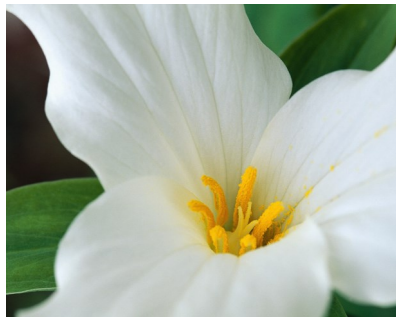


2013-2014 Annual Report:

Benzie County



Proven, Relevant, Life Changing



A MESSAGE FROM THE DISTRICT COORDINATOR:

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

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

In honor of this historic birthday, MSU Extension is recognizing our long standing partnership with county governments across the district by presenting resolutions of support for county governments to pass, acknowledging and recognizing this long standing successful partnership serving Michigan's citizen's. We have had formal relationships with counties across District 3 for the past 97 years. It is our honor and privilege to do so and we look forward to the next 100 years.

Sincerely,
Patrick I Cudney, District 3 Coordinator



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2013 REPORTED PARTICIPANTS

4-H Children & Youth Programs	712
4-H Members (Traditional Club Enrollment).....	265
4-H Adult Volunteers	49
School Enrichment Participants	398
4-H Clubs.....	10
Agriculture & Agribusiness Programs	140
Greening Michigan Programs.....	111
Health & Nutrition Programs	506
Total	1,469

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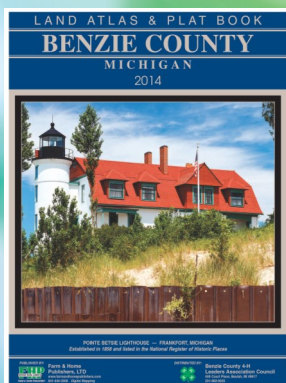
4-H CHILDREN & YOUTH INSTITUTE

- » **Benzie County 4-H Clubs:** 4-H clubs are proven to influence youth to use their free time engaged in positive activities. 4-H youth members develop relationships with qualified adult volunteers who provide “hands on” learning experiences that will last a lifetime. Benzie County 4-H’s most recent enrollment report indicated 265 youth in 10 clubs. These clubs are supported by 49 adult volunteers throughout the county. This year, to make the program more convenient for 4-H families and volunteers, 4-H staff had a 24/7 drop box installed outside the lower courthouse entrance. And, for certain 4-H events and registration periods, there is a periodic “self-serve” station set up in the lower level courthouse hallway that is accessible Monday through Friday.
- » **The Benzie 4-H Leaders Association Council:** The main oversight of the local 4-H program, this council establishes the mission, spirit and key priorities for Benzie County 4-H. The current board consists of 8 members, representing Benzonia Township, Beulah, Homestead Township, Honor, and Joyfield Township. The Benzie Leaders Association Council also works with 4-H staff to support a 4-H Ambassador program, county plat book, annual youth trip to Michigan State University, and a volunteer recognition program. This group also lends financial support to MSUE and Benzie county to ensure a secretary position in the Benzie MSUE office, enabling that office to be open on a part-time basis.
- » **The Benzie County 4-H Ambassador Program:** A maximum of two youths are selected annually through an application and interview process. Youth selected serve as representatives of the program at public 4-H events. Ambassadors indicate that their selection and service are highly favorable assets when mentioned in portfolios and resumes, scholarship applications, college admissions forms, and when seeking employment. The current Benzie County 4-H Ambassador is Elizabeth Putney, who just graduated from Benzie Central High School. Elizabeth will be attending Northern Michigan University to study Speech, Language & Hearing Science.

Because Michigan 4-H is part of MSU Extension, the activities kids participate in are all backed by and based on child development research. We use experiential (i.e. hands-on) learning and time spent intentionally thinking about what’s been learned to make it a meaningful experience, with skills and ideas learned that last a lifetime.



4-H CHILDREN & YOUTH INSTITUTE



The Land Atlas & Plat Book is available at several local businesses, including Lake Ann Grocery, Nugent Ace Hardware, Stapleton's Market, and Victoria's Floral Design & Gifts.

