



# Mackinac County

## 2015–2016 ANNUAL REPORT

[msue.msu.edu](http://msue.msu.edu)



## MESSAGE FROM THE DISTRICT COORDINATOR

Our mission at Michigan State University Extension is to help people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

Over the past 12 months, our staff have worked with residents throughout Mackinac County to address local needs by connecting people to the resources of the university and beyond.

We hope you enjoy reading the latest Michigan State University Extension Mackinac County 2016 annual report. It is a snapshot of the highlights of the important work done with county funds that supports the MSU Extension staff in Mackinac County. Please also thank the Mackinac County Commissioner for their support of quality youth programs by funding a full time 4-H Program Coordinator in 2017. Watch for amazing youth educational programs this next year. Thank you for your continuing and strong support every year, it remains true that without you, we would not be here doing this important work with the residents of Mackinac County.



Jim Lucas  
District 2 Coordinator

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## MEASURING IMPACT

### CONNECTING WITH RESIDENTS

4-H Programs.....	183
Puppy Paws .....	10
Caring Kids .....	8
Exploration Days .....	15
Frog Fest .....	150
Healthy People .....	54
Canning.....	5
FSA Federal Farm Program.....	11
<b>TOTAL IMPACT.....</b>	<b>253</b>

### DISTRICT 2 DIGITAL REACH

From July 1, 2014, to June 30, 2015, 14,016 visitors from our six-county district viewed 42,231 pages of rich, science-based content on the MSU Extension website (msue.msu.edu). Search engine rankings make msue.msu.edu one of the most visited Cooperative Extension Systems. .

### MSU EXTENSION'S EXPANDED DIGITAL REACH

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 8.8 million connections. More than 149,000 adults\* and 203,000 youth† participated in MSU Extension programming in the 2015-16 programming year.

More than 3.7 million people viewed more than 7.2 million pages on the MSU Extension website.‡ Of those, more than 760,000 were Michigan residents. MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents' unique interests. Last year, nearly 1.3 million newsletters covering 90 topic areas were distributed to

about 16,900 email addresses.‡ You can sign up for these informative newsletters by visiting msue.msu.edu and clicking on "Newsletter Sign Up" texting MSUE to 22828.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 3,500 Facebook followers and more than 2,800 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels, including on Michigan 4-H Facebook with more than 4,000 likes and on Twitter with more than 1,300 followers.

\*From ES237 Federal Report – Oct. 1, 2014, to Sept. 30, 2015  
†From Michigan Extension Planning and Reporting System – Jan. 1, 2015, to Dec. 31, 2015  
‡From July 1, 2015, to June 30, 2016



# Developing Youth and Communities



**When you support 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 and mathematics (STEM).**

When you support 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 and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. 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 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 involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. 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.

## Puppy Paws

In Mackinac County, 10 eager youth in grades 3-5 participated in the 4-H Puppy Paws club. This club allowed youth to learn about the basics involved in caring for a dog (feeding, obedience, playtime, healthcare & safety around dogs). Members got to make homemade dog treats and toys while visiting with Copper, a bloodhound, practice their dog safety skills with Tyson, an American bulldog, and learn about all the pets needing forever homes at the local animal shelter.



## Caring Kids

Teens wishing to be a quality babysitter were able to be a part of the Caring Kids 4-H Club. The teens met at the St. Ignace Library for a total of 5 sessions. The club covered a wide variety of topics from ages & stages to the business of babysitting and everything in between. Not only did those members get educated on babysitting but they were also certified in CPR & First Aid. There was a total of 8 participants.



### Frog Fest

Frog Fest was held in Cedarville at the Chamber of Commerce on July 11 from 11-3. Roughly 150 adults and children attended this event that allowed organizations to offer information to adults and hands on stations for the kids. Catarina, 4-H Program Coordinator supplied requested information on budworm and ticks, had insect specimens on display with magnifying glasses and offered butterfly facts along with a butterfly craft.

### 4-H Exploration Days

4-H Exploration days take place annually in June on the campus of Michigan State University in East Lansing, Michigan. It is designed for young people ages 11 to 19 and involves approximately 2500 participants from every Michigan county. Mackinac County had 15 youth attend this annual event in 2016.

