Michigan State University Extension District 4

Alcona, Arenac, Crawford, Iosco, Ogemaw, (**Oscoda) & Roscommon Counties

The 2017 Winter Program Calendar!!

We are pleased to provide you with a listing of many upcoming educational programs from MSU Extension.

Alcona County MSU Extension
320 South State Street
Harrisville, Mi. 48740
Phone: 989-724-6478
Email: msue.alcona@county.msu.edu

Arenac County MSU Extension
120 N. Grove St. P.O. Box 745
Standish, Mi 48658-0745
Phone: 989-846-4111
Email: msue.arenac@county.msu.edu

Crawford County MSU Extension
501 Norway Street Suite #2
Grayling, MI 49738-1798
Phone: 989-344-3264
Email: msue.crawford@county.msu.edu

Iosco County MSU Extension
420 W. Lake P.O. Box 599
Tawas, MI 48764-0599
Phone: 989-984-1055
Email: msue.iesco@county.msu.edu

Ogemaw County MSU Extension
205 S. Eighth Street
West Branch, MI 48661-1207
Phone: 989-345-0692
Email: msue.ogemaw@county.msu.edu

Roscommon County MSU Extension
500 Lake Street
Roscommon, MI 48653
Phone: 989-275-5043
Email: msue.roscommon@county.msu.edu

** Oscoda MSU Extension office is closed.
**Horticulture**

Jan 24 – Feb 28

Veggies 101 Webinar Series
Smart Gardening with Vegetables 101 Webinar Series—a 6-week online introductory course covering gardening from start to finish, including planning, preparation, plant varieties, maintenance, harvest and storage. Tuesday nights from 6:00 to 7:00 p.m., Jan. 24th, Jan. 31st, Feb. 7th, Feb. 14th, Feb. 21st, and Feb. 28th. Pre-register to attend by Jan. 10th for the $30.00 early bird registration ($40.00 after Jan. 10th). Register at https://events.anr.msu.edu/SGVeggies101Series1/ Contact Sarah Rautio at rautio@anr.msu.edu or 989-984-1059 for more information.

**Children and Youth Programs and Workshops**

March 10 – March 11

Challenge U 4-H FunFest
Are you ready to accept the challenge? Youth ages 9-13 (as of Jan. 1, 2017) and adults who attend Challenge U 4-H FunFest will spend 2 days learning about food science and healthy living while meeting youth from around the state. Challenge U 4-H FunFest will challenge participants and chaperones in hands-on sessions that range from physical fitness, snack making, dancing, and more. To be held on March 10, 2017- March 11, 2017 at Kettunen Center located at 14901 4-H Drive, Tustin, MI 49688. Cost of the event is $70 for 4-H Members and Volunteers or $80 for Non 4-H Members and Volunteers. Registration fee includes meals, lodging and resources. Not a 4-H member? Contact your county MSU Extension office today!

TBD

Exploring Science with MSU Extension
MSU Extension is engaging students and parents in hands-on science nights with a focus on family engineering activities through partnership with local schools in Ogemaw and losco counties during the month of February. Dates to be determined, for more information contact Dorothy Munn, at munnd@msu.edu or Tracy D’Augustino at daugustt@msu.edu

TBD

Science Literacy for Young Minds with MSU Extension
Provide training for adults working with young children so they gain important life skills and excitement of science exploration through the Inquiring Minds Want to Know: Science for Young Minds program. This training is open to parents, daycare providers, 4-H volunteers and teachers in Arenac, losco and Ogemaw Counties. Dates for February training have yet to be determined. For more information contact Dorothy Munn at munnd@msu.edu or by phone at 989-345-0692 ext. 2. To review the activities visit http://msue.anr.msu.edu/resources/inquiring_minds.want_to_know_science_activities_for_young_minds

**4-H**

To become a 4-H member visit: http://mi.4honline.com or contact your local MSU Extension office

Jan 3 – Feb 7

4-H Cross Country Skiing 2017
4-H Cross Country Skiing 2017! Cross Country Ski Headquarters, located at 9435 N. Cut Rd., Roscommon, is hosting the 2017 4-H Cross Country Ski Classes. Classes held on Tuesday’s; beginning January 3, 2017 - 3:30 - 5:30 p.m. (Week #1 begins a half hour earlier) Classes continue; January 10, 17, 24, 31 & February 7 - 4:00 - 5:30 p.m. For Girls & Boys - Kindergarten - High School Cost is $25.00 for non 4-H members or $15.00 for 4-H members. Equipment is provided, if needed. Class size is limited, so be sure to register online early! You must register online @ https://mi.4honline.com before Tuesday, December 27, 2016 For more information, please call the Roscommon County MSU Extension office; 989- 275-5043 or Cross Country Ski Headquarters: 989-821-6661.
4-H Winter Workshop Series presented by the Roscommon Recreations Authority & MSU Extension

