

**MAY/JUNE  
2009**

Michigan State University  
Extension Bay County  
4-H Youth Programs

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Michigan State University,  
Bay County Board of  
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# Clover Chatter

*Summer Fun!*



**The Jodies' Buzz:**

Enclosed is information for events and activities that are happening in May and June. If you have any questions contact MSU Extension at (989) 895-4026.

## 4-H Cloverbud Camp

Bay County 4-H will be holding a Cloverbud Camp June 16 - 19, 2009, at MSU Extension - Bay County. Youth ages five to eight years old are invited to learn about food science, animals, healthy lifestyles, and much more!

Each day youth will have fun and exciting topics to explore. Some of the events include: walking field trips to exciting places, science experiments, and tie dying your own t-shirt. Youth do not need to be registered 4-H members to attend. The cost is \$40 per youth. Attached is the registration form for 4-H Cloverbud Day Camp. The deadline to register is May 29, 2009. There is a limited number of spots so register early! More information will be available soon on our Website at [www.baycounty-mi.gov/MSUE/4-H](http://www.baycounty-mi.gov/MSUE/4-H).

## Livestock Association T-Shirt Design Contest

At the April Livestock Association meeting, the youth voted that they would like to have a t-shirt design contest. The guidelines for the contest are:

- ◆ The deadline to submit your designs to MSU Extension is May 19, 2009.
- ◆ Designs may be drawn or computer generated.
- ◆ Designs must fit on an 8 ½ by 11 inch sheet of paper.
- ◆ Designs can be based on the theme of the barn, but it is not required. The theme is wildlife/animals/livestock.
- ◆ Youth may submit a design that includes a t-shirt front and a t-shirt back design, although both may not be used.
- ◆ Youth may submit more than one design.
- ◆ Designs must be 4-H appropriate. Any inappropriate designs will be eliminated.
- ◆ On the back of your design, please indicate name, age, club, and any other information that may be helpful.

If you have any questions contact MSU Extension - Bay County at (989) 895-4026.

Jodi Schulz  
4-H Extension Educator

Jodi Wrzesinski  
4-H Program Assistant

## 2009 Fair Barn Themes

The horse barn theme is Disney and the livestock barn theme is wildlife/animals/ livestock.

## Livestock Moos and Views!

Below are deadlines for selling an animal at the Bay County Fair stated in your current Livestock Association bylaws. If you need a copy of the bylaws, contact MSU Extension or visit our Website at [www.baycounty-mi.gov/MSUE/4-H](http://www.baycounty-mi.gov/MSUE/4-H).

### Reminders:

- ◆ Members are to have swine, lambs, and goats in their possession by **May 1** of the current calendar year in order to sell at the Livestock Auction.
- ◆ Market waterfowl and poultry must be born after the first day of spring (March 21, 2009.)
- ◆ Don't forget to have bylaws signature sheets turned into MSU Extension - Bay County by **5:00 p.m. Friday, May 15, 2009.**
- ◆ Swine, lamb, and goat pictures must be turned into MSU Extension - Bay County by **5:00 p.m., Friday, May 15, 2009.**
- ◆ Rabbits must be born after **January 1, 2009**, in order to sell at the Livestock Auction.
- ◆ Members are to have rabbits in their possession by **June 15** or the current calendar year in order to sell at the Livestock Auction.

## Mark your Calendars Fair Entry Registration

The dates for fair entry registration will be in the evening on Friday, July 17, and in the morning on Saturday, July 18, 2009. More information will be available soon.

## Sale, Sale, Sale

Outdoor rabbit hutches for sale. Also English show shirts, jackets, and breeches for young girls, make an offer. Please contact Sue Armstrong at (989) 684-2437.

## Camp Fishtales Community Service Project

Don't forget that May 8, 2009, from 4:00 - 8:00 p.m., Bay County 4-H will be working at Camp Fishtales. There will be an indoor and outdoor community service project happening.

To participate outdoors, please bring rakes, wheelbarrows, and gloves. To participate indoors, we will be helping the Breastfeeding Club of Bay County make breastfeeding friendly diaper bags. Please bring scissors, pins, sewing machines, and old jeans or corduroys. Camp Fishtales is located at 2177 East Erickson Road, Linwood, MI 48650.

