Ogemaw County Annual Report 2013 - 2014
Ogemaw Growers Participated In the following Workshops

- Forage Training
  72 Participants
  5 from Ogemaw

- Cereal Grains Workshop
  200 Participants
  1 from Ogemaw

- Recertify Master Gardeners
  3,222 Participants
  5 from Ogemaw

- Master Gardener Flower workshop
  54 Participants
  3 from Ogemaw

- Cows in the Kitchen
  14 Participants
  10 from Ogemaw

- Young Dairy Producers
  151 participants
  38 from Ogemaw

- Feeding the Beef Cow Herd
  50 participants
  1 from Ogemaw

- MAEP training
  18 Participants
  1 from Ogemaw

Supporting Agriculture is Key to a Brighter Future. Michigan State University Extension works to provide Farmers and Agribusiness with a thriving knowledge base that increases the Economic viability of their industry while protecting the environment and ensuring food safety.

- Michigan has 54,700 farms
- The economic impact of agriculture in Michigan exceeds $91 billion dollars
- 1 out of 4 jobs in Michigan is agriculture related
- Michigan ranks 1st in the nation for the production of blueberries, tart cherries, pickling cucumbers, three varieties of dry beans and 12 floriculture crops (such as geraniums, begonias, Easter lilies)
- Michigan ranks 2nd in the nation for the production of fresh market carrots and celery
- Michigan ranks 3rd in the nation for asparagus production

Farm Transition – Farming Succession Planning

The family farm has been a tradition from the beginning of this great country. With pressures from so many sources, keeping the farm in the family has become more difficult. A special program will be offered for individuals and families that are trying to look at the options they can use to work through the tangled jungle of transferring the family farm or business to the next generation.

This workshop was held in West Branch by Denis Stein AA-BI Educator and supported by a lawyer who deals with farm arrangements.
DAIRY PROGRAMS IN NORTH MICHIGAN

- Shrink your Feed Shrink (see packet for more details)
- Dairy Nutrition Roundtable Discussions
- Employee Training to identify sick dairy animals
- Calf care program
- Young savvy and into dairy
- Milk and Grain Marketing Series
- Ag Labor Management
- Impacts of the Affordable Care Act to Farms, Small Businesses and the Self Employed
- What's in your Meat and Milk?

Michigan State University Extension involvement in research programs and projects

- USBA National Institute of Food and Agriculture Grant: Programs to Reduce Mastitis and Antimicrobial Use. This project aims to improve milk quality while reducing antibiotic use on dairy farms. 151 participants with 10 being from Ogemaw.

- Managing Dairy Employees more Effectively helps improve employee management based on input from a farm’s employees.

- Water Use on Dairy Farms: USDA MIFA Grant: Integrated Cost Effective Control of Bovine Leukemia Virus in Dairy Cattle. Helps dairy producers better understand and implement cost effective ways to reduce the incidence of BLV in their herds.

- Breakfast of the Farm Consumer Surveys: Exit and on-line surveys are being used to determine changes in impressions, knowledge, product consumption, and trust in modern food productions systems and farmers by participants.

Other Programs Ogemaw Residents participated in:

- Cows in the Kitchen 14 Participants 10 from Ogemaw

- Young Dairy Producers 151 participants 38 from Ogemaw

- Feeding the Beef Cow Herd 50 participants 1 from Ogemaw
WISEWOMAN Contribute to the Local Economy with the Help of MSUE, Volunteers, and Community Partners.

- In the past there have been trainings held at various centralized locations in order for the gardeners from the different counties to get together and share stories and experiences. Most counties have Master Gardening programs or individuals who volunteer their time to educate the gardeners on Vegetable Gardening 101.

- In Ogemaw County, we have been fortunate to have Roy Eli donate his time to working with our local gardeners. He covers topics such as proper site selection, watering, plant care, raised bed gardening, and container gardening. He recently donated several types of herbs to 5 local gardeners who learned how to incorporate them into their favorite dishes.

- One thing about gardening Northern Michigan is that we have a relatively short growing season. One way we can enjoy gardening for a few more months or even year-round in some cases, is to incorporate practices of season extension.

- Two years ago, a professor and his assistant from Michigan State University came to a community garden in Lake City to put on a training on building hoop houses and growing in low tunnels. The gardeners actually built a hoop house that remains there today that is to be used by new WISEWOMAN gardeners. Some of the WISEMOMAN gardeners are growing lettuce and various crops year round as a result of attending the workshop.

