



Charlevoix County 2019–2020 ANNUAL REPORT

BY THE NUMBERS



Residents attended over 60 programs between January and July 2020, including remotely during COVID-19 shutdown.



4-H youth in Charlevoix county enroll in college at a rate 9% higher than non-4-H youth.



59 soil test kits purchased by Charlevoix County residents.



4 Extension professionals based in Charlevoix County.



3,311 Charlevoix County Residents utilized over 197 different programs and services.

100

Over 100 years of Extension in Charlevoix County. The first Extension agent began in 1918.



MSU Extension website received 8,708 visits from Charlevoix County.

ANNUAL REPORT MESSAGE FROM THE DISTRICT DIRECTOR:

During 2019, Michigan State University (MSU) Extension continued to partner with Charlevoix County to strengthen youth, families, businesses and communities. In this report, we will highlight local and statewide programs that made a difference in Charlevoix County residents' lives; including helping farmers with financial management and farm stress; providing opportunities for youth's career and leadership development through 4-H; teaching families how to buy, cook and eat nutritious food; helping communities grow their tourism and community development opportunities; and providing a suite of online resources and programs.



Because of your continued support, we are able to help Charlevoix County residents improve their lives, their work places and their communities during the novel coronavirus pandemic. MSU Extension Charlevoix County staff members have been working diligently to create virtual programs and resources for residents. Many of the programs in this report that we're highlighting took place last year, in-person, and many of these experiences are now being offered virtually while residents are staying home and staying safe. It is an honor and a privilege to serve Charlevoix County and we're looking forward to another successful year ahead.

Adam Koivisto, District Director

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PROGRAM

Farming in Northern Michigan

Northern Michigan has so much to offer in terms of its natural resources. Our counties are homes to beautiful woods and waters, as well as many acres of productive farmland. In addition to growing the food that feeds many families across our towns, our state, and our nation; our farms are also the livelihood of many families that call our counties home. Agriculture is an essential component of building and maintaining rural economies. As an organization, we work diligently to provide our local farms with up to date, useful information, and research that contributes to their growth, economic security, and environmental sustainability.

Farming in Northern Michigan poses challenges that are unique to our area. Because of these unique challenges and isolation from many agricultural services, MSU Extension works to bridge the gap between our farms, and other areas of agriculture that our farms compete with. One way we help our farms in this respect is through multiple on-farm research projects. These local research projects give our area producers management and crop variety data that is specific to our area. No two farms are alike, therefore providing this data on the local level helps our county's farmers to be more competitive and more profitable.

Supporting MSU Extension also gives our local producers increased access to information and expertise from faculty and specialists within Michigan State University's College of Agriculture and Natural Resources. In turn, faculty and specialists also receive insight into issues facing agriculture in our area, which can aid or steer their research, to our local benefit. We also work to inform our area producers and agribusiness professionals of current issues facing agriculture through multiple forms of communication including newsletters, press releases, grower meetings, field days, and web meetings. This helps our producers to be prepared for any production issues that can affect their farms.

In addition to serving farmers, MSU Extension also serves our local community at large. We field many questions from homeowners, gardeners, landowners, and sportsmen regarding any issues they face in their lawns, gardens, orchards, and wildlife plantings. So far in the 2019-2020 fiscal year, over 111 of these questions were directly answered through our office.

HIGHLIGHTS



2019-2020 FY Highlights:

- 7 area on-farm research projects covering our most widely grown commodities as well as prospective commodities.
- 4 area field days, drawing 94 participants.
- 4 area producer meetings, drawing 39 participants.
- Participating producers reported a total economic impact of \$77,725 in our area in the form of increased revenue or cost savings as a result of local MSU Extension programming this fiscal year. Over 111 agricultural and landowner questions directly answered so far this fiscal year, impacting 147 individuals.



PROGRAM



**Cultivating Local Farm Economies
Seminar, September 9, 2019**



HIGHLIGHTS

Supporting Food & Farming Entrepreneurs

The MSU Product Center assists Charlevoix County residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio-economy. Product Center Innovation Counselor, Wendy Wieland, 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. Wieland also assists clients in accessing specialized services they may need that are offered through Michigan State University. These services range from feasibility studies for larger scale projects or grant applications to nutritional labeling and packaging assistance for a first-time artisan food manufacturer.

