



NETWORK

Bringing Knowledge to Life!

MAY 2015

VOLUME 30 ISSUE 5

SHARE-THE-FUN 2015

Monroe County,
Michigan State University
and
Monroe County
Conservation District

This publication is provided to assist you in receiving the information necessary to enhance the quality of life for you and your family.

Since the end of March, 4-H members from across Monroe County's four districts have been competing for the opportunity to perform at the County Share-the-Fun Program. Last Friday, April 24th, coordinated by the Custer District Leaders Association, over 100 people attended the 2015 Share-the-Fun Program. We saw everything from musical talent, skits, comedy, and we had an evening of great emcees!! We would like to thank everyone who participated, you all did an amazing job!!

The Emcee winners for 2015 include:

Ethan Harbaugh from Airport District
Amelia Arting from Bedford District

Winning Acts for 2015 include:

Faithful Friends from Airport District
Brockman Family from Bedford District
Stephen Wiesler from Airport District
Raisinville Wranglers Club from Bedford District

WHAT'S INSIDE

Conservation District	2-3
Health and Nutrition	4-6
4-H	7-10
Calendar	11
Staff & Resources	12

EXPLORATION DAYS ORIENTATION

The 2015 Exploration Days Orientation is scheduled for Wednesday June 3rd at 7:00 pm at the 4-H Activity Center. All delegates **MUST ATTEND**. This meeting will also include chaperone responsibilities. Room assignments, transportation, and rules will also be discussed.

It is very important that **ALL MEMBERS** are in attendance and that parents understand the rules and requirements for both Exploration Days and Slow Spokes.

For more information, visit our website at www.msue.msu.edu/monroe

Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

CATHERINE ACERBONI,
Administrator
BOB POTTER,
Soil Conservationist
DENISE CRISSMAN,
Educational Coordinator
TIM KWIATKOWSKI,
MAEAP Technician
NATHAN McNETT,
Conservation District
Technician

1137 S. Telegraph Road
Monroe, Michigan 48161



MAEAP – GET THE FACTS PROMOTING STEWARDSHIP, PROTECTING THE ENVIRONMENT

What is MAEAP?

The Michigan Agriculture Environmental Assurance Program (MAEAP) is a holistic approach to environmental protection. It helps farmers evaluate their entire operation and make sustainable management decisions balancing society's needs, the environment, and economics. MAEAP is a partnership effort that aims to protect natural resources and build positive communities by counseling Michigan farmers that operate farms of all sizes and all commodities on environmentally responsible agricultural production practices. Public Acts 1 and 2 of 2011 codify MAEAP into law, providing incentives and structure. To become MAEAP-verified, farmers must complete three comprehensive steps: educational seminars, a thorough on-farm risk assessment, and development and implementation of an action plan addressing potential environmental risks. The Michigan Department of Agriculture (MDARD) conducts an on-farm inspection to verify program requirements related to applicable state and federal environmental regulations, including GAAMPs. To retain MAEAP verification, a farm must repeat all three steps including MDARD inspection every three years.

What does MAEAP do for Communities?

Connects Farms & Communities

Agriculture plays a vital role in Michigan communities, and MAEAP-verification strengthens the relationships between farmers and their neighbors. Farmers who closely examine their operation's poten-

tial impact on water; soil and air understand the impact their practices can have on their neighbors concerned about odor, environment and the landscape concerns.

Ensures Emergency Preparedness

Farmers with MAEAP-verified farms are aware of the need for safety planning and are devoted to both prevention and preparedness. They know how to minimize the risk of infectious animal disease, chemical theft, or bioterrorist actions, and know what to do if an incident occurs.

Protects Natural Resources

Farming is an environmentally intense practice and the MAEAP-verification process ensures farmers are making choices balancing production and environmental demands. Measures aimed at protecting air, soil, water, and other environmental factors mean MAEAP-verified farmers are committed to farming practices that protect Michigan's natural resources.

Forward Thinking Planning & Research

MAEAP is based on scientifically supported standards that allow farms to address environmental concerns while remaining economically viable. As knowledge of the economy and our place in the environment progress, so does MAEAP – its progressive planning continually strengthens Michigan's agriculture and natural resources.

Who is behind MAEAP?

MAEAP is a collaborative effort of farmers, MDARD, Michigan Farm Bureau, commodity organizations, universities, conservation districts, conservation groups and state and federal agencies.

