

Alpena County 2021-2022 Annual Report

PROGRAMS
ACCESSED BY
RESIDENTS

185

SOCIAL MEDIA
REACH

61,848

ONLINE
REACH

5,106

PROGRAMMING
REACH

2,692



I'm delighted to share the results of another successful year of partnership between Alpena County and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses, and communities.

MSU Extension offers a broad range of research-based educational outreach to county residents. Over this past year, we've empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. We continue to innovate post-pandemic by providing our outreach online, hybrid, as well as in-person formats. These options have increased accessibility to Michigan State University resources by your residents. Our staff live and work alongside county residents, and are rooted in community relationships and responsive to community needs.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Alpena County, thank you for another great year. We look forward to your continued support and hope you will be able to join us during one of our upcoming programs. - Adam Koivisto, District 14 Director





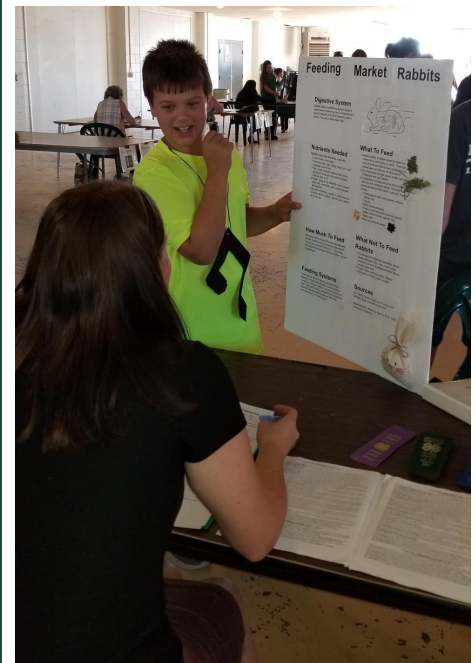
Year Round Learning & Fun From Alpena 4-H

Program Coordinator Michelle Eagling

Alpena County's 4-H Program continues to grow and offer unique opportunities to its youth.

- Educational Clinics: Beef, Rabbit Showmanship, Rabbit Tattooing, Sheep Shearing
- 6 Livestock Club meetings including the topics of Animal Science Kits, "Chat with Dr. Jack", 4-H Jeopardy just to name a few!
- Ocqueoc Outdoor Center Overnight camp - over 70 youth from four counties join for a packed 3-day camp
- Summer Day Camp - Alpena 4-H council hosted a 1-day camp
- Youth Day, where over 75 youth participated in interview style
- Embryology in two schools last spring (Pied Piper & Hinks)
- China Art Exchange with Sanborn students
- Partnerships with Pied Piper, Hinks, Sanborn, Northeast Michigan Child & Family Services
- We had two SPIN clubs— The STEM cardboard sledding event where youth created their own sled out of reusable material to test its strength, time and distance. The Ice Fishing SPIN club where youth learned the safety aspects of winter fishing and about invasive species. Youth engaged in a two meetings where they were able to make and take a tip-up and other supplies before they joined on Long Lake for an afternoon of fishing.

This last year I became involved in a large amount of state and national level work teams and committees all with an equity lens and focus on youth engagement. I worked on state wide projects for inclusive programming for those with DD and MI disabilities. I continue to work on the statewide Skillathon team. Nationally I spent time on a research project to promote more inclusive medical kits for youth and families within the healthcare systems. I serve on the National 4-H League of Champions where I work with members from across the US to create best practice and inclusive programming for youth experiencing homelessness.





Supporting Food and Agriculture



Alpena County farm hosts the 41st Michigan State University Extension Breakfast on the Farm event

1,000 adults and youth visited Risky Endeavor Dairy in Ossineke to see first-hand how:

- Farmers care for their animals
- Protect the environment
- Produce safe wholesome nutritious food

Michigan State University Extension teamed up with the Tolan family (Russ, Janet and kids) to sponsor the 41st Breakfast on the Farm event on Saturday, September 24th. During the event, visitors were treated to a delicious, farm-cooked breakfast and an educational self-guided tour of the modern dairy farm.



After enjoying pancakes with local maple syrup, sausage, yogurt, cheese sticks, milk & coffee, participants embarked on a self-guided tour.

While on the farm, participants interacted with the family and with 70 volunteers staged throughout the farm. Visitors toured the old milking parlor and then viewed the farm's five, new robotic milkers up close. Those two experiences allowed the public to see how technology has advanced over the years and how it benefits both the farm family and the dairy industry.

After seeing the robots and learning about milking cows, participants

took a short wagon ride through a beautiful corn field to the other area of the farm. Here they learned about calves and heifers and enjoyed time with commodity representatives, the farm's nutritionist and MSU Extension staff. Before leaving the farm, all were welcome to enjoy an ice cream treat before returning to their vehicles.

What did the visitors say about Breakfast on the Farm?