Workshop Sessions are held at the CRAF Center, 606 Lake St., in downtown Roscommon, EVERY OTHER Saturday, 10:00 a.m. – 12:00 p.m. Cost is $10.00 for the entire six week season! Ages 5 and up (as of January 1st) are welcome! Please register online @ https://mi.4honline.com by December 29, 2016 for more information, please call; Roscommon County MSU Extension office; 989-275-5043 or CRAF Center; 989-275-4975.

Jan 22

4-H Day at the Breslin

Join us for the twelfth annual celebration of MSU Extension 4-H Youth Development at the MSU Women’s Basketball game. The Spartans will host the Purdue Boilermakers at 5:00 p.m. on Sunday, January 22, 2017 at the Breslin Center on MSU’s campus, gates open at 3:30 p.m. Come early to enjoy all the fun activities going on around the concourse. Tickets are free to 4-H youth and their families, 4-H volunteers and MSU Extension staff and their families. Contact your county 4-H office to obtain your free tickets.

Jan 28

State 4-H Rabbit and Cavy Show

This one-day event is open to participants aged 9 to 19 by Jan.1 of the current year. Exhibitors must be Michigan 4-H members and must own the rabbits or cavi (guinea pigs) they enter. Spectators are welcome! Location: MSU Pavilion, 4301 Farm Lane, East Lansing MI 48910. Contact: Katie Ockert, ockertka@anr.msu.edu

Feb 4- Feb 5

4-H Winterfest

Michigan 4-H Youth Program for 8-12 year olds. Youth are able to learn about six different sessions of their choice at this fun and educational, two-day workshop which takes place at the Kettunen Center in Tustin, MI. Since the overnight workshop is held in February, plans are to include outdoor activities such as snow shoeing, cross country skiing, sledding, outdoor cooking and possibly hiking in the woods along the trails. Contact your local MSU Extension office for more details. This workshop fills fast so don’t delay.

Feb 17- Feb 18

4-H Veterinary Science Teen and Adult Leaders Workshop

Explore animal systems and learn about animal health for a broad array of animals species. Come prepared to learn from others, share information and experiences, ask questions and quiz veterinarians about their careers. You will also participate in hands-on demonstrations that will teach attendees how to help members recognize healthy, sick, and/or injured animals. Meet other youth and leaders who have developed outstanding veterinary science projects and gain ideas to help others start their own vet science projects. New resources will be provided to all attendees. Open to adult and teen volunteers ages 13 (as of Jan. 1, 2017) and older. Location: Kettunen Center, 14901 4-H Drive, Tustin MI 49688. Contact: Julie Thelen, 517-432-1626, thelenju@anr.msu.edu.

Feb 18- Feb 19

4-H Beef, Sheep and Swine Teen and Adult Leaders Workshop

This workshop is designed for both teen and adult leaders who are involved with beef cattle, sheep and swine projects. Topics include animal health, management, care and nutrition. In addition, breakout sessions will include livestock and meat evaluation, animal management and more. Interaction with leaders from different counties is encouraged for exchanging of ideas and programs and connecting with other volunteers in the same project areas. The workshop will also offer ways to enhance communication and teaching skills as well as learn about the many opportunities available for those interested in the beef, sheep and swine industries. Resources will be available for all attendees. Open to adult and teen volunteers ages 13 (as of Jan. 1, 2017) and older. Location: Kettunen Center, 14901 4-H Drive, Tustin MI 49688. Contact: Julie Thelen, 517-432-1626, thelenju@anr.msu.edu.
Feb 18-19

4-H Winter Adventure Camp

4-H Winter Adventure Camp is a hands-on educational program hosted by Arenac and Iosco 4-H for youth ages 8 to 12 years old by Jan. 1, 2017. Youth will spend 2 days learning about many different 4-H project areas and participate in hands-on sessions that range from crafts to outdoor cooking. Campers will also have an opportunity to spend time outdoors enjoying all that Michigan winters have to offer! Youth will also have the opportunity to go sledding/tubing, cross-country skiing, and ice skating! Camp also coincides with Michigan’s free ice fishing weekend and campers will have the opportunity to try their hand at ice fishing. To register or for more information please contact Kelli Rau, Iosco County 4-H Program Coordinator 989-362-3449 or raukelli@msu.edu Where: Camp Nissokone, Oscoda, MI. When: February 18-19, 2017 Cost: $125.00 for registered 4-H members $135.00 for non-4-H members.

