

## MARCH 2024

# PROGRAMMING IN MACOMB COUNTY



### HEALTHIER COOKING INSPIRES SON

Recently, MSU Extension held a Healthy Food, Healthy Families program at Cairns Community Center in Mount Clemens. One of the attendees, a mother of five, hoped to learn ways to transform the family's favorite recipes into healthier versions. Following the program, she began to modify the family's recipes with what she had learned in class. Mom's recipe adaptations were so delicious and so well received by the family that the eldest son became inspired to help in the kitchen with meal preparation. He began by cutting up fruit and cucumbers to make drinks for his younger siblings and soon after began creating healthy recipes for his siblings to try. According to the son, "I can help my younger brother and sisters make better choices and I like helping in the kitchen." For mom, she now has an extra pair of hands in the kitchen to help make dinner time "family time".

### MSU EXTENSION IS HIRING

Whether you are just starting your career or looking for a change, MSU Extension invites you to view [current job openings](#) in the Metro Detroit area and statewide.



Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses.

#### With Support from

**Mark A. Hackel, Macomb County Executive  
and your Macomb County Commissioners**

The staff of MSU Extension:  
District Director – Kristi Evans  
Office Manager – Carolyn Doak

#### Program Assistants:

- 4-H Roberta Busquaert
- Public Policy and Consumer Horticulture Meghan Cassidy
- Home Ownership and Financial Education Mickie Boczkowski and Lisa McColeman

#### How to use this program guide

The first section highlights upcoming events that will be held in-person, in Macomb County.

The second section highlights upcoming events that will be held virtually and are grouped into genres such as business and agribusiness, youth, 4-H, parenting, public policy, mindfulness, food safety, finances and retirement, etc.

Preregistration is required for all programs. Text that appears bold, blue and underlined is text that has a hyperlink to a program's registration and information page.

#### Accommodations

Michigan State University is committed to providing equal opportunity for participation in all programs, services and activities.

Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.

# Macomb County In-Person Events

(Pre-registration is required for all events)

## Shelby Township

### [CHANGING NEGATIVE SELF TALK](#)

March 16, 2024, 4 p.m.–5 p.m.

Burgess-Shadbush Nature Center, 4101 River Bends Drive, Shelby Township, MI 48317

During this workshop participants will learn about the brain's negativity bias and how it affects our response to stress.

### [MICHIGAN CERTIFIED NATURAL SHORELINE PROFESSIONAL TRAINING AND CERTIFICATION](#)

March 12–13, 2024

Stony Creek Metropark Nature Center, 4300 Main Park Rd, Shelby Township MI 48316

This program is for professional landscape, natural resource, and marine contractors who want to design, implement, and maintain natural shoreline landscaping on inland lakes. Cost: \$395

## Other Nearby Locations

### Belleville

#### [2024 SMART GARDENING CONFERENCE](#)

March 9, 2024, 9 a.m.–5 p.m., Wayne County Community College District, Belleville, MI

Join us for a day packed with fascinating and inspirational topics for the seasoned horticulturist and home gardeners. Cost: \$100

### Novi

#### [MSU TOLLGATE FARM - MAPLEFEST](#)

March 9–10, 2024, Tollgate Farm, Novi, MI

Enjoy pure maple syrup on freshly made pancakes, then tour the maple sugarbush to learn how sap is made into syrup as well as other educational activities for adults and children. Cost: \$17

#### [MSU TOLLGATE FARM - SPRING BREAK CAMP](#)

March 25–29, 2024, Tollgate Farm, Novi, MI

Explore the Tollgate barn, forest, pastures, and fields as we observe and study the change of the season. Each day is an adventure as we move through daily themes. Cost: \$375

### Livonia

#### [8-HOUR SERVSAFE® MANAGER TRAINING AND CERTIFICATION EXAM](#)

March 13, 2024, 9 a.m.–5 p.m., Holy Cross Church, Livonia, MI

MSU Extension offers 8-hour ServSafe® training, which is a national certification program. This class is designed for anyone working in the food service industry, including non-profit organizations. Cost: \$75 plus cost of materials.

### HAVE A QUESTION? ASK EXTENSION!

Ask Extension offers one-to-one answers from MSU Extension experts and Extension Master Gardener volunteers on topics such as lawns, gardening, agriculture, nutrition and physical activity, food safety, food preservation, natural resources, community development, youth programming and so much more!

