2013-2014 Annual Report:
District 4
Alcona, Alpena & Montmorency Counties

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

This year, Michigan State University Extension is celebrating its 100th birthday. In May of 1914, President Woodrow Wilson signed the Smith Lever Act. This legislation extended the land grant university concept beyond campuses and into communities. It was that legislation that led to the establishment of MSU Extension.

For 100 years, MSU Extension has integrated MSU’s knowledge and resources into the public, equipping Michigan residents with the information they need to improve their work, health and safety. The Smith-Lever Act of 1914 was created to foster economic development by stimulating the transfer of knowledge from research into practice on farms, in factories, and in families through agriculture, 4-H & youth, family, food & health, business, community, lawn & garden, natural resources, coastal issues and many other subjects.

In honor of this historic birthday, MSU Extension is recognizing our long standing partnership with county governments across the district by presenting resolutions of support for county governments to pass, acknowledging and recognizing this long standing successful partnership serving Michigan’s citizen’s. We have had formal relationships with counties across District 4 for the past 97 years. It is our honor and privilege to do so and we look forward to the next 100 years.

Sincerely,
Kelley Hiemstra
MSUE District 4 Coordinator

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

COUNTY OFFICES:

Alcona County
320 South State Street
Harrisville, MI 48740
Phone: 989-724-6478
Fax: 989-724-5272

Alpena County
603 S. 11th Avenue
Alpena, MI 49707
Phone: 989-354-9870
Fax: 989-354-9898

Montmorency County
12265 M-32
P.O. Box 789
Atlanta, MI 49709
Phone: 989-785-8013
Fax: 989-785-8014

2013 PARTICIPATION NUMBERS

<table>
<thead>
<tr>
<th>Category</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Children &amp; Youth programs</td>
<td>594</td>
</tr>
<tr>
<td>4-H Members (Traditional Club Enrollment)</td>
<td>97</td>
</tr>
<tr>
<td>4-H Adult Volunteers</td>
<td>27</td>
</tr>
<tr>
<td>School Enrichment Participants</td>
<td>470</td>
</tr>
<tr>
<td>4-H Clubs</td>
<td>7</td>
</tr>
<tr>
<td>Agriculture &amp; Agribusiness programs</td>
<td>3273</td>
</tr>
<tr>
<td>Natural Resources/Community Vitality</td>
<td>3887</td>
</tr>
<tr>
<td>Health &amp; Nutrition programs</td>
<td>1,439</td>
</tr>
<tr>
<td><strong>Total Participants from Alcona, Alpena and Montmorency</strong></td>
<td><strong>8,799</strong></td>
</tr>
<tr>
<td>Through 68 multiple series, workshops and one time presentation</td>
<td></td>
</tr>
</tbody>
</table>

MSUE webpage viewings for 2013 (statewide) 2,098,637
3 county area 5,100

Michigan State University is an affirmative action/equal opportunity employer. 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. Thomas G. Coon, 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.
Camps and Recreation Program help youth develop the skills needed to make good decisions

4-H Camps are a summer highlight for youth. They look forward to making new friends and participating in fun hands-on learning activities. Camps also provide youth an opportunity to learn the social skills that are needed to interact well with others, participate in groups, work cooperatively to accomplish goals, value differences in other people, and give and accept praise and criticism, which are important tasks for youth as they mature and become responsible adults. These MSUE youth programs give youth the needed exposure and “hands on” practice in making sound, well-informed decisions.

» Summer Camp for ages 9-12 at Ocqueoc Outdoor Center, 4 days, 3 night Theme—Camp 4H2O (Water Quality)

» Fifty-five campers ages nine to 12 and 19 counselors (ages to 19) from Alcona, Alpena, Montmorency, Otsego and Presque Isle counties gathered at the former Civilian Conservation Corps camp in Millersburg, Mich. For the overnight camp.

» Great Lakes and Natural Resources Camp for ages 13-15 at Camp Chickagami, 7 days, 6 nights.

