Camp Counselors play a vital role in keeping kids safe, healthy and happy while away from home at camp. These teen volunteers have great responsibility and gain many valuable skills.

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 2013, twelve campers and three volunteer counselors from Otsego County attended the 3 day, 5 county camp in Millersburg, Michigan. They joined 47 other campers from Alcona, Alpena, Antrim, Montmorency, and Presque Isle Counties. 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 eight hands-on sessions including TechXcite (a program teaching science skills). Youth were also treated to a presentation by Harriet Smith from the Thunder Bay National Marine Sanctuary on remotely operated vehicles (ROVs). The presentation touched on the practical applications of ROV technology as well as career opportunities related to the engineering field.

The MSU Admissions Office awarded 55 of the 61 MSU Pre-College Scholarships in 2013-14. Two Exploration Days participants from Otsego County were awarded this $2,000 scholarship: Magdalyne Young and Anthony Konieczny.
The Michigan 4-H Foundation and Tractor Supply Stores have partnered to provide funds for local 4-H programs. Our local Tractor Supply store invites our clubs into their store for demonstrations throughout the Paper Clover Campaign. Thank You Tractor Supply!

**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.

Our 4-H Clubs participate locally in many community service projects. Here some of our members are shown volunteering at the Community Meal.

**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.

8 Traditional 4-H Clubs
88 Youth members in traditional clubs
55 Adult volunteer leaders
612 Youth participants in Special Interest/Short Term Programs.

*Through MSU Extension 4-H Youth Development, nearly 223,000 Michigan youth per year learn lifelong skills, develop leadership abilities and discover the value of community service!*
Michigan 4-H Contributes to Michigan’s Technology Future…’
“Overall U.S. demand for scientists and engineers is expected to increase at four times the rate of all other occupations.”

Did you Know Experts credit technological innovation with almost half of U.S. economic growth over the past 50 years? In Michigan alone, an estimated 274,000 STEM jobs will need to be filled by 2018 (www.stemconnector.org)  

Otsego 4-H youth working with Robotics!

4 Youth and 7 Adults attended an Underwater ROV Workshop at the Otsego County Sportsplex in December. When asked if the training was beneficial one respondent answered that it provided the background for their next class. Another wrote: “THANK YOU VERY MUCH! I hope to learn more and build one for myself.”

More Science
Otsego County 4-H Junior Master Gardener began again this year in a partnership with the Otsego County Conservation District. Justin Burchett, AmeriCorp Volunteer for the District supervised the 4-H members in the Seed to Harvest program which ran from May through September.

June 29-CEE Art in the Garden Festival. 4-H JMG Club volunteered by demonstrating how to make paper pots and promoted Otsego County 4-H. Approximately 20 youth participated in the paper pots project and 500+ attended the entire festival.

April 4-Kristina Brooks, MSUE, SNAP–Ed, taught a 4-H Plant and Science fun session to 15 youth ages 5-8 utilizing the 4-H Science Blast in the Class curriculum. The class then walked over to the Otsego County Conservation District greenhouse where the youth learned how to make paper pots and plant a seed to take home.
Healthy Families Create Healthy Communities…
The Health and Nutrition Institute

The Supplemental Nutrition Assistance Program-Education (SNAP-ED), provides nutrition education to Bridge-card eligible adults and children in group settings. This program aims to create behavior change around dietary quality and increasing physical activity while stretching food dollars. Our program is accountable to the United States Department of Agriculture (USDA) and the Michigan Dept. of Human Services (DHS) with the ultimate goal of promoting healthy weight management and obesity prevention.

Proven
369 adults and seniors and 1,434 youth in Otsego County received nutrition and physical activity education in a variety of venues in 2013 through partnerships with schools, the health department, senior centers and community organizations.

Relevant
Otsego County ranks 36th out of 82 in the state based on health behaviors These statistics show 32% of Otsego adults are obese and 23% of adults reported no leisure-time physical activity. SNAP-Ed nutrition programs seek to make classes accessible to these audiences at no cost to the participant. http://www.countyhealthrankings.org/app/michigan/2014/rankings/otsego/county/factors/overall/snapshot

Life Changing
55% of adults who have completed a nutrition education series reported an increase in fruit and vegetable consumption.