- Other trainings that the ladies can take advantage of in various locations include topics such as: The cottage food laws, canning and preserving, marketing your produce, vegetable gardening 101, composting, extending your growing season, business start-up, dealing with pests naturally, and getting certified to accept Project Fresh and Market Fresh coupons.
Healthy Families Create Healthy Communities...
30% of Michigan adults are considered obese, and 1 out of every 3 deaths is caused by cardiovascular disease. Adding billions each year to the economic burden.

Youth and adults who participate in MSUE Extension programs are more active and make healthier food choices. Resulting in 1. lower risk of chronic disease and illnesses 2. increases disposable income by reducing medical expenses and the number of days missed from school and work. This leads to lower long-term medical costs for

Proven
95,166 youth and adults reached in Michigan through MSUE Nutrition and Physical Activity work team in 2013

Relevant
This team provides education related to Michigan’s critical need of obesity prevention. Michigan is the 10th highest prevalence of obesity in the United States. Obesity costs millions in healthcare issues. That means 3 out of 10 adults in Michigan are obese.

Life Changing
209 adults and 925 youth from Ogemaw County participated in the MSUE Nutrition educational activities and workshops

Ogemaw Participants in MSUE SNAP workshops reported

- 55% of adults completing the series improved in one or more food resource management practices (ie. Planning meals, comparing prices)
- Youth 92% are more aware of the importance of good nutrition
  68% willing to try new foods
  76% improved hand washing practices

Senior Project FRESH/Market FRESH
MSUE provided nutrition education to low income seniors to improve the quality of their diet by purchasing locally grown fresh fruit and vegetables from Ogemaw County farmer’s markets through WISEWOMAN Market FRESH. Participants received $20 in coupons redeemable at farm markets for over $1500 in funds for produce grown by local farmers.

Cooking Matters
Partnering with MI Works participants toured a local grocery store. Eleven participants are taken to each department to learn how to save money and make healthy choices. Most participants signed up to take the next more in depth series of lessons.

Participants compare prices from fresh corn, canned corn, and frozen corn to see what was healthier and a better value.
Preventing or managing chronic diseases is the top health challenge of the 21st century. Leading a healthy lifestyle can greatly reduce the risk of developing chronic diseases.

Did you know...

- The cost of treating diabetes is expected to triple in Michigan over the next 25 years. It is estimated that the state can save $545 million spent across all chronic diseases by investing $10 in preventive care per person, per year.

PATH for Chronic Pain

- 2-day cross training for leaders was held at the West Branch Quality Inn Conference Center on February 21-22, 2013. Carolyn Penniman and Linda Cronk co-facilitated the training, which is provided to previously trained PATH leaders. The focus of this curriculum, developed by Stanford University’s Patient Education Research Center, is specifically on issues surrounding chronic pain and its management. The program is recognized by the Centers for Disease Control and Prevention as an evidenced based program, and is implemented throughout Michigan, the United States and many other countries.

Results of the evaluation of the programming done throughout North-east Michigan (10 county district) in 2013. It includes only participants with pre- and post- evaluation tool for a total of 341 adults and 1,962 youth completing.

Youth demonstrated adoption of healthy eating habits by improving

- 24.12% increased their intake of fruit servings in a usual day.
- 28.42% increased their intake of vegetable servings in a usual day.
- 27.27% decreased their intake of sugary drinks on a usual day.
- 27.27% increased their intake of whole grain servings.
Proven – 4-H is the largest youth development organization in Michigan, with nearly 200,000 youth between the ages of 5 and 19 participating. Research shows that youth who participate in 4-H get better grades, are more likely to go to college, are less likely to use drugs, cigarettes or alcohol, and are more likely to give back to their communities.

Relevant – 4-H Target Life Skills are used to increase awareness of the skills targeted in 4-H programs. It is a way to organize the efforts of 4-H in promoting positive youth development.

Life Changing – “I can’t believe how much I learned at camp. We were busy the whole time we were there, and the time just flew by. I really want to go again next year.” Maggie, Northeast Michigan Camp Participant.

4-H Camps and Recreation Programs help youth develop the skills needed to make good decisions in the future.

4-H Camps are a summer highlight for many youth. In June 2014, youth from Ogemaw, Arenac and Iosco Counties came together for hands on learning at the YMCA Camp Nissokone. The camp was coordinated by MSU Extension staff who used the environmental setting to inspire independence, and offered youth a recreational break from electronic games and television. Youth participated in sessions with topics that ranged from experimenting with a non-Newtonian fluid to learning about critters that live in the water.

