#WhyYouMatter

The Friends Helping Friends 4-H club has been busy in recent weeks. For several months now the members have been planning and implementing their #WhyYouMatter campaign at Manistique High School. The goal of the event was to promote self-compassion and increase awareness of social-emotional issues with teens. The culminating program was an open house on January 8th were all of the #WhyYouMatter photo posters of high school students and staff (who participated) were on display. This event was a collaboration between many community organizations and Lifetouch.

Club members are also preparing to head to Kettunen Center in Tustin, MI for the 4-H Youth Leadership & Global Spectacular. The teens will be leading a workshop for other teens and adults on how to have a similar club and about the success of their #WhyYouMatter campaign.

Healthy Habits Grant Received

For the second year in a row, Schoolcraft County 4-H has received $2,000 of the Walmart Foundation grant awarded to Michigan 4-H for healthy-living programming. This year’s grant focuses more on the nutrition component of health than it did last year and needs to reach 175 youth through programming. Funds from this grant are being used to purchase: food for the “Teen Cuisine” nutrition and cooking series* with Mrs. Nixon’s Independent Living class; seed starting/growing materials and food for the 3rd- and 6th-grade nutrition and gardening series*; the volleyball club’s tournament; late spring/early summer youth/family cooking mini-clubs and other applicable programs as they arise through August. A portion of the money may be used as scholarship funds for youth involved in these programs to attend Exploration Days and other health-related workshops.

*Presented in conjunction with MSU Extension’s SNAP-Ed programming.
Thank You to U.P. Whitetails Association for gift

The Schoolcraft County Archery Club received a very generous gift from the U.P. Whitetails Association this past fall. With the funds the club was able to purchase 10 Genesis youth compound bows, two recurve bows, 120 arrows, a repair kit, arm guards and finger tabs. Quality equipment like this is necessary for a program to succeed and the club is grateful to have it. Due to the low temperature of the indoor range, and the busy winter sports season for many of the club’s members, the archery club is on a break with regular meetings starting again in April. Youth ages 7 (on Jan. 1, 2018) are welcome to join this club. Contact Jill Connin to get on the list of families notified with the 2018 meeting schedule when it becomes available. Upcoming opportunities for archery members include: 4-H U.P. Regional Shoot on June 9 in Channing and the MI 4-H Shooting Sports Tournament on August 4 in St. Clair County.

6th-8th Grade Volleyball Club is 50 members strong this season!

Schoolcraft County has the only 4-H volleyball program in Michigan, thanks to the dedication of Amy Nixon, Ashlee Eisinger, Christine Partyka, Linda Smith and teen leader Lena Smith. This club provides an excellent opportunity for girls in these grades to learn about the game of volleyball, be physically active during the cold stretch of winter and improve their skills to be ready for greater competition should they choose to join the high school volleyball team. We thank the coaches and parents for their commitment to this program as several weekend tournaments are involved.

Lifeskills Clubs sets their eyes on the fair

Jenny VanDyck leads a club every-other Friday for teens interested in learning about basic skills necessary in adulthood. The club has decided to set aside one of their monthly meetings to create something for the Schoolcraft County Fair at the end of July. Other projects and topics go with the interests of the club members. Any teens from the area who would like to join this club should contact Mrs. VanDyck.

Emerald Clover Buddies Club is an bundle of enthusiasm

“Cloverbuds” is the 4-H term for youth who are ages 5-8 years old. They are at a very different age and stage of learning than the traditional 4-H members who are ages 9-19. Cloverbud programs focus on collective learning in a non-competitive environment. This club has seen some nice growth and is now looking for a teen or two to help lend a hand during projects. Time spent helping at club meetings is an excellent opportunity for community service hours. It also offers the opportunity for teens considering careers with young kids to gain some experience and ideas for programming. The Emerald Clover Buddies Club meets two Tuesdays a month at Emerald Elementary right after school for an hour. Recent projects include studying snowflakes, learning one way predators track prey in the winter, open-ended creative play with various materials, group games, etc. This club is open to any youth from the area, they do not need to attend Emerald to participate in the club. Contact Jill Connin for a copy of the club meeting schedule.
4-H Workshops

February 16-17: 4-H Veterinary Science Teen and Adult Leaders Workshop
http://msue.anr.msu.edu/events/4_h_veterinary_science_teen_and_adult_leaders_workshop2

February 17: 4-H Dog Project Leaders and Judges Workshop
http://msue.anr.msu.edu/events/michigan_4_h_dog_project_leader_and_judges_workshop_1

February 17-18: 4-H Beef, Sheep and Swine Teen and Adult Leaders Workshop
http://msue.anr.msu.edu/events/4_h_beef_sheep_and_swine_teen_and_adult_leaders_workshop2

February 23-25: 4-H Horse Conference for Teens and Adults
http://msue.anr.msu.edu/events/teen_adult_4_h_horse_leaders_conference

March 10-11: 4-H Robotics Challenge
More information will be available soon at http://msue.anr.msu.edu/events

April 15-18: Capitol Experience
http://msue.anr.msu.edu/events/4_h_capitol_experience_4

April 27-28: 4-H Shooting Sports Adult & Teen Instructor Certification Workshop
http://msue.anr.msu.edu/events/michigan_4_h_shooting_sports_adult_teen_instructors_certification_workshop

July 20-22(tentative): U.P. 4-H Camp East at Clear Lake Education Center

The Schoolcraft County MSU Extension office will have Exploration Days booklets available at the end of February. Registration opens in mid-March and sessions fill on a first-come basis. Bus transportation from the U.P. will be available at an additional cost. Let Jill Connin know if you would like more information.

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

Come to 4-H Exploration Days!

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

There's always lots to do and see at 4-H Exploration Days! Have fun, learn new things and make new friends on the beautiful MSU campus! Choose from 200 action-packed learning sessions, including:

- Animal Science
- Careers & Entrepreneurship
- Communication
- Environmental Education
- Food, Nutrition & Fitness
- Science, Engineering & Technology
- Visual & Performing Arts & more!

Come join the fun!
4-H Exploration Days registrations are due to your local MSU Extension office by April 27, 2018. Ask your local MSU Extension office for a copy of the registration book, or get it from our website at: http://msue.anr.msu.edu/program/info/4_h_exploration_days

MSU is an affirmative action/equal opportunity employer.
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/4-h/ 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.

Updated
Michigan 4-H Poultry Fitting & Showmanship Guide for Members now available!
The Michigan 4-H Poultry Fitting and Showmanship Guide for Members has been updated and is perfect for both beginning and experienced showmen.

This edition features colored photos depicting the methods of fitting and showing chickens, turkeys, ducks, geese and pigeons. Scorecards are also included at the end of each species’ section.

Download your copy at msue.anr.msu.edu/resources/4_h_poultry_fitting_showmanship_members_guide_4h1520.