Happy February

We hope everyone is enjoying this mild winter and getting ready for a fantastic spring. We are working on some really great events and are excited to see you all at them.

The Spring Fair is going to be a big deal. It is going to be on the fairgrounds on May 6th from 1:00p.m. till 5:00 P.M. Your Sanilac County 4-H Council is giving each youth who brings 3 items to the Spring Fair a $5.00 voucher to the Eatstand. Start working on your projects.

Exploration Days sign up is right around the corner and we want to have more participation then ever. Watch for the class catalog. We are going to have an enrollment meeting on March 13th at 7:00 p.m. at the Extension Office.

Sincerely,
Colleen Wallace
Program Coordinator

Upcoming Events:

2-16 Parliamentary Procedure 6:00p.m. Office
2-19 Shooting Sports 4:00 p.m—6p.m. Fairgrounds
2-20 Spring Fair Planning Meeting 6:00p.m. Liberty Lanes
2-21 Jr. Livestock Committee 7:00 p.m. Fairgrounds

2–26 Leader Banquet 1:00 p.m. Career Center
3– 5 Jr. Council 1:00 p.m. Extension Office
3-7 Horse Leader Update 7:00p.m. Sandusky Elementary
3-9 Council 7:00 p.m. Extension Office
Will You Put the “U” in the Challenge U 4-H FunFest?
The 2017 Challenge U 4-H FunFest is another special workshop for younger (aged 9 to 13) Michigan 4-H ([http://msue.anr.msu.edu/topic/info/4_h](http://msue.anr.msu.edu/topic/info/4_h))ers. At this event, participants will:

- Spend two action-packed days – in sessions they choose, led by experts – learning the secrets of healthy living and food science. The hands-on sessions from which to choose will include:
  - What to eat and when to increase energy
  - Becoming a junior chef
  - Relaxation tips and tricks
  - Indoor and outdoor cooking
  - Healthy money habits
  - Food preservation
  - Dancing and more.

Through such 4-H projects, young people both enjoy hands-on activities and develop life skills ([http://bit.ly/1PVDmlX](http://bit.ly/1PVDmlX)). For example, by allowing 4-H'ers to choose the sessions in which they want to participate, they learn decision-making skills and independence. At the 2017 Challenge U 4-H FunFest, youth will also learn communication, cooperation and teamwork. All in all, participants learn to make “the best (themselves) better.”

- Enjoy some fun in the great outdoors
- Have an overnight workshop experience
- Meet other 4-H'ers from around the state

Who
Youth 9 to 13 years old as of January 1, 2017 and chaperones

When
March 11 to 12, 2017 (begins 9:30 to 10:30 Saturday morning and ends at 11:30 Sunday morning, before lunch)

Where
Kettunen Center ([http://www.kettunencenter.org](http://www.kettunencenter.org)) in Tustin

How
The Challenge U 4-H FunFest schedule and registration is available on the web ([http://bit.ly/2joxVkS](http://bit.ly/2joxVkS)). The registration fee ($70 for 4-H members and volunteers or $119 for non-4-H members and volunteers) includes overnight housing, meals and all session supplies.

If you need more details than are available on the registration site given above, you can obtain additional information from:

- Your local MSU Extension county 4-H staff ([http://msue.anr.msu.edu/county](http://msue.anr.msu.edu/county))
- Michelle Neff (by email at hydemich@msu.edu or by telephone at 989-539-7805)
New for 2017 Fair!

You may show both a prospect and a market animal, but you may only sell one. You will have to declare when you weigh the animals in at fair which one you are selling.

You may sell one of your still projects in a silent auction that will be held on Friday of the fair. The project must have received an A rating and a mandatory record book must be completed. No food will be allowed to be sold. You may create a basket with ingredients and a recipe card to enter in the auction.

All animal ID sheets (a new form) will be due on June 1st. This is new for Dairy which was always in July. Veal exhibitors will have to fill out a declaration sheet by June 1st and an animal ID sheet by July 1st.

Fair project sheets (a new form) and club stall count sheets will be due by July 1st. This will give us plenty of time to get you all entered into your classes and make sure we plenty of space for everyone.

Here is to a fantastic year!
Parliamentary Procedure Basics for 4-H Clubs and Committees

Please preregister to participate in this training by February 9th.