28% of youth who have completed a nutrition education series have increased their intake of vegetables as well as a 24% reporting an increase in fruit consumption.

“Cooking class was so much fun! I learned how to cook healthier meals for my family and we are eating more fruits and vegetables now!” - Cooking Matters for Adults Participant

DID YOU KNOW…..77.4% of Michigan adults do not consume adequate amount of fruits & veggies.
Healthy Families Create Healthy Communities…

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.

Program highlights delivered by SNAP-Ed:

15 adults attended a nutrition education class at the Commission on Aging and learned how to stretch their food dollar.

32 adults attended the workshop 10 Tips to a Great Plate to learn positive changes they can make towards better health. Program partners include: MIWorks, United Way, COA, and Patriot Place.

39% of adults completing a nutrition education series demonstrates gains in awareness of healthy eating practices by reporting a positive change in how often they think about healthy food choices when deciding what to feed their family.

27% of youth demonstrated adoption of healthy eating habits by decreasing their intake of sugary drinks and increasing whole grains.

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 families and communities.

Senior Project Fresh and Project Fresh

Educational series were provided to 175 Seniors and 93 WIC-eligible individuals which provided information on how to choose, store and prepare fresh, locally grown fruit and vegetables. Participants then received coupons to purchase fruits and vegetables from local farmers markets. A total of $6,900 in coupons were distributed in Otsego County in 2013.

Show Me Nutrition

950 Students at North Ohio and South Maple Elementary schools participated in the youth nutrition education series, Show Me Nutrition. Each class grades Kindergarten through third grade, participated in six nutrition lessons focused on choosing healthy snacks, increasing consumption of fruits, vegetables, whole grains, low-fat dairy and increased physical activity. Students learned through stories, games, songs and crafts.

Cooking Matters is a seven week nutrition education program that focuses on important nutrition messages and then applies them to the kitchen. 59 Adults and teens participated in Cooking Matters courses in 2013. Participants learned to cook healthy meals for their families and how to shop on a budget and stretch their food dollar. To encourage participants to practice the recipes at home, take home groceries were provided by our local Gaylord Walmart.
Breast Feeding is important to the Mother and Baby. But it also is good for the health of the community!

Breastfed Babies have lower risk of becoming overweight and developing diabetes and certain types of cancer. They are also less likely to develop asthma.

Breast milk has anti bodies and other factors that help protect the baby against illness. Breastfed babies will get sick less often, have fewer infections and make fewer trips to the doctor’s office.

Mothers who Breastfeed lower their risk of developing breast and ovarian cancer, Type 2 diabetes and heart disease.

By avoiding some of the health issues mentioned above Mothers and Babies and their communities save thousands on medical expenses,

Excerpts from a Success Story written by an Otsego County new mom and participant in the Mother to Mother Program.

Nursing my son was something I was very enthusiastic about from the beginning of my pregnancy. Once Brooks was born, I was suddenly clueless and anything and everything I read had escaped my brain. While trying to feed him in the hospital I faced many challenges from Brook’s latch, to dairy allergy through my diet. I returned to work when he was five weeks old and with that there were additional challenges. With the help of Debby O’Neill, Peer Counselor, I received a breast pump and was able to continue nursing, and still am at six months. She was my constant, daily support and needless to say, I would not be nursing without the Mother to Mother Program and the support of Deb and my WIC nurse. Meredith, Ben & Brooks
The Michigan Governor’s dashboard 4X4 health plan encourages all residents in Michigan to know their health numbers as a way to encourage and support healthy lifestyles. MSUE program participants report increased awareness of key health indicators as a result of the education provided.

**Chronic diseases are among the most prevalent, costly, and preventable of all health issues. Access to high-quality and affordable prevention measures are essential to saving lives, reducing disability, and lowering costs of everyone’s medical care.**

**Personal Action Toward Health (PATH)** Educator Carolyn Penniman held a Chronic Pain PATH workshop in Otsego County - the thirteen participants included veterans from Patriot Place. The series provides skills and tools to manage chronic health conditions using Stanford University’s Chronic Disease Self-Management Program. Participants learn tools to manage symptoms and set goals that help them reduce stress and feel more confident. Statewide evaluation results of the program show that over 40 percent of participants reported decreased discouragement and frustration, as well as decreased fatigue and shortness of breath.