Got a question? Fill out our [online question form](#).

## 4-H Programs

### [2024 MICHIGAN 4-H ANIMAL SCIENCE SKILLATHON](#)

**March 6, 2024 at 4:30 p.m. or March 9, 2024 at 9:30 a.m.**

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.

### [WILD SPARTANS](#)

**March 12, 2024, 6:30 p.m.–7:30 p.m.**

Join 4-H staff for the "Wild Spartans" monthly series for a look into life working with fisheries and wildlife! Follow along as we climb through bogs, peer into bear dens, snorkel for fish, or perhaps even tag deer. Each session will feature 1-2 guest researchers. Youth will be encouraged to ask questions to learn more through a live Q&A with scientists. Monthly sessions will be held on the 2nd Tuesday of the month at 6:30 p.m. Pre-registration is required.

## Programs for 4-H Adult Volunteers

### **4-H Volunteers Webinars**

Volunteer with Michigan 4-H and help grow true leaders in your community by empowering young people with skills to lead for a lifetime.

### [GROUP MANAGEMENT FOR 4-H CLUBS AND GROUPS](#)

A webinar series that will provide Michigan 4-H volunteers with a variety of learning opportunities to help them grow as a volunteer and support the Michigan 4-Hers. This session is Engaging 4-H Youth in Animal SCIENCE Education.

March 18, 2024  
Noon–1 p.m.

## Youth Programs

### ["SHOW YOUR MONEY SMARTS" CONTEST](#)

Give youth a jump start by equipping them with the power of knowledge to make sound financial choices and develop good banking habits! Youth compete with other youth across the state of Michigan. Open to both 4-H and non 4-H members, ages 13-19 living in Michigan. See flyer for more details.

### [KEEPING YOUR MONEY SAFE — AN ADULTING 101 SESSION](#)

**March 19, 2024, 6 p.m.–7 p.m.**

How are you keeping your money safe? Gain insights on researching and evaluating financial institutions (banks and credit unions) to make the best choice for your financial future.

[Click here to see a complete listing of our 2024 topics.](#)

# Money \* Finances \* Retirement

## Money, Finances, Retirement

Best practices to help people at any stage in their financial lives.

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### [HOMEOWNERSHIP EDUCATION WEBINAR \(MSHDA\)](#)

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process.

March 4, 2024  
1 p.m.–5 p.m.

March 15, 2024  
9 a.m.–1 p.m.

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### [PROPERTY TAX FORECLOSURE BASICS](#)

This webinar will describe the property tax timeline in Michigan and possible assistance options.

March 5, 2024  
Noon–1 p.m.

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### [TIPS TO BUILD AND PROTECT YOUR CREDIT](#)

Do you have questions about credit? Are you trying to improve your credit score?

March 7, 2024  
Noon–1 p.m.

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### [MAKE A SPENDING PLAN WORK FOR YOU!](#)

Trying to stretch your money? Learn how to create and manage a spending plan.

March 13, 2024  
Noon–1 p.m.

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### [HOW MUCH HOME CAN YOU AFFORD?](#)

Looking to buy a home? Learn how to calculate how much home you can afford based on your current income during this 30-minute lunch and learn event.

March 13, 2024  
Noon–1 p.m.

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### [STUDENT LOAN REPAYMENT](#)

This one-hour webinar will provide you with tips and tools to successfully navigate repaying your student loans including repayment options and how to avoid default. We will review the new rules and programs regarding your student loans.

March 13, 2024  
4 p.m.–5 p.m.

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### [PROTECTING YOUR IDENTITY](#)

This one-hour webinar will discuss how to protect yourself from identity theft & what to do if someone has stolen your identity.

March 20, 2024  
Noon–1 p.m.

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### [RETIREMENT MYTHS AND FACTS](#)

Thinking about what your future will look like? To reduce confusion about retirement it is important to separate fact from fiction.

March 26, 2024  
Noon–1 p.m.

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### [WEALTH BUILDING](#)

This webinar will provide resources to help increase financial awareness.

March 26, 2024  
3 p.m.–4 p.m.

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### [MORTGAGE FORECLOSURE BASICS](#)

This webinar will describe the options to keep, sell or let foreclosure happen.

March 28, 2024  
Noon–1 p.m.

