

Oakland County

2012 ANNUAL REPORT

Message from the District Coordinator

With new tools like iPhones, iPods, BlackBerrys, tablets and GPS devices, we can store, find and share information in ways never before seen in history. Michigan State University Extension is joining this technology revolution to bring resources and information closer to you.

During 2012, MSU Extension revamped its web presence at [www.msue.msu.edu](http://www.msue.msu.edu) to provide quick and easy access to current, relevant, useful information. The search tool lets you find expert information by subject or location, information that is updated on a daily basis by our educators and experts.

To find MSU Extension staff with specific expertise in your county, search by Oakland County, the area of interest, or name at <http://expert.msue.msu.edu>. Or you can utilize the online people and expertise search at <http://people.msue.msu.edu>. If you are need specific expertise can utilize Extension’s national system of experts by choosing the “eXtension Ask an Expert” link (<https://ask.extension.org/ask>) and your question is shared with Cooperative Extension and university faculty across the United States.

The MSU Extension web site also contains a robust set of current events and programs that are being offered in Oakland County, and Michigan. MSU Extension bulletins, soil tests and other materials are available on the web site or by visiting the MSU Extension Bookstore at <http://bookstore.msue.msu.edu/>.

I encourage you to visit the new “21st Century” MSU Extension, see how accessible it is to find what you’re looking for. All this cannot and never will, replace our staff, but certainly will help make the work of our exceptional educators even more accessible to you and to Oakland County.

Sincerely,

Marie A. Ruemenapp  
District II Coordinator

Mission

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

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2012 Participation Numbers

Children & Youth .....	8,439
Volunteers .....	327
Natural Resources .....	3,719
Volunteers` .....	59
Financial Stability & Community Development .....	2,577
Community Food Systems .....	1,693
Volunteers .....	201
Agriculture, Agri-Business & Horticulture .....	9,010
Master Gardener Volunteers .....	502
Nutrition, Health & Wellness .....	13,382
Total .....	39,947

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Michigan's food and agriculture system contributes \$91.4 Billion annually to the state's economy. Farming and farm-raised commodities make up \$13 billion of that total. This begins with less than 2 percent of the population on family farms creating a ripple effect impacting the entire state, nation and international exports of close to 200 raw and processed food and non-food products.

Second only to California in crop diversity; more than 330 different kinds of farm products are produced here in Michigan. For almost 50 of those commodities, Michigan ranks in the national top-10 in production. It is the number one producer of blueberries, tart cherries, Niagara grapes, Easter lilies, squash, pickling cucumbers, several varieties of dry beans and landscaping plants like geraniums, petunias and impatiens. Nationally, Michigan ranks second in production of carrots, celery, and dry beans and ranks third in production of apples, asparagus, snap beans and fresh cucumbers.

MSU Extension is unique in that it pulls together science-based faculty and staff members to provide unbiased information to Michigan residents. MSU Extension is a distinctive resource helping farmers and agricultural businesses learn to effectively manage production, financial and environmental systems for success from the individual farm to the state's natural resource base to the consumer's dinner plate. All of which comes together to ensure that food and agriculture continue to keep the economy viable.

The over-arching goals of MSU Extension agriculture and agribusiness programs are to:

- Increase productivity and financial solvency of Michigan farms and agricultural enterprises. Agricultural revenue translates into more dollars spent in local communities, thereby increasing the tax base.
- Increased productivity encompasses not only the amount of food produced in Michigan but also high quality, safe and affordable food for Michigan residents and for global exports. Non-food crops supply high-quality and high-value products both in and out of state.
  - Protect natural resources through educational programming that targets more efficient use of energy, water, fertilizers, pesticides and nutrients and increased use of managed energy sources thereby ensuring clean, abundant water, soil, air and energy resources for future generation.



### Agriculture in Oakland County

Agriculture is the second largest industry in Michigan, and an industry that utilizes MSU Extension's research and assistance in commercial agriculture and horticulture ventures as well as individual consumers across the state. According to the [National Agriculture Statistics Service](#), in 2012 Oakland County farmers produced 340 bushels of corn, 110,000 bushels of soybeans 144,000

bushels of wheat, as well as producing fruit, vegetables, horticulture/landscaping plants, and Christmas trees.

Oakland residents and county employees received assistance from other than District 11 educators during 2012 in MSU Extension's efforts to provide complete coverage of all agricultural areas. One example was a training session by a team of MSU Extension experts in February who met with 25 Oakland County Animal Control Officers per the request of Larry Obrecht. The team provided information and training regarding basic livestock handling, management practices as it relates to the general care of the animals, and how to calculate the correct scoring on the animals' body conditions. The officers were given presentations on horses by Karen Waite, beef and dairy cattle by Kevin Gould, sheep and goats by Mike Mezger and swine by Tom Guthrie.