**Dining With Diabetes**

**Proven:** Dining with Diabetes is an evidence-based five-session course designed for people at risk of diabetes or who have diabetes, and their family members. It has been recognized by the Centers for Disease Control and Prevention as an effective strategy to support self-management of diabetes.

**Relevant:** Michigan ranks 15th nationally for prevalence of diabetes and fifth nationally for obesity, according to the latest CDC data. An estimated 10.0% of Michigan adults 18 years and older have been diagnosed with diabetes — about 758,300 people (Michigan Department of Community Health 2011).

**Life Changing:** The thirteen participants in the 2013 Dining With Diabetes class, in partnership with Otsego Memorial Hospital, shared that they felt better prepared to manage their diabetes in the kitchen, and felt that they had a greater understanding of how their diet impacts their health over time.

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.
Anger Management and Bullying Prevention Programs Lower the Risk of Violence … the total estimated economic cost of mental, emotional and behavioral disorders among youth in the United States is approximately $247 billion per year.

Programs that help parents and caregivers learn ways to deal with stressors in healthy ways are also strengthening the safety and health of other family members.

“This program gives people a choice; do they want to continue to be angry and carry that anger around for the rest of their lives or do they want to be free of situations that occurred in the past and move forward. By actively participating in the RELAX program you can learn new ways to think about yourself, your anger and those around you and begin to live an anger-free lifestyle.”

- Jean Lakin, MSUE Educator and Co-Author of RELAX

Four RELAX: Alternatives to Anger series helped adult learners increase knowledge and skills about constructive ways to deal with anger, such as expressing emotions, navigating stress, resolving interpersonal conflict, taking another’s perspective, and maintaining healthy and supportive relationships.

Two Nurturing Families series helped parents and caregivers to strengthen and build parenting skills in nurturing, discipline and stress management to promote positive family relationships.

One Building Strong Adolescents series provided parents and caregivers of young people ages 11 to 19 the tools needed to develop key assets. All lessons link teen development with assets, specific parenting strategies for asset development and activities to practice new skills.

Three bullying prevention workshops were held in Gaylord during November and December to help participants learn about what bullying is and how to prevent it, as well as strategies for stopping it when it takes place. They also learned about young children’s stages of developing self-control, and how to teach them to express emotions in appropriate ways.

Educator Carolyn Penniman reached 87 Otsego county participants in social-emotional health programs. Statewide, participants report:

- Improved ability to respond in positive ways to conflict and anger
- Improved quality in their relationships
- Decreased involvement with unhealthy behaviors and relationships
  Improved ability to care for one’s own social-emotional needs and the social-emotional needs of others.
Helping Our Customers Succeed
(An excerpt from MSUE Director Tom Coon’s Spotlight Update, May 16, 2013)

Last Friday, I had the opportunity to tour Sklarczyk’s Seed Farm, a family farming operation located near Johannesburg that specializes in the application of aseptic tissue-culture techniques to produce the first generation of potato tubers that eventually supply seed potatoes to commercial potato producers. The Sklarczyk farm is one of two in the nation that assure propagation of varieties with the desired genetic traits for the industry and in tubers that are verified as disease-free. The Sklarczyk farm was the first of the two to adopt the practices. The Sklarczyk’s work has hinged on the development of new varieties by Dr. David Douches, professor of plant, soil and microbial sciences at MSU, and a handful of other potato breeders in the United States.

As fascinating as the technology is that the Sklarczyk farm uses, Benjamin Sklarczyk, who represents the third generation of his family in the business, made a statement that really caught my ear. He said the Sklarczyk’s Seed Farm exists in order to help their customers succeed. They want to provide the best quality seed for the seed potato growers they serve directly and the commercial growers that their customers serve.

