

## OUR MISSION...

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



MICHIGAN STATE  
UNIVERSITY

Extension

# 2015 ANNUAL REPORT

## Missaukee COUNTY

### MSU EXTENSION STAFF

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## MESSAGE FROM THE DISTRICT COORDINATOR

It is with pleasure that I bring another annual report of the good work MSU Extension is providing in Missaukee county. Through our partnership with the county, we are able to bring state and federal funding into the local Extension office to bring resources of the land grant university to this community. Our mission is to help people improve their lives through an educational process. We do this by bringing resources from our four Institutes, or areas, of programming:

- Agriculture and Agribusiness
- Children and Youth (includes 4-H)
- Health and Nutrition
- Greening Michigan (Natural Resources, Leadership Development, and Economic and Community Development)

In 2015 MSU Extension continued to strive to meet the needs of the local communities and embarked on a large Needs Assessment process. In addition to conducting an online survey that netted over 5,000 responses statewide, we conducted "Issues Identification" sessions in each District. In our area - District 6 - we held three sessions in the last quarter of 2015. Almost 100 community members attended the facilitated discussions and answered questions like:

⇒ *What do you think are the most important areas for Extension to focus their efforts over the next 3-5 years?*

⇒ *What are the needs and opportunities in our communities that research and education can make a difference by addressing?*

Over the next several months, we will be processing the statewide and local data. We expect it will be very helpful in our program planning and resource allocation decisions. I would be happy to share the results of both the online Focus survey and the Issues ID sessions with anyone who is interested.

As always, I thank you for your commitment to MSU Extension and the people we serve in this great state and Missaukee county.

Shari Spoelman



District Coordinator

## 2015 PARTICIPANTS

<b>Youth Programs.....</b>	<b>737</b>
4-H Members.....	121
(Traditional Club Enrollment)	
4-H Adult Volunteers .....	27
School Enrichment Participants.....	634
4-H Clubs.....	10
<b>Agriculture Programs.....</b>	<b>125</b>
Agriculture .....	120
Consumer Horticulture.....	5
<b>Health &amp; Nutrition Programs .....</b>	<b>839</b>
# of SNAP-Ed Participants .....	754
Food Safety .....	5
Disease Prv & Other Programs .....	80
<b>Economic Dev &amp; Public Policy .....</b>	<b>36</b>

## CHILDREN & YOUTH DEVELOPMENT: SOCIAL-EMOTIONAL HEALTH



Social Emotional programming helps keep families, caregivers and individuals strong and successful.

SuperSitters Babysitting workshops build youth knowledge in Child Development, Basic First Aid, Discipline, Children's Activities, Safety and Nutrition. Local resources such as EMS, police or sheriff department, and health providers are added to enhance learning. One series of the SuperSitters Babysitting workshop was offered in Missaukee County in 2015 with 15 youth participating.

## Developing Life Skills in Youth

Missaukee 4-H, with the assistance of Tracy Trautner of Wexford County, provided Science activities for the Lake City Elementary Parents Night on November 11<sup>th</sup>. Two hundred and fifty parents and children attended. Eight different science based activities were set up in the classrooms and Elementary gym. The youth and parents made their way from activity to activity, and were able to participate with their children in the fun and educational activity. Stomp the Bottle Rocket was by far the most popular event.



**Animal Science:** The 4-H Programming year began with a host of Youth Pork Quality Assurance (PQA) activities: a meeting at the Clam Union Township Hall had 81 youth and 21 parents attending. Special presentations were given by Extension Educator Bev Przystas—Dollars and Sense of Your Market Livestock Project, and Children & Youth Institute Associate Director Jake DeDecker— Swine Showmanship. Dave Stroud also presented Youth PQA classes through the spring in Grand Traverse, Osceola, and Ogemaw counties.



