



VANTAGE

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www.mi4hfdtn.org/vantage

Kettunen Center: teaching and practicing green

Kettunen Center has offered environmental education programs, such as 4-H TRACKERS, for more than 20 years. These programs, taught by Kettunen Center staff members, are designed to meet the Michigan Curriculum Framework for science standards and benchmarks.

But, what isn't so well known is that Kettunen Center staff members not only teach environmental stewardship—they practice environmental stewardship as well.

"Kettunen Center has had a strong environmental ethic as one of its core values for many years. It's a part of our mission," said John Grix, Kettunen Center director.

Because of this strong commitment to the environment, Kettunen Center is a certified Green Lodging Michigan Partner with the

Michigan Department of Energy, Labor and Economic Growth.

Green Lodging Michigan encourages facilities to implement environmental initiatives and cost-saving green practices to conserve energy, reduce water consumption and reduce waste.

"There was very little we needed to do to get certified because it's something we had already been doing for years," said Jamie Mielke-Mitchell, Kettunen Center operations coordinator.

Since its beginning, Kettunen Center has had a focus on environmental stewardship and preservation. When Kettunen Center opened in 1961 as the first 4-H volunteer and youth training center in the nation, the buildings were constructed to minimize the building imprint on the land.

The center has been through two major renovations, and each time

there has been a focus on environmental conservation.

The Kettunen Center Improvement Project resulted in the construction of the Kettunen Center director's residence in 1980, an earth-sheltered house built into a hillside. This allows for natural heating and cooling, protection from the elements and, therefore, energy saving.

In 1998, as a result of the Vision 2021 Campaign, Kettunen Center installed a geothermal heating and cooling system for long-term energy efficiency and underwent a major development of the forest and wetland trails and arboretum.

Currently, Kettunen Center is applying for the next level of certification to become a Green Lodging Steward by increasing the number of green practices implemented.

Kettunen Center currently has a number of green measures in place.

To conserve and maximize energy, Kettunen Center has LED exit signs, light sensors, and ENERGY STAR-qualified light bulbs, dehumidifiers and dishwashers. Additionally, all computers and small appliances are turned off when not in use.

Kettunen Center staff members not only teach environmental education programs, such as 4-H TRACKERS (photo left), but also practice environmental stewardship.

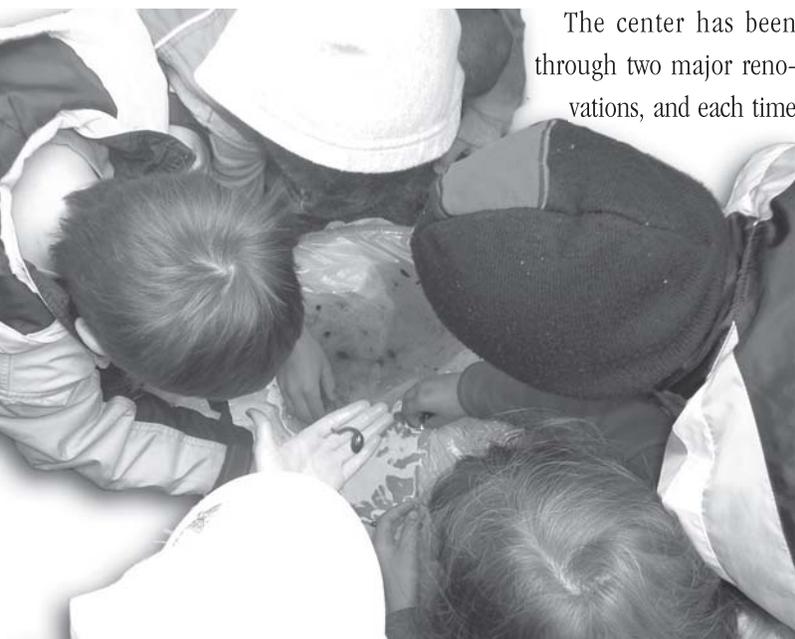
"Kettunen Center has had a strong environmental ethic as one of its core values for many years. It's a part of our mission."

—John Grix,
Kettunen Center director

To reduce waste, the center has a comprehensive recycling program that all departments participate in. The center also uses recycled paper products for marketing materials, avoids single-use items and purchases products in bulk.

For water conservation, low-flow faucets, showerheads and fixtures are used, and guests are offered a

See Kett green, page 3



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Featured Fund: Houghton-Keweenaw 4-H Endowment

In celebration of Michigan 4-H's 100th birthday, the Houghton-Keweenaw 4-H Council decided to do something very special for the local 4-H program—establish an endowment with the Michigan 4-H Foundation.

The Houghton-Keweenaw 4-H Endowment was initiated by the council after several years of researching investment options. The funds were generated from plat book sales.

“As times are changing and if plat books become obsolete, the plat book fundraiser may not be our major fundraiser five or 10 years down the road,” said Carol Kreher, Houghton-Keweenaw County 4-H program associate, explaining why the council decided to create an endowment.

“It took a lot of foresight on the council to look ahead for the benefit of our future 4-H kids,” she said.

“Eight years ago we looked at doing something locally and were told we couldn't do so,” Kreher said.

“This is Houghton-Keweenaw's future. If we didn't do the endowment I don't know if we'd have 4-H years from now.”

— Jenifer Murphy,
Houghton-Keweenaw
4-H Council president

“We studied our options and decided to partner with the Michigan 4-H Foundation. They help us manage the funds; we don't have to do the financial management.”

To launch the endowment, the Houghton-Keweenaw 4-H Council hosted a gala on Nov. 6. The gala featured the Keweenaw Area Jazz Band, a 4-H group and a silent auction. Gala and silent auction proceeds benefitted the endowment.

Jenifer Murphy, Houghton-Keweenaw 4-H Council president and 4-H leader of the Snow Country Kids 4-H Club, thought the jazz band was “unbelievable.”