Exploration Days Pre TRIP!!
Youth Experience the Capital

27 Ogemaw youth began Exploration Days early. Starting with the tour of the Michigan Capitol. They learned about state government, explored the Michigan Historical Museum and visited Potter Park Zoo in Lansing. This was a wonderful experience for these youth as only four of the attending had ever visited the Michigan Capitol Building in the past. Scholarships from the Ogemaw 4-H Council, Michigan 4-H Foundation, and Tractor Supply Company are making this affordably possible with a total cost of only $130 (which is a savings of $115 from the original cost of $245).
4-H Council Scholarships

This year the Ogemaw County 4-H Council awarded $2,000 in College Scholarships to three local 4-H Seniors to support their pursuit of higher education. Each of the senior applicants participated in a personal interview with 4 adult community members as part of the selection process. The interview committee based their selection criteria on knowledge of project areas, future plans, and life skills learned. Scholarship recipients have two years from their high school graduation date to utilize these funds at their selected college, university, or trade school.

Life Changing—According to Psychology Today, creative people are inventors. They invent problems. They invent solutions. Such invention almost always requires them to draw upon ideas, techniques, methods, or resources from other disciplines. This promotes combinations of unexpected elements in novel ways. The ability to connect these seemingly unrelated items is not an exact science. To become creative, you must accept the possibility of failures. When you do witness a youth finding success in solving a dilemma in a creative way, you will know that you have witnessed a life changing event.

This past fall over 70 Saint Joseph School students from four classrooms took part in the 2013 National Science Experiment. This year’s experiment was titled 4-H Maps & Apps. Students were able to explore how geography and geographic information systems (GIS) help people make smart decisions that improve lives, respect our natural resources, and make a positive impact in our world.

Otsego County 4-H Clubs—4-H Clubs are the foundation of every successful 4-H program. They provide volunteers and youth with unlimited opportunities for learning, relationship building and fun.

add club statistics here. Get from bonnie, or peggy
# clubs
# youth members in traditional clubs
# adult volunteer leaders
School enrichment participants fill with pictures
Natural Resources and Forest Health

MSU Extension forestry programs help landowners become effective stewards, managing their forests for today while preserving those benefits for future generations.

Future Programs for MSUE District 4 and Ogemaw County Include:

Working closely with Conservation District Forester to deliver educational programs with MSUE expertise to commercial and private forest landowners.

In the initial phases of developing curricula that will allow schools to utilize their forests as an outdoor classroom.

NEW EXTENSION EDUCATOR, JULIE CRICK

Hello! I would like to introduce myself as the new MSU Natural Resources Extension Educator located in Roscommon County. My trade background is forestry. Originally from Indiana, I attended Purdue University for both my Bachelor’s in Forestry as well as my Masters of Science.

While at Purdue, I helped teach forestry as well as plant identification classes and participated in data collection for a variety of projects. Following the completion of my Master’s Degree, I accepted a job with a non-profit in the Southern California Mountains to help with a landowner assistance program promoting defensible space, called “Forest Care”. I had the opportunity to be involved in organizing the initial operations, developing community partnerships and collaborating with other agencies to increase the effectiveness of the program’s accomplishments.

I am delighted to be an Extension Educator and look forward to working with landowners, communities, industry professionals and others to provide natural resource related information that will help sustain and improve our Michigan ecosystems.

My office is located in the Roscommon County Building (500 Lake Street, Roscommon, MI 48653).

I can be reached at 989-275-7179 or at crickjul@msu.edu.

Feel free to drop me a note to introduce yourself, or to let me know how I can help!
The Staff Support existence in this office is a benefit to the public by providing the following services:

- Soil testing for lawn, gardens and field crops; Materials are provided to the public to get their samples to MSU Campus for testing so they can receive recommendations to keep their lawns, gardens and crops growing properly.

- Insect and Plant Identification - Specimens are brought in, pictures are taken and electronically submitted to the “Ask An Expert” department on campus and a result is sent back to the customer within 48 hours: https://ask.extension.org

- Materials for clients are available at www.migarden.msu.edu and the MSU Gardening Hotline staffed by Advanced Master Gardener Volunteers at 888-678-3464.

Ogemaw county provides financial support for a secretary five, half days per week in our office. This not only helps county residents, but also enables our staff to concentrate on their individual programming. General office duties include bookkeeping, data entry of 4-H enrollments, banking, ordering office supplies, 4-H program support, maintaining office.

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**Mission**

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