

Having trouble viewing this email? [Click here](#)

MICHIGAN STATE UNIVERSITY

Extension

MSUE Report to Our Partners District 6

Clare, Gladwin, Isabella, Mecosta, Missaukee, Osceola and Wexford Counties

April 2013

In This Issue

Making a statement about our public value

MSUE promotes healthier eating habits

Biodiesel production systems

Natural resource enterprises in MI

Gaining life skills leads to success

[Join Our Mailing List!](#)

Quick links and upcoming events

County office information

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

Upcoming District 6 Events

4/9 - 4/30 MI Citizen Planner:
Mecosta/Osceola 6:30-9:30pm Big
Rapids City bldg. Contact Janean Danca
269-657-8213 or cplanner@msu.edu

4/10 RELAX: Alternatives to Anger -
Train the Trainer 9am-4pm MSUE
Mecosta Co. bldg. Contact Holly Tired
616-336-8998 or tired@anr.msu.edu

4/11 Mid MI Cattle Network 7pm MMCC
Harrison Campus, contact Kable
Thurlow 989-426-7741 or
thurlowk@anr.msu.edu

4/12 Bull Breeding Soundness Exam
Clinic starting 9am at Derry Breault Farm
in Gladwin, contact Debbie Mason
msue26@msu.edu

4/13 10am-noon Clare Co. 4-H Livestock
Clinic, *Nutrition & Selection* Browns
Corner church, contact Kaleigh Boggs
989-578-2814 or Stacey DeMoines 989-

Dear Partners,

Cornmeal mush and community food security

Tom Coon, Director

When I was a child, my mother occasionally made cornmeal mush and fried it for breakfast. With warm maple syrup, it was a welcome deviation from eggs, toast and orange juice. I asked Mom once why she didn't make it more frequently, and she replied that she couldn't stand it. Mom never ate fried mush, a fact that I hadn't noticed.

Mom's dislike for mush came from her experience as a little girl in the Great Depression. When food was limited, her mother would cook up a batch of mush, fry some bacon, and that would be dinner. It really bothered Mom that she went to bed on a meal of mush and pork. As an adult, she realized that her parents were facing tough times and though she generally had a balanced diet, there weren't many meal options.

Today, we talk about food security as an issue of concern. In today's parlance, my mother's family was facing a food security crisis. Though I have been blessed to live a life with little food insecurity, many in our communities face food insecurity at times. Under crisis conditions - after a hurricane, flood, fire, or blizzard - entire communities quickly find themselves in dire food insecurity straits.

My colleague Fred Schlutt, Extension Director at the University of Alaska, told me that 95 percent of the food consumed in Alaska is shipped in from out of state. If an earthquake disables transportation, Alaskans will find their grocery shelves empty in a few days.

MSU Extension addresses the issue of food security in many ways. Educators who work with [community food systems](#) have been successful in fostering increased use of locally grown food in Michigan communities. Whether products are purchased at a farmers market or a grocery store, having a local system of food



965-5291

4/13 Mecosta Co. Livestock Clinic / PQA training at Chippewa Hills High School. For more information contact msue54@msu.edu or 231-592-0792

4/13-14 Build Your Future: 4H Entrepreneurship and Career Connections Workshop 9:30am Sat-1:30pm Sun Kettunen Center, contact Sara Keinath 231-779-9480 or skeinath@msu.edu

Beginning April 16 Missaukee Co. 4-H Babysitting Clinic for youth 11 and up, at McBain Public Library, 3-4:30pm. For more information contact Dave Stroud 231-839-4667 or stroudd@msu.edu

4/16 9-11am or 12-2pm, Guided Grocery Store Tour, Mt. Pleasant Walmart. Contact Sabrina McGee at 989-772-0911x218 or hathaw22@msu.edu

4/18 Master Gardener Earth Day Celebration 5:30-9pm Gladw in High School, contact Debbie Mason at msue26@msu.edu

4/19 Bull Breeding Soundness Exam Clinic at Lake City Ag BioResearch Center, Lake City. Contact Kable Thurlow 989-426-7741 or Doug Carmichael 231-839-4608

4/20 Heartland 4H Rabbit Show, register by 8am Clare Co. Fairgrounds in Harrison, contact Brenda Spivey 231-429-4230

4/20 MI Bull Breeding Soundness Exam Clinic. Location: Kevin Wernnette, 9144 50th Ave, Remus. Contact: Kevin Gould 616-527-5357 or Todd Miller 231-832-3680

4/26 Healthy Harvest Class MSUE office in Gladw in, contact Coral Beth Rowley at rowleyc@anr.msu.edu

4/26 4-H Pork Quality Assurance class & testing for Clare/Gladw in counties 6-8pm Lions Bldg in Harrison, contact Debbie Mason msue26@msu.edu or Michelle Stiglich stiglich2@msu.edu

4/30 Spring Into Gardening Conference Comfort Inn & Suites, Mt. Pleasant. Contact Belinda Laughlin at 989-400-1391 or b.laughlin@cmich.edu

5/8-9 Tractor Supply 4-H Paper Clover Campaign, statewide.

commerce is one safeguard against conditions that might impair our access to regional, national and international food markets. As local food finds its way into schools, hospitals and restaurants this builds demand, which helps to ensure farmers that there will be a buyer for the fruits of their work.