The Houghton-Keweenaw 4-H Youth Development Fund was launched at a Nov. 6 gala. Pictured above are Lynn Gierke, Houghton-Keweenaw County 4-H Council treasurer; Cheryl Howell, Michigan 4-H Foundation executive director; Jenifer Murphy, Houghton-Keweenaw County 4-H Council president; and Michael Schira, Houghton-Keweenaw county Extension director.

“For the first year hosting a gala, it was awesome. We will be bringing the gala back, but not next year,” Murphy said. “We are always looking for new options and new fundraising ideas.”

The endowment will support everything from special 4-H projects to scholarships for Exploration Days, the U.P. Leadermete, and other 4-H trips and events.

“It will also help with leader training and supplies. It's going to be the lifeblood for 4-H,” Murphy said.

In the longterm, the council is also considering offering college scholarships funded by the endowment.

“It's awesome. That's the kind of thing that 4-H has to offer. Like the 4-H motto says, we're here to 'make the best better.'”

“This is Houghton-Keweenaw's future. If we didn't do the endowment, I don't know if we'd have 4-H years from now,” she said.

HOUGHTON-KEWEENAW 4-H ENDOWMENT FUND

Fund Goal: \$50,000
Fund Status: \$15,041
Percent to Goal: 30%

Fund Update

The Houghton-Keweenaw 4-H Endowment Fund was created by the Houghton-Keweenaw 4-H Council in 2008 to fund local 4-H programs. Additional gifts are welcomed to help the fund grow.

Endowment contributors:

Frederick Ahola
Judith Albee
Paulette Archambeau
Barry Fink*
Shawn and Jeanmarie Hagan*
Hancock Rotary Club
Houghton County 4-H Council
Houghton-Keweenaw 4-H Council
Anonymous
Jenifer Murphy
Steven Palosaari
Chris and Frances Passerello
Portage Lake Area FCE
Michael Schira
St. Albert The Great University Parish
St. Anne Catholic Church
Larry Van Damme

*Indicates gifts in memory of Emory Anderson.

Calendar

Mar. 16–Apr. 30 — “Butterflies in the Garden” on display in the Indoor Michigan 4-H Children's Garden.

Apr. 1 — The outdoor Michigan 4-H Children's Garden opens for the season. See the gardens' event calendar on page 11.

Apr. 30 — Deadline for ordering an inscribed brick for June placement in the Michigan 4-H Children's Garden and/or Kettunen Center. Brick forms are available at www.mi4hfdtn.org or call (517) 353-6692.

May 9 — Family Bird Festival at Kettunen Center from 10 a.m. to 4 p.m. Call (231) 829-3421 to register.

June 28–July 3 — Intergenerational Elderhostel at Kettunen Center. To register for Elderhostel events, contact Elderhostel online at www.elderhostel.org or by phone at (877) 426-8056.

July 12–15 — 4-H Learning Science through the Arts Camp at Kettunen Center. Register at (231) 829-3421 by July 6.

Oct. 2 — Michigan 4-H Foundation annual meeting.

The 4-H Forever Annual Fund: make an annual gift to 4-H

The 4-H Forever Annual Fund ensures the future of 4-H and allows 4-H to remain flexible. This unrestricted fund supports 4-H volunteer training scholarships, the delivery of new 4-H programs and other needs to support 4-H as they arise.

The Michigan 4-H Foundation launched the 4-H Forever Annual Fund in the fall of 2007 to concentrate fund activity in the fall of each year. The target is to have most, if not all donations received by Dec. 31 of each year, although all gifts received by June 30 count toward the fiscal year's goal.

"Ongoing and increased annual support is essential for 4-H in today's economy. The 4-H Forever Fund helps 4-H remain relevant in today's society so youth can continue to grow through 4-H," says Cheryl Howell, Michigan 4-H Foundation executive director.

Chemical Financial Corporation has been a major supporter of 4-H and has made a commitment to support the 4-H Forever Annual Fund for the next three years.

"Chemical Financial Corporation is proud to support the 4-H Forever Annual Fund," said David Ramaker,

Chemical Financial Corporation chairman and CEO and Michigan 4-H Foundation vice president. "This fund allows the foundation to appropriate funds, as necessary, to the areas where they will provide the greatest benefit."

Fall 2008 marked the second year of the 4-H Forever Annual Fund. Only 30 percent of the \$110,000 unrestricted goal was received by Dec. 31. An additional \$40,000 is still needed this fiscal year to meet budget obligations. That goal can be met if just 100 people made a generous unrestricted gift of \$400.

"This level of support comes from people who personally know and believe in the positive impact that 4-H can have on the lives of young people," Howell said.

The board asks that all donors consider a contribution to the 4-H Forever Annual Fund—regardless of the amount—each year while also continuing to give to other 4-H areas of their choice.

Complete the gift coupon to make your 4-H Forever gift today. Gifts may also be made online at www.mi4hfdtn.org.

Kett green

continued from cover

towel and linen reuse program. The property is also landscaped with native plants and trees, and watering is done in the early morning or evening to reduce water consumption.

The Kettunen Center staff members established a Green Team made up of one staff member from each department. Each team member is

responsible for reviewing and implementing green practices within his/her department. The staff newsletter also has a regular column dedicated to green practices.

"It's not just a matter of an energy savings program. It's a policy shared with all staff members on becoming aware of how we can decrease dependence on nonrenewable resources," Grix said.



Enclosed is my **4-H Forever Annual Fund** gift for:

\$25 \$50 \$100 \$250 \$500 \$1,000 \$_____

Donor _____

Address _____

City _____ State _____ ZIP _____

County _____ Phone (_____) _____

Email _____

4-H affiliation: 4-H alumnus 4-H volunteer 4-H member
 4-H friend 4-H parent 4-H staff member

Payment by:

- Check (Make checks payable to Michigan 4-H Foundation.)
- Please charge my MasterCard or Visa credit or debit card.

