MESSAGE FROM THE DISTRICT COORDINATOR

Michigan State University Extension continues to serve the residents of Iosco County through educational processes that apply knowledge to critical issues, needs and opportunities. In 2016 and 2017, MSU Extension Educators, Program Coordinators, Program Instructors and support staff have all played a role in delivering information to help our farmers, school children, teachers, caregivers, consumers, homeowners, business owners, visitors, workers, parents, government officials, home gardeners, entrepreneurs, those battling chronic disease and those seeking better health, improve their lives and the lives of those they serve, lead and follow.

Over 50 educational programs, workshops, presentations and other initiatives combined with the many 4-H clubs, camps and events have been utilized to make this impact. Although each county office is different, and there may be more or less staff in one location over another, MSU Extension statewide staff are called upon to offer programming throughout the state to help meet the critical needs that are sometimes unique to each community.

As you read through this annual report, you will see examples of many of the programs and participants from our communities. MSU Extension’s four institutes: Agricultural and Agricultural Business, Children and Youth, Health and Nutrition, and Greening Michigan all played a role in this year’s programming.

Educators, Coordinators and Instructors from each Institute also contribute to the world wide web presence that offers non-bias information to anyone with access to a computer, tablet or smart phone and an internet connection. The articles, videos, worksheets and other materials are easily accessible and available at no charge.

We are grateful for the opportunity to serve the residents of Iosco County, our stakeholders and our partners.

Mischelle Warner
District Coordinator, District 4

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MISSION:

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

CONNECTING WITH RESIDENTS

4-H Children & Youth Programs

Number of Youth Enrolled Statewide 200,000 +
Iosco 4-H Members (traditional club) 429
Special Interest Program Participants (SPIN) 828
Youth in School Enrichment Programs 902
Youth in 4-H Camping Programs 96
Youth Volunteers 25
Adult Volunteers 65

4-H reached 43.7% of Iosco Youth

*Based on 2016 Census data of 25,327 residents of which 16.9% (4,280) are youth under 18

More than 3.7 million visitors viewed more than 7.2 million pages.

1.3 million newsletters covering 90 topic areas were sent to about 16,900 email addresses.

MSU Extension has more than 3,500 Facebook followers and more than 2,800 Twitter followers.
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*This list includes just some of the MSU Extension staff involved in Iosco through the MSU Extension Mission listed below.

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.
Developing Youth and Communities

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

4-H preparing youth for the future
The future of Michigan lies, in part, in the hands of its students’ abilities to excel in science, technology, engineering and mathematics (STEM). Science literacy among school aged youth in Michigan is below the national average, directly impacting college readiness.

Extension 4-H clubs connect caring adult volunteers to youth
Through MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce—especially for highly sought after jobs in science, technology, engineering, arts and mathematics (STEAM).

- 18 active clubs ranging from livestock to archery and crafts to cake decorating
- 65 adult volunteers support club work to ensure all programs are successful
- 25 youth volunteers serve as role models and mentors for younger members
- Five new project areas were developed in 2017 including quilting, crafts, dairy science, robotics, and cooking.

4-H School Enrichment Programs
In 2017, Iosco County 4-H delivered 4-H Embryology school enrichment programs to eleven elementary and middle school classrooms throughout Iosco County. This six week project connects elementary students to agriculture through hands-on, experiential learning.

- Whittmore-Prescott Elementary and Middle Schools, Hale Elementary, Clara Bolen Elementary, and Tawas Middle School participated in 4-H Chicken Embryology Project.
- Holy Family Schools and Whittemore-Prescott Elementary participated in the 4-H Duck Embryology Project.
- Topic areas include embryonic development, incubation, and the lifecycle of birds
- 293 local elementary students participated in the programs in 2017
- 100% of participants indicated an increase in knowledge of embryonic development as a result of participating in this program

Kelli Rau
4-H Program Coordinator
4-H State Awards Program
A Michigan 4-H State Award is the highest award bestowed upon a 4-H member. Each year over 100 Iosco youth out of Michigan’s 200,000 members participate in this prestigious program.
- Five Iosco County 4-H members participated in 2017 in three different project areas; equine science, citizenship, and leadership and personal development
- All participants participated in personal interviews with committee members to gain skills in communication and professionalism.