- » **The Benzie County Land Atlas and Plat Book:** The book is valuable in promoting local tourism as indicated by increased sales activity around holidays, hunting seasons and even spring mushroom harvest. Sales records indicate that people from around the state, as well as out of state, have an interest in Benzie county. The current book has been ordered by residents of many Michigan suburbs and locales, as well as most of our neighboring states. In addition to the courthouse and the Extension office, the book is also being sold at local businesses. These businesses have all indicated that plat book sales have increased foot traffic and other purchases in their stores!
- » **4-H Exploration Days at MSU:** This 3 day event, held annually in late June at the Michigan State University campus, simulates college life for over 2200 4-H youth from all over the state. This year, 15 youths and 2 adults from Benzie county attended the event, with financial assistance from the Benzie 4-H Leaders Association Council. The youth and their chaperones lived on campus, experienced dorm life, and attended a variety of classes and other educational events. Our past experience has indicated that, for most of these Benzie county youth, this is their first exposure to a college campus. This trip has proven to have considerable influence on their choice to pursue a college education - and an even greater career goal - than they had originally planned. Some of the sessions that these Benzie youth attended this year include: American Sign Language, Exploring Music Careers, Genealogy, Basics of Auto Ownership, Digital Nature Photography, Rabbit Husbandry, Character Education – Leaving Your Mark on the Future, Entomology, Landscape Architecture, Fashion Design & Merchandising, Buying & Owning Your First Vehicle, Television Production, and the study of GPS/Geocaching/Compass/Map systems.

“As a chaperone for 4-H Exploration Days, I have seen so many positive benefits for those attending. The obvious is learning new subjects or adding to an existing knowledge base. However, watching the kids navigate across a huge campus with increasing confidence, having them become comfortable in a college setting, managing their money, and making friends with other kids from across the state are all benefits beyond those found in the classroom.”

*~ Stephanie Johnston, 4-H Exploration Days Chaperone,
Benzie County Delegation*

4-H CHILDREN & YOUTH INSTITUTE

» **The Benzie 4-H Soccer Program:** This 4-H program, offered in the late summer and early fall, encourages sports activity and physical fitness, and helps develop teamwork other social skills for youth. The program also serves as a fun and refreshing way for adults to “give back to the community” by serving as volunteer coaches and assistants. As Benzie county does not have a formally established recreation association, the MSU Extension Benzie office serves as the program organizer and financial steward to make this program possible for Benzie county youth, with assistance and direction from well-known Benzie volunteer Dr. Dennis Pace. 183 youth in grades kindergarten through 8th grade are involved in the Benzie 4-H soccer program that is further supported by 13 volunteer coaches. When asked about what the Benzie 4-H Soccer program means to them, both Dominic and Alberto Lopez, who are now much older players, shared, “the soccer program has taught us a lot. We have been involved since kindergarten and every year we learn something new! It’s an awesome program!”



Benzie 4-H Soccer players Alberto and Corbin Lopez engaged in a friendly “teambonding” discussion with the coach.

» **The Benzie-Manistee County Speed & Action Committee:** This group worked with 4-H staff to produce an annual series of horse events that focused on horse “gymkhana” skills. The 2013 summer season capped off the 17th and final year for this program. Although this event occurred at Rockin’ R Ranch in Manistee county, it was a true collaboration of Benzie and Manistee counties. 4-H staff will be forever appreciative of the years of assistance and support that came from Benzie County Animal Control Officer Jaime Croel and others associated with the Benzie Mounted Sheriff’s Division and animal rescue efforts in that county.

Benzie 4-H member Blaire Frederick practices speed and style at the summer series 4-H Speed & Action event.