Name (as is on card) _____

Credit Card No. _____ Exp. (mm/yy) _____

Signature _____

Mail to: Michigan 4-H Foundation
240 Spartan Way, East Lansing, MI 48824-6005
Or make your gift online at: www.mi4hfdtn.org!

IRA charitable rollovers continue for 2009!

Once again for the 2009 tax year, qualifying donors can make tax-free IRA distributions by making a special gift to Michigan 4-H.

The Emergency Economic Stabilization Act of 2008, available through 2009, allows donors aged 70½ or older to donate up to \$100,000 to charity by transferring an amount directly from your IRA to that charity and thereby reducing your taxable income for the current tax year.

How, why and key notes:

- Instruct your IRA custodian to distribute a gift amount directly to the Michigan 4-H Foundation. The entire gift amount qualifies as a charitable distribution.
- The gift amount is not included in your personal income for federal taxes.
- The gift amount can count toward required minimum IRA distribution for the tax year.
- Distribution cannot be considered an income tax charitable deduction. The gift is considered a tax-free gift because the donor doesn't pay taxes on the distribution if it's made directly to a charity.
- Distributions can only be made from traditional Individual Retirement Accounts or Roth IRAs. Typically, 403(b), 401(k), pension and other retirement plans are ineligible for the tax-free distribution.

For more detailed information, call (517) 353-6692.

Remember, this opportunity ends December 31, 2009!

Gerstacker Foundation supports White Pine Lodge update

The Rollin M. Gerstacker Foundation has been a significant partner of the Michigan 4-H Foundation and Kettunen Center for the past 20 years.

It has provided support to strengthen and beautify the facility's woodland trail and waterfront access to the Center Lake; provided additional support to cap the Vision 2021 Campaign to complete master plan updates; and provided support to renovate and name the Alan and Jean Ott White Pine Lodge.

The Gerstacker Foundation also positioned Kettunen Center to meet the needs for family programming with the addition of the new Rollin M. Gerstacker wing to the Cedar Lodge.

This year, the Gerstacker Foundation continued its commitment with a \$50,000 grant to update the room interiors of the Ott White Pine Lodge at Kettunen Center.

"We as a group have been solidly behind 4-H activities," said Ned Brandt, Gerstacker Foundation vice president. "I think 4-H memories

really come to life at the Kettunen Center."

The Ott White Pine Lodge has provided premium housing, offering semi-private baths, two-person rooms in the upper White Pine rooms and three-person bunk-style lodging in the lower White Pine rooms.

With the addition of the Red Oak wing for premium lodging, Kettunen Center staff members have been challenged to adequately book groups of 45 to 50 people—the most popular and consistent adult group size for workshops or conferences—with the comparison of the two lodging wings for groups wanting the more semi-private style lodging.

As part of the update to the Vision 2021 Master Plan in 2007, Kaleidoscope, a nationally recognized non-profit conference center and residential consultant, recommended updating White Pine Lodge to ensure the quality accommodations that Kettunen Center guests have come to expect.



The Gerstacker Foundation provided a \$50,000 grant to update the Ott White Pine room interiors at Kettunen Center.

A skim coating of plaster was applied to the interior walls to achieve a smooth wall rather than the previous cinder block texture. Additionally, the walls were painted and the room furnishings—including storage, work surfaces, bathroom fixtures, fabric, linens and wall art—were replaced to provide a consistent and attractive interior look with an intentional focus on lighting to increase natural light.

"The renovation of White Pine Lodge caps a total remodeling of

all of Kettunen Center's lodges that nearly doubled our size over the past decade," said John Grix, Kettunen Center director.

"The transformation in White Pine was amazing, going from cinder block rooms with 25-year-old beds and furnishings to an upscale, well-appointed cozy space. The remodel also gives us the flexibility to turn two twins into a king-sized bed for couples, fulfill single room requests on the upper floor and house families with small children on the lower level," Grix said.

Executive director emeritus honors donors and presidents

Executive director emeritus **Don Jost** (photo right) and his wife, **Rebecca**, have honored Michigan 4-H Foundation presidents and donors with gifts for two new walls at Kettunen Center. The **Cornerstone Society** and the **Presidents'** walls were unveiled at the annual meeting held Oct. 3.



4-H Children's Gardens rejuvenated by renewal fund

In commemoration of the Michigan 4-H Children's Gardens 15th birthday, a renewal fund was launched to help revitalize the gardens.

Over the past year, 99 donors made special 15th birthday gifts to the gardens' renewal fund totaling more than \$20,000.

Eleven theme gardens were renewed by their original theme garden sponsors. The families of Fred Peabody and Melody Sue Corey also chose to have memorial gifts in their honor benefit the gardens' renewal fund.

"The fund helped to really give the garden a facelift. It has made a huge difference in the appearance of the gardens," said Jessica Albright, Michigan 4-H Children's Gardens education coordinator. "We used the funds not only to fix things but to ensure a strong future for the gardens.

"One of the biggest projects was that the tree house had to be closed until we got the ramp fixed. It is now even more accessible than before," she said.

Many of the structures, including the Monet Bridge, Crayon Garden, Arbor Bench, Imagination Arbor and the sunburst in the outdoor Michigan 4-H Children's Garden were repainted by professional painters.

"The painting has made a huge difference, especially in the Imagination Arbor. It looks brand new," Albright said. "In the past we've

"The fund helped to really give the garden a facelift. It has made a huge difference in the appearance of the gardens. . . We used the funds to not only fix things, but to ensure a strong future for the gardens.

— Jessica Albright,
Michigan 4-H Children's Gardens
education coordinator.

had students paint, but for the 15th anniversary we have made a commitment to have it done professionally from now on. We really want to have the garden look its best from the beginning to the end of the season."

