2013 Annual Report

Clare County

Proven, Relevant, Life Changing
A MESSAGE FROM THE DISTRICT COORDINATOR:

It is my pleasure to bring to you the Annual Report for Clare County Michigan State University Extension. Thank you for your continued support of Extension services and 4-H in Clare county. We continue to strive to help people improve their lives by bringing the vast resources of MSU directly to individuals, communities and businesses. For more than 100 years, MSU Extension has helped grow Michigan’s economy by equipping Michigan residents with the information that they need to do their jobs better, raise healthy and safe families, build their communities and empower our children to dream of a successful future.

2013 was another productive year for MSU Extension in Clare County. Our agriculture, 4-H, food and nutrition programming were all strong, and I’ll elaborate on that in the following pages.

2014 marks the anniversary celebration of 100 years of Cooperative Extension in the United States. On May 8, 1914, the Smith Lever Act was signed, granting federal legislation to the vast cooperative extension services throughout this county. In 1917, Clare County received its first agriculture agent and joined many counties throughout the state of Michigan in a cooperative extension program.

Shari Spoelman
District Coordinator, District 6

2013 PARTICIPATION NUMBERS

<table>
<thead>
<tr>
<th>Program</th>
<th>Participants</th>
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</thead>
<tbody>
<tr>
<td>4-H Children &amp; Youth programs</td>
<td>1233</td>
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<tr>
<td>4-H Members (Traditional Club Enrollment)</td>
<td>305</td>
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<tr>
<td>4-H Adult Volunteers</td>
<td>51</td>
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<td>School Enrichment Participants</td>
<td>877</td>
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<td>4-H Clubs</td>
<td>24</td>
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<td>Agriculture &amp; Agribusiness</td>
<td>162</td>
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<td>Greening Michigan programs</td>
<td>67</td>
</tr>
<tr>
<td>Health &amp; Nutrition programs</td>
<td>539</td>
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</tbody>
</table>

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

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Making a difference in the Clare County 4-H program. By turning ideas into action by leaving a positive impact on their communities. 4-H'ers engage in hands-on learning activities in the areas of science and agriculture, learning educational programming, and providing youth an opportunity to explore potential careers. Each year youth projects are showcased at the county fair in Harrison to display the 4-H members' hard work from throughout the year.

Clare County 4-H Clubs — 4-H Clubs are the foundation of every successful 4-H program. They provide volunteers and youth with unlimited opportunities for learning, relationship building and fun. 4-H clubs can take many different forms. They can be single project clubs, afterschool clubs, in-school clubs, or community clubs. Regardless of the structure, the primary purpose of 4-H clubs is to support the development of each youth participant’s full potential. The club structure is designed to help volunteers and members build significant and lasting relationships. In 2013, Clare County had 24 4-H Clubs with 305 members and 51 leaders.

4-H Exploration Days — Exploration Days is designed for young people aged 11 to 19 and involve about 2,500 participants from all parts of Michigan in a multitude of hands-on learning sessions, field trips and recreation opportunities. In June 2013, Clare County had 19 delegates attend.

Art Workshop - 4-H Visual Arts Workshop for Clare, Gladwin, Isabella county youth was scheduled on Saturday, February 9, 2013 from 11:00am to 3:00pm at Jay’s Sporting Goods in Clare. This workshop was open to youth age 12 to 19 years old. Cost was FREE! Projects included: print making, wire arts, collage, and watercolor book. 18 Youth attended this hands-on fun learning project.

4-H Cloverbud / Summer Camp — Clare, Gladwin, Gratiot and Isabella counties held two camps for ages 5-8 Cloverbud Camp and ages 9-13 Summer Camp. Counselors were well trained and prepared to teach camping skills and outdoor adventure. More than 100 campers, counselors and volunteers participated in 2013. There were 3 females that attended the Cloverbud camp and 1 youth female that attended the Summer Camp from Clare County.

