



Crawford County

2016–2017 ANNUAL REPORT

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MESSAGE FROM THE DISTRICT COORDINATOR

Michigan State University Extension continues to serve the residents of Crawford County through the educational process that applies knowledge to critical issues, needs and opportunities. In 2016 and 2017, MSU Extension Educators, Program Coordinators, Program Instructors and support staff have all played a role in delivering information to help our farmers, school children, teachers, caregivers, consumers, homeowners, business owners, visitors, workers, parents, government officials, home gardeners, entrepreneurs, those battling chronic disease and those seeking better health, improve their lives and the lives of those they serve, lead and follow. Over 50 educational programs, workshops, presentations and other initiatives combined with the many 4H clubs, camps and events have been utilized to make this impact. Although each county office is different, and there may be more or less staff in one location over another, MSU Extension statewide staff are called upon to offer programming throughout the state to help meet the critical needs that are sometimes unique to each community. As you read through this annual report, you will see examples of many of the programs and participants from our communities. MSU Extension's four institutes: Agricultural and Agricultural Business, Children and Youth, Health and Nutrition, and Greening Michigan all played a role in this year's programming. Educators, Coordinators and Instructors from each Institute also contribute to the world wide web presence that offers non-biased information to anyone with access to a computer, tablet or smart phone and an internet connection. The articles, videos, worksheets and other materials are easily accessible and available at no charge. The content of these valuable resources are compiled by MSU Extension Educators that live, work and play in Crawford County. We are grateful for the opportunity to serve our residents of Crawford County, our stakeholders and our partners.

Mischelle Warner

District Coordinator, District 4

MEASURING IMPACT

SERVING CRAWFORD COUNTY RESIDENTS AND EQUIPPING ITS LEADERS

Agriculture and Agricultural Business Institute programming including: field crops, soil testing, vegetables, horticulture and more

Children and Youth Institute programming including: science, technology, engineering, math, 4-H clubs, short-term special interest programs, animal science, forestry, horticulture, natural resources, leadership, career exploration, childcare and more

Greening Michigan Institute programming including: water quality, septic systems, forestry, natural resources, food systems, entrepreneurship, tourism, good governance and more

Health and Nutrition Institute programming including: disease prevention, diabetes, food safety, food service, general nutrition, physical activity, social and emotional health and more

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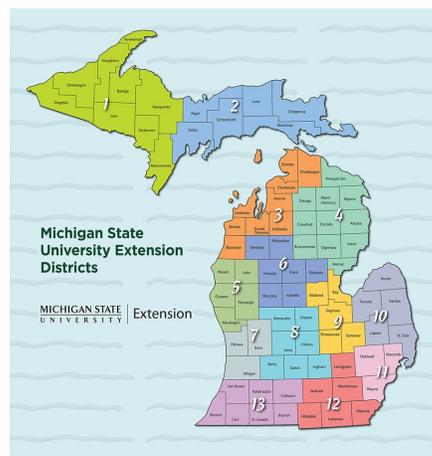
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Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics



Nancy Persing
4-H Program Coordinator

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active. 4-H'ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

STEAM

- A new partnership was developed with Crawford Library to work together to teach STEAM (science, technology, engineering, art, and math) skills to youth during afterschool hours. A new 4-H STEAM club was formed from this partnership.
- 87 children in Grayling Elementary School's ELY (Extended Learning Year) program learned computer coding, programmed Sphero Robots, built and wired miniature houses, and erected structures using PVC pipe.
- By partnering with the local 4-H, students attending Enrichment classes in the ELY program were given opportunities that would not have been available to them otherwise.
- Many students in these classes, as well as those who participate in the annual Hour of Code Week, expand on their enrichment by accessing the on-line modules at home and during computer time at school.
- Problem-solving skills were nurtured, as well as logic and creativity, giving students a foundation for success in any 21st century career path.



Through 4-H, youth have opportunities for experiences in responsibility and enhancement of social skills allowing them to coexist and thrive with others in society.

Building communication skills for a lifetime—making future leaders and better citizens

To help young people develop this important life skill, MSU Extension's Michigan 4-H has made communication an aspect of nearly every area of its programming. Youth are required to record their progress on projects, verbally report their activities and illustrate their understanding in a number of ways. Some Michigan 4-H programs make communication a major focus, further allowing youth to cultivate and enhance these critical skills.