Over the past year, MSUE Product Center staff assisted ten entrepreneurs looking to grow businesses in Charlevoix County. Businesses assisted included: artisan food manufacturers-3; commodity scale specialty crop growers wanting to create value-added products-2; small-scale specialty crop growers creating value-added products-2; new start-up Ag business-1; new start-up artisan food business-1; hospitality industry business-1. Three of these businesses rely on Agri-Tourism income as part of their revenue stream. The Product Center provided these businesses with a wide range of services and support. Some were able to access Campus-based technical expertise in food product testing, classification, labeling and packaging. Other services were provided by their Innovation Counselor including general business counseling, market research, strategic planning, networking, assistance with grant applications, and accesses to educational classes and workshops.

Building Local Food Systems

Local food system development is another focus of MSUE staff serving Charlevoix County. Projects that are working to increase local food access for pantries, providing classes, workshops and conference opportunities for growers and others in the food system value chain, educating local policy makers regarding new opportunities in NW Michigan Agriculture, like during this past year's Cultivating Local Farm Economies Seminars. Much of this work is accomplished by working with community partners like the Local Food Alliance of Northern Michigan, an 8 year-old self-directed initiative that represents, supports and coordinates many sectors of the local food system.

PROGRAM



Senior Project FRESH

Market Fresh Food

Tip of the Mitt Health Challenge
May 23-June 20
bit.ly/ToMHealth

Fruit & Veggie Bingo **Play One. Play Both. Just Play!** **Miles for a Marathon**

MICHIGAN STATE UNIVERSITY Extension



Join Us Online on Your Time!

MY WAY TO WELLNESS

Self-paced, 10 lesson nutrition course for Michiganders

<https://bit.ly/MyWayToWellness>

MICHIGAN STATE UNIVERSITY Extension

#SNAPedWorks Funded by the USDA's Supplemental Nutrition Assistance Program—SNAP. Delivered by MSU Extension.

HIGHLIGHTS

Promoting Health through Nutrition and Physical Activity

Supplement Nutrition Assistance Program-education in Charlevoix County 305 residents in Jan-Dec. 2019.

Reaching Students and Seniors in Charlevoix County

Our program is funded by a Supplemental Nutrition Assistance Program education grant through the Michigan Department of Health and Human Service and the USDA and aims to reach vulnerable audiences that are receiving food assistance. We do this in partnership with nonprofit and educational agencies at no cost to them or the clients.

185 students were engaged in, a six week series, learning the benefits of healthy eating at Boyne City elementary and Char-Em ISD special education classes in East Jordan.

Senior MarketFresh education

124 seniors were reached through Senior MarketFresh education in collaboration with the Charlevoix County Commission on Aging at senior center and housing sites in Boyne City, Charlevoix and East Jordan.

East Jordan Senior Center and Lakeview Manor
Boyne Area Senior Center, Deer Meadows, and
Litzenburger Place
Charlevoix Senior Center and Pine River Place

Tip of the Mitt Health Challenge event and Facebook group

Engagement, motivation and tracking of Miles for a Marathon and Fruit and Veggie Bingo were shared with Pellston superintendent directly and the community through Facebook.

Statewide Eat Healthy Be Active

Weekly opportunities in April and May for 5 daily sessions lead by an instructor through Zoom allowed participants to set health goals and gain knowledge.

My Way to Wellness summer launch

10 module self-guided online course allows flexibility and convenience. Enrollment is always open and participants work at an individual pace on an individual timeframe. MSU Extension staff provide feedback and answer questions. Participants receive a completion certificate. Manna food bank, local food pantries, Health Department of Northwest Michigan, medical providers and hospital staff are excited about promoting this option for patients working or needing non-traditional hours.

PROGRAM

Extension Extra's Parenting Hour

A weekly one-hour virtual training for parents with 30 minutes for questions and discussion. These trainings have a variety of topics including positive discipline, screen time, play, toddler development, literacy and resilience.

A total of 695 people attended these parenting hour trainings. Of those attending 41% were parents, and 48% were childcare providers. 5,701 children ages 0-8 and 6,349 children ages 9-12 were impacted as a result of these programs.

After attending these workshops, 91% of participants strongly agree that they understand the importance of supporting their child's learning, 93% understand how the topic presented connects to healthy development, and 88% felt prepared to support their child's learning in the topic area presented, and 85% had techniques to help young children.

Online Parenting Series

Three five-week parenting series on Guiding Principles for Highly Successful Families were held as webinars this spring. Overall, 196 parents were enrolled in these series and 54 have completed the course to date.

Who Attended These Programs:

Parents, Childcare Providers, Early Childhood Professionals, Foster Care Workers and Grandparents attended these programs.