## Adult Vegetable Contest

The 4-H Advisory Council has decided to spark a little friendly competition amongst the adults involved in 4-H by sponsoring an adult version of the vegetable contest. This year's vegetable is zucchini.

The guidelines are:

- ◆ Any adult may participate.
- ◆ You must grow your own zucchini. Seeds have been donated by Bay Farm Services and they may be picked-up at MSU Extension - Bay County.
- ◆ Zucchini's must be entered in the open section of the fair book and follow the guidelines set in the fair book.
- ◆ Once zucchini's are entered and judged at fair, they will be weighed and the winner determined.
- ◆ Zucchini's must be garden fresh and un-tampered with.
- ◆ First, second, and third place winners will be announced.
- ◆ Winners receive a shiny certificate, their name in the Clover Chatter, and a warm smile from every 4-H Advisory Council member.

## 4-H Horse Club Day

Dr. Luhring and Mr. Mars in Frankenmuth are offering to have 4-H members bring their horses to one central location to have them complete Coggins testing, vaccinations, and other general health care to prepare for the show season. If you have 12 horses or more for vaccinations and Coggins testing, they will waive the farm call charge. You may also bring your family dogs to be vaccinated and tested for heart worm. If your club is interested, please contact Luhring & Mars Veterinary Clinic P.C. at (989) 652-4461.

## **Spring Dog Clinic**

There will be a 4-H Spring Dog Clinic held Saturday, June 6, 2009, at the Ionia County Fairgrounds. Registration is due May 25, 2009, and the cost is \$15 which includes a box lunch.

For details and session information contact MSU Extension - Bay County at (989) 895-4026.

## **State 4-H Trail Ride**

The State 4-H Trail ride will take place Friday, June 26, 2009, to Sunday, June 28, 2009, at the Good Creek Rail Camp in Grayling, MI. This is a great opportunity for clubs, families, and leaders to enjoy a weekend of riding horses, swimming, fishing, orienting, hiking, and several other activities.

The deadline to register is Thursday, May 28, 2009. For details contact MSU Extension - Bay County at (989) 895-4026.

## **State 4-H Goat Show**

The 2009 State 4-H Goat Show will take place on Saturday, June 27, 2009, at the MSU Pavilion on the campus of MSU. There are several classes offered including showmanship, dairy breeds, pygmy, angora, boer, market wether, county herd, obstacle and pack, and driving.

The deadline to register is May 29, 2009. For more information visit their Website at [www.msue.msu.edu/cyf/youth/anscipr.html](http://www.msue.msu.edu/cyf/youth/anscipr.html).

## **Great Lakes Angora Goat Show**

This event will take place at the Wayne County Fairgrounds May 23-24, 2009. For more information contact Marlene and Carl Gruetter at [info@trfohio.com](mailto:info@trfohio.com).

## **Livestock Association Royalty Contest**

Applications for the Livestock Association Prince/Princess and King/Queen contest will be available soon! Applicants will be judged on their application and at an interview with judges from the community.

Please encourage all youth ages 9 to 19 to participate in this leadership opportunity. If you have any questions, please contact MSU Extension - Bay County at (989) 895-4026.

## **Equestrian Royalty Contest**

Applications for the Equestrian Prince/Princess and King/Queen contest will be available soon! Applicants will be judged on their application the interview with judges from the community, a riding competition during Fair, and a horse knowledge test.

Please encourage all youth ages 9 to 19 to participate in this leadership opportunity. If you have any questions, please contact MSU Extension - Bay County at (989) 895-4026.

## **Barn Space Available**

Barn space is available for rent for 4-H youth that are looking for space to house their 4-H projects. The barn can accommodate horses and livestock projects. Youth must feed and water animals daily. The cost per stall ranges from \$100 and up depending on your needs. Contact John Burk for more information at (989) 245-9972.

## **Nutrition News**

Enclosed are tips about nutrition and healthy choices. We hope this information will help you and your family to make healthier choices when choosing your meals. Provided by [mypyramid.gov](http://mypyramid.gov).

