Message from the District Coordinator

In 2010 Michigan State University Extension began a major restructuring of its programs, services, and administrative structure. The major focuses were on updating educational programs and creating administrative clusters or “Districts” to meet the changing needs of Michigan residents in the 21st century.

Statewide, the restructure continued in 2011 with programmatic updates being made to the Master Gardener and 4-H programs, and with implementation of expanded and new programs in Wayne County. This annual report highlights the Extension programming delivered in Wayne County 2011.

One of the most visible changes to Wayne County residents has been the addition of MSU Extension offices to be more accessible to Wayne County residents and to assist Wayne County in reducing the MSU Extension county budget. The main MSUE office on Temple St. is now closed and new offices opened throughout the county. A complete list of the MSU Extension offices serving Wayne County residents can be found on the back cover.

The programmatic changes, the expanded online presence and the decentralization of MSU Extension offices are prime examples of the effort Extension is making to be more accessible and addressing the needs of Michigan residents. I, and all the Extension staff working in Wayne County, hope you enjoy reading through the 2011 Wayne County MSU Extension Annual Report. We would also like to invite you to stop into one of the new community based Extension offices in Wayne County or check us out online at www.msue.msu.edu.

Sincerely,

Marie A. Ruemenapp
District Coordinator

2011 Wayne County Program Numbers

<table>
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<th>Program</th>
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<td>Total</td>
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Mission
Michigan State University helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

*See back cover for a complete list of all offices.
Urban horticulture involves educating citizens in gardening and garden related issues. With trends moving toward community gardens and backyard gardening, there is a growing need for educational assistance in these areas. Michigan State University Extension horticulture programs are helping residents make environmentally friendly choices to reduce pesticide use and to make nutrient appropriate choices for fertilizer to protect water quality. It promotes gardening as a means of living a healthier lifestyle in terms of exercise and diet. For residents with limited space, staff help educate residents on alternatives to traditional gardening such as container gardens and intensive gardening in small spaces. Diagnostic services assist in identifying insects and plant problems for homeowners and provide information on invasive plants and pests and their management. As churches, communities and schools develop community gardens, staff members provide educational training and information on the establishment and maintenance of community gardens.

**Master Gardener Programming**

MSUE Horticulture staff and volunteers assisted an estimated 70,000 Wayne County residents over the last year. Three Master Gardener classes were held to train 82 new Master Gardener volunteer leaders who are expected to complete at least 40 hours of community service. Using figures calculated by the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations, the value of a volunteer’s time is $21.79 per hour. In 2011, Wayne County Master Gardeners donated 26,268 volunteer hours, a value of $572,379 and offered four different “60 Minutes with a Master Gardener” programs.

Staff also worked with instructors to train 200 youth in an adapted Jr. Master Gardener programs using hands-on learning in newly established gardens as part of elementary school science curriculum integrated into two Detroit public elementary schools.

A pilot garden education program integrated experiential garden education into the science curriculum of 66 fifth graders at Blackwell Academy. One fifth grader explained how she showed her grandma how to properly plant baby pepper plants and “how you have to tickle the root ball to get the roots to grow quicker.” Mrs. Deeb, the teacher, noticed, “A significant improvement in the behavior of the students who participated.”
The Urban Roots Community Garden Leader Training Program

The Urban Roots Community Garden Leader Training Program produced 29 new community leaders. There have been 169 graduates from this program since it began in 2005. During that time, the number of family and community gardens in the city of Detroit has increased from 80 to 1,300, an indication that these trained leaders have played a significant role in the growth of urban agriculture in Detroit.

Last year staff established two new community gardens at the Gratiot Woods Senior Co-op Apartments and at A.L. Holmes Public School; delivered outreach programs on growing herbs, using a small greenhouse, starting seeds and community gardening; answered questions on the Horticulture Hotline and, made recommendations on soil tests and diagnostic samples.

