MESSAGE FROM THE DISTRICT COORDINATOR

At Michigan State University, our goal is to move the state forward by focusing on research and educational programs that matter most to those who call Michigan home. The issue identification process is an important part of determining where to concentrate the time and energy of MSUE faculty and staff members for the greatest outcomes. In January 2016, District 4 held two sessions, this same process was repeated in 13 areas of the state, and data will be aggregated and used to set a direction for future university engagement with the development of our long-range plan of work. Although the plan is not yet complete, below are major program areas that were identified for our district.

Michigan State University Extension

2015 Programs In Which Iosco County Residents Participated

Tourism has the potential to drive future economic development.

Iosco Residents took part in the following workshops which have a connection to economic development, business skills, community beautification and a strong county government.

- Supporting Coastal Community Development and Tourism Development in NE Michigan
- Understanding Tourism presentation
- Place Making Strategy Development workshop
- Lake Huron Fisheries workshops
- Smart Gardening
- Soil Test Services
- Mid Michigan Farm and Garden Show MSUE sessions
- Master Gardener training and certification
- Cooking for Crowds
- Facilitative Leadership
- Connecting Entrepreneurial Communities
- Cottage Food Laws

Thank you Iosco County Residents and the Iosco County Commissioners for supporting Michigan State University Extension. Building relationships, solving problems and meeting the needs of Michiganders has been the focus for MSUE for over 150 years.
Michigan State University Extension
2015 Programs In Which Iosco County Residents Participated

*Health and nutrition, chronic disease, poverty and an aging population contribute to the poor health reports for our counties: (Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.)*

Iosco Residents took part in the following workshops which have a connection to preventing chronic diseases, healthy eating, and food safety

- ServSafe Series for food establishment workers
- Food Preservation workshops
- SNAP series for adults and youth
- Mindfulness and Adolescence
- Stress Less with Mindfulness webinar
- This is Your Brain Online: The impact of digital technology mental health
- Cottage Food Law
- Be SAFE! Addressing Bulling in Youth Settings

Iosco County ranked 81 out of 83 counties for overall health according to countyhealthrankings.org (2016)

*Natural Resources is a major financial, recreational, physical and emotional well-being platform in our region.*

Iosco Residents took part in the following workshops which have a connection to our water, forests, and wildlife.

- Science Camp
- Great Lakes Stewardship Camp for youth
- Lake Huron Fisheries workshop
- “Bringing Science Alive” 7 workshops around natural resources for teachers
- Septic/Well Homeowner workshop
- Northeast Michigan Great Lakes Stewardship Initiative

*Advances made by CANR student and faculty, and MSU Extension educators and specialists enhance your life today and will improve the lives of your children and grandchildren tomorrow*
Agricultural practices, financial management and regulatory requirements are changing rapidly and the producer has to be current to be viable. There is a need to promote the general public’s understanding of agriculture literacy.

Iosco Residents took part in the following workshops which have a connection to production, diseases, and financial management to assist growers in being profitable and environmentally friendly.

- Pesticide Applicators training
- Beef Workshop—Breeding Soundness Exam
- Field Crop Management Series
- Cover Crops to Reduce Soil Erosion
- Soil Test Services
- Integrated Pest Management webinar
- Blueberry Pollination
- Smart Gardening webinar
- Christmas Tree & Winter Damage
- Focus on Dairy Production
- Great Lakes Professional Cattle Feeding & Marketing Solution
- West Michigan Ag Labor Program
- Effective Management of Dairy Farms’ Employees

Youth and 4-H, a substantial portion of youth are unprepared for the skills needed to be successfully employed. Some of the factors that contribute to this are: high school dropout rates, limited out of school activities, a low number of people to volunteer for out of school time activities, and a high percentage of families living in generational poverty.

4-H Youth Programs:
- 370 youth members in 4-H clubs
- 226 youth participated in short term programs
- 38 youth attended camp
- 1352 youth participated in school enrichment programs

⇒ Total of 1986 4-H Iosco Youth
DEVELOPING YOUTH AND COMMUNITIES

CHILDREN AND YOUTH INSTITUTE
Kelli Rau, 4-H Program Coordinator—Iosco County

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.
- 51 adult volunteers support club work to ensure all programs are successful.
- 30 youth volunteers serve as role models and mentors for younger members.
- Five new project areas were developed in 2016 included sewing, goats, and veterinary science.