MSU Extension works with producers to find access to buyers they might not know about, and we work with consumers, helping them to understand the value of fresh and local food, and learning how to use it safely.

Local food systems help to create jobs, attract young talent to our communities, and foster other enterprises in food processing. As spring arrives, you will see more evidence of the impacts our programs have on fostering local food systems. And I hope you find more and more opportunities to consume the bounty of Michigan's farming landscape in the progression of the seasons and the crops that come to market.

Making a statement about our public value



Shari Spoelman
District Coordinator

Sharing information about the value of Michigan State University (MSU) Extension's educational programs is nothing new. A quick review of our archives reveals yellowed reports and similar documents from well into the past century that outline the work of Extension educators in communities, on farms and for families across Michigan.

As our organization, our country and society have grown and changed, so has the way that we reflect on our service and share our successes and the value of our work with our stakeholders. From typewritten reports to glossy, high-tech electronic products such as the 2012 MSU Extension and AgBioResearch Legislative Report, we've certainly come a long way with the variety kind of work we do and the way we share our outcomes and successes with you, the stakeholders who support our work.

One thing has not changed: we produce and maintain our programs and services to provide a value to the audiences we (and you) serve. When we set out to meet a need - whether it's for a one-time event or a 12-part course - we do so with the goal that the outcome will help the participants make changes in their lives for the better.

Though providing a public value has always been at our core, connecting how that value translates to our state, our communities, our families, farms and businesses hasn't always

Beginning 5/14 Wexford Co. 4-H Babysitting Clinic, after school, ages 11-15, Mesick School. Contact: Jennifer Peterson at 231-779-9480 or pete1009@msu.edu

5/15 Missaukee 4-H Demonstration Day for 5th graders 10am-2pm Missaukee Co. Ag Arena, Lake City, contact David Stroud 231-839-4667

5/18 Clare Co. 4-H Livestock Clinic-*Fitting* 10am-noon T-barn at fairgrounds, contact Kaleigh Boggs 989-578-2814 or Stacey DeMoines 989-965-5291

5/18 Wexford Co. 4-H Animal Education Fair, 11am-3pm, Baker College. Contact: Jennifer Peterson, pete1009@msu.edu 231-779-9480

6/15 Clare Co. 4-H Livestock Clinic-*Showmanship* 10am-noon T barn at fairgrounds, contact Kaleigh Boggs 989-578-2814 or Stacey DeMoines 989-965-5291

6/19-21 4-H Exploration Days at Michigan State University. Contact your local MSU Extension office.

See other MSUE education events: <http://www.events.anr.msu.edu>

MSU Extension Institute Directors

*Preparing Michigan's Children
and Youth for the Future*
Director, Julie Chapin
chapin@anr.msu.edu

Improving Health and Nutrition
Director, Dawn Contreras
contrer7@anr.msu.edu

*Greening Michigan:
Leveraging Natural and
Human Assets for Prosperity*
Director, Dave Ivan
ivand@msu.edu

*Enhancing Michigan's First
Green Industry: Agriculture
and Agribusiness*
Director, Wendy Powers
wpowers@anr.msu.edu

been obvious. We're working to change that now.

In the coming weeks, look for us to share a set of public value statement documents about the various programs that MSU Extension offers across Michigan. Our campus- and field-based staff members are working on putting these documents together so that we can share how the programs we offer make a difference to the people of our state.

As always, don't wait for us to come to you. If you have a question or a concern about MSU Extension's work in our community, please don't hesitate to pick up the phone or send me an email at 231-779-9483 or spoelma4@msu.edu.

Shari Spoelman, District 6 Coordinator
Serving Clare, Gladwin, Isabella, Mecosta, Missaukee, Osceola, and Wexford counties

Michigan State University Extension has a longstanding commitment to improving the health of Michigan adults. One notable program that works toward this effort is the Supplemental Nutrition Assistance Program - Education (SNAP-Ed). This project teaches limited-resource adults and youth how to make healthy food choices while eating on a budget.