In 2016 and 2017 our 4-H youth participated in:

- 4-H Capitol Experience—A four day conference preparing youth for active citizenship by focusing on civic engagement and public policy.
- 4-H Youth Leadership & Global Citizenship Spectacular—In the spirit of thinking globally and acting locally, participants developed knowledge and skills related to youth leadership, civic engagement, global citizenship, and international cultures..
- 4-H Exploration Days—students become college students at MSU. They take their choice of over 200 classes, live in dorm rooms, and see themselves as successful college students..
- 4-H Mock Interviews—students learn to improve their resume, handshake, communication and interviewing skills.
- 4-H Natural Helpers—natural helping students are identified and taught skills to improve their listening, communication , coping, and helping skills.



Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play.

Building communication skills for a lifetime

Communication is an essential element of every aspect of life – personal and professional. Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play. Youth who practice and enhance their communication skills in adolescence will find these skills work to their advantage in future employment and adulthood.

To help young people develop this important life skill, MSU Extension's Michigan 4-H includes communication skills in nearly every area of its programming. Youth are required to record their progress on projects, verbally report their activities and illustrate their understanding in a number of ways. Some Michigan 4-H programs make communication a major focus, further allowing youth to cultivate and enhance these critical skills.

In 2016:

- 40 youth attended the 4-H Teen Spokesperson workshop; 78% of those surveyed indicated they feel comfortable sharing their thoughts and feelings with others.
- 32 teen leaders taught more than 1,200 fellow young people the Water Windmill Challenge as part of the 4-H Ag Innovators Experience.
- Nearly 350 youth participated in 4-H meat and livestock judging programs where they verbally validated their class evaluations.



Developing Youth and Communities, continued

Children and youth in Crawford County have participated in a variety of 4-H clubs and activities this year. They include cooking, gardening, leadership, Yoga, babysitting, cross-country skiing, horse & pony, crafts, STEM, Natural Helpers, vernal pool patrol, Hour-of Code, poultry hatching, Winter Workshop series, and clubs that have a variety of interests.

Participating in a variety of programming

Children and youth in Crawford County have participated in a variety of 4-H clubs and activities this year. They include cooking, gardening, leadership, Yoga, babysitting, cross-country skiing, horse & pony, crafts, STEM, Natural Helpers, vernal pool patrol, Hour-of Code, poultry hatching, Winter Workshop series, and clubs that have a variety of interests.

- 50 youth members in 4-H Clubs
- 864 youth participated in short term programs
- 14 youth attended camp
- 405 youth participated in school enrichment

Total of 1,333 4-H Youth in Crawford County

Through the science literacy priority area, MSU Extension seeks to engage youth and the adults who serve them in hands-on learning that cultivates an understanding of the process of science, or how science works, and increases their knowledge of science content and topics. As a result, youth are better prepared for success now and in the future. Resources in this priority area focus on:

- Developing a Capacity for Success Through Science Literacy
- Animal Science
- Environmental and Outdoor Education
- Plants, Soils and Gardening
- Science and Engineering



Nutrition Education for all ages



MSU Extension efforts to provide nutrition education covers a variety of topics and serve audiences that range from early childhood to senior citizens.



Nicole Wethington
Program Instructor

When you support MSU Extension's efforts to provide nutrition education, all ages are given the tools to make healthy choices in regard to healthy foods and activities. Nutrition education topics include budgeting, healthy choices, physical activity, nutrition, planning meals, cooking, and more. Audiences range from early childhood through senior citizens. We have partnered with hospitals, schools, the court system, grocery stores and others from our communities.

School-Based Programs

- Show Me Nutrition (Grades K-8)
- Fuel Up to Play 60
- Cooking Matters for Teens
- Physical Activity Events

Early Childhood Programs

- Preschools
- Head Start
- Daycares

At Risk Youth and Adult Programs

- Juvenile Court
- Second Chance Academy
- Intermediate School District/ROOC

Adult Programs

- Prescription for Health
- Community Mental Health
- WIC/Project Fresh
- Grocery Store and Farmer's Market Tours and Classes
- Community Food Distribution Sites
- Worksite Wellness

Nutrition Education for all ages (continued)



Benefits from the Programs

One parent of a preschooler wrote, “We are reinforcing what you teach them at home—they are very particular now that their food plates have all food groups.”

