

4-H Family News

Ingham County

MARCH 14, 2025





Michigan 4-H Day with the Detroit Tigers





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Ingham County 4-H

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

<u>Facebook</u>

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

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National Americorps 🍋 Week

March 9-15 is AmeriCorps Week,

a time to showcase the powerful stories of how AmeriCorps strengthens our communities and to thank the individuals who have dedicated their year to service.

Ingham County 4-H currently has 3 AmeriCorps members serving throughout the county. They provide social, emotional, and substance use education to youth in creative ways. Their creativity and passion inspire the youth they work with, making a lasting impact. If you see an AmeriCorps this week, please take a moment to thank them for their service!



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 Health Corps **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 Countu!

MICHIGAN STATE | Extension



AmeriCorps



Contact info:



(517) 884 -4579



green375@msu.edu



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 selfcare 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.

Phone 517-887-4536

Address 5303 S Cedar St

Email kodurila@msu.edu





4-H HealthCorps AmeriCorps Member

ERIN KELLY

Focus

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

~Mindfulness ~Movement ~Health benefits of nature

Service Sites

~Ingham County Parks

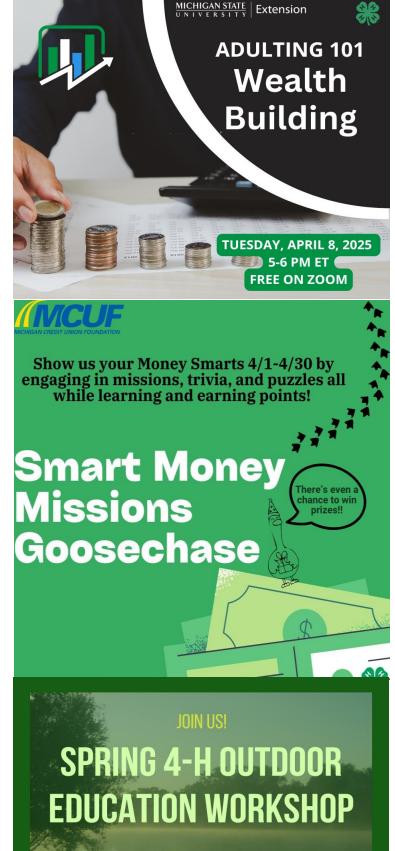
~Fenner Nature Center

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!



kellye31@msu.edu 5303 S Cedar St., Lansing









Schomaker Farms and Saginaw 4-H Michigan State University are teaming up to offer a 12-month farm education learning series in 2025. Each month will offer a different learning topic and hands-on activity. Youth will be fully immersed in the farming experience!

All sessions will take place at Schomaker Farms located at 1103 Leddy Rd, Saginaw, MI 48609 (Shields Area)

Open to ages 5-19. Activities are best suited for youth ages 8-13. Younger youth may need help with activities.

4-H membership is required. Space is limited!

Cost: \$10 per session per youth or \$20 per youth for 3 sessions. Youth under the age of 5 may attend along with a registered sibling. NO REFUNDS will be given.

Additional program details will be sent to all participants prior to the start of each session.

Date: Thursday, March 20 Time: 5:45pm -6:45pm

All About Pigs - Dive into the delightful world of pigs and their adorable farrowing adventures—plus, get ready to meet the cutest little piglets fresh from the farm

2025 Norma Agnew Memorial 4-H Hairy Horse Show March 22, 2025 8:00AM - 5:00PM

Registration Deadline: March 15, 2025 - 11:59PM

4301 Farm Lane, Lansing, MI 48910

Contact: David Lindsay: 517-353-1748, lindsa75@msu.edu

The Norma Agnew Memorial 4-H Hairy Horse Show is a fun "fuzzy" horse show to get back in the arena after a long winter. There are feedback classes, where you hear live feedback from the judge while you are in the ring, as well as regular classes.

Reserve your stall today as space is limited!!!