This fun learning program gives a multitude of hands-on learning sessions, field trips, and recreation opportunities that are 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.
- ◆ 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 .
- ◆ Develop social and academic skills needed for a successful transition to college.

Many parents and 4-H volunteers notice improvements in their children's interest, knowledge and social skills after they attend 4-H Exploration Days. Participants often return to MSU as students due to the positive experiences they've had during 4-H Exploration Days.

# Ensuring Safe and Secure Food



**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 our communities viable.**

When you support MSU Extension's efforts to enhance residents' access to an adequate supply of safe, affordable food, program participants will focus on food safety measures in the field and at harvest, learn proper food preparation and food preservation techniques, and bring community partners together to strengthen access to healthy food supplies. This leads to a healthy population, which in turn helps keep health care costs in check and our communities viable.

## Canning and Preserving Workshops

Michelle Jarvie, Extension Educator/SNAP-Ed, offered free workshops for canning and preserving. All were welcome. Whether, you were a beginner or experienced, everyone learned something new. There were a total of 5 participants.

## Cooking for Crowds

Cooking for Crowds is for people that work or volunteer at non-profit organizations and who prepare food for the public or groups. This curriculum, developed by Penn State Cooperative Extension Service, is designed to educate non-profit groups about the risks that may occur when cooking large quantities of food. Strategies in Cooking for Crowds have been translated to fit the needs of groups such as churches and community organizations. Participants learn to prevent unsafe conditions that may cause foodborne illness during food planning, purchasing, storage, preparing and serving. By the end of the program, participants are able to identify unsafe conditions and safely plan for the food preparation and service at future community events.

In 2016, Cooking for Crowds was a three-hour program that reached participants in 19 counties.

Program reach: In the past three months, an average of 661 individuals were served food by each program participant, for a total of 13,830 people served food by program participants in the last three months.

Program results: The majority of program participants learned something new. At the end of the session, as a result of the workshop, number changed refers to participants that reported learning some new, a moderate amount of new, or a great deal of new information. Number assessed relates to the number of survey replies for each question

## ServSafe

Michigan State University Extension offers ServSafe™, a national certification program for those working in food service. ServSafe™ teaches about foodborne illness, how to prevent it and how to train employees on the latest food safety issues. The MSU Extension course provides participants education to successfully pass the Managers Certification exam. The ServSafe™ Manager course uses proven techniques, provides new Food and Drug Administration food code rules and content related to the food industry. Topics include: providing safe food, forms of contamination, the safe food handler, the flow of food, food safety management systems, safe facilities & pest management, cleaning & sanitizing. During 2016, 310 people completed 16 hours of training and 716 people completed 8 hours of training. The ServSafe program reached residents in 57 counties.

# Keeping People Healthy



**Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments**



The Supplemental Nutrition Assistance Program (SNAP) provides nutrition education to Bridge Card eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of SNAP education is to promote healthy eating and physical activity. SNAP-Ed is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals

## Seasons of the U.P. (SUP)

*Seasons of the U.P.* (SUP) is a program to discover the nutritional natural resources still plentiful in the woods and waters of the Upper Peninsula. It is a natural nutrition and physical activity program in that it teaches individuals and families how to identify, forage, harvest, sustain and prepare edible plants and wildlife found in the Upper Peninsula's forests, lakes and streams.

Over the course of the six full-length workshops and the one mini-workshop, 54 unique individuals participated in Seasons of the U.P., 40 adults and 14 youth. Thirty percent of those people attended more than one session. Participants ranged in age from 5 years old to over 70. Sixty-seven percent of participants were female (33% male). A total of 35 post-workshop surveys were completed by adult participants.

Of the survey respondents, 60% said they had some foraging experience previous to attending the workshop, and 35% said they had no previous foraging experience (5% did not answer). Questions asked in class, and comments on surveys indicate that the majority of previous experience is minimal and is limited to local, popular items like morel mushrooms and wild raspberries and blueberries. A few participants indicated in-depth experience foraging for wild foods. Ninety-five percent of those surveyed, regardless of previous experience, plan to use the knowledge they gained to forage more often and for a wider variety of wild foods.

