

2015 Annual Report:

Shiawassee County



Proven, Relevant, Life Changing



A MESSAGE FROM THE

DISTRICT COORDINATOR:

MSU Extension (MSUE) staff strive to provide programming that has a positive impact on the citizens of Shiawassee County while making the best use of the local, state and federal funds that have been generously provided for the completion of this work. I wish I could effectively share in this report the smiles on faces as light bulbs go off with youth and adults who participate in MSUE programs.

Extension educators and program staff continue to look for ways to streamline program delivery systems to make our programs accessible for all county residents. Advancements in technology have enabled MSUE to provide access to programs and resources in a more timely and efficient manner. Still, our presence in county offices across the state allows us to remain connected to communities we serve, which gives us a better understanding of local programmatic needs.

This report is intended to provide an overview of the wide array of programming opportunities that have been provided to the residents of Shiawassee County over the last year. Thank you for your continued support of MSU Extension programs in Shiawassee County.

Sincerely,
Deanna East, District 9 Coordinator



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- Candy Thick**
Health & Nutrition Program Instructor
- Joe Hammontree**
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2014 PARTICIPATION NUMBERS

4-H Children & Youth Programs	
4-H Members (Traditional Club Enrollment)	749
4-H Adult Volunteers	169
4-H Participants in Special Interest/Short Term Programs.....	551
Agriculture & Agribusiness Programs.....	120
Greening Michigan Programs.....	39
Health & Nutrition Programs.....	2,810
Total	4,438

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4-H CHILDREN & YOUTH INSTITUTE

- » **Shiawassee County Fair**—The Shiawassee County Fair took place from August 3-9, 2014. MSUE staff planned and implemented activities at the MSUE booth. One activity Paige Haight planned was **4-H Commodity Carnival**. 4-H Commodity Carnival is an interactive display which promotes education for livestock project members about the importance of agriculture and business through the role that agriculture commodities play in their daily lives.
- » **4-H Livestock Judging Workshop at Shiawassee County Fair**—This event was held on August 7th to assist participants in learning more about evaluating animals. The objectives of the program were designed to:
 1. Educate youth on Michigan’s current issues and trends in livestock production
 2. Develop problem solving and critical thinking skills through evaluation of livestock
 3. Enhance livestock evaluation and selection skills
 4. Improve decision making skills
- » **Shiawassee 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 2014, Shiawassee County had 749 members in 4-H clubs and 169 leaders involved in those clubs.
- » **4-H Summer Camp—Camp Neyati**—Shiawassee County 4-H Camp was held at beautiful Camp Neyati located on Crooked Lake in Lake Station on June 28-30, 2014. 16 adult counselors and 32 teen counselors ages 13-19 selected a Zoofari theme and designed a program full of activities for 88 campers ages 7-12. Barry Link and Jennifer Weichel served as co-Directors and provided 2 full day trainings and one overnight training at Potter Park Zoo where they did research on habitats, eco systems and animals. Teen counselors learn leadership and communication skills, youth development basics, teamwork and responsibility. Campers enjoyed arts, crafts, archery, swimming, boating, games, nature, science, dancing, basic structural design and making new friends. Campers develop their independence in a camp setting and try a variety of activities.
- » The 4-H Council provided 50% camp scholarships to 60 4-H youth who attended.



4-H programs teach youth life skills that help them succeed in school and college while preparing them for the workforce, especially highly sought after jobs in science, technology, engineering and mathematics.



“The Livestock Judging Workshop got me interested in the field of livestock judging. This was fun and I hope we can do it again.”

Shiawassee County 4-H Youth Participant
3

4-H CHILDREN & YOUTH INSTITUTE



- » **Project Medal Brunch**—Every year 4-H Youth throughout the county are recognized for their achievements at the Project Medal Brunch event. In 2014, 60 4-H Youth were acknowledged for their achievements.
- » **4-H Exploration Days** — Exploration Days is for young people aged 11 to 19 and involve about 2,500 participants in Michigan. Exploration Days is designed to help young people learn new ideas and techniques, increase their interest in and readiness for college, explore career options, and develop their decision making, independence and teamwork skills. They also meet and interact with people from different backgrounds and areas throughout Michigan. 4-H staff and volunteers are on hand to provide guidance and oversight. In June 2014, Shiawassee County 4-H had 41 delegates attend Exploration Days, 5 adult chaperones, and 5 county instructors.

