A Giant Thank-You to Dan & Lil Mahaney!

I want to send out a big thank-you to Dan and Lillian Mahaney for their generous support of our 4-H youth and adult volunteers this year. So far, we are sending 5 youth and 2 adults to Kettunen Center for WinterFest and the Beef, Sheep, Swine and Vet Science workshops using funds from their scholarship gift. This is amazing! Kettunen Center provides a safe and fun environment for these learning experiences, so please consider going there this year. Call our office for more information.

Big News!

The credit card machine is coming! You will be able to pay for participation fees and events like Exploration Days with a credit card here in our office. We will also be able to take a credit card over the phone. Our new machine should be up and running in the office by the end of February.
18 Years of Wintry Fun!

It’s been 18 years since Leelanau 4-H started holding its program at The Homestead, and with 99 youth taking part in the Ski and Snowboard Program this season, it’s been a busy and active time! Just like last year, we have a very dedicated group of chaperones and volunteers working with the kids, as well as the instructors and staff at The Homestead who are just as dedicated to the success of this program. One of the largest benefits of partnering with this resort is that they care so much about making this an affordable experience for the families, as well. All of our chaperones ski and board for free, and families get discounts on both equipment and lift tickets. The view from the mountain is breathtaking, yet the resort has a very cozy feel to it. My favorite part of this experience is to see all of those rosy-cheeked youth coming up to the desk to check in, smiling the whole time, happy to be there and ready to have some fun.

On a side note, I know that I will be needing a few new chaperones for next year, and if you are an adult with a child in the program, and you would like to ski for free next year, please call or email me, and we will get you through the volunteer application process. If everything goes smoothly, this is usually a month-long process, so it’s good to allow time for processing of paperwork.

Mark of Excellence and the State 4-H Awards Program

We want to send out one last reminder about the State 4-H Awards Program, as deadlines for the applications and essays are fast approaching. We would love to see Leelanau County represented this year!

The link for the site, with all of the information you need, is https://www.canr.msu.edu/4_h_scholarships_and_recognition_program/4_h_awards_and_recognition_program

Youth ages 11 to 12 can write and submit an essay for the 4-H Mark of Excellence Award, and older youth (13-19) can take part in more competitive activities and join the State 4-H Awards Program activities the first two days of Exploration Days as state delegates. The link above can give you all of the information you need, but just know that all submissions are due by February 1st, 2018.

Please share this information with your club members—it’s a great way for them to be recognized for all that they do in 4-H!
WINTER FUN DAY 2018
Join in the FUN!

JOIN US FOR FUN AND GAMES!!

Saturday
February 3, 2018
10:30 am to 1:00 pm
4-H Johnson Preserve
Behind the Strongheart Center in Peshawbestown. Meet in the center parking lot off McKeen Road.

All Ages Welcome!
Free! Fun!

4-H GROWS HERE

The 4-H Outdoors Club would like to introduce community members of all ages to the wonders of the 4-H Johnson Preserve, and encourage outdoor adventure activities.

SNOWSHOE/CAMPFIRE/
WINTER ANIMAL TRACKING/
DIG A QUINZEE/BE OUTSIDE/

- Hot Dogs, Veggies, & Marshmallows for Roasting Provided -

Bring your snowshoes (limited # to borrow), and water bottle. Please RSVP by Thursday, February 1st, by calling the 4-H office at 256-9888 or emailing the 4-H Program Coordinator, Rosalind Culver, at culverr@msu.edu.

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Our Leelanau County 4-H Babysitting Club is focused on the 4 H’s: all 14 members are using their Heads to learn new tips and think about the well-being of others, using their Hearts to show caring and respect, using their Hands to practice new skills (like CPR and first aid), and taking care of their Health and the health of those they will be caring for (though we have discovered this club can really eat chocolate!)

Club leader Heather Cook and I have been having a great time working with these enthusiastic young folks who want to work with children in their communities. Everyone has learned the 4-H pledge, which focuses so much on caring for others, and the discussions we have had during club meetings have gotten everyone to think about safety, how to talk to parents about their children, and what to do in case of an emergency. Future club meetings are going to help the kids learn about things like diapering babies, preparing healthy snacks, recognizing how to handle different behaviors, and advertising their babysitting services and making the right match with a family.

The Suttons Bay Bingham Fire and Rescue Station has partnered with Leelanau 4-H by hosting the club in their classroom and by providing 3 sessions of CPR and First Aid training so that the members can earn a two-year certification from the American Heart Association. Members will also get a personal tour of the fire station when their training is complete. The Leelanau County Sheriff’s Office is also working with us to help our youth learn about safety by having its K-9 Unit come visit: Deputy Greg Hornkohl and Nico will talk to the youth in February.