MSU Extension expertise provided to Oakland County agricultural producers and agribusinesses included:

- A new invasive pest: the [Spotted Wing Drosophila](#) (SWD) has become a threat to berry growers in Michigan and in Oakland County. This small, vinegar fly can lay its eggs into ripening and ripe berries, and has been found in all the major fruit-producing regions of the state. It is critical that growers monitor, identify and manage this pest both for production and quality/consumer acceptance. MSU Extension educational programs on this specific issue reached a total of 87 growers, several in Oakland County, who were surveyed. A total of 59 growers followed the MSU Extension recommendations and 28 did not. The total acreage surveyed was 5,870 acres, and out of those 3,185 were protected by following our recommendation and 2,690 were lost to the SWD damage.
- MSU Extension educators work with farmers throughout Michigan to help maximize the production of cellulosic ethanol (fuel) producing crops, including switchgrass and miscanthus. Research on effective production methods for fuel producing crops is being conducted in southeast Michigan fields.
- Integrated Crop and Pest Management Update reached 325 participants, both farmers and consultants reaching many more farmers, including a number in Oakland County. MSU updated production information ranges from insects, diseases, weeds and nutrients and reflects the top issues of drought, rising inputs costs and rapidly evolving technologies.
- The dairy industry in Michigan accounts for about one-fourth of the total gross sales in Michigan's agriculture. According to "Milk Production, Dispersion and Income 2012 Summary (April 2013), USDA, National Agricultural Statistics Service, in 2012, Michigan ranked eighth in the nation for total milk production, 8,889 million pounds. Michigan producers in Oakland County and southeast Michigan are able to access research based

Proud supporters of the Farmer's of Detroit, the McIntire's use "Grown in Detroit" honey in their Oatmeal Honey Goat's Milk Soap

information from MSU Extension Educator Craig Thomas.

- The 2012 Nutrition Basics for Dairy Farmers resulted in an average annual savings of \$83,000 per farm based on their intentions to do one or several of the following: decrease expenses, improve milk yields, and improve milk fat and/or protein percentage; all of which increase farm profits assisting the last few remaining dairy farms in Oakland County to remain profitable.

### **MSU Product Center: food business and urban agriculture development.**

The MSU Product Center Food-Ag-Bio helps Michigan residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. The local MSU Extension educator has special training as an innovation counselor to deliver these services. Business counseling is conducted on a one-on-one basis and may take place at the MSU Extension office or the client's home or business location. The assistance provided is tailored to meet the needs of the client and may include developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The educator also assists clients in accessing specialized services that are offered through Michigan State University, like feasibility studies, market research, food safety review, nutritional labeling and packaging assistance.

In Oakland County during 2012, 651 counseling sessions took place with 103 clients seeking assistance to help them start businesses and expand existing businesses. This business development resulted in the creation of nine new jobs and the retention of five existing jobs. Total capital formation that resulted from these businesses during 2012 came to \$1,120,000. The partnership between MSU Extension and the MSU Product Center Food-Ag-Bio is providing support for entrepreneurs and supporting economic development in Oakland County.

**City Girls Soap** is an up-and-coming entrepreneurial business in Berkley, Michigan, created by John and Amy McIntire that worked closely with the MSU Product Center to launch their new enterprise in May of 2012. Their dream was to build a business utilizing ingredients sourced from the Urban Farms of Detroit and Southeastern Michigan. The McIntire's created their gentle, hand-made soap with a special ingredient from "The Girls," the milk from goats. In some circles, goats are referred to as "The Girls."



The City Girls Soaps make unscented soap, eight scented soaps, Udderly Urban Shaving Bars, Bitty Bars for kids and babies and Dirt Bags – a citronella soap bar in a muslin bag that hangs from an outside spigot for hand washing after a day spent in the garden. Their products are available at Whole Foods in Detroit and other specialty stores.

Statewide, MSU Extension educators assisted 193 venture start-ups based on a commencement of a business and continuing planning of a new business or an expansion of an existing business. During 2012, increased annual sales for the cumulative first year only sales, totaled over \$12,000,000 and the value of increased investment was over \$6,000,000.

### Urban Horticulture

Urban horticulture involves educating citizens in gardening and garden related issues. With trends moving toward community gardens and backyard gardening, there is a growing need for educational assistance in these areas. MSU Extension horticulture programs help residents make environmentally friendly choices to reduce pesticide use and to make nutrient appropriate choices for fertilizer to protect water quality. It promotes gardening as a means of living a healthier lifestyle in terms of exercise and diet.

For residents with limited space, staff help educate residents on alternatives to traditional gardening such as container gardens and intensive gardening in small spaces. Diagnostic services assist in identifying insects and plant problems for homeowners and provide information on invasive plants and pests and their management. As churches, communities and schools develop community gardens, staff members provide educational training and information on the establishment and maintenance of community gardens.

