

2013-2014 Annual Report:

Charlevoix 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 99 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	1,739
4-H Members (Traditional Club Enrollment).....	1,224
4-H Adult Volunteers	185
4-H Youth Volunteers	72
School Enrichment Participants	258
4-H Clubs.....	22
Agriculture & Agribusiness programs	105
Greening Michigan programs.....	408
Health & Nutrition programs	451
Total	2,703

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4-H CHILDREN & YOUTH INSTITUTE

The Charlevoix County 4-H Program currently has an enrollment of 1224 youth in 22 4-H clubs and 8 county committees. These clubs and committees are supported by 185 adult and 72 youth volunteers. Health, food & nutrition, physical fitness, community service, communications, leadership, plant science, earth science, crafts, market livestock, animals, and citizenship are some of the project areas that the clubs offer.

- » **4-H Exploration Days** at MSU provides youth age 11-19 with the opportunity to experience life on a college campus. The 4-day event held in June each year gives over 2,500 4-H members a chance to live in the dorms, experience a college setting, and be self-directing and responsible for getting themselves where they need to be. This year, 25 youth and 3 adult attended from Charlevoix County, as part of a 58 member delegation from Charlevoix, Emmet and Otsego counties. Participants traveled by charter bus, visited Moo-Ville in Charlotte, MI, stayed on campus and experienced dorm life, and also attended a variety of classes and other enrichment events. Some of the classes that Charlevoix County youth took part in included: racquetball, climbing & rappelling, working with K-9 search and rescue, awesome pillows, Irish road bowling, solar woodcraft, and staying unlost with map, compass, & GPS.
- » **Emmet-Charlevoix County Fair:** This year-end event is held in mid-August and is an opportunity for 4-H youth to showcase their projects. The 4-H projects are exhibited in the Community Center where clubs set up their booths to display the member's projects as well as their club's community service activities. Over 1,800 exhibits are on display in that building and over 500 animal projects can be found in the many livestock barns. Members involved in animal projects are kept busy participating in the 10 horse shows, 15 livestock shows, 5 small animal shows, 2 dog agility classes, 2 exotic animal shows and the livestock auction. Non-competitive events are offered for the Cloverbud members (age 5-8) and free-time events include scavenger hunts, a 4-H dance sponsored by the fairboard, and an



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 value of being a 4-H Leader is watching the members grow and develop throughout the year and beyond. 4-H is a hands on learning process that teaches the kids the importance of responsibility and what it takes to have a quality project.”

*~ Bob Jones,
4-H Leader,
Hilltop
Renegades
4-H Club*

“Ask Me” pen where youth volunteer their time to meet the public and answer questions about their 4-H projects. Over 30 teen leaders serve as mentors for the younger members as they serve on barn duty and offer showmanship clinics; adult volunteers provide leadership as barn superintendents, show day’s clerks, announcers, award presenters, and overnight barn duty workers. Adults and teens are also instrumental in setting up the Community Center the week before the fair and the tear-down of the exhibits at the end of the week. The fair is a wonderful opportunity for the 4-H members who exhibit and participate in the many fair events. It is also a great opportunity to promote the 4-H program, volunteer opportunities, and youth development opportunities available to the youth in our county.

- » **Vet-A-Visit** is the annual open house at the MSU College of Veterinary Medicine. On April 5th, a group of 56 Charlevoix, Emmet and Cheboygan Counties 4-H members and parents attended the day-long event on the MSU Campus. They participated in hands-on workshops, tours and lectures. Topics included: Stuffed Animal Surgery, Canine Agility, Zeke the Wonder Dog, Vet School Confidential, Equine Treadmill and Dressage Demonstrations, a Painted horse, petting zoo, How to Milk a Cow, small animal exhibits, So you Want to be a Vet, as well as kid’s crafts.
- » **Take A Day On:** Charlevoix County 4-H youth participate in 14th Annual community service learning project called TAKE A DAY ON! This is an event where youth get to take a day off of school and take a day on for an organization in their local community. The event this year was on Friday, May 16th at Mt. McSauba in Charlevoix. We had 20 youth and 8 adults in attendance this year. Mt. McSauba is a recreation area that is in Charlevoix, MI and owned by the city. It is used for variety of different purposes such as downhill skiing and snowboarding, sledding, cross-country skiing, ice skating, hiking, and disc golf. Students spent the morning learning all about the history of Mt. McSauba, the summer camp and all the year-round activities the mountain has to offer.



4-H CHILDREN & YOUTH INSTITUTE

The afternoon was spent cleaning the inside and outside of the lodge, painting, raking around the lodge, and picking up litter along the trails. The day was ended with a group hiking adventure around the mountain's trails. The youth also collected many donations of craft supplies and activities to give to the summer camp at Mt. McSauba.

