



Lake County 2012 ANNUAL REPORT

Spring greetings!

MSU Extension in Lake County is your local connection to all of the educational resources of Michigan State University every day of the year. Our staff, whether housed in the county or outside of it, delivers programs that meet local needs. Extension staff members work diligently to reach as many residents as possible, with innovative methods that are effective and efficient .

In 2012 Lake County MSUE weathered a major challenge as our office was closed due to environmental conditions from October 18 until November 12, with phone service not re-established until mid-December. Even so we had nearly 700 phone calls and walk in customers just to the front desk up through September.

This report provides highlights of MSU Extension’s work in Lake County during 2012 within the structure of our four programmatic Institutes:

- ◆ Agriculture and Agribusiness Institute
- ◆ Children and Youth Institute
- ◆ Health and Nutrition Institute;
- ◆ Greening Michigan Institute

MSU Extension has changed in many ways since our 1917 beginning in Lake County, when Charles L. Rose was hired as County Agricultural Agent. However, we have not changed our focus of connecting education and research on campus to the people and businesses in the communities we serve.

Thank you for your continued support of this critical partnership.

Kay Cummings

District #5 Coordinator



Mission

Michigan State University helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

In-county staff

Kathryn E. Cummings
District Coordinator

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Ag/Water Quality

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Christina Curell
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 Crops

Rebecca Finneran,
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 Consumer Horticulture

Michigan State University Extension works with growers and producers to protect the environment, ensure food safety, reach new markets and advance agriculture through applied research. Our goal is to improve competitiveness in local, national and international markets, making the rural Michigan economy stronger.



Home and Garden

Twenty-four Lake County residents took advantage of horticulture programs held in West Michigan that will enable them to be knowledgeable about conservation education and equip them to take part in protecting lake and water quality. Some of the programs included Smart Gardening, Gardening Strategies to Save Water, Time and Money, and Soil Testing. The office continued to assist many residents in home and garden pest identification as well control methods. There were many questions in regards to plant disease and pest populations due to the 2012 summer drought.

Animal and Plant Agriculture

The majority of the land in Lake County that is being actively farmed is in the area of small cattle and hay production. This year we have seen an increase in interest in small agricultural start-ups. These growers have been working with the local MSU Extension office as well as educators that are specialized in these areas to create agricultural businesses. There is one grower who is interested in poultry production, because of the specialty of his operation a Poultry Specialist at MSU was contacted to directly consult with the grower.

The Lake County MSU Extension Office assisted Chase Township in writing a USDA grant for a farmers market in Chase. Unfortunately this program wasn't funded but a framework was created for future farm market ventures.



Several producers in Lake County took advantage of the many programs offered throughout the state for production. These programs ranged from production and environmental issues to business management. Statewide programs offer the participant the opportunity to network with producers in various parts of the state as well as have direct contact with specialist and researchers throughout the United States as well as throughout the world.

Wildlife food plots are springing up throughout the county. Small tracts of land are being developed and maintained to support wildlife. Most of the landowners are not experts in plant production. MSU Extension assisted these growers by helping them with soil fertility, seed selection, and planting methods.



4-H helps young people ages 5 to 19 explore their interests through fun, engaging, hands-on learning experiences. Studies demonstrate that the more than 6.5 million youth participating nationally in 4-H do better in school, are more motivated to help others, feel safe to try new things, achieve a sense of self-esteem, and develop lasting friendships. The fundamental 4-H ideal of practical “learn by doing” experiences encourages youth to experiment, innovate and think independently.

In 2012, over 450 Lake County youth participated or were directly involved with 4-H, as detailed on these pages.

Lake County 4-H Youth Baseball & Softball

This program engaged fifty-five boys and girls from 5-15 years old, providing a positive environment for them to improve self esteem, become more responsible, and learn what it takes to become a team player. Youth participated in more than 64 hours of practice and games. Coaches are screened through our MSU Volunteer Selection Process, which includes a criminal history check and an interview.



Lake County Disc Golf Program

The Lake County Disc Golf Program creates an opportunity for youth to learn to work together, increase self-esteem, find a sense of purpose, meet goals, and become knowledgeable in good sportsmanship. In 2012, eight youth participated in this 14 week program, spending many hours practicing and competing in a traveling league out of Scottville. Disc golf provides an “alternative” fitness activity for youth who may not be engaging in traditional sports activities, and as a plus, has a lower risk of physical injury than many other sports.