Many of the plants were overgrown, so plants were removed and replanted. The maze was replanted and is now more challenging and complex. The Liberty Hyde Bailey Garden was also replanted and now features Liberty blueberries, which were named after Bailey, and pinks, which were Bailey's favorite plant.

"Over the years, plants had grown and died, and we're now trying to get back to the original splendor of the gardens," Albright said.

The Sunflower House was relocated by the Dance Chimes because one of the large spruces was blocking the sunlight.

"We also had the train track redesigned," she said. "Our visitors really appreciate the train.

"One thing we're really excited about is the new interior of the Garden House. It was repainted and will be open to the public with things for people to do—books, costumes and totes with activities—things to get people to interact with the garden on a higher level and to get people to stay in the garden longer," she said.

Currently, the amphitheater is being reinforced and will be repainted for the outdoor garden's opening this spring. Other concurrent projects include replacing the dinosaur topiary and replanting the Monet Garden to closer align with Monet's interests.

Michigan 4-H Children's Gardens 15th Birthday Renewal Fund

Theme sponsor and major renewal gifts:

Patricia and David Brogan
Frances Caul, Jacqueline Caul, Deanna and Thomas Hall and Cynthia Caul Hayford
Judith and Walter Dever
Ruth Eggert-Linnemann and James Linnemann
Garden Club of Greater Lansing
Gordon and Mary Guyer
Oliver and Deborah Hayes III
Philip and Mary Kinney
Sue Granger and Gerald Osborn
J. Lee and Jane Taylor
Ruth Smith-Eppelheimer
Louise and George Stilwill
Mark and Catherine Walchak

Additional gifts of \$100 or more

Jack and Betty Barnes*
Richard and Shirley Buckmaster^
Gretchen Connolly^
Donald and Malinda Funk*
Richard Franks and Robin Gaines-Franks
Grand Valley Daylily Society
Lawrence and Mary Hennessey
Ralph and Patricia Hepp*
John and Sandra Livermore
Russell and Lou Ann Mawby^
James and Teresa McCarty*
Menominee County 4-H Foundation, Inc.^
Judith and Thomas Paul
James and Sue Reid
Michael and Antoinette Talovich
Louise V. Taylor^
Carroll and Marlene Wamhoff*
James White

*Gifts in memory of Fred Peabody.

^Gifts in memory of Melody Sue Corey.



Many of the outdoor 4-H Children's Garden structures, including the Imagination Arbor (above) were repainted as a result of the gardens' 15th birthday renewal fund.

Memorial Gifts

Make a lasting tribute

Memorial gifts to the Michigan 4-H Foundation pay tribute to the memory of loved ones and other persons through support of 4-H youth development programs.

Gifts received from Oct. 1, 2008 to Mar. 31, 2009

Virginia Almy-McCoy By: Kenneth Wiles	Macomb County 4-H Horse Leaders	Irene VanHook Kenneth and Patricia Warsaw Catherine Yates	Clifford Keefer By: Dyle and Oanh-Thu Henning	Oliver Narry By: Chippewa County 4-H Council	John Strasser By: Judith and Walter Dever
Bill Ames By: Lynn and Judith Gould	Melody S. Corey By: Stephen and Jacqueline Fuller	Steven Haapapuro By: Frederick and Agnes Ahola	Richard M. Kirch By: Charlotte Kirch	Troy D. Nealey By: Linda King Russell and Rebecca Nicoson Marianne Oresik John and Judy Read	Margaret Stryker By: Gale and Fame Arent Jack and Ellen Armstrong George and Ruth Broadhurst Florence Cramer Gina Fagaroli Ann Hannon Adrienne Ikerd Gary Newton Ronald and Sylvia Pease William and Theta Taylor Patricia Tomasik
Joseph Ames By: Jerry and Loretta Halm	Cheyenne Dever By: Judith and Walter Dever	Jan Hafer By: Franklin and Ila Ezop	Eddith Krotzer By: Franklin and Ila Ezop	Neil Nevill By: Lynn and Judith Gould	
Emery Anderson By: Barry Fink Shawn and Jeanmarie Hagan	Josh Dever By: Judith and Walter Dever	Marcheta Haile By: Sharon Fritz	Florence LaTendresse By: Frederick and Agnes Ahola	Afton Newton By: Marjorie Jerue	
Amanda Awalt By: Al and Edna Awalt Terry and Patricia Hughson	John Doris By: George and Marjorie Dike	Alice Halm By: Jerry and Loretta Halm	Gordon Lehman By: Douglas Brahee	Tyler Nichols By: Mark and Marie Williams	
Steve Bancroft By: Robert and Marion Bancroft	Jane Everson By: Everett Everson	Donald Hawkins By: George and Marjorie Dike	Sally Lux By: Franklin and Ila Ezop	Luceil Oesterle By: Elaine Graves	
David Bower By: George and Marjorie Dike	Duane Girbach By: George and Joan MacQueen	Vieno Hendrickson By: Frederick and Agnes Ahola	Alice Mahoney By: Walter and Phyllis Bothwell	Vivian Olstrom By: Lana Dart	
Doris Braden By: Kenneth Wiles	Diane Goodwin By: Dyle and Oanh-Thu Henning	Dyle and Aileen Henning By: Dyle and Oanh-Thu Henning	Douglas Mawby By: Frank and Olive Graham Henrietta and James Hensler Cheryl and Jasper Howell Ralph and Betty Kirch Grant and Alma Shrum	Fred J. Peabody By: Sharon Fritz	
Frances Caul By: Janette Bainbridge Larry and Shawnie Bainbridge Deanna and Thomas Hall Daniel Jones Dennis and Christine Kline	Donald Grundemann By: Lawrence and Jeanene Bruner Larry and Sherry Grundemann Michael Heisler Larry and Evelyn Knuth John and Judith Patton Julie Plassman Earl and Elizabeth Schultz Douglas Sweeney	William Hoover By: Wayne and Linda Nierman	Howard Hull By: Cheryl and Philip Booth	Iva Pinney By: Sharon Fritz	
Paul Cheney By: Elaine Graves		Bev Jamison By: St. Clair County 4-H Leaders Council	William Minner By: Mary Jean Minner	Donna Pittenger By: Dyle and Oanh-Thu Henning	
William Collins By: Donald and Rebecca Jost		Angelina Nicole and Gabriella Marie Kafkakis By: Bruce and Janice Erickson	Valerie Mulvany By: Donald and Rebecca Jost Charles and Grace Lang	Federick A. Schmitz By: Carl and Joan Huhn	
			Todd Myers By: Franklin and Ila Ezop	Geraldine A. Sleight By: Margaret Gage	
				Virginia, Harold and Nicholas Stotz By: Kenneth and Susan Miller	
				Robert Wilhelm By: Elaine Graves	
				Harold Williams By: Kenneth Wiles	
				Robert Yarger By: Glen Horton, Jr.	
				Douglas Vosburg By: Gale and Fame Arent	
				Leslie Westwood By: Judith and Walter Dever	
				Russell Weyer By: Dyle and Oanh-Thu Henning	
				Stanley J. White By: Judith and Walter Dever	