“ I have been a volunteer for 32 years and have gotten as much out of being in 4-H as the youth I work with. Watching them grow up and come back to help give back is the most rewarding experience.”

-4-H Volunteer

More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.
Developing Youth and Communities

**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 youth out of Michigan’s 200,000 members participate in this prestigious program.

- Three Iosco County 4-H members participated in 2016, all in the project area of leadership and personal development.
- State Award Delegates: Joslyn Nelkie and Stephanie Hauff.
- Miranda Hall was named the 2016 Junior 4-H State Award Winner.

**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.

- Three teens from Iosco County participated in the event.
- Highlights including meeting Governor Rick Snyder during the late Representative Peter Pettalia’s last bill signing.
- This program offers its participants the opportunity to explore career opportunities in public policy and government.
Developing Youth and Communities

4-H Regional and State Event Participation
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.

- Two youth participated in the 4-H State Rabbit & Cavy Show in East Lansing, MI.
- 39 youth attended 4-H Leadership Workshop at the Kettunen Center in 2016.
- Iosco County 4-H sent 4 delegates to the 4-H State Horse Show.
- 8 youth represented Iosco 4-H at the State 4-H Shooting Sports Tournament.
- 4-H Exploration Days sessions focus on career exploration, capacity building, and workforce preparation.
- Youth experience MSU dorms, buses, cafeteria and other aspects of major university life during MSU 4-H Exploration Days.

4-H Feeds the Need Community Service Project
In partnership with Iosco County Farm Bureau, 4-H members raised meat chickens and donated the birds to a local food pantry.

- 479 pounds of chicken were donated to Hale Area FISH food pantry.
- 13 4-H members raised 101 chickens for six weeks gaining an appreciation for helping others and giving back.

“My favorite part about being in 4-H is that it teaches us to be selfless people who want to do good for others. It makes us stronger in so many ways and has helped me to gain new friends.”
-Iosco 4-H member

“My favorite thing to do each year is go to the Kettunen Center for the Veterinary Science Workshop. It is where I realized I wanted to be a vet someday.”
-4-H Livestock Member
4-H School Enrichment Programs

In February 2016, Iosco County 4-H developed the 4-H Chicken Embryology school enrichment project. This six week project connects elementary students to agriculture through hands-on, experiential learning.

- Whittemore-Prescott Elementary and Middle Schools, Hale Elementary, Holy Family School, and Emanuel Lutheran School participated in the pilot program.

- Topic areas include embryonic development, incubation, and the chicken lifecycle.

- Over 500 local elementary students participated in the program in 2016.

- 100% of participants indicated an increase in knowledge of embryonic development as a result of participating in this program.

“4-H helped me discover my passion for animals and led me to pursue a career in the agricultural industry. I am not sure where I would be if I had not been in 4-H.”

-4-H Alumni

4-H is truly a family activity. It is something all of us can do together right here in our own community and it teaches our children how to become better citizens.

-Iosco County 4-H parent
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.

- 23 youth from Iosco County participated in the three-day event.
- Participants increase their self-confidence and gain skills in leadership and responsibility.

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.

- 39 youth from Iosco County participated in this three 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.
KEEPING PEOPLE HEALTHY

Karen Fifield
Extension Educator, Health and Nutrition Institute, Food Safety

Teaching Iosco Food Safety

Cooking for Crowds is an educational program for nonprofit groups that prepare food for their members, or for the general public as fundraisers.

- Participants learn how to prevent unsafe conditions that may cause food borne illness.
- Participants learn how to plan, purchase, store, prepare and serve food correctly.
- MSUE provided this course to Iosco residents.

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

- The course teaches how to prevent foodborne illness and how to train employees about the latest food safety issues.
- 5 Iosco residents participated in the 8 hour course
- They covered topics including: providing safe food, forms of contamination, the safe food handler, food safety management systems, safe facilities, pest management, and cleaning & sanitizing.