The 4-H Council provided 50% scholarships to 28 4-H participants who attended.

- » **4-H State Show Opportunities**—The **State 4-H Dog Show** takes place each August on the MSU Campus. This show offers agility, showmanship, obedience and service dog classes. The **State 4-H Goat Show** is held every June at the MSU Pavilion. Participants have the opportunity to compete in showmanship and breed classes as well as pack, obstacle and driving. The **Michigan 4-H Dairy Conference** is held every spring. This conference provides 4-H'ers the opportunity to increase their knowledge of the dairy industry, develop self-esteem, self-awareness, and leadership skills while learning about the many issues affecting agriculture now and in the future.
- » **Ready to Go: Mentor Training Toolkit Train the Trainer Workshop**—The Ready to Go: Mentor Training was held in Shiawassee County. The toolkit is a curriculum that provided mentoring and other youth development professionals with a customizable volunteer training curriculum and a toolkit to ensure all mentors in planned youth mentoring programs have access to evidenced-based training. This train the trainer workshop provided instruction for professionals in how to use the curriculum with their programs and allowed staff members the opportunity to experience and try.

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 CHILDREN & YOUTH INSTITUTE

- » **2014 4-H Chicago Trip**—Shiawassee County 4-H Program sent 14 youth and 7 adult volunteers to Chicago as part of the annual 4-H experience. Youth saw many exciting places during their trip.

The 4-H Council provided 50% scholarships for all 4-H participants who attended.

- » **Citizen Washington Focus 2014**—For more than 50 years, thousands of youth from all across the country travel to Washington DC each summer to partake in the 4-H citizenship and leadership experience Citizen Washington Focus. 4-H'ers who attend learn essential civic leadership skills and leave with the tools that will allow them to bring about real change in their communities. Shiawassee County 4-H program sent 2 delegates to Washington DC to participate in this event.

The 4-H Council provided 75% scholarships to 4-H participants who attended.

- » **RELAX Alternatives to Anger**—The goal of RELAX is to help young people, parents and caregivers foster healthy relationships so they can live, learn and grow in safe, affirming and fair environments free from violence, abuse, bullying and harassment. Participants learn how to better manage their anger and stress at home and in the workplace. In 2014, over 80 Shiawassee County residents participated in a RELAX series.



“THE Citizen Washington Focus” (CWF) awards on Saturday were given to Dane Sebastia and Alex Stechschulte (right). CWF is a learning lab about the U.S. Government, held one week each summer in Washington, D.C.



THE “I Dare You” Awards during the 4-H Annual Awards Brunch Saturday in Owosso went to Matthew Swett and Samantha Hahn.



One Million New Scientists.
One Million New Ideas.™

4-H Youth are 4 times more likely to make contributions to their communities, 2 times more likely to be civically active, make healthier choices, and participate in STEM (science, technology, engineering and mathematics) activities during out of school time.



HEALTH & NUTRITION INSTITUTE

- » **The Supplemental Nutrition Assistance Program - Education (SNAP-Ed)**—SNAP-Ed programming 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.

During 2014, Shiawassee County Health and Nutrition staff provided SNAP-Ed nutrition education to over 1,300 adults and 700 youth at various venues in the county such as Shiawassee Health Department, CACS Commodity Distribution, ARC Shiawassee, Stoney Creek Senior Apartments, Owosso Senior Center, SVRC Michigan Works, Catholic Charities, Kona Village Apartments, SafeCenter and various faith-based organizations..