Staff provided horticulture programs for 205 participants during the year that included a series of workshops each summer providing participants with eight choices of “Evening in the Gardens” programs at the Tollgate Education Center in Novi; Community Gardening 101, Edible Landscaping, a four-week series on Garden Design, and Hoophouse Overview.



According to the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations; the value of a volunteer's time is \$21.79 per hour.

The MSU Extension consumer horticulture staff developed several tools aimed at providing answers to consumer and homeowner questions whenever needed, 24/7.

- The toll free **Lawn and Garden Hotline** connects consumers throughout the state. Over 3,200 Michigan gardeners including 470 people from Oakland County utilized this free service in 2012, by calling 1-888-MSU Extension -4MI (1-888-678-3464) for answers to gardening, lawn, landscape and pest questions. An additional 2,000 residents received assistance at the MSU-Oakland County Extension office or through the phones there.
- Residents looking for information or answers to gardening, lawn, landscape or pest questions may also visit [www.migarden.msu.edu](http://www.migarden.msu.edu) and use the "Ask an Expert" feature to submit their questions to Extension horticulture experts in Michigan, and across the United States. Responses are generally sent within 48 hours.
- Horticulture staff developed an easy to use **Soil Test Kit** self mailer, available from the MSU Extension Bookstore ([www.bookstore.MSUExtension.msu.edu](http://www.bookstore.MSUExtension.msu.edu)) and the MSUE Oakland County office. The mailer can be used to test the nutrients of home soils for lawns vegetable gardens, trees, shrubs, flowers and small fruits. Based on the results, a custom fertilization program is developed for each sample. Kits cost \$25. In 2012, test kits samples were completed for 482 Oakland residents by the MSU Soil and Plant Nutrient Lab.

#### Master Gardener & Volunteer Programs:

MSU Extension staff trained 49 new master gardeners. During 2012, the 502 master gardener volunteers donated a total of 23,760 hours of volunteer service to local

communities. Using figures calculated by the Independent Sector, the value of a volunteer's time is \$21.79 per hour. In 2012, the value of the master gardeners volunteer time donated to Oakland County communities was \$517,730.

The Jewish Community Garden at Temple Emanu-EL in Oak Park is an example of the synergy of two groups coming together for a common cause, of what can be achieved through wanting to learn about and growing fresh vegetables and the power of committed volunteers.

Jewish  
Senior Life  
(JSL)

Social Worker, Patti Tauber, requested volunteers to help turn an 18 bed space into a community garden. JSL



connects programs that support aging with dignity and choice and maximizes independence with the appropriate service. Discussions covered starting an intergenerational garden since the Temple has a school with grades K-6.

A master gardener who is a carpenter helped to fix the existing 18 beds on the property. Another volunteer used his resources to have soil and compost donated to fill the beds. Youth laid newspaper as mulch and made plant labels to mark the rows. Those labels held a hand drawn picture of the vegetables and the plant's name in English, Russian, and Hebrew.

The vegetable and flower collection included squash, zucchini, tomatoes, broccoli, onions, potatoes, broom corn, kale, cucumbers, dill, roses, marigolds, lettuce, cabbage, basil, and more.

The Jewish Community Garden at Temple Emanu-El dedication and ribbon cutting took place on Earth Day, April 22, 2012. Guests included the mayor of Oak Park, the rabbi, cantor, youth education director, and JSL administration representatives.



## Tollgate Garden Volunteer Efforts:

225 Tollgate Volunteers, including a number of master gardeners, provided over 7,000 hours of volunteer efforts at the Tollgate Education Center and farm in Novi during 2012.

These volunteers provided 60 residents in the community with a hands-on maple syrup program. They hosted their annual open house and outdoor quilt show in July for over 500 attendees, maintained the on-site gardens, provided assistance for the 4-H club throughout the year, and developed and delivered the Tollgate Fall Fair designed for children where over 2,500 children and adults participated.

The volunteers also provided Forgotten Harvest with over a ton of food grown in the garden



**Volunteers prepare perennials for the annual plant sale to help fund the care of the Tollgate gardens.**

**Tollgate's Fall Fair 2012 offered many activities for the young visitors. (Photo by Dennis Rogers)**



### Public Policy – Sustaining Community Prosperity

#### Financial Capability Education

Providing unbiased information in financial educational programs helps reduce fraud in the marketplace, rewards quality businesses, and helps families provide capital for our economy by saving and spending. Residents of Oakland County must have the ability to deal with their personal financial situations. Consumers need financial education to positively impact their behaviors and decision making skills. According to the [National Research Symposium on Financial Literacy and Education](#) in October 2008, there is consistent evidence that financial education leads to increases in financial knowledge and more positive changes in financial attitude, motivation, and planned behavior.