2012 highlight: Two youth from the Lake County Disc Golf team became the 2012 Junior Boy and Junior Girl Disc Golf State Champions, a first time in history for Lake County.

4-H Capitol Experience

This four day experience at Michigan's Capitol provided civic education and involvement for ten (10) Lake County youth, giving them an opportunity to develop an interest in national, state and local government. The program content reinforces the Michigan State Content Standards for Social Studies Education in civic perspective, public discourse, decision making and citizen involvement. Students were recommended by their government teacher and completed an application process to attend.



Seth Hopkins
4-H Program
Coordinator

Citizenship Washington Focus

Two Lake County high school students had the opportunity to attend ***Citizenship Washington Focus*** in 2012. This week-long 4-H citizenship program for youth ages 14-19 takes place at the National 4-H Youth Conference Center, just outside Washington, DC. Every summer, thousands of young people participate in the program, which provides opportunities for them to strengthen their communication, leadership, and citizenship skills while they learn the importance of civic and social responsibilities. These students raised most of their own funds, with the County Board of Commissioners and other organizations supporting them.



School Enrichment Programs

Lake County 4-H collaborates with Baldwin Public Schools to extend current curricula, and provided enrichment experiences to 146 youth through the following programs:

*Disc golf fundamentals was provided for the school's physical fitness classes.

*The popular "Generation E" entrepreneurship program for youth was co-taught by Ron Steiner, Extension Educator in Entrepreneurship, and Seth Hopkins, Lake county 4-H Program Coordinator, at the Baldwin Middle School. Twice a week for three weeks, students were taught the fundamentals of creating their own business.

*At the Baldwin High School Career Fair, Frank Cox, 4-H Youth Extension Educator from Muskegon County, spoke to juniors and seniors about career preparation.

Strive

Lisa Bottomly, Extension Specialist in Children, Youth and Families, provided a training for the Baldwin Rotary STRIVE Mentoring program on being an effective mentor. Lake County 4-H has also collaborated with Rotary to provide mentoring activities for 16 students over a nine month period.

Community Involvement:

Lake County 4-H helped to plan, and participated in a community Spring Fling in collaboration with the Youth Committee and AMVETS.

The 4-H Program Coordinator also served as Chairperson of the Lake County Children's Trust Fund Committee, the Lake County Youth Committee, and the Rotary Strive Committee, and participated in the Lake County Round Table.



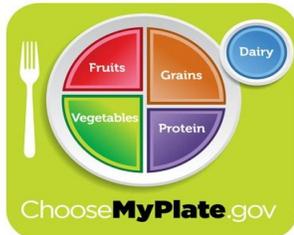
Lake County residents rank below national levels for good health. High levels of obesity, chronic diseases like diabetes, heart disease, and cancer; and low levels of physical activity contribute to an unhealthy population. Our Federally funded nutrition program teaches people how to eat healthier, to stretch their food budgets to include healthy choices and to safely store and prepare their food.

Eating Right is Basic (ERIB)

Thirty-four (34) adults attended a series of ERIB classes, taught by Program Associate Shirley Ringler in 2012. These six-session classes have lessons on everything from My Plate, reading food labels, planning menus, food safety and creating goals for better nutrition and more physical activity.

Nutrition Education Presentations

Eighty-eight (88) adults from WIC and other groups in Lake County attended presentations on topics such as Food Safety, Vegetables, Fruits, My Plate, Whole Grains, etc. to improve their families' diets and health. Most were involved with Project FRESH, in which they receive a \$30.00 booklet of coupons good for fresh produce at farmer markets.



Nutrition Education in the Schools

Three classes totaling fifty-six (56) students took part in a program called “*Show Me Nutrition*”. The lessons took place once a week for six weeks, and included information about increasing consumption of fruits and vegetables, whole grains, and low-fat dairy products. Students were encouraged to increase their physical activity each day. Another fifty-seven youth (57) attended three summer-time presentations on the importance of a healthy diet and exercise.

What’s New in Food Preservation?