Show Me Nutrition—Youth programming continues to be a cornerstone of educational programming in Shiawassee County. Children participate in a six-week series of lessons using Show Me Nutrition, a curriculum that teaches youth from preschool through junior high how to have a healthy lifestyle. Several important health themes are taught in each grade level, such as nutrition, food safety, physical activity, media influence and body image, and the grade levels are designed for continuity. In 2014, staff did programming in area classrooms, with faith-based organizations and partnered with Shiawassee County Head Start Program to provide nutrition education.

Cooking Matter for Adults and Teens—Cooking Matters is a nutrition education program where participants learn to eat healthy, cook and grocery shop on a limited budget. The program consists of 6 lessons lasting 2 hours each. Participants gain skills and confidence to make healthy budget friendly meals for their family. Each week, participants will receive take-home. The class series also includes: Participatory food preparation that provides cooking and food safety instruction, engaging nutrition activities and discussions, practice with food budgeting, interactive grocery store visit and a \$10 challenge, and recipe book for use at home.

Project FRESH and Senior Project FRESH—MSUE provided nutrition education on the benefits of including fruits and vegetables in their diet. Participants increased the quality of their diet by purchasing locally grown fresh fruit and vegetables from local Farmers' Market through Project FRESH.

Personal Action Toward Health (PATH)—PATH is for people living with chronic conditions such as diabetes, heart disease, asthma, arthritis and chronic pain. Participants learn important skills such as goal-setting, dealing with pain and fatigue, communicating with health care providers and managing medications. These skills better equip them to face the daily challenges of living with chronic conditions.

MSU Extension social and emotional well-being programs can ultimately benefit society through improved long-term health of individuals, better prepared citizens for the workforce, and reduced costs of violence in communities.



HEALTH & NUTRITION INSTITUTE

My Way to Wellness—This program is an opportunity for individuals to learn through self-paced learning modules that include the following subjects: personal goal-setting, nutritional needs and physical activity, building a healthy MyPlate, energy, picking the best portions, healthy habits for a healthy life and more. Because My Way to Wellness is offered online, it is easy to accommodate to any schedule. Participants can complete the program at ease in the comfort of their own personal settings.

In 2014, MSUE received \$147,000 from NIFA as part of the Rural Health and Safety Education Competitive Grants Program. These funds will provide a comprehensive worksite health promotion program with personalized online component for individual Shiawassee County school district employees using resources developed by the Centers for Disease Control and Prevention and MSU Extension.

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.

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.
 - 81% of school teachers reported that children improved hand washing.
- » **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.



...activities & handouts make learning about healthy eating fun for students of all ages.

AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Sugarbeet Advancement Program**—Michigan agriculture is the second largest industry in the state and continually growing. Michigan's agriculture economy has been expanding at a rate five times faster than the growth rate of the general economy. The sugarbeet industry alone has a direct economic impact of over 550 million dollars. When compared to other sugarbeet production areas in the last 10 years, Michigan tops the charts for improved sugarbeet yields, quality and profitability. Much of these gains have come from extensive effort put forth by MSU Extension's Sugarbeet Advancement Program working with the industry. In 2014, Michigan Sugar Company produced the largest sugarbeet crop in history making the production 4.6 million tons! In 2014, 20 research trials were conducted in and around the Great Lakes Bay area. These efforts included variety testing, improving management techniques, and solving production constraints.
- » **Pork Producer Meetings**—MSU Extension serves the pork industry by providing decision makers with trusted information about all aspects of pork production, including intensively managed commercial operations, niche pork farms, aporet farms, and youth show pig producers. Using a mulit-disciplinary approach, we work to enhance the production of safe, nutritious, high-quality pork in an environmentally, economically sustainable and socially responsible manner.
- » **Workshop for Beekeepers**—MSU Extension specialists hosted a workshop for beekeepers of all ages and experience levels to learn about the various methods for removing honey from honey bee hives, inspecting the colonies for Varroa mites and wintering strategies.
- » **Breakfast on the Farm**—Consumers want to know where their food comes from. Most consumers do not understand modern food production and modern agriculture. They are several generations removed from a farm connection but deeply care about what they eat and feed their family and have an interest in learning about agriculture. MSUE hosts several Breakfast on the Farm events around Michigan to assist everyone in this understanding. After breakfast, self-guided walking tours take place featuring educational stations to help consumers learn about modern agriculture and food production.
- » **"Shrinking Your Feed Shrink"**—This program was an educational effort to help dairy producers and feed consultants who work with dairy producers learn about specific ways that feed shrink costs and specific things that producers can do to reduce 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 talks and a program to educate about the issue and scheduled 5 meetings around Michigan to present it.

