MESSAGE FROM THE DISTRICT COORDINATOR

Michigan State University Extension continues to serve the residents of Ogemaw 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 4-H 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-bias 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 Ogemaw County. We are grateful for the opportunity to serve our residents of Ogemaw County, our stakeholders and our partners.

Mischelle Warner
District Coordinator, District 4

MEASURING IMPACT

SERVING OGEMAW COUNTY RESIDENTS AND EQUIPPING ITS LEADERS

Agriculture and Agricultural Business Institute programming including: farm visits, TB evaluations and education, youth preparation, feed issues, product and risk management, dairy production, management and labor issues, cow-calf producers, field crops, 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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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.

Extension 4-H clubs connect caring adult volunteers to youth

Through MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce and teach them critical life skills.

- 17 active clubs ranging from livestock to sewing, archery, crafts, babysitting and camps.
- Potential new clubs that will be starting this fall are a Robotics, Shotgun, Rifle, and Photography.
- 40 adult volunteers make all clubs successful.

MSU 4-H Exploration Days

A pre-college program where over 2500 youth from across Michigan learn to become independent and responsible by living in residence halls on the campus of MSU.

- 40 youth from Ogemaw County took a variety of action-packed classes.
- Several course choices offer a firsthand experience in a potential career.
- Youth experience MSU dorms, buses, cafeteria and other aspects of major university life.
4-H Spring Achievement Day
A day of recognition for Ogemaw County 4-H Clubs, youth and adult volunteers that the public is invited to attend.

- Club members display their personal projects and they are evaluated on their work.
- Many Cloverbuds-members, aged 5-8, were recognized for their participation.
- Leader and member recognition pins and certificates were awarded.
- Outstanding Achievement Awards were given to youth in numerous project areas.
- Over 200 people were in attendance at the event.

Tolfree Bio Blitz
7th and 8th graders gained a firsthand look at the biodiversity of different plant and animal groups in our community at the Tolfree Foundation Wellness Pan.

- MSU Extension and 20 partnering organizations within Ogemaw County were involved in the event.
- Attended by 290, 7th and 8th grade students from Surline, St. Joseph Catholic School and other local private schools.
- MSUE staff led students in understanding the importance of water quality by identifying macro invertebrates in water samples from the pond at the park. They collected information to carry out a biological inventory.

4-H Forestry Fun Camp
In 2016, Ogemaw MSU Extension natural resource and youth education staff partnered with the MSU Forestry Department and the Michigan Conservation District foresters to offer a pilot 4-H Forestry Day Camp.

- Youth utilized science and math skills related to forest management and explored a variety of careers in forestry.
- Participants indicated that they were more knowledgeable about entrepreneurship and career opportunities that youth can pursue in forestry fields. Additionally 90% of youth planned to apply the science knowledge and skills they developed at camp.
4-H Youth Programs:

- 321 Youth members in 4-H Clubs
- 27 Youth Participated in short term programs
- 63 Youth attended Camp
- 491 youth Participated in School Enrichment programs
- 22 Youth Participated in after school programs

⇒ Total of 924 4-H Ogemaw Youth
Science Education
Youth learn science, technology, engineering and math (STEM) implications through a variety of projects. Youth explore interests from animal science to aerospace, resulting in increased interest in science at a rate of three times that of non-4-H peers. Interest in science is a predictor for young people to choose science-related careers which are critical to our local, state, national and global economy.