MEMORIAL AND TRIBUTE GIFTS

Memorial and tribute gifts are charitable contributions that support Michigan 4-H. Memorial gifts are made in memory and tribute gifts in honor of special people. If you or your group would like to make a memorial or tribute gift, please complete this form and send it with your gift to the Michigan 4-H Foundation. Gifts can also be made by calling the Michigan 4-H Foundation at (517) 353-6692 or online at www.mi4hfdtn.org.

Enclosed is a gift of \$ _____ In loving memory of _____ In tribute to _____

Send announcement of this gift to: Name _____

Address _____ City _____ State _____ ZIP _____

Sent by: (Donor's Name) _____

Address _____ City _____ State _____ ZIP _____

County _____ Phone (_____) _____ Email _____

4-H affiliation: 4-H alumnus, 4-H volunteer, 4-H member, friend of 4-H, 4-H parent, 4-H staff member.

Payment by:

Check (Make checks payable to Michigan 4-H Foundation.)

Please charge my MasterCard or Visa credit or debit card. Name (as is on card) _____

Credit Card No. _____ Exp. Date (mm/yy) _____ Signature _____

Mail to: Michigan 4-H Foundation, 240 Spartan Way, East Lansing, MI 48824-6005

MICS 2751

Muskegon County 4-H volunteer receives Michigan Farm Bureau 4-H Excellence in Agriculture Award

Geraldine Eadie, a Muskegon County 4-H volunteer for 35 years, received the second annual **Michigan Farm Bureau (MFB) 4-H Excellence in Agriculture Award** at the MFB annual meeting Dec. 2.

The award recognizes outstanding achievements of Michigan 4-H volunteers who have exhibited excellence in youth education and leadership development in 4-H beef cattle; dairy cattle; goats; horses; horticulture, crops and soils; poultry; rabbits; sheep; swine; or veterinary science.

Eadie was nominated for the award by Muskegon County Farm Bureau vice president Margaret Link.

“Geraldine Eadie has been very active in advancing youth knowledge in agricultural practice and productivity in the Ravenna Livestock 4-H Club,” Link wrote in her nomination.

“Eadie is developing youth for the future by holding monthly 4-H

business meetings that teach members skills for a lifetime... When 4-H members want a more in-depth study of a particular subject, Eadie will host weekly meetings to study that area. These small groups give the members more knowledge and attention that is needed,” Link wrote.

Youth also learn the importance of community service under Eadie’s leadership. The club assembles and delivers fruit baskets to nursing homes each year. Club projects have also included building a handicapper-accessible ramp for a community member.

Additionally, Eadie leads the Muskegon County Farm Bureau’s six-week after-school agricultural education program. The program, which she developed in coordination with Frank Cox, Muskegon County 4-H educator, delivers interactive, hands-on lessons about

agricultural food products, plants, soils, trees and livestock.

“Geraldine Eadie has all the qualities that the 4-H Excellence in Agriculture Award is meant to represent,” said Lori Chamberlain, manager of the MFB Young Farmer Department. “It’s obvious that her local community values her a great deal. With this award, we have a chance to let the rest of the state know all the wonderful things she’s doing to transform today’s youth into tomorrow’s leaders.”

The 4-H Excellence in Agriculture Award is the product of a campaign led by MFB to establish an endowment to honor and reward exceptional 4-H leaders with \$1,000 grants that can be used to fund 4-H volunteer training, purchase supplies or curriculum, or enhance local or statewide 4-H programming.



Muskegon County 4-H volunteer Geraldine Eadie (photo right) received the second annual MFB 4-H Excellence in Agriculture Award. Also pictured is MFB president Wayne Wood.

Eadie elected to split the award grant between Muskegon County 4-H dairy and plant, soils and gardening programs.

Nominations for the 2009 award are due to the State 4-H Office Aug. 1. For more information and for a nomination packet, visit www.mi4hfdtn.org/grants.html.

Tribute Gifts In honor of...

Herbert and Dolores Bucholtz

By: Douglas Brahee

Jim and Missy Carfield

By: Polly and David Diehl

Judith A. Ellsworth

By: Daniel and Judith Ellsworth

Fred and Mary Jo Gerlach

By: Polly and David Diehl

David and Joyce Guikema

By: Douglas Brahee

Thalia Johnson

By: Marguerite Higbee

Tricia Keith

By: Daniel Loopp

Keith C. King

By: Marvin King

Joseph Lessard

By: Sharon Fritz

Joseph and Kathleen Lessard

By: Donald and Rebecca Jost

Evangeline Maynard

By: Ila and Franklin Ezop

Ann and Cornelius Nieuwenhuis

By: Sharon Fritz

Ronald and Marilyn Randall

By: Dyle and Oanh-Tsu Henning

John Schwartz

By: Sharon Fritz

Sally Stuby

By: Cheryl and Philip Booth
Sharon Fritz

Southwest Region 4-H Staff

By: Sheila Urban Smith and John Smith

Elizabeth Szymanski

By: Sharon Fritz

Lee and Jane Taylor

By: George and Marjorie Dike

Sam Varghese

By: Sharon Fritz



Nominate a Michigan 4-H alumna for the 2010 class of the 4-H Emerald Clover Society!