## **Exploration Days Participants**

The following youth will be attending Exploration Days June 24 - 26, 2009, on the campus of Michigan State University:

**Emily Brandt**  
**Kristy Brandt**  
**David Clark**  
**Barry Doud**  
**Becka Doud**  
**Megan Guettler**  
**Rose Hadad**  
**Danelle Leppek**  
**Michelle Leppek**  
**Melissa Ropp**  
**Erica Rudy**  
**Mariah Scheuerlein**  
**Andreas Schlatter**

Thank you to Mary Jo Brandt and Diana Hadad for volunteering to be a chaperone for our participants. Contact MSU Extension - Bay County at (989) 895-4026 with any questions.

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Deadline: Swine goat, and lamb in your possession to show at fair.	2
3	4	5	6	7 Horse Council 6:30 p.m. Canteen Bldg.	8 Camp Fishtales Community Service Project 4 - 8.m.	9
10	11	12	13	14	15 Deadline: Livestock Photos and Bylaw forms.	16
17	18	19 Deadline: 4-H T-shirt design contest to MSU Extension.	20	21 Livestock Assoc. 7 p.m. Canteen Bldg.	22	23 Great Lakes Angora Goat Show
24 Great Lakes Angora Goat Show	25 Deadline: Spring Dog Clinic	26	27	28 Advisory Council Mtg. 6:00 p.m. MSUE Deadline: State Trail Ride Reg.	29 Deadline: 4-H Cloverbud Day Camp; State 4-H Goat Show	30
31						

## June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Horse Council 6:30 p.m. Canteen Bldg.	5	6 Spring Dog Clinic Ionia County Fairgrounds
7	8	9	10	11	12	13
14	15 Deadline: Rabbits must be in your possession.	16 4-H Cloverbud Day Camp	17 4-H Cloverbud Day Camp	18 4-H Cloverbud Day Camp Livestock Assoc. 7 p.m. Canteen Bldg.	19 4-H Cloverbud Day Camp	20
21	22	23	24 Exploration Days	25 Exploration Days; Advisory Council Mtg. 6:00 p.m. MSUE	26 Exploration Days, State 4-H Trail Ride Camp Grayling	27 State 4-H Trail Ride Camp Grayling; State 4-H Goat Show
28 State 4-H Trail Ride Camp Grayling	29	30				

# MyPyramid

For Kids

Eat Right. Exercise. Have Fun.

MyPyramid.gov

<p><b>Grains</b> Make half your grains whole</p>	<p><b>Vegetables</b> Vary your veggies</p>	<p><b>Fruits</b> Focus on fruits</p>	<p><b>Milk</b> Get your calcium-rich foods</p>	<p><b>Meat &amp; Beans</b> Go lean with protein</p>
<p><b>Oils</b> Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil.</p>				

★ Find your balance between food and fun

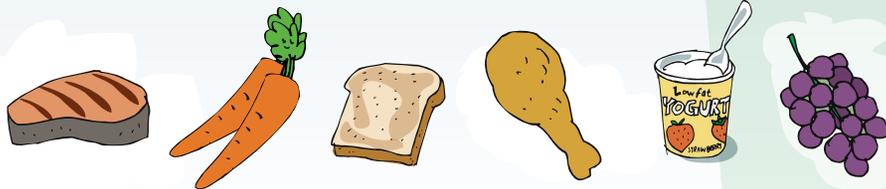
★ Fats and sugars — know your limits

# TIPS FOR FAMILIES



## EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



## EXERCISE

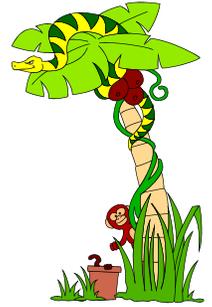
- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at [www.presidentschallenge.org](http://www.presidentschallenge.org).
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!





# Bay County 4-H Cloverbud Day Camp Registration Form



Ages 5-8

June 16- 19, 2009

8:15 a.m. to 2:30 p.m.

