



# WEXFORD WEEKLY WRAP-UP

February 16, 2024

[Join 4-H](#)

[Volunteer with 4-H](#)

Join Us on Saturday!

**NanBop Farm Winter Fun Day!**  
Saturday, February 16 | 1-4 Pm  
Address: 1 Broadcast Way, Cadillac - Located off of Mackinaw Trail at the 9&10 News facility.

All 4-H Families are invited to join us at NanBop Farm's Winter Fun Day!  
Bring your family and join us at NanBop Farm as we play in the snow, give tours of the farm, host games, and open up to the public to explore the grounds of our family farm. This is a free event for all ages. Please note we are a functional farm! It may be muddy so we recommend you dress accordingly.

4-H GROWS HERE

## Family Fun Event: NanBop Farm's Winter Fun Day

Tomorrow, Saturday, February 17th | 1-4 pm

Come enjoy winter with us! Bring your family and join us at NanBop Farm as we play in the snow, give tours of the farm, host games, and open up to the public to explore the grounds of our family farm. This is a free event for all ages. Please note we are a functional farm! It may be muddy so we recommend you dress accordingly.

Food

There will be popcorn and a hot chocolate bar available to fuel the fun and provide some warmth!

Oscar from Oscar's Big Adventure will be in attendance for pets, pictures, and a meet and greet which will surely stirrup some fun!

Farm Walk

Take a walk throughout the farm and participate in a scavenger hunt to compete with your family for the best "eye"!

Sowing Seed Station

Our Farm Director Andrea will be teaching folks how to sow seeds for those who want to get their hands dirty!

Chicken Flickin'

See how many rubber chickens you can flick into the hoop with Wexford County 4-H!

## 4-H Mark of Excellence: State Awards



It is that time of year! So, grab your pen! Spark your imagination! Join us as we roll out the 4-H Mark of Excellence Contest. This year, youth can submit either a video submission or a short journal reflection focusing on the theme "Because of 4-H I can!"

A 4-H State Award is the highest honor bestowed on a Michigan 4-H member. 4-H State Award winners become part of an elite group of 4-H youth who have demonstrated the highest level of excellence in learning, leadership, and service.

The Mark of Excellence is exclusively for 11–12-year-olds. To enter, a 4-H member submits an entry (video or journal entry) on the theme, "Because of 4-H I can ..." Entries are submitted to the local county MSU Extension office by April 1. County 4-H programs then select up to two youths' entries as their representatives and submit those names and entries to the State 4-H Awards Committee.

[Learn More about Mark of Excellence](#)

## Georgia Boot Trailblazers Contest



Want to show off your 4-H project? Apply for the 2024 Georgia Boot Trailblazer Contest. Georgia Boot is looking for four enthusiastic 4-H'ers to share their 2024 project journeys with the Georgia Boot audience. Don't miss this chance to win a prize package valued at \$500! Learn more:

[GB Trailblazers](#)

## Virtual Book Club



The 4-H Virtual Book Club is a new statewide SPecial INTERest (SPIN) Club. Club members will read a new book each month with a virtual group discussion at the end of the month. The club will also explore creative writing, careers in literature, library science, author studies, project

exhibit ideas and more. Books are chosen for an audience 11 and older. In honor of Black History Month, the selected book for February is *Brown Girl Dreaming* by Jacqueline Woodson. For more information or assistance in getting a copy of the book, contact Sarah at [graversa@msu.edu](mailto:graversa@msu.edu) or (810)667-0341. Enroll in 4-H ONLINE

Enroll on 4-H  
ONLINE

## Animal Project Opportunities



**NORTHERN DISTRICT FAIR**  
CADILLAC, MI

### **MARKET TURKEY ORDERS DUE FEBRUARY 23RD**

Youth Market Turkey projects must be ordered through the Northern District Fair Livestock Committee to be sold in the livestock auction. Exhibitors must enter a pen of 2 turkeys, with one selling at the auction.

Youth must also register their project with their club and leaders must submit one market livestock registration form per species per club by February 15 (turkey only).