One Prescription for Health participant announced that she had given up pop, started eating vegetables and lost 10 pounds during the six-week class.

Opportunities to leverage more dollars

Through Fuel Up to Play 60 and Smarter Lunchrooms, we secured additional grants for the schools to pay for equipment, fitness nights and cafeteria improvements.

MSU Extension class participants changed their diets, learned how to prepare new meals, learned how to save money, lose weight and live more healthy active lives.



Keeping People Healthy

Chronic disease costs Michigan 10.5 billion each year, including medical care and lost productivity. This figure is expected to triple over the next 25 years, reaching \$21.6 billion by 2040



**Gretchen Stelter
Disease Prevention
Extension Educator**

Disease Prevention and Management

When you support MSU Extension, you help participants learn strategies to improve the quality of their diets, manage chronic health conditions and reduce their risk of type 2 diabetes. 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. Your support of MSU Extension benefits participants and the community by moderating the increase in healthcare costs associated with caring for a growing population of people with diabetes and other chronic health conditions.

Access to high-quality and affordable disease prevention and management education programs such as those that MSU Extension provides is essential to saving lives, reducing disabilities and lowering the costs of everyone's medical care.

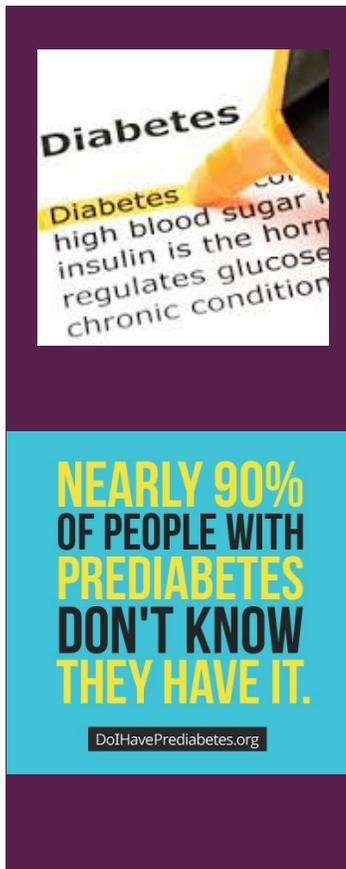
Since 2013, MSU Extension disease prevention and management programming has reached almost 8,500 Michigan residents. In 2016/2017 our residents participated in:

Dining with Diabetes—Participants learn how to prepare healthy meals, the importance of diet and exercise and tools to manage their diabetes. As a result of the program:

- 90% can correctly report which nutrients provide glucose for the body.
- 92% know which foods contain carbohydrates.
- 73% are confident they can eat meals every 4 to 5 hours every day, including breakfast.
- 76% are confident they can follow their diet when having to prepare or share food with other people who do not have diabetes.

Personal Action Towards Health (PATH)—Participants are equipped to face the daily challenges of living with one or more chronic conditions. As a result of the program:

- 33% of participants reported an improved health status at the end of the program.
- 53% of participants ended the program with decreased symptoms of fatigue.
- 49% of participants reported decreased pain symptoms.
- 51% decreased their fearfulness about their future health by using strategies taught in PATH.



Matter of Balance

Participants are offered safe exercises to develop balance, critical for seniors who desire to age in place. In addition to the exercises, education is provided to equip seniors to remain safe in their homes.

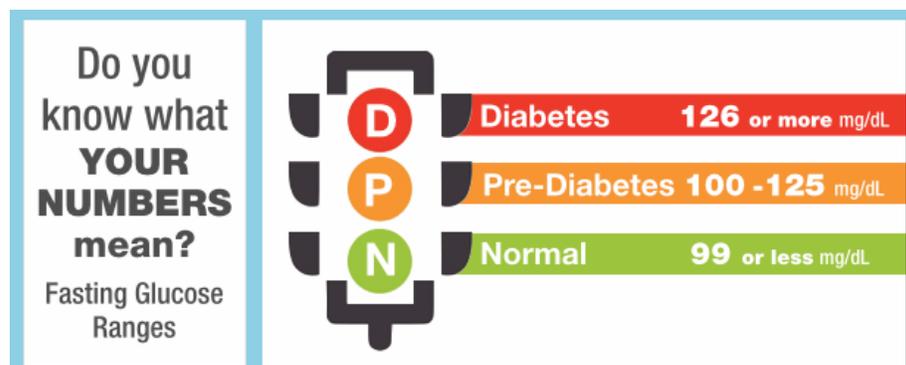
Helping Crawford County prevent diabetes

MSU Extension is working collectively with many organizations:

- locally—District Health Department #10, Munson Hospital
- statewide—MDHHS, Area Agencies on Aging, Michigan Rehabilitation Services
- Nationally—Center for Disease Control, Robert Wood's Foundation, National Diabetes Prevention

Program: to fight the overwhelming epidemic of diabetes in Michigan by helping people prevent this chronic illness.