MAEAP Facts

- Annually, an average of 5,000 Michigan farmers attend an educational session geared toward environmental stewardship and MAEAP verification.
- To date, over 10,000 Michigan farms have started to verification process.
- Over 1,000 MAEAP verifications have been completed.
- Annually, over \$1,200,000 is spent for practice implementation by farmers working toward MAEAP verification.
- MDARD has verified that responsible manure application and other conservation practices are the rule on over half a million acres of MI farmland.
- The erosion-reducing aspects of MAEAP verification have kept over 200,000 tons of farming soil where it belongs: in farm fields...EACH YEAR. That's 18,164 – 10 yard dump trucks of soil not reaching streams and lakes – every year.
- Annual Phosphorus reduction through MAEAP is over 340,451 pounds PER YEAR... enough to grow almost 85,104 TONS of algae in lakes and streams.
- Phosphorus & Nitrogen reduced on MAEAP farms could have grown enough algae to cover over 85% of Higgins Lake at approx. ¼' in depth. (Higgins Lake is the 11th largest lake in Michigan)
- Over 240,000 acres receiving pesticides have approved pest management plans.
- Almost 6,000 acres of filter strips have been installed and almost 1,300 gullies have been stabilized, improving water quality.

For more information visit www.maeap.org or www.michigan.gov/maeap or call the MAEAP hotline: 517-373-9797

**THANKS TO ALL
THAT PARTICIPATED
IN OUR TREE SALE!**

TERRY CLARK-JONES
Extension Educator
734 240-3179
clarkjon@anr.msu.edu

THE STRESS OF CHANGE

CHANGE CAN BE STRESSFUL BUT HOW IT IS
HANDLED MAY BE THE KEY.

Change is part of everyday life. It happens in all areas of our life and it's not necessary a bad thing. People handle change differently. Some people do not handle change well, while others seem to thrive during periods of change. The bottom line is that we all have an opportunity to learn and grow by doing things in a new and different way. The way you choose to manage change may determine how much stress you may experience.

So what can a person do to manage their stress during major changes in their lives? First, become aware that you will go through stages of adjustment during any transition or change. You will experience a number of emotions as you go through the process.

Be flexible. Assess what you do have control over and what you don't have control over. Often we have influence or control over more than we think. In these situations take the appropriate actions to keep moving forward and where you don't have control, let it go.

Thank care of yourself. Eat healthy meals and get the appropriate sleep. Exercise as well as take time to relax. When you do these four things you will be able to think clearly to help make good decisions as you move forward with the changes.

Seek information and resources to assist you with the transitions you may need to make. Find people that you are comfortable with to discuss your feelings. Use the information you seek to set up goals that you can accomplish to give you a sense of assurance and control.

Lastly, be patient with yourself and others as you go through this time of change and transition. Change is difficult and challenging. Keep communication channels open and remember that change can be an opportunity to learn and grow.

Michigan State University Extension offers a multitude of classes and resources on stress and anger management, parenting, conflict resolution and violence prevention. For programs near you go to <http://msue.anr.msu.edu/events>

FREE PRESSURE CANNING TESTING

You may either call to make an appointment or you may drop off your lid and we will call once the testing is completed.

***** ***“So Easy to Preserve Food Preservation” Cook Book*** *****

This cook book is still available. The cost has been reduced 50%!
Each book is now only \$10.00 + tax!

**FINANCIAL, PARENTING, AND HOUSING
734 240-3179**

Parenting

**Parenting On Your Own
Nurturing Parenting**

Every Tuesday
11:30 am to 12:20 pm
ALCC
120 Eastchester
Monroe, MI 48161
Pre-register
Cost: Free

Home Education

**FREE HUD Certified
Foreclosure Prevention
Intervention Counseling**

Call for an appointment:
734-240-3179

Stress Less with Mindfulness

Tuesdays
May 26, June 2, 9, 16 & 23, 2015
6:30 to 8:00 pm
MSU Extension office
963 S. Raisinville Road
Monroe, MI 48161

Pre-register by calling by May 21, 2015
Cost: \$25 per person or couple for series

734-240-3179
Cost: Free

SMART STUDENT LOAN BORROWING

BE FINANCIALLY SAVVY WHEN FIGURING HOW MUCH YOU NEED TO BORROW TO ATTEND COLLEGE.

It is that time of year where you will begin to receive financial aid award letters from your school/s of choice. This letter provides you with the amount that you have been awarded in financial aid from the educational institutions you are interested in attending or attending. It is a collection of grants, work-study and federal student loan options. Financial aid award letters help you understand how much out-of-pocket money you will need and other potential funding options.

Before you begin to calculate what you may need financially, take a close look at the financial aid reward letter. Often, the cost of attendance includes tuition, fees, room and board, books, supplies, transportation, and personal expenses. Evaluate the cost of some of these items to see if you need to budget that much for the year. Many times you can do it for less than the educational institution's projections. Don't automatically accept all loans that are offered to you. Borrow only what you need.