Examples of workshops and programs that have been available to Ogemaw County youth include:

- Water Quality Utilizing Macroinvertebrate Identification in partnership with the Tolfree Foundation BioBlitz
- Spooky Science Night
- Teens As Teachers Science Camp Counselor Training
- Forestry Camp
- For more information: http://msue.anr.msu.edu/topic/info/science_engineering

4-H Supervising and Staff Development
Supervising and staff development educators provide training and continuing education for 4-H Program Coordinators. As a program coach, advisor and supervisor for 4-H Youth Development Program Coordinators, this Educator collaborates with others, working with staff, faculty, specialists, District Coordinators and Extension Educators to help build skills of 4-H Program Coordinators needed to

- design, implement and evaluate quality educational programs that provide opportunities for youth to develop life skills needed for success today and in the future
- recruit, train and manage volunteers who provide support for youth program participants
- build effective community partnerships
- effectively manage risk and child safety issues in a variety of educational settings ensuring that programming is available to diverse audiences of individuals and community groups, meets the needs of the clientele and is in alignment with the expectations set by Michigan State University, MSU Extension and the Children and Youth Institute.
Ensuring Safe and Secure Food

When you support MSU Extension’s efforts to enhance residents’ access to an adequate supply of safe, affordable food, program participants will focus on food safety measures in the field and at harvest, learn proper food preparation and food preservation techniques, and bring community partners together to strengthen access to healthy food supplies. This leads to a healthy population, which in turn helps keep health care costs in check and our communities viable.

Teaching Ogemaw Food Safety

The National Institutes of Health estimates that every year, 48 million people in the United States become ill and 3,000 die from pathogens in food. Causes range from outdated home food preservation practices to unsafe sanitizing practices at public events and small businesses. Since 2013, MSU Extension food safety and preservation programs have taught almost 10,500 Michigan residents safe food handling, food preservation and methods to reduce foodborne illness. Participants include youth, nonprofit organizations that prepare food for the public and food preservers who want to create safe products for their small businesses.

Through face-to-face and online learning, Michigan communities receive high-quality, research-based education using U.S. Department of Agriculture guidelines for safe food preservation.

Basics of food preservation

- Participants learn how to successfully and safely use a pressure canner for low acid foods, a water bath canner and a steam canner for acid foods.
- MSUE provided this course to 12 Ogemaw residents.
- Presented at the Grow and Grill program at the Tolfree Park. Presented freezer jam to youth and adults.

Michigan State University Extension Offers ServSafe, a national certification program for those working in food service, specifically manages and other leaders.

- The course teaches how to prevent foodborne illness and how to train employees about the latest food safety issues.
- 25 Ogemaw residents participated in this 8 hour class held at Michigan Works.
- 15 Whittimore school employees in the 8 hour course.
- They covered topic including: providing safe food, forms of contamination, the safe food handler, food safety management systems, safe facilities, pest management, and cleaning & sanitizing.
Ensuring Strong Communities

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 Ogemaw 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](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 Ogemaw County citizens:
- *Facilitative Leadership*
- *Advanced Facilitative Leadership*
- MSU Extension also offers facilitation and strategic planning.
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.

- In 2015, two (2) three-hour Communicating through Conflict workshops were piloted for Ogemaw County employees. Since that time over 400 people across the state have experienced this workshop. Evaluations have been exemplary! A medium term evaluation is planned.

- With a concentration on local programming, experienced MSU Extension staff and local citizens have been exploring the creation of a community leadership program from Ogemaw County. In June of 2017 surveys were disseminated and a focus group conducted to ascertain a need and/or desire to launch a leadership program in Ogemaw County.

Quotes from Ogemaw Focus Group and Surveys

“We have too few leaders and a lack of shared vision for our future.”

“Not everyone wants to be a leader, but many people want to help. Programs should be designed to build skills and knowledge.”

Top Five Leadership Skills

1. Integrity
2. Communication
3. Action
4. Trust
5. Relationship Building

- Ogemaw County Survey/Focus Group Results
Ensuring Strong Communities, continued

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.
- Ogemaw held this program in 2015.

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 summery, 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](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](http://msue.anr.msu.edu/topic/programs/tourism).

“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
Your support of MSU Extension means that farm families are helped in their efforts to make their passion of providing high quality food products a successful business as well. Together we work to improve cattle health and well-being. Access to research-based information is critical when business decisions depend on it, and Michigan State University is a leader in discovering knowledge and applying it on farms for the benefit of the farm families and their communities.