To register call the Sanilac County MSU Extension office at (810) 648-2515 or email msue sanilac@county.msu.edu

CONTACT US:
Sanilac County MSU Extension
171 Dawson Street Suite 323
Sandusky, Michigan 48471

WEBSITE: msue.anr.msu.edu

WHO:
4-H members, club or committee officers, 4-H leaders, 4-H committee members, Sanilac County youth

PROGRAM SUMMARY:
Do you attend 4-H meetings? Are you a club officer or committee member? 4-H provides opportunities for young people to develop leadership skills through active citizenship. This FREE workshop will highlight basic parliamentary procedure for 4-H clubs. Other highlights will include:
⇒ Meeting agendas
⇒ Officer roles and responsibilities
⇒ Youth and adult partnerships
⇒ Delegating projects to committees

WHERE:
Sanilac County 4-H Office
171 Dawson St Suite 323, Sandusky, Michigan 48471

WHEN: (2 dates available)
- Saturday, February 11, 2017 10 a.m.-noon
- Thursday, February 16, 2017 6-8 p.m.

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Sanilac County 4-H Leader Banquet

Where: Sanilac County Career Center
When: February 26, 2017
Time: 1:30 p.m.
All are welcome to attend
Please R.S.V.P to 810-648-2515.
Let Karen know how many will be attending.
Horse and Pony Project Update Meeting!!!!

Date: March 7, 2017
All Leaders and Youth must attend.
Please come join us and see what is happening this year for the horse program.

Where: Sandusky Elementary School
395 S Sandusky Rd, Sandusky, MI 48471

Time: 6:30-7:30 p.m
Save the Date:
Thumb Jackpot
April 21 and 22nd
Goodells MI  St. Clair County Fairgrounds

2016-17 MI SHOWS

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<td>May 6, 2017</td>
<td>Hudsonville Spring Show</td>
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<td>June 16-17, 2017</td>
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Managing Farm Stress Workshop

Farmers and those within the agricultural industry have a tendency to be eternal optimists, but with all of the variability in agriculture, there are times when we can become overwhelmed and stressed more than usual.

January 20, 2017
10 a.m. - 2 p.m. (lunch included)
AgroLiquid
3055 W. M-21, St. Johns

MSU Extension has developed a workshop specially designed for people who work with agricultural producers and farm families who want to know more about managing farm-related stress and learn ways to approach and communicate with those in need.

The workshop will include:
- Adam Kantrovich discussing the present agricultural market situation with an overview of how this has affected a farm’s financial situation and cash flow.
- Roger Betz discussing his experiences working with farm families that are under financial distress.
- Suzanne Fish highlighting the detrimental impact of stress on our body and state of mind, providing information on how to recognize some of the warning signs of depression, self-harm and mental illness.

To register, go to www.events.anr.msu.edu/ManagingFarmStressClinton16 or call 989-224-5241.

Michigan State University Extension
Visit msue.anr.msu.edu/managingfarmstress
OUR SPEAKERS

Adam J. Kantrovich, PhD
MSU Extension educator
Farm Management

Adam came to MSU Extension in 2007 after being a faculty member at other institutions and working at the Chicago Mercantile Exchange and the USDA Animal and Plant Health Inspection Service. He has experience raising beef cattle. Adam specializes in estate planning and business succession, agricultural tax management, farm financial analysis and labor policy and law. He has been working with the fruit and vegetable agricultural industries in areas of guest worker tax issues and the Affordable Care Act for agricultural employers.

Roger Betz
MSU Extension senior educator
Farm Management

Roger was born and raised on a central Michigan farm not far from Lansing and continues to farm grain today. He has worked for MSU Extension for almost 35 years and specializes in estate planning and business succession, agricultural tax management, farm financial analysis and Farm Bill programs. He has worked closely with farms in financial distress including during the agricultural economic downturn of the 1980s. Roger’s insights and experience makes him a leading expert working with farms during times of financial distress and those considering expansion opportunities.

Suzanne Pish, M.A.
MSU Extension educator
Social and Emotional Health

Suzanne has been an Extension educator specializing in social emotional health for 10 years, and is based in the Branch County Extension Office. She has a master’s degree in counseling and grew up on a family dairy farm in southwest Michigan, and continues to help with the family farm today. She and her husband have a 100-head herd of meat goats and raise hay. Suzanne is a member of Farm Bureau, a 4-H volunteer and local fair superintendent.

OTHER MSU EXTENSION MINDFULNESS & STRESS MANAGEMENT PROGRAMS

Stress Less with Mindfulness

The “Stress Less with Mindfulness” series introduces participants to the experience and practice of mindfulness to reduce stress. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes.