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



AGRICULTURE & AGRIBUSINESS INSTITUTE

Agriculture is now one of the fastest growing sectors of the Michigan economy. MSU Extension works to ensure it has a thriving knowledge base to become more competitive locally, regionally and internationally.

Please visit msue.msu.edu For information on all of MSUE's programs and events!

- » **Integrated Pest Management (IPM) Academy**—IPM is a two-day program covering the fundamentals of IPM and identifying resources and technology for sustainable agricultural practitioners. This program is a collaboration between 20 Extension field-based educators and campus specialists. Timely topics such as extreme weather effects or newly introduced pests are identified and featured. Academy participants gain a solid foundation in sustainable pest management, knowledge of MSU and its partners' resources, and the ability to share this knowledge with their farm clientele. The Academy's long-term goal is to increase sustainable agriculture through expanded awareness and adoption of IPM strategies that improve crop efficiency, minimize pesticide use and enhance environmental quality.
- » **Farm Information Resource Management (FIRM)**—FIRM assists farmers, agriculturally-related businesses, industries, families, and individuals with business planning, income tax, 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 is a document that can be filled out on a home computer. In addition, landowners used the [oil and gas](#) web page and the [farm management](#) web page.
- » **MSUE Lawn and Garden Hotline**—MSUE Consumer Horticulture educators and trained Master Gardener Volunteers are dedicated in helping answer any at-home garden questions. MSUE has an "Ask an Expert" button on the webpage msue.msu.edu, or call toll-free **1-888-MSUE4MI (888-678-3464)**. Staff and volunteers are available weekdays 9:00 am—12:00 pm and 1:00 pm—5:00 pm. You can also receive valuable information and sign up for MSUE's Home Gardening news at migarden.msu.edu.
- » **Soil Test Kits**—Test kits as well as additional publications on a wide variety of topics within MSUE's expertise are available at shop.msu.edu (click the MSU Extension Bookstore link on the top right). These are also available in the MSUE office.
- » **Michigan Master Gardener Program (MMGP)**—MMGP provides interested individuals an opportunity to take part in a focused, 13-week training experience that provides in-depth education in many aspects of horticulture including trees and shrubs, flowers, vegetables, fruit, soil, water, pests, indoor plants and lawns. Individuals who complete the training can get involved in local gardening activities through the Shiawassee Master Gardener Association.



GREENING MICHIGAN INSTITUTE

- » **Citizen Planner Advanced Academy**— MSUE teamed up with the MI-Place Partnership Initiative to introduce a new curriculum devoted solely to placemaking. The MI-Place Partnership Initiative is a statewide initiative made up of the Michigan State Housing Development Authority, the Municipal League, the MSU Land Policy Institute, and other statewide organizations with the purpose of restoring economic prosperity to Michigan. The Advanced Academy attracts graduates of the Citizen Planner program - planning commissioners, professional planners, and elected officials - and the launch of the new placemaking curriculum at this year's event provided participants with the advanced tools and innovative techniques needed to undertake master plan updates, zoning ordinance amendments, and placemaking initiatives for success in the New Economy.
- » **The MSU Product Center Food-Ag-Bio**—The Product Center assists county residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. The innovation counselor has special training to deliver these services to local residents. Business counseling is conducted on a one-on-one basis and may take place at the MSUE office or the client's home or business location. The assistance provided is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The innovation counselor also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling and packaging assistance.