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# Mindfulness \* Mental Health \* Healthy Relationships

## Mindfulness, Mental Health, Healthy Relationships

Research has shown that mindfulness, good mental health and healthy relationships are effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

### [MENTAL HEALTH FIRST AID](#)

Mental Health First Aid certification course is for adults 18 years and older who hope to learn how to assist other adults experiencing a mental health challenge or crisis. Choose one of the four options below to register. Cost: \$45

#### [Option 1](#)

March 5, 2024  
8:30 a.m.–4:30 p.m.

#### [Option 2](#)

March 19, 2024  
and  
March 21, 2024  
8:30 a.m.–12:30 p.m.

#### [Option 3](#)

March 27, 2024  
and  
March 28, 2024  
8:30 a.m.–12:30 p.m.

### [BEGIN WITH A BREATH MINDFUL MONDAY](#)

Begin with a breath introduces participants to the experience and practice of mindfulness, with a goal of reducing stress.

March 4, 2024  
11:30 a.m.–12:30 p.m.

### [BUILDING RESILIENCE TO AVOID BURNOUT MINDFUL WEDNESDAY LUNCH AND LEARN](#)

Learn to recognize symptoms of burnout and find ways to cope.

March 6, 2024  
Noon–1 p.m.

### [MINDFUL EATING MINDFUL MONDAY LUNCH AND LEARN](#)

Mindful eating can change our relationship with food and eating.

March 11, 2024  
10:30 a.m.–12:30 p.m.

### [WITS WORKOUT - FORGET ME, NOT!](#)

The training component covers procedural memory and forgetfulness. Activities are based loosely on flowers in some way.

March 11, 2024  
1 p.m.–1:30 p.m.

### [LAUGHTER IS THE BEST MEDICINE](#)

Adding more laughter to your life can improve your physical and mental health. Come laugh with us!

March 12, 2024  
1 p.m.–2 p.m.

### [MINDFUL WALKING MINDFUL MONDAY LUNCH AND LEARN](#)

Mindful Walking introduces the benefits of slowing down with moment-to-moment awareness walking.

March 18, 2024  
11:30 a.m.–12:30 p.m.

### [ONLINE: STRESS LESS WITH MINDFULNESS \(DAILY\)](#)

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

March 18-22, 2024  
1:30 p.m.–2:30 p.m.

### [BEGIN WITH A BREATH MINDFUL WEDNESDAY LUNCH AND LEARN](#)

Stress Less with Mindfulness: Begin with Breath introduces participants to the experience and practice of mindfulness, with a goal of reducing stress.

March 20, 2024  
Noon–1 p.m.

# Mindfulness \* Mental Health \* Healthy Relationships continued

## [BE KIND TO YOUR MIND MINDFUL MONDAY LUNCH AND LEARN](#)

Be Kind to Your Mind explores techniques to learn to be a detached observer of your thoughts using the power of acceptance and gratitude.

March 25, 2024  
11:30 a.m.–12:30 p.m.

## [MINDFUL EATING MINDFUL WEDNESDAY LUNCH AND LEARN](#)

Mindful eating can change our relationship with food and eating.

March 27, 2024  
Noon–1 p.m.

# Business\* Agribusiness

## Business, Agribusiness

MSU Extension works to increase people's success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.

## [COMMERCIAL HYDROPONIC PRODUCTION: ESSENTIAL INFORMATION FOR EQUIPMENT PURCHASES](#)

Controlled environment agriculture (CEA) can be a profitable and fulfilling business pursuit for farmers looking to diversify their income streams. Learn the fundamentals of CEA equipment and how to reach profitability faster.

March 1, 2024  
Noon–1 p.m.

## [WHAT TO EXPECT AS A “MAKING IT IN MICHIGAN” TRADE SHOW VENDOR](#)

Learn about the benefits of becoming a vendor at Making It In Michigan, how to set up your display, how to sample your products, what to bring, and how to talk with buyers.

March 7, 2024  
Noon–1 p.m.  
or  
7 p.m.–8 p.m.

## [CO-OPS 101: HOW COOPERATIVES WORK AND THE BASIC STEPS OF DEVELOPMENT](#)

During this webinar, we will look at the basics of how cooperatives work. What are the benefits, and how are they managed? We will also discuss the steps needed to develop a successful cooperative business. Save the date—more details coming soon.