Utilization of the recipes demonstrated at workshops had a significant positive response as 94% of respondents said they would make the dishes at home. The majority of the cooking demonstrations were participatory, so attendees received hands-on experience with preparing the wild foods discussed. Comments regarding the cooking portion of the class included [1] "I will begin to use wild foods more often in meals," and [2] "I will enjoy using wild sources of fiber/nutrients."

Creative programs such as SUP may help reduce the obesity rate in Michigan, and improve the overall health of the citizens of this state.

Based on survey information, SUP had a positive influence on the nutrition and physical activity practices of participants.



## *Keeping People Healthy, continued*

### **Stress Less with Mindfulness**

Stress Less with Mindfulness introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.

Research has shown that practicing mindfulness is effective in reducing stress related symptoms such as worry, depression, and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes. The MSU Extension program is offered as a five-part series or as one-time workshop.

### **RELAX**

RELAX is a four-part educational series designed to help adults, parents, teens and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice. Through discussion and skill-building activities, participants explore what anger is and what triggers it. This interactive program teaches participants techniques for calming down and de-stressing, the principles of problem solving, effective communication skills, and ways to forgive and let go of the past



**MICHIGAN STATE**  
**UNIVERSITY** | **Extension**

# Supporting Food and Agriculture



**When you support MSU Extension, you help participants learn profitable and efficient business and production practices.**

Michigan agriculture continues to be a growing segment of the state's economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. When you support MSU Extension, you help participants learn profitable and efficient business and production practices. Participants also learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources. This education leads to better use of time, money and human capital, and helps retain and create agricultural jobs. These measures strengthen Michigan's economy while connecting farmers to local food opportunities and global markets. In this way you help MSU Extension encourage growth in a sustainable and prosperous Michigan food and agriculture system.

## **FSA Federal Farm Program**

MSU Extension hosted educational programs on January 12 and 14 that provided farmers an opportunity to learn about changes in the Farm Service Agency farm programs. Topics of discussion included changes to the CRP-Grasslands program, NRCS grazing plans, federal non-insured crop disaster assistance (NAP), the federal livestock indemnity program and other federal farm programs of interest. Farmers learned about improved opportunities under the CRP-Grasslands program and other federal farm programs, including NRCS grazing plans. Presentations were made by local FSA, NRCS and MSU Extension staff. MSU Extension U.P. crop production educator Jim Isleib says "Farm bill programs can be complicated. This was a great opportunity for farmers to learn the details for their own farms from local FSA and NRCS people" There were 11 people in attendance.





## Supporting Food and Agriculture, continued

### Upper Peninsula Research and Extension Center



**When you support MSU Extension, you help participants learn profitable and efficient business and production practices.**



In the center of Michigan's Upper Peninsula sits the 118 year old Upper Peninsula Research and Extension Center (UPREC). The purpose of UPREC is to serve as a hub for integrated crop and livestock research. Applied research on pasture-based cattle management practices and cropping rotations is conducted in the unique environment of the U.P. Grass-based beef finishing, utilization of cover crops, hoop-house farming, season extension and soil health studies are keystone research elements on the farm. The North Farm is an incubator farm specializing in diversified local food production, research, education, and outreach for northern latitude climates. Our focus is healthy soils, food, people, and communities. Please go the UPREC North Farm Facebook site for details and updates: <https://www.facebook.com/northfarmatuprec>

Complementary agronomic studies at the 1,262-acre site focus on forages and small grains. The center also coordinates field trials on potato varieties and corn varieties throughout the Upper Peninsula region.

#### Research Goals

1. Improvement of soil quality to enhance the productivity of U.P. agricultural lands in a manner that emphasizes health linkages associated with soil, crop, livestock and people.
2. Development of research that demonstrates the costs and benefits of integrated crop livestock systems, including grass-based livestock production. Closer collaboration between UPREC and Lake City Research Center (LCRC) in Lake City to foster complementary research endeavors and to increase the quality and quantity of research results.
3. Development of research tied to the educational needs of regional food systems in the Upper Peninsula that contributes to community sustainability while linking to objectives 1 and 2.