Nominations for the 4-H Emerald Clover Society class of 2010 are due Jan. 31, 2010.

The Michigan 4-H Emerald Clover Society reflects the ultimate outcome of 4-H membership—extraordinary use of an individual’s head, heart, hands and health to make our communities, our country and our world a better place in which to live.

Nominee selection is based on evidence of three or more years of Michigan 4-H youth membership, professional and business achievement, leadership in community service and philanthropy, contributions to or impact on American society, and significant leadership and achievement as a 4-H member.

For more details and a nomination packet, visit the Emerald Clover Society Web site at www.mi4hfdtn.org/ecs or call the foundation at (517) 353-6692.

Corporate sponsors make 4-H volunteer training possible

Volunteers are the heart of 4-H. They lead 4-H clubs, serve as mentors for youth, help members develop leadership and life skills, and play many other roles in the youth development process.

Training for these volunteers is vital to help keep 4-H volunteers energized and inspired to teach and advise children in their home communities and to add quality and consistency to 4-H programs across Michigan's diverse communities.

In 2007-08, more than 1,300 4-H teen and adult volunteers attended Michigan 4-H's skill-building workshops. These workshops provide 4-H volunteers with a professionally conducted training experience, guided by experts from Michigan State University Extension and many other organizations.

Accident Fund sponsors 4-H Exploration Days entertainment

In addition to sponsoring a 4-H volunteer workshop, the **Accident Fund Insurance Company** is the first sponsor of the Wednesday night entertainment at 4-H Exploration Days.

This year's entertainment features Fiddlers ReStrung, a Washtenaw County high school fiddle ensemble, and Laurie Stewart, a motivational speaker who has a heart and passion for young people and helping them become confident, respectful leaders who powerfully and positively affect their world.

4-H Exploration Days, June 24-26 at Michigan State University, is designed for young people aged 11 to 19 and will involve about 2,500 participants from all parts of Michigan in 200 hands-on learning sessions, field trips and leisure opportunities.

Each year approximately 18 4-H volunteer training workshops are offered, most of them at Kettunen Center, Michigan's 4-H volunteer training center.

Corporate sponsors, endowments and other donors to the Michigan 4-H Foundation make it possible to cover 60 percent of the cost for 4-H volunteers to attend 4-H workshops. This means that of the actual cost to attend a workshop (which for this year was \$68 to \$205, depending on the number of days and meals), 4-H volunteers were only responsible for \$25 to \$75—plus any resource fees and travel expenses.

The Michigan Electric Cooperative Association has recognized the importance of 4-H volunteer training by sponsoring 4-H workshops for the past two years.

"Our association represents the electric cooperatives in the state. The co-op serves about 250,000 homes, and a lot of them are families and have kids in 4-H," said Michael Buda, director of external affairs for the Michigan Electric Cooperative Association (MECA).

In 2007, MECA pledged two years of support for 4-H volunteer training at Kettunen Center, but MECA has been a strong supporter of 4-H and Kettunen Center for much longer.

MECA sponsored the foyer of the Mawby Learning Center during the Kettunen Center Vision 2021 capstone campaign and provided

2008-09 4-H Workshop Sponsors

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support for the national 4-H centennial celebrations in 2002. It has also booked Kettunen Center each spring since 1981 for the annual MECA teen conference.

"We bring about three dozen high school students from around the state to Kettunen Center for three days. They learn about cooperatives, how to conduct board meetings, renewable electricity and so on," Buda said. "We started going there in 1981 and liked it so much we kept going back. It's a great central location. It's outdoors — we can go hiking and be outside in the spring. The staff there is great!"

To book Kettunen Center for your next conference, call (231) 829-3421. For more information on 4-H workshop sponsorship opportunities, visit www.mi4hfdtn.org/workshops.html or call the Michigan 4-H Foundation at (517) 353-6692.



The Michigan Electric Cooperative Association has sponsored 4-H workshops at Kettunen Center for the past two years. 4-H workshops provide 4-H youth and adult volunteers with a professionally conducted training experience.

Yoplaity/General Mills funds second year of Kettunen Center health and fitness awareness initiative

Kettunen Center's received a \$10,000 grant from the **Yoplaity-Colombo Division of the General Mills Foundation**, of Reed City, for a second year of the center's health and fitness awareness initiative.

Kettunen Center's Multicounty Health and Fitness Awareness Initiative provides programs, events and workshops that promote good nutrition and physical fitness to youth and adults who live in Osceola, Mecosta, Wexford and Lake counties, specifically targeting at-risk youth and families.

"We are very thrilled that Yoplaity of Reed City has provided a second year of funding for programming at Kettunen Center," said Andrea Grix, Kettunen Center educational program coordinator.

"For a second year, the funding from Yoplaity will reduce the cost for more than 750 local area youth to enjoy environmental and outdoor education programs at Kettunen Center. In addition, this grant offers a new multicounty community program called BodyWorks! This program offers an interactive and fun way for moms and daughters to learn together about healthy eating and physical fitness."

BodyWorks: A Toolkit for Healthy Girls and Strong Women is an obesity prevention program developed by the Office on Women's Health, U.S. Department of Health and Human Services, to help parents and caregivers of adolescent girls improve family eating and exercise habits. The toolkit provides infor-

"BodyWorks is a program with the overall goal of reducing overweight and obesity in adolescent girls."

— Shari Spoelman,
Wexford County MSU Extension

mation, materials and strategies on how to achieve a healthy lifestyle.