March 13, 2024  
6 p.m.–7:30 p.m.

## [MI CSA NETWORK VIRTUAL MEETING: MANAGING LABOR FOR CSA'S](#)

Labor is an ongoing challenge in agriculture and CSAs face unique complexities.

March 19, 2024  
10 a.m.–11:30 a.m.

## [SAVVY TIPS FOR STARTING A SMALL BUSINESS](#)

The class provides financial tools to entrepreneurs and potential small business owners who are considering starting a new business.

March 27, 2024  
6 p.m.–7 p.m.

# Sleep \* Balance \* Movement \* Exercise

## Sleep, Balance, Movement, Exercise

Good sleep, good balance along with movement and exercise—what it means to be healthy is different for us all. MSU Extension is here to support all the ways we can all live healthier lives and build healthier communities, by bringing the vast knowledge and resources of MSU directly to your community.

### [CHRONIC PAIN PATH TOOLKIT](#)

The Chronic Pain PATH Toolkit Telephone Course is a series of 6 weekly telephone calls with a leader and 3-5 other people living with chronic pain.

March 4, 2024-  
April 8, 2024  
9 a.m.–10 a.m.

### [RELAX: ALTERNATIVES TO ANGER](#)

Alternatives to Anger is a series designed to help adults, parents and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice

March 4-5, 2024  
6 p.m.–8 p.m.

### [WALK WITH EASE 2024](#)

Join us in an adventure to regain our ability to walk safely, using tips to increase our strength, flexibility, and endurance from the American Arthritis Foundation.

March 7, 2024  
12:30 p.m.–1:30 p.m.

### [MSU EXTENSION TAI CHI FOR DIABETES](#)

Join us for an opportunity to develop tai chi skills from the comfort of your home.

March 11, 2024-  
April 10, 2024  
9 a.m.–10 a.m.

### [WITS WORKOUT - ROAM IN ROME](#)

The training component covers exercise. Activities are based loosely on travel.

March 11, 2024-  
April 29, 2024  
1 p.m.–1:30 p.m.

### [DIABETES PERSONAL ACTION TOWARDS HEALTH \(PATH\) ONLINE](#)

The Stanford Chronic Disease Self-Management Program (Diabetes PATH in Michigan) was developed and tested by Stanford University to help people learn techniques and strategies for the day-to-day management of diabetes.

March 13, 2024-  
April 17, 2024  
1 p.m.–3 p.m.

### [MINDFUL WALKING MINDFUL MONDAY LUNCH AND LEARN](#)

Mindful Walking introduces the benefits of slowing down with moment-to-moment awareness walking.

March 18, 2024  
11:30 a.m.–12:30 p.m.

## Horticulture

### [BECOMING AN INSECT INVESTIGATOR](#)

March 1, 2024, 10 a.m.-11 a.m.

You can sleuth out what's eating your vegetables by gathering evidence at the "scene of the crime," using the same evidence-based approach. It's not only fun, it also will help you protect your vegetables from future issues.

# Parenting \* Working with Children

## Parenting, Working with Children

MSU Extension offers numerous online workshops for parents, caregivers and those who work with children and youth.

### [ONLINE EXTENSION EXTRAS PARENTING HOUR REDUCING CHALLENGING BEHAVIORS IN TODDLERS](#)

From tantrums to biting, learn to decode what's going on in a toddler's world to help transform the "terrible twos" into the "terrific twos".

March 5, 2024  
8 p.m.–9:30 p.m.

### [ONLINE EXTENSION EXTRAS PARENTING HOUR TALKING WITH KIDS ABOUT RACE](#)

Talking about race and racism can be intimidating and uncomfortable but is critical to raising antiracist children and transforming systems of oppression.

March 12, 2024  
8 p.m.–9:30 p.m.

### [ONLINE EXTENSION EXTRAS PARENTING HOUR SCREEN TIME FOR YOUNG CHILDREN](#)

This workshop will help participants learn about how screen time and other media exposure impacts children

March 19, 2024  
8 p.m.–9:30 p.m.

### [ONLINE EXTENSION EXTRAS PARENTING HOUR SUPPORTING CHILDREN THROUGH GRIEF AND LOSS](#)

Kate Longenbarger from Gabby's Grief Center will share what is grief, how children of different ages may experience grief and how parents can support children.