This new club is very exciting in that it brings youth in from all over the county, and allows us to partner with other professionals in the area to create a very positive learning experience. It helps to have this new curriculum from MSU Extension as a starting point, and to have great leadership from Heather Cook, a seasoned 4-H volunteer in our county. Hopefully, this club will continue to draw new membership, and can become a regular offering each year.
**FIRST AID FOR CHOKING**

You must act if there are any signs that a person can’t speak, breathe or cough.

**SIGNS**
- Universal choking sign
- Person cannot breathe, cough or speak
- Person makes high pitched sounds when breathing
- Lips and finger nails may become blue

Ask, “Are you choking?” If the person gestures yes, stand behind the person, wrapping your arms around the person’s waist.

- Make a fist with one hand
- Hold it with the other hand against the person’s abdomen
- Between the navel and lower end of breast bone

Provide quick, upward and inward abdominal thrusts (Heimlich maneuver) until the food or object is forced out.

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**4-H ONLINE REMINDER**

All 4-H youth and adult volunteers must sign up in 4HOnline this year to be counted as full members! Please visit [https://mi.4honline.com](https://mi.4honline.com) to enroll for the first time by creating a family account, and then add yourself as a member, or to re-enroll if you have been a member before. Participation fees ($20 per youth or $60 per family) are due to your club leader, or you may also send them to our office. Checks are made payable to “MSU”.
Learn, Discover, Grow at 4-H Exploration Days, June 20-22, 2018!

The registration books have been ordered and will be available in schools and our office by the end of February! If you are 11 or older, and want to attend, fill out the registration and turn it in to our office before Tuesday, March 13—that’s when our office staff will be signing everyone up through the MSU site. Sponsorships available through MSU and our office.

Leelanau 4-H is now partnering with Jan Ostrowski in the Nature Room at Suttons Bay Elementary School. Jan recently became a 4-H volunteer, but started the Nature Room last year because she wanted to provide exciting programming with a science-focus to all of the young students, K-5th grade, at the elementary school. Classrooms come to the room for a “show” about different topics each month, or Jan takes her show on the road, and goes right to the classroom. I have the chance to help with the first and second grade classrooms this year, and it’s been great so far! The attached picture shows students learning about glaciers, and using a mix of corn starch and water to create their own glaciers and experiment with making them move.

Cool Fun in the Suttons Bay Nature Room!

Leelanau 4-H is now partnering with Jan Ostrowski in the Nature Room at Suttons Bay Elementary School. Jan recently became a 4-H volunteer, but started the Nature Room last year because she wanted to provide exciting programming with a science-focus to all of the young students, K-5th grade, at the elementary school. Classrooms come to the room for a “show” about different topics each month, or Jan takes her show on the road, and goes right to the classroom. I have the chance to help with the first and second grade classrooms this year, and it’s been great so far! The attached picture shows students learning about glaciers, and using a mix of corn starch and water to create their own glaciers and experiment with making them move.

Come to 4-H Exploration Days!

JUNE 20–22, 2018
MICHIGAN STATE UNIVERSITY

4-H Exploration Days is an annual MSU Pre-College Program that attracts about 2,500 participants from all across Michigan.

This MSU Pre-College Program is like no other teen conference you'll ever attend!
- Choose from 200 action-packed learning sessions in your favorite interest areas.
- Develop your leadership abilities and enhance your individual growth.
- Learn new ideas, skills and techniques you can use at home or in your 4-H group and community.
- Make friends and enjoy leisure activities on the beautiful MSU campus.

Ask anyone who has attended

4-H Exploration Days is an exciting experience that can change your outlook. It's an experience that can change your life! We'll look for you this year at 4-H Exploration Days—MSU's largest pre-college program.

Costs
The full-time participant fee is $165. (Youth who aren't yet enrolled in 4-H pay an additional $20 4-H participation fee.) This includes all meals, shared lodging, sessions and an event T-shirt. Check with your local MSU Extension office to see if scholarship funds are available.

Entertainment
An exciting, fun, high-energy show in the world class Wharton Center is bound to entertain you!

Other highlights of 4-H Exploration Days 2018 include:
- Experiencing life at MSU—just like a college student
- Meeting people from across the state
- Enjoying additional activities like:
  - Dance
  - Swimming
  - Planetarium Show
  - Museums
  - Ice Skating
  - Campus Facility Tours

Don't wait...
Registration begins March 13, 2018. The deadline for returning your registration form to your local MSU Extension office can vary from county to county (typically the end of April), but don't wait—some sessions fill quickly on a first-come, first-served basis. For more information, visit the Exploration Days website at: http://msue.anr.msu.edu/program/info/4_h_exploration_days or contact your local MSU Extension office for a registration book.