Feb 23

4-H Exploration Days Informational Meeting

Attend a 4-H Exploration Days Informational Meeting! This is a very important meeting to attend. In addition to getting great information and registering for classes, you will be able to reserve your spot on the bus as space is limited. Also, non-4-H members should bring $10.00 with them to enroll in 4-H! Topics Covered at this meeting will include travel arrangements, total costs, registration for the event, reviewing the event handbook, and discussing scholarships and fundraisers. For more information please contact the MSU Extension Office at 989-362-3449. Where: Tawas High School Cafeteria When: February 23, 2017. Time: 6:00-8:00 p.m.

Early Childhood Education

Jan 19

Essential Skills for Learning and Life:

From birth, children begin learning about the world around them. What skills do children need to learn to build a solid foundation for academic and life success? Come and learn about the critical skills that children need to learn and how you can incorporate them into everyday interactions with young children. To register, visit https://events.anr.msu.edu/EssentialSkillJan17/.

Feb 16

Mindfulness for Children: Helping Kids Manage Stress:

Techniques of mindful awareness can help children learn to pay attention to their thoughts, feelings and emotions. Come and learn ways to help children reduce stress and anxiety to enhance their well-being. Explore what the research says, get ideas for mindfulness activities, and explore children’s literacy that supports mindfulness practices. To register, visit https://events.anr.msu.edu/MindfulnessPCFeb17/.

Mar 22

Raising Young Readers:

Recent Kids Count data shows that Michigan’s children are not reading proficiently. Learn about the importance of children reading at grade level by the end of third grade, and gain skills on how to provide literacy-rich environments for children. To register, visit https://events.anr.msu.edu/RaisingReadersMar17/.

TBD

Science Literacy for Young Minds with MSU Extension

Provide training for adults working with young children so they gain important life skills and excitement of science exploration through the Inquiring Minds Want to Know: Science for Young Minds program. This training is open to parents, daycare providers, 4-H volunteers and teachers in Arenac, Iosco and Ogemaw Counties. Dates for a February training have yet to be determined. For more information contact Dorothy Munn at munnd@msu.edu or by phone at 989-345-0692 ext. 2. To review the activities visit http://msue.anr.msu.edu/resources/inquiring_minds_want_to_know_science_activities_for_young_minds
Health and Nutrition Programs and Workshops

Jan

Healthy Eating Adds Up

This program is designed for cognitively impaired adults and teaches nutrition, cooking, and kitchen safety. Participants learn about nutrition topics and gain hands-on kitchen experience while preparing recipes. For more information, please contact Nicole Wethington at wethingn@msu.edu or call 989-275-7178.

Worksite Wellness

This program is for worksites to improve policies, systems, and environment to create a healthier atmosphere for their employees. Qualifying worksites can enroll free of charge. Locations in Crawford and Roscommon Counties. For more information or to enroll your worksite, please email Nicole Wethington at wethingn@msu.edu or call 989-275-7178.

Show Me Nutrition

Show Me Nutrition is designed for youth ranging from preschool to junior high age. Participants will receive handouts, content and engage in activities designed to help them learn how to lead a healthy lifestyle using research-based education, physical activity, and healthy food tastings. Classes will take place at Grayling Elementary School, additional classes available in Roscommon County. For more information please contact Nicole Wethington at 989-344-3264 ext. 3.

Jan 3 – Jan 12

Dining with Diabetes

Type 2 diabetes can be delayed, controlled or even prevented with a healthy diet and regular physical activity. Dining with Diabetes is a fun interactive four-session course designed for people who have been diagnosed with Type 2 diabetes and/or members of their support system. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting. Dates: Tuesday, January 3; Friday, January 6; Tuesday, January 10 and Thursday, January 12th. All sessions are from 1:30 pm - 3:30 pm. Cost is $20.00 per person. Contact: Gretchen Stelter, 989-348-3264, ext. 1, stelter@anr.msu.edu