March 26, 2024  
8 p.m.–9:30 p.m.

## Natural Resources

### [MICHIGAN BIRDING 101](#)

March 5-14, 2024, 7 p.m.–8 p.m.

Join Michigan Sea Grant as we explore the wonderful hobby of birding in four free and fun classes which cover everything a new birdwatcher should know.

### [MICHIGAN CERTIFIED NATURAL SHORELINE PROFESSIONAL TRAINING AND CERTIFICATION](#)

March 12–13, 2024

This program is for professional landscape, natural resource, and marine contractors who want to design, implement, and maintain natural shoreline landscaping on inland lakes. Cost: \$395

### [SUSTAINABILITY SPEAKERS SERIES: FOOTPRINT](#)

March 12, 2024, Noon–1 p.m.

Join our Sustainability Series for a diverse lineup of sessions addressing critical sustainability and environmental topics.

### [LEARNING EXCHANGE SERIES: TRANSLATING SCIENCE INTO PRACTICE THROUGH FOREST CERTIFICATION TO ADDRESS THE CO-OCCURRING CLIMATE AND BIODIVERSITY CRISES](#)

March 13, 2024, 3 p.m.–4 p.m.

Speakers Lauren Cooper and Healy Hamilton present, "Translating science into practice through forest certification to address the co-occurring climate and biodiversity crises".



# Food Preservation \* Food Safety \* Food Safety Q&A

## Food Preservation, Food Safety, Food Safety Q&A

MSU Extension offers a variety of online educational resources and programs in food preservation and food safety.

**MSU Extension's  
Food Safety  
Hotline  
1-877-643-9882**

### [MICHIGAN COTTAGE FOOD LAW](#)

How to start a cottage food business.

March 6, 2024  
2 p.m.–4 p.m.

### [PRESERVING MI HARVEST-SWEET, SWEET MAPLE SYRUP](#)

Making and preserving maple syrup at home.

March 7, 2024  
1 p.m.–2 p.m. or  
6 p.m.–7 p.m.

### [PRESERVING MI HARVEST-USING WHAT I PRESERVED](#)

Join us for ideas to use the foods you preserved last summer to create something tasty.

March 14, 2024  
1 p.m.–2 p.m. or  
6 p.m.–7 p.m.

### [SAFE FOOD = HEALTHY KIDS ONLINE CLASS](#)

An interactive food safety workshop for childcare providers.

March 18, 2024  
6 p.m.–9 p.m.

### [PANTRY FOOD SAFETY-IT'S YOUR JOB](#)

Training for staff and volunteers who work at food banks, food pantries, and other charitable food distribution sites.

March 19, 2024  
10 a.m.–12:30 p.m.

### [PRESERVING MI HARVEST-CANNING HIGH-ACID FOODS](#)

Learn how to properly use your water bath canner.

March 21, 2024  
1 p.m.–2 p.m. or  
6 p.m.–7 p.m.

## Public Policy

### [GOVERNING ESSENTIALS: OPEN MEETINGS ACT \(SPRING SERIES\)](#)

**March 7, 2024, Noon–1 p.m.**

Participants will learn the requirements of the Michigan Open Meetings Act as well as answers to FAQs.  
Cost: \$20

### [FISCALLY READY COMMUNITIES: BUDGETING FOR FISCAL SUSTAINABILITY](#)

**March 14, 2024, 10 a.m.–11:30 a.m.**

This training will provide best practices for local governments' fiscal health including budgeting, long-term planning, dealing with uncertainty, and financial policies and procedures.

### [GOVERNING ESSENTIALS: INTRODUCTION TO PARLIAMENTARY PROCEDURE](#)

**March 14, 2024, Noon–1 p.m.**

Parliamentary Procedure based on Roberts' Rules of Order, is the most widely used parliamentary authority. This session will focus on parliamentary principles, motions, and decorum during meetings. Cost: \$20

### [GOVERNING ESSENTIALS: COMPONENTS OF EXTRAORDINARY GOVERNANCE](#)

**March 21, 2024, Noon–1 p.m.**

The Components of Extraordinary Governance draws the best ideas together for a thorough overview of board governance. This session will help your board apply the components to impact in your community.  
Cost: \$20

### [SHORT-TERM RENTAL \(STR\) POLICY OPTIONS FOR MICHIGAN COMMUNITIES](#)

**March 28, 2024, 6:30 p.m.–8 p.m.**

Explore trends and policy tools for communities to consider related to short-term rentals. Cost: \$30

# Look ahead and save the date!

## Youth Programs

### [COVER LETTER AND RESUME WRITING- AN ADULTING 101 SESSION](#)

April 10, 2024, 6 p.m.–7 p.m.