MSU UPREC has been working over the last three years conducting research to support the growth of malting barley acres in Michigan, especially in the Upper Peninsula. In addition to variety trials, management practices such as fertility recommendations and fungicide use have been studied. In order for the malting barley industry to thrive in Michigan, suitable processing is also necessary. UPREC staff has been working with start-up malt-houses throughout the state and are confident that there will be a major increase in available processing by the end of 2015 – from 2 malt-houses to 6, including one in the Upper Peninsula.

## Supporting Food and Agriculture, continued



The following deliverables have been produced in 2014 to support this emerging industry:

- MSU UPREC Malting Barley website to house research, resources, and contact information [http://agbioresearch.msu.edu/centers/uprc/malting\\_barley](http://agbioresearch.msu.edu/centers/uprc/malting_barley)

- Malting Barley Production in Michigan guide [http://agbioresearch.msu.edu/uploads/396/36753/Research\\_Files/Malting\\_Barley\\_Production\\_in\\_Michigan\\_-\\_GMI035.pdf](http://agbioresearch.msu.edu/uploads/396/36753/Research_Files/Malting_Barley_Production_in_Michigan_-_GMI035.pdf)

- Malthouse feasibility study produced by the MSU Product Center [http://agbioresearch.msu.edu/uploads/396/36753/Research\\_Files/Malt\\_House\\_Feasibility\\_Study\\_JFW\\_-\\_FINAL.pdf](http://agbioresearch.msu.edu/uploads/396/36753/Research_Files/Malt_House_Feasibility_Study_JFW_-_FINAL.pdf)



- Four location malting barley variety trial held in Alger, Schoolcraft, Leelanau, and Presque Isle Counties [http://agbioresearch.msu.edu/uploads/396/61579/2014\\_MSU\\_Malting\\_Barley\\_Trial\\_Results\\_UPREC-Posen.pdf](http://agbioresearch.msu.edu/uploads/396/61579/2014_MSU_Malting_Barley_Trial_Results_UPREC-Posen.pdf)

- 2015 Great Lakes Hop and Barley Conference, Grand Rapids, Michigan – April 10th – 11th <http://events.anr.msu.edu/event.cfm?folder=hopandbarley15>

Download the entire 2015 Upper Peninsula Research and Extension Center, annual report: [http://agbioresearch.msu.edu/uploads/396/36753/UPREC\\_Center\\_Report\\_2015\\_Final.pdf](http://agbioresearch.msu.edu/uploads/396/36753/UPREC_Center_Report_2015_Final.pdf)



For more information about UPREC and updates on current projects, please visit their website at: <http://agbioresearch.msu.edu/centers/uprc> or call Director, Ashley McFarland at 906-439-5114 or email: [ashleymc@anr.msu.edu](mailto:ashleymc@anr.msu.edu)



*The* \_\_\_\_\_  
**NORTH FARM**  
\_\_\_\_\_  
*Chatham, Michigan* \_\_\_\_\_

## Extension Educators Serving Mackinac County

### Staff Located in Mackinac County Office:

<b>Name</b>	<b>Role</b>	<b>Phone</b>	<b>E-mail</b>
To be filled January 2017	Program Instructor/4-H	<i>906/643-7307</i>	
Jim Nash	Secretary	<i>906/643-7307</i>	nashjame@anr.msu.edu
Tracie Abram	Extension Educator/SNAP-Ed	<i>906-586-6001</i>	abram@anr.msu.edu
Michelle Jarvie	Extension Educator/SNAP-Ed 40%/ Food Safety Education 60%	<i>906/643-7307</i>	jarviem1@anr.msu.edu

### Additional MSU Extension Staff Serving Mackinac County:

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Ron Kinnunen	Sea Grant	906-226-3687	kinnune1@anr.msu.edu
Lynn Krahn	Improving Nutrition & Physical Activity, Social-Emotional Health and Wellbeing Across the Lifespan	906-475-5731	krahn@anr.msu.edu
Rebecca Krans	Consumer Horticulture	906-875-0606	kransr@anr.msu.edu



**Extension Educators Serving Mackinac County, Continued**

**Additional MSU Extension Staff Serving Mackinac County**

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**MISSION:**

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