Home Gardening Internet Resources

In 2011, 25,252 people visited Michigan State University’s new website, Gardening in Michigan, http://www.migarden.msu.edu/. The site highlights the resources at MSU for gardeners and offers advice based on scientific research performed at MSU or other land grant universities. Additional information can be requested by using the MSUE, “Find an Expert” button at http://expert.msue.msu.edu.
Outdoor and Environmental Education

The Wayne County-MSUE natural resources and environmental education programs continue to reconnect county citizens, particularly the youth, with the natural resources of our state. In 2011, fishing, archery, camping and natural studies programs were provided to over 7,000 Wayne County youth and 1,000 adults.

Great Lakes Education Program

This educational experience introduces fourth-grade students to the Great Lakes. After classroom instruction on concepts like the aquatic food web, water cycles, the roles of oxygen and carbon dioxide, and the effects of exotic species, students took a field trip on a boat on Lake St. Clair and the Detroit River. On their school ship they experienced hands-on activities examining plankton samples, testing water clarity, practice tying marine knots, taking temperature readings, and finally conducting experiments based on their new knowledge.

Angler Education

Family communication and increased quality family-time is one of the outcomes of the angler education program MSUE provides. Interested youth and adults shared training and learning experiences as well as developed environmental awareness and fisheries stewardship.

Archery

MSUE utilized the National Archery Association and the National 4-H archery programs to provide 678 youth training and practice in this sport. Beyond learning the rules of safety, equipment selection and care, shooting techniques, participants also developed concentration, disciple, respect and responsibility.
Outdoor Skills Clinics

Outdoor Skills Clinics are presented at a variety of Michigan's state parks. Non-traditional (individuals who have not traditionally used state parks or other natural resources, purchased hunting or fishing licenses) and urban youth engaged in fishing, camping, archery, compass reading and nature exploration to develop new outdoor and life-skills such as decision-making, teamwork and respect for natural resources.

Michigan Sea Grant

Michigan Sea Grant is a program of MSU Extension and the University of Michigan that fosters economic growth and protection of Michigan's coastal Great Lakes resources with support from National Oceanic and Atmospheric Administration. Throughout 2011 Michigan Sea Grant facilitated or assisted with numerous projects in Wayne County including:

- **Creating Conservation Stewards** – Sea Grant staff led the Wayne County Conservation Stewards Program in partnership with Michigan Natural Features Inventory, Michigan State University CARRS Department, Belle Isle Nature Zoo, USDA Forest Service, Michigan Department of Natural Resources, Michigan Department of Environmental Quality, US EPA and the University of Michigan. The goal of the program is to create a statewide network of dedicated, well-prepared volunteer Conservation Stewards who understand, promote, and actively contribute to significant conservation activities on public and private lands and water bodies. Thirteen individuals passed the program and will contribute a minimum of 520 hours of volunteer service, a value of $11,330 to Wayne County environmental organizations.

- **Aquatic Invasive Species Education** – Sea Grant programs for aquatic invasive species (AIS) centered on education and outreach programs at various locations throughout the county. In 2011, we educated over 1600 participants at seven Wayne County events. Participants learned about AIS threats to biodiversity and what they can do to help stop the spread of these invaders.
• **Eating Safe Fish** – Sea Grant staff facilitated the installation of fish consumption signage at 26 locations along the Detroit River and western Lake Erie. The signs promote fishing, making healthy choices when consuming fish, and methods for filleting fish. The project resulted in the formation of a new Detroit River Citizens Fishery Advisory Council to continue to help shape future fish communication strategies. Staff also helped plan the first River Days Kids Fishing Fest at Milliken State Park. The free event with over 350 participants, was designed to give greater Detroit families, parents, grandparents and children the opportunity to enjoy fishing along the Detroit riverfront while building community, creating family memories, enjoying the great outdoors, and learning about water stewardship and sustainability.