MSU Extension partnered with the State of Michigan Investor Education in Your Community (IEIYC) initiative to provide financial education to residents of Oakland County. The State of Michigan's Office of Financial and Insurance Regulation supports the IEIYC program with grant funds from the [Investor Protection Trust](#) in Washington, D.C. Investor education workshops held as a result of this partnership were attended by 2,147 residents.

The first program offered by MSU Extension and IEIYC was a webinar that had a national reach. MSU Extension and IEIYC utilized the support of the [eXtension Financial Security for All Community of Practice](#) and the Military Families Learning Network to organize and promote the [Selecting and Evaluating Your Financial Services Provider](#) webinar, 103 people attend the live session and to date 327 have viewed the recording. MSU Extension also provided 24 continuing education certificates that were certified through the Association for Financial Counseling and Planning Education (AFCPE) to webinar participants.



The second program was the [My Money & Me](#) four-part series held at six local libraries across Michigan, including the Novi Public Library in Oakland County. The workshop series was promoted on Detroit Fox 2 News. The continuing partnership between MSU Extension and IEIYC is proving to enhance and strengthen MSU Extension financial education programming in Oakland County.

As Oakland County residents continue to try to pay bills on time, handle credit card debt, think about investments for retirement or plan to build a college fund, MSU Extension

provides the expertise that can help. MSU Extension assists individuals, households, organizations and communities to become sustainable through workshops and other education related to financial capability. MSU Extension also offers printed and [online resources](#), including [MI Money Health](#), a website maintained to provide Michigan citizens with access to non-commercial, reliable personal financial information. In addition Oakland County residents have access to [eXtension](#), including the “[Ask an Expert](#)” widget. These national resources assist consumers in getting expert answers and help from Cooperative Extension staff, university faculty and volunteers from across the United States.



### Public Policy -- Natural Resources

The MSU Extension natural resources and environmental education programs provide Oakland County residents with information to help them protect and enhance the 1,468 lakes and waterways in the county. During 2012, over 2,679 youth and adults attended educational programs in natural resources and water resource management that will help them better understand and protect these Oakland County resources.

Programs were offered to 379 residents on water related issues including well and septic maintenance, lawn care and lakescaping to promote wildlife and water quality, pond and lake concerns, the importance of soil testing, the importance of natural shorelines on inland lakes, as well as, informational oil and gas exploration meetings for landowners. In addition, over 1,000 individuals visited activity booths at local home and garden shows, outdoor shows and other events.

Water quality programs were also attended by 300, K-12 youth on topics that included water stewardship, water conservation, the water cycle, drinking water, wells, septic systems, lawn care, and best ways to protect water quality.

MSU Extension staff members continued to oversee the **Michigan Conservation Stewards Volunteer Program** (CSP), a program in which participants are trained to understand, promote, support, actively contribute to or lead significant volunteer conservation management activities on public and private lands in Oakland County. To





maintain a “Conservation Steward” status, each steward is required to complete 40 volunteer service hours and 8 hours of advanced training each year. In 2012, over 550 volunteer hours were completed. According to information provided by the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations, the value of a volunteer’s time is \$21.79 per hour. The volunteer hours given by the MSU Extension CSP volunteers to communities in Oakland County is valued at \$11,985.

MSU Extension partnered with the Department of Environmental Quality, Oakland County Parks and Recreation, the Oakland County Water Resources Commissioner’s Office, and the Michigan Natural

Shoreline Partnership to hold the ***Creation, Restoration and Management of Natural Shoreline Landscapes on Michigan’s Inland Lakes*** workshop. The workshop, held at Independence Oaks Park, was attended by 50 enthusiastic Oakland County residents. This workshop allowed participants to meet with professionals and vendors, see plants, products and materials that enable them to complete landscaping their shoreline projects.

A follow-up field session in July provided participants with an opportunity to see actual shoreline techniques and a palette of potential plants that could be used as well as tour the shoreline and discuss maintenance issues.

**Outdoor Education experiences for youth** in Michigan’s state parks were offered through collaboration between MSU Extension and the Michigan Department of Natural Resources. The ***Stepping Stones Program*** was developed to provide urban youth between 9 to 16 years old with educational experiences to build confidence and develop skills in

**The Stepping Stones program provided youth life experiences in Outdoor Education at the Proud Lake.**



archery, fishing, camping, nature students and orienteering. The 480 youth and 59 adults from Oakland County attended the Stepping Stones program at Proud Lake State Park, Maybury State Park, Island Lake State Park and Holly State Park. Repeated visits to different park settings offer participants an opportunity to develop an appreciation for the state's natural resources.

In addition, a number of water quality programs were held that were attended by 300, K-12 Oakland County youth on topics that included water stewardship, water conservation, the water cycle, drinking water, wells, septic systems, lawn care, and best ways to protect water quality.

