



Charlevoix County 2018–2019 ANNUAL REPORT

BY THE NUMBERS



1,572 Charlevoix County youth and 249 volunteers in 4-H programs



Over 40 MSU Extension professionals providing education to Charlevoix County residents



445 Charlevoix County youth and 152 adults attended SNAP nutrition programs



60+ soil test kits purchased by Charlevoix County residents



4 Extension professionals based in Charlevoix County



MSU Extension website received 9,376 visits from Charlevoix County; 76% were first-time visitors.

100

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

ANNUAL REPORT MESSAGE FROM THE DISTRICT DIRECTOR:

I'm delighted to share the results of another successful year of partnership between Charlevoix 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 services 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. Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs.

This year, we've also welcomed Charlevoix County residents into our online community: we've offered online educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media and provided a library of research-based resources they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Charlevoix County, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.



Adam Koivisto, District Director

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MICHIGAN STATE
UNIVERSITY

Extension

PROGRAM HIGHLIGHTS

A UNIQUE PARTNERSHIP

Michigan State University Extension has been working with MRS (Michigan Rehabilitation Services) to bring life skill (Pre-Employment Transition Services) programming to Charlevoix youth that may have a difficult time learning. Through this partnership we were in two schools in Charlevoix County this year and plan to expand in many more for the 2019/2020 school year. We taught career skills from being polite, focusing, listening, work ethic, dressing properly, being on time and everything that a student will need to be successful for a job! In Charlevoix County we facilitated classes with 30 students and they all received a certificate of completion. They are ready to seek employment in Charlevoix County and be productive working young adults!



Disease Prevention & Management Social & Emotional Health

The demographics of Charlevoix County are changing rapidly. **By 2022 over 75% of our population will be over 60 years of age.** * Chronic Disease and Pain are challenges as the population ages. Fortunately, Michigan State University Extension has prepared for the demographic change in age by seeking grants to offer classes for free to this population.

The Lions International Club, Michigan State University Extension and the Area Agency on Aging for Northwest Michigan partnered to host classes in Defense Against Diabetes (DAD). Michigan State University Extension and the Boyne Valley Lions brought the First Diabetes National Day to Boyne City. We brought in partners such as Munson, McLaren, eye doctors and dentists. The first year we had an attendance of **32** people taking the Diabetes Risk Test through Munson Health System.

In Michigan we have a diabetes epidemic. According to the American Diabetes Association (www.diabetes.org) about **13%** of Michigan seniors have diabetes while another **6%** of our population are walking around not feeling well to undiagnosed diabetes. Michigan State University Extension is recognized as a leader in facilitating the yearlong program, National Diabetes Prevention Program. This year we had the opportunity to run two classes in Charlevoix County by partnering with Munson Healthcare Charlevoix Hospital and Wellness Center and with the Michigan Diabetes Network.

Besides all the classes Michigan State University Extension offers to the residents of Charlevoix County, we do many presentations. We have worked with the hospitals, churches, schools and Commission on Aging, Support Groups and Coalitions by offering Mindfulness, Powerful Tools for Caregiving, RELAX, Heart Healthy, Nutrition, along with specially programs on Arthritis, heart disease, and may other chronic problems. One cannot have good Physical Health without good Mental Health and vice versa. That is why all of our classes have both components in them. Michigan State University Extension steps up to the needs of our counties and brings in expertise in the areas most needed.

The year was very successful with over **1500** hundred contacts with our residents in Charlevoix County. We are proud to say each and every resident that we had contact with took something positive back with them to make their live a little easier and most of all better quality of life!

PROGRAM HIGHLIGHTS

Protecting Lakes

MSU Extension hosted a training at Camp Pet-O-Se-Ga in Emmet County this summer on the benefits of natural lake shorelines and the techniques and tools property owners and local governments can take to maintain or recreate natural shorelines. There were 33 participants including Charlevoix County residents who attended this day-long training on July 19th. Attendees learned about lake ecosystems, identified aquatic plants in a hands-on demonstration, and enjoyed a field component examining a local natural shoreline project on Pickerel Lake. This program was a collaborative effort with speakers from the Michigan Natural Shoreline Partnership, DNR, and Tip of the Mitt Watershed Council. A special thanks to the Northeast Michigan Council of Governments, Networks Northwest, and the Burt Lake Preservation Association for co-sponsoring the program.