Wexford, Mecosta and Osceola County MSU Extension are each hosting local workshops based on the BodyWorks program.

In Osceola and Mecosta counties, a one-day BodyWorks workshop was held this spring for participants to learn about healthy eating, serving sizes and fast food; physical activities; meal planning and shopping; cooking and eating together; media influences; and looking at your environment.

Wexford County is hosting a six-week BodyWorks program that began March 5.

"BodyWorks is a program with the overall goal of reducing overweight and obesity in adolescent girls," said Shari Spoelman, Wexford County MSU Extension educator. "It is based on research that girls will learn from and model what is going on at home."

Each week's two-hour session includes a lesson, mostly done by guest speakers, an experiential activity and preparation of healthy food.

"BodyWorks comes with a toolkit that includes a recipe book. After each lesson, we prepare one of the



Through Kettunen Center's health and fitness awareness initiative, moms and daughters are learning about healthy eating and physical fitness as part of the multicounty BodyWorks program. Above, Osceola County participants learn chair dancing as a way to include physical fitness in their daily routine.

recipes and the participants get a chance to taste it.

"We're lucky to be working with Kettunen Center staff members. We have four educators on staff for each session," Spoelman said.

"It's nice to have all of the community partners. We've had some amazing presenters," she said.

Presenters have included a local yoga instructor, a registered dietitian, a nurse practitioner and an exercise specialist from the Mercy Hospital Cadillac cardiac care and rehabilitation program.

"We try to introduce the participants to various types of activities," Spoelman said.

At the end of the program, participants will be provided with gift cards to purchase groceries to prepare a dish to pass from the cookbook. Their families are invited to come to that session, celebrating all that the participants have learned.

"I think there are several benefits to the program. Participants are learning skills they can take back to their home so that their whole family benefits," she said.

"It goes back to the research — if children see their parents being active, the children will grow up to be more active. This course gives us skills and ways that we can benefit from," Spoelman said.

The BodyWorks program will conclude with an event at Kettunen Center for participants from all three counties on May 16.

In 2008, the first year of Kettunen Center's health and awareness initiative, 1,191 youth and adults were reached through various programs at Kettunen Center, including 4-H TRACKERS school field trips, Family Fun Days, 4-H Learning Science through the Arts Camp, a Women's Wellness Retreat and several other educational opportunities.

Local 4-H projects receive mini-grants from foundation

Each year the Michigan 4-H Foundation Board of Trustees approves the distribution of competitive grants to encourage the development of innovative 4-H program opportunities in local communities.

4-H innovative mini-grants were awarded in four grant categories for the 2008-09 program year. The total grant distribution was \$10,800.

Michigan 4-H Legacy Grants

The Michigan 4-H Legacy Grants, *funded by Michigan 4-H Youth Development*, encourage creativity and support the implementation of great ideas that promote positive youth development in communities. Two \$1,000 grants were awarded.

In **Saginaw County's Biodiesel Project**, youth converted used vegetable oil into diesel fuel that is used in the Birch Run school buses. The teens manage the project by asking local restaurants to donate used vegetable oil, transporting the oil safely, and developing collection and drop-off locations in the community. Through this process, the youth learn about the chemical composition and the steps in converting used materials into fuels and can share this information with others.

Iron County's 4-H After-school Contemporary Center Program is a partnership between Iron County MSU Extension and the Crystal Falls Contemporary Center to offer a nurturing and safe after-school environment for youth to do homework, read or play games, and engage in other activities such

as making healthy snacks and craft projects.

DTE Energy County 4-H Youth Conservation Council Grants

The DTE Energy County 4-H Youth Conservation Council Grants, *funded by the DTE Energy Foundation*, encourage and support the development of county-based youth conservation councils. Each council consists of a group of teens interested in learning about local environmental issues and influencing public policy in their county, city or township governments. Eight \$1,000 grants were awarded.

The Barry County 4-H Youth Conservation Council raised awareness about environmental issues and promote conservation in the county. Youth researched and identified conservation issues, met with experts and presented their findings to community stakeholders.

Youth Environmental Society, Grand Traverse County (YES! GT) provides a community forum for teens to better understand how policies shape local environmental issues and how teen voices can contribute to positive change. Teens talked with community leaders and local agencies to learn about environmental issues in their community and corroborated what they learned by conducting research and making recommendations to local policymakers.

Lapeer County 4-H Youth Conservation Council members researched local environmental issues, selected a specific issue, researched it further, developed



The DTE Energy Foundation provided \$1,000 grants for eight counties to develop county-based youth conservation councils. Above are participants from the Oct. 25 4-H Youth Conservation Council Teen and Advisor Training at Kettunen Center.

potential solutions, and presented recommendations to solve the issue to the appropriate local officials.

Macomb County 4-H Youth Conservation Council youth studied environmental issues and made their voices heard in local community government through community service projects, presentations for community groups, and participation in county and community government to influence public policy related to environmental concerns.

The Monroe County 4-H Youth Conservation Council is a part of the county's 4-H REACT team. It gives the older youth an opportunity to strengthen their leadership, communication and research skills while providing a youth voice to local environmental issues. The youth identified two issues: whether a third Fermi nuclear power plant should be built and how to battle the invasive flowering rust in the River Raisin.

The Oakland County 4-H Youth Conservation Council teens learn

about local environmental issues, including stream health and habitat along the Kearsley Creek and its tributaries. Youth participated in hands-on learning experiences with the Kearsley Creek and other issues surrounding water quality in their community and took part in meetings and training sessions with governmental officials, agency professionals and other community partners.

In **Saginaw County's Conservation Plus**, youth researched environmental issues and provided a voice within their community on local environmental issues. The council's first project was to research and establish a teen-based recycling program at Birch Run High School.