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LIVESTOCK COUNCIL

Next meeting is Monday, February 5th, at 7:00 p.m. at Redeemer Lutheran Church, with Swine Registrations due. Don’t forget to attend the General Education Sessions starting at 6:00 before the Livestock Council meeting! Prizes and snacks will be given away at each session.

Monday, February 5th – 6:00 pm – Redeemer Lutheran Church
Anne Bonney – Find YOUR path
Anne grew up overseas and attended a performing arts boarding school. She worked as a teacher, an animal trainer, a ropes course facilitator and a brand manager for on the hottest athletic apparel brands of all time. She ran a marathon in Antarctica, went on 3 morale building tours to Iraq, and won a figure competition. From an early age, Anne Bonney has followed her own path and through energetic delivery, entertaining stories and engaging teaching, she will inspire your students to find their own meaning of success. We only get one shot at this. We’ve got to find the best “us” while we’re here, and find our own path to a happy and fulfilling life.

Monday, March 5th – 6:00 pm – Redeemer Lutheran Church
Record Books: Karin Stevens (assisted by Renee Hobbins with Gotta Lluva Cool Critter Members)

Monday, April 9th – 6:00 pm – Redeemer Lutheran Church
Animal Safety – Katie Ockert from MSU (assisted by Rosali Collier)

Monday, May 7th – 6:00 pm – Redeemer Lutheran Church
Jeopardy

Tuesday, May 15th – 6:00 pm – Fairgrounds
Animal Senses: Finding a New Perspective—Melissa Elischer
Defining science and that work with livestock is science; how, when, and where we work with animals; domestication history of common livestock species; exploring animals’ senses – what is the same and different from ours as humans; how can understanding these senses help us better work with animals.

Monday, June 4th – 6:00 pm – Redeemer Lutheran Church
Fair Safety

EDUCATION REQUIREMENTS:

DEADLINE FOR ALL REQUIREMENTS IS JUNE 30, 2018
ALL 4-HERS ARE REQUIRED TO HAVE 1 GENERAL SESSION AND 1 SPECIE SPECIFIC EDUCATION CREDIT IN ORDER TO QUALIFY TO BRING AN ANIMAL TO FAIR.
GENERAL SESSIONS WILL BE HELD AT 6PM ON THE MONDAY NIGHTS OF THE LIVESTOCK COUNCIL MEETINGS. REGULAR LIVESTOCK MEETINGS TO FOLLOW. THE EDUCATION SESSIONS WILL LAST 30-45 MINUTES. YOU MAY USE A SECOND SPECIE SPECIFIC EDUCATION SESSION TO COUNT TOWARDS A GENERAL SESSION.
SPECIE SPECIFIC EDUCATION SESSION DATES WILL BE AVAILABLE JANUARY 2018. 4-HERS MUST DO A SPECIE SPECIFIC EDUCATION REQUIREMENT FOR THEIR MARKET PROJECT.
ANY EVENT SANCTIONED BY MSU IS AVAILABLE TO COUNT TOWARDS YOUR EDUCATION CREDITS, BUT YOU MUST GET A SIGNED EDUCATION SLIP AND RETURN IT TO THE LIVESTOCK COUNCIL FOR CREDIT.
4-H Tractor Safety Program
For 14 and 15 Year Old Youth

Who: MSU Extension will host this training for 14 & 15 Year Old Youth. Youth must be age 14 by June 1st, 2018. Space is limited! (16–19 Year olds are encouraged to participate, but priority is given to 14-15 year olds). Class curriculum follows the National Safe Tractor and Operational Machinery Program.

Where: NW Michigan Research Station, 6606 S. Center Hwy., Traverse City. [County Road 633 between Suttons Bay & Traverse City]

When: Wednesdays, April 4, 11, 18, 25 from 6:30 p.m. A written and driving test will be given on Saturday, May 5th from 8:30 a.m. to 2:30 p.m.

Cost: $85 per person – includes: $20 4-H participation fee, classes, manual, certificate and lunch on test day. Some scholarships are available if finances are an issue.

The registration deadline is March 23, 2018. Contact the Leelanau MSU Extension office with any questions—231.256.9888 or collierr@anr.msu.edu.

4-H Tractor Safety Registration is a TWO step processes...
1. Register and pay online at: https://events.anr.msu.edu/TractorSafety2018/
2. Become a 4-H member and create a profile online at: https://mi.4honline.com
JOANN Fabrics & Crafts partners with 4-H

JOANN Fabrics and 4-H have formed a new partnership to bring more hands-on 4-H programs to youth in local communities across the nation. Through this partnership, they hope to empower more kids through experiences where they can grow valuable life skills and learn by doing, creating and making.