VETERINARY EDUCATION DAY

SATURDAY, MARCH 22, 2025 @ 12-3:30 P.M.
HYBRID EVENT — REGISTRATION IS
REQUIRED

Join us for presentations and student panels representing our preveterinary, Veterinary Nursing, and Doctor of Veterinary Medicine Programs. The event is ideal for high school students, college students or post-college individuals considering a veterinary career!

Meet current students, faculty, & staff, ask questions, & learn how to apply!



MICHIGAN 4-H HORSE PROGRAM



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

Registration Deadline: March 7, 2025 - 11:59PM

Farm Bureau Pavilion

Contact: David Lindsay: 517-353-1748, lindsay75@msu.edu

In the state horse judging contest, participants can demonstrate their equine evaluation and selection skills, as well as improve their communication and decision-making skills.

This contest will include both individual and team competition for 4-H and FFA members. There are opportunities for the top three senior horse judging teams to go on to compete at the National 4-H level.

The 2025 4-H/FFA Horse Judging Contest will be held Saturday, March 29, 2025 at the Farm Bureau Pavilion at Michigan State University.

Check-in will take place from 8-8:30 a.m. and the contest will begin promptly at 9 a.m.

COST: \$10 per participant

This fee covers entry into both the 4-H and FFA divisions if the individual is competing in both. Payment is due at the time of registration.

Registration deadline is March 7. No late registrations will be accepted.



Clovers CODE SPIN Club

Join MSU Extension and 4-H for a free SPIN club to explore the endless possibilities of technology!

Explore coding, photography, videography, art, and music through technology in this 6 week series!

No prior experience required.



Contact Mackenzie to schedule a time to host your club!

Mackenzie Meerschaert meersch9@msu.edu



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thout regard to race, color, national origin, gender, gender identity

religion, age, height, weight, disability, political beliefs, sexua

Join the 4-H SPIN Club: Learn to Code with Sphero!



Build skills over the course of 10 weeks to learn key coding concepts like sequences, loops, and functions while bringing them to life through hands-on activities. Build your creativity and problem-solving skills while playing with an interactive Sphero bot.

No prior experience needed—just bring your curiosity!

Contact Rachel to schedule a time to host your club!





4-H Special Interest (SPIN) Club

Join us to learn how to stress less, feel good, & take care of yourself!

Program includes

- Practicing self-kindness and gratitude with creative activities.
- Learning stress management strategies and exploring mindful eating.
- Reflecting on personal growth with art and vision boards.

...and more fun, activities!

Ages II + 4-H enrollment required (free)

Enjoy sessions on building mindfulness, managing stress, and celebrating personal growth!

Contact Rachel
Ochylski
ochylski@msu.edu
(517)-676-7300
To register, go to 4-H
online and select
"Taking Care of You"
SPIN club
http://v2.4HOnline.com

Questions?



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STATEWIDE CALENDAR OF EVENTS

4-H Youth in Action Program applications open



Apply now for the 2026 4-H Youth in Action Awards! Each year, the program recognizes four confident young leaders with diverse backgrounds and unique perspectives who are making a difference in their communities.

Winners will have the oncein-a-lifetime opportunity to share their stories along with unforgettable experiences, celebration on the national stage, recognition in the media and a \$5,000 college scholarship.

This opportunity is open to youth ages 14-19. The deadline to apply is March 31. Learn more and apply at https://4-h.org/programs/4-h-youth-in-action-program/application/.

March 3: Adulting 101 – Get It Together: Tim and Organization Tips to Thrive Online

Learn practical tips to tackle schedules, beat procrastination and organize spaces to help you be successful now and in the future.

www.canr.msu.edu/events/get-it-together

March 11: 4-H Give Green Day

Online

Help us reach our goal of raising \$5,000 in a 24-hour period on Give Green Day to support learning experiences for Michigan 4-H youth.

www.canr.msu.edu/events/4h-give-green-day

March 11: Wild Spartans

Online

Join 4-H staff for the "Wild Spartans" series for a look into life working with fisheries and wildlife! This month's session will explore conservation efforts in zoos with Seth Magle, director of the Urban Wildlife Institute at the Lincoln Park Zoo in Chicago.