# 4-H'ers Learn Leadership, Citizenship, and Life Skills

June is the time for 4-H Exploration Days at MSU. This is a pre-college program designed to:

- Increase responsibility, confidence, independence, accountability, problem-solving, decision-making and time management skills.
- Increase communication, team work, citizenship, and leadership skills.
- Foster ability to meet new people and make new friends from different places and backgrounds.
- Develop and expand career and personal interests.
- Increase college exploration and access to the [Michigan State University](#) campus and its resources.
- Develop social and academic skills needed for a successful transition to college and life as an adult.
- Give youth opportunities to try things that aren't available in their county.



Dave Stroud led the Exploration Days Event Session on visiting the Michigan State Capital and the Michigan Historical Museum, recalling to the youth his days as a Pageboy in the Michigan House of Representatives.

A pre-event orientation was held for 15 youth and parents for a "meet and greet", and discuss room assignments and travel arrangements.

Extension Educator



September marked the beginning of a new 4-H Year and the annual 4-H Leader Update, to educate Leaders about new policies, and reminders of ongoing rules and procedures. We will have a new 4-H Horse Club led by Judy Wade for the 2015-2016 year. It is also time for Farm and Field Days at Geers Farm where Dave Stroud has the opportunity to meet with over 500 area 5<sup>th</sup> graders to teach about small animals (pictured).

September marked the beginning of a new 4-H Year and the annual 4-H Leader Update, to educate Leaders

**Horse Shows:** In July the Freedom Riders 4-H Club hosted a series of horse shows at the Merritt Arena. Around 40 youth and adults participated for great success. July is also the season for intensive meetings of the 4-H Clubs as they prepare for the Youth Show, which began the 1<sup>st</sup> day of August.



**Missaukee Youth Show:** 2015 Missaukee Agriculture Youth Show was another successful event. Nearly all department superintendents are Missaukee 4-H Leaders. The Annual 4-H Chicken Barbeque was another great success, with 4-H members, parents, and MSUE Staff all working together to serve 450 meals to the citizens of the community and auction buyers. A record profit again reminded us about the great support that the community shows towards Missaukee 4-H.

## Are we reaching all residents, including the underserved?

In December 4-H held an Expansion and Review meeting to be sure they are reaching underserved and minority audiences. The group will meet further as needed in 2016 to follow up on new ideas for reaching new audiences and implementing new programs.

# Agriculture and Agribusiness

## Focus on Dairy Production

Dairy producers, dairy farm employees, and industry professionals received timely updates about topics important to managing today's dairy farms at the Focus on Dairy Production meetings offered across the state by the Michigan State University Extension Dairy Team. One of the five meetings was held on March 4, 2015 in Falmouth. Dairy producers, dairy farm employees and agribusiness professionals from Missaukee County participated in the meeting.



MSU Extension Educators and Specialists presented updates on management practices important to calf and cow health, feeding higher levels of corn silage to milking cows, ensuring proper animal handling skills for employees, and winter manure spreading.

People who completed the post-meeting survey indicated that they planned to modify newborn calf care protocols, implement practices to reduce disease transmission in their cattle, and increase animal handling training for their employees.

## Milk Quality Alliance: On-Farm Extension Project

Milk Quality Alliance is a USDA-funded Extension project led by Michigan State University. Dr. Ron Erskine, MSU College of Veterinary Medicine, is the project director. Five of the 59 participating dairy farms in Michigan are in Missaukee County.

This project aims to develop an on-farm evaluation to help improve milk quality and reduce antimicrobial drug use on dairy farms. Novel approaches for parlor evaluations, employee training and assessing milk quality are being developed during the course of this multi-year project.

During 2015, a herd profile was created for each farm in the project. The information was used to develop milk quality teams including the herd veterinarian to set goals for farm practices and where needed, employee training and education.

## Establishing Reproductive Management Strategies That Work

Three dairy farms in Missaukee County and their herd veterinarian participated in a panel discussion on April 1, 2015 to highlight the reproductive management programs used on their farms. The program was designed to encourage discussion about successful approaches to getting dairy cows pregnant in a timely manner. This is one key characteristic of profitable dairy farms.



Dr. Richard Pursley, MSU Extension Dairy Specialist, was actively involved in the informal question and answer period providing research-based information to support the successful management practices used by the producer panel members. In addition, Kathy Lee made a presentation about genetic selection for fertility traits in dairy cattle.