MSU Extension - Bay County, Bay City, Michigan

You **do not** have to be a 4-H member to participate in camp, but you **do** have to be between the ages of 5 and 8 as of January 1, 2009. The cost is \$40. Questions? Contact MSU Extension - Bay County at 989-895-4026. The deadline to register is **May 29, 2009**, space is limited to 20 participants.

### One Form per Child – Please Print!

Camper's Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

Home Telephone: \_\_\_\_\_

Camper's Age: \_\_\_\_\_

Date of Birth: (as of January 1, 2009) \_\_\_\_\_

This camper is:  Female  Male

Affiliation (Check One)  Bay County 4-H Member  Not a 4-H Member

T-shirt Size (Check One) Child:  Small (6-8),  Medium (10-12),  Large (14-16)

### Parent's Information

Mother's Name: \_\_\_\_\_ Father's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

### Emergency Contacts and Authorization for Camper Pick-up

*I hereby authorize the following people to pick up my child from the Bay County 4-H Cloverbud Day Camp, and/or be contacted in the event of an emergency. Please list **ALL** people who might pick up your child including parents. Identification is required each day for camper pick-up. In the event of an emergency 4-H camp staff will notify parents/guardians, if at all possible. However, if we are unable to reach you, we will contact the alternates listed below.*

1. Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

2. Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

3. Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

4. Name: \_\_\_\_\_ Daytime Phone: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Attention Parents!**

Make sure you fill out all three pages of this form. We cannot register your child for camp without complete health information!

**Camp doors open at 8:00 a.m.**  
Campers will not be signed in until that time.



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### Office Use Only

Date: \_\_\_\_\_ Staff initials: \_\_\_\_\_

Amount: \_\_\_\_\_ Rcpt #: \_\_\_\_\_

# Parent's Approval and Camper Health Form

## Medical Treatment Authorization

Please complete this form to give a medical facility permission to treat the participant for minor injuries or medical problems. In the event of serious injury or illness, the parent or person designated will be contacted. Treatment will proceed before contacting the parent or person designated only if the situation is urgent and does not permit delay.

I, \_\_\_\_\_ (parent or legal guardian) hereby authorize the 4-H Youth Programs of Michigan State University Extension to seek any medical or surgical treatment, or both, necessary for the care of my child. The above-designated organization is hereby authorized to incur medical costs necessary to provide treatment for said child, for which I shall be fully responsible. I also authorize the medical facility to release any and all information required to complete insurance claims and also authorize insurance payment directly to the medical facility.

Parent's/Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Daytime Phone ( ) \_\_\_\_\_

## Child's Identifying Information

Eye Color: \_\_\_\_\_ Hair Color: \_\_\_\_\_ Gender: \_\_\_\_\_ Height: \_\_\_\_\_

Weight: \_\_\_\_\_ Skin Color: \_\_\_\_\_ Identifying Marks: \_\_\_\_\_

Other information you would like us to know: \_\_\_\_\_

## Special Health Considerations

Does this camper have:

☆ Allergies to medications?  No  Yes - Explain: \_\_\_\_\_

☆ Other allergies?  No  Yes - Explain: \_\_\_\_\_

☆ Medication for any illness or problem?  No  Yes - Explain: \_\_\_\_\_

☆ Any special dietary considerations?  No  Yes - Explain: \_\_\_\_\_

☆ Any restrictions on activities?  No  Yes - Explain: \_\_\_\_\_

☆ Date of last tetanus shot: \_\_\_\_\_

☆ Any additional instructions/directions we should know about: \_\_\_\_\_

## Insurance Information

**Submit photocopy of insurance card.**

Policy Holder's Name/Relationship to Camper: \_\_\_\_\_

Insurance Company Name: \_\_\_\_\_

Insurance Company Address: \_\_\_\_\_

All Policy Numbers (Identify Each): \_\_\_\_\_

*In an emergency, I give permission to the physician selected by the adult responsible for the group to hospitalize and/or secure proper treatment, anesthesia, or necessary surgery for the child named on this form.*