As part of the partnership, JOANN's is providing a free rewards card to members of the 4-H community, including youth, parents, alumni, volunteers and supporters. Reward card holders receive 15 percent off the total cost of eligible in-store and online purchases; 2.5 percent of all rewards card purchases will be donated back to 4-H. To sign-up for your free rewards card, visit http://www.joann.com/4h/ or download the JOANN's app on your mobile device.

The popular craft store is also supporting 4-H through a 4-H Paper Clover campaign that will take place during the month of February. Visit your local JOANN's store during this time to purchase either a $1 or $4 Paper Clover. One-hundred percent of the proceeds raised during the Paper Clover campaign will support 4-H with 70 percent of funds generated in Michigan being donated to the state 4-H program.

As the partnership grows, JOANN's and 4-H hope to provide additional opportunities to the 4-H community. Look for additional details in the future about an in-store volunteer project on Feb. 3, and an online fashion review!

Michigan 4-H Healthy Living Challenge: 5-2-1-0 for Your Health

Michigan 4-H wants to help you jump start a healthier year in 2018 with the 4-H Healthy Living Challenge: 5-2-1-0 for Your Health! With 200,000 youth annually pledging their health to better living for their clubs, their communities, their country and their world, youth across Michigan are encouraged to join in this fun 4-H challenge that focuses on one of the four main pillars of 4-H: health!

To participate in the challenge, youth should strive for the following each day throughout the months of January and February:

- 5 servings of fruits and vegetables
- 2 hours or less of screen time (TVs, computers and tablets)
- 1 hour of physical activity
- 0 sweetened beverages (soda and juices)

To help you keep track of your progress, Michigan 4-H has created a helpful tracking sheet. Record your efforts each day and at the end of February, submit your form to your county 4-H program coordinator. All individuals who submit a tracking sheet will receive a healthy living prize!

For more information and to download your tracking sheet, visit http://bit.ly/2CKBlqW.
STATEWIDE CALENDAR OF EVENTS

Workshops . . .

January 6: 4-H Healthy Living Teen Ambassador Training
Michigan State University, East Lansing
Teen training designed for youth interested in healthy living programing and how they can make a difference their community.
http://msue.anr.msu.edu/events/4_h_healthy_living_teen_ambassador_training

January 10: Family STEM Night
Mio Elementary School, Mio
Available to third and fifth graders, the Family STEM Night will provide hands-on STEM activities that will engage families.
http://msue.anr.msu.edu/events/family_stem_night

February 7: 4-H Embryology Staff, Teacher and Volunteer Training
Shiawassee County Fairgrounds, Owosso
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.
http://msue.anr.msu.edu/events/michigan_4_h_embryology_staff_teacher_and_volunteer_training

February 16-17: 4-H Veterinary Science Teen and Adult Leaders Workshop
Kettunen Center, Tustin
This workshop is designed for 4-H teens and adults who are fascinated by animal health and want to explore animal systems. Registration will be opening soon.
http://msue.anr.msu.edu/events/michigan_4_h_veterinary_science_teen_and_adult_leaders_workshop

February 17: 4-H Dog Project Leaders and Judges Workshop
Michigan State University, East Lansing
Learn how agility, obedience, rally and showmanship classes are evaluated.
http://msue.anr.msu.edu/events/michigan_4_h_dog_project_leader_and_judges_workshop

February 17-18: 4-H Beef, Sheep and Swine Teen and Adult Leaders Workshop
Kettunen Center, Tustin
Take your beef, sheep or swine project to the next level by attending this workshop and learning about animal health, management, care and nutrition. Registration will be opening soon.
http://msue.anr.msu.edu/events/4_h_beef_sheep_and_swine_teen_and_adult_leaders_workshop

Other 4-H Events . . .

January 20: 4-H Day at the Breslin and Alumni Tip-Off Reception
Michigan State University, East Lansing
A full day of fun on MSU’s campus, whether you’re a 4-H alumni or a current member of the Michigan 4-H community.
http://msue.anr.msu.edu/events/4_h_alumni_tip_off_reception
http://msue.anr.msu.edu/events/4_h_day_at_the_breslin

January 27: 4-H Rabbit and Cavy Show
MSU Pavilion, East Lansing
This one-day event is open to participants aged 9 to 19 by Jan.1 of the current year.
http://msue.anr.msu.edu/events/4_h_rabbit_and_cavy_show

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Leelanau 4-H Website at:
https://4hleelanaucounty.shutterfly.com/

Northwest Michigan 4-H Livestock Council:
http://www.northwestmichiganlivestockcouncil.org

Michigan 4-H Website:
www.4h.msue.msu.edu

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