When taking out student loans, start by educating yourself on the different types of loans available. The better you understand your options, the better choice you will make. Also try to exhaust other possible options, such as scholarships, for funding your education.

Financial aid administrators are finding that students who take advantage of financial management education courses offered through their schools manage their loans and finances better. If your educational institution offers such a course as an elective credit course. The information you will learn will be invaluable for a life time.



Michigan State University Extension offers a number of educational programs including programs on financial management and housing education. Visit MIMoneyHealth.org where there are a number of educational materials and resources available for free.

URL for more information:

<http://www.fafsa.com/understanding-fafsa/financial-aid-award-notice>

<http://www.finaid.org/fafsa/awardletters.phtml>

DID YOU KNOW?????

- ◆ Michigan State University Extension has a statewide **Master Gardener Hotline** for all of your gardening questions. Do you have problems with your garden, flowers, trees, shrubs? What about insects? Master Gardeners can answer these questions and more. The toll free number is 888-678-3464. You will get a recording. Just pick the number 1 and you will be forwarded to a certified Michigan Master Gardener. Phones will be answered Monday—Friday from 9:00 am till noon and from 1:00 pm until 4:00.
- ◆ Would you like a website to go to for more information on programs and Michigan products? Well here it is http://msue.am.msu.edu/program/info/mi_fresh

Check these out, you won't be disappointed!

DARRYL DIAMOND
4-H Program Coordinator
734 240-3188
diamon44@anr.msu.edu

SARA LEWIS
4-H Program Coordinator
734 240-3174
seitzsa1@anr.msu.edu

BROILER CHICKS

Monroe County 4-H members will have until May 6th to order Broiler Chicks for exhibition and sale at the 2015 Fair. The Broiler workshop will also be held on May 6th at 7:00 p.m. at the 4-H Activity Center. You will have the opportunity to meet the poultry superintendents and learn first-hand what is expected to raise a potential champion pen for the 2015 fair. To order, or for more information please call Barbara Siebarth at 419-350-9482. Broilers may be picked up on June 4, 2015 from 2 to 4 p.m. Location to be determined.



PIG QUALITY ASSURANCE (PQA) MAY 5TH

Members showing pigs for the first time in 2015 and members who did not attend the Swine workshops in 2014 are **REQUIRED** to attend the meeting on May 5th. This program will begin at 7:00 pm and will be held at the 4-H Activity Center.

FAIR ENROLLMENTS

It's getting to be that time of year to once again start thinking about the upcoming 2015 Fair!! Your Community Leader will be receiving all materials in the upcoming weeks for members to complete in order to exhibit at the 2015 Fair. Members should complete all of the paperwork and return it to their leaders, no later than June 12th. It is the responsibility of the Community Leader to submit all registrations from their club. If you have questions please contact your Community Leader. **PLEASE REMEMBER:** Use the back pages from the premium catalog—**THE PAGES WITH THE CLOVERS**. **ALL** 4-H pages have small clovers on the top of each page; these indicate the 4-H divisions. The classes in the front of the premium catalog are the Open Classes and if a member registers for 4-H using open numbers they will not receive premiums and entries will not appear in the judging books.

LIVESTOCK WORKSHOPS

Sheep & Swine Tagging	May 2, 9:00 am—1:00 pm	Fairgrounds
Swine Workshop	May 5, 7:00 pm	Activity Center
Broiler Workshop	May 6, 7:00 pm	Activity Center
Horse & Pony Clinic	May 8—10	Fairgrounds
Rabbit & Cavy Show	May 17, 9:00 am	Small Animal Barn
Fitting & Showing Clinic (Sheep, Swine & Small Animals)	June 8, 6:00 pm	Fairgrounds

MARKET LIVESTOCK TAGS

If you have any questions, need help, or your animal loses a tag, please call your Superintendent immediately.

Beef - Gary Drodts - 734-269-2276
Sheep - Mark Chapman - 734-755-3158
Swine - Ray Kuehnlein - 734-242-0613

The market specie Superintendents will be doing random checks of beef, sheep and swine projects this year so make sure your animal is where it is supposed to be!

MICHIGAN 4-H DAY AT COMERICA PARK

FRIDAY, MAY 8TH

GATES OPEN AT 5:30 PM

Join fellow 4-H'ers from across Michigan as we watch the Detroit Tigers take on the Kansas City Royals at Comerica Park, 2100 Woodward Avenue, Detroit, Michigan.

Visit 4-H booths inside the stadium.