Other Happenings in Charlevoix County:

- Creative Kids Day with Char-Em GSC (October)
- Creative Kids Day with Char-Em GSC (December)
- For the Love of Laundry Event with Char-Em GSC (February)



Creative Kids Day with Char-Em GSC

HIGHLIGHTS

MSU EXTENSION SUPPORTS

CHILDREN, PARENTS, CAREGIVERS AND FAMILIES



14 FACE TO FACE-TO-FACE PROGRAMS DELIVERED TO PARENTS AND PROFESSIONALS

76 ADULTS REACHED THROUGH ONE-TIME WORKSHOPS OR PLAYGROUPS



150 CHILDREN AGES 0-8 AND 40 CHILDREN AGES 9-12 WERE IMPACTED BY THESE PROGRAMS

PARTICIPANTS REPORTED POSITIVE OUTCOMES

PARTICIPANTS INDICATED THEY WERE PREPARED FOR AND HAD TECHNIQUES TO SUPPORT THEIR CHILD'S LEARNING



EDUCATIONAL PROGRAMS TAUGHT ON POSITIVE DISCIPLINE, SOCIAL EMOTIONAL HEALTH AND PARENTING

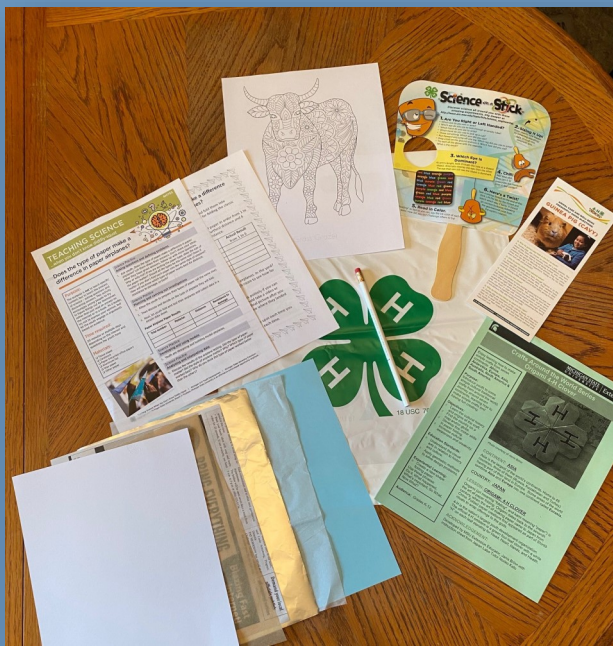
MSU EXTENSION PROGRAMS ARE HELPING PREPARE CHILDREN AND FAMILIES FOR SUCCESS!

PROGRAM

HIGHLIGHTS



TAKE HOME BAG FOR 4-H SCIENCE LEARNING



4-H Science Take Home Bags

As soon as the Michigan schools closed due to the Covid19 pandemic, Charlevoix County 4-H knew that we would need to provide support and ways for youth in the community to stay busy while learning and having some hands on fun at home. So we partnered with the Boyne City Public Schools to hand out 4-H science project bags at the same time they were passing out lunch & breakfast bags for youth/families in the district that were in need. We looked for a 4-H science lesson plans that could be used across the largest age range, when we came across the science lesson plan - Teaching science when you don't know diddly-squat: Does the type of paper make a difference in paper airplanes? It was perfect, because who doesn't like to make and throw a paper airplane, even parents could enjoy this lesson with their kids. We pre-cut out 6 different types of paper (card stock, office paper, wax paper, news paper, tissue paper, and tin foil) in 8.5x11 in sheets to put along with the directions in the bag. We also included science on a stick activities, a pencil to record their airplane flying predictions and results, 4-H clover origami, 4-H animal science fact bookmarks, coloring sheets. The school contacted us after the first hour of handing out the 4-H science bags and that they were a huge hit and all of the 110 bags were gone already. Kids and parents had a blast learning science while having fun outside at home.

4-H Learn to Swim on Land 2020

Boyne Area 4-H Swim School moves on land for the summer 4-H swimming season. Youth can work on swimming skills and water safety on their own this summer at the beach or in a pool. Four Days a week, Monday to Thursday, from June 29 to August 6, 2020, we will be email out a link to over 150 families and post the video on Facebook with a swimming skills for youth to work on or a water safety lesson to listen to. Creating the swimming school video's for the 4-H youth, we have four returning high school staff members of 4-H Swim School.

On Monday's – Instructor, Taylor Noble will cover – Learn to Swim - Level 1 lessons.

On Tuesday's – Instructor, Ally Herrick will cover – Learn to Swim - Level 2 and 3 Lessons.

On Wednesday's – Instructor, Kaylyn LeVasseur will cover – Learn to Swim - Level 4 and 5 Lessons.