Pork Quality Assurance Training — All youth that showed a swine project at the county fair, it was recommended to have an up to date PQA certification. Youth were able to learn how to promote good production practices for exhibition swine. Close to 100 youth from Clare and Gladwin County completed this training in April 2013.

Statewide 4-H Award Winners — Patrick McInnes from Clare County qualified for state awards in 2013. Each youth went through a rigorous interview process; both emerged as delegates and state award winners representing 4-H’ers in project areas across Michigan. Evaluation summary demonstrates youth learned valuable life skills and content knowledge.
MARK of Excellence - The Mark of Excellence Program is designed for 4-H’ers, ages 11 & 12, and is part of the State 4-H Awards Program. Youth needed to complete a five hundred word essay on the following theme, “Because of 4-H, I Can . . . .” Our county selected one essay to be recognized during the State Awards Celebration at Michigan State University during 4-H Exploration Days— Cassidy Ogg.

China Art - Thousands of Michigan kindergarten through sixth grade children participated in the 2013 4-H Art Exchange with China. Of those thousands, eighty pieces were selected to send to China. Artwork by Farwell Area Schools and Harrison Area Schools after school program S.P.A.R.K.S was part of that select group. As part of the art exchange, Michigan children are asked to paint or draw “visual letters” for Chinese children their own ages. A visual letter is like a written letter in that both tell stories, share important ideas and feelings, and connect children regardless of where they live. With over 280 youth participating in Clare County, five were part of the selected group to have their art work sent to China.

4-H Great Lakes Natural Resource Camp - This camp provides youth with opportunities including: fishing, boating, swimming, hiking and campfires. They learn about Great Lakes ecology and natural resources and learn about related careers. Youth can discover environmental education projects that they can do at home as they make new friends from across the state. There was 1 male Clare County 4-H member who attended GLNR Camp in 2013.

Character Education - Youth in the Farwell Elementary Sparks program learned the six pillars of character through hands on activities and books. Youth participated in 3 weeks of programming giving youth an understanding of how to be a person of character. Thirty-nine youth were reached through this effort.

Because Michigan 4-H is part of MSU Extension, the activities kids participate in are all backed by and based on child development research. We use experiential (i.e. hands-on) learning and time spent intentionally thinking about what’s been learned to make it a meaningful experience, with skills and ideas learned that last a lifetime.
4-H Capitol Experience - In March, 2013, first-year 4-H Capitol Experience participant Josiah Bear was amongst the 70 high-school teens that descended upon Michigan’s capitol in order to learn about state government and the importance of their voice in state policy. Youth spent four days learning with their peers in topic-focused issue groups including: agriculture; crime, drugs, and personal safety; education; equality and personal rights; health; and jobs and the economy. Youth worked in groups to develop mock bills related to their issue that they followed through all stages of state government using a legislative simulation. Concurrently, youth met with staff representing state and community agencies, lobbyists, and legislative aides that work in areas related to their issue groups. Participants also had a chance to observe the house and senate in session and meet in person with their senators and representatives. Teens participate in a nine hour Michigan Legislative Simulation over four days.

Clare County 4-H Foundation— In July 2013, the Michigan 4-H Foundation announced a campaign to help build county 4-H program endowments. Clare County is participating in this campaign to build our endowment. Our goal is to raise $4,000 in 5 years. In 2007, the Clare County 4-H Youth program created the Clare County 4-H Endowment with the Michigan 4-H Foundation. Currently we have over $20,000 in our endowment. The Michigan 4-H Foundation with support from the Herbert H. and Grace A. Dow Foundation, the Rollin B. Gerstacker Foundation and individuals is helping to create or to support existing county endowments with 1:1 match, doubling the donor’s impact. To learn more about this campaign visit www.mi4hfdtn.org/.

National Beef Exposition – November 16, 2013 - Josh Langlois from Clare traveled to Louisville, Kentucky to compete in the North American International Livestock Exposition (NAILE) to show his heifer calf in the National SimAngus Show. Josh is a member of the Supreme Showman 4-H Club, and has been involved with the beef project area for 13 years. Josh has also competed at many other steer shows in Michigan throughout his 4-H career. Josh placed 4th in his class. Congratulations to Josh! His hard work and dedication to his beef project is paying off.