## Green Schools Teachers' Training

The Michigan Green Schools Initiative is a statewide K-12 program started in 2006 to encourage teachers' participation in environmentally friendly activities with their students through providing educational outreach and presentations. Oakland County has customized the initiative to meet the needs of local schools through its [Oakgreen School Initiative](#). Through the program students compete for points earned by improving their environmental practices and using fewer natural resources thereby saving scarce school operating funds.

In 2012, MSU Extension educators partnered with the Oakland, Macomb and Wayne counties Green Schools committee to provide three trainings, one in each county, to share resources that could be used to develop Green School activities. More than 250 teachers and parent volunteers, including 95 teachers from Oakland County, attended one of the trainings. The Oakland County training was held at the MSU Extension Tollgate Education Center and farm in Novi and covered water, watersheds and the Great Lakes; community food systems; energy conservation; and growing a school garden.

Teachers received hands on activities, curriculum and resources that could be taught in their classrooms. Activities that earn points include coordinating a school-wide recycling program or waste-free lunch program, implementing a school-wide energy saving program, participating in activities that promote the health of the Great Lakes watershed such as a local watershed festival or Earth Day event, create a pollinator or vegetable garden, and tasting local foods.





**Harvesters at Farmington's Kenbrook Elementary School Garden**

Teachers left the workshops knowing more about resources and curriculum tied to Green Schools activities and how to earn points for their school. To learn more on how a school can become a green school visit the [Michigan Green Schools](#) website or the [Oakland County Green School](#) website.

### School and Community Gardens

MSU Extension staff partnered with United Way of Southeast Michigan to facilitate the Garden Resource Mini Grant program. Over 60 schools and organizations in Southeast Michigan counties, including 16 from Oakland County, received grants from \$100 to \$500 to establish and support their garden programs, provide garden and nutrition education and secure tools and resources leading

to food access in communities and neighborhoods across southeast Michigan.

The participating gardens range from small non-profit organizations and elementary schools to community gardens and church gardens. The fresh food produced was donated to food pantries, church pantries, schools, neighborhoods and residents to get healthy food to families.

New to the mix of organizations was Forgotten Harvest. Due to the large volume that Forgotten Harvest planted in their first year of "gardening/farming" to produce food for their food pantry sites, the total harvest of the program was 433,209 pounds of produce with 416,257 pounds grown by Forgotten Harvest. The other gardens produced 16,952 pounds.



**Before & after at the Southfield Lathrup High School Garden**



The garden programs in 2012 reached 1,598 students in Oakland County with the help of 201 MSU Extension Master Gardener volunteers, parents and church members helping plant, maintain, and harvest the 6,297 pounds of produce. Without these volunteers, many of these gardens could not have been successful. Students and adults were exposed to plant and soil sciences, learned techniques to grow, cook and eat healthy food.

### **MSU Extension Tollgate Education Center and Farm**

For the last three years MSU Extension has been working to expand the number of educational programs and activities for youth and adults held at the MSU owned Tollgate Education Center and farm in Novi. In 2012, with the assistance of a grant from the Americana Foundation, MSU Extension was able to hire a full-time, year-round Outdoor Education Program Coordinator for the site.

With the addition of this position, there has been a substantial increase in programming efforts and corresponding impact. In 2012:

- 602 youth and adults participated in educational programs from May through December.
- The programming utilized 1,185 hours of volunteer time, at a value of \$25,821 according to the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations.
- Generated over \$35,000 in revenue from agri-education programs and leveraged nearly \$47,000 in grants from stakeholders that was used to support staffing and programming.

### **Youth Education and Activities**

During the summer, the **Green Science Adventure Camp** expanded from a one week program in 2011 to four one-week camps in 2012, serving 165 youth between the ages of 5-11 with learning experiences from urban agriculture, food and nutrition sciences, water ecology and forestry. A social media campaign was launched in conjunction with the camp that prompted 13,200 hits from during July and August, internationally attracting visitors to the program blog and Facebook site from Germany, India, Japan, Canada Australia and the United Kingdom.

To enhance the camp experience MSU Extension partnered with Huron-Clinton Metro Parks to borrow livestock from Wolcott Mills Park to

**Green Science Adventure Camp offered participants experience with farming, forestry and nutritional education.**



**“I believe this was a wonderful hands-on experience for our students and wonderful exposure to outdoor life. Many of them have never had this experience before!” – Traveling Farm to School educator**

utilize during the camps to promote animal agriculture and awareness. Because of the popularity of the animals, at the end of the summer when it was time to return the animals to Wolcott Mills, Tollgate became the permanent residence of goats, chickens, ducks, a goose and rabbits. These animals have become important educational tools for the site, but they have also become the entertainment stars of many of the 4-H, farm-to-table and animal husbandry programs offered on-site.

Three programs were offered for schools and families during the fall season. The Harvest Farm Ecology Program, Fall Family Fun Days and Traveling Farm to School were targeted towards low-income urban audiences. These programs reached 542 participants, mostly youth, and were designed to connect classroom concepts to agriculture experiences. School districts participating in the agri-education programs included Southfield Public, Ferndale Public, Detroit Public, and Dearborn.