4-H Capitol Experience
Michigan 4-H members participate in a four day legislative simulation in Lansing, MI to learn about state government, while also meeting legislators and attending both sessions of the House and Senate.
- Seven teens from Iosco County participated in the event
- Highlights including meeting with Senator Stamas and Representative Allor for special tours of the Capitol Building.
- This program offers its participants the opportunity to explore career opportunities in public policy and government.

As a result of participating in this event, one Iosco County 4-H member made the decision to pursue a career in Political Science.

4-H Regional and State Event Participation
In addition to county-based workshops, Iosco County 4-H members have the opportunity to broaden their horizons and participate in various regional and state 4-H events throughout the year.
- 18 youth attended a 4-H Teen Leadership and Parliamentary Procedure workshop
- 21 youth attended 4-H Leadership Workshops at the Kettunen Center in 2017
- Iosco County 4-H sent five delegates to the 4-H State Horse Show
- One youth represented Michigan at the National 4-H Shooting Sports Competition in Grand Island, Nebraska
- Five youth represented Iosco 4-H at the State 4-H Shooting Sports Tournament
- Six 4-H members participated in the 4-H State Dairy Days and Exposition
- Two youth attended the National 4-H Congress in Atlanta, Georgia

“Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others.”
Jack Welch
4-H Cloverbud Camp
An introduction to the 4-H program for youth ages 5-8 years old, this camp is designed in a non-competitive nature to allow youth to grow and develop while having fun.
- Eleven youth from Iosco County participated in the three-day event
- Participants increase their self-confidence and gain skills in leadership and responsibility

4-H Family Enrichment Night
Michigan State University Extension collaborated with local elementary schools in 2017 to offer Family Enrichment nights on topics of engineering, literacy, and science.
- Hale Elementary hosted a Family Engineering night to engage families in the learning process of engineering through hands-on activities
- Participants increase their self-awareness of engineering and develop critical thinking skills through participating in these events
- Clara Bolen and Whittemore-Prescott have committed to participating in Family Enrichment Nights for 2018

4-H International Exchange Program
Each year local families have the opportunity to serve as host families for 4-H international exchange students. In 2017, one Iosco County 4-H family, the Curry’s’, hosted an international exchange student from Japan throughout the month of August.

4-H Project Area Expansion
Iosco County 4-H strives to meet the needs of all the youth in the community. After conducting a needs assessment, Iosco County 4-H Program Coordinator Kelli Rau sought out funding opportunities to bring both robotics and gardening programs to Iosco County. Through grants from the Michigan 4-H Foundation, an after-school robotics club at Hale Middle School has been established and a gardening program called “Bloom where you are planted”, which pairs able-bodied teens with differently-abled youth in a mentorship around the project area of horticulture is set to begin in the spring of 2018.
Developing Youth and Communities, continued

MSU 4-H Exploration Days
A pre-college program where over 2500 youth from across Michigan learn to become independent and responsible by living in residence halls on the campus of MSU.
- 43 youth from Iosco County took a variety of action packed classes.
- Sessions focus on career exploration, capacity building, and workforce preparation.
- Youth experience MSU dorms, buses, cafeteria and other aspects of major university life.