Clare County 4-H Fall Awards Banquet - At the 2013 4-H Fall Awards Banquet, approximately 200 4-H family members and friends came to show their support for 4-H youth and volunteers of Clare County. The 4-H Awards Banquet is one of the ways we recognized the youth and volunteers for all their hard work and dedication for the past year.

Club of the Year: Country Neighbors!
Clare County Youth Advisory Committee - Extension Educator, Michelle Neff provides support to the Clare County YAC. In 2013 their accomplishments included:

» **Granted $8,300** in funds for community organizations to impact youth in Clare County. Recipients include: 4-H, Harrison Library, Mid Michigan Medical, Clare Elementary School, Girls on the Run, and Mid Michigan Community College.

» **Received a $1,000 match grant** from Michigan Council of Foundations for the College Positive Communities Project.

YAC projects impacted 28 students in Clare, Harrison, and Farwell schools.

- Packed food boxes for Mid Michigan Community Action Agency two times, filled over 800 boxes of food for low income families.
- Participated in numerous community service projects:
  - Made dog toys for animal shelter
  - Filled Easter eggs for the Clare County senior shut ins
  - Made flag pins to give to area veterans
  - Cut holes out of milk jugs for planters
  - Decorated cards for senior scholarship reception
  - Planted flowers for the City of Harrison
  - Cleaned up the community garden by H&R Block and the Harrison Community Library

Career and Workforce Prep — Extension Educator, Sara Keinath worked with Harrison high school, helping youth with their resume development skills.

Mock Interview Day - This annual event at Central Michigan University saw 134 Clare County Youth participate by having their resume's critiqued and go through interviews with community stakeholders and business leaders. Youth learn resume/application skills, interview skills, and etiquette.

We are excited to be hosting a Breakfast on the Farm in Mecosta County this year. It will be held August 16th at the De Grins Oer Dairy in Blanchard. Plan on attending this awesome event to learn more about modern farming.
MSU Extension Guides Beef Farms on Drought Recovery & Rising Feed Costs - The MSU Beef Team including District 6 educators Jerry Lindquist and Kable Thurlow coordinated a series of three educational meetings across the State entitled Feeding the Beef Herd in 2013 & Beyond. This series helped 50 beef farms to strategize their recovery from the 2012 drought with the associated high feed costs and rising price of land. 83% of the attendees surveyed said they planned to adopt new management practices highlighted in the series. Follow up survey work on some of these farms documented feed cost savings of $10,000 - $15,000 per farm for the year. One of the meetings was held at Kettunen Center near Tustin with producers attending from Osceola, Mecosta, Clare, Missaukee and Gladwin Counties.

Helping Farm Raises Better Soybeans in Northern Michigan - With rising interest in soybean production in Northern Michigan an educational meeting was coordinated by Extension Educator Jerry Lindquist in conjunction with the Michigan Soybean Association and Extension Soybean Educator Mike Stanton to update cash crop producers. 38 farms attended the February meeting in Cadillac with 27% of those surveyed the following fall reporting increased incomes of an average of $4,845 per farm as a result of info gained at the meeting. Farmers attended from the following counties Clare, Gladwin, Mecosta, Missaukee, Osceola & Wexford.

Cover Crop Tour Demonstrates the Many Benefits of Cover Crops - A late October tour offered in Clare, Lake, and Mecosta Counties demonstrated the many benefits of cover crops for cash crop and grazing farms. Offered in cooperation with the Lake-Osceola Conservation District and NRCS Office, MSU Extension Educators Christian Curell and Jerry Lindquist showed the cover crop plantings of over 18 different species of cover crops on three farms. Over 35 farmers and USDA staff attended and learned of the multitude of benefits cover crops provide including: better soil water holding capacity; reduced soil erosion; improved soil organic matter; improved natural fertility of soils; and the ability to be a low cost grazing feed source for cattle and sheep.
Consumer Horticulture

Science-based gardening, environmental awareness and sustainability have long been a hallmark of MSUE consumer horticulture programs yet somehow, these messages were not getting through to the home gardener, according to Dr. David Smitley, MSU Professor of Entomology. This prompted MSU faculty and staff to start developing simple messages centered on smart lawns, soils and plants that were supported by years of research at Michigan State University: “Smart Gardening.”