Jan 4 - Feb 15

Show Me Nutrition-Arenac County

Show Me Nutrition is designed for youth ranging from preschool to junior high age. Participants will receive handouts, content and engage in activities designed to help them learn how to lead a healthy lifestyle using research-based education, physical activity, and healthy food tastings. Classes will take place at the Standish-Sterling Middle School BAISD class for youth with cognitive impairments. Dates: January 4, 11, 18, 25, February 1, 8, and 15. All sessions are from 10:15 - 11:15 a.m. Contact: Melissa Prohaska, 989-846-4111, prohask1@anr.msu.edu

Feb 23, 2017 - Feb 1, 2018

National Diabetes Prevention Program

Date: February 23, 2017 - February 1, 2018; Time: 4:00 - 5:00 p.m. Location: Munson Healthcare Grayling Hospital, Milltown Room, 1100 E. Michigan Ave, Grayling, MI; Contact: Gretchen Stelter, 501 Norway St, Suite #2, Grayling, MI 49738, 989-344-3264, ext. 1, stelter@anr.msu.edu
Jan 17 – Feb 21

**Northeast Michigan Prescriptions for Health Nutrition Classes- Alcona County**

In this six-part nutrition series, participants learn how to choose and prepare healthy foods while staying within a limited budget. Topics include meal planning, making a grocery list, healthy cooking techniques, reading and understanding nutrition facts information, and making exercise fun. Participants also receive up to $60.00 in vouchers to purchase fresh fruits and vegetables at local grocery stores and farm markets. For more information, or to participate in the Northeast Michigan Prescriptions for Health Program in Alcona County, please contact Joyce Schultz with Alcona Health Center at 989-739-2550.

Jan 10 – Feb 14

**Crawford County Prescription for Health**

In this six-part nutrition series, participants learn how to choose and prepare healthy foods while staying within a limited budget. Topics include meal planning, making a grocery list, healthy cooking techniques, reading and understanding nutrition facts information, and making exercise fun. Participants also receive up to $60.00 in vouchers to purchase fresh fruits and vegetables at local grocery stores and farm markets. For more information, or to participate in the Northeast Michigan Prescriptions for Health Program in Crawford County, please contact Nicole Wethington or Jamie Greer at 989-344-3264 ext. 3.

Jan 19 – Feb 23

**Northeast Michigan Prescriptions for Health Nutrition Classes- Iosco County**

In this six-part nutrition series, participants learn how to choose and prepare healthy foods while staying within a limited budget. Topics include meal planning, making a grocery list, healthy cooking techniques, reading and understanding nutrition facts information, and making exercise fun. Participants also receive up to $60.00 in vouchers to purchase fresh fruits and vegetables at local grocery stores and farm markets. For more information, or to participate in the Northeast Michigan Prescriptions for Health Program in Iosco County, please contact Joyce Schultz with Alcona Health Center at 989-739-2550.

Feb 6 – Feb 22

**Show Me Nutrition- Arenac County**

Show Me Nutrition is designed for youth ranging from preschool to junior high age. Participants will receive handouts, content and engage in activities designed to help them learn how to lead a healthy lifestyle using research-based education, physical activity, and healthy food tastings. Classes will take place at the Omer Head Start Center for youth 3-4 years of age. Dates: February 6, 8, 12, 15, 20 and 22. All sessions are from 9:00 - 9:30 a.m. Contact: Melissa Prohaska, 989-846-4111, prohask1@anr.msu.edu

Feb 7 – March 14

**Crawford County Prescription for Health**

In this six-part nutrition series, participants learn how to choose and prepare healthy foods while staying within a limited budget. Topics include meal planning, making a grocery list, healthy cooking techniques, reading and understanding nutrition facts information, and making exercise fun. Participants also receive up to $60.00 in vouchers to purchase fresh fruits and vegetables at local grocery stores and farm markets. For more information, or to participate in the Northeast Michigan Prescriptions for Health Program in Crawford County, please contact Nicole Wethington or Jamie Greer at (989) 344-3264 ext. 3.

Mar 9 – April 20

**Show Me Nutrition- Arenac County**

Show Me Nutrition is designed for youth ranging from preschool to junior high age. Participants will receive handouts and engage in activities designed to help them learn how to lead a healthy lifestyle using research-based education, physical activity, and healthy food tastings. Classes will take place at the Sterling Head Start Center for youth 3-4 years of age. Dates: March 9, 16, 23, April 6, 13, and 20. All sessions are from 10:30 – 11:00 a.m. Contact: Melissa Prohaska, 989-846-4111, prohask1@anr.msu.edu
Natural Resources, Economic Development, Government and Leadership Workshops

Jan 10

Current Issues Affecting Michigan Local Governments: What Happened in Lame Duck?