95% of participants surveyed said they have a better understanding of agriculture and modern dairy production

95% also said that their **TRUST** in dairy farmers as a source of information about food production increased as a result of the Breakfast on the Farm experience!

"What an opportunity to see a working farm—thank you!"

"So cool to see robotic milkers—loved it!!"

"Very interesting and informative"

"AMAZING"

"This event has such importance and value to our community and the future of farming!"



Survey comment:
"I feel these should be required in school curriculum—
Extremely
informative &

Facebook post shortly after the event—Kids at Breakfast on the Farm

MSU Extension works to increase farmers' success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research. Agriculture is now one of the fastest growing sectors of the Michigan economy.

KEEPING Businesses Strong

The more one sows,
the greater the harvest

Orison Swett Marden



Supporting Food & Farming Entrepreneurs

The MSU Product Center assists Alpena County residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio-economy. Product Center Innovation Counselor, Mary Dunckel, conducts confidential counseling with entrepreneurs that is tailored to meet the needs of the client. It may include developing a business plan, navigating the regulatory maze, accessing the supply chain or researching funding options. Dunckel also assists clients in accessing specialized services they may need that are offered through Michigan State University.

New Label Claim Resources

Food labels influence consumer purchasing decisions and it is important to understand them. What about all of the “extras” or additional information on food labels? These are label claims! Some, but not all label claims, are defined by the Food and Drug Administration and the U.S. Department of Agriculture. Producer and manufacturing claims are added to enhance marketing strategies and entrepreneurs need to know how to properly use them on food product labels. To help, 10 informative graphics have been created and six of them have been translated to Spanish to date. The graphics can be found at <https://www.canr.msu.edu/tag/food-label-claims>

Grain Label Claims

Whole grains must include the entire grain seed - bran, germ, and endosperm. When whole grains are cracked, crushed, rolled, extruded, and/or cooked, they still contain naturally occurring nutrients found in the original intact grain.

Examples of Whole Grains

- Barley
- Corn/cornmeal/popcorn
- Millet
- Oats (including oatmeal)
- Brown or colored rice
- Wild rice
- Rye
- Sorghum
- Teff
- Wheat (including spelt, durum, bulgur, and cracked wheat)

Label Claims

- 100% whole grain** - Product contains no refined flour
- Whole grain** - At least 51% whole grain by total weight
- Good source of whole grain** - 15% to 25% whole grain
- Made with whole grains** - May contain a little or a lot of whole grains

Pseudo-cereal

- Plants that produce seeds or fruits that are consumed and used as grains
- Sometimes called pseudo-grains
- Often used as a gluten-free substitute for grains
- Typically high in protein
- Examples: quinoa, buckwheat, chia, amaranth

Health Claims

- Good source of fiber** - Products containing 2.5 grams or more per serving
- Enriched** - Some of the nutrients that were removed during processing are added back into the product
- Gluten free** - Food containing less than 20 parts per million of gluten
- Fortified** - Adding nutrients that are not naturally present in a product (example: folic acid and iron)

Shopping Smart

- Always check the ingredients list for whole grains
- Do not rely solely on packaging or product color to identify whole grains
- The Whole Grain Council Stamp is a visual marker used to inform consumers about the amount of whole grain in a product

For more information, visit MSU Extension's Food Label Claims page
<https://www.canr.msu.edu/tag/food-label-claims>

MSU is an affirmative action, equal opportunity institution. Michigan State University Extension programs and materials are open to all regardless of race, color, national origin, gender, sexual orientation, age, marital status, disability, or other factors. MSU Extension is an equal opportunity institution. Nothing herein is intended to discriminate.

MICHIGAN STATE UNIVERSITY Extension

MSU Extension and the MSU Product Center—Food Ag Bio focus on assisting entrepreneurs who develop and commercialize high-value, consumer-responsive products and businesses.



Connecting with our Lake Huron fisheries—past and present—for ecological, economic, and community values



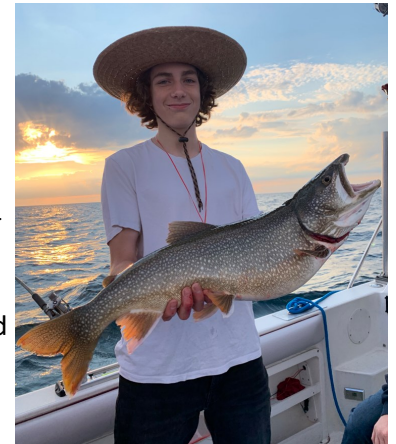
Michigan Sea Grant Extension promotes research, education, and outreach to enhance responsible and sustainable use of our diverse Great Lakes resources. Through MSU Extension, Michigan Sea Grant works with Michigan citizens, industries, and coastal communities to encourage their use, benefits, and enjoyment of Great Lakes resources that positively influences our state's economy, environment and quality of life. Of highlight:

Lake Huron Regional Fisheries Workshops

Three virtual **Lake Huron Regional Fisheries Workshops** webinars hosted online in April 2022 brought together 190 anglers, charter captains, and others with fisheries researchers and managers from across Michigan. Participants gained better understanding of Lake Huron fisheries ecosystem changes, and connecting these stakeholders with information, research and management activities relating to Lake Huron and local communities.