On Thursday's – Life Guard, Jordan Noble will cover – Learn to Swim - Water Safety Lessons.



PROGRAM HIGHLIGHTS

4-H Spring Soccer Skills and Drills Virtual Learning Videos provided for past 4-H youth members to keep up on their soccer game at home during the pandemic.

Since 4-H Spring soccer season 2020 was cancelled, we had to come up with a way for youth to still learning and enjoy soccer by being active outside. Even though we can't meet face to face for spring 4-H soccer season, doesn't mean we can't work on soccer drills at home. Each Tuesday and Thursday during what would have been spring soccer season, April 28- June 4, we emailed out a link to over 250 families each time and posted the videos on 2 Facebook pages with the soccer drill for youth to work on and a 4-H healthy life skill talk. Creating the soccer drill videos for the 4-H youth, we have three All-State Boyne City High School Varsity Girls Soccer team players - Ally Herrick, Jordan Noble, and Taylor Noble. All of these ladies played 4-H soccer from Kindergarten to 6th grade and were happy to be able to give back to youth in the community while promoting the game they love. The ladies were challenged with coming up with creative way to teach soccer drills to youth at home using resources that could be found around the house...they rose to the occasion...they used chalk to draw ladders on cement to do agility footwork drills, used stuffed animals as fellow players to dribble around, laundry baskets as soccer goals to shoot at, walls in basements as kicking walls, and pool noodles for boundary lines on the soccer field to practice throw-ins.

Quotes from Community Members:

"What a great idea, thank you so much, my kids love the videos"
- Dione

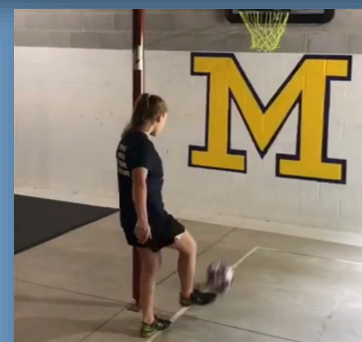
"Ally, Jordan, and Taylor what a great opportunity to share your skills and mentor young people. Thank you"
- Dawn Thayer

"Go Ally! What a great example for others" -Dawn

"I love this! Thank you Ally, Jordan, and Taylor for taking the time to share your skills with the youth." - Nicole Little

"Thanks, girls! What a great inspiration!" - Lisa Rintala

"What did that laundry basket (homemade goal) ever do to you?! I'd hate to be a rival keeper against that kid!"
- Les Thomas



PROGRAM

In Charlevoix County 4-H, we believe in the power of young people. By providing opportunities to learn and lead, 4-H helps youth become informed and engaged community members. While exploring new topics and activities in an experiential way, youth build the skills they need for life. While 2020 has not been a typical year for 4-H members and volunteers, they continued to rise to the occasion and set the way for others to follow to find success in a virtual learning setting.



In 2019-2020, Charlevoix County 4-H had a total of 120 screened adult volunteers, 32 youth volunteers, 444 youth enrolled as 4-H club members. In addition, 639 youth participated in virtual short term special interest 4-H programs due to programs needing to be modified to virtual learning due to Covid19. Essential skills youth develop while participating in 4-H include problem solving, decision making, leadership, resiliency, sportsmanship, teamwork, flexibility, communication and the ability “to make the best better” no matter what the situation or challenge may be.

HIGHLIGHTS

How the 4-H motto “To Make the Best Better” has impacted the lives of three graduating 4-H senior members...

“The 4-H motto is “to make the best better.” When I think about what this means, I consider what “the best” is. Individually, “the best” people are those who are dependable. They have priorities and responsibilities, which they tend to in the right order. “The best” people work hard to succeed and meet their goals. Now, to make “the best” better seems like a challenging question. My analysis of this idea comes down to the mindset that both 4-H and my mother taught me: do your best to be your best. Improving my performance in everything I do is my goal. I can always improve from where I was yesterday. That is the goal of 4-H. This is ultimately my mindset in all I do: school, sports, religion, and community. The way I represent myself directly reflects how others view me. I choose to put my heart into everything I do so I can continue succeeding where I want to go. I want to be the one who goes far and achieves what they set their mind to. I want to represent my community in the best way that I can. That’s why I live by this mindset.”

Josee Behling, Boyne City High School Senior 2020

“As children, we are very malleable. We can be molded into anything we put our minds to. 4-H is the tool that shapes us into hardworking and go-getting young adults. 4-H is here to make the best better. I know from my experience as a 4-H member that it has shaped me into a hardworking and determined individual. It has shown me that you must put work into something to make it great. Everything will not just be given to you on a silver platter, you must put work into it. 4-H has taught me sportsmanship and how to support everyone, including my competition. At the end of the day we are all focusing on one goal; to make the best better.”

