Presque Isle County
2015–2016 ANNUAL REPORT

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Greetings from the new Michigan State University Extension (MSUE) District 14 office, which serves Alpena, Charlevoix, Cheboygan, Emmet, Montmorency, Otsego, and Presque Isle Counties. This administrative change in no way affects the type or quality of educational programming MSUE continues to bring to Presque Isle County residents. We are proud to partner with the County and hope you enjoy reading about the successful and diverse educational events that MSUE sponsored this year. MSUE brings the latest information from Michigan State University directly to Michigan residents and has done so for over 100 years. We look forward to our continued service to Presque Isle County and the State.

Lisa Anderson
District Coordinator, District 14
Michigan State University Extension

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

When you support MSU Extension 4-H programs, youth participants learn life skills that serve their current needs and prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active. 4-H’ers also demonstrate reduced high-risk behaviors such as alcohol and other drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce encounters with the court system. This ensures more young people succeed in school, attend college and contribute to their communities.

This report offers a snapshot of the breadth of experiences that 4-H provides in Presque Isle County. It does not detail every club, camp, workshop, program or activity.

How Do We Know We Are Making A Difference?
While some of our programs simply conduct satisfaction surveys (i.e. how much did you enjoy…) others collect impact data (i.e. what was learned, what will change). 80% of Summer Camp participants significantly increased their knowledge in cross-contamination while handling foods, and 70.59% significantly increased their understanding of the importance of wetlands. Summer Recreation participants named ‘how to solve problems”, “how to cooperate with others”, “how to be a leader”, “how to be a good member of a team”, “how to be responsible for myself” and “healthy food” as the areas where they learned the most. One participant in the Teen Leadership and Global Citizenship Spectacular said “I met new people. I am more comfortable around strangers. I will take a big step and get a leadership position!” These are just a few examples of the impact 4-H makes for youth, our families and our community.

A Sampling of Programs
Our Day Camps provide an entire day to focus on a single topic. For example, at our Cooking Camp youth learned safe handling of knives, chopping methods, accurate measuring and experimenting with ingredients. Families were delighted to receive a full meal at the end of the day, compliments of their budding chefs! Ocqueoc Outdoor Center provided a great working space.

Cloverbud is our term for our youngest 4-Hers ages 5-8. Cloverbuds enjoyed their own series of days camps where they explored insects, dinosaurs, reptiles, art and aquatic life. Four teens gained leadership skills as counselors for the campers as they navigated various sites around Rogers City.
Developing Youth and Communities, continued

Summer Recreation served 71 youth in 2015! This was the first time we had to create a waiting list. The generous support of the Board of Commissioners provides staff for the 6-week program. Based on actual attendance, that calculates to just $1.27 per hour per child for a high-quality program that teaches important life skills, provides a safe place for social interaction, and 2 healthy meals daily! What a bargain!

TBL Mentoring matches high school students as mentors to elementary students in a weekly, supervised setting. Mentors learn leadership and parenting skills. Mentees learn teamwork, cooperation and social skills. TBL is in cooperation with Rogers City Elementary School and Partners in Prevention.

Staycations during spring break give youth something fun and productive to do while off from school. Events are held in Onaway, Posen and Rogers City and offer science, food, art and social activities, free of charge to 4-H members and non-members alike.

Exploration Days on the MSU Campus gives youth the opportunity to live as a college student for 3 days. Participants choose from over 200 classes, attend a world-class performance at the Wharton Center, and make new friends from the 2500 attendees.

A partnership between the Molina Foundation and Michigan 4-H allows us to distribute free books at 4-H events and public events, encouraging the vital skill of reading.

School classrooms borrow tools such as compasses, ROV building kits, LEGO Robotics kits, and fishing equipment to supplement their learning experiences.