“*This class has made me aware of a better quality of food service/food safety that can be attained at our church.*”

-Cooking for Crowds participant

MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and communities viable.
Karen Fifield  
*Extension Educator, Health and Nutrition Institute, Food Safety*

**Prevent Foodborne Illness and Ensure a Safer Food Supply**

The National Institutes of Health estimates that every year, 48 million people in the United States become ill from pathogens in food. Of those, up to 3,000 people die.

- Karen Fifield held three Food Preservation workshops in Iosco County. 16 Iosco County residents participated.
- Participants reported 95 percent will follow researched based/tested recipes for home food preservation.
- Participants reported 97 percent will use correct processing methods to safely preserve low and high acids foods.
- Participants reported 97 percent will use correct processing times to safely preserve low and high acid foods.

**Cottage Food Law**

Many Michiganders want to start food businesses, but are held back because they don’t have access to commercial kitchens. This program helps residents become certified to prepare and store particular foods in home kitchens and get their businesses off the ground. The workshops cover the food safety aspects of preparing cottage foods for sale, including preparing, packaging, labeling, storing and transporting foods.

- Cottage Food Law workshops were held in Iosco County.
- Eight participates from Iosco County attended.

The Michigan Cottage Food Law allows Michigan residents to manufacture and store particular foods in an unlicensed kitchen, such as a residential home. This program covers how to prepare, produce, package, label, store, transport and sell safe food products under the law.

Foodborne illness are estimated to annually cost the economy more than $15.6 billion. Your support of MSU Extension food safety programs helps prevent foodborne illnesses and ensures a safer food supply for consumers. This benefits other community members by decreasing the economic costs of foodborne illness.
Jessica St. George

Family Nutrition Program Instructor

Working with Schools to Improve the Health of Iosco County Youth

MSUE has a variety of programming that can help youth live healthier lives. Teens learn about proper nutrition, healthy cooking methods, and fun ways to stay active, all of which promote healthier lifestyles and communities.

- The MSU “SPARTAN PERFORMANCE” curricula was delivered to 57 athletes on the Oscoda High School wrestling, swimming, and boys’ basketball teams. This is a new MSU program that provides detailed health/nutrition education to students who are currently participating in a sport. Athletes learn about caloric balance, hydration, and meal planning, all of which can greatly improve athletic performance and long term health.
- MSUE partnered with a Health Education teacher to enhance his classroom by teaching life-applied lessons in Nutrition/Cooking, which many schools do not provide in their regular curriculum. Through this partnership, MSUE was able to enhance education for 54 youth over an entire semester!
- 15 youth in IRESA’s pre-vocational special education program participated in a 6-week long cooking and nutrition program that taught students about healthy eating and cooking methods, kitchen and food safety, and how to follow recipes.

MSU Spartan Performance

spartanperformance.msu.edu
Health Education for Cognitively Impaired Adults

MSUE delivered the “Healthy Eating Adds Up” program to 13 cognitively impaired adults in IRESA’s vocational special education program. This MSUE program is uniquely designed to provide healthy food education to this very specific audience, which is not always possible with standard educational curricula.

Health Care Providers & MSUE Teaming Up to Promote Healthier Lifestyles

Iosco County initiated a new “Prescription for Health” program, which brings health care providers and MSUE together to help people adopt healthier lifestyles as a part of their overall health plan. Health care providers “prescribe” physical activity/nutrition classes to a patient’s overall health care plan. Through 6-week long classes, MSUE teaches patients fun and simple ways to stay active, how to eat healthy food on a limited budget, how to build a meal plan, and how to make small changes that add up to an overall healthier lifestyle.

- Is part of an 8 county wide plan to help many of Northeast Michigan residents.
- To date, has impacted 35 adults in Iosco County alone.
- Will continue to serve Iosco County residents with classes offered year-round.
- Provides both education and up to $60 in vouchers to purchase fresh produce from local stores and farm markets.