4-H CHILDREN & YOUTH INSTITUTE

- » **The Manistee County Fair:** This fair is not designated as a “district” fair, but it does play host to Benzie County 4-H youth, as they do not have a fair in their home county. In 2013, 39 Benzie 4-H youth participated in animal showmanship events; various exhibits and competitions with a focus on science, the arts, horticulture and agriculture; a “live performance” event; the 4-H Horse Show; a Companion Animal event, and the 4-H Livestock Auction. In August of 2013, the auction celebrated its 33rd year with a sale featuring 162 animals and 49 donated items and raised over \$93,000. Honor State Bank, which is also a 30 year consecutive buyer, has served as auction cashier since 2005. The majority of the auction money raised goes back to the 4-H members and our Benzie 4-H families report that it is used mainly for back-to-school needs and college funds. 2013 auction figures indicate that 21 Benzie county businesses made purchases at the event. These local businesses report to us that the exposure and publicity they get by being involved in this event makes a difference by increasing their name recognition and community reputation. People want to support businesses that support 4-H.



A young Benzie 4-Her tames a turkey during fair showmanship.

Even the youngest Benzie 4-Hers learn persistence and patience during 4-H Rabbit Showmanship.



- » **The Northwestern Michigan Fair** is a district fair, with participation of 4-H members from 5 northwest Michigan counties. In 2013, 28 Benzie 4-H youth participated in animal showmanship events and other exhibits and competitions that focused on science, the arts, horticulture and agriculture.

AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Northwest Michigan Orchard & Vineyard Show (Jan. 14-15, 2014):** Over 250 people attended the educational sessions at the 2014 NW Michigan Orchard & Vineyard Show, held in Acme, Grand Traverse County. Sessions covered a broad range of topics pertinent to tree fruit and grape production, and for the first time ever a session was held for a new fruit crop, saskatoons (also known as Juneberries).
- » **Wine Grape Vineyard Establishment Conference (Jan. 21-22, 2014):** This program featured speakers from several states, all linked through a live videoconference to participants in Traverse City and Novi. All aspects of establishing vineyards for high quality wine production were presented, including site selection, choosing varieties, planting and care, and costs of production.
- » **Vineyard Weed Identification and Management Meeting (April 17, 2014):** Regional growers were provided the latest information on herbicides for vineyard weed control by Dr. Wayne Mitchem of North Carolina State University, appearing by a teleconference link to the Northwest Michigan Horticultural Research Center.
- » **Northwest Michigan Horticultural Research Center Annual Open House (Aug. 22, 2013):** Dr. Paolo Sabbatini from the MSU Department of Horticulture joined local MSUE staff to present information on over a dozen new grape varieties being tested at the station in Leelanau County. Grape growers and winemakers from across northwest Michigan were on hand to see and taste the new varieties.
- » **Great Lakes Fruit & Vegetable Expo Grape Sessions (Dec. 10, 2013):** MSUE educators from northwest Michigan are involved in the planning and facilitation of this annual December event held in Grand Rapids. Many northwest Michigan growers attend to obtain information and make contacts that benefit their farming operations.
- » **Grape Research & Demonstration Projects:** Grape variety trials and growing practices research continued in 2013-14. The severe cold in January and February of 2014 caused extensive injury to grape buds; research and demonstration activity related to vine recovery strategies were initiated at the Northwest Michigan Horticultural Research Center. Students in the Viticulture and Enology Science & Teaching Alliance (VESTA) received many hours of hands-on experience in the experimental vineyard.