- programs for adults
- Classes for the youth at Shawono.
- Training school personal on Diabetes 1





Your support of MSU Extension social-emotional programs aimed at bullying and violence prevention allows participants to learn safer and healthier ways to interact with others.

Social and Emotional Health

The United States spends an estimated \$425 billion in direct and indirect costs of violence each year. The cost of youth violence in the United States has been estimated at \$158 billion annually. Your support of MSU Extension social-emotional programs aimed at bullying and violence prevention allows participants to learn safer and healthier ways to interact with others. This benefits community members by decreasing the mental, emotional, social and economic costs associated with violence in communities.

The state's \$56.6 million investment in MSU Extension and MSU AgBioResearch generated more than \$1 billion for Michigan residents in 2015-16. Every dollar the state invested in MSU Extension and MSU AgBioResearch leveraged an additional \$2.59 in federal funds and external contracts, grants and other revenues to serve Michigan residents for a benefit/cost ratio of 18:1

RELAX for Youth—Alternatives to Anger Participants are offered techniques for calming down and de-stressing, problem solving, communicating and letting go of the past. The program reaches people living in low-income situations, and racially and ethnically diverse audiences. Programming was delivered to Shawono residents, a parent group at Second Chance Academy and as a train-the-trainer for the Family Court staff. As a result of the programs:

- 70% of participants now work hard to be calm and talk things through.
- 66% try to end on a positive note when they get upset.
- 68% of participants reduced their frequency in yelling and screaming, which indicates they have improved strategies to address aggression and violence.
- 66% of participants now take time to understand how others are feeling.

Stress Less with Mindfulness—introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment and non-judgmentally. As a result of the training, participants showed improvement on these key outcomes:

- 78% of participants can describe how a mindfulness perspective changes reactions to daily stressors.
- 75% of participants use mindful awareness when eating.
- 74 percent of participants know three mindfulness tools to help them.

Making the Most of Our Natural Assets



Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.



When you support MSU Extension's natural resources education programs, participants learn about ecological principles, natural resource issues and the role of natural resource professionals. They also explore public policy issues related to environmental stewardship and become aware of income-generating opportunities. Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.

Raising awareness of forest health

Through a variety of delivery methods forest health information has been offered to residents and industry representatives of the county.

Information and education has been delivered by:

- Newspaper articles, phone calls and site visits.
- Landowner assistance on demand for a variety of issues related to trees, insects and soil.
- Hartwick Pines Forest Family Day.
- Hartwick Pines Maple Syrup Day.
- Gypsy Moth Open house.
- Houghton Lake Business Expo.
- Houghton Lake Foundation Lake Saver Day (Roscommon Elementary School fourth grade conservation day).
- Gahagan's Environmental learning for the Future (ELF) to one 2nd grade class.
- Personal visit to Grayling Country Club to evaluate and diagnose tree health.
- Oak Wilt and Forest Health Workshop.
- Close collaboration with the Crawford Roscommon Conservation District.



Ensuring Strong Communities

When you support MSU Extension, participants learn how to implement best practices in good governance that keeps communities solvent, productive and engaged.



Bonnie Wichtner-Zoia

Leadership, Community Engagement and Tourism Educator

MSU Extension Ombudsman

Leadership and Community Engagement

Through its public policy education and community leadership workshops, MSU Extension informs residents about public policy issues and processes, offers leadership skill development classes and strengthens community capacity to solve complex problems.

Civic Engagement

Engaged citizens do more than vote, they act within and outside political systems to improve communities.