This will be the first in a new webinar series focusing on current issues affecting Michigan local governments. Our January webinar will feature presentations from MAC, MTA, and MSU Extension on Lame Duck legislation relevant to local units. Future webinars will address timely topics related to local government in Michigan. Participants who are not able to attend can register to receive a recording of the webinar. January 10, 2017, 2:00 – 3:00 p.m. Webinar Contact: Eric Walcott at walcot3@anr.msu.edu or by phone at 517-535-9106.

Jan 23 - Feb 6

Citizen Planner on the Web (ZAC)

Michigan Citizen Planner offers land use education and training to locally appointed and elected planning officials. The Citizen Planner program is a seven-session series leading to a certificate of completion awarded by MSU Extension. The course is intended for local appointed and elected officials, zoning administrators and interested citizens. 1:30 - 4:30 p.m. Webinar Contact: Jeanean Danca at 269-657-8213, cplaneer@msu.edu

Jan 27

Maximize Your Strengths and Increase Your Effectiveness as a Leader!

Epsilon Sigma Phi, Michigan’s Alpha Psi Chapter is pleased to offer this professional development/webinar opportunity designed to: Gain a better understanding of yourself; identify your top five strengths; learn how to maximize your strengths to increase your effectiveness as a leader. An email will be sent to participants one week prior to the session confirming attendance and providing any additional instructions. The session is $50.00 for ESP Members and $75.00 for non-members. 10:00 a.m. – noon. Webinar Contact: Bethany Prykucki, 231-258-3320.

Beginning Farmer Webinar Series 2017

Beginning producers and others with basic information needs are invited to participate in a series of nine online programs addressing crop and livestock production and marketing on weekday evenings Jan. 30 through May 8, 2017. Participants will get an overview of a variety of farming enterprises and topics, and have an opportunity through live, on-line chat to ask questions of MSU agriculture experts. The live webinar presentations will begin at 7:00 p.m. EST and run not later than 9:00 p.m. EST. A $10:00 fee is charged for each webinar in the series, or $45.00 for the full series (50% savings!). You may register for all or some of the courses at any time, even if the session has already taken place. In that case, you will get a link to the recorded program. The webinars will be delivered on the ZOOM Webinar platform. A high-speed internet connection is required, and connection information will be emailed after registration. 7:00 p.m. – 9:00 p.m. Webinar Contact: Jim Isleib 906-387-2530 isleibj@msu.edu

- Jan. 30 Small vegetable farm systems - Abbey Palmer, MSU North Farm
- Feb. 13 Hoop house management - Collin Thompson, MSU Extension
- Feb. 27 Maple syrup - Bob and Sue Battel, MSU Extension and Battel’s Sugar Bush
- March 1 Fencing and watering systems for livestock - Jerry Lindquist and Kevin Gould, MSU Extension
- March 2 Blueberries - Mark Longstroth, MSU Extension
**Master Citizen Planner Webinar Recordings**

Michigan State University (MSU) Extension offers a land use planning and zoning training program called Citizen Planner. The program is a non-credit course series leading to a certificate of completion awarded by MSU Extension with participants having the option to earn the Master Citizen Planner (MCP) credential. MCPs are required to earn six hours of continuing education annually to maintain their credential. The MCP Webinar Series is one source for that continuing education. The cost to view each webinar is $10.00. Each webinar is approximately one hour and will count as one hour of continuing education for MCPs. Contact: Brad Neumann, neuman36@msu.edu, 906-475-5731.

**Facilitative Leadership March 2017**

This three-day class focuses on creating an inclusive culture of collaborative learning in teams, communities and organizations. It is for both new and experienced leaders, managers, facilitators and graduate students who would like to develop or improve their facilitative leadership skills. It takes place at the Ziibiwing Cultural Center, 6650 E. Broadway in Mt. Pleasant, Michigan. The workshop begins at 9:30 a.m. on day one and ends by 3:00 p.m. on day three. There are evening sessions on both the first and second days that will end after 8:00 p.m. Sessions on the second and third days will begin at 8:00 a.m. Date: March 14, 2017 - March 16, 2017 Time: See description. Location: Ziibiwing Cultural Center, 6650 E Broadway Rd, Mt Pleasant, MI 48858 Contact: Julia Darnton, darntonj@msu.edu; Emily Proctor, proctor8@msu.edu

**Michigan State University Extension District 4**

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For more information on MSU Extension programs, visit [www.msue.anr.msu.edu](http://www.msue.anr.msu.edu).

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