Forms and Details: [NorthernDistrictFair.org/Youth](http://NorthernDistrictFair.org/Youth)

### **NORTHERN DISTRICT FAIR DEADLINES: Poultry Project Orders**

To sell turkeys or chickens at the fair, you **MUST** order with NDF.

- Market Turkey Orders are due by February 23, 2024
- Market Chickens (Broiler/Cornish) Orders are due by May 10, 2024

You **MUST** also register your market projects with the Northern District Fair using the Market Registration Form.

- February 15, 2024 - Turkey
- May 1, 2024 - Swine, Sheep, Goat, Rabbit, Cornish, Broiler

**NDF Youth  
Livestock**

Michigan 4-H Animal Science  
**2024 SKILLATHON**  
 STATE CHAMPIONSHIP

Competitors in this event are the young, bright minds who are the future of Michigan agriculture. While other state 4-H programs have similar offerings, the Michigan 4-H Animal Science Skillathon is the most comprehensive test of livestock and traditional farm animals in the nation. This is the fourth annual competition testing both youth and adult competitors' broad knowledge of Animal Science.

Wednesday, March 6<sup>th</sup>, 4:30pm Eastern  
 Saturday, March 9<sup>th</sup>, 9:30am Eastern

**NO QUALIFIERS**  
 \* ENTIRELY COMPETITIVE IN THE CHAMPIONSHIP

**NEW CATEGORIES**

- Livestock (Cattle, Sheep, Dairy, Equine, Swine, Poultry, and Game)
- Dairy (Cattle, Sheep, Dairy, Equine, Swine, Poultry)
- Nutrition
- Animal Husbandry
- Management (Biosafety, Genetics, Quality Assurance, etc.)

**LEAD QUESTIONS FOR ALL AGE DIVISIONS**


- Major 25 questions per category (125 total) and 150 minutes
- Junior: 30 questions per category (150 total) and 200 minutes
- Senior: 35 questions per category (175 total) and 250 minutes

**REGISTRATION**

- Registration is open from January 1<sup>st</sup> to February 29<sup>th</sup>, 2024
- Youth Registration: <https://www.msu.edu/extension/4h/skillathon>
- Adult Registration: <https://www.msu.edu/extension/4h/skillathon>

**FOR MORE INFORMATION / STUDY GUIDES**

- <https://www.msu.edu/extension/4h/skillathon>

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## 2024 Animal Science Skillathon

Calling all livestock project youth and **ADULTS!** Looking to test your knowledge of 4-H Livestock projects without having to leave home? Open to 4-H members ages 8-19 (as of Jan 1, 2024) AND **ADULTS**, the Michigan 4-H Animal Science Skillathon is the most comprehensive test of livestock and traditional farm animals in the nation. This is an annual competition that tests both youth and adult competitors' knowledge of market livestock, animal science, and management practices in various categories. Wexford County has yet to have any participants since this event began. Let's show them our skills!

**Skillathon Details**

Join Michigan Junior Livestock Society & Michigan 4-H  
**Beef, Swine, Sheep, Goats, Rabbits & Poultry**

Industry leaders bringing you educational sessions on animal selection, nutrition, showmanship, animal husbandry, and opportunities in agricultural careers.

Registration opens 1/25/24



Registration All registration will be done electronically through our Online

Saturday April 6<sup>th</sup> 2024 University Center 80 Livingston Blvd Gaylord, Michigan

Registration fee: \$25 participant \*includes lunch & shirt\* Deadline: March 7, 2024

## Michigan Junior Livestock Conference

April 6 - Gaylord University Center

Join Michigan Junior Livestock Society & Michigan 4-H for the 2024 Michigan Youth Livestock Conference for ages 9-19. This event provides new opportunities to youth that are interested in or passionate about raising, exhibiting, producing, or showing livestock. Industry leaders will provide educational sessions on animal selection, nutrition, showmanship, animal husbandry, and career opportunities in agriculture. Cost is \$25.00 includes lunch and a t-shirt. Space is limited and will fill up fast! Registration closes March 7th.

**Livestock Conference Registration**

**REGISTRATION OPEN!**

MICHIGAN 4-H State Hippology Contest

March 16, 2024 at Michigan State University

The annual Michigan 4-H Hippology Contest allows youth in horse and pony projects to test their equine knowledge.