Teaching adults these essential life skills can yield far reaching impacts in the home as they typically purchase and prepare food for their households. Last year, MSU Extension nutrition education staff members reached 48,335 adults in class series and presentations.

Collaboration and partnership is an important way to recruit, maintain and deliver all nutrition education programs. The MSU Extension SNAP-Ed program values all partnerships, but this past year the collaboration with Share our Strength's Cooking Matters™ was expanded, giving MSUE staff members the chance to teach healthy eating during a cooking class. Share Our Strength's Cooking Matters™ empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals.

With the help of volunteers and MSU Extension nutrition staff members, Cooking Matters participants learn how to select nutritious, low-cost ingredients and prepare them in ways that provide the best nourishment possible to their families. The Cooking Matters specialized curriculum covers practical nutrition information, hands-on food preparation, and food budgeting and shopping.

Cooking Matters adult participants not only receive recipes and educational materials, following each session they also receive a bag of groceries (courtesy of Walmart) to practice what they've learned in class. Cooking Matters courses are designed as six weekly, two-hour lessons with curricula targeting audiences of adults, teens, kids and childcare professionals.

As with all MSU Extension health and nutrition programs, success is determined not only by the number of people who participated, but more importantly, how their knowledge or behavior was changed as a result of attending the classes. An evaluation of Cooking Matters participants showed that after they attended the program:

- 72 percent reported an increase in thinking about healthy food choices.
- 74 percent reported an increase in using "nutrition facts" on the label to make food choices.
- 66 percent reported an increase in fruit consumption as a result of the class.
- 89 percent reported that they improved their cooking skills.

An evaluation of north central Michigan adults who completed the Cooking Matters series of nutrition education classes in 2012 showed that:

- 80 percent of participants improved how they think about healthy food choices.
- 80 percent of participants improved the frequency of planning meals ahead of time.
- 70 percent of participants increased their consumption of fruits and vegetables.

Shannon Lindquist and her staff provide programs supporting nutrition and physical activity in Wexford, Missaukee, Osceola, Clare, Gladwin, Mecosta and Isabella counties.



Oilseed crops like soybeans and canola can be processed on-farm to yield biodiesel—a convenient, renewable fuel source. In 2012 a group of MSU Extension educators received a grant to support several on-site feedstock conversion demonstrations throughout the state.

The grant, funded by Project GREEN (Generating Research and Extension to meet Economic and Environmental Needs), supported 10 biodiesel demonstrations; six on farms and four at other sites. MSU Extension educators Mark Seamon, Dennis Pennington and Charles Gould organized the project.

Following harvest, nearly 750 people helped the trio process the raw oilseed into biodiesel and learned how biodiesel can be blended with petroleum diesel for use in farm equipment and off-road vehicles. The demonstrations were carried-out using a mobile processing unit secured through a Michigan Energy Office grant.

This project was intended to increase the number of Michigan farmers who make their own biodiesel. Measurement of the project's impact was conducted at the on-farm demonstrations, where a full presentation and hands-on education took place.



Written evaluations completed by 53 of the 94 participants showed the following:

- 94 percent increased or considerably increased their knowledge after seeing the demonstration
- 79 percent agreed or strongly agreed to being confident in making decisions based on the subject matter of the demonstration
- 29 percent agreed or strongly agreed that they were thinking about making a change in their farm practices as a result of the demonstration
- 43 percent plan to produce a bioenergy crop on their farms
- 53 percent are very likely or somewhat likely to invest in equipment to produce biodiesel
- 80 percent plan to use biodiesel on their farms in the future

Participants also noted that the most common factor (81 percent) in determining whether or not to produce biodiesel on farm was economics of production.

The success of this biodiesel demonstration program was directly related to its innovative use of mobile equipment that gave participants a hands-on opportunity to understand the process and equipment needs in a small-group setting.

MSU Extension programs support agriculture in Wexford, Missaukee, Osceola, Clare, Gladwin, Mecosta and Isabella counties with agricultural staff members who are based locally and across the state.

One of the biodiesel demonstrations noted above was held on a farm near Mt. Pleasant and hosted by MSU Extension educator Paul Gross. About 15 people took part in the oil processing activity. An energy crop trial is located in Isabella County that is evaluating crops such as switchgrass, miscanthus, sorghum and canola.



Forest land owners acquire their property for many uses. Hunters might own their land to improve habitat for wildlife, while homestead farm owners might be interested in producing food or fiber products. Any activity that a landowner engages in to improve his or her land for some particular use, product or service can be called a natural resource enterprise.

There are many opportunities for Michigan's landowners to participate in these activities. In response, MSU Extension is undertaking a new effort to focus on natural resource enterprises in Michigan. Information and

education is being provided on how to undertake an enterprise, sustainability issues and regulatory and financial aspects. The goal is to help landowners sustainably manage their property while pursuing a hobby or income-generating opportunity.