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



AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Saskatoon Berry Institute of North America Retreat** (March 28, 2014): This organization, which was formed locally by growers and people interested in marketing this fruit, met in Traverse City for a day-long retreat to discuss production and marketing issues, regional, national and world food supply issues and other topics which could influence the future of this crop.
- » **Sweet Cherry Pruning and Apple Precision Orchard Management Workshop:** This was held in collaboration with the Benzie-Manistee Horticultural Society and MSU AgBioResearch. At this interactive workshop, MSU Tree Fruit Horticulturalist and Physiologist, Dr. Greg Lang, demonstrated pruning techniques for high-density sweet cherries on-site at a local orchard and at the Northwest MI Horticultural Research Center. MSU Extension Tree Fruit Educator, Phil Schwallier presented precision orchard management information and demonstrated techniques in high-density apples. This management strategy was developed at Cornell University and was intended to increase apple farm profitability by precisely managing fruit size and fruit quality. Precision management includes several management practices, such as pruning, thinning, fertilizing, irrigating, and harvest timing, as all of these decisions will affect fruit size and crop value.
- » **Fruit Ridge Tour:** Participants visited eight locations to learn about high density apple and cherry orchard production, new harvesting approaches, apple packing line technology, growing and marketing hops and creative ideas for farm markets. Many participants of the two-day tour were members of the **New Farmer Assistance and Resource Management (FARM) Program**, an effort put together by Extension Educators Nikki Rothwell, Erin Lizotte and Rob Serrine to support and educate young farmers of northwest Michigan on leadership, agricultural production, farm management and marketing.
- » **Integrated Pest Management (IPM) Academy** is a two-day program covering the fundamentals of IPM and identifying resources and technology for sustainable agricultural practitioners. This program is a collaboration between 20 Extension field-based educators and campus specialists. Timely topics such as extreme weather effects or newly introduced pests are identified and featured. Academy participants gain a solid foundation in sustainable pest management, knowledge of MSU and its partners' resources, and the ability to share this knowledge with their farm clientele. The Academy's long-term goal is to increase sustainable agriculture through expanded awareness and adoption of IPM strategies that improve crop efficiency, minimize pesticide use and enhance environmental quality.

...extreme weather effects or newly introduced pests are identified and featured.



Workers demonstrating an innovative tractor-pulled hydraulic platform apple harvester in a high density apple orchard.

AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **Tree Fruit Integrated Pest Management Kickoff:** To help growers minimize production risks in the 2014 season, experts presented information on potential pest and disease challenges and management strategies for these pests and diseases. Topics included new insecticides and fungicides registered for use on pome and stone fruits, pesticide label updates, and efficacy of pesticides for pests and diseases in apples and cherries. There was also discussion on best management practices for bees in the coming season, and an introductory demonstration on how to use Enviro-weather for forecasting weather and predicting/monitoring pest and disease development.
- » **A pollination workshop** was held at the NW Michigan Horticultural Research Center, hosted by Dr. Theresa Pitts-Singer from the Logan Bee Lab, Logan, UT. This meeting was funded in part by NC-SARE as pollination is one of the primary initiatives for 2014. Dr. Pitts-Singer is also part of the SCRI pollination project and is the alternative pollinator objective lead for this project. *Osmia cornifrons*, commonly known as hornfaced bees, will be used at six cherry sites in northwest Michigan to potentially improve crop pollination.
- » **An irrigation and fertigation workshop** was held at the Northwest Michigan Horticultural Research Center (NWMHRC) early March 2014. This workshop, and other trainings across Michigan, was part of a statewide effort to deliver educational programming on irrigation and fertigation to farmers. Guest speaker Denise Nielsen from Pacific Agri-food Research Center in British Columbia presented valuable information on both irrigation and fertigation in apples and cherries, and discussed the importance of monitoring soil moisture and nutrient availability and uptake, as well as optimal timing for water and nutrient applications that corresponds to fruit tree growth and development during the growing season. Additionally, local experts and Extension Educators presented information on water-use rights, the relationship of soil characteristics and irrigation, generally accepted agricultural and management practices related to on-farm irrigation, drip irrigation, optimizing scheduled irrigation and designing irrigation systems, and on-farm experiences with irrigation.
- » **Farm Information Resource Management (FIRM)** assists farmers, agriculturally-related businesses, industries, families, and individuals with business planning, income tax, cropland leasing and oil and gas leasing information. The Michigan Cash Cropland Lease Template has been created, so producers no longer have to use lease templates from other states, which may not comply with Michigan laws and conditions. This is a document that can be filled out on a home computer. In addition, landowners used the [oil and gas](#) web page and the [farm management](#) web page.

...discussion on best management practices for bees in the coming season...