Forty-one (41) Lake County residents attended this class offered at Five Cap, taught by Linda Huyck, Extension Educator from Montcalm County. The class focused on current recommendations of the USDA for safe canning and freezing. More people are canning to provide safe, wholesome products at a reasonable cost for their families. Jane Hart tested gauges for home canners to assure safety in the finished product.

Being Organ Wise

Shannon Lindquist, Extension Educator (Osceola County) taught 6 classrooms of 4th graders at Luther Elementary School (eighty children) how fruits and vegetables impact their organs using puppets called “the Organ-Wise Guys”.

Partnership with DHD #10

See next page for a note from Linda VanGills, sharing how MSUE and the Health Department work together to serve the nutrition/ health needs of county residents.



Jane Hart
Extension Educator,
District 5
Nutrition &
Physical Activity
and Food Safety

Shirley Ringler
Program Associate
Lake and Newaygo
Counties
SNAP-Ed

Linda Huyck
Extension Educator,
District 6
Food Safety and
Family Resource
Management



Serving the counties of Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford

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TO: Kay Cummings, District Coordinator
FROM: Linda VanGills, MA
Health Officer
RE: MSU- Extension
Lake County
DATE: September 4, 2012

District Health Department #10 appreciates the opportunity to work with MSU Extension in Lake County. Many of the programs that are provided by MSU Extension provide support and reinforcement for public health goals in the area of health and wellness. Some specific examples are below:

Wise Woman Program. Women who go through the Wise Woman Program and are identified as needing assistance in the area of nutrition education are referred to the Healthy Eating classes sponsored by MSU-E Snap Education. This summer five individuals participated in the six week program. As you are aware DHD#10 has a large Wise Woman Program caseload and a *requirement* for the program is work collaboratively with MSU-Extension to promote behavior change in the area of healthy eating.

WIC Education: Lake County MSU-Extension provided educational classes in support of the Project FRESH/Farmers' Market Nutrition Program. This program distributed 85 Project FRESH booklets valued at \$2,550 this summer. MSU Extension provided education in using fresh fruits and vegetables.

Other areas the Health Department collaborates with MSU-Extension includes; resource referral to the community in their target areas, we partner on various community coalitions, and collaborate in addressing specific health concerns such as West Nile Virus and H3N2.

I hope you find this information helpful. Should you have any questions please do not hesitate in contacting me.

CC Kevin Hughes
Anne Bianchi



Household Hazardous Waste Collection

MSU Extension serves as the Lake County information headquarters and administrative assistant for the Household Hazardous Waste program, also serving as a drop-off site for household batteries. Christina Curell is on the steering committee with Soil Conservation Districts, townships, county and other interested groups.

In the past 11 years the total amount of hazardous waste collected from Lake County has reached in excess of 49,461 pounds (4266 pounds in 2012). Two hundred and twenty-six individuals participated from Lake County alone. We are proud to be a part of this important multi-county effort.

Developing Entrepreneurship

Ron Steiner, Extension Educator from Mason County and Director of The Starting Block in Hart, has been instrumental in the formation of the “Business Development Association of Lake County” (BDALC). Ron met with this group of potential entrepreneurs up to twice/month early in the year to provide guidance on bylaws, public relations and resource people. The group is now incorporated as a Michigan Non-Profit. On behalf of “BDALC”, Ron taught two workshops on “Growing Entrepreneurs”, and a workshop on the Cottage Food Law at Michigan Works reaching 14 people. A second, more detailed workshop on the same topic with Extension Educator Mary Robb out of Muskegon County had three participants from Idlewild plus others. The objectives of the BDALC organization are to stimulate entrepreneurial growth in Lake County, form a SCORE chapter, support youth entrepreneurship and eventually open a business incubator.

Community and Economic Development

Ryan Coffey, Newaygo County MSU Extension Land Use Educator, provided technical assistance in the development of the Lake County Master Plan which was approved in early 2012. Coffey compiled and formatted the plan and developed all charts, graphs and maps. The Planning Commission estimates that Ryan’s involvement saved the county up to \$7000.00. The Planning Commission has asked him to also assist with the Lake County Recreation Plan in 2013, which will serve as the foundation for applying for outside grants to further develop Lake County’s potential for tourism and local recreation.