Join fellow 4-H members in a game of ice breaker bingo - full bingo sheets will be entered in a drawing for prizes awarded each inning.

Your admission includes a Detroit Tigers T-Shirt which includes the 4-H Emblem.

Game Day Packages (including ticket and shirt)

- ◆ Skyline Package - \$18.00
- ◆ Upper Box Infield Package - \$31.00

Purchase tickets at <http://www.tigers.com/4h> For groups of 15 or more please contact Jeremy at Jeremy..hostetter@detroitigers.com or by phone (313) 471-2236.

For further information contact: Glenda Weiss weissgle@anr.msu.edu or by phone (734) 729-3632 ext. 101.

DUCKLING PICK-UP

Duckling pick-up will be Thursday, May 7th, from 2:00 pm to 3:00 pm at Hachman's Feed Store located at 327 W. Temperance Road in Temperance, Michigan.

PRE-FAIR MEETING

It's getting to be that time of year once again, and fair will be here before we know it. The Pre-Fair Meeting is the time where Leaders of each club are provided with all registration materials required to allow your members to exhibit at the 2015 Monroe County Fair. This year's meeting will be held on Thursday, May 7th at 7:00 pm at the 4-H Activity Center.

The General Superintendents along with the 4-H Tech Committee will be on hand to bring you up to speed on the new classes and new schedules. **ALL CLUBS MUST BE REPRESENTED** and all members and leaders must have completed enrollments and volunteer agreements on file from the April 1st deadline to be eligible.

Community leaders or their designated person must submit completed fair forms on June 15th. It is **EXTREMELY IMPORTANT** that all members get all of the information to their leaders on tie for them to submit the forms. Registration for fair will only be accepted on June 15th, between 1:00 pm and 7:00 pm at the 4-H Activity Center.

SLOW SPOKES

If you are planning on riding your bike to Michigan State, then you need to know the following information.

Practice Rides - The first ride will be held on Saturday, May 16th at 9:00 am starting at 2427 Baldwin Road, in Monroe. The second ride will be held on May 31st at 9:00 am starting at the Raisinville Township Hall.

If you have never ridden on the Slow Spokes trip, it is mandatory that you attend at least one session. Each practice ride will consist of 50 miles and will cover different parts of the county. Please call the 4-H Extension office if you have and questions. Practice rides are important as they not only determine if you are in shape, but also if your bike is ready of the 127 mile ride!! You **MUST** wear a helmet on all 4-H rides.

Keep in mind - you are expected to ride rain or shine, plan on doing the first trip if possible and then if it rains, you at least have a back-up date. If you plan on the second ride and it rains, you get wet!



MONROE COUNTY CLOVER DAYS

SAVE THE DATE JULY 8 - 10!

MORE INFORMATION WILL BE AVAILABLE
SOON!



Junior Superintendents Needed

Looking for a **JOB?** 4-H members 11 years of age and older are needed to serve as Junior Superintendents for the 2015 Fair. Like any other job, you must take your responsibility seriously, arrive on time, and stay until the work is done. Your duties will consist of preparing the exhibit area, assisting with check-in, working with judges, helping to prepare the displays and releasing the exhibits at the close of fair.

Junior Superintendents need to make a commitment that they will be available to help when needed and that they are willing to work the time and put forth the necessary effort to do an effective job. Junior Superintendents will be identified by name tags and ribbons which designate them as part of the official 4-H volunteer Fair Staff.

Applications must be completed and returned to the Extension Office by **May 15th**. Each member must take the responsibility to submit their own applications. Group applications by the community leader will not be accepted. In addition to the traditional assignment, many youth are needed to work in Old Macdonald's Nursery. Please check if you are willing to work a position different from your choice. Members who do not submit an application by the due date, will not serve as a Junior Superintendent role this year.