*Enviro-weather station
at Benzonia*

AGRICULTURE & AGRIBUSINESS INSTITUTE

- » **"Shrinking Your Feed Shrink"** was an educational effort to help dairy producers, feed consultants and other industry professionals who work with dairy producers learn about specific ways that feed shrink costs and specific things that producers can do to reduce shrink and therefore, costs. Shrink has been called the 3rd or 4th highest cost in producing milk on well-managed farms. The MSU Dairy Team developed talks and a program to educate about the issue and scheduled 5 meetings around Michigan to present it. In addition, information from the effort has been shared in articles, newsletters and at other meetings.
- » **Agriculture Labor Management/Farm Safety Meetings:** MSU Extension partnered with Farm Bureau, Immigration and Customs Enforcement (ICE), and local representatives from the Workforce Development Agency and local Michigan Migrant Resource Council Services to coordinate meetings designed to address areas of concern identified by producers, such as I-9 compliance, staying current on labor law requirements, and hiring/retaining quality labor. Seven meetings were coordinated across Michigan with meetings being hosted at the Northwest MI Horticulture Research Center and Cadillac for area growers. Total statewide participation in the programs was over 300. Participants indicated an increase in their management skills and that job retention would increase on their farms as a result of the programs.
- » **Global dairy production** is not keeping up with world dairy demand. Even though US production is increasing and exports of products are increasing, the US cannot feed the world. It will take the further development of dairy industry in other countries. The Ukrainian Dairy Producers Association (UDPA) provides assistance to dairy farm members in the form of consulting, education, product purchases and more. The association employs dairy advisors to work with member farms. Opportunities for partnership with Ukraine and with the Producers Association could mean increased support for MSU. Extension Educators Phil Durst and Stan Moore have developed contacts with the CEO of the UDPA, and Durst has traveled to the Ukraine to meet with Dairy Advisors and deliver presentations on farms and at the Dairy Congress. As the dairy industry develops in Ukraine, it will also fuel the demand for equipment, products and services that can be provided by the US and by MI. In the process of helping the Ukrainian dairy industry develop, greater expertise will be gained that can be applied to the MI dairy industry.

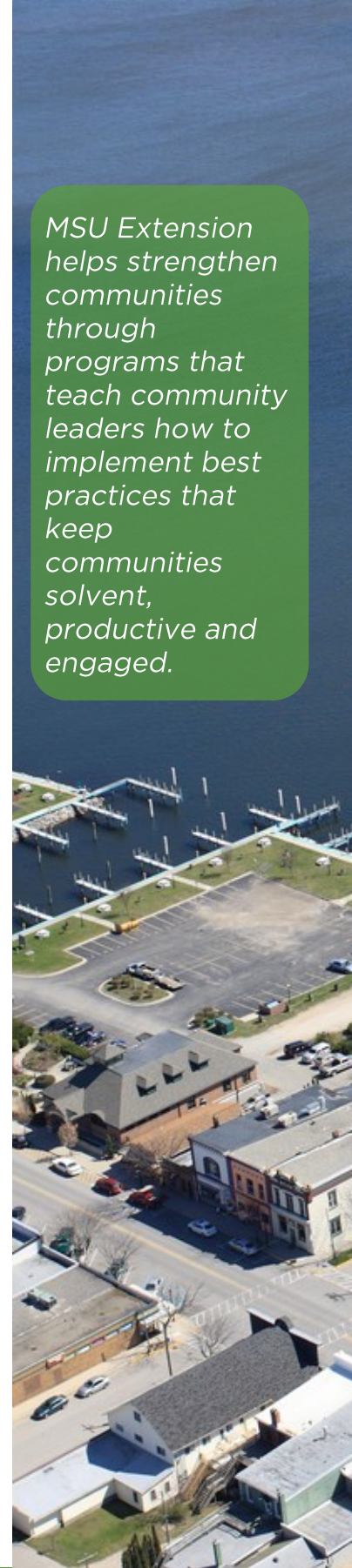
Participants indicated an increase in their management skills...