Youth aged 5-19 are eligible to participate in the Michigan 4-H State Hippology Contest. Cloverbuds, Junior and Senior divisions as well as Junior Novice and Senior Novice allow for youth to demonstrate their comprehensive equine knowledge and skills in an engaging setting.

REGISTER AT:  
[HTTPS://WWW.CANR.MSU.EDU/EVENTS/MICHIGAN-4-H-HIPPOLOGY-CONTEST-2024](https://www.canr.msu.edu/events/michigan-4-h-hippology-contest-2024)

## 2024 State Hippology Contest

March 16 | East Landing

Interested in testing your Equine Knowledge? Does the idea of working in a team to solve problems thrill you? Come and compete at the Michigan 4-H State Hippology Contest!

Youth aged 5-19 are eligible to participate in the Michigan 4-H State Hippology Contest. Cloverbud, Junior, and Senior divisions as well as Junior Novice and Senior Novice allow for youth to demonstrate their comprehensive equine knowledge and skills in an engaging setting.

**Hippology Information**

**4-H Sporting Events**

4-H Day with Spartans Women's Basketball  
 Tickets now available! You're ALL



invited to attend the eighteenth annual celebration of MSU Extension and Michigan 4-H Youth Development at the Spartan Women's basketball game, Saturday, February 24, 2024. Ticket Price: FREE for the Michigan 4-H community including MSU Extension and 4-H youth, volunteers, partners, stakeholders, staff, alumni and their families!

### Basketball Details

4-H Day with the Detroit Tigers Michigan 4-H Day with the Detroit Tigers is back! Join Michigan 4-H and MSU Extension for a fun day at Comerica Park as the Tigers take on the Kansas City Royals on Sunday, April 28! Michigan 4-H youth, volunteers, staff and their families will enjoy exclusive gameday opportunities and a portion of every ticket sold in the 4-H block will be donated back to Michigan 4-H.



### Baseball Details

## Teen Topics

## Wexford 4-H Teen Committee Interest Meeting

Wexford 4-H Members ages 13-19 are invited to join the new teen committee of the Leaders Council!

What teens will do:

- plan fun events for 4-H families to meet each other
- help the 4-H leaders understand what teens in our communities want
- learn how groups work together to make decisions and keep records
- help direct the 4-H program into the future, like ideas for fundraisers
- act as role models for younger 4-H'ers to look up to
- represent 4-H at community, statewide, and national events

Email Kate to  
Join

Interest Meeting coming soon. How do you want to meet for the first time?

Virtual

In-person

*4-H Cash Composition Contest*

Enter by February 29, 2024

1. Learn about budgeting
2. Write a 300 word essay
3. Submit essay and possibly win \$100 gift card!

Extra Credit UNION

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**REMINDER**

**4-H Exploration Days Registration will open:**

**MARCH 25 2024**

**7:00 PM EST**

4-H

**Join Michigan 4-H for the Winter/Spring 2024 Adulting 101 Series**

- Fostering Happy and Healthy Relationships- February 12 at 5pm
- Keeping Your Money Safe- March 19 at 6pm
- Cover Letter and Resume Writing- April 19 at 6pm
- Build and Protect Your Credit- May 15 at 5pm

Webinars are free. Register online.

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## \$100 for 300 Words!

Money, money, money! The 2024 4-H Cash Composition Contest is now open! Youth residing in Michigan, ages 9-19 (as of Jan 1, 2024), have a chance to win a \$100 gift card thanks to the generous sponsorship by Extra Credit Union.

Snag some cash in 3 easy steps!

1. Learn about budgeting
2. Write an essay
3. Submit your essay by Feb 29, 2024

Do you need resources to help you? Reach out to Kate for a list.

[Learn More](#)

## Exploration Days Registration

Registration Opens **March 25!** Save the Date for Exploration Days, June 19-21, 2024.

This MSU precollege program welcomes youth ages 12-19 to explore their future, try new things and experience college life! During this three-day event, youth will gain confidence and independence through hands-on learning and make friends for a lifetime. Attendees can also qualify for a scholarship to attend MSU by attending this event. We highly encourage participation even if not college bound!