www.canr.msu.edu/events/wild-spartans-monthly-wildlife-fisheries-webinar-series-march-2024-2025

March 15: Michigan 4-H Hippology Contest

East Lansing

Youth aged 5-19 are eligible to demonstrate their comprehensive equine knowledge and skills in an engaging setting.

www.canr.msu.edu/events/2025-michigan-4-h-state-hippology-contest

March 18: Mich. 4-H Volunteer Webinar - Cultivating Developmental Relationships with Youth Online

Explore how to build impactful connections with youth through developmental relationships. This series will provide volunteers with a variety of learning opportunities to help them grow as a volunteer and support Michigan 4-H'ers. This session will be offered twice:

- **12 p.m. session:** <u>www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-the-heart-of-4-h-cultivating-developmental-relationships-with-youth-noon</u>
- **7 p.m. session:** www.canr.msu.edu/events/michigan-4-h-volunteer-webinar-series-the-heart-of-4-h-cultivating-developmental-relationships-with-youth-7pm

April 1: 2025 Michigan 4-H State Awards application deadline Online

This program provides 4-H members a learning experience where they can develop career skills by using their 4-H experiences to compile a portfolio similar to a professional application while receiving recognition for their 4-H involvement.

www.canr.msu.edu/events/2025-michigan-4-h-state-awards-application-deadline





STATEWIDE 4-H NEWS

Open your home to a student with the 4-H International Exchange Program!

Michigan 4-H will have 10 Japanese youth and one chaperone arriving in 2025; we are looking for families interested in opening their homes and hearts by hosting these individuals. Consider sharing the clover this summer and giving a lucky Japanese youth and your family the experience of a lifetime by hosting!

The Japanese delegation is scheduled to arrive in Grand Rapids in mid-July and depart in mid-August, meeting host families for a 3.5-week stay. Online applications to host can be found at: https://www.states4hexchange.org/apply/host/.

For more information, contact Michigan 4-H International Exchange Program Coordinator Jan Brinn at brinn@msu.edu.





MSU Extension launches 2025 Global Voices Essay Contest with MSU Global Youth Advancement Network

The Global Voices Essay Contest offers a platform for young people around the world to advocate for their communities and share their opinions and stories about local and national challenges. Michigan students in grades 9-12, and young adults ages 18-24, are invited to share their own stories, reflections and visions by writing and submitting a 600-900-word essay focused on community (defined as the rich tapestry of cultures, experiences and ideas that shape our state). Sub-themes for the essay contest include shared natural resources, heritage and home, bridges of unity, innovation for the future and other.

A panel of MSU, MSU Extension, and Michigan 4-H judges will review and select the winning essays, which will be published on the MSU Global Youth Advancement Network website and receive cash prizes!

The deadline for youth to submit their essay online is May 2. For more info please visit: https://globalyouth.isp.msu.edu/programs-projects/global-voices/essay-contest/call-submissions-2/

Michigan 4-H needs your input!

Michigan 4-H is conducting a survey to better understand the topics and educational approaches that best meet community needs. Your feedback will help us improve and enhance how Michigan 4-H serves families across the state.

Visit https://msu.co1.qualtrics.com/jfe/form/SV bqmeT5Dxtthvjca or scan the QR code to share your input and help shape the future of the Michigan 4-H program. If you have questions regarding this survey, please reach out to Kathy Fischer at fisch226@msu.edu.





Help MSU clean the Red Cedar River



MICHIGAN STATE

Infrastructure
Planning and Facilities

Red Cedar River Clean-Up Friday, March 21st at 12pm - 1:30pm

Location: Rivertrail at Bogue St. / Lot 23 Between Van Hoosen Hall and Owen Hall (West end of Sanford Natural Area)



DELTA SIGMA PHI

Partners will host a volunteer event on Sunday, March 23rd at 11am - 3pm



CLICK or SCAN for more information



Red Cedar River Clean-Up

MSU IPF - Landscape Services Friday, March 21st 12pm - 1:30pm

Partner Event for Volunteers Sunday, March 23rd 11am - 3pm



Clean-Up Area

Bridges / Magnet Fishing Locations



Parking Location: SHAW RAMP



Infrastructure Planning and Facilities



CITIZENSHIP WASHINGTON

FOCUS



Calling all future change agents!