Lillii Armstrong, East Jordan High School Senior 2020

“To make the best better means you work every day to strive and reach your goals. Growing over the years, my confidence levels have been higher and I am trying new things. To make the best better is an act of inspiration along with dedication to what you’re trying to achieve in life. From slowly overcoming my fears and opening up, to giving presentations and reading secretary minutes aloud, 4-H has helped me grow and be the person I am today. I hope that many others find their true calling with the help of some organization just like I and many generations before me did. That is truly what to make the best better means.”

Erin Smith, Boyne City High School Senior 2020

Charlevoix and Emmet County 4-Her's move to an Online 4-H Virtual Showcase Experience for 2020



2020 has been a tough year for many but Charlevoix and Emmet County 4-Her's are tougher! The pandemic caused the Emmet-Charlevoix County Fair to make the hard decision to cancel the fair for 2020 for the safety of all. That left MSU Extension/4-H to figure out how to come up with new way to showcase all the 4-Her's hard work they had done throughout the year. The answer: a virtual showcase where youth could exhibit 4-H projects by uploading photos and videos to be judged and an online auction to sell market livestock animals raised. This platform provided a space for youth to demonstrate their mastery of skills. Youth received constructive feedback from judges and recognition for their many accomplishments by receiving a letter rating of A, B, or C (Danish Judging) on their 4-H projects.



Youth were asked to take photos of their projects or animals from a variety of angles and to take videos of themselves walking and presenting their animal. Youth had to present their projects in the videos and pictures like they were there in-person. Youth dressed up in show clothes, washed and clipped their animals, just like they would have if they were in a show ring. You may think that creating a 90 second video of walking an animal would be a piece of cake and easier that showing in the ring...you would be



mistaken. Youth with animals quickly learned that a 90 second video actually may take days to complete, many takes and try's, bloopers, background extras, and interesting sounds. Youth learned to have lots of respect for the photographer profession as taking 6 profile pictures of their animals took 100's of shots to get just the right one that showed the best angle of their animal. We had a total of 41 youth participate in our virtual showcase and they entered over 165 exhibits. The classes the youth participated in ranged from horse riding classes, market swine, market beef, painting, cupcakes, floral arrangements, vegetable varieties, rabbit showmanship, and even pigeon classes. The feedback that youth received from judges will help them grow and think about their goals for the future in that specific project area. The invaluable skills that youth learned about

themselves and their projects throughout this new process will be carried with them for a lifetime.

Youth who participate in our 4-H Market Livestock program had the opportunity to sell their animals through an online auction that was open for three entire days. We had over 125 individuals/companies register to be a buyer to help support the youth and purchase some high quality meat to fill their freezers. The strong support that our 4-Her's received from the community was amazing and we are beyond grateful...from radio and newspaper ads to promote the auction, to monetary donations for awards, words of encouragement, and volunteers who judged, just to name a few.



Healthy Adults!



September 2019 through February 2020 the following programs were Face to Face.

Tai Chi for Health is a MSU Extension Evidence Based program under the ACL grant. Two full classes, (20 hours) were taught at Munson Wellness Center in Charlevoix. In the two classes we reached 32 students, with a waiting list of many more. MSU Extension offers programs for both seated and standing participants.

MSU Extension Health and Nutrition Institute is committed to reach our communities and therefore began online classes in Health. Tai Chi for Health has reached more than 50 participants in Charlevoix and Emmet Counties, and through District 14, at least another 50 more participants.

In August, 2020 we will offer Diabetes PATH and Chronic Pain Self-Management programs: although we advertise especially in District 14, anyone can join on line.

Out of a terrible catastrophe as the pandemic, some good does come out. Surprisingly, MSU Extension has found that many adults want to take the programs online, this gives MSU Extension the opportunity to reach more people that benefit from Health and Nutrition classes.

MSU Extension has been diligently working on Grants to help pay for these programs. We are very proud to say our programs are under various grants and participants are not charged.

MSU Extension thanks so many of the non-profits for working closely with us: Especially the Lions International and their Diabetes Initiative. Due to their funding we are offering Dining with Diabetes and Diabetes PATH.

In the next year volunteers will be certified in Tai Chi for Diabetes. The recognition of 2020 Diabetes Day in Charlevoix County a trained volunteer will be able to offer a class in Tai Chi for diabetes and give our community another worthwhile program that will help relieve stress and pain.

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