» 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. Highlighting this year’s event was an afternoon program called Science-Palooza which was held with the help of county 4-H volunteers, club members and staff that set up various science-themed demonstration booths. One of the booths from Oakland county launched and recovered a member-designed and built weather balloon—recording atmospheric data and video at heights in excess of 93,000 feet. You can check out exciting photos, videos and data collected at https://twitter.com/WeSpaceNow

Out-of-school programs like camps and Summer Recreation help keep youth engaged and develop skills such as teamwork, decision making and goal accomplishment that will enhance their chances of future success.
4-H CHILDREN & YOUTH INSTITUTE

Alcona youth experience MSU Campus through 4-H Program

Youth from across Alcona County joined youth from across Michigan on the campus of Michigan State University for the annual 4-H Exploration Days event. This year’s delegation was one of the largest (30 youth and three adults) that Alcona County has ever sent in the 40 years the event has been held. On Thursday morning, the event featured the Michigan 4-H State Awards program where Morgan Stewart was honored as the Regional winner in the Rabbit and Cavy area and Nelson Quintel was one of 36 youth recognized in the Mark of Excellence Essay Contest.

Montmorency County 4-H Achievement Day

Over thirty 4-H’ers from Alpena and Montmorency Counties came together to compete alongside each other in project categories ranging from woodworking, veterinarian science, S.T.E.M. (Science, Technology, Engineering and Mathematics) and more. Achievement Day gives 4-H’ers the opportunity to showcase their winter projects and all the hard work they have put in. In each project category there is a judge that 4-H members present their project to. Judges then give members an Honor Group, Honorable Mention or Successful Completion ribbon based on their presentation and the depth of their project. 4-H’ers that receive an Honor Group ribbon are in the running for the Best of Show for that project category. Other activities that 4-H members participated in at Achievement Day include interviewing for a scholarship to attend 4-H Exploration Days, Summer Camp or another educational 4-H activity; giving a performing arts presentation or demonstration. Every 4-H member that participated in Achievement Day did a fantastic job!

The Montmorency Adult to Youth 4-H Mentoring Program matches youth on probation in the court system with caring adult mentors in an effort to provide these youth with the kind of positively reinforcing influence that may be pivotal in (1) deterring them from juvenile detention, (2) building their self-esteem, and (3) improving their quality of life. The overarching goal of the program is to provide a safe and healthy framework of activities within which youth, guided by mentoring role models, discover their positive potentials and apply them in school, at home and in their community. In the past year ten youth have each been matched with a qualified mentor and collectively spent over 500 hours in mentoring activities.

(continued next page)
A number of good things have happened because these youth have been matched with a mentor. In part, because of their efforts, the amount Montmorency County is paying on Child Care is less. The grades in school of several of these children have improved; one receiving awards for her efforts. All have stayed out of trouble with the law.

Not only do the mentors spend time individually with their mentee, but also activities are done as a group. Recently the group went to Sleeping Bear Dunes, National Lake Shore. None of the young people had ever been there. It was a great day for the youth and their mentors.

The program will continue to focus on youth on probation; matching them with a trained, background checked, qualified, caring adult. This is done in an effort to keep them from juvenile detention and greatly improve their self-esteem and quality of life.

Alpena County 4-H Growing Alpena’s Future Leaders.

Senior Scholarships - Every year Alpena 4-H Council give scholarships to graduating seniors enrolled in 4-H. In order to be eligible members must complete an application, write an essay and go through an interview process. This year Caitlin Borke and Abbie Kowalski were recognized as the 2014 Alpena County 4-H Council scholarship recipients.

Borke is a 2014 Alpena High School graduate. This fall she will be studying abroad in Germany for one year and plans to attend Western Michigan University in the fall of 2015 to study education. Her goal is to be a music and choir teacher.

Borke’s favorite 4-H memory is when she encouraged a younger 4-H member to sign up for the performing arts awards category at last year’s 4-H Achievement Day.

Kowalski is also a 2014 AHS graduate. In the fall she plans to attend Alpena Community College to pursue an elementary education degree in hopes of becoming a teacher. Her favorite 4-H memory is when she served as the Alpena County 4-H member of the Year and got to help promote and represent such a great organization.
II\textsuperscript{th} annual “Let’s Get Growing” garden show

For the past 11 years, MSU Extension has organized and sponsored a garden show in northeast Michigan. This year’s show held at the Alpena Mall had 36 exhibitors and was attended by approximately 1,100 visitors. The show featured creative and unique educational displays, activities for youth and it provided plenty of opportunities for visitors to get answers to all of their garden-related questions.