• **Promoting Healthy Sustainable Communities** – Sea Grant staff worked with River Rouge High School, the Downriver Delta Community Development Corp, City of River Rouge, Downriver Linked Greenways Initiative, Wayne Metro Community Action Agency, River Rouge Promise Neighborhoods, Project Achieve, Praxair, DTE Energy and MI 21st Century Community Learning Centers to celebrate sustainable practices. Volunteers helped plant 40 trees along the newly repaved Great Lakes Ave. in River Rouge and install greenway trail signage between Veteran’s Memorial Park and Belanger Park.
Detroit Urban Connections

Co-located with MSUE, the Urban Connections is a program of USDA Forest Service Eastern Region, which draws together all three branches of the Forest Service (National Forest System, State & Private Forestry, and Research) to work with urban leaders and other agencies like MSUE in connecting citizens to the land. This program continues to compliment the mission of MSUE through sharing opportunities to reach urban audiences, extending the reach of MSUE messaging to Forest Service partners and promoting healthy lifestyles through outdoor activity. In 2011, more than 34,500 individuals learned about the importance of healthy lifestyles through outdoor activities in their backyards, in their communities and on the National Forests.

Through the Penny Pines program at Greenfield Village, the Detroit Urban Connections program provided a tree seedling and instructions on how and where to plant it to 20,000 families. 3,500 Youth learned orienteering and received a compass at events like Detroit River Days, Metro Detroit Youth Day, and Shiver on the River Belle Isle. Participation in events like Outdoorama, in Novi, and National Get Outdoors Day, held at Greenfield Village, provided information and introduced opportunities for families to experience outdoor activities.

Working to help urban residents become engaged with their forest resources, the Forest Service has funded and helped coordinate professional development programs for teachers. Besides providing training for urban educators, these programs provided resources for classrooms to take field trips to natural areas. More than 900 students were able to participate in a day long outdoor discovery trip to locations like Sleeping Bear Dunes, Maybury State Park and the Detroit Zoo. National Public Lands Day offered opportunities for Girl Scouts to Lend a Hand to public lands at the International River Crossing.
4-H Youth Development

Michigan State University Extension’s 4-H Youth Development Program is designed to uniquely prepare Wayne County’s youth to step up to the challenge of a complex changing world. It provides developmentally appropriate opportunities for participants ages 5-19 to experience life skills, practice them until they are learned and be able to apply them as necessary throughout a lifetime. Programs provide hands-on learning opportunities in communities across the county through 4-H clubs, after-school programs, school enrichment programs and local, state and national events.

Last year in Wayne County, MSUE recruited, trained and provided oversight to 1515 adult and 578 high school youth volunteers. This corps of volunteers delivers the programs county-wide and serve on committees that help develop and implement 4-H educational programs and outreach efforts. Most 4-H volunteers spend a minimum of three hours a week assisting youth. Using figures calculated by the Independent Sector, the value of a volunteer’s time is $21.79 per hour. In Wayne County, the contribution of the adult volunteers’ time to the 4-H program during 2011 would be over $5,000,000. These volunteers spend quality time engaged in a wide variety of educational activities with the 25,824 youth involved in the Wayne County 4-H Youth Development Program.
4-H Youth Mentoring Program

In the last year 180 adults and youth participated in the 4-H Mentoring Program, a partnership of Wayne County Children and Family Services and MSU Extension. This very important program provided one-to-one matches to 91 at-risk youth during 2011. As a result of being matched with a mentor, participants reported:

- All of the mentees felt like there are people who will help them out if they need it.
- 93% report having higher expectations for themselves.
- 92% think it’s important to try to help others.
- 86% display better behavior in class.
- 84% have a better attitude toward school.
- 61% report that they are better able to resist using alcohol and other drugs.

In addition to the one-to-one matches, 34 middle and high school youth were involved in small group mentoring and the 4-H Tech Wizards Program. These young people committed to two hours of programming each week for a minimum of one year. During this time they were expected to complete at least 20 hours of service to improve their community, a value of almost $15,000 to the community. Areas of interest in this new program are video and audio production, iPod application development, environmental science, rocketry, remote operated vehicles, robotics, computer science, general science and more.

“I really liked how everyone was so cool together, and didn’t treat us differently.”

An alternative school participant
4-H mentoring program participants attended the statewide Tech Wizards workshop at the Kettunen Center 4-H training facility in Tustin, MI.