Through its Public Policy and Civic Engagement trainings, MSU Extension informs residents about public policy issues and processes as well as advancing citizen engagement to strengthen community capacity to solve complex problems. Examples of workshops and programs that have been available to Crawford County residents include:

- Citizen Planner
- Real Colors and Meyers Briggs Personality Assessments
- Leadership through Effective Meeting
- Parliamentary Procedures
- Facilitated Strategic Planning

For more information: http://msue.anr.msu.edu/topic/info/civic_engagement.

Facilitation

A facilitator is someone who helps a group of people understand their common objectives and assists the group in planning and achieving their objectives without taking a particular position in the discussion.

MSU Extension offers two highly acclaimed facilitation workshops that are designed to train leaders from communities and organizations and are available to Crawford County citizens:

- [Facilitative Leadership](#)
- [Advanced Facilitative Leadership](#)
- MSU Extension also offers facilitation and strategic planning.

The 2008 CPP study stated that 85% of employees must deal with conflict 2.8 hours per week, 22% of whom indicate that conflict has caused illness or work absences and that 2005 Management Service Study reported that conflict costs the average employer nearly 450 days of management time per year—the equivalent of 2 full-time employees! And, the most surprising deduction made by the CCP report is that the majority of employees have never received any kind of conflict management training.

Conflict Resolution and Leadership Development

To engage productively in community and economic development opportunities it is essential to openly address and resolve disagreement in a constructive manner.

MSU Extension offers experiential and research-based educational opportunities that help people build the skills they need to manage a range of conflict situations—from one-on-one interactions to large public meetings.

Communicating through conflict is a program open to all county residents.

Participants will:

- Achieve a deeper understanding of the continuum of conflict management options and approaches.
- Gain conflict resolution skills designed to preserve relationships, create a safe environment for continued dialogue and develop a shared decision.
- Learn approaches to active listening and how to choose strategies aimed at finding a mutual purpose.
- Discern how to recognize interests behind strongly held positions.
- Become aware of when to apologize and when to use a contrasting statement.
- Receive a document with easy-to-follow steps for Communicating through Conflict.



Ensuring Strong Communities, continued

“60% of Baby Boomers agree experiencing nature is an important part of their leisure travels.”

- Destination Analysts



“More American jobs depend on recreational motorcycling and off-road (867,000) than there are lawyers in the United States (779,000).”

-Outdoor Industry Association

Tourism

MSU Extension helps communities grow and prosper by providing educational programs aimed at expanding awareness and identifying appropriate tourism niches and development recommendations.

Understanding Tourism in Michigan Communities (UTMC)

- This 3 hour workshop is directed at communities and individuals seeking to better understand tourism opportunities and how niche markets can help transform, grow and sustain assets in their communities.
- Attendees explore their own assets and identify possibilities to leverage tourism opportunities.
- Through a partnership with the Michigan Tourism Strategic Plan Fund, ten *Understanding Tourism in Michigan Communities* workshops will be presented across the state in 2017 & 2018.

First Impressions

- The purpose of the First Impressions Program is to help a destination learn about their existing strengths and weaknesses as seen through the eyes of the first time visitor.
- Participating communities receive a written summary, public presentation and tourism -related recommendations.
- The MSUE Tourism Team is currently accepting applications for 2018 at http://msue.anr.msu.edu/program/info/tourism_first_impressions.
- Articles and information about a variety of tourism- related subjects can be found on the Michigan State University Extension Tourism website at: <http://msue.anr.msu.edu/topic/programs/tourism>.

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989.344.3264**

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District 4 Extension Council

Each district of MSU Extension has an advisory council to assist the District Coordinator in a variety of ways. The Council’s composition is a balance among various sectors that Extension educational programming serves.

Members are nominated and selected due to their experiences with Extension and proved leadership. They network with others who share similar interests and concerns, help shape Extension programming efforts important to citizens in the district, gather support for establishing or extending educational effectors around issues of concern in the district, and participate in leadership and issue focused educational events.

Members of the District 4 Council in 2017 include:

- Bobbe Burke (Arenac)
- Sharon Czaika (Iosco)
- Roy Elie (Ogemaw)
- Elizabeth Grabow (Ogemaw)
- Paul Grabstanowicz (Alcona)
- Ken Melvin (Roscommon)
- Marc Milburn (Roscommon)
- Bruce Reetz (Ogemaw)
- Erik Rodriguez (Arenac)
- Therese Kaiser (Crawford)
- Judy Umlor (Crawford)
- Ericka Earl (Iosco)
- Julie Lavender (Roscommon)



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