Christina Curell
 Extension Educator
 Water quality & Cover
 Crops

Ron Steiner
 Extension Educator
 Entrepreneurship

Ryan Coffey
 Extension Educator
 Land Use



John Amrhein

Extension Educator

Local Government and
Public Policy

Michigan Northern Counties Association

Commissioner Robert Myers is Lake County's representative to this group. John Amrhein, Extension Educator in State and Local Government, brings county commissioners together from 33 counties in northern lower Michigan on a monthly basis to learn about current issues in county government, as well as to learn from the experience of others. This year's topics included local law enforcement, state revenue sharing history and changes, community mental health and substance abuse services, and sharing services, as these issues impact county government. A legislative update from the Michigan Association of Counties is also a regular feature. These meetings are open to all County Commissioners.

New County Commissioner Training

To be successful in **governance**, newly elected officials must quickly learn the responsibilities of their new jobs. Since there is no training prerequisite to run for office and serve as an elected leader of local government in the state of Michigan, attending training programs is very important during the first year in office. On December 4, 2012, Lake County sent a delegation of eight to this MSUE/MAC sponsored election-year training.

The MSUE County Budget and Finance Workshop teaches commissioners and other county officials the basics of county finance. Participants learn the budgeting process, impacts of economic trends on county revenues and expenditures, county financial statements, and details about the various revenue sources available to counties. Lake County Commissioners did participate in the 2012 workshop.

MSU/MSUE Economic Impact in Lake County

According to the website <http://mispartanimpact.msu.edu>, MSU and MSUE are having an economic impact in Lake County. With twenty-three (23) Lake County students enrolled, Michigan State University disbursed \$358,757.00 in financial aid in 2012-13 to them. \$4210.30 was spent at local businesses, with a total economic impact of \$531,584.00. There are fifty-six (56) alumni of Michigan State University residing in Lake County.





District #5

STAFF LISTING

Homeowner Lawn/Garden Questions	Toll-Free Hotline		1-888-678-3464
Programming Area	Educator	Home Office	Phone number
4-H Youth Development/Volunteer Devel./Club Support	Sandy Risedorph	Newaygo	231-924-0500
Ag Water Quality	Christina Curell	Lake	231-745-2732
Agricultural Bioenergy/Bioproducts	Charles Gould	Ottawa	616-994-4580
Air Quality & Pork	Jerry May	Gratiot	989-875-5233
Bus. Start-Up, Bus. Planning Classes, Entrep. Comm.	Ron Steiner—retired	Mason	231-898-4789
Business Management	Curtis Talley	Oceana	231-873-2129
Career & Workforce Preparation, Mentoring & College	Frank Cox	Muskegon	231-724-4738
Commercial Manure & Nutrient Management	Natalie Rector	Calhoun	269-781-0908
Commercial Potato & Pickle Production	Fred Springborn	Montcalm	989-831-7500
Commercial Tree Fruit	Amy Irish-Brown	Kent	616-490-1079
Commercial Vegetable Production	Ben Werling	Oceana	231-873-2129
Consumer Horticulture/Commercial Green Industry	Rebecca Finneran	Kent	616-336-3265
Cover Crops	Christina Curell	Lake	231-745-2732
Dairy	Kathy Lee	Missaukee	231-839-5850
Farm Management Educator	Adam Kantrovich	Ottawa	616-994-4580
Field Crops	Jerry Lindquist	Osceola	231-832-6139
Fisheries/Aquatic/Invasive Species	Dan O'Keefe	Ottawa	616-994-4580
Food Safety/Financial Literacy	Linda Huyck	Montcalm	989-831-7511
Grazing Education	Jerry Lindquist	Osceola	231-832-6139
Intergrated Cropping & Livestock Systems Educator	Marilyn Thelen	Clinton	989-224-5240
Land Use & Public Policy	Ryan Coffey	Newaygo	231-924-0500
Meat Quality Extension Educator	Jeannine Schwehofer	Huron	989-996-0684
Financial and Homeownership Educator	Mike Krauch	Mason	231-757-4789
On-Farm Energy Efficiency	Charles Gould	Ottawa	616-994-4580
SNAP-Ed/EFNEP Program-Food Safety Questions	Jane Hart	Muskegon	231-724-6694

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