- » **China Art Exchange:** Thousands of Michigan 4-H youth, kindergarten through sixth grade participated in the 2014 4-H Art Exchange with China. St. Mary's School in Charlevoix had 42 youth take part in this wonderful exchange. As part of the art exchange, children were asked to paint or draw "visual letters" for Chinese children their own ages. A visual letter is like a written letter in that both tell a story, share important ideas and feelings and connect children regardless of where they live. Four youth's artwork from Charlevoix County was selected to be sent and exhibited in schools in Shandong Province, China.
- » **The Boyne Area 4-H Swim School Program** offers an athletic way for youth to be involved in 4-H programs. 145 youth in grades kindergarten through 12th grade are involved in the Boyne Area 4-H Swim School program that is supported by 9 staff members and 12 volunteers. Participation in sports, including swimming, offers benefits that are consistent with elements of positive youth development. Studies have shown that exercise and fitness such as swimming helps youth develop physical competence, a positive self-image, social skills, cooperation and teamwork skills, and determination. Each year the season concludes with a swim across Lake Charlevoix from Young State Park to Whiting Park which is a 1.3 mile distance swim for youth who have shown strong swimming skills by passing at least level 5 of the American Red Cross swimming levels and have swam a minimum of 5 miles in preparation for the lake swim. This year 31 members completed the swim safely across Lake Charlevoix with the assistance of the Charlevoix County Sheriff Department and Coast Guard, who help keep everyone safe.



"Kids participating in the Boyne Area 4-H Swim School Program that get the opportunity to learn how to swim in Lake Charlevoix is such a blessing. You get to watch them succeed not only as a swimmer, but as an individual. The skills they learn in the program will be something they keep with them throughout their lifetime."

~ Alexis Wilhelm, Boyne Area 4-H Swim School Program Leader

4-H CHILDREN & YOUTH INSTITUTE

- » **Sports and Fitness Clubs use Jump Into Food & Fitness (JIFF) curriculum:** Charlevoix County 4-H offers a wide range of sports education to its local youth such as: spring soccer, summer soccer camps, fall soccer, travel soccer, sailing, sailing races, swimming, golf, tennis, and wrestling. Adult and teen leaders have fun teaching the sport while tackling the serious business of teaching kids about healthy food choices and the importance of being physically active and how it pertains to the sport they are learning. The JIFF, research-based curriculum is designed for adults and older teens to use with kids aged 8 to 11 (grades 3 to 5). "Jiff the Joey" sets the stage for each of the eight "Kangaroo Jumps" or sessions in JIFF. Fun nutrition, physical fitness and food safety learning activities are integrated into the program, which uses the MyActivity Pyramid and the MyPyramid for Kids.



"As an active 4-H leader and volunteer for over 25 years, a mother, a grand-mother, I have found this program invaluable to our family. That family extends to my now friends and neighbors we have had the pleasure to meet and established life long relationships with. I have seen not only our children grow up to be hard working members and contributors of our community, but generations becoming Youth agents, blacksmiths, leaders, volunteers, coaches, teachers, doctors, and the list goes on. I know that it is the experiences, resources, and memories that offer proof of what a wonderful and essential program 4-H is. I would not miss this opportunity for a million dollars. The people of 4-H are genuinely priceless! With Best Regards and a sincere thank you!"

~ Lenore Senter, 4-H Co-Leader, Charlevoix County Critter Club

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.



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- » **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.

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- » **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...



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

- » **Protecting Lake Charlevoix water quality:** Charlevoix County MSU Extension is a partner in a three-year project to help shoreline owners and local officials maintain Lake Charlevoix's outstanding water quality and status of one of Michigan's premier recreational lakes. MSU's role is to provide a forum for zoning administrators to share experiences about shoreline zoning issues and enforcement challenges, host a yearly countywide educational event for planning officials, and provide opportunities for learning about shoreline protection. In July 2014, 75 local officials, lake association leaders and shoreline owners enjoyed a tour of Lake Charlevoix aboard the Inland Seas Education Association schooner *Inland Seas*, where they experienced firsthand how water quality is assessed, evaluated shoreline buffer strips and learned about local shoreline zoning and regulations.



Participants aboard the schooner Inland Seas experienced firsthand how water quality is assessed.

- » **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'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.