Video of MSUE at Sklarczyk Seed Farm: http://www.youtube.com/watch?v=ZehI4o3i9jA
Financial Impacts of Oil and Gas Leasing Educational Efforts

Survey SAYS:

- After workshops those that attained an attorney increased lease payments from an average of $42 per acre to $124 per acre.
- Royalty offers increased from .125 to .167
- 56% of those survey reduced potential royalty deductions from post production costs

Entrepreneurial & Sustainable Farm Tour of Northeast Michigan

Proven: Farm families, in order to be successful and sustainable, need to utilize the resources at their disposal in ways that are agronomically productive and economically viable, as well as environmentally friendly, socially acceptable and community minded. It is easy to understand why these standards are desirable, but much more difficult to meet them when faced with the uncertainty and risk of an agricultural enterprise.

Relevant: MSU Extension’s 2013 Entrepreneurial & Sustainable Farm Tour held September 17th & 18th featured eleven agribusinesses located throughout Northeast Michigan which have explored and seized opportunities to enhance the profitability of their operations while being socially and environmentally responsible.

Life Changing: By seeing and hearing these success stories first hand, the 40 tour participants will be better equipped to achieve their own sustainability goals through targeted changes that suit them and their farm operations.
Community Vitality

MSUE providing citizens with training that will lead to financially responsible workforce which will lead to more businesses to locate in Michigan, boosting the tax base and strengthening local, state and regional economies.

Financial Literacy

Proven: Homeownership and personal finance education from MSU Extension is designed to provide individuals and families with the tools necessary to secure their financial future. The Dollar Works II workshop helps residents...

- Make sound financial decisions
- Create financial goals
- Pay down debt and use credit wisely
- Create a spending plan and save more

Relevant:

The Urban finds foreclosures reduce property values in neighborhoods, crime, social disorder, and population turnover increase, and puts fiscal stress on local governments. Not to mention the adverse consequences it has on families.

Life Changing

- 12 county participants said that they have made the following changes after participating in the Dollar Works II training:
  - “I have learned how to save and manage my money better than I used to”
  - “I don’t buy stuff I don’t need or that isn’t important”
  - “I pay car insurance and the phone bill”
  - “I am tracking my monthly spending”
Future Programs for MSUE District 4 and Otsego County Include:

Serving on the Advisory Council for, as well as collaborating with, the 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.

Michigan’s world-class forests are a vibrant and important part of the state. They are habitat for a variety of plants and animals and provide countless outdoor recreation opportunities. Additionally, Michigan’s forest products industry annually generates $14 billion and directly employs 26,000 people.  (Michigan DNR)

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 crick-jul@msu.edu. Feel free to drop me a note to introduce yourself, or to let me know how I can help!
County Support

Providing Otsego County citizens and businesses with practical information they can trust to help them solve problems, develop skills and build a better future.

Otsego County MSUE
800 Livingston Blvd., Ste. 4A-2
Gaylord, MI 49735
(989) 731-0272
www.msue.msu.edu

Kristina Brooks
SNAP-Ed Instructor
989-344-3274
brook135@anr.msu.edu

Devora Davis
4-H Program Coordinator
989-731-0273
davisd72@anr.msu.edu

Kelley Hiemstra
District Coordinator
989-345-0692
hiemstra@anr.msu.edu

Cathy O’Connor
Secretary
989-731-0272
OConnor.Cathy@anr.msu.edu

Debra O’Neill
Breastfeeding Peer Counselor
989-732-6867
oneilld@anr.msu.edu

Carolyn Penniman, Educator
Health & Nutrition Institute
989-731-0269
pennimac@anr.msu.edu

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. Our office sold 41 soil test kits in 2013; 27 commercial and 14 home and garden. The MSU Diagnostic Lab tests the soil and provides recommendations to keep 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 available at www.migarden.msu.edu and the MSU Gardening Hotline staffed by Advanced Master Gardener Volunteers at 888-678-3464.

Otsego County provides financial support for a part-time secretary in our office. This not only helps county residents, but also enables our staff to concentrate on their individual programming. General office duties include banking, ordering office supplies, maintaining office equipment, coordination of monthly staff meetings, data entry of 4-H enrollments and Supplemental Nutrition Assistance Program Education support.

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.