GREENING MICHIGAN INSTITUTE

- » **Michigan Northern Counties Association:** Bringing county commissioners together from 33 counties in northern lower Michigan to learn about issues important to county government, and to share information and learn from the experiences of others has long been the goal of the Michigan Northern Counties Association (MNCA). Recent topics include: trails, recycling, Michigan's Prosperity Regions, DNR public land management strategy, Great Lakes levels and building trust and the impacts of these issues on county government services. Monthly meetings also include a legislative update from the Michigan Association of Counties.
- » **Strategic Planning Sessions:** Benzie County commissioners, department heads and elected officials discussed and prioritized 7 important issues during strategic planning sessions facilitated by MSUE educator John Amrhein. Economic issues led the way, with economic health of the county operation and economic development for the county as a whole at the top of the list. This was a shorter-term, 1-2 year planning process, and there was also discussion of the value of doing a longer-term process to include citizen participation.
- » **Michigan Citizen Planner:** The Lakes to Land Initiative hosted a Citizen Planner core series at the Elberta Lifesaving Station. It was one of the best attended Citizen Planner class series in 2013, and it was the first time the just updated and completely re-written Citizen Planner was held state-wide. The class was targeted to the several municipalities which have started doing their own planning and zoning in the county. The 7 core sessions provide a basic skill set and are required for certification of appointed officials on local planning commissions and zoning boards of appeals. Those who are often appointed with little or no planning and zoning experience can rely on Michigan Citizen Planner programs that are proven to be comprehensive without being overwhelming. Elected and appointed citizen planners who have attended these courses testify to the value of learning the latest in the art and science of land use planning.
- » **Citizen Planner Advanced Academy:** In 2013, MSUE teamed up with the MI-Place Partnership Initiative to introduce a new curriculum devoted solely to placemaking. The MI-Place Partnership Initiative is a statewide initiative made up of the Michigan State Housing Development Authority, the Municipal League, the MSU Land Policy Institute, and other statewide organizations with the purpose of restoring economic prosperity to Michigan. The Advanced Academy attracts graduates of the Citizen Planner program - planning commissioners, professional planners, and elected officials - and the launch of the new placemaking curriculum at this year's event provided participants with the advanced tools and innovative techniques needed to undertake master plan updates, zoning ordinance amendments, and placemaking initiatives for success in the New Economy.

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



GREENING MICHIGAN INSTITUTE

Fifty-nine counseling sessions took place to assist seven local entrepreneurs in starting new businesses and expanding existing businesses.

- » **The MSU Product Center Food-Ag-Bio** assists county residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. The MSUE 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 MSUE office or the client's home or business location. The assistance provided is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The educator also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling and packaging assistance.

Fifty nine counseling sessions took place to assist seven local entrepreneurs in starting new businesses and expanding existing businesses. The majority of the businesses assisted were food businesses who needed assistance with food science and labeling of their products. One agricultural equipment business was also assisted with business planning. The partnership between MSUE and the MSU Product Center Food-Ag-Bio is providing support for entrepreneurs in supporting economic development across the state.

- » **Honoring Our Children Initiative:** MSUE is engaged with Tribal Leaders and Tribal Citizens in creating a plan to improve factors important to the well-being of Tribal Children, ages 0-8. This includes quality education, safe communities, and good health. This initiative is in partnership with the Inter-Tribal Council of Michigan and is financially supported by the W.K. Kellogg Foundation. MSU Extension workshop sessions offer participants an opportunity to practice new skills in leading a group discussion, reaching consensus, encouraging creativity, setting outcome-based goals for meeting, keeping a group focused, and creating action plans. Participants will engage in a visioning process to help determine the scope of the Honoring our Children Initiative.
- » **The Building Strong Sovereign Nations (BSSN)** program, in collaboration with Tribal Nations of Michigan (UTM), provides a capacity building training curriculum that is based on the needs identified by key tribal stakeholders. The four key modules are: Tribal Council Roles and Responsibilities, Fiscal Management in Indian Country, Historical Overview: Anishinabek Tribes in Michigan and The Interaction with State and Federal Governments, and Conducting Effective Meetings. All of Michigan Tribal Nations leadership is invited to attend this training. Through a partnership with the UTM, BSSN has been included as a pre-training event prior to their fall quarterly meeting in October, hosted by a different tribal nation each year.

