, the event seeks to inspire and prepare the next generation of global leaders to end world hunger.

Attendees will have the opportunity to share their ideas related to global food security with experts and other Michigan youth while learning how university faculty and staff members, researchers and students are working to address world hunger.

To participate, youth should be in grades 8-12 and register by the April 1 deadline. As part of the registration process, youth are required to prepare a two- to five-page research paper about one of 20 grand global challenges which are related to food, hunger and poverty. At the event, youth present and discuss their papers with other attendees and research and industry experts. They also participate in interactive activities related to global food challenges and engage with area experts to discuss solutions to global hunger and poverty.

The top performing students at the WFP MIYI will be selected to attend the World Food Prize Global Youth Institute in Des Moines, Iowa, in October. For more information, visit <https://www.canr.msu.edu/wfpmiyi/>. Registrations and papers are due April 1.

Register today for Michigan 4-H Capitol Experience!

At Michigan 4-H Capitol Experience, teens learn how to change the world for the better through engagement in Michigan's state government and public policy process. The 4-H Capitol Experience program, scheduled for March 15-18, in Lansing, has been described by past participants as "amazing", "life-changing", and "an opportunity unlike any other".

The four-day event, open to high-school-aged youth, includes tours of the Michigan State Capitol, meetings with state legislators, and time to find and strengthen one's voice in the legislative process. During the program, youth are supported by highly qualified peer leaders and MSU Extension staff as they work in small teams to develop real world solutions to challenges in agriculture, civil rights, education, environmental quality, human health, technology and other public policy issue topics.

While directly observing Michigan's state government in action, and through participation an immersive legislative simulation, 4-H Capitol Experience participants develop a valuable and solid understanding of the state's legislative process. Attending the program strengthens participants ability to speak up on issues that matter, and to make a positive difference as active and engaged citizens in Michigan.

Hotel lodging, local transportation, materials, chaperone supervision, and most meals are included in the registration fee, which is \$360 for currently registered Michigan 4-H members (\$380 for non 4-H members). Contact your [local 4-H Program Coordinator](#) to learn about scholarships that may be available in your county to cover some, or all, of the 4-H Capitol Experience registration fee.

Registrations must be completed online at <https://events.anr.msu.edu/capitolexperience2020/> by February 9 in order to participate. To find out more information, visit https://www.canr.msu.edu/4_h_capitol_experience/.



4-H Day at the Breslin & 4-H Alumni Tip-Off Reception



Make plans for a fun day in East Lansing on March 1! Join with other members of the 4-H community for 4-H Day at the Breslin and cheer on the MSU Women's Basketball game as they take on Penn State. Attendees will also enjoy 4-H games and activities around the concourse. Tickets are free to 4-H youth and their families as well as 4-H volunteers and their families. Learn more at www.canr.msu.edu/events/4-h-day-at-the-breslin.

4-H alumni can also take part in a special pre-game event: the 4-H Alumni Tip-Off Reception. Enjoy networking, fun and food with other 4-H alumni before the game. Learn more at www.canr.msu.edu/events/4-h-alumni-tip-off-reception.

**Keeping Kids Safe:
Resources for
caregivers of youth
ages 0-17**



This resource series introduces key concepts and age-appropriate activities for youth ages 0-17 that can be used by parents and caregivers to help protect children and teens from child sexual abuse. In addition, these factsheets share ways to help youth build skills and knowledge that will reduce their risk of being victimized.

Four factsheets exist in this series: Ages 0-5, 6-11, 12-17 and “the Downside to Sharenting.” To access or learn more about these resources, visit <https://www.canr.msu.edu/creating-safe-environments/for-parents-caregivers>.

4-H Events and Workshops

February 6: 4-H Books for Cooks SPIN Club

Collins Elementary School, Houghton Lake

This event, for youth ages 6-12, engages participants in reading a book and then cooking food from the book. This is the first of a four-week SPIN club series.

<https://www.canr.msu.edu/events/4-h-books-for-cooks-spin-club>

February 15: 4-H Tubing Party

Snow Snake Mountain, Harrison

4-H families and their friends can enjoy tubing from 10 a.m. to 12 p.m. Cost is \$11 per person. Participants must be 36” tall to ride the tubes.

<https://www.canr.msu.edu/events/4-h-tubing-party-2>

February 22: Youth Officer Training

Shiawassee County Fairgrounds, Corunna

This event is for all 4-H and non 4-H members who are an officer or wish to become one. Learn about officer roles and parli-pro; includes snacks and door prizes.

<https://www.canr.msu.edu/events/youth-officer-training>

March 3-4: Project FISH Workshop

MSU Natural Resources Building, East Lansing

Teachers, educators and volunteers are invited to two days of “Place-Based Learning through Sportfishing and Aquatic Resource Education.” Participants will leave with curriculum activities, equipment, a fishing rod and reel and access to supplies and resources to begin a successful fishing program with children in the classroom or in an after-school setting. Registration deadline: February 21; cost is \$75 per person.

<https://www.canr.msu.edu/events/project-fish-workshop>

March 6: Michigan 4-H Embryology Staff, Teacher & Volunteer Training

Kent County MSU Extension Office, Grand Rapids

This training is designed for educators who would like to learn how to implement an embryology program through classroom activities or 4-H SPIN clubs.

<https://www.canr.msu.edu/events/michigan-4-h-embryology-staff-teacher-and-volunteer-training-kent-county>

March 7: 4-H Dog Youth & Adult Workshop

MSU Anthony Hall, East Lansing

Youth ages 8-19 and adult volunteers who help in the dog project area are invited to learn more from seasoned professionals about various aspects of dog care, management and training.

<https://www.canr.msu.edu/events/4-h-dog-youth-adult-workshop>

View more 4-H events at <https://www.canr.msu.edu/4h/events>.