To learn more about “Stress Less with Mindfulness” or register for a class, visit msue.msu.edu/stressless

RELAX: Alternatives to Anger

How individuals handle their anger and stress affects a radius of people around them. The goal of “RELAX: Alternatives to Anger” is to help young people, parents and caregivers foster healthy relationships so they can live, learn and grow in a safe, affirming and fair environment free from violence, abuse, bullying and harassment. Youth, parents and caregivers will learn to better manage their anger and stress at home and in the workplace.

This multisession program can be provided in a variety of community educational settings. The “RELAX: Alternatives to Anger” series is also available online.

To learn more about “RELAX: Alternatives to Anger” or register for a class, visit msue.msu.edu/relax
Still Looking for Youth Leaders

MICHIGAN 4-H ROBOTICS WORKSHOP

When and where:
March 18-19, 2017
4-H Kettunen Center, 14901 4-H Drive, Tustin, MI 49688

Who:
4-H members age 13-19 (as of January 1) and volunteers interested in robotics (sign up for a specific track: LEGO Mindstorms EV3, VEX Robotics, Underwater ROVs, Unmanned Aerial Systems, Younger 4-Hers: Robotics & STEAM, and Junk Drawer Robotics).

Cost:
- 4-H Members and Volunteers—$75.00
- Non 4-H Members and Volunteers—$130.00
- Registration fee includes meals, lodging and resources.
- Persons canceling without a replacement by Feb. 24, 2017, will be charged a $20.00 cancellation fee. Persons who do not show up at the workshop, do not have a replacement, or do not cancel to ANR Event Services at events@anr.msu.edu within 48 hours prior to the start of workshop will be billed the full registration fee.
- Not a 4-H member? Contact your county MSU Extension office today!

Registration information:
- The deadline to register for this event is Feb. 24, 2017.
- To register, visit https://events.anr.msu.edu/4HRobotics2017/

Find out more...
Visit the registration site for additional details, including the event handbook.
For more information, contact your county MSU Extension office, Jan Brinn at 269-673-0370 or brinn@anr.msu.edu or Kristy Oosterhouse at 517-543-2310 oosterh6@anr.msu.edu
Accommodations for persons with disabilities may be requested on your registration form.

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WORKSHOP AGENDA

Saturday, March 12, 2016

9 – 10 a.m.  Sign-in and Registration – Main Lobby
10 - 10:30 am. Conference Opening Session (Lakeview Room)
10:30 a.m. – 12 p.m. Track Sessions

A. LEGO Mindstorm EV3  Computer Lab
   Explore programming and building with LEGO Mindstorms EV3 robotics!
   Participants in this hands-on session will learn about the components with an
   EV3 robot, how to build EV3 robots and modify them for challenges, and how
   to program the robot (including sensors). Learn about how to start a robotic
   club using the EV3s, different competitions available with the EV3s and ideas
   for advanced challenges and scientific uses to try in your club!

B. Underwater ROV  Red Oak Room
   Participants in the Underwater ROV track will have the opportunity to design,
   build, and test drive an underwater ROV. The session will begin with a brief
   presentation outlining the basics of ROV construction, what they are used
   for, and careers in marine technology. Participants will then work in teams to
   build a kit ROV and pilot the vehicle through underwater mission tasks.
   Participants will learn some basic soldering, circuits, buoyancy, and tether
   management as well as piloting. Acquire the knowledge, skills, and resources
   to effectively mentor youth in designing and building an ROV, including
   participating in competitions such as the Great Lakes Regional MATE ROV
   competition. **NOTE: Individuals selecting the Underwater ROV session are expected
   to register in teams of 2-4 people per club or county. The club or county will be
   responsible for covering the cost of the ROV kit ($210/kit). The responsible party will
   need to fill out the County ROV registration form with the team member names and
   payment. If a County ROV form is not completed for an Underwater ROV registrant
   they will be moved to a different track based on availability.**

C. VEX Robotics  Cedar Upper
   VEX Robotics offers youth a rich exciting platform to immerse themselves
   into STEM (science, technology, engineering and mathematics) through the
   fun of building robots. The versatility of VEX allows youth the opportunity to
   build whatever they imagine. During the two-day VEX robotics workshop you
   will explore a variety of activities you can use to engage youth in an
   exploration of robotics.