The program was co-sponsored by MSU Extension and Airport Animal Clinic. A total of 17 people from Missaukee County attended this meeting.



## Agriculture & Agribusiness

### Dairy Nutrition Roundtables

Dairy Nutrition Roundtable discussions were planned for 5 locations across the state (Lake City, Comstock Park, Ithaca, Sandusky, Marshall). Dr. Mike Allen and Dr. Adam Lock, Dept of Animal Science, served as the resource people for these sessions and led an informal discussion at each site. Participants (dairy nutritionists, veterinarians and other dairy agribusiness professionals) presented questions and shared information about current issues facing dairy producers in managing their nutrition and feeding programs. Kathy Lee served as meeting host for the meetings in Lake City and Comstock Park.



### Grass-Fed Beef—Does it taste good?

From the butchers to the food wholesale buyers to the chefs and the consumers, the reviews have been good to excellent. For example, one butcher that received four heifers from one of our cooperative farms said, *"Before I butchered these cattle I had a bad opinion of the quality of grass-fed beef. You guys at MSU have shown me there can be quality beef produced in a grass-fed way."*

A chef in Traverse City wrote *".... the grass-fed beef coming from the MSU project is some of the BEST I have had in close to 30 years in the business ... the taste, texture and flavor of your work is something that I hope continues on for many years to come"*.

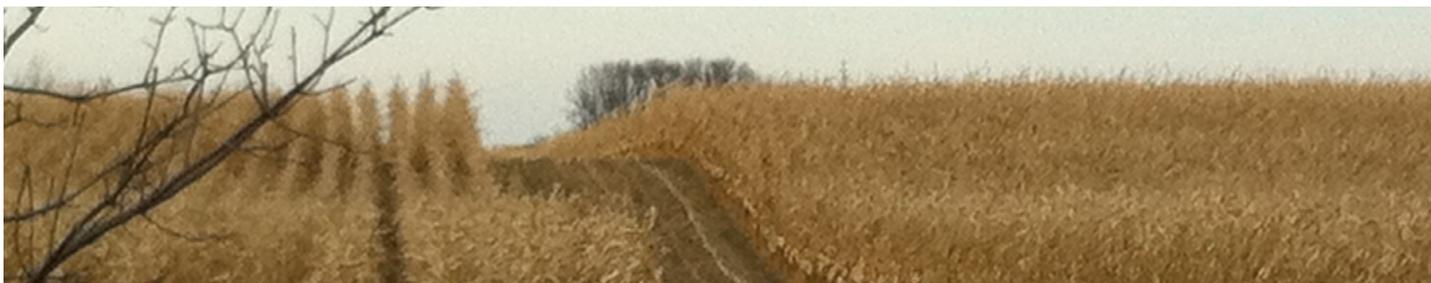
One major food wholesaler in Northwest Michigan has increased their annual purchases of grass-fed beef from the MSU project from 40 carcasses per year to 70. They say this is because their retail demand for the product continues to grow.



### Grass-Fed Beef: Lake City Research

Grass-fed beef production in Michigan is a growing industry. For many years small producers have been selling and marketing grass-fed beef, but there were very few places for them to obtain research based information to help them improve the practice. Thanks to Dr. Jason Rowntree and his team of Extension Educators, Jerry Lindquist and Kable Thurlow, and Lake City AgBioResearch farm manager Doug Carmichael, information on grass-fed beef production is now available from MSU. In fact, MSU has become known as one of the research leaders in the grass finished beef industry across the nation.

The MSU team has conducted much of their research with the University cattle herds at the Lake City and Chatham Ag Bio-Research Centers. They have analyzed the many aspects of grass feeding and finishing beef without grains including: production systems, cattle nutrition, cattle genetics, grazing methods, carcass and meat qualities, economics, and consumer preferences. Local farms, in conjunction with the MSU research farms, have produced over 250 head of finished cattle that were supplied to the grass-fed market. Carcass quality data are still being compiled, but in general, the average carcass grade of cattle has been USDA High Select.