MSU Extension nutrition aims to improve the knowledge, skills, attitudes and behavior of how individuals view nutrition.
ENSURING STRONG COMMUNITIES

Greening Michigan Institute
Bonnie Wichtner-Zoia, Extension Educator
Leadership, Community Engagement and Tourism

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

- MSU Extension offers hands-on 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.
- Over 29 people participated in one of the District 4 Communicating through Conflict workshops in 2016.

Real Colors & Personality Assessments
Real Colors® is a dynamic workshop experience providing participants with the skills to better understand their own personalities. The basis of this workshop is the Real Colors® Personality Instrument: a user-friendly, intuitive tool that identifies four personality types common to all people—Gold, Green, Blue, and Orange. Real Colors® combines experience-based research and complex psychological theory into an informative assessment that is understandable, easy to apply on a daily basis and fun to experience. Participants at Real Colors workshop will:

- Gain an understanding of the four personality colors
- Discover where they fall on the Real Colors spectrum
- Learn to recognize the characteristics of each of the four colors
- Discuss with fellow workshops participants what it’s like to be each color
- 23 Iosco residents participated in a Real Colors® workshop

“When working with the public, we come into conflicts and what I learned will help me stop and think of how to work through and ultimately resolve those conflicts.” – Attendee

Placemaking, a strategy led by local governments and planning commissions, can be a cornerstone of Michigan’s economic recovery.
Lake Huron Regional Fisheries Workshops

Engaging 245 local fisheries stakeholders with fisheries research and management agencies, 31 attendees identified themselves as residing in Iosco.

- Recreational anglers had the opportunity to become more scientific anglers, learning about feeding trends of predator fish species
- Fishery businesses gained insights related to Lake Huron fisheries resources around which their business depends
- Research and management agencies shared informational updates.

Wild produced Lake Trout more often seen in angler catches, a sign of recovery for this native

Michigan Sea Grant Extension offers expertise to coastal communities and partners interested in developing and enhancing water trails.
Our Michigan Sea Grant and MSUE supported Northeast Michigan Great Lakes Stewardship Initiative has been selected as one of the top 5 award winners selected for national UL/NAAEE Environmental (E)-STEM Innovation Award.

Tracy D’Augustino and Brandon Schroeder with several of our network partners submitted the award to the North American Assoc. for Environmental Education (NAAEE) is our national professional association for environmental and outdoor education.

- Award comes with a $25,000 award to be reinvested with schools to promote E-STEM opportunities via our NEMIGLSI network.
- Richardson Elementary school – school yard gardens with US Fish & Wildlife Services and Huron Pines.
- Oscoda High school and Middle School – contributed to our marine debris goals by conducting a litter pickup in all public coastal Lake Huron Parks in Oscoda; and raising awareness to issue via media.
- Oscoda High school and Middle School—raised salmon in the classroom (DNR education program) but connected it with water and biodiversity studies in their local river/harbor.
- Oscoda High school and Middle School—studied water quality on Au Sable and Pine rivers with the Pine River Van Etten Lake (PRVEL) Watershed Coalition.
- Engaged 212 youth in fielding hands-on, place-based stewardship education projects.
- Initiative supported 11 educators either through professional development opportunities or in fielding place-based stewardship education projects with their students.

Great Lakes stewardship projects are making a difference across northeast Michigan!

To learn more about Place-Based Education in Michigan visit the NEMIGLSI website.
Learning on the farm:
The best classroom for farmers is often a farm, and farmers can provide a good example and model for other producers.

- Involving local dairy producers as members of the MSU Extension Dairy Advisory Team; providing input and learning and sharing experience and ways of doing things.
- Host monthly conference calls with producers to discuss current issues on farms and in the industry.
- Developed farm tours enable producers to see and understand how other producers solve problems and achieve results.

Farm Employee Management:
Managing employees on a dairy is a key to better and more consistent performance; therefore:

- Have helped dairy owners and managers develop their skills and knowledge to more effectively manage employees.
- Co-wrote a series of employee mastitis lessons that are published in Hoard’s Dairyman magazine so that dairy employees develop their knowledge.
- Taken a leadership role in coordinating a section of a new book on managing farm employees for dairy producers.
Supporting Food and Agriculture, continued

Working to prevent bovine TB

Two herds infected with TB in Alcona County, bordering Iosco County. MSU Extension, working with the Michigan Department of Agriculture & Rural Development (MDARD) and the USDA have developed a project called Enhanced TB Risk Assessment to help farmers prevent new infection.