Jump into Foods and Fitness (JIFF)

In addition to the 500 youth that participate in community and after school club activities, Wayne County young people were able to experience the Jump Into Foods & Fitness (JIFF) program which developed physical fitness and healthy eating habits. In the end, this program had a two-fold impact affecting both the participants and the teen volunteers. The teen volunteers gained leadership and communication skills as they led physical activities and planned healthy snacks for the younger participants. Offered in Redford and the 4-H Center, youth acquired an appreciation of new foods such as trying beans which they first felt they were “gross,” but then asked for seconds.

New York Life Grant Awarded to Develop New 4-H Citizenship Clubs

Metro Detroit 4-H was awarded a three-year New York Life Youth in Governance Grant of $185,000 to develop 18 citizenship based 4-H clubs in urban and underserved communities. Four clubs were developed in Detroit in its first year. The MSUE educator handling this new venture is housed at the Northwest Detroit Office at 17405 Lahser Road in Detroit.
4-H Exploration Days

The annual 4-H Exploration Days conference was attended by 35 Wayne County youth ages 11-19 on the MSU campus. The three day pre-college event is designed to develop personal growth and interests, to improve communication, citizenship, leadership skills. It also increases college exploration for many youth who have not previously considered college, develops an awareness of the MSU campus and its resources, and develops skills necessary to a successful transition to college and adult life. 98% of 2011 attendees plan to attend college and 87% said the program better prepared them for college. Top skills the students indicated they developed during the conference included making better decisions, managing time well and adapting to new living arrangements.

Michigan participants who attended Exploration Days go on to attend college at almost double the national and state rate of high school graduates.

(See chart at left for more details.)
4-H Community Center:

The MSUE 4-H Center located on 5710 McClellan Street in Detroit is a unique urban 4-H setting. During 2011, the youth and their leader accomplished three large community clean-up projects in surrounding neighborhoods. Over 2,000 books were delivered to more than 400 youth during Reading Awareness Month. The 24 members of the garden group took advantage of the Grown in Detroit program to manage 30 garden beds and sell the produce at the Eastern Market using the proceeds to take three exciting field trips.

Quarterly, about 200 youth are attracted by the opportunity to participate in lock-ins from 10 pm to 6 am that provide sports, art and food activities. The Center offers a rare place for the community’s young people to safely participate in a wide variety of educational programs, engage in projects to improve their community and build leadership skill.
Plant Science and Gardening Programs

Plant science and gardening programs were offered to over 1,000 youth across the county including at Bulman Elementary School in Redford, 4-H Community Center in Detroit, A.L. Holmes Public School in Detroit, and in several Downriver communities. These programs are designed to encourage fitness, healthy eating habits and can serve as community service projects.

- 200 youth participated in an adapted hands-on Junior Master Gardener program that was integrated into two Detroit elementary school science curriculums.
- Another project was a summer garden club program in collaboration with the Georgia Street Community Center which included hands-on experiences in gardening, beneficial insects, cooking and wildlife.
- Of the 400 participants who were invited to share their school progress records to see if learning life skills in gardening could transfer to skills in completing tasks like homework assignments and testing skills, about 74% presented documented improved grades at the end of the school year and 70% reported improved test scores in reading and comprehension.
The National Children’s Study

In February, 2011, the National Children’s Study (NCS) was launched in Wayne County. It is one of 105 counties across the United States where the study is being conducted. This is the largest study ever conducted on the effects of the environment on the growth, development and health of OVER 100,000 African-American children, from before birth through the age of 21. The study’s goal is to improve the health and wellbeing of children and contribute to a better understanding of the role of the environment in health and disease.

Michigan State University Extension has an integral role in the study in Wayne County as a member of the Michigan Alliance for the National Children’s Study (MANCS). This alliance is an organization of doctors and scientists from Henry Ford Health System, of the Michigan Department of Community Health, Michigan State University, the University of Michigan, and Wayne State University and its affiliated Children’s Hospital of Michigan, that has joined forces to conduct the study in Wayne County. In 2011, MSUE promoted the study by building a comprehensive media campaign that distributed items and social media to increase countywide neighborhood awareness.