Farming for You-increasing consumer awareness of modern dairy production

The goal of “Farming for You” is to introduce consumers to dairy farmers and to help them understand the journey of milk from the farm to the table. The program helps consumers understand that dairy farmers care for their animals and the environment and that they produce safe and nutritious milk. This program also gives shoppers the opportunity to extend their thanks to area farmers. During the event, at least 179 individuals learned to identify Michigan sourced and processed milk. When people are given the opportunity to meet a farmer and to put a face on a product, they are more confident that it was produced with the utmost safety and care.

MSU Extension Master Gardeners Recertified in 2013 and 2014

The MSU Extension Master Gardener Volunteer Program is a horticulture education and volunteer leader training program. Master Gardeners are committed to improving the quality of life in Michigan through horticulture-based volunteerism and beautifying communities throughout the state. In order to maintain their certification, participants are required to volunteer at least fifteen hours each year with gardening related community projects and complete at least five hours of additional educational training. Twenty-nine Alcona County residents, six Alpena County residents and seven Montmorency County residents renewed their Master Gardener certifications in 2013 and 2014.

Area grocery stores feature local farm families

In an effort to help connect consumers to farmers, posters have been created of local farm families and they are currently on display at four Neiman’s Family Market grocery stores (Alpena, St. Clair, Clarkston and Tawas). The effort began with dairy families and has been expanded to include syrup, honey, vegetable, fruit and beef producers. With 98% of the population removed from farming, these posters help remind consumers of the families who are committed to producing safe, wholesome

\textit{MSU Extension works to increase farmers’ success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.}
Farm Information Resource Management (FIRM) assists farmers and agribusinesses with business planning, income tax preparation, cropland leasing and oil and gas leasing information. The Michigan Cash Cropland Lease Template has been created so producers no longer have to use lease templates from other states, which may not comply with MI laws and conditions. This document can be filled-out on a home computer, making it convenient and inexpensive to prepare. In addition, landowners can access the MSUE Oil & Gas and Farm Management web pages. An Oil and Gas Industry and Leasing Information workshop was held in Hillman, with 223 people attending.

MSU Extension Pasture Walk
Grazing in open pasture can be an efficient and environmentally friendly method of raising cattle, but grazing systems require management to maximize productivity. On July 30th, 2013 twelve cattle producers (including four Alpena County residents, one Alcona County resident and one Montmorency County resident) joined MSU Extension for a tour of pastures at the Chapman Farm in Alpena. Participants learned from MSUE Educator Kable Thurlow and former MSUE Educator Dr. Ben Bartlett about pasture fencing, livestock watering systems, pasture condition scoring, and when to begin stockpiling forage for fall and winter grazing.

Field Crop Management Seminar at Alpena Community College
Pest populations and crop management recommendations are constantly changing. Producers must stay ahead of the curve to remain profitable. This requires current information based on quality research, delivered locally. On January 17th, 2014 forty producers and governmental agency staff from across Northeast Michigan (including fifteen Alpena County residents, four Montmorency County residents and two Alcona County residents) convened at Alpena Community College to participate in the day-long 2014 MSU Extension Field Crop Management Seminar. The seminar was an opportunity for participants to prepare for the 2014 growing season by receiving the latest research results and recommendations for field crop production and pest management from MSU specialists. Participating growers estimated that the information they received would result in $7.00 of savings or added revenue per acre in 2014 across 2,800 acres, or $19,600.00 in total. Thanks to support from the Michigan Corn Marketing Board, the Michigan Soybean Promotion Committee and
the Michigan Wheat Program this meeting was offered at a reduced price of $20 per person, including lunch and a copy of the 2014 MSU Weed Control Guide.

**Hillman Cover Crop and Soil Health Forum**

Cover crops can reduce soil erosion and increase nutrient recycling on farmlands, thereby decreasing the soil and nutrient loads entering our lakes and waterways. Cover crops also contribute to crop production through improvement of soil health and fertility, pest management and water availability. On February 18th, 2014 MSU Extension and NRCS held a Cover Crop and Soil Health Forum at the Hillman Wright Public Library concurrent with the National Conference on Cover Crops and Soil Health in Omaha, Nebraska.