For a sampling of what MSU Extension is developing in this area, preview the new MSU Extension Natural Resource Enterprise webpage at:

http://msue.anr.msu.edu/resources/natural_resources_enterprises/

Not surprisingly, many private landowners really value the natural resource assets that they own and many feel inextricably tied to their land. Generating income through natural resources enterprises is a long-term endeavor, but a large proportion of these owners are aging fast - with more than 39 percent of forest owners being 69 years of age or older. Thus, a shift in land ownership from one generation to the next will likely occur soon, whether it's planned for or not.

MSU Extension offers workshops across Michigan to help families begin planning for ownership succession of their forest lands. Titled "Family Forest Ownership Succession in Michigan: Keeping Forests in the Family," this program is based on the highly-acclaimed Oregon State University "Ties to the Land" curriculum.

This workshop covers a broad spectrum of issues - interpersonal, financial, legal issues and regulatory mechanisms - issues that family forest owners and their heirs need to consider to successfully plan to transfer forest property. The workshop is leading to change, with a high percentage of participants using the program workbook, discussing goals with their family, and increasing family involvement with the property.

Natural Resources Enterprises was a session topic during the 2012 statewide Creating Entrepreneurial Communities conference in Petoskey.

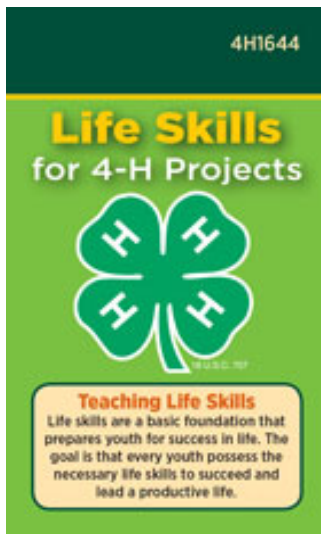
Gaining life skills leads to academic success and successful adults

Children & Youth Institute

Possession of basic life skills like those related to communication, teamwork, responsibility and respect, community involvement, decision making and problem solving are predictors not only of academic success, but of later success in the community and work force. Parents and other adults who work with youth to build those skills are growing Michigan's future by helping to prepare children and youth to thrive and contribute in a complex and changing world.

MSU Extension staff members and volunteers have provided numerous hands-on educational opportunities for young people to gain life skills needed to be successful adults. MSUE educators and specialists work with local 4-H program coordinators to provide training and workshops around the state to help teach volunteers and teens about promoting life skill through 4-H projects.

This past summer, MSU Extension received a grant to produce tools for staff and volunteers to use to

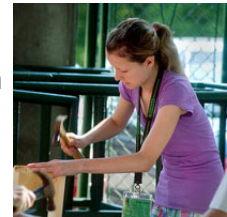


help youth develop life skills tied to in every project in which they participate. The tools include a packet of 15 life skill sheets that describes life skills and questions to ask for specific 4-H project areas. A pocket-sized set of these skill sheets was also created and designed to be used in club meeting, or when working with youth. These tools are available from MSU Extension Bookstore.

The Targeting Life Skill Model developed by Iowa State University is being used across Michigan to help volunteers and stakeholders visualize the life skills that 4-H members are gaining through their participation and experiences. Many of these skills are essential in helping ensure our youth have academic success and become productive adults.

Research conducted by the Search Institute (an organization that works to advance leadership, research and knowledge to advance children's health) indicates that youth that have a higher number of developmental assets are significantly more likely to succeed in school, value diversity and maintain good health. The institute's study also found that youth with greater developmental assets are significantly less likely to use illegal drugs, be sexually active, or be either a victim or perpetrator of violence. (Search Institute, 1998).

Clare, Gladwin, Mecosta, and Isabella Counties hosted a volunteer training program related to life skill development. In addition, 30 youth and nine adults from Gladwin, Mecosta, Osceola and Isabella counties attended an educational event called Winterfest. They took part in many life skill-building sessions while enjoying a camp-like setting at Kettunen Center, the state 4-H training facility near Tustin, Mich.



Thank you for reading this Report to our Partners. It's full of information related to the work MSU Extension is providing around the state and in our district. Please forward this to others who may benefit from knowing more about MSU Extension. If you would like more information about any of these, or other services, feel free to contact me.

Sincerely,

Shari Spoelman
District 6 Coordinator
MSU Extension

[Forward email](#)



Try it FREE today.

This email was sent to stuever@msu.edu by spoelma4@msu.edu | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

MSU Extension | 401 N. Lake Street | Suite 400 | Cadillac | MI | 49601