How it Works:

- MSUE, MDARD & USDA staff visit farmers in high risk areas to assess risks to their herd.
- Risks are considered as the potential threats from infected wildlife. Owners are encouraged to consider what those risks may be and to take greater responsibility for protecting their cattle.
- Communities of farms are working together because what one landowner does may impact deer movement to other farms. Working in concert with one another can help to reduce risks throughout the community.
- This effort is considered by MDARD as the primary means to change the course of disease incidence.

TB is caused by an infection with the bacteria called Mycobacterium bovis (M. bovis). Infected animals may not show any outward signs of disease until the most advanced stages.
Supporting Horticulture and Garden-related Needs
MSUE supported Iosco County residents’ horticulture needs with:

- MSUE Garden Hotline
- Community Garden Support
- On-line Horticulture Educational materials and webinars
- A local Iosco County educator to address homeowner questions and support the Iosco County Master Garden Association
- Soil-testing kits, diagnostic and plant ID lab options

Iosco County Master Gardeners contribution to their community
Master Gardener volunteers educate the community on a variety of topics, including the MSUE “Smart Gardening” program, which is a campaign that helps property owners learn how to be more environmentally savvy and SMART gardeners.

- Extension Master Gardeners: 21
- Volunteer Hours: 489
- Miles driven: 5,444
- Continuing Education Hours: 165
- Contacts: 1,089
- Economic contribution: $12,043.39

The MSUE Master Gardener Program is an adult horticulture education and volunteer leader training program. Volunteers are committed to improving the quality of life in Michigan through horticulture-based volunteerism and beautifying communities throughout the state.
Extension Educators Serving Iosco County

Staff Located in Iosco County Office:

Kelly Hiemstra, District Coordinator  hiemstra@anr.msu.edu
Sarah Rautio, Extension Educator Food/Nutrition & Home Horticulture  rautio@msu.edu
Kelli Rau, 4-H Extension Program Instructor  raukelli@msu.edu
Cindy Anderson, County Support  ande1172@msu.edu
Jessica St. George, Nutrition Program Instructor
Tara Roberson, Nutrition Program Instructor as of December 2016  robers81@anr.msu.edu

DISTRICT 4 DIGITAL REACH
From July1, 2014, to June 30, 2015:

⇒ 2.5 million visitors viewed more than 5.3 million web pages.
⇒ Search engine ranking help make msue.msu.edu one of the most visited Cooperative Extension Systems education sites in the country.
⇒ 751,000 topic newsletters were distributed to more than 10,400 email addresses.
⇒ MSUE Extension reached more than 2,500 Facebook and more then 2,200 Twitter followers.
⇒ Michigan 4-H families and volunteers stay informed about activities through Michigan 4-H Facebook with 3,125 likes
District 4 Extension 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 proved leadership. They network with others who share similar interests and concerns, help shape Extension programming efforts important to citizens in the district, gather support for establishing or extending educational effectors around issues of concern in the district, and participate in leadership and issue focused educational events.

Members of the District 4 Council in 2016 include:

- Bobbe Burke (Arenac)
- Joan Crick (Alcona)
- Sharon Czaika (Iosco)
- Jen Czymbor (Arenac)
- Robert Dixion (Crawford)
- Roy Elie (Ogemaw)
- Rose Ford (Iosco)
- Elizabeth Grabow (Ogemaw)
- Paul Grabstanowicz (Alcona)
- Shelly Hubbard (Crawford)
- Patricia Killingbeck (Arenac)
- Joell Krejarek (Alcona)
- Ken Melvin (Roscommon)
- Marc Milburn (Roscommon)
- Joe Powers (Crawford)
- Chuck Preston (Iosco)
- Bruce Reetz (Ogemaw)
- Erik Rodriguez (Arenac)
- Leisa Sutton (Iosco)
- Sasha Weaver (Crawford)

MISSION:

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

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