4-H Overnight Summer Camp
A multi-county camp opportunity offered to local youth between the ages of 8-12 years old to experience a safe and fun 4-H learning experience.
- 27 youth from Iosco County participated in this five county camp opportunity
- Youth participants selected hands-on science sessions to attend while also enjoying traditional camp sessions
- Campers learn responsibility, time management, and self-confidence by participating in 4-H Summer Camp
- Six Iosco 4-H teens served as 4-H Summer Camp Counselors, sharing their passion for 4-H and camping with camp participants

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

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

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

Improving Nutrition and Physical Activity

The Supplemental Nutrition Assistance Program (SNAP-ED) provides nutrition education to income-eligible adults and children. This program focuses on improving dietary quality and increasing physical activity while stretching food dollars. The ultimate goal of these programs is to promote healthy weight maintenance and obesity prevention. During the past year, 235 adults and youth were reached through SNAP-ED nutrition classes at various venues in Iosco County.

SNAP-ED programs include Show Me Nutrition, Cooking Matters, Eat Healthy Be Active, Jump Into Foods & Fitness, and Healthy Harvest. These programs teach participants (youth and adults) how to make the most of their food dollars, menu planning, recipes, food prep and food safety. The programs range from one time lessons up to six-week series.

MSU Extension is serving 624 children and families weekly in Northeast Michigan through a partnership with Food Bank of Eastern Michigan. Designed to provide extra support on weekends for children who receive free or reduced-priced lunches at school, this program provides a backpack full of nutritious and easy-to-prepare foods for children to take home on the weekends when school meals are not available. For many of these children, this backpack is their only source of food when school is not in session. 96 youth from Iosco County participate in this program.

Also, MSUE develops Making Healthy Choices newsletters which are available online and distributed in backpacks throughout Michigan. In the 2016-17 school year, an average of 13,000 newsletters were distributed weekly from 131 sites across 18 counties.
Northeast Michigan Prescription for Health is funded through a grant from the Michigan Health Endowment Fund. Partners include the Community Foundation for Northeast Michigan, Alcona Health Center, Thunder Bay Community Health Service, Inc., District Health Departments 2, 4, and 10, and MSU Extension.

Participants are referred to a six week nutrition class where participants receive $10 vouchers weekly (a total of $60) to purchase fresh fruits and vegetables. In 8 months of the program, 129 adults participated. Iosco County received over $7,000.00 in local economic stimulation due to this program.

Results from evaluations of nutrition and physical activity related behavior are presented below:

- 75% improved in one or more food resource management practice
- 33% improved in eating two or more vegetables at their main meals
- 80% improved in one or more nutrition practice
- 39% improved in one or more food safety practice
- 24% improved in strength and flexibility

“I now have a permanent goal of cooking meals instead of preparing pre-packaged food”

“I enjoyed the tasting of the fruits that I had never heard of and would have never tried on my own.”

“I wish it (the class) was longer than six weeks.”
Ensuring Safe and Secure Food

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

Teaching Iosco Food Safety

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

Participants include youth, nonprofit organizations that prepare food for the public and food preservers who want to create safe products for their small businesses.

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

Basics of food preservation

- Participants learn how to successfully and safely use a pressure canner for low acid foods, a water bath canner and a steam canner for acid foods.
- Presented Youth Food Preservation to four Iosco youth.

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

- The course teaches how to prevent foodborne illness and how to train employees about the latest food safety issues.
- 17 Iosco residents attended a 4 hour ServSafe at a local nursing home.
- 30 Iosco school employees in the 8 hour course held for Tawas school district.
- 11 residents attended a local 8 hour Serve Safe.
- They covered topic including: providing safe food, forms of contamination, the safe food handler, food safety management systems, safe facilities, pest management, and cleaning & sanitizing.
Ensuring Strong Communities

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

Civic Engagement
Engaged citizens do more than vote, they act within and outside political systems to improve communities. Through its Public Policy and Civic Engagement trainings, MSU Extension informs residents about public policy issues and processes as well as advancing citizen engagement to strengthen community capacity to solve complex problems. Examples of workshops and programs that have been available to Iosco County residents include:

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

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

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

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

- Facilitative Leadership
- Advanced Facilitative Leadership

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

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

Communicating through conflict is a program open to all county residents.
When you support MSU Extension, you help the hard-working families who raise and care for cattle to feed families and add to the economic growth of Michigan.