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.
- » **Citizen Planner Advanced Academy:** MSUE teamed up with the MI-Place Partnership Initiative to introduce a new curriculum devoted solely to placemaking. The MI-Place Partnership Initiative is a statewide initiative made up of the Michigan State Housing Development Authority, the Municipal League, the MSU Land Policy Institute, and other statewide organizations with the purpose of restoring economic prosperity to Michigan. The Advanced Academy attracts graduates of the Citizen Planner program - planning commissioners, professional planners, and elected officials - and the launch of the new placemaking curriculum at this year's event provided participants with the advanced tools and innovative techniques needed to undertake master plan updates, zoning ordinance amendments, and placemaking initiatives for success in the New Economy.
- » **Strategic Planning:** MSUE led a series of six planning sessions with the Crossroads Ecumenical Resale Shop Board of Directors since the end of May. The meetings helped define a roadmap for the future development of their organization, in collaboration with the local food pantry and the East Jordan Ecumenical Society who offers personal financial assistance. Extension Educator Ann Chastain is helping the board to write an organizational strategic plan, funded by Charlevoix County Community Foundation. The Foundation is interested in supporting a capital development project with the Crossroads Board, but needs a strong strategic plan in order to proceed. Components of the strategic plan are currently being written.
- » **The Community Advisory Committee (CAC)** to St. Marys Cement Inc. in Charlevoix is co-facilitated by MSUE Educator Ann Chastain. A series of monthly meetings have occurred since July to evaluate a potential swap between St. Marys Cement and Fisherman's Island State Park. Representatives of MDNR, St. Marys Cement management, and individual committee members have addressed questions and various concerns. Discussions are currently wrapping up, and a report of committee recommendations will soon be delivered to St. Marys.

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

- » **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.
- » **Honoring Our Children** is an initiative that is giving Tribes in Michigan a chance to speak loud and clear about what future we want for our children and an opportunity to start talking about how we plan to address the needs of our tribal nations. Through this initiative, MSUE was asked to provide programming to increase the communication, to facilitate the initial discussion of their Mission and Vision, and to discuss consensus building tools. MSU Extension workshop sessions offer participants an opportunity to learn and practice tools and techniques necessary to effectively lead group discussion and generate ideas, reach consensus, and set goals with results-oriented objectives leading to a plan of actions owned by the entire group.
- » **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 innovation counselor has special training to deliver these services to local residents. Business counseling is conducted on a one-on-one basis and may take place at the MSUE office or the client's home or business location. The assistance provided is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The innovation counselor also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling and packaging assistance.

Thirty-five counseling sessions took place in Charlevoix County to assist seven entrepreneurs in starting new businesses and expanding existing businesses. Several value-added agricultural operations were assisted with developing business plans. Two food business received help with product development and marketing. One entrepreneur interested in starting a winery was assisted with concept development which is a precursor to 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 region.



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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! 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.
- 85% reported being able to more clearly distinguish between bullying behaviors and harassment behaviors.

HEALTH & NUTRITION INSTITUTE

- 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 Michigan Breastfeeding Mother-to-Mother Program** is a collaborative effort between MDCH WIC and MSUE to increase breastfeeding initiation and duration rates among low-income women, provide breastfeeding encouragement and support to women throughout the infant's first year of life and to enhance state and local WIC/MSUE collaboration to expand service delivery and education for mothers and babies. During 2012-13, the Breastfeeding Program served 69 families in Charlevoix County.

» **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 Charlevoix County, 210 adults and 151 youth were reached through nutrition education classes at various venues in the county. There were 702 contacts with these groups in total.

Youth programming continues to be a cornerstone of educational programming in Charlevoix 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 Charlevoix County farmer's markets through Project FRESH. These coupons were redeemed for over \$3,000 in funds for produce grown by local farmers.



...coupons were redeemed for over \$3,000 in funds for produce grown by local farmers.

HEALTH & NUTRITION INSTITUTE

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.

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.

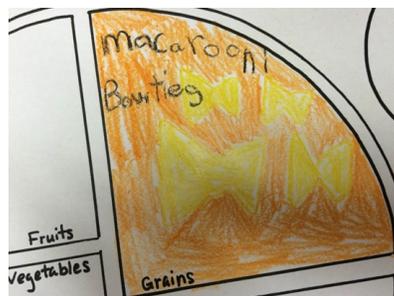
Youth Program Impacts

- 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.

MSU Extension has teamed up with the first grade classes at Boyne City Elementary to teach Show Me Nutrition classes. Sue McCloskey, Boyne City Elementary school nurse stated that “Show Me Nutrition incorporates age appropriate content on nutrition, food safety, physical activity, media influence and body image. Our first graders are learning good food choices through fun activities, as well as food preparation and tasting.”

Children learned about a food group at each lesson, engaged in physical activity and tasted a food they learned about that week.

In each lesson, students learned about a food group and then colored their favorite food from that group on their own picture of MyPlate.



This student is tasting an almost MyPlate sandwich – cracker (grain), spinach (vegetable), cheese (dairy), turkey pepperoni (protein).

HEALTH & NUTRITION INSTITUTE

» **Food Safety:** MSU Extension food safety education programs help prevent foodborne illnesses and ensure 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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