GREENING MICHIGAN INSTITUTE

- » **The Michigan Firewise Program:** MSU Extension staff collaborate with the USDA Forest Service, Michigan Department of Natural Resources and NFPA's Firewise Communities program to provide leadership and assistance to homeowners, communities, fire departments and government officials with how to manage the increasing wildfire threat and keep our homes and communities safe from wildfire. Late in 2013, new materials were developed to offer Firewise zoning options for local planning & zoning officials and to address wildfire issues faced by Great Lakes shoreline residents.

“Firewise on the Farm” is an initiative created out of the Manistee Extension office during 2013 to better serve the specific needs of Michigan agriculture with regard to fire safety and fire use on the farm. The initiative helps those working in agriculture understand Michigan's agricultural burning laws and guidelines, use fire safely and productively, and protect farms and agricultural economies from negative fire impacts. This year, MSUE Firewise Field Assistant Jed Jaworski researched the potential impact of “smoke taint” on Michigan's fruit and burgeoning wine grape industry and produced a flyer alerting growers and producers to risks and mitigation strategies. Jaworski is a member of the Northwest Michigan Migrant Resource Council to better serve agricultural interests and area minorities that may be at risk, as well as attending meetings of the Benzie/Manistee Farm Bureau. He has also exhibited and/or presented at the Farm Labor Conference, Mason and Wexford Farm Safety Seminars, the Northwest Michigan Orchard & Vineyard Show, Buckley Farm Show, and Northern Michigan Small Farms Conference.

- » **Michigan Sea Grant** hosted a forum on varying lake levels at the Grand Traverse County Civic Center. Over 160 people in attendance heard updates from the Chief of Hydrology of the US Army Corps of Engineers and speakers from Northwestern MI College and Michigan Sea Grant. Key issues for permitting needs in 2013 were addressed by permitting agencies from the MDEQ and US Army Corps of Engineers.

Michigan Sea Grant hosted the **Regional Sportfishery Workshop** and approximately 100 interested anglers attended. Updates were provided on invasives, food-web, prey-fish populations and general Lake Michigan fishery issues.

Michigan Sea Grant's **NOAA Coastal Management Fellow**, Liz Durfee, completed The Coastal Community Working Waterfront Report, including 11 case studies, detailing national and state trends related to waterfront planning and use.





HEALTH & NUTRITION INSTITUTE

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

- » **Social Emotional Health & Well Being:** Communities across northwestern lower Michigan are recognizing that students need healthy environments physically, emotionally and socially for success and well-being, and the MSUE social and emotional workteam is grateful to bring contributions to the area! Accomplishments of 2013 are due in large part to developing new partnerships with the anti-bullying task force in Traverse City, SEEDS after school staff, Manistee ISD and Great Start. Programming impacts show positive gains in knowledge, attitudes and behaviors.
- » **Be SAFE: Safe, Affirming and Fair Environments** is a Michigan State University Extension initiative designed to help communities learn about and address these issues. Be SAFE offers a variety of educational resources to help communities reduce and prevent bullying behaviors while promoting healthy social and emotional learning and development. The initiative focuses on helping adults consider ways to do this within all of the settings where young people live, learn, grow and develop – including out-of-school time settings. Be SAFE resources include the *Be SAFE: Safe, Affirming and Fair Environments* curriculum and face-to-face and online workshops for adults. During 2013, a series of workshops for parents and caregivers was also developed and piloted.
- » **ABCs of Bullying Prevention: Addressing Bullying in Community Settings** is a half-day workshop designed for adults who live with, care about and work with young people. Community members including those who work in schools, youth and family agencies, youth organizations (such as 4-H, Scouts, and Boys and Girls Clubs), juvenile justice, faith-based communities, recreation departments and other community groups – as well as parents and caregivers – come together to explore ways to address these important issues.