## Agriculture & Agribusiness

### Christmas Tree Production

Technical support for area Christmas Tree growers continued in 2015. Area research trials for early coning of Fraser Firs are investigating reasons for early coning and methods to eliminate early cone production. Trials are looking at several approaches—from irrigation management to using growth regulators to stop cone production. The goal is to help growers reduce input costs and increase yield and quality to effectively compete in national market.



#### Michigan Christmas Tree Association Summer Meeting

The Michigan Christmas Tree Association's (MCTA) summer meeting was held at Getty Tree Farms in Manton, MI. MSU Extension partners with MCTA to provide educational programs for growers. One hundred and seventy-two growers from the local area and across Michigan (27 from Missaukee County) learned about improving soil quality, minimizing damage from birds, MSU research, pesticide storage and much more.

#### Annual Spring Christmas Tree Update

The annual spring meeting provided updates on insects, diseases, and other things to watch for in 2015. Thirteen growers from Missaukee County attended this program in Cadillac.

#### North Country CISMA (Cooperative Invasive Species Management Area) Community

2015 saw the development of a new partnership between Extension and state and local natural resource agencies with the development of the North Country CISMA. The goal of the group is to support the efforts of regional and local groups working to control invasive species in Michigan by providing a network for local and regional invasive species coordinators, sharing information, improving control efforts, implementing control efforts and enhancing communication in invasive species statewide. MSU Extension is proud to be involved in supporting this



Purple loosestrife invasive

### Learning with Technology: Webinars!

#### Online resources available in 2015

Michigan citizens interested in engaging in new agricultural enterprises sometimes lack knowledge, experience and technical support to get started. Extension educators and specialists receive numerous contacts from such people seeking basic, start-up information. The Michigan State University Extension Beginning Farmer Webinar Series was developed in response to this need. Additionally, MSU Extension offers a series of free, on-demand integrated pest management webinars that viewers can watch to improve their knowledge of IPM—Integrated Pest Management— related topics. Viewers are also able to request up to five recertification credits toward their pesticide applicators license in the state of Michigan. There are currently 17 webinars available. During 2015 residents of Missaukee County took advantage of this great resource. Here is a sample list of some of the available webinars:

- Tactics for Vegetable Disease Mgmt
- Hops IPM
- What's Wrong with My Vegetable Plants?
- Chestnut IPM
- Introduction to Integrated Pest Mgmt
- Integrated Pest Management Resources
- Entomology 101
- Plant Pathology 101
- Soil Science 101
- Plant Science 101
- Pesticides 101

# Health & Nutrition

**Nutrition Education** - MSU Extension provides nutrition education to persons receiving (or eligible to receive) food assistance. The Supplemental Nutrition Assistance Program (SNAP) Education is funded through a statewide grant from the Federal Government (Farm Bill). "SNAP-Ed" plays a vital role in helping to improve nutrition among low-income individuals.

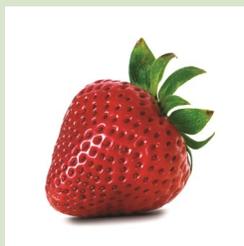
## Youth Nutrition

**Show Me Nutrition** This evidence-based curriculum of six to eight sessions provides youth in grades pre-kindergarten to 8 with age-appropriate literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices. This curriculum was taught at Little Blessings Child Care Center.

Missaukee County Nutrition Education Numbers 2015	
Adults in Series:	17
Adults in Presentations:	309
Youth in Series:	81
Youth in Presentations:	347
Number of Presentations:	81
Total Contacts:	1,210

## Success!

During the two-day Farm & Field Days event at Geers Farm in McBain for 5th graders, MSU Extension presented "Rethink Your Drink." Fruit-infused water was sampled by nearly 600 participants. Kids purposely lagged behind to squeeze in more questions on how they could make their own recipes at home! It was wonderful to see their enthusiasm and interest in how they could substitute their sugary drinks for more healthful alternatives! Several parent volunteers and teachers took the time to comment on how wonderful the presentation was and how excited they were to see the kids excited too. One teacher came back on a break to let presenters know that his own children were amongst the kids who participated and he was very happy to see this education being presented to our area kids.