Maximizing the Investment in 4-H Staff

4-H utilizes a rigorous Volunteer Selection Process to assure the safety of members and match volunteer skills and interests with youth interests and needs. Volunteers serve as club leaders, Advisory Council members, committee members, and instructors or helpers at camps and various activities. The value of the contributions of volunteers magnifies the investment you make in paid staff. Adult and teen volunteers also have many opportunities to increase their own knowledge and skill sets. Volunteers expand the scope of what our county program can offer by sharing their talents, skills, experience and knowledge. Partnerships with schools, community organizations, businesses, student interns and agencies also help us expand our reach.

Maintaining the Status Quo is Not An Option

Our Expansion and Review Committee examines the needs of youth in our community and helps determine how 4-H can best meet those needs. As most committee members have limited experience with 4-H, this group brings a fresh and impartial perspective. It has helped identify areas for expansion including new partnerships, increased programming to bring families together and an increased focus on culture and diversity.

MSU Extension provides resources aligned with Michigan science education standards to teach confidence, leadership and responsibility related to STEM.
KEEPING PEOPLE HEALTHY

The Supplemental Nutrition Assistance Program (SNAP) offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. About 48% of all SNAP participants are in working families (USDA Food and Nutrition Service, 2011). More than 1.7 million Michigan residents receive SNAP benefits, 22% of which are adults living with children (USDA Food and Nutrition Service, 2011).

SNAP Education (SNAP-Ed) is a federal-state partnership that supports nutrition education for SNAP eligible persons. State agencies that choose to conduct nutrition education through SNAP are reimbursed for up to one half of their costs. MSU Extension’s SNAP-Ed programs teach adults and children how to make the most of their food dollars by developing skills such as menu planning, understanding recipes, food preparation and keeping food safe.

SNAPSHOT

In 2015, MSU Extension’s SNAP-Ed programs including Cooking Matters, Project Fresh, Jump Into Foods and Fitness, Healthy Harvest and Show Me Nutrition were presented to 191 adults and youth in Presque Isle County!

» 108 adults and 83 youth participated in a six-week series of nutrition lessons.
» 134 adults participated in a one-time lesson on healthy lifestyle choices.
» 509 contacts were made with adults and youth in 2015.
» Nutrition articles / newsletters reached 200 Presque Isle Co. adults each month.

As a result of MSU Extension’s SNAP-Ed programming in 2015, participating Michigan adults demonstrated adoption of healthy eating. The percentage of adults eating fruits and vegetables as snacks increased...

» by 6.7% across the state of Michigan
» by 10.0% within District 14 (Charlevoix, Cheboygan, Emmet, Presque Isle)
» by 20.0% within Presque Isle County

Michigan has the 10th highest prevalence of obesity in the United States (Michigan Department of Community Health, 2011). 11.9% of Michigan youth are considered obese (CDC YRBSS, 2009).
Jump Into Foods and Fitness (JIFF)
Jump Into Foods and Fitness (JIFF) is a research-based curriculum that features eight sessions to help kids ages 8 to 11 (grades 3 to 5) learn the importance of nutrition, increased physical activity and food safety. JIFF invites kids and teen volunteers to participate in fun new physical fitness and nutrition activities that promote a healthier lifestyle. Kids have fun while they jump, learn and run! JIFF was offered to 160 youth in Presque Isle Co. as a part of the 2015 Rogers City and Millersburg Summer Recreation programs, as well as 4-H Summer Camp.

Cooking Matters for Adults
Cooking Matters is a nutrition program where participants will learn how to grocery shop, cook and eat healthy on a limited budget. The program consists of six lessons, lasting approximately two hours each. With the help of experienced chefs and a nutrition educator, participants gain the skills and confidence to make healthy, budget friendly meals for their family. Each week, participants receive food, which they can use at home to practice a recipe they learned in class.

Cooking Matters series are taught throughout the community, including but not limited to community centers, churches, schools and local MSU Extension offices. Group series are offered when at least half of the group is Supplemental Nutrition Assistance Program (SNAP) eligible. In 2015, MSUE Presque Isle Co. offered Cooking Matters to 11 adults in Rogers City and 8 teens at the Presque Isle Academy.