Protecting Lakes: A Shoreline Stewardship Workshop



Offered in Two Locations

Curtis, MI; Thursday July 18th
9:30 - 4:30 PM

Petoskey, MI; Friday, July 19th
9:30 - 4:30 PM

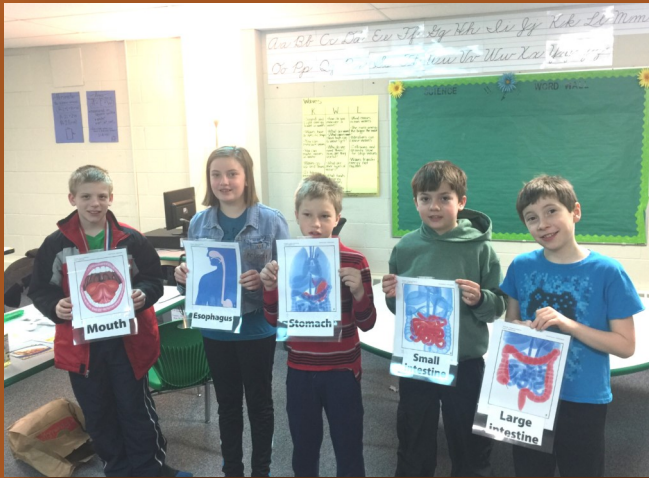
REGISTER AT:
[HTTPS://EVENTS.ANR.MSU.EDU/NATURALSHORELINES2019/](https://events.anr.msu.edu/naturalshoreslines2019/)

MICHIGAN STATE UNIVERSITY Extension



This programs purpose was to educate property owners of inland lakes and local official's with beneficial techniques that could be used for maintaining and protecting the shorelines in their natural state.

PROGRAM HIGHLIGHTS



Show Me Nutrition Boyne City Elementary School



2019 Take A Day On! FRIENDS OF THE BOYNE RIVER IN BOYNE CITY



Presentations and Partners

- Commission on Aging for the Senior MarketFresh program in East Jordan, Boyne City and Charlevoix
- Hoophouses for Health with the Health Department of Northwest Michigan
- Boyne City Farmer's Market
- Char-Em 18-26 year old cognitive impaired classroom

Michigan State University (MSU) Extension delivers affordable, relevant, evidence-based education to help adults, young people, and families in urban and rural communities be healthy. Programs focus on helping participants gain the skills they need to buy and prepare nutritious, budget-friendly foods; increase their physical activity; breastfeed their babies; and stretch their food dollars. Our reach was 4 classrooms per grade K-4 for 20 classrooms with multiple sessions. Below is a summary of programming that took place at Boyne City Elementary School in Charlevoix County in FY19.

Behavior Change Impacts:

Nutrition Practices

- 75% of students were more aware of the **importance of good nutrition**
- 63% of students correctly **identified the 5 food groups**

Physical Activity

- 13% of students were observed being more physically active

Safety Practices

- 63% of students improved their handwashing behaviors

Take A Day On! 4-H Service Learning

Charlevoix County 4-H youth participate in 19th Annual community service learning project called TAKE A DAY ON! This is an event where youth get to take a day off of school and take a day on for an organization in their local community. The event this year was with the Friends of the Boyne River in Boyne City. Youth started the morning off learning all about history of the Boyne River, river erosion, and water levels at the north part of the Boyne River by Dam Road. The youth and volunteers were broken up into groups to clean up the trash along the river. The youth and volunteers sorted the trash into two huge garbage cans with materials that could be recycled and those that could not. After a lunch break, we moved to the Boyne River Nature Area location by the back of the Boyne City Industrial Park to help out in another section of the Boyne River. The youth received an educational presentation by the Friends of the Boyne River and learn about how to improve & conserve the environmental health of the Boyne River and its watershed, rain gardens, and more.

PROGRAM

FIT Assessment in East Jordan

The program, First Impressions: Assessing your community for tourism (FIT), provides communities an opportunity to learn about their strengths and weaknesses through the eyes of first-time visitors. Communities can then make changes to strengthen their image, improve community well-being, and quality of life for residents and visitors based on suggestions from the program. Assessors are provided a stipend to cover travel costs and come equipped with a critical eye and an assessment tool to document their impressions.

During a six-week period between mid-May through June (2018), City of East Jordan received five surprise visitors that spent 8-24 hours in the Charlevoix County community located in Northwest Michigan. These visitors, also called assessors, were part of a yearlong program the Northern Michigan community applied for via Michigan State University Extension.

Empowering Charlevoix Youth

The Charlevoix County Shooting Sports 4-H Club came back from the 2019 State 4-H Shoot with their heads held high. Charlevoix County 4-H Shooting Sports Team of Colby Ferguson, Jared Kortman, Daniel Burnett and Captain Derek Burnett won the Silver medal. Daniel and Derek Burnett tied for individual silver, placing breaking 47 birds out of 50! So proud of them all, way to represent Charlevoix County. These youth are led by amazing 4-H leaders Paul and Pat Haver, who have been leaders for 26 years!