Create or improve your resume and cover letter with tips and tricks from this webinar.

### [MICHIGAN 4-H DAY WITH THE DETROIT TIGERS](#)

April 28, 2024, 1:40 p.m.–5 p.m.

Comerica Park, 2100 Woodward Avenue, Detroit, MI 48201

Join Michigan 4-H and MSU Extension at Comerica Park to watch the Detroit Tigers take on the Kansas City Royals! Michigan 4-H will be the Group Charity of the Game and the 4-H community can purchase discounted tickets with a portion benefitting 4-H.

## Mindfulness Mental Health Healthy Relationships

### [MINDFUL WALKING-MACOMB TOWNSHIP SENIOR CENTER](#)

April 3, 2024, 10 a.m.–11:30 a.m.

51210 Alma Drive, Macomb, MI 48042

Mindful Walking introduces the benefits of slowing down with moment-to-moment awareness walking to connect body and mind and explores ways to ride out waves of strong emotions.

### [SLEEP BASICS : BURGESS - SHADBUSH NATURE CENTER](#)

April 21, 2024, 5 p.m.–6 p.m.

4101 River Bends Drive, Shelby Township, MI 48317

The goal of this workshop is to understand the importance of sleep for both physical and mental health. Participants will learn techniques to improve quality.

## Agribusiness

### [REAL CHRISTMAS TREE BOARD WEBINAR SERIES](#)

April 23, 2024 11 a.m.–Noon

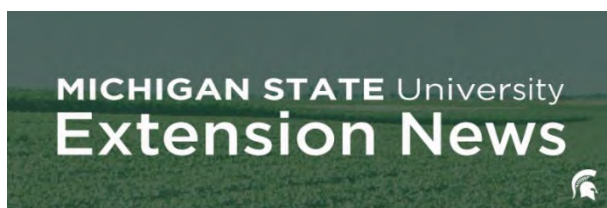
Christmas tree experts from across the country will discuss current research projects funded by The Real Christmas Tree Board.

### [MAKING IT IN MICHIGAN CONFERENCE AND TRADE SHOW](#)

April 24, 2024, 8:30 a.m.–3:30 p.m.

Lansing Center, 333 E Michigan Avenue, Lansing, MI 48933

The 15th annual conference and trade show will be held in Lansing, Michigan on April 24, 2024. Cost: \$125



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# MAPLE FEST

Tollgate Farm and Education Center

**March 9<sup>th</sup> and 10<sup>th</sup>**

**Hayrides • Pancakes • Sugar Bush Tours**

Join us for an exploration of Michigan's sweetest winter crop, maple syrup!

Enjoy an “all-you-can-eat” pancake celebration in the historic 19th-century barn.

Pancakes, sausage, and of course, real maple syrup will be provided!

**Limited Time Slots**

**9 a.m. to 2 p.m.**

**Pre-registration Required**

**\$17 per person**



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# Show Your Money Smarts Contest

Open to  
ages 13-19

Answer 30  
questions for  
a chance to  
win \$50!

Register by  
April 29,  
2024



Learn More Here



# ADULTING 101



## 2024 Schedule

- **THE PSYCHOLOGY OF SPENDING & SAVING - JANUARY 17 AT 6 PM**
- **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**
- **COOKING BASICS - JULY 16 AT 4 PM**
- **SUMMER BERRIES: JAM AND JELLY - AUGUST 12 AT 4 P.M.**
- **CHANGING THE WORLD WITH YOUR VOTE - SEPTEMBER 16 AT 5 PM**
- **PAYING FOR POST-SECONDARY EDUCATION - OCTOBER 16 AT 5 PM**
- **CRACKING THE CODE TO COLLEGE - NOVEMBER 19 AT 5 PM**

## Free on zoom



<https://events.anr.msu.edu/Adulting2024/>



# ServSafe®

**EARN SERVSAFE MANAGER  
CERTIFICATION WITH HELP  
FROM MSU EXTENSION.**

**MSU Extension offers  
8-hour ServSafe Food Protection  
Manager training, which is a national  
certification program.**