Coping with farm stress

This has been a difficult year for many dairy farmers because of low prices for milk. In addition, beef cow-calf producers have also been facing low prices for their product. Though there is very little anyone can do about the prices received, there are things that can be done in the business and at home.

- Wrote a letter to dairy families encouraging them to contact Extension for help.
- Met with farmers to help them consider management changes and alternatives.
- Met with two groups of ag professionals to discuss the impact of stress on farmers.
- Invited dairy farmers to come together to discuss stress and ways to cope with it and had them share experiences of reducing costs.
- Spoke to beef producers in several meetings to talk about ways to improve the returns from their business.
- Worked individually with farmers to identify opportunities for improving finances.

Checking milking protocols

With milking being done two or three times every day, protocols can sometimes drift from what was intended or instructed. The impact of that on cows can build up quickly. Checking, retraining where needed, and having equipment checked can all be important to improve cow udder health as well as parlor efficiency.

- Working with an Extension Intern, we observed milkings and measured vacuum during milking at the teat end on three farms.
- Prepared reports and reported back to the farm owners with recommendations. Each made changes. Later, we returned to measure the impact of their changes.
- This was part of a statewide project from which the data is being combined and will be presented back to farmers in a number of ways.
- Co-authored a book, “People and Parlors” on milking that can be used as a training guide for employees.
- Co-wrote articles based on parlor observations that have appeared in dairy press.
Labor supply and management

Finding employees who will be an asset and keeping them continues to be a major challenge for some dairy and beef producers. Employee turnover rates are high on some farms and many find managing people to be much more difficult than managing cows.

- Have been writing and speaking on employee management for several years.
- This year, a new edition of the book “Large Herd Dairy Management” was published as an e-book. It contains a section on “Effective Management of Farm Employees” co-edited by Durst and Moore with a chapter on “Building a culture of learning and contribution by employees” by Durst and Moore.
- Wrote articles on employee management for Michigan Cattlemen’s magazine and Nebraska Cattle’s magazine. The National Association of County Agricultural Agents recognized the articles with an award as the National Finalist for excellence in communication for personal column.
- Working with Moore, we developed a program to recruit, train and place Puerto Ricans on farms as legal employees. Together with University of Puerto Rico Extension faculty and staff, we are conducting an initial training in Puerto Rico. We are also working with U.S. farm owners who are part of the project to help them improve their employee management skills and reduce employee turnover rates.

Bovine Tuberculosis is still around

While farmers, land managers and government officials have done much during the past 20 years to control TB in cattle herds, the reality is that there are still newly infected herds each year. Prevention is the key.

- Working as a member of one of two teams of specialists visiting beef and dairy farms in the core TB area of Michigan to help farmers identify risks to their herd from potentially infected deer, we have done “Enhanced Wildlife Risk Assessments” on 17 farms.
- Develop reports with the team that provide ideas specific to the farm and to the management goals of the farmer.
- Have also been a member of the team that has investigated 4 new herd TB infections.
- Work with Michigan Department of Agriculture and Rural Development to develop policies that are practical and yet effective.
Learning to control an insidious virus

Bovine leukemia virus (BLV) is often underestimated in both its prevalence and its impact on dairy and beef herds. Much of the research into both has been done at Michigan State University.

- Leading two Extension projects on BLV in dairy herds involving 80 herds across the state and the testing of approximately 3200 cows.
- Met with the dairy farmers and their veterinarians on 36 farms to discuss the disease and its transmission.
- Followed-up with herd owners after test results were received.
- Communicated BLV management information through articles.