During 2013, 28 ABCs of Bullying Prevention Workshops were held across the state, involving a total of 413 participants. In July 2013, a revised evaluation tool was introduced and used with 107 of these participants. As a result of participating in the workshop, these percentages of participants indicated “agree” or “strongly agree” for the following:

- 91% reported having a greater understanding about different types of bullying behaviors and how they can affect all those involved (those who are targeted, those who carry out the behaviors and those who witness the behaviors).
- 89% reported having a greater understanding about the connections between bullying and human differences based on class, gender, sexual orientation, race, ethnicity, etc.

HEALTH & NUTRITION INSTITUTE

- 85% reported being able to more clearly distinguish between bullying behaviors and harassment behaviors.
- 93% reported understanding the importance of addressing issues of bullying at multiple levels (personal, interpersonal, institutional and cultural).
- 86% reported developing new skills for interrupting bullying behaviors and for supporting those who are targeted.
- 87% reported an increase in awareness of programs and resources for addressing these issues.

» **The Supplemental Nutrition Assistance Program - Education (SNAP-Ed)** provides nutrition education to eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of these programs is to promote healthy weight maintenance and obesity prevention.

During the past year in Benzie County, 108 adults and 398 youth were reached through nutrition education classes at various venues in the county. There were 2,136 contacts with these groups in total.

Youth programming continues to be a cornerstone of educational programming in Benzie County. Children participate in a six-week series of lessons using Show Me Nutrition, a curriculum that teaches youths from preschool through junior high how to have a healthy lifestyle. Several important health themes are taught in each grade level, such as nutrition, food safety, physical activity, media influence and body image, and the grade levels are designed for continuity. Age-appropriate content, activities and handouts make learning about healthy eating fun for students in all grade levels. The students especially enjoy the food samples which reinforce the learning lessons that week like yogurt parfaits and low-fat dairy. Keeping the students on their feet and physically active is another favorite part of the class time as well.

MSUE provided nutrition education on the benefits of including fruits and vegetables in their diet. Participants increased the quality of their diet by purchasing locally grown fresh fruit and vegetables from Benzie County farmer's markets through Project FRESH. These coupons were redeemed for over \$2,700 in funds for produce grown by local farmers.

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



...coupons were redeemed for over \$2,700 in funds for produce grown by local farmers.

HEALTH & NUTRITION INSTITUTE

After completion of a Cooking Matters adult series, a participant made some significant health changes. She stopped smoking, started walking more and began cooking more. She was very hesitant to cook at first but as the class progressed she stated she was trying recipes at home that she wouldn't have tried before the class. By the end of the series, she announced to the class that she even felt better than before!

Adult Program Impacts:

- 99% of the participants completing the series demonstrated adoption of healthy eating practices.
- 96% of Project Fresh participants reported that they will eat more fresh fruits and vegetables each day.
- 89% of Project Fresh participants reported that they learned more ways to incorporate more fruits and vegetables into their meals.
- 64% of participants showed improvement in one or more food resource management practices: planning meals, comparing prices, does not run out of food, or uses grocery lists.

Youth Program Impacts

- 85% of the school teachers reported that the students can identify food groups correctly.
 - 94% of school teachers reported children being more aware of the importance of healthy nutrition.
 - 82% of school teachers reported that children are more willing to try new foods.
 - 81% of school teachers reported that children improved hand washing.
- » **Food Safety:** MSU Extension food safety education programs help prevent foodborne illnesses and ensures a safer food supply for consumers – whether that is at food retailers, restaurants, farmers' markets or community meals served by organizations. MSU Extension food safety education programs train participants to prevent incidents of foodborne illness associated with unsafe food handling practices, which results in fewer medical expenses, fewer food recalls, and less temporary or permanent closures of food businesses by local health departments. Costs of illness, recalls, and food business closures are more expensive from a public health perspective than taking an inexpensive class to learn how to prepare food safely and preserve food correctly.

As a result of attending the food preservation workshops:

- 95% know where to locate research based/tested recipes for home food preservation.
- 96% will follow research based/tested recipes when canning/preserving food at home.
- 97% will properly use processing techniques to safely preserve low and high acid foods.
- 87% will use correct processing times to safely preserve low and high acid foods.

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