Follow-up evaluations of the school-based programs were 100% favorable. One

teacher stated: “The program went beyond my expectations. The volunteers were great with the kids. Our students had a great time and learned a lot while having fun.”



**Making your own apple juice is a tasty experience in the Fall at Tollgate.**



### 4-H Youth Development

MSU Extension's 4-H Youth Development Program is designed to uniquely prepare Oakland County's youth to meet today's challenges and prepare for tomorrows. It provides developmentally appropriate opportunities for participants aged 5-19 to experience life skills, practice them until well-learned and be able to apply them when necessary throughout their lives. Programs provide hands-on learning opportunities in communities across the county through 4-H clubs, after-school programs, school enrichment programs and local, state and national events.

During 2012, MSU Extension staff recruited, trained and provided oversight to the 291 adult and 36 teen volunteers. These volunteers delivered 4-H educational programs focused on building life skills, science literacy, leadership and civic engagement and workforce preparation throughout Oakland County, reaching 8,439 Oakland County youth. Volunteering a minimum of five hours a week, according to a national study on 4-H volunteerism, with youth at a value of \$21.79 per hour, a value calculated by the Independent Sector, a Washington based coalition of foundations, corporations and nonprofit organizations; the value to Oakland County of this volunteer time is \$1,852,585.

Following are a few examples of programming provided by MSU Extension staff during 2012:

- **Science Blast in the Class** included science activities that reached over 800 youth in 2012. Two popular programs were **Down on the Farm** and **Wired for Wind**.
- **Down on the Farm**, a science program presented by 4-H members of the Poultry Club, displayed their knowledge of poultry. They brought chickens, ducks and a turkey to day camps and day-care programs across the county to share their experience of raising poultry. The children got to pet the chickens, do a project about the life cycle of chickens, and play a game about chickens.
- **Wired for Wind** was designed to enhance science, technology, engineering, math, and applied math skills. Projects completed included designing, building, and testing two different wind turbine models; experimentation with variables after examining three different blade pitch angles to determine the effect of pitch on rotor speed; determination of the best location for a wind farm by calculating wind power and studying wind data and maps; and, relating these newly learned scientific experiences to determine how their communities could harness the power of wind and create a more sustainable and clean energy system.





“Today, now, more than ever, school districts and other educational outreach programs such as 4-H must collaborate to maximize our positive impact on students.” – Community Site Partner.



**The 4-H2O Eco-Challenge** at Indian Springs Metropark is a five-day science experience focused on problem solving, engineering principles, and biology with exposure to water-based eco-systems. Underwater ROV's were used to explore the depths of the fresh water ponds at Indian Springs giving the participants challenges and experience with buoyancy, search and rescue, navigation, speed, structural stability, environmental issues.



**Eco-System Research and Discovery**



**4-H Tech Wizards** is a Science, Technology, Engineering, and Mathematics (STEM) program, a national 4-H Program of Distinction and part of the National Mentoring Program funded by the 4-H Council.

Introduced in Oakland County in 2012 for the benefit of 147 Oakland County youth, the pilot site serving as the weekly meeting site was Anderson Middle School in Berkley. Members explored a variety of STEM projects to build literacy and interest in an informal, long-term setting. This program began in Ottawa and Wayne counties in 2011 but because of interest it was expanded to Oakland and Macomb



**ROV Robot Wars —**

- Learning to Solder
- Building Motors
- Attaching Cameras



counties in 2012. At the end of 2012 funding was secured for the 2013 calendar year to support the growing number of groups of 4-H Tech Wizards.

### Equestrian Programs –

With Oakland County being the Horse Capitol of Michigan, meaning more horses live in Oakland than any other county in the state, 4-H equestrian programs are particularly popular with participants, some of whom received national acclaim in 2012.

- **The Proud Equestrian Program**, or PEP, serves young people from 9 to 26 years of age with varying degrees of handicaps. These young people are able to participate in their own competitions, receive blue ribbons for their efforts and gain self-esteem as they do.
- Members of other 4-H clubs that participated in equestrian training learned to ride, to organize and “show” in horse exhibitions that they planned and to judge the horses in a show. They also were participants and counselors in a 4-day Horse Camp and participated in MSU Extension’s State Delegate Horse Show. A group who attended the “Nationals” in Louisville, Kentucky entered the Quiz Bowl and won second place in the country.

**The Oakland County 4-H Poultry Club**, organized and facilitated by Maria Fortin of Lake Orion, was able to show the residents of Ferndale and Auburn Hills how to raise poultry in their backyards. Residents were unable to count this as one their hobbies, until 4-H arrived in their communities. The club built an award winning chicken coop, transported it to various locations with various breeds of poultry and demonstrated how to keep the feed rodent free.