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

## Additional Information — For statistical purposes only.

### Camper's Racial Background

African American/Black

Arabic

Asian/Pacific Islander

Native American

Caucasian/White

Chicano/Hispanic/Latino

Mixed Heritage

### Disability Status

Emotional

Learning

Mental

Physical

None

### Residence

Farm/Country

Town under 10,000

City - 10,000 to 50,000

City - over 50,000

# Bay County 4-H Cloverbud Day Camp Code of Conduct/Media Release and General Consent Form



## Code of Conduct

### As a camper, I agree to...

1. Conduct myself according to the camp rules.
2. Follow the directions of my camp directors and volunteers.
3. Participate in all camp activities as much as I can.
4. Not take unnecessary things to camp that might be considered unsafe such as pocket knives, matches, etc.
5. Treat other campers and all camp staff with respect.
7. Get to know the other campers in the group.
8. **Have Fun!**

**Camp Rules:** These rules have been created to ensure a safe camp environment for everyone.

1. Name tags are to be worn at all times.
2. Campers will participate in the "buddy system" during walking field trips.
4. Campers may not leave the facility unless they are accompanied by a camp staff member.
5. All campers are expected to participate in all activities, unless they are physically unable.
6. Theft, vandalism, illegal drugs, and/or alcohol are not permitted.

I, \_\_\_\_\_, agree to the Camper Code of Conduct.

Signature of Camper \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

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## MEDIA RELEASE FOR AUDIO, VIDEO, FILM, AND PHOTOGRAPHS

All adult and youth participants attending MSU Extension -sponsored events must complete this section of the form. Participants in MSU events are sometimes photographed and/or videotaped for use in MSU Extension promotional and educational materials. I authorize Michigan State University to record and photograph my image and/or voice or that of my child for use by Michigan State University or its assignees in research, educational, and promotional programs. I understand and agree that these audio, video, film and/or print images may be edited, duplicated, distributed, reproduced, broadcast, and/or reformatted in any form and manner without payment of fees, in perpetuity.

Name of youth \_\_\_\_\_

(please print)

Signature or Parent \_\_\_\_\_ Date \_\_\_\_\_

---

## General Consent

Please initial each line to the left of the paragraph to indicate your agreement to each statement and sign at the bottom.

\_\_\_\_\_ I understand that my child will not be allowed at camp without all forms completed, including the health form, and code of conduct/media release.

\_\_\_\_\_ I hereby grant permission for my child to use all equipment and participate in activities of the Bay County 4-H Cloverbud Camp.

\_\_\_\_\_ I hereby grant permission for my child to walk to and from daily field trips with the camp directors and volunteers.

\_\_\_\_\_ I hereby grant permission from my child to be included in evaluations and/or pictures connected with the Bay County 4-H Cloverbud Camp publications and brochures.

\_\_\_\_\_ I hereby grant permission for the Bay County 4-H Cloverbud Camp Staff to administer first aid or take whatever steps necessary to obtain emergency medical care if warranted. These steps may include 1) contact parent, guardian, authorized emergency contact, and/or child's physician. 2) Have the child taken to an emergency hospital in the company of the staff member. Hospital utilized for emergencies is Bay Regional Medical Center. Any expenses above will be the responsibility of the parent/guardian.

Signature or Parent \_\_\_\_\_ Date \_\_\_\_\_

## MSU Extension - Bay County

Howard Wetters. . . . . County Extension Director  
Jodi Schulz. . . . . Extension 4-H Youth Programs  
Ann Arnold. . . . . BSF/BKC Extension Educator  
Margaret LaShore. . . . . State-wide FNP Reporting  
Vacant. . . . . Agriculture and Natural Resources  
Margaret Ervin. . . . . Breastfeeding Associate  
Susan Kukla. . . . . BKC Program Associate  
Kim Langley. . . . . Breastfeeding Associate  
Karen Parker. . . . . Nutrition Program Associate  
Jan Rise. . . . . Master Gardener Coordinator  
Judy Delestowicz. . . . . Administrative Assistant  
Tamara Harris. . . . . Secretary  
Jodi Wrzesinski. . . . . 4-H Program Assistant

## Bay County Extension Council

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Philip Engelhardt	Sara Marks
Patti Dubay	Bill Palmer
Joyce Gavord	Douglas Rise
George Heron	Barb Wishowski
Marybeth Laisure	

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