As of December 2011, over 100 Wayne County women and their babies were enrolled in the pilot phase of the study. Findings from the study will be made available as the research progresses, making potential benefits known to the public as soon as possible. To learn more about the National Children’s Study in Wayne County, please call 1-888-99-MI-NCS or visit www.nationalchildrensstudy.gov.
Supporting Communities

Project FRESH is an initiative between the Women, Infant and Children (WIC) program, MSUE and Michigan farmers. Income eligible families and seniors learn to select, prepare and preserve fresh, locally grown produce. Nearly 720 county adults received coupon books with coupons that redeemable at local farmers’ markets and area farmers received more than $14,500 in income through these redemptions.

Supporting Families

Limited resources audiences have access to EFNEP training which builds the skills to develop and maintain nutritionally sound diets, and to improve their families’ diets and nutritional wellbeing. In 2011 nearly 360 adults completed the educational program. More than 1550 individuals in their families benefited from their increased nutrition knowledge and healthier lifestyles. More than 80% of the participants completed the program with the following positive changes:

- 82% improved one or more food resource management practices.
- 67% showed improvement in food safety practices.
- 93% stated their families had improved nutrition.

4-H Mentees and Mentors at the Wayne-Macomb Capuchin center
Family, Health and Nutrition Programs

Michigan State University Extension’s health and nutrition programs reached nearly 7,000 Wayne County residents in 2011. These programs provided research based training through federally funded school meal and nutrition programs under the Healthy, Hunger-Free Kids Act of 2010 for low-income children. In Wayne County MSUE nutrition programs funded through this bill reached participants through the Expanded Food and Nutrition Education Program (EFNEP), the Supplemental Nutrition Assistance Program (SNAP-Ed), the Farm Resource Expanding and Supporting Health program (Project FRESH) and food preservation classes.

Nutrition for Youth

MSUE paraprofessionals delivered programs to more than 2,000 youngsters in Detroit, Taylor, Highland Park, Hamtramck, Van Buren Township, Melvindale and Redford. At a summer youth program organized through Michigan Works, each week participants were given an opportunity to report on how they applied knowledge and behavior objectives of the past week and displayed conscious of healthier options. As one participant said, “We watched a movie over the weekend and I asked my mom not to put too much salt and butter on my popcorn because it’s an oil.”

Healthier Adults

250 Wayne County senior’s participated in a six week series SNAP-Ed program. This program was designed to help them select and prepare nutritious food on a limited budget. The evaluation revealed positive behavior changes as follows:

- 38% increased their consumption of fruit to more than one serving daily.
- 30% increased their consumption of vegetables to more than one serving daily.
- 40% learned about more nutritional products.
- 25% are doing physical activity at least 30 minutes daily.
Breastfeeding Program

The Breastfeeding Initiative (BFI) Mother-to-Mother programs works in conjunction with local health departments in Detroit and Wayne County (WIC) to deliver in-home, person support and education to breastfeeding mothers. Four MSUE peers completed the following during the year:

- Education was provided to over 800 mothers in a variety of settings like home visits, hospital visits, telephone support, clinic settings, baby showers, and annual meeting and support groups.
- 430 mothers successfully completed the program with an average breastfeeding duration rate of six months. 93 mothers continued to breastfeed at the close of the year.
- 508 babies were born during the twelve month period of which 445 (88%) were born full term of more than 37 weeks gestation and 446 had a birth weight of 5.5 pounds or greater. There were no stillborn babies born in the program during this time period.

Developing Healthy Lifestyles

MSUE provides education to Wayne County residents focused on the prevention and management of leading chronic diseases. One such program, Personal Action Toward Health (PATH), delivers health information to empower individuals to assume an active role in managing their chronic or long-term health condition. Conditions such as diabetes and high blood pressure are the most prevalent, costly and preventable of all health issues and knowing how to lead a healthy lifestyle greatly reduces the risk of developing such a disease. 17 participants from the Presbyterian Village Villa participated in the six week program and reported improved symptom management, decreased fatigue, shortness of breath and self-reported pain. Other benefits were increased physical activity and improved communication with physicians.

To learn more about PATH, visit www.miHealthyPrograms or contact Cathy Newkirk, Extension Educator at 248-858-0888.