Individual work with farmers

Farmers have individual needs and situations. While meetings are good for teaching topics, all topics can’t be covered and they cannot be specific to each farm. Making changes in the business depends on trust between the Educator and the farmer. This Extension Educator has met with farmers at their farm or in their home 220 times throughout the year to discuss a variety of topics, including:

- Current problems and challenges
- Evaluation of the operation
- Alternatives and opportunities
- Plans for greater success
Keeping People Healthy

MSU Extension’s SNAP Education (SNAP-Ed) programs including Cooking Matters, Eat Healthy. Be Active, Jump Into Foods and Fitness, Healthy Harvest and Show Me Nutrition teach Bridge Card eligible adults and children

- how to make the most of their food dollars
- developing skills such as menu planning
- understanding recipes
- food preparation and keeping food safe.

Between January 2016 and December 2016, MSU Extension SNAP-Ed programs were presented to 208 adults and youth in Ogemaw County!

- 23 adults and 156 youth participated in a six-week series of nutrition lessons.
- 29 adults participated in a one-time lesson on healthy lifestyle choices.
- 632 contacts were made with adults and youth in 2016.

Teaching valuable healthy-eating skills

MSU Extension is serving 624 children and families weekly in Northeast Michigan weekly through a partnership with Food Bank of Eastern Michigan. As part of the backpack programs of food distributed for the weekends, children and families receive recipes, resources and information to make a healthier choice an easier choice.

- Roscommon County- 2 schools- 120 children
- Ogemaw County- 1 school- 48 children
- Oscoda County- 2 schools- 120 children
- Iosco County- 2 schools- 96 children
- Crawford County- 1 school- 48 children
- Alcona County- 2 schools- 192 children

Examples of "bumper stickers" made as an assignment the teacher gave. They had to come up with a nutrition slogan message for the front and then on the back write me a note.

“Hi Peggy,
I just wanted to give you a very big complement. Torey loves your nutritional class. He has came home with lots of good info and uses it on a daily basis. I find him reading labels all the time and asking questions about everything. Thank you very much
You are doing a great job. He even passes info on to others.”

- Parent

Peggy Zettle
SNAP-ED
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.

Helping Ogemaw County prevent diabetes

MSU Extension is working collectively with many organizations locally, statewide and nationally to fight the overwhelming epidemic of diabetes in Michigan by helping people prevent this chronic illness.
- Spoke monthly at West Branch Medical Center.
- 12 participants from Ogemaw County.
- Discussed programs MSU has to offer.
- Presented a Diabetes Education to West Branch diabetes education group.
MSU Extension Master Gardener Volunteers Improve Communities Every Year

- Ogemaw County Master Gardeners volunteered 353 hours in 2016 to support community-based garden projects. Projects educate residents on how to grow plants that beautify communities, improve local environments, and provide nutritional local food.
- Master Gardeners distributed printed materials, in-person, from the popular MSU Extension “Smart Gardening” series at many local businesses and events.
- Ogemaw County honored long-standing Master Gardener volunteer Lillian White of Ogemaw Master Gardeners & Friends, for her 16 years of service and 1,870 volunteer hours.
- A long-awaited Master Gardening Course is currently scheduled in Ogemaw County for Fall 2017, which will produce additional volunteers in the county. The class is filled to maximum capacity.

Gardening Education Comes to the County

- A free public “Pollinator Education Day” at the West Branch Regional Medical Center took place on May 17. In partnership with the Tolfree Foundation, several MSU Horticulture experts presented science-based information and demonstrations on how home gardeners can help bee and insect pollinator rehabilitation efforts.

The Best Resource for Home Gardening Assistance

- MSU Extension is the leading expert on Home Gardening Questions. The public can get questions answered through the MSU Extension Gardening Hotline, as well as a 24-hour “Ask an Expert” on-line resource.
- A nearby MSU Extension Educator in Tawas City services Ogemaw County residents who prefer a more direct resources for their home gardening questions.
- MSU Extension offices also have soil testing kits, and can help residents send plant and insect samples for definitive disease diagnoses at MSU labs.
### Extension Educators Serving Ogemaw County

**989.345.0692**

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### Staff Located in Ogemaw County Office:

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### Additional MSU Extension Staff Serving Ogemaw County:

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### MISSION:

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

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. 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. Jeffrey W. Dwyer, 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. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.
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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