Completing a Cooking-Matters series of classes, one participant wrote: “Thank you, I have learned a lot about my health and how to eat healthy, how to cook from scratch, not from a box. Again, thank you.” Another stated, “I learned a lot from the class. I learned that healthy food can taste good, and I have started making (foods) healthier.”

Chef Scott Schroeder of Scill’s Grill (above) and Chef Tony Friday of Wood Winds Restaurant (right) volunteered their time to instruct Cooking Matters participants.
Lake Huron—the third largest freshwater lake in the world—reflects a unique and valuable asset providing ecological, social, and economic opportunity for communities of Northeast Michigan. 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. Two examples of our work benefiting coastal communities of Northeast Michigan include:

**Revitalizing community values in an ecologically challenged Lake Huron fishery**

Three Lake Huron Fisheries workshops, hosted again in 2015, brought together more than 250 interested anglers, charter captains and others with fisheries researchers and managers, offering good news up and down the coastline regarding the resilience of the Lake Huron fishery—despite negative impacts of aquatic invasive species. Workshops have helped fishing-dependent businesses adapt to ecological changes, and communities foster more positive attitudes toward an improving Lake Huron Fishery.

**Promoting Sustainable Coastal Tourism**

Throughout 2014, Michigan Sea Grant continued to support regional networking and relationship building opportunities among coastal tourism partners and businesses across Northeast Michigan. As a contributing partner to the regional US 23 Heritage Route management council, Michigan Sea Grant provided leadership in creating seven themed coastal tourism ‘trail’ vignettes. These promotional pieces highlight the diverse tourism experiences offered along our Lake Huron coastline and feature lighthouses, diving, wetlands, birding, our unique geology, coastal water trails, and Great Lakes fisheries opportunities. These are now available for download from the US 23 Heritage Route homepage: www.us23heritageroute.org/.
ENSURING STRONG COMMUNITIES

When individuals and families in Michigan are financially healthy, it creates an environment for sustained community prosperity. MSU Extension participants learn the skills they need to increase their savings, manage their spending, avoid predatory lending and reduce mortgage defaults. All of these outcomes help lower the cost of governmental services and lead to personal and community stability, strong neighborhoods and safe communities.

Strengthening Michigan’s financial capacity

Stable housing ownership is the foundation for a healthy community and strong county tax base in Michigan. Foreclosure has dire social and economic side effects on communities including increased crime, abandoned housing, declines in neighborhood property values, and an increase in the cost of city services.

Since July 2013, MSU Extension has reached 775 adults in over 200 programs on managing personal and household finances. The average age of participants was 37 years and 66% were women. 10% of participants had experienced home foreclosure in the past few years. As a result of receiving this counseling, a higher percentage of homeowners are able to better communicate with their mortgage servicers, obtain loan modifications and in over half of the cases, keep their homes.

As a result of MSUE financial and homeownership education:

» 92% will make retirement a reality
» 89% write SMART financial goals
» 89% save money regularly
» 89% pay down debt or new credit card charges each month
» 89% obtain a housing payment that fits within their budget
» 87% obtain and review a credit report annually
» 86% pay bills on time

As Michigan works to become stronger and more fiscally sound, MSU Extension has and will be a valuable partner in educating the public.

MSU Extension’s financial literacy and housing education programs help families and individuals at any stage of their lives make smart money decisions and work through the homeownership process.
Aerial Cover Crop Interseeding

MSU Extension Presque Isle County, in partnership with three Michigan Conservation Districts, the Natural Resource Conservation Service (NRCS) and local field crop producers received $29,810 in grant funds from the Sustainable Agriculture Research & Education (SARE) Partnership Grant Program to investigate and demonstrate cooperative aerial seeding as a method of timely cover crop establishment on Northeast MI corn and soybean acres.