**Jump into Foods and Fitness (JIFF)** – this is a research-based curriculum that features eight "Kangaroo Jumps" or sessions that help kids ages 8 to 11 (grades 3 to 5) learn the importance of nutrition, increased physical activity and food safety. This was taught at Little Blessings Child Care Center. In "Jump into Foods and Fitness" Jiff the Joey invites kids and teen volunteers to experience a fun way to a healthier lifestyle. Children participate in fun new physical fitness and nutrition activities while they:

- Increase strength, flexibility and endurance
- Taste new foods
- Prepare tasty snacks
- Learn how to keep foods safe



# Health & Nutrition

**Project FRESH-** MSU Extension provides the nutrition education portion of WIC Project FRESH. This series provides information on how to choose, store and prepare fresh, locally grown fruits and vegetables. WIC-eligible individuals receive coupons to purchase fruits and vegetables from local farmers markets. The coupon books were redeemed for fresh local produce. Project FRESH coupon books were distributed to participants of WIC and 193 of the coupon books were redeemed for fresh local produce.



**Eat Healthy, Be Active**—Healthy food can be delicious and physical activity can be fun. This evidence-based curriculum is an opportunity for adults to learn the skills needed to make healthy eating and regular physical activity part of their lifestyle. Participants learned the importance about vitamins, minerals, and the 5 food groups. This was taught with the DHD#10's "Wise Women" group.

**What an impact!** After explaining that water, milk and juice are better drink choices than any type of soda, a woman participant in "Eat Healthy Be Active," at graduation stated, "Using the information provided by the SNAP program I learned that drinking diet pop was unhealthy even though there isn't any sugar. I have been able to reduce my pop consumption from 5-6 cans to 1 can a day." In her feed back, the participant also stated "I found the SNAP program very interesting and beneficial. I learned a lot about using & cooking more fresh vegetables. I learned better ways to lose weight more effectively. "

**Eat Smart Live Strong:** From the USDA, "Eat Smart, Live Strong" is an intervention designed to improve fruit and vegetable consumption and physical activity among 60-74 year olds participating in or eligible for nutrition assistance programs. This series, which was held at the MSU Extension office and Norwich Township Hall, taught older adults to eat more fruits and vegetables and to get at least 30 minutes of physical activity most days. The class addressed goal setting and tips on saving money while eating fruits and vegetables.

In an "Eat Smart Live Strong" class, a male participant (who is a widower and learning to cook for himself) stated "I learned I wasn't eating healthy and now I try to eat properly every day. I didn't exercise at all and now I try to do some exercise every day!"



**Cooking Matters** - This six-part series teaches the basics of selecting nutritious, budget friendly ingredients and preparing healthy meals. This curriculum was taught at the MSU Extension office. Participants learned about healthy eating habits and basic cooking skills.

**Cooking Matters at the Store** – Missaukee County was selected as a site for the Cooking Matters at the Store tour events held at grocery stores across Michigan. Participants are taught the basics of shopping for healthy food, label reading, and shopping on a budget. At the end, they are given a \$10 challenge as they are provided a gift card to purchase healthy food to make a balanced meal for a family of four under \$10.

**Cooking Matters:** *Wow that's what I wanted to hear!* At the completion of a Cooking Matters for Adults class, all but one participant said that they used what they learned in the class to better prepare for their families' meal planning. One participant indicated that she learned a lot about food safety, the 5 food groups and meal planning. Another participant said that her 4 year old is asking for fruits and vegetables for snacks! She also said that she is paying more attention to nutrition labels and is looking for lower sodium and calories. She is using more fish, chicken, and beans and loves using beans as a protein source because it helps with her budget.

# Food Safety & Food Preservation

MSU Extension food safety education programs train participants to prevent incidents of foodborne illness associated with unsafe food handling practices. **Food Preservation**—Using up-to-date research methods, participants learn how to successfully and safely preserve food. In Missaukee County in 2015, we provided a Blanching and Freezing class.