“The main thing I have learned from the PATH workshop experience is to RELAX. ”—PATH workshop participant
Community Development

MSUE Community and Economic Development staff in Wayne County worked with nearly 300 individuals during the reporting year. The programs included Citizen Planner and Complete Streets workshops that focused on land use issues and facilitated leadership and capacity building efforts with community-based non-profits.

One key effort included capacity building with the Michigan Coalition of Black Farmers. MSUE staff helped this group document their annual activities and implement a membership survey. The survey revealed the membership was composed of part-time farmers and other members with food related interest. Many who responded were looking for technical assistance for food related issues. The Coalition plans to use these result to help design educational programs and activities for its members.

Another effort involved a place-making project in the City of Detroit. St. Martha’s Church is located near the corner of Joy and Greenfield Roads. The original development of the church was funded by the Ford family and a Ford family cemetery is still located on the site. Presbyterian Villages of Michigan (PVM) and 15 other community-based partners are the stakeholder group that are working to repurpose the 22,000 square foot building and develop the plan for adjacent vacant property as well. MSUE staff along with other MSU staff is helping facilitate the development of this community plan.

The St. Martha’s Project will seek to expand on a “commons” theme in the use of open space for the project.
Financial Literacy

Michigan State University Extension’s Finance, Housing, and Energy work team provided financial literacy training to 166 youth and adult residents. Six to eight training sessions were provided to families on financial issues including budgeting, savings, credit, insurance, and identity theft which focused on behavior change. Certificates were given to participants who completed the interactive trainings.

Research-based evaluations developed by the National Endowment of Financial Education (NEFE) were administered at the beginning of the first session and at the end of the last session. Evidence of the positive after training effects on participants was demonstrated with the results from the evaluations:

- 96% of the participants were utilizing spending plans after the trainings
- 90% of the participants were saving on a regular basis after the trainings
- 89% of the participants were keeping track of savings and spending after the trainings

In addition, train-the-trainer workshops in financial literacy were facilitated for Wayne County and community agency employees who were able to use the knowledge learned in these trainings to assist their clients in making informed money management decisions.
MSU Product Center Activities

MSU Extension and the MSU Product Center provide direct counseling, business counseling and specialized services to entrepreneurs in the food processing business, as well as farm management counseling to those interested in commercial urban and suburban agriculture start-up businesses.

In the past year, the MSU Extension and the Product Center have worked with over 60 clients, who are either a resident, business owner, or has expressed interest in doing business in Wayne County. These clients are in various stages of product development, with some projects taking more than a year to develop. Wayne County residents started and launched eight new businesses and products over the past year. In addition, 11 residents from adjacent counties have established a business connection within Wayne County through a retailing location or locating production of their product in Wayne County.

Direct counseling efforts center on testing of a food concept. The entrepreneur and the Product Center Innovation Counselor engage in a study to determine if a food product concept has commercial potential. If the concept has commercial potential, the entrepreneur and innovation counselor work through a plan to bring the food concept into the commercial market. The transition from food concept to commercial product requires some specialized services, such as validation of the recipe for food safety, packaging, nutrition facts labels and regulatory review. The MSU Product Center offers these services to Wayne County residents and business owners.

MSU Extension Educators and MSU Product Center Innovation Counselors continue to support entrepreneurs in an emerging urban agriculture industry. In the past year, several farm plans have been developed and several more are presently under development. One of the more interesting concepts for urban farming centers on the use of a commercial farm as a venue for care for people in need of some type of medical therapy. This
concept would provide a cost efficient means for therapy of a person in need, and provide additional income for the farmer providing the service.

MSU Extension and the MSU Product Center is looking forward to continued success in the agriculture and food industry in Wayne County, and is poised for continued support of the food and agriculture industry in Wayne County. MSU Extension and the MSU Product Center have established stronger and more direct ties to partners in Wayne County. The relationship with Eastern Market Corporation continues (EMC), with MSU Extension staff now having offices hosted by Eastern Market. This relationship has natural synergies, due to the EMC’s market opportunity and MSU Extension and MSU Product Center’s capacity in the developing food businesses.

Megan Achroyd of Achroyd’s Scottish Bakery is one of the Product Center’s new clients.
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