JUNIOR SUPERINTENDENT REGISTRATION FORM

Name _____ age _____

Address _____ City _____ MI, Zip _____

Phone _____

Email address _____

Choice of areas

Educational

Crafts

Office

Communications

Produce & Horticulture

Large Livestock

Small Animals

Horse

Human Resources

Return to 4-H Office by May 15, 2015

Mail to: 963 South Raisinville Road, Monroe, MI 48161

MAY / JUNE 2015

4-H

May

5/1/15	Ag Awareness Day Fairgrounds	9:00 am
5/2/15	Sheep & Swine Tagging Fairgrounds	9:00 am
5/2/15	Cat Workshop 4-H Activity Center	9:00 am
5/3/15	State Awards Recognition 4-H Activity Center	2:00 pm
5/4/15	4-H Council Extension Learning Center	7:00 pm
5/5/15	PQA - Pork Quality Assurance 4-H Activity Center	7:00 pm
5/6/15	Broiler Workshop 4-H Activity Center	7:00 pm
5/7/15	Fair Advisory Board 4-H Activity Center	6:30 pm
5/7/15	<u>PRE-FAIR MEETING</u> <u>MANDATORY</u> 4-H Activity Center	7:00 pm
5/8-10/15	Horse & Pony Clinic 4-H Activity Center	
5/11/15	Horse & Pony Meeting 4-H Activity Center	7:00 pm
5/14/15	Fair Board Meeting Fair Office	7:00 pm
5/15/15	Leader Banquet 4-H Activity Center	6:30 pm
5/16/15	Rabbit Show Set-up Monroe County Fairgrounds	6:00 pm
5/17/15	Rabbit, Cavy, Pocket Pet Show 4-H Educational Building	check-in 8:00 am show 9:00 am
5/18/15	Small Animal Association Extension Learning Center	7:00 pm
5/19/15	4-H Graduation Celebration 4-H Activity Center	7:00 pm
5/20/15	Junior Livestock Association Extension Learning Center	7:00 pm
5/21/15	REAACT Extension Learning Center	7:00 pm
5/25/15	MEMORIAL DAY OFFICE CLOSED	
5/26/15	CSI 4-H Activity Center	7:00 pm
5/27/15	Teen Ambassadors Extension Learning Center	7:00 pm

4-H

June

6/1/15	4-H Council 4-H Activity Center	7:00 pm
6/3/15	Exploration Days Meeting MANDATORY 4/H Activity Center	7:00 pm
6/8/15	Sheep Fitting & Showing Clinic	6:30 pm
6/8/15	Swine Fitting & Showing Clinic	6:30 pm
6/8/15	Horse & Pony	7:00 pm
6/11/15	REAACT 4-H Activity Center	7:00 pm
6/11/15	Fair Board Meeting Fair Office	7:00 pm
6/15/15	Fair Enrollment 4-H Activity Center	1:00—7:00 pm
6/21-23/15	Slow Spokes	
6/24-26/15	Exploration Dasy MSU Campus	
6/30/15	CSI Extension Learning Center	7:00 pm

FAMILY & CONSUMER SCIENCE

May

5/5/15	Nurturing Parenting Class Arthur Lesow Community Center	11:30 am
5/12/15	Nurturing Parenting Class Arthur Lesow Community Center	11:30 am
5/19/15	MCHE Extension Learning Center	10:00 am
5/19/15	Nurturing Parenting Class Arthur Lesow Community Center	11:30 am
5/26/15	Nurturing Parenting Class Arthur Lesow Community Center	11:30 am
5/26/15	Stress Less with Mindfulness Extension Learning Center	6:30 pm

STAFF AND MSUE RESOURCES

The Monroe County MSU Extension office is open to the public on Monday thru Friday from 9:00 am to Noon, and 1:00pm to 5:pm. The office staff may be accessed via the main phone line at 734-240-3170.

TERRY CLARK-JONES Extension Educator <i>clarkjon@anr.msu.edu</i>	240-3170	DIANE MICHAUD Secretary <i>diane_michaud@monroemi.org</i> <i>msue.monroe@county.msu.edu</i>	240-3182
DARRYL DIAMOND 4-H Program Coordinator <i>diamon44@anr.msu.edu</i>	240-3188	ALLEN RUSSELL Family Nutrition Program Assistant <i>russe414@msu.edu</i>	240-3175
HEATHER HAMPEL Family Nutrition Program Instructor <i>hampel@anr.msu.edu</i>	240-3171	MATT SHANE District Coordinator <i>shanemat@anr.msu.edu</i>	517-264-5308
DENISE KOHLER Family Nutrition Program Assistant <i>denise_kohler@monroemi.org</i>	240-3176	PATTI WARTINGER Secretary <i>warting3@anr.msu.edu</i>	240-3184
SARA LEWIS 4-H Program Coordinator <i>seitzsa1@anr.msu.edu</i>	240-3174	WINNIE WEBB Breastfeeding Peer <i>webbw@anr.msu.edu</i>	240-3178

Though Extension has recently reorganized our structure, Extension professionals are still located in communities across the state and are still working to address Michigan's most pressing needs through four broad-themed areas; greening Michigan, agriculture and agribusiness, children and youth, health and nutrition. If you would like to learn more about these program areas, you can read about them in a document called "Carrying Out the Land-Grant Mission" that can be found at www.msue.msu.edu. To locate MSU Extension Staff across the state by name or area of expertise go to: <http://people.msue.msu.edu>