State 4-H Great Lakes and Natural Resources Camp

4-H Great Lakes and Natural Resources (GLNR) Camp was back in action this past summer! This week-long statewide natural resources leadership camp hosted 47 youth from across 21 counties — six from Alpena County—locally this summer in Presque Isle, Mich. Camp serves to foster youth leadership through Michigan's Great Lakes and Natural Resources. Hands-on, feet-wet learning immersed youth in environmental science and careers, recreation and exploration, youth leadership development, and community service and environmental stewardship.



Northeast Michigan Great Lakes Stewardship Initiative

(NEMIGLSI) is a place-based education network and partnership that:

- engages youth in Great Lakes and natural resource stewardship projects
- provides support for schools and educators
- facilitates school-community partnerships.



More than 2,150 *Northeast Michigan youth* (around 300 *Alpena County youth*) were engaged in hands-on, place-based learning through Great Lakes and natural resource stewardship projects in their communities during the 2021-2022 school year. MSUE and Michigan Sea Grant supported this education work and provides leadership for this NEMIGLSI network and partnership.

Supporting school educators, our Sea Grant Center for Great Lakes Literacy team partnered with NEMIGLSI and the regional Northeast MiSTEM network to provide leadership for the 2022 Lake Huron Place-Based Education Summer Teacher Institute. This course served 24 educators locally.

FAMILY and HEALTH



Hello! My name is Danielle Jirasek and I am the new Community Nutrition Instructor through MSU Extension for both Alpena and Montmorency Counties. Before coming on board with MSUE I was an elementary teacher for five years. I live in Oscoda with my husband, dog and two cats. This role is a great fit for me because it combines two of my passions; teaching and health/wellness. I am a very active person and completed my second half marathon this summer. I have really enjoyed the programs I've been involved with so far! I have worked with the students at Pied Piper and had a booth at the farmers market and Breakfast on the Farm. I look forward to being involved in the schools and community throughout the upcoming years!

YOUTH K-2nd Grade Impact

79% Washed their hands more before handling food.

43% Bring more fruits and veggies as snacks.

95% Can identify healthy food choices.

83% Increased physical activity.

77% Are now eating more fruits and vegetables.



Keeping Michigan families strong and successful—financially, emotionally and physically—is a big part of measuring MSU Extension's success. Programs devoted to keeping families safe include those dealing with bullying and violence prevention.

FAMILY and HEALTH



SNAP-ED PROGRAMMING THROUGHOUT THE STATE



Overall MSU Extension **REACHED**

338,938

individuals through **NUTRITION** and **PHYSICAL ACTIVITY PROMOTION, EDUCATION**, and **PSE** (policy, system, and environmental change) coaching.



ADULT Physical Activity Improvements



44% increased moderate physical activity participation



38% increased strength training activities



MSU Extension's programming promotes healthy lifestyles and empowers Michigan residents to take control of their health. Participants learn how to build nutritious diets on a budget, reduce foodborne diseases and become leaders in the food industry.

4,779 DIRECT EDUCATION CLASSES OFFERED



528

Face to Face



93

Hybrid



4118

Virtual



40

Phone

ALPENA OFFICE

MSU Extension continues to bring research and education to citizens across the state and wonderful resources that help reach every community member in our counties:

- **Ask Extension** offers one-to-one answers from MSU Extension experts and Extension Master Gardener volunteers on topics such as lawns, gardening, agriculture, food safety, food preservation, natural resources, community development, youth programming and more!

Visit Ask Extension at:

<https://www.canr.msu.edu/outreach/ask-an-expert>

- **The MSU Extension Lawn and Garden Hotline** is made up of Extension Master Gardeners with the knowledge and resources to help community members with questions from “What plant is this?” to “What’s eating my flowers?” Call the hotline at: (888) 678-3464



When in doubt, a quick call, email, or stop by the Alpena County MSU Extension office is always a great idea. Office Manager Sheryl Wright is available to use the extensive resources of MSU Extension experts, articles, and research to help find answers to any of your questions.

**This past year, Alpena County MSU
Extension has helped an average of**

45

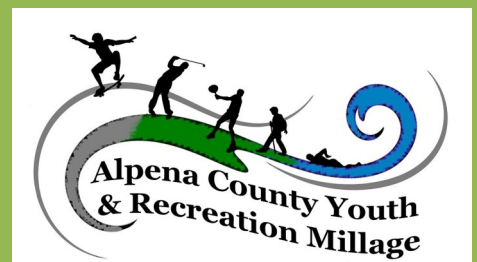
**community members a month through
phone, email, and office walk-ins.**

Resources at your Fingertips

Office Hours

T—TH

8:30 am—4:30 pm



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