The national conference brought together key leaders, researchers, innovators and policymakers in American agriculture to examine the benefits, opportunities and challenges associated with improving the health and function of our soils through the adoption of soil health management systems.

The local forum opened with a live video-stream from the national conference featuring Howard G. Buffett, followed by a panel of leading cover crop farmers from across the nation. Following the broadcast, eleven participants in Hillman, including eight Alpena County residents and one Montmorency County resident, discussed local issues related to advancing cover crop use and soil health efforts in Northern Michigan. Feedback from this discussion was forwarded to the national meeting.

**Young, Savvy and into Dairy Peer Network (YSD)** is a group of young people who share a common interest: commitment to the dairy industry. First brought together by MSU Extension dairy educator Phil Durst in 2007, YSD has evolved into a peer support network dedicated to helping young people in dairy learn and grow as professionals while exploring new ways of doing business. The majority of its members are age 17 to 35. In 2013, the Alpena and West Branch area YSD groups attracted fifty-two participants (including twelve Alpena County residents and ten Alcona County residents) to five separate meetings. “By interacting with one another, YSD members learn and grow as business managers and leaders as they explore new ways of dairying and doing business,” Durst said. “They engage with each other as peers, friends and industry colleagues.”

“**Shrinking Your Feed Shrink**” was an educational effort to help dairy producers, feed consultants and other dairy industry professionals learn about specific things that producers can do to reduce feed shrink and therefore, costs. Shrink has been called the 3rd or 4th highest cost in producing milk on well-managed farms. The MSU Dairy Team developed a program to educate stakeholders about the issue and
GREENING MICHIGAN INSTITUTE

FireWise, is an education program that helps homeowners prepare their structures, and create defensible space around their homes. By following these basic procedures and techniques, most homes will survive an external fire (grass, brush or even a full blown wildfire).

Firewise staff members Phill Secord and Dennis McClure, have delivered a number of programs in District 4. Some of these were at county fairs, county commissioners meetings, schools, youth camps, festivals, and even farm markets. These programs totaled over 1100 direct contacts.

Michigan Northern Counties Association

Bringing county commissioners together from 33 counties in northern lower Michigan to learn about issues important to county government, and to share information and learn from the experiences of others has long been the goal of the Michigan Northern Counties Association (MNCA). Recent topics include: trails, recycling, Michigan’s Prosperity Regions, DNR public land management strategy, Great Lakes levels and building trust and the impacts of these issues on county government services. Monthly meetings also include a legislative update from the Michigan Association of Counties.
GREENING MICHIGAN INSTITUTE

Lake Huron—the third largest freshwater lake in the world—reflects a unique and valuable asset providing ecological, social, and economic opportunity for communities of Northeast Michigan. Michigan Sea Grant Extension promotes research, education, and outreach to enhance responsible and sustainable use of our diverse Great Lakes resources. Through MSU Extension, Michigan Sea Grant works with Michigan citizens, industries, and coastal communities to encourage their use, benefits, and enjoyment of Great Lakes resources that positively influences our state’s economy, environment and quality of life. Two examples of our work benefiting coastal communities of northeast Michigan include:

**Revitalizing community values in an ecologically challenged Lake Huron fishery**

Three Lake Huron Fisheries workshops, hosted in 2013, brought together nearly 270 interested anglers, charter captains, and others with fisheries researchers and managers, offering good news up and down the coastline regarding the resilience of the Lake Huron fishery—despite negative impacts of aquatic invasive species. Workshops have helped fishing-dependent businesses adapt to ecological changes, and communities foster more positive attitudes toward an improving Lake Huron Fishery.

Capitalizing on economic values of our fisheries, Michigan Sea Grant provided leadership for:

- **Legends of the Lakes™** whitefish marketing initiative has helped the commercial fishing industry to brand and market premium Great Lakes whitefish at a higher value, benefiting Lake Huron commercial fisherman directly.

- **Michigan Catch & Cook™** program helps charter captains link with local dockside restaurants, allowing charter fishing customers to have their catch-of-the-day prepared at a local restaurant. Enhancing tourism values, this partnership received the 2013 Governor’s Awards for Innovative Tourism Collaboration.