Keeping Businesses Strong

MSU Extension staff provide education and research in many areas important to local producers. Participants learn profitable and efficient business and production practices as well as how to optimize and reduce the use of pesticides and fertilizers, and conserve and protect water.

Checking milking protocols

According to the 2012 Census of Agriculture, Iosco County ranks 39th in the state for milk from cows. With milking being done two or three times every day, protocols can sometimes drift from what was intended or instructed. The impact of that on cows can build up quickly. Checking, retraining where needed, and having equipment checked can all be important to improve cow udder health as well as parlor efficiency.

- Working with an Extension Intern, we observed milkings and measured vacuum during milking at the teat end on three farms.
- Prepared reports and reported back to the farm owners with recommendations. Each made changes. Later, we returned to measure the impact of their changes. This was part of a statewide project from which the data is being combined and will be presented back to farmers in a number of ways.

Bovine Tuberculosis is still around

While farmers, land managers and government officials have done much during the past 20 years to control TB in cattle herds, the reality is that there are still newly infected herds each year. Prevention is the key. During 2017 a class was held called “What is BCV & What Can You Do” Of the 56 participants, 18 were from Iosco county. The 2012 Census of Agriculture ranks Iosco as 46th in the state for inventory of cattle and calves.

4-H Beef, Sheep and Swine Teen and Adult Leaders Workshop

Teen and adult leaders who are involved with beef cattle, sheep and swine projects attend this workshop to learn about animal health, management, care and nutrition. The workshop offered ways to enhance communication and teaching skills as well as learn about the many opportunities available for those interested in the beef, sheep and swine industries. Iosco county had 10 people participate in this workshop.
**GREENING MICHIGAN INSTITUTE**

**Michigan Sea Grant Extension** promotes research, education, and outreach to enhance responsible and sustainable use of our diverse Great Lakes resources. Through MSU Extension, Michigan Sea Grant works with Michigan citizens, industries, and coastal communities to encourage their use, benefits, and enjoyment of Great Lakes resources that positively influences our state’s economy, environment and quality of life. Here we highlight our investments with Great Lakes fisheries stakeholders and engaging youth in Great Lakes stewardship opportunities.

Four *Lake Huron Regional Fisheries Workshops* in 2017—*one hosted in Oscoda*—brought together more than 250 anglers, charter captains, and others with fisheries researchers and managers from across Michigan. Participants gained better understanding of Lake Huron fisheries ecosystem changes, how people are interacting with and affect these resources (e.g. fishing trends, management issues) and connected with research and management activities relating to Lake Huron and local communities.

The *Northeast Michigan Great Lakes Stewardship Initiative (NEMIGLSI)* network and place-based education partnership engages youth in Great Lakes and natural resource stewardship projects, provides support for schools and educators, and facilitates school-community partnerships. In 2017, more than 490 Iosco County youth were engaged in hands-on learning through a variety of Great Lakes and natural resource stewardship projects supported through this NEMIGLSI partnership. Oscoda School students are involved in a variety of watershed projects like water quality monitoring, Lake Huron beach clean-ups, and raising Salmon in the Classroom. A variety of schoolyard stewardship projects have also helped them to maintain their Michigan Green School certification. New this year, Tawas Area School students are mapping and monitoring local invasive Phragmites populations locally. Thirteen educators from two Iosco County schools were supported through sustained professional development and/or fielding place-based stewardship education projects with their students.

