

MIAMI COUNTY 4-H NEWS UPDATE

WEEK OF JANUARY 10, 2021

EXTENSION OFFICES TEMPORARILY CLOSED

Effective Monday, December 21 through end of business day January 15, all O.S.U. Extension County Offices will be closed to the public. Our staff will continue to telework to serve our clientele as safely and efficiently as possible. Unfortunately, we will not be available to schedule in-person appointments or appointments for pick-up or distribution of materials.

In addition, effective December 7, 2020 all 4-H meetings and events are to be canceled, postponed, or held virtually until January 15, 2021.

For questions, please email us. A complete listing of staff email addresses is available at: <https://miami.osu.edu>. Thank you for your understanding. Stay safe.

OHIO STATE FAIR - MARKET BEEF DNA KITS/EID TAGS

The Ohio State Fair has agreed to extend the deadline for receiving DNA kits for Market Beef to **January 30, 2021**. Kits can be picked up at 1:30 P.M. on Saturday, January 16, in the parking lot at the Hobart Center for County Government (Troy) by appointment only. Please email Demetria at woods.372@osu.edu to request the number of kits needed. If unavailable on Saturday, additional appointments can be made the following week. Remember, the completed and signed envelope must be received in Columbus by **Elizabeth Share, Extension Specialist**, no later than January 30.

OHIO 4-H MENTAL HEALTH AWARENESS MONTH

January is Ohio 4-H Mental Health Awareness Month. All month we will have virtual opportunities for youth and volunteers to learn more about mental health on our website and Facebook pages, as well as virtual SPIN Clubs and volunteer trainings.

You are invited to attend the Ohio 4-H Volunteer Mental Health Training series each Wednesday in January. These trainings will be held virtually on ZOOM from 6:00 P.M. – 7:00 P.M. Each training is stand alone, so you can pick and choose which training(s) you'd like to attend. Click [here](#) for a flyer giving detailed descriptions of each training:

- January 6 – Mental Health 101
- January 13 – Typical Adolescence vs. Emerging Mental Health Problems
- January 20 – Trauma Informed Approaches Training
- January 27 – Recognizing the signs and symptoms of Suicide and Non-Suicidal Self-Injury

To register for any of the trainings, please go to <http://go.osu.edu/4HMHtraining>.

CLOVERBUD FUN AT HOME

These activities are just the right size for our youngest 4-Hers! Make a kazoo, go on a treasure hunt, play a color match game, create a pet, and list all the "Good Thing About Me!" Find them at <https://u.osu.edu/cloverbudconnections/click-it/>.



GRAB & GO CLUB MEETING TOOLKIT

This is great! Start your 4-H year with seven ready-to-go club meeting agendas detailing a family kick-off, team building, officer elections, public speaking and more. Learn how to adapt in-person activities to a virtual setting and strategies for including Cloverbuds. Find it at <https://go.osu.edu/clubmeetingtoolkit>.

OHIO 4-H HORSE PROGRAM UPDATES FOR 2021

- Revised Uniform Rules for 4-H Horse Shows
- Upcoming Virtual Events:
 - Ohio 4-H Horse Advisor/Volunteer Conference: January 30th
 - 4-H Hippology, Horse Bowl, & Horse Judging Educational Clinic: February 20th
- For more information, visit <https://horse.osu.edu>.

HEALTHY BODY, HEALTHY MIND 4-H SPIN CLUB

Healthy Body, Healthy Mind 4-H SPIN Club for YOUTH ages 8 to 18 – Take advantage of exploring the 4th H through this virtual 4-H club experience. Register by January 14, 2021 at <http://go.osu.edu/healthymindsSPIN>.

4-H WORLD CHANGERS: LEARN TO CODE

Have you ever wanted to learn how to program your own game? This virtual 4-H club will begin on January 21 and is designed for middle and high school youth (grades 5-12) who have an interest in STEM and coding. Click [here](#) for more information.

OLDER YOUTH OPPORTUNITIES

Ohio 4-H offers a variety of opportunities at the State level – including scholarships! Ohio 4-H Achievement Records are due to the Extension Office by Wednesday, February 3. Click [here](#) for more details.

NEW YEAR, NEW YOU SPIN CLUB

New Year, New You SPIN Club - it's a great resolution for 2021! Youth in grades 5-8 are invited to this cool new 4-H SPIN Club all about making YOUR best better. Zoom sessions every Sunday from February 7 - March 14. Sign up at <https://go.osu.edu/spinnyny>.

2021 OHIO 4-H CONFERENCE

The 2021 Ohio 4-H Conference will be held virtually: Saturday, February 20 (9:00 A.M. - 11:35 A.M. and 1:00 P.M. - 3:35 P.M.), Tuesday, February 20 (7:00 P.M. – 9:00 P.M.), and Thursday, February 25 (7:00 P.M. - 9:00 P.M.). The session schedule will be available soon. This is a wonderful opportunity to refresh your 4-H volunteer skills from the comfort of your own home!

O.S.U. VIRTUAL JUNIOR SWINE DAY

The O.S.U. Virtual Junior Swine Day is scheduled for February 20, 2021. The complete agenda and registration information can be found at this link: www.go.osu.edu/jsd2021.