- **Great Lakes Fisheries Heritage Trail** offers coastal tourism promise, bringing to life today’s Great Lakes fisheries through exploration of the historic fisheries of our past. This statewide trail markets northern Lake Huron communities—museums, events, and experiences—to those interested in learning more about our Great Lakes fisheries.

**Engaging youth as community leaders through place-based education and Great Lakes Stewardship projects in Northeast Michigan**

Northeast Michigan communities, schools and youth stewardship projects were featured in a place-based education documentary, “Growing up Green” that recently aired on PBS stations across our state and country.
GREENING MICHIGAN INSTITUTE

Engaging Youth in Coastal Community Development through Place-based Education  The Northeast Michigan Great Lakes Stewardship Initiative network is a partnership for which Michigan Sea Grant and MSUE 4-H Youth Programs provides leadership. In 2013, this Initiative served more than 30 schools across eight counties, supporting 118 educators and engaging 6,010 youth in place-based stewardship education experiences in (and with) their communities. These student stewards, through their learning, are monitoring water quality, combating invasive species, enhancing natural habitats, developing ‘green’ schools, and promoting biodiversity and coastal tourism opportunities enhancing the communities and environment of northeast Michigan communities and beyond. Learn more about student projects in action at: www.nemiglsi.org

MSUE Financial Literacy

Homeownership and personal finance education from MSU Extension is designed to provide individuals and families with the tools necessary to secure their financial future. The Dollar Works II workshop helps residents...

- Make sound financial decisions
- Create financial goals
- Pay down debt and use credit wisely
- Create a spending plan and save more

18 county participants said that they have made the following changes after participating in the Dollar Works II training

- “I have learned how to save and manage my money better than I used to”
- “I don’t buy stuff I don’t need or that isn’t important”
- “I pay car insurance and the phone bill”
- “I am tracking my monthly spending”
The G. Byelich Memorial Fall Color Tour is September 25th and 26th

This annual bus tour is more than an autumn color tour, it is an opportunity for participants to become tourists in their own community and learn about really ‘cool’ things that are right in their own backyard. Participants do not know the theme or destination until the day they board the bus. Organizers have been planning the 2014 event since January. Tickets will be available at the Alcona MSU Extension office at 8:30 a.m. on Tuesday September 2, 2014. Ticket purchase is limited to two/person – with a maximum of 104 tickets available.

Alcona Regional Leadership (ARL)

The goal of the Alcona Regional Leadership Committee is to provide educational programming and resources to help people in the community and region to Connect the Dots around leadership training. Over the past eight years the ARL team has offered many leadership-related workshops including decision-making, communication, project development and conflict resolution. After recent meetings with community leaders, the ARL learned that lack of internet connectivity was a high-priority issue for the county. Therefore, the ARL, under the auspices of Michigan State University Extension, organized a community forum in April, “Broadband and Internet Access in Alcona County”, where a variety of internet service providers and experts shared information with about 100 community members.

Access Alcona Broadband Initiative

This grassroots collaborative is an outcome of the Alcona Regional Leadership (ARL) effort to address the lack of internet connectivity in Alcona County. Interested local citizens, Connect Michigan, Michigan State University Extension and the Alcona Regional Leadership Team came together to survey county residents about their internet access. Coordinators compiled and distributed both hard copy and online surveys. The data will be compiled and mapped by the NE MI Council of Governments. The findings will be used to start discussions with broadband service providers, establish educational programming needs, create a data baseline for grant application and ultimately improve the overall economic viability of the region. Surveys may be obtained at the Alcona MSU Extension office or https://www.facebook.com/AccessAlcona. Deadline is September 5, 2014.

Understanding Tourism in Michigan Communities (UTMC)

Tourism sustains the social and economic well-being of many northeastern Michigan communities. The UTMC program explores niche tourism and offers collaborative steps to help communities strengthen tourism and move it forward. This UTMC program was delivered by Brandon Schroeder, Mark Hitchcock and Bonnie Wichtner-Zoia to the District 4 Advisory Council in Iosco County, as well as to regional economic development and chamber organizations at the Roscommon Library, with 34 people in attendance.
Diabetes Personal Action Toward Health (PATH) The series provides skills and tools to manage diabetes using Stanford University’s Chronic Disease Self-Management Program. Participants learn tools to manage symptoms and set goals that help them reduce stress and feel more confident. Michigan ranks 15th nationally for prevalence of diabetes and fifth nationally for obesity, according to the latest CDC data. An estimated 10.0% of Michigan adults 18 years and older have been diagnosed with diabetes — about 758,300 people (Michigan Department of Community Health 2011). In 2013, Educator Carolyn Penniman provided a Diabetes PATH workshop with eleven participants, in partnership with the Region 9 Area Agency on Aging, at the Montmorency County Commission on Aging Senior Center in Hillman. MSU Extension health self-management programs help those who live with or are at risk of developing a chronic disease, such as Type 2 diabetes, manage their symptoms and improve their overall wellbeing.