The 4-H members exhibited their citizenship by attending a Ferndale Planning Commission meeting to provide educational information about raising poultry in urban backyards to the commission as it worked to draft a revised ordinance to allow poultry in its community. The Poultry Club was elated when they were told the ordinance passed.

**4-H Exploration Days Conference** is an annual pre-college experience that was attended by 63 Oakland County youth between 11 and 19 years of age in June. The three day event gave these youth authentic collegiate experiences as they explored areas of interest and career options, increased their interest and readiness for college, and developed decision making, independence and teamwork skills.

While staying in residence halls participants attended sessions in their areas of interest, ranging from veterinary medicine to web design, performing arts, environmental



**“Attending 4-H Exploration Days has opened up different paths to multiple career choices I'm considering. Also, I have learned how to better solve problems and make good choices on my own.” – an Exploration Days participant**

**“4-H Explorations Days has helped me get a taste of what college life is like and the independence, responsibility and the need for good choices that comes with it.” – an Exploration Days participant**

education and more. When not in sessions, participants had opportunities to tour the Breslin Center, Broad Art Museum, National Superconducting Cyclotron Laboratory, the 4-H Children's Garden and attend social functions. Following their involvement, participants are eligible for nomination to apply for a \$2,000 MSU Extension scholarship to be applied to each recipient's first year at MSU as a degree seeking student.



**Exploration Days participants attended activities of their choice, including a visit to the television studio, at the left.**



Two MSU Extension programs, the Supplemental Nutrition Assistance Program (SNAP) and the Expanded Food and Nutrition Education Program (EFNEP), served 3,560 residents in Oakland County during 2012. These programs help bridge card recipients make healthy food choices to improve their lifestyles and chances of avoiding a chronic disease. Physical activity and food safety are incorporated into the interactive, research-based lessons provided to these individuals throughout the county.

### Youth Nutrition Education

MSU Extension nutrition instructors delivered programs to over 1,600 youth in Oak Park, Ferndale, Pontiac, Southfield, Hazel Park, Waterford and other locations. This constituted over 2,744 staff contacts with youth. Nutrition education is available county-wide and is offered in many settings such as day camps, public schools, community centers and churches. Youth participants learn about nutrition and physical activity through interactive lessons designed to appeal to a variety of learning styles. Other topics that are included are food safety, positive body image, label reading and ways to address world hunger.



### Adults and Senior Nutrition

1,447 adults and seniors at risk for hunger, nutritional issues and food security participated in nutrition series or presentations throughout Oakland County. 1,397 of these adults are bridge card recipients who had 1,627 face-to-face contacts with MSU Extension paraprofessional staff who delivered the education. A nutrition series lasts for a

minimum of six weeks with each lesson approximately one hour in length.

Interactive topics covered are food safety, nutritional fiber, physical activity, stretching food dollars and label reading. Adults also enjoyed cooking demonstrations and taste tested healthy meals.



### WIC Project Fresh

Project Fresh is a partnership between Michigan Department of Community Health (MDCH), Women, Infants and Children (WIC), MSU Extension and Michigan farmers to increase fresh fruit and vegetable consumption in women of child bearing ages and young children. These educational lessons are primarily taught during the summer at a Farmers' Market, to allow recipients make food purchases the same day they receive their coupons. In 2012, the coupon amount was increased from \$10 to \$20 dollars without reducing the amount of food benefits that the mother received from bridge card or WIC food benefits. WIC Project Fresh coupons are only redeemable at participating farmers' markets throughout the state. Oakland County received 300 coupons, which meant that \$6,000 went to local families to spend with local farmers and back into the local community.



Evaluation data for Project Fresh:

- Project Fresh was the first farmers' market experience for 20% of the participants
- 96% of the participants reported that they will eat more fresh vegetables a day
- Over 90% of the participants learned new ways to incorporate more fruits and more vegetables into their meals and snacks.
- 94% of the participants reported that they will eat more fresh fruits per day.
- 98% of the participants intended to buy fruits and vegetables at the local farmers' market.



### Food Safety and Nutrition Education

Educational programs and presentations on nutrition and food safety issues were held in 31 different cities, villages and townships in Oakland County in 2012 for over 6,600 residents. Partnering with Oakland County Parks and Recreation allowed

MSU Extension staff to reach over 500 youth at summer programs and numerous adults at farmers' markets throughout the county. The farmers market programs promoted healthy eating as well as promoted local agriculture.

The MSU Extension Oakland County Food Safety Hotline answered over 3,100 calls during the year, with questions regarding food safety, nutrition and foods. Questions ranged from how long leftovers can safely be stored, requesting information on comparing the nutritional value of different varieties of apples, and safely preserving foods in the Fall. The latter contributed to enrollment in the seven lesson *Food Preservation Correspondence Course*.