Wexford County 4-H sends a delegation each year and provides transportation and scholarships.

[Learn More](#)

## Adulting 101 Returns Mar 19

MSU Extension 4-H has an exciting new line up of Adulting 101 sessions coming up in 2024. Join us monthly for free sessions to build life skills helpful in transitioning to "adulthood."

Fostering Healthy Relationships - February 12 at 5 pm  
 Keeping Your Money Safe - March 19 at 6 pm  
 Cover Letter and Resume Writing - April 10 at 6 pm  
 Build and Protect Your Credit - May 15 at 5 pm  
 Traveling on a Budget - June 6 at 6:30 pm

[Learn More](#)



Registration is now open! 4-H Great Lakes and Natural Resource Camp! [https://www.canr.msu.edu/4\\_h\\_great\\_lakes\\_natural\\_resources/camp/](https://www.canr.msu.edu/4_h_great_lakes_natural_resources/camp/)



When? July 28-Aug 3, 2024



**REGISTRATION IS NOW OPEN**  
 DATES: MARCH 17-19

[www.canr.msu.edu/4\\_h\\_capitol\\_experience/](https://www.canr.msu.edu/4_h_capitol_experience/)



Join Us Online  
**WILD SPARTANS**  
 SCIENCE \* RESEARCH \* CAREERS \* CONSERVATION  
 NURTURING & INSPIRING A LOVE OF THE NORTHWOODS  
 WITH LUCIA JOHNSON  
 NATURALIST & EDUCATION DIRECTOR, NORTH LAKE LAND DISCOVERY CENTER  
 March 12 | 6:30 PM EST  
 Registration required:  
<https://events.anr.msu.edu/wildspartans20232024/>

**Great Lakes & Natural Resources**

**See Government in**

**Wild Spartans:**

## Camp

July 28- August 3  
Presque Isle County  
Young teens have fun and amazing outdoor hands-on learning experiences as they go charter fishing, snorkeling, sailing, hike through forests, wade through wetlands, explore dunes and more! This really fun MSU pre-college program could be the highlight of your summer - it could even change your life! Camp will be held at Camp Chickagami in Presque Isle, on the shores of Lake Esau. This year's camper fee is \$500 per camper and includes 6 nights of lodging, all meals and snacks, a t-shirt, and experiential learning. Camper age is 13-15 and they do not need to be a 4-H'er to attend. *\*Wexford County scholarships available to assist with costs.*

[Learn More](#)

## Action!

March 17-19, 2024  
4-H Capitol Experience registration is open until March 4!  
**Who:** Youth in 9th grade through 12th grade.  
**What:** a 3-day event where youth can meet with peers to talk about issues that are important to them, network with folks that work in a wide variety of roles related to public policy and see state government in action at the Michigan Capitol.  
**Cost:** \$365 includes conference registration, lodging, and meals.  
*\*Wexford County scholarships available to assist with costs.*

[Learn More](#)

## Nurturing &

## Inspiring a Love of the Northwoods

Mar 12 | 6:30 pm  
*Online*  
This month's 4-H Wild Spartans Series will take a plunge with turtles and get a little batty while exploring the Northwoods of Wisconsin. You will meet Naturalist and Education Director for the North Lakeland Discovery Center, Licia Johnson, learn about her fieldwork, and the education and career path she followed to get there.

[Pre-Registration Required](#)

## Volunteer Vault

[Youth Mental Health First Aid Training](#)





# Youth Mental Health First Aid Training (virtual)

March 4 & 6

Cost: \$36

6 PM - 9 PM

To register: email [schrei61@msu.edu](mailto:schrei61@msu.edu) or call (989) 317-4079

## Why Youth Mental Health First Aid?

Youth Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care.

### 64.1%

of youth with major depression do not receive any mental HEALTH TREATMENT.

*Mental Health America*

### 1 in 5

teens & young adults lives with a mental HEALTH CONDITION.

*National Alliance for Mental Illness*

### 5.13%

of youth report having a substance use or ALCOHOL PROBLEM.