Cover crops contribute to cash crop production through improvement of soil health and fertility, pest management and water availability. Keeping the soil covered can also reduce erosion and increase nutrient cycling on farmlands, thereby decreasing the soil and nutrient loads entering our waterways. However, timely cover crop establishment on local farms is frequently precluded by harvest operations that carry-on into November and poor late-season field conditions.

Alternative seeding technologies (aerial and high clearance ground equipment) are available to address this barrier by overseeding a cover crop prior to fall harvest of corn or soybeans. Our Northeast Michigan Aerial Cover Crop Seeding Demonstrations project used aerial overseeding to establish cereal rye, an oat-radish blend and winter wheat in 662 acres of corn and soybeans across Presque Isle, Montmorency, Alpena and Otsego Counties prior to harvest in 2015. 400 acres were managed as research and demonstration sites highlighted by a comprehensive outreach campaign and series of four extension events designed to educate producers on the potential benefits and challenges of aerial cover crop overseeding.

SUPPORTING FOOD AND AGRICULTURE

Michigan agriculture continues to be a diverse and thriving segment of the state’s economy. When you support MSU Extension, you help producers develop efficient farming practices that optimize the use of inputs to enhance productivity while protecting soil and water resources. This education leads to better use of time, money and human capital, which helps retain and create agricultural jobs. Together, these measures strengthen Michigan’s economy, encouraging growth of a sustainable and prosperous Michigan food and agriculture system.

“...gave us an opportunity to use a technology that we were interested in, but could not previously justify given our small acreage.”

-Participating grower

46% (n=13) of those responding to our evaluation survey reported that they increased their use of cover crops by an average of 22 acres each as a result of participating in our Aerial Seeding project.
Supporting Food and Agriculture, continued

**White-tailed Deer Exclusion Research**

White-tailed deer are among the most beloved creatures on the landscape. However, deer feeding, trampling and bedding on Michigan farms can damage crops and reduce harvestable yields. Soybean acreage has increased in Northeast MI over the last 25 years and soybeans are a favorite food of deer. Yet, no information on soybean yield losses to deer has been available.

In 2015, MSU Extension, with support from the Michigan Soybean Promotion Committee, measured soybean yield lost to white-tailed deer by constructing and installing exclusion cages in eleven soybean fields across Presque Isle Co. In our study fields, deer browsing significantly reduced soybean yields. Yield loss averaged 10% or 3.89 bushels per acre across all fields and cages. With about 9,000 acres of soybeans planted in Presque Isle Co., we estimate that approximately 35,000 bushels were consumed by deer in 2015 with a farm gate economic impact of -$307,388. In 2016, MSU Extension will partner with local producers to trial plantings of sacrificial crops along wooded field edges as a strategy for reducing damage to soybeans.

**Western Bean Cutworm Monitoring**

Western bean cutworm (WBC) is a pest of dry beans and corn that first migrated into Michigan from the Western United States in 2006. Adult WBC moths emerge from the soil in July and lay their eggs on the leaves of dry bean and corn plants. Once hatched, developing larvae feed on the blossoms, pods and immature seeds of dry beans ultimately reducing crop yield and quality.

In 2015, MSU Extension Presque Isle Co. recruited five local dry bean producers to participate in the Western Bean Cutworm Trap Network managed by MSU Field Crop Entomologist Dr. Chris DiFonzo. Last year Western Bean Cutworm catch numbers did not reach the economic threshold for treatment, allowing participating growers to avoid insecticide applications on 928 of 1775 dry bean acres assessed. This information was also available to non-participating growers with the potential to impact as many as 6,700 dry bean acres in the region.

On August 11th, 2015 MSU Extension Presque Isle Co. partnered with the Michigan Bean Commission, ADM Edible Bean, and Freeland Bean & Grain to offer a Dry Bean Field Day at Smolinski Green Acres Farm in Lachine, MI. Thirty-six producers and partners attended the event to hear presentations by MSU and dry bean industry experts. Following these presentations, participants had an opportunity to view an on-farm dry bean variety trial including several classes of edible beans.
Extension Educators Serving Presque Isle County

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