A crucial part of the multi-level Smart Gardening campaign was “taking it to the street” which meant employing electronic means, appearing at public venues and through print media. During the winter of 2013, MSUE consumer horticulture educators and trained volunteers actively engaged clients at three home and garden shows which allowed them to interface with tens of thousands of people representing more than half of the state’s counties. Professional displays where over 36,000 fact sheets were distributed allowed volunteers to dialogue with clients about how to “green” up their lawn and landscape while protecting Michigan’s water and environment.

However, the education and adoption of earth-friendly practices couldn’t stop here. This team of educators also ramped up their home gardening website to reflect the “Smart Gardening” messages and populated the site with tip sheets, dozens of “smart” news articles and Smart Gardening videos. The popularity of the website has allowed it to be first choice when using a search engine for gardening in Michigan. Throughout the year, over 35,000 people visited the website making over 136,000 page views.

Smart Gardening was taken to a higher level during two Smart Gardening Conferences held in both the upper and lower peninsulas. Hands-on education was the hallmark of the summer-long Smart Garden Apprentice program held in Grand Rapids this past summer. Creating a model for these environmentally savvy individuals to follow through expert instruction and outdoor lab experiences, participants enthusiastically adopted what they learned almost immediately. Most of this group also made note that they shared what they learned with others.

Clare County Master Gardener 2013 Numbers:

174 Educational Hours
435 Volunteer hours, valued at $22.14/hour for a total worth $9,631.00 to your community!
1,519 people served
6,500 miles driven
In the personal finance area, MSU Extension helps youth and adults alike learn the skills they need to increase their savings, manage their spending, avoid predatory lending, and reduce mortgage defaults. All of these outcomes help lower the cost of governmental services and lead to personal and community stability, strong neighborhoods, and safe communities.

GREENING MICHIGAN INSTITUTE

» Foreclosure Education and Counseling - Assists homeowners with understanding the process of foreclosure, the information a homeowner must have available to assess their situation and how to work with a lender to obtain a possible loan modification. MSU Extension believes an educated consumer will be more confident in making the important decisions about foreclosure. Sharon Jeffery is the Housing Instructor in Clare County and reached 13 households seeking Foreclosure Prevention Education.

» Pre-Purchase/Home Buyer Education - This six to eight hours of training covers all aspects of selecting, financing, and closing on your first home. Participants learn about the ins and outs of this important purchase. Spotting predatory lending and fraudulent practices are also discussed. Private one-on-one sessions are available by appointment in some locations. Two households in Clare County sought home buyer education in 2013.

» Financial Literacy—This 5 part series was taught to MiWorks clients to provide them a better understanding of money management, using credit, credit scores, budgeting, the importance of savings, and being a good renter. 11 Individuals participated in a series of Financial Literacy Classes.

FOOD SAFETY

MSU Extension food safety education programs train participants to prevent incidents of foodborne illness associated with unsafe food handling practices. In Clare County in 2013, we provided three classes:

Blanching and Freezing—July 30,
Canning—August 20, and
Canning (for MiWorks) - September 5.

As a result of attending the food preservation canning workshops:
- 95% know where to locate research based/tested recipes for home food preservation.
- 96% will follow research based/tested recipes when canning food at home.
- 97% will properly use processing techniques to safely can low and high acid foods.
- 87% will use correct processing times to safely can low and high acid foods.
Supplemental Nutrition Assistance Program (SNAP-Ed) -
Provides nutrition education to Bridge card eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of these programs is to promote healthy weight maintenance and obesity prevention. SNAP-Ed is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals.