*Mental Health America*

### WHAT IT COVERS

- Common signs and symptoms of mental illnesses in this age group, including:
  - Anxiety
  - Depression
  - Eating disorders
  - Attention deficit hyperactivity disorder (ADHD)
- Common signs and symptoms of substance use.
- How to interact with an adolescent in crisis.
- How to connect the adolescent with help.

### WHO SHOULD TAKE IT

- Teachers
- School staff
- Coaches
- Camp counselors
- Youth group leaders
- Parents
- People who work with youth

### The course will teach you how to apply the ALGEE action plan:

- **Assess** for risk of suicide or harm
- **Listen** nonjudgmentally
- **Give** reassurance and information
- **Encourage** appropriate professional help
- **Encourage** self-help and other support strategies

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MENTAL HEALTH FIRST AID\*

"As adults, we sometimes forget how hard it was being an adolescent. When we see a kid who is just miserable at school, we might think they choose to be that way — or that it's just part of adolescence. But in fact, they might be in a mental health crisis, one they certainly did not choose and do not want. When a teacher says, 'How can I be helpful?' that is a powerful question."

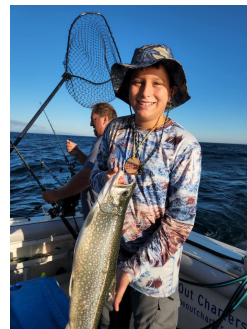
—Alyssa Fruchtenicht, School-based Mental Health Counselor

## 4-H Plant Science Sampler Workshop



February 21st | 10 AM-2 PM | Muskegon MSU Extension

## Project F.I.S.H Workshop



MSU Department of Fisheries and Wildlife invites teachers, educators, and volunteers to 2 days of: "Place-Based Learning through Sportfishing and Aquatic Resource Education".

February 27 - 28 | MSU, East Lansing  
This workshop is open to anyone,

- 100% Cocoa: Explore chocolate's history, taste the "Food of the Gods," and start a "CHOCOLATE" SPIN club!
- Budding Botanists: Dive into plant science, Junior Master Gardener curriculums for "hands-on" learning, and grow your own food.
- Dinner Table Science: Discover plants we eat, try new recipes, and explore after-school programming.
- Clover Bud's Love Plants: Kids' workshop with stories, activities, and snacks for family science nights.
- Let's Growing Grapes: Intro to Michigan 4-H Viticulture Project at Muskegon MSU Extension.
- Spa Adventure with Plants: Relax and learn about plant-based spa treatments.
- Junior Master Gardener: Cultivate a love for gardening and appreciation for the environment.

even those who may want to learn a bit more about fishing to be able to volunteer for local fishing events, or even teach your own family! This is a workshop based on the Project FISH philosophy of hands-on, multiple-contact sportfishing and aquatic resource education. We will offer activities in Aquatic Ecology, Tackle Crafting, People and Fish Management, and actual Angling Skills. Participants will leave with curriculum activities, equipment, even a fishing rod and reel, and access to supplies and resources to begin a successful fishing program/club with children in the classroom or an after-school setting. **Cost: \$75**, thanks to the BOSCH Community Fund, grants, and donors. **Scholarships are available to Wexford County 4-H Volunteers.**

Please RSVP by 2/14 to [wassonj3@msu.edu](mailto:wassonj3@msu.edu) or at 231-724-4739.

**Learn More**

# VOLUNTEER WITH WEXFORD 4-H

Your time and talents can make a big impact!

[www.canr.msu.edu/wexford](http://www.canr.msu.edu/wexford)    231-779-9480  
[MSUE.Wexford@msu.edu](mailto:MSUE.Wexford@msu.edu)    @Wexford4H

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INSPIRE KIDS TO DO

**4-H GROWS HERE**

**Apply to Volunteer**

### Help Wanted: Shooting Sports

Wexford and Missaukee County 4-H Programs are partnering to start a new shooting sports club to meet at the Cadillac Sportsmans Club. We are looking for

### Help Wanted: Sewing Club

Wexford 4-H is seeking 2 volunteers with sewing experience to assist and/or lead sewing club meetings in the coming year. Our club is very popular and

### Help Wanted: Wild Ones Club

Wild Ones is a year-round club focusing on outdoor recreation and nature. The club is looking for 2 or more leaders to help youth develop a passion for

volunteers to assist at meetings and possibly attend training this spring to become instructors for shotgun, rifle, and archery, as well as the other disciplines.

could expand in the near future. We have many supplies waiting to be used, a class set of machines, and many resources available to support volunteers.

nature and conservation. We have a significant number of supplies to help facilitate your ideas and adventures.