The NEMIGLSI received the 2016 Innovative Education Award from the North American Association for Environmental Education; and our network was recognized this year by the Michigan Science Teachers Association (MSTA) through the accomplishments of MSU Extension’s Brandon Schroeder who was named the 2017 Informal Science Educator of the year.
Supporting Food and Agriculture

Master Gardener Programs and Other Local Programs Improve the Community

- MSU Extension supports a growing group of Master Gardeners in Iosco County who volunteer hours to support community-based garden projects. Projects educate residents on how to grow plants that beautify communities, improve local environments, and provide nutritional local food.
  - 18 current Master Gardeners, with new trainees on the way!
  - 1,194 hours of service
  - 6,185 miles driven
  - 287 hours of continued education
  - Economic Contribution: $28,823

- A long-awaited Master Gardening Course took place in our MSU Extension District this year:
  - 14-week course of intense training from MSU horticulture specialists
  - 30 participants, including many from Iosco County

- A unique MSU Extension Smart Gardening Pollinator Education Day in West Branch drew many participants from Iosco County.

- New gardens at the Iosco County Annex Building advertise MSU Extension Herb, Vegetable, Pollinator and Deer Resistant themes. They were built and maintained by Sarah Rautio, Scott Franks, and the Iosco County Jail Trustees.
- New raised bed gardens within Iosco County Jail grounds were built by trustees to grow local food.

When you support MSU Extension, you help participants learn how to improve their communities.
MSU Extension is the Best Resource for Home Gardening Assistance

- MSU Extension is the leading expert on Home Gardening Questions. The public can get questions answered through the MSU Extension Gardening Hotline, as well as a 24-hour “Ask an Expert” online resource.

- Iosco County Consumer Horticulture Educator, Dr. Sarah Rautio, is available for in-person home gardening consultations.

- MSU Extension offices have soil testing kits, and can help residents send plant and insect samples for definitive disease diagnoses at MSU labs.

Iosco County Nutrition Instructor Tara Roberson shows how pollinators are important for the future of our natural environments and food.

Gardening in Michigan

Michigan is a great place to grow fruit, vegetables, flowers and landscape plants. MSU Extension offers many resources including the popular Master Gardener Volunteer Program.

Gardening questions?
Call us at 888-678-3464.
Michigan State University is making a difference—everywhere—in Michigan.

Every day, Michigan State University—the nation’s pioneer land-grant university—works to advance prosperity for the people of Michigan. MSU makes a positive impact on the state’s economy in the areas of technology, agriculture, manufacturing, health care, education, energy, environment, and the arts.

MSU's talents and expertise help position Michigan as an uncompromising competitor in a global market. A vital contributor to the state's economy, the university attracted $584 million in external funding in fiscal year 2014-15 and plays a key role in the state's annual $101 billion-plus agribusiness industry through partnerships, research, and educational programs in all 83 counties.

### Region 4

**Enrolled Michigan Students:** 163  
**Enrolled Medical Students:** 8  
**Alumni Residing in Region:** 1,401  
**Spending with Local Businesses:** $139,279  
**Total Economic Impact:** $14,158,063*  
**Staff/Faculty Residing in Region:** 25  
**Financial Aid Disbursed:** $2,769,258  
**4H Youth Participants:** 3,443  
**Property Owned by MSU (Acres):** 502

*Data from an independent study by the Anderson Economic Group

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**Region 4 Counties:**  
- Alcona  
- Arenac  
- Crawford  
- Iosco  
- Ogemaw  
- Oscoda  
- Roscommon

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IOSCO COUNTY DIGITAL REACH

From July 1, 2016, to June 30, 2017, the MSU Extension website (msue.msu.edu) received 32,265 visits from Iosco County. Of those, 35 percent were first-time visitors. The easily accessible and searchable science-based content found on the MSU Extension website make it one of the most visited Cooperative Extension Systems education sites in the country.

IOSCO COUNTY IMPACT

Student Demographics
- Enrolled Students: 30
- Financial Aid Disbursed: $477,827

Alumni
- Alumni Residing in County: 351
- Alumni Bachelor Degrees: 338
- Alumni Master Degrees: 76
- Alumni Professional Degrees: 21
- Alumni Doctorate Degrees: 12

REPORT DATE 11/2/17
District 4 Extension Advisory Council

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

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

Members of the District 4 Extension Advisory Council in 2017 include:

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

MISSION:

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