Project Fresh—This series provides information on how to choose, store and prepare fresh, locally grown fruits and vegetables. WIC-eligible individuals receive coupons to purchase fruits and vegetables from local farmers markets.

Senior Project FRESH/Market FRESH—Eligible seniors in select Michigan counties have the opportunity to participate in a nutrition lesson which qualifies them to receive coupons for the purchase of unprocessed, Michigan-grown products from authorized Michigan farmers markets and roadside stands. Participants gain access to fresh produce that helps satisfy essential nutrients for healthy aging.

» 21 Presentations, 241 Participants in those presentations
Topics: Using coupons, food safety at the farmer’s market, servings sizes
Audience: Senior Market FRESH and Project FRESH

Show Me Nutrition—This evidence-based curriculum of six to eight sessions provides youth in grades prekindergarten to 8 with age-appropriate literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices.

» Youth participants in a group series: 137. Series held - 9. Contacts - 497
Youth Program Impacts, according to the teachers:
- 70% of youth can identify food groups correctly.
- 92% are more aware of the importance of healthy nutrition.
- 71% of the children are more willing to try new foods.
- 64% reported that children improved hand washing.

Chronic Disease Prevention and Management—In 2013, MSU Extension’s Health and Nutrition Institute added an Extension Educator to provide chronic disease prevention and management education throughout District 6. Pam Daniels holds a masters degree in Health Promotion and is developing partnerships in Clare County to provide diabetes and other chronic disease education to the residents of Clare County.
Cooking Matters—Community partners that serve low-income families offer six-week Cooking Matters courses to adults, kids and families. Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting and nutrition. Adult and teen participants take home a bag of groceries at the end of each class. Cooking Matters has been featured by First Lady Michelle Obama’s Let’s Move! campaign and recognized by the U.S. Department of Agriculture for excellence in nutrition education.

**Adult participants in a group series:** 86, **Series:** 17, **Contacts:** 400

**Success stories:** Two participants in the Cooking Matters class have cut down on soda consumption and have increased their water drinking. Another CM participant is really excited about the increased amount of fruits and vegetables she is eating!

**Client feedback:**

⇒ I’ve lived alone for many years and almost forgot how to cook. I never understood how to portion out food until this class.

⇒ I really liked seeing the amount of sugar in things we drink and the serving sizes of what we eat, this was the most helpful part of the class.

⇒ I liked going to the grocery store with $10.00 because I learned how to shop and save money.

⇒ This class has taught me to eat healthier. I actually can shop and know what to look for when going. I can put more whole grains into my daily diet.

⇒ I liked this class. It helped me realize that healthy food isn’t so bad. I also learned how to cook more food that is better for me and my son.

Participants in Cooking Matters classes learn to prepare easy healthy meals.

Community Nutrition Network—MSUE is part of the CNN and has provided educational resources to clients who receive free food distributions throughout the county. Nancy Petree provided support by serving as the chairperson for this group.
Online resources for MSU Extension Information

MSU Extension News is an online resource that contains the most recent and relevant information from MSU throughout the state.

MSU Extension News features pertinent articles on a variety of categories. It is available both in a traditional format and in a mobile format that can be accessed from any smartphone or pad. MSU Extension News is updated daily to provide the most up-to-date, relevant information available. You can find it at http://msue.anr.msu.edu/

A useful feature is the option to request an email notification of articles that recently appeared on the MSU Extension News website. The MSU Extension Digests will be emailed to you about every 2 weeks, listing new articles that have appeared. Digests are available by topic or category.

Lawn & Garden Questions:
Online: http://migarden.msu.edu/
Toll-Free: 1-888-678-3464

Product Code: E3154

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MSUE Events and Programs:
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MI SPARTAN IMPACT

ENROLLED MICHIGAN STUDENTS
帽 34

ALUMNI RESIDING IN COUNTY
绿 269

SPENDING WITH LOCAL BUSINESSES
箱 $160,379

TOTAL ECONOMIC IMPACT*
地球仪 $2,671,780

FINANCIAL AID DISBURSED
帽 $690,523