After participating in these programs:

- 88 percent of participants make positive changes to their surroundings when they see food cues and activity cues that influence their chronic health conditions.
- 77 percent of participants know how to eat healthily when eating away from home.
- 58 percent of participants now identify healthy food choices.

The cost of treating diabetes is expected to triple in Michigan over the next 25 years. It is estimated that the state can save $545 million spent across all chronic diseases by investing $10 in preventive care per person, per year.
Social-Emotional Health Programs—helps parents understanding how bullying behaviors affect children, families and communities is critical. Parents came together to learn about what bullying is and how to prevent it, as well as strategies for stopping it when it takes place. Communities can reduce and prevent bullying behaviors by promoting healthy social and emotional learning and development. MSUE Educator Carolyn Penniman also helped parents and caregivers learn about young children’s stages of developing self-control, and how to teach them to express emotions in appropriate ways.

“Don’t Worry that children never listen to you. Worry that they are always watching you”.
- Robert Fulghum

The Supplemental Nutrition Assistance Program - Education (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.

**Alcona County**: 105 adults and 173 youth received nutrition education in a variety of venues through partnership with schools, the health department, senior centers from January 2013 to December 2013. There were a total of 807 contacts (165 adult/642 youth) with participants in total.

**Alpena County**: 418 adults and 511 youth in Alpena County received nutrition education in a variety of venues through partnership with schools, the health department, senior centers from January 2013 to December 2013. There were a total of 1,613 contacts (760 adult/853 youth) with participants in total.

**Montmorency County**: 189 adults and 568 youth in Montmorency County received nutrition education in a variety of venues through partnership with schools, the health department, senior centers from January 2013 to December 2013. There were a total of 743 contacts (144 adult/599 youth) with participants in total.

As with all Health and Nutrition Institute education programs, success is determined not only by the number of individuals staff worked with but more importantly, how their knowledge or behavior was changed as a result of attending the classes.

[Image: produce grown by local farmers]
SNAP Education Adult Program Impacts:
- 99% of the participants completing the series demonstrated adoption of healthy eating practices.
- 93% of Project Fresh participants reported that they will eat more fresh fruits and vegetables each day.
- 89% of Project Fresh participants reported that they learned more ways to incorporate more fruits and vegetables into their meals.
- 64% of participants showed improvement in one or more food resource management practices: planning meals, comparing prices, does not run out of food or uses grocery lists.

SNAP Education Youth Program Impacts
- 85% of the school teachers reported that the students can identify food groups correctly.
- 94% of school teachers reported children being more aware of the importance of healthy nutrition.
- 82% of school teachers reported that children are more willing to try new foods.
- 81% of school teachers reported that children improved hand washing.

Wisewoman The project provides participants with skills and resources to increase healthy behaviors and to earn additional income through gardening. It began as a small pilot project in West Branch, MI in 2008. That first year, there were 8 women. In 2013, there are over 50 Entrepreneurial Gardeners in 11 counties and in 2014, we are

Food Safety — MSU Extension food safety education programs help prevent foodborne illnesses and ensures a safer food supply for consumers – whether that is at food retailers, restaurants, farmers’ markets or community meals served by organizations. MSU Extension food safety education programs train participants to prevent incidents of foodborne illness associated with unsafe food handling practices, which results in fewer medical expenses, fewer food recalls, and less temporary or permanent closures of food businesses by local health departments. Costs of illness, recalls, and food business closures are more expensive from a public health perspective than taking an inexpensive class to learn how to prepare food safely and preserve food correctly.

As a way to stretch food dollars and plan for several meals at a time, the participants learned how to cut-up a whole chicken.
As a result of 38 residents attending the food presentation 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.