SAVE THE DATE June 20-27, 2025

The Michigan 4-H Delegation will leave **by bus** on Friday, June 20 at 1:00pm. We will **stay the night in Gettysburg** and tour the battlegrounds the next morning before heading to the Hyatt Regency in Bethesda, MD for **6 days** of eventful programming. This includes **meetings with our Senators and Representatives,** tours of many **monuments** provided by a licensed DC tour guide, **incredible workshops** that teach life skills like civil discourse and critical thinking, and much more!

The total **cost is \$2,500.00** (includes transportation from East Lansing and back, all lodging, conference costs, and most meals). Six meals and spending money will need to be provided by participants.

For additional information, go to the website at: https://4-h.org/events/citizenship-washington-focus/

Enroll in 4-H Online at https://v2.4honline.com/#/user/sign-in and then register through Events.

Contact your County 4-H Program Coordinator to **find out about local scholarships**: https://www.canr.msu.edu/outreach/county

For more information, contact Liana Pepin at deisenro@msu.edu or 906-315-2663

"Visiting DC was incredible, giving me the opportunity to visit historical monuments and museums that I had never seen. I really liked when we got to tour the Capitol Building as well as meet with our Congressional representatives. I also met people from all over the USA and made long-lasting friendships. It was truly one of the best weeks of my life and I encourage anyone who has the chance to participate in CWF to take it!" Ansel Frost- 2019 CWF Delegate

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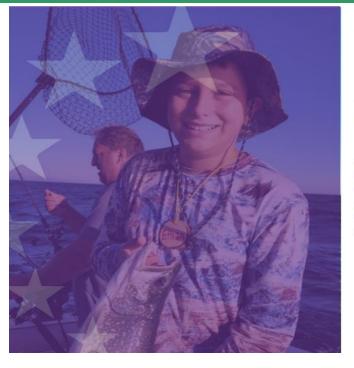






Registration opens April 1 at noon





4-H GREAT LAKES & NATURAL RESOURCES CAMP

SCHOLARSHIPS AVAILABLE!

FOR DEPARTMENT OF AIR FORCE DEPENDENTS

JULY 27 - AUGUST 2, 2025

A week-long residential summer camp experience for youth ages 13-15. Camp is full of experiential learning opportunities focused on natural resources and the Great Lakes and taught by MSUE CYI and Sea Grant staff, MSU Fisheries and Wildlife faculty, and their partners. Additional recreation sessions include swimming, sailing, fishing, snorkeling, archery, campfires, and more!

Scholarship Applications due by 3/21/25 at 7 pm.

TO APPLY, CONTACT KATE KING: KINGKA26@MSU.EDU | 231-779-9480







AT MICHIGAN STATE UNIVERSITY MAY 8, 2025

The World Food Prize Michigan Youth Institute is a lifechanging experience at Michigan State University where students in grades 7-12 engage with leading experts on critical global challenges, participate in engaging activities and tours, and explore exciting ways to make a difference in Michigan and around the world!

At the event, participants will:

- Present their own research and recommendations on how to solve key global challenges in a short speech and small group discussions with MSU faculty, staff, students, peers, and other experts.
- Connect with other student leaders from across Michigan to share ideas, identify solutions to global challenges, and build lasting friendships.
- Take part in educational sessions to explore current research and issues in food, agriculture, natural resources, energy, STEM, international policy, and sustainable development.
- Qualify to apply for domestic fellowships and international internships, and to be nominated for a \$2000 Spartan Youth Programs Pre-College Scholarship from MSU.

Registration and paper due March 15, 2025.





Extension