**This class is designed for anyone  
working in the foodservice industry,  
including non-profit organizations.**

**MSU Extension will be offering  
proctoring of the ServSafe Manager  
Certification Exam by appointment.**

**Contact your local MSU Extension Food Safety Educator  
for more information.**



**March 2024 Educational Webinars - MSU Extension Food Safety Team**

Michigan State University Extension is your resource for food safety education. Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities, and businesses. The Food Safety Team will be hosting live online webinars and in-person classes (call your local MSU Extension Office for information on local sessions).

Follow our Think Food Safety Facebook page. View upcoming events, food safety tips, and recordings of our *Food Safety Q & A* and *Investigating Food with Science* programs.



**Food Safety Q & A (Online, Free Sessions)**

**Monday's at 1 p.m. EST**

*Have questions about home food preservation or food safety? Join MSU Extension's Food Safety Team as they present tips for food safety.*

- **Mar 4 - Understanding Food Recalls**  
Discover what food recalls mean and what to look for to help you enjoy safe food.
- **Mar 11 - Using Frozen Fruit to Make Jam & Jelly**  
Making a batch of freezer jam is a fun afternoon activity. Use up fruit in the freezer or purchase fruit on sale from the grocery store.
- **Mar 18 - Let's Get to the Meat of Food Safety and Plant-based Protein and Cultured Meat**  
There's no Alternative to Food Safety with these novel products. Find out how to handle this food safely and prevent Foodborne Illness.
- **Mar 25 - Leeks - Everything You Need to Know!**  
Using, storing and preserving leeks and what you need to know about foraging for wild leeks.

To learn more and to register, visit: <https://events.anr.msu.edu/FoodSafetyQandA24/>

**Preserving MI Harvest (Online, Free Sessions)**

**Thursday's at 1 p.m. and 6 p.m. EST**

*Learn the latest methods and research for preserving foods at home. Let us help you fill your pantry and freezer by preserving food safely at home.*

- **March 7 - Sweet, Sweet Maple Syrup**  
From tree to table, making and preserving maple syrup at home.
- **March 14 - Using What I Preserved Last Summer**  
Join us for ideas to use the foods you preserved last summer to create something tasty while you empty your pantry and freezer for the upcoming preservation season.
- **March 21 - Canning High-Acid Foods**  
Whether a beginner to home canning or looking for a refresher on best practices, this class is for you. Join us to learn how to properly use your water bath canner.

To learn more and to register, visit: <https://events.anr.msu.edu/PreservingMIHarvest24/>

**Pantry Food Safety – It's Your Job! (Online, Free Session)**

*Food safety training for volunteers or staff working in a food bank or food pantry will cover food safety guidelines for handling and receiving food products. After completing the free, 3-hour Pantry Food Safety training, participants will receive a certificate of completion.*

- Mar. 19, 10 a.m. EST

To learn more and to register, visit: <https://www.canr.msu.edu/tag/food-pantry>

**Michigan Cottage Food Law (Online, Free Sessions)**

*Learn how to safely prepare and sell allowable foods to the public made in home kitchens. The Michigan Cottage Food Law workshop reviews the food safety aspects and guidelines of preparing and selling cottage foods. The MSU Product Center joins us to cover the business aspects of the Cottage Food Law. A Michigan*

Department of Agriculture and Rural Development Inspector will be available for the Q&A portion of this workshop.

- Mar. 19, 6 p.m. EST

To learn more and to register, visit: <https://events.anr.msu.edu/MICottageFood2024/>

#### **Safe Food = Healthy Kids (Online, Free Session)**

*Safe Food = Healthy Kids is an interactive workshop designed for childcare providers. Learn what the best practices are for food safety to help keep kids safe.*

- Mar. 18, 6 p.m. EST

To learn more and to register, visit: <https://events.anr.msu.edu/SFHK24/>

#### **Cooking for Crowds (Online/In-person)**

*A volunteer's guide to food safety. Cooking for Crowds classes educate volunteers who offer food fundraisers and events such as dinners and bake sales. A \$15 registration fee includes the online training along with a food safety manual.*