*Tentative Certification Workshop: April 26-27, 2024 in Charlevoix, MI*

To learn more about volunteering, contact Kate:  
Kingka26@msu.edu | 231-779-9480

## 4-H Volunteer Webinar Series

### Group Management For 4-H Clubs and Groups March 18 | Noon or 7 pm

Working with a group of youth with a variety of ages can mean different energies during meetings and events. 4-H volunteers need strong behavior guiding strategies to help maintain the group focus and energy. Attend this session to learn and share techniques to support a successful group setting and help spark youth engagement.

Webinar  
Registration

## 2024 Host Family Applications Open!



**What:** 2024 Inbound Host Family Applications have opened!

**Increase:** Due to the popularity of this exchange here in Michigan we have been approved to increase from only 13 participants this past year to 20 in 2024

**When:** Arrival (tentative) in Grand Rapids from July 21 to August 16

**How:** A host family completes the States' 4-H International Exchange Programs online application and have a youth to match as a host brother/sister (be within 3 years of age), be Michigan 4-H adult Gold Volunteers, participate in an interview and home visit process.

**Applications to host:** found at [www.states4hexchange.org](http://www.states4hexchange.org)

**Questions:** contact Jan Brinn [brinn@msu.edu](mailto:brinn@msu.edu) or Co-Coordinator John Wurm [wurmj@msu.edu](mailto:wurmj@msu.edu).

Learn  
More

# County Calendar

FEB 17

## 4-H Family Fun Day at NanBop Farm

1-4 pm | 1 Broadcast Way, Cadillac

Come enjoy winter with us! Bring your family and join us at NanBop Farm as we play in the snow, give tours of the farm, host games, and open up to the public to explore the grounds of our family farm.

FEB 22

## Sewing Club Meeting

4:30 pm | MSU Extension Office

Join Roxanne and learn to use the sewing machine while completing small projects. Club is currently full.

\*Seeking New Leader\*

FEB 28

## Wild Ones Club Meeting

5:30 pm | Carl T Johnson Center

Join Kate on the 2nd and 4th Wednesdays of each month for fun hands-on adventures and activities relating to nature. Ages 5-19. \*Seeking New Leader\*

FEB 29

## Sewing Club Meeting

4:30 pm | MSU Extension Office

Join Roxanne and learn to use the sewing machine while completing small projects. Club is currently full.

\*Seeking New Leader\*

MAR 7

## Sewing Club Meeting

4:30 pm | MSU Extension Office

Join Roxanne and learn to use the sewing machine while completing small projects. Club is currently full.

\*Seeking New Leader\*

MAR 11

## Livestock Clubs Meeting

5 pm | Wexford County Annex Building

Join Makayla to learn how to raise, show, and sell animals. Ages 5-19

MAR 13

### Wild Ones Club Meeting

5:30 pm | Carl T Johnson Center

Join Kate on the 2nd and 4th Wednesdays of each month for fun hands-on adventures and activities relating to nature. Ages 5-19. \*Seeking New Leader\*

MAR 21

### Northern District Fair Board Meeting

6 pm | Fair Office (199 E 13th St. Cadillac)

Volunteers are needed to make the fair a success. Monthly meetings are held on the 3rd Thursday at 6 pm.

## State Calendar

MAR 12

### Adulting 101: Keeping your Money Safe

See 2024 Monthly Sessions

[Click Here for Full List of Statewide Events](#)

Wexford County 4-H  
231-779-9480  
[Kingka26@msu.edu](mailto:Kingka26@msu.edu)  
[Wexford County 4-H](#)

Connect with us

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Wexford County 4-H | 9600 E 13th Street, Cadillac, MI 49601

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