Cooking for Crowds is a food safety program that helps Churches, Service Groups and others in bringing safe food practices to Fundraisers. This program has impacted the way fundraisers are presented and delivered to consumers. Reaching 21 residents that are volunteers working to raise funds through food service makes a positive impact on how safe fundraisers can be.

Food Preservation is a trend that impacts individual lives. Quality of foods preserved can bring satisfaction to those making the choice to know what is in the food they are consuming. Food preservation techniques were shared with 16 participants this past year with many more classes planned.

ServSafe Food Handlers will make Food Stands at the Alcona Fair a safer place to eat.
## County Staff

### ALCONA

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bonnie Wichtner-Zoia</td>
<td>Greening MI Extension Educator</td>
<td><a href="mailto:zoiay@msu.edu">zoiay@msu.edu</a></td>
<td>989-724-6478</td>
</tr>
<tr>
<td>Leslie Thomas</td>
<td>Children &amp; Youth 4-H Program Instructor</td>
<td><a href="mailto:Thoma322@msu.edu">Thoma322@msu.edu</a></td>
<td>989-724-6478</td>
</tr>
<tr>
<td>Jessica St. George</td>
<td>Children &amp; Youth 4-H Coordinator</td>
<td><a href="mailto:stgeorg8@msu.edu">stgeorg8@msu.edu</a></td>
<td>989-724-6478</td>
</tr>
<tr>
<td>Kerry Scott</td>
<td>Office Assistant</td>
<td><a href="mailto:Kerry@msu.edu">Kerry@msu.edu</a></td>
<td>989-724-6478</td>
</tr>
</tbody>
</table>

### ALPENA

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Dunckel</td>
<td>Ag-Agribusiness Extension Educator</td>
<td><a href="mailto:Dunckelm@msu.edu">Dunckelm@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
<tr>
<td>Sienna Suszek</td>
<td>Children &amp; Youth Extension Educator</td>
<td><a href="mailto:suszek@msu.edu">suszek@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
<tr>
<td>Brandon Schroeder</td>
<td>Greening MI/Sea Grant Extension Educator</td>
<td><a href="mailto:Schroe45@msu.edu">Schroe45@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
<tr>
<td>Helen-Ann Prince</td>
<td>Children &amp; Youth 4-H Coordinator</td>
<td><a href="mailto:Princeh1@msu.edu">Princeh1@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
<tr>
<td>Scott Matteson</td>
<td>Greening MI Extension Educator</td>
<td><a href="mailto:Mattes25@msu.edu">Mattes25@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
<tr>
<td>Kathy Freel</td>
<td>Health &amp; Nutrition Extension Educator SNAP-Ed</td>
<td><a href="mailto:freelk1@msu.edu">freelk1@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
<tr>
<td>Val Golding</td>
<td>Office Assistant</td>
<td><a href="mailto:goldingv@msu.edu">goldingv@msu.edu</a></td>
<td>989-354-9870</td>
</tr>
</tbody>
</table>

### MONTMORENCY

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Karen Fifield</td>
<td>Health &amp; Nutrition Extension Educator</td>
<td><a href="mailto:Fifield@msu.edu">Fifield@msu.edu</a></td>
<td>989-785-8013</td>
</tr>
<tr>
<td>Bonnie Hardies</td>
<td>Children &amp; Youth 4-H Coordinator</td>
<td><a href="mailto:Colli427@msu.edu">Colli427@msu.edu</a></td>
<td>989-785-8013</td>
</tr>
<tr>
<td>Phil Secord</td>
<td>Firewise Extension Program Worker</td>
<td><a href="mailto:secordp@msu.edu">secordp@msu.edu</a></td>
<td>989-785-8015</td>
</tr>
<tr>
<td>Dennis McClure</td>
<td>Firewise Extension Educator</td>
<td><a href="mailto:mcclured@msu.edu">mcclured@msu.edu</a></td>
<td>989-785-8013</td>
</tr>
<tr>
<td>Barbara Steele</td>
<td>4-H Youth Mentoring Coord. Extension Program Worker</td>
<td><a href="mailto:Steeleb7@msu.edu">Steeleb7@msu.edu</a></td>
<td>989-785-8013</td>
</tr>
</tbody>
</table>