To learn more and to register, visit: [https://www.canr.msu.edu/cooking\\_for\\_crowds/events](https://www.canr.msu.edu/cooking_for_crowds/events)

#### **ServSafe® (In-person)**

*Earn ServSafe® Manager certification with help from MSU Extension. ServSafe® is a national food safety certification program. This class is designed for anyone working in the foodservice industry, including non-profit organizations. MSU Extension offers an 8-hour ServSafe® training and exam proctoring, with a class fee of \$75. MSU Extension will also be offering proctoring of the ServSafe® Manager Certification Exam by appointment.*

Contact your local MSU Extension Food Safety staff for more information or for a list of upcoming classes, visit: <https://www.canr.msu.edu/servsafe/events>

For more information or questions, contact Kellie Jordan [jorda136@msu.edu](mailto:jorda136@msu.edu)



# ZBA ONLINE CERTIFICATE COURSE



## A NEW MSU EXTENSION SELF-PACED TRAINING

The ZBA Online course is a unique and comprehensive Zoning Board of Appeals (ZBA) training designed to accommodate your schedule. The course includes six self-paced modules engaging the learner with videos, readings, and activities. Complete one module to meet a specific training need or take the full course to obtain a certificate. ZBA Online includes:

- Understanding Basic ZBA Roles & Responsibilities
- Effective Decisions and Ordinance Interpretations
- Hearing Appeals of Administrative Decisions
- Issuing Variances from Ordinance Standards
- Other Responsibilities of the ZBA: Nonconformities
- Circuit Court Review and Standards

Price: \$125 (group discount available)

## CRITICAL TRAINING FOR ZBA MEMBERS AND STAFF

The ZBA Online Certificate Course is designed for members of the local government ZBA, local government staff who work alongside the ZBA, and local government managers and attorneys.

The course is based in MSU's Desire to Learn (D2L) online learning platform and can be accessed 24/7 - individuals can do as much or as little at one time as fits their schedule. Connect with computer, tablet, or mobile.

The ZBA Online Certificate Course teaches the latest concepts on ZBA roles and responsibilities, effective decision-making, and protecting due process. The curriculum is based on the award-winning Citizen Planner Program and features ZBA-specific content, engaging activities, case studies, and the latest Michigan case law. Course completion includes an MSU Extension certificate.

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To learn more or register, visit:  
<http://extension.msu.edu/zbaonline>

Questions, contact the:  
**Citizen Planner Program**  
Email: [cplanner@msu.edu](mailto:cplanner@msu.edu)  
Phone: 517-353-6472

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MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned.



# Governing Essentials Series

The Governing Essentials Series is designed for local elected and appointed officials looking to sharpen their skills and promote good governance practices. The webinars can be taken individually or as a 3-part series.

## 1. Open Meetings Act

The Michigan Open Meetings Act (OMA) furthers government transparency by requiring elected and appointed boards to provide notice and make decisions in an open public meeting. Participants will learn the requirements of the Act as well as answers to frequently asked questions.

## 2. Introduction to Parliamentary Procedure

Parliamentary Procedure based on Roberts' Rules of Order, is the most widely used parliamentary authority. This session will focus on parliamentary principles, motions, and debate and decorum during meetings. Participants will explore scenarios and practice skills.

## 3. Components of Extraordinary Governance

The Components of Extraordinary Governance draws the best ideas together for a thorough overview of board governance. This session will help your board apply the Components to impact in your community. Better board governance, leading to more effective organizations, that improve our communities. That's a goal we can all share!

### CONTACT:

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**Offering several course options in 2024: March, August, and December**



## Governing Essentials Series

All sessions will be delivered via Zoom. All webinars will be recorded and sent to registrants.

**Cost:** \$20 per session, \$50 for the 3-course series. The webinars can be taken individually or as a 3-part series. For the \$50 series rate, applicants must register for either the spring, summer, or winter series.

**Time/Date:** noon to 1:00 pm (see below for dates)

1 Master Citizen Planner (MCP) credit per session

1 County Commissioner Academy credit per session

To find out more or to register: [\(LINK HERE\)](#)



Session	Spring Series	Summer Series	Winter Series
<b>Open Meetings Act</b>	March 7	August 1	December 5
<b>Parliamentary Procedure</b>	March 14	August 8	December 12
<b>Components of Extraordinary Governance</b>	March 21	August 15	December 19

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