Washtenaw County 4-H Youth Conservation Club members learned about local environmental issues and their effect on the community through field trips, hands-on opportunities, speakers

See Mini-grants, page 11

Pre-K students 'Dig into Science'

Fifteen classes from Lansing-area schools received scholarships for a themed learning experience in the Michigan 4-H Children's Gardens.

This spring, the **Dig into Science Garden Discovery Day** program, made possible by a grant from the **Capital Region Community Foundation** and gifts to the Michigan 4-H Children's Gardens, is providing science-based experiential learning for children aged 3 to 5.

The program includes a visit to the Michigan 4-H Children's Gardens where the students learn about the butterfly lifecycle, read a butterfly story and visit the butterfly house in the Indoor 4-H Children's Garden.

The students also plant flowers to take with them and wrapup their visit with the butterfly song and dance. The teacher also receives a copy of the butterfly story read to the class during the garden visit.

Prior to their visit, teachers receive a Garden Discovery Kit, which includes curriculum, a butterfly lifecycle poster, six nature-related books, and a large flower pot with seeds and soil. They also receive an owner's manual with corresponding learning activities and recipes for healthy snacks to facilitate continued experiential learning after the children visit the gardens.



Students in Mrs. Murton's kindergarten class from Wilkshire Early Childhood Center in Haslett participated in the Dig Into Science Discovery Day program at the Michigan 4-H Children's Gardens. Above, students prepare to visit the butterfly house with a butterfly story read by 4-H Children's Gardens docent Joe Skwara.

Mini-grants

continued from page 10

and projects. The youth presented their work to local officials on or near Earth Day.

Land O'Lakes 4-H Citizenship and Leadership Academy Grant

The Land O'Lakes 4-H Citizenship and Leadership Academy grant, *funded by the Land O'Lakes Foundation*, can help start or strengthen county

citizenship and leadership projects. One \$500 grant was awarded.

Ingham County Youth Leadership Development

is a two-phased leadership training program. 4-H and other youth-serving organizations may attend the Leadership Skills for Young Citizens Workshop, which offers sessions for youth to learn parliamentary procedure, officer responsibilities, group decision-making strategies, building youth and adult partnerships, and more. In the second phase, through

the Teen Facilitative Leadership Training, teens learn facilitation skills and how to lead groups through planning processes for developing action plans for community change.

OMEDA Youth Tractor Safety Education Grant

The OMEDA Youth Tractor Safety Education grant, *funded by a gift from the Ohio-Michigan Equipment Dealers Association*, encourages 4-H youth staff members to partner with their county

MSU Extension agricultural educators and volunteers to offer learning experiences that help youth learn tractor safety practices. One \$300 grant was awarded.

The Berrien County 4-H Tractor Operator Program

is an 11-week course providing tractor safety education and certification for youth to safely and legally operate agricultural equipment, learn to identify hazards, respond to emergencies, and prevent serious injury or death.

4-H Children's Gardens Schedule Spring & Summer 2009

Garden Discovery Days

Butterfly Day—Apr. 18, 2–4 p.m.

Mother's Day in the Indoor 4-H Children's Garden—May 10, 10 a.m.–2 p.m.

Mad Hatter Tea Party—June 18, 10 a.m.–noon

Garden Geocache Event—June 20, 11 a.m.–2 p.m.

Father's Day—June 21, 10 a.m.–2 p.m.

Dinosaur Day—June 30, 2–4 p.m.

Kid Curator Day—July 14, 10 a.m.–noon

Bug Day—July 30, 10 a.m.–noon

An Evening in the Garden—Aug. 14, 8–10 p.m.

Holiday Open House—Dec. 10, 5–8 p.m.

Splendid Stories

Stories in the Garden—June 23 from 7–8:30 p.m., July 16 from 10–11 a.m. & Aug. 18 from 7–8:30 p.m.

Stories for Sprouts & Seedlings—Mar. 17, Apr. 21, May 19, June 16, July 21, Aug. 18, Sept. 15, Oct. 20 & Nov. 11 from 10–11 a.m.

Curiosity Camps

Garden Writers Workshop—June 23–25, 10 a.m.–noon

Camp Monet—Aug. 3–5, 10 a.m.–2 p.m.

Just for Garden Lovers!

Plant Sale—May 30, 9 a.m.–2 p.m.

Garden Work Party—Apr. 25 & June 6 from 9 a.m.–noon

Theater Thursdays—June 11 & Aug. 14 from 10–11 a.m. and July 9 from 3–4 p.m.

Visit <http://www.mi4hfdtn.org> for the complete schedule with event descriptions and details.



VANTAGE

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The Michigan 4-H Foundation is licensed to solicit charitable gifts by the state of Michigan (MICS 2751). A report containing percentages of charitable contributions expended on program administration and fundraising is available by request.

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In the News

4-H study featured on NBC's Today Show

Dr. Richard Lerner of Tufts University was interviewed by the Today Show's Meredith Viera about the *4-H Study of Positive Youth Development*. See the March 4 interview online at: <http://today.msnbc.msn.com/id/26184891/vp/29507206#29507206>.

4-H Great Lakes and Natural Resources Camp receives national honors

The 4-H Great Lakes and Natural Resources Camp is the recipient of the 2009 Connecting Youth with Nature through Natural Resources Conservation Education Award. The award was presented by National

4-H Headquarters and the U.S. Fish and Wildlife Service March 18 in Arlington, Va. The camp was also honored as a national 4-H Program of Distinction last fall.

Visit us on Facebook!

The Michigan 4-H Foundation now has a page on the online community Facebook. To find the foundation's page, go to www.facebook.com and search for "Michigan 4-H Foundation" or click on the Facebook link at www.mi4hfdtn.org. Once on the foundation's Facebook page, become a fan of the foundation or leave a comment to let us know you were there! While you're there, be sure to also visit the Michigan 4-H Children's Gardens and Kettunen Center on Facebook.

Also, consider joining and/or donating to the Support Michigan 4-H cause on Facebook.

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