In Shiawassee County, 150 counseling sessions took place in 2014 to assist 11 local entrepreneurs in starting new businesses and expanding existing businesses. The partnership between MSUE and the MSU Product Center Food-Ag-Bio is providing support for entrepreneurs in supporting economic development across the region.

Michigan Fresh—Michigan Fresh helps people explore the state's bounty of fresh, locally grown fruits, vegetables, flowers and ornamentals. Every week throughout the summer you will find information on recommended varieties, storage, food safety and preserving techniques for fruits and vegetables or for planning and maintaining your lawn and garden. Look for information from early May to mid-October at msue.anr.msu.edu/program/info/mi_fresh or at the Shiawassee MSUE office.

MSU Extension helps strengthen communities through programs that teach community leaders how to implement best practices that keep communities solvent, productive and engaged.





MI SPARTAN IMPACT

MSU works side by side for a stronger Michigan.



ENROLLED MICHIGAN STUDENTS

358



ALUMNI RESIDING IN COUNTY

2,579



SPENDING WITH LOCAL BUSINESSES

\$1,333,896



TOTAL ECONOMIC IMPACT*

\$50,572,558



FINANCIAL AID DISBURSED

\$5,692,535



4-H YOUTH PARTICIPANTS

1,300



4-H VOLUNTEERS

169

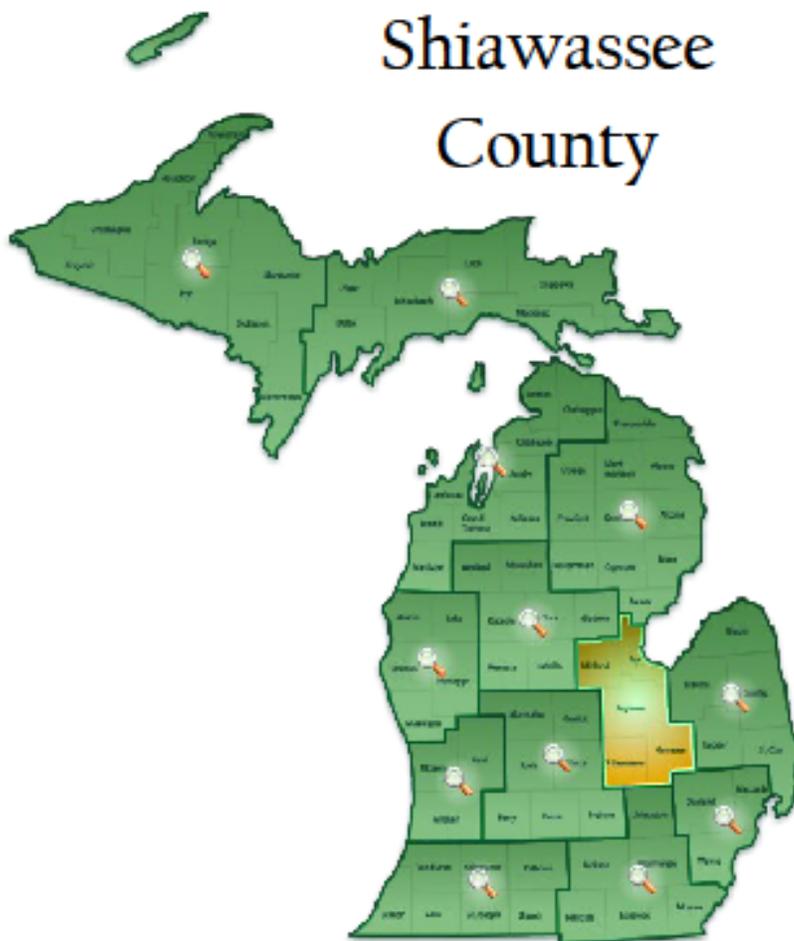


EMPLOYEES

310

*Data is from an independent study by the Anderson Economic Group

Shiawassee County



For additional information visit:

<http://mispartanimpact.msu.edu/>

<http://msue.anr.msu.edu/>

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