**ServSafe**—MSU Extension offers ServSafe, a national certification program for food service leaders. Restaurant customers can have increased confidence when they see a ServSafe-certified manager on duty. One Missaukee County resident received education and certification in 2015.

**Cottage Food Law**—Michigan Cottage Food Law workshops through MSU Extension enable residents to become certified to prepare and store particular foods in a home kitchen to establish their home businesses. A Cottage food law class was held for Missaukee County residents.



# Chronic disease prevention & management



MSU Extension's Disease Prevention & Management team partnered with Area Agency on Aging to offer Diabetes PATH (Personal Action Towards Health) in Missaukee County. Diabetes education through Michigan State University provides practical knowledge and skills to Michigan residents who are at risk of diabetes and for those who live with diabetes. Classes were held at the Missaukee County building on Sanborn Road in Lake City.



## MY COMMENTS ABOUT PATH (PERSONAL ACTION TOWARDS HEALTH)

*As a result of PATH, I have begun a regular exercise program and I now keep a food journal. I limit calories, fats and carbs. As a result I have lost 8 pounds. I am getting more sleep. I feel better.*

*I highly recommend this program for everyone not just those with chronic illness.*

Signed: *Mary Jane Emery*

Date: *08-03-15*



# MI SPARTAN IMPACT

## DISTRICT 6: MISSAUKEE COUNTY



### ENROLLED MICHIGAN STUDENTS

37

### ALUMNI RESIDING IN COUNTY

144

### SPENDING WITH LOCAL BUSINESSES

\$85,082

### TOTAL ECONOMIC IMPACT\*

\$1,791,886

### FINANCIAL AID DISBURSED

\$314,466

### ACRES

810



In addition to the Extension staff with an office in Missaukee County (listed on page 1), the following MSU Extension staff and faculty provided programming and assistance to Missaukee County residents in 2015:

Ben Werling	Vegetables
Bev Przystas	Youth Life Skills
Christina Curell	Cover Crops & Soil
Curtis Talley	Farm Business Management
Daniel O'Keefe	Fisheries
Erin Lizotte	IPM
Gerald May	Mixed Livestock
James DeDecker	Potatoes
Jerry Lindquist	Field Crops, Grazing, Forages
Jill O'Donnell	Christmas Trees
Jim Isleib	Field Crops
John Amrhein	Government & Public Policy
Kara Lynch	Food Safety
Katherine Ockert	Science Literacy
Kevin Gould	Beef
Michelle Neff	Youth Life Skills
Pam Daniels	Disease Prev & Mgmt
Paul Gross	Cover Crops
Phillip Durst	Dairy
Phillip Kaatz	Grazing & Forage
Phillip Tocco	Farm to Retail Food Safety
Rebecca Finneran	Consumer Horticulture
Shannon Lindquist	Social Emotional Health
Shelby Burlew	Nutrient Management
Stan Moore	Dairy
Tom Guthrie	Livestock Transportation
Tracy Trautner	Early Childhood
Wendy Weiland	Small Farms
Jake Dedecker	Youth Animal Science

### Lawn & Garden Questions:

Online: <http://migarden.msu.edu/>

Toll-Free: 1-888-678-3464

**Soil test kits** (homeowners) [http://shop.msu.edu/category\\_s/345.htm](http://shop.msu.edu/category_s/345.htm)

Product Code: E3154

### Information Bulletins:

[http://shop.msu.edu/category\\_s/345.htm](http://shop.msu.edu/category_s/345.htm)

### MSUE Events and Programs:

<http://msue.anr.msu.edu/events>

### Online resources for MSU Extension Information

*MSU Extension News* is an online resource that contains the most recent and relevant information from MSU throughout the state. It is available both in a traditional format and in a mobile format. *MSU Extension News* is updated daily to provide the most up-to-date, relevant information available. You can find it at <http://msue.anr.msu.edu/>

A useful feature is the option to request an email notification of articles that recently appeared on the *MSU Extension News* website. The MSU Extension Digests will be emailed to you about every 2 weeks, listing new articles that have appeared. Digests are available by topic or category.