A telephone survey of 2012 clients was conducted to determine the value of the Food Safety Hotline.

- 94% claimed they had followed the advice given
- 98% stated that they would call the hotline again
- 74% said they have used the hotline in the past more than once.

### Breastfeeding Mother to Mother Peer Counselor Program

Breastfeeding is recognized as the best source of nutrition for infants. The lowest rates of breastfeeding in Michigan are found among the WIC eligible population, the very group whose infants are at the highest risk of poor health and development. The MSU Extension Breastfeeding Initiative (BFI) Mother-to-Mother Program partnered with the local Women Infants and Children (WIC) Program in Oakland County to provide breastfeeding education, support and encouragement to 106 pregnant and breastfeeding women during 2012.

The Mother-to-Mother Peer Counselor program pairs a trained paraprofessional mother with breastfeeding experience with participants in the program. The MSU



**“I have been calling this number for advice for so many years, I don’t know what I would do without you.”**  
— A Food Safety Hotline Caller

Extension paraprofessional counselors are available to visit the new mothers in their homes, the hospital, and WIC clinic or by telephone. 100% of women enrolling in the MSU Extension Mother to Mother Program initiated breastfeeding. 83% were still breastfeeding at 6 months, 61% at 1 year and 47% exclusively breastfed for 6 months.

## Health and Wellness Education

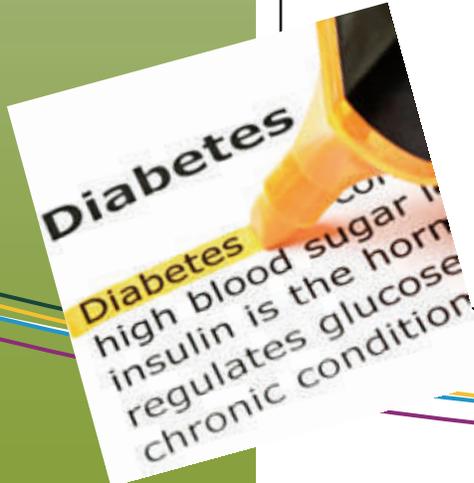
### Chronic Disease, Diabetes

According to the 2012 County Health Rankings report published by the University of Wisconsin Population Health Institute and the Robert Wood Johnson Foundation, Oakland County is ranked 6<sup>th</sup> among the 83 counties in Michigan in health factors such as obesity, physical inactivity, diabetic screening and premature death. In 2010 the county was ranked 4<sup>th</sup> and in 2011 it was ranked 3<sup>rd</sup>. Obesity, often caused by poor diet and limited physical activity, increases the risk for such chronic diseases as coronary heart disease, type 2 diabetes, coronary hypertension, stroke and respiratory problems. In 2012, twenty-seven percent of Oakland County residents were considered obese, based on adults who report a body mass index greater than or equal to 30. In 2010 and 2011 26% of Oakland County residents were considered obese. The national benchmark for obesity is 25%.

### PATH for Diabetes

MSU Extension provides education to Oakland County residents focused on the prevention and management of leading chronic diseases. One such educational program is *PATH for Diabetes*, developed by Stanford University to teach adults how to self-manage the disease. In 2012, the PATH workshop was facilitated by MSU Extension in partnership with Beaumont Hospital and the Area Agency on Aging IB.

Participants learned techniques to deal with symptoms like fatigue, pain, hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration. Through the program, participants also learned about appropriate exercise for maintaining and improving strength and endurance, healthy eating, appropriate



Diabetes  
 Diabetes  
 high blood sugar  
 insulin is the hormone that  
 regulates glucose  
 chronic condition

use of medication and effectively working with health care providers. Participants made weekly action plans, shared experiences and helped each other solve problems encountered in creating and carrying out their self-management program.

- Through *PATH for Diabetes* nearly one in three participants reported better health at the end of the 6-week series.
  - Participants also reported a significant reduction in fatigue symptoms.
  - Nearly one-third of the participants increased the amount of time per week that they walked for exercise
  - About one-fourth increased the amount of time per week that they exercised to stretch or strengthen their bodies.
  - 20% reported reduced health interference with normal social activities and reduced health interference with household chores.
  - One in five participants reported increased frequency of preparing a list of questions to ask during a healthcare visit, increased frequency of asking questions related to disease and treatment during the healthcare visit and increased frequency discussing personal problems possibly related to illness during a healthcare visit.

Chronic diseases are among the most prevalent, costly, and preventable of all health issues. Education and information allow Oakland County residents to manage their conditions and lead healthy lifestyles as well as make efficient use of the healthcare system. To learn more about *PATH for Diabetes* go to <http://patienteducation.stanford.edu/programs/diabeteseng.html> or contact Cathy Newkirk, Extension educator, at 248-858-0888 or [newkirk@anr.msu.edu](mailto:newkirk@anr.msu.edu).



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