HIGHLIGHTS



East Jordan Municipal Harbor.

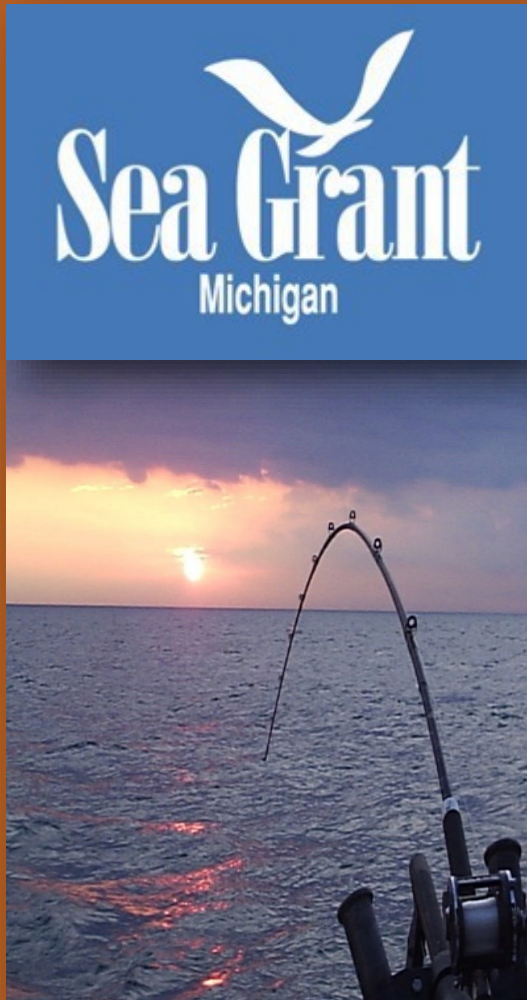
Photo by Andy Northrop, MSU Extension.



The Charlevoix County Shooting Sports 4-H Club at the 2019 State 4-H Shoot.



PROGRAM



HIGHLIGHTS

Michigan Sea Grant

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.

A collaborative effort of Michigan State University and the University of Michigan, Michigan Sea Grant is part of the NOAA-National Sea Grant network of 33 university-based programs .

Our MSU Extension and Michigan Sea Grant team provided fisheries and forestry expertise in supporting the Northern Michigan BioBlitz community event hosted annually in Gaylord each summer with several hundred attending each year.

Extension Educators from our natural resources team collaborated with University Center Gaylord, Michigan Geographic Alliance (Central Michigan University), Michigan Dept. of Natural Resources, Huron Pines, and other partners to organize and provide educational programming during this community event attended by several hundred people each summer.

This event is designed to promote biodiversity conservation and citizen science involvement through the use of "*iNaturalist*" – an online citizen science tool. This event offers opportunity for youth and adults alike to learn alongside scientists and contribute as citizen scientists while exploring ecosystems from wood-lands to wetlands.



Investing in Charlevoix County Youth with 4-H & MSU Extension

According to research completed by the Institute for Applied Research in Youth Development at Tufts University 4-H'ers are **4X** more likely to make contributions to their communities, **2x** more likely to be civic-ally active, and **2x** more likely to make healthier choices.



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.

In 2018-2019, Charlevoix County 4-H had a total of 205 screened adult volunteers, 44 youth volunteers, 896 youth enrolled as 4-H club members, 63 youth participated in the China Art Exchange, a school enrichment program and 16 youth who attended summer camps from around the county. In addition, 481 youth participated in short term special interest 4-H programs. This means that 30 percent of Charlevoix County youth aged 5 to 19 took part in learning opportunities with MSU Extension. Essential skills youth develop while participating in 4-H include problem solving, decision making, leadership, resiliency, sportsmanship, teamwork, and communication.

How 4-H has impacted the lives of two graduating seniors...

"The four aspects of the 4-H pledge have impacted my life. "I pledge my head to clear thinking." Being able to think clearly has helped me stay focused on my goals. "I pledge my heart to greater loyalty." Learning how to be loyal is a skill everyone needs to have going off into life. Being loyal to your employers, co-workers, and loved ones is a must. "I pledge my hands to larger service." All of the opportunities I have had to participate in community service has impacted my life because I love being able to help my community. And finally, "I pledge my health to better living." It is important to take care of ourselves because we can't help other if we are not healthy ourselves. The 4-H guiding principles and the four aspects of the 4H pledge have greatly impacted my life and I will forever be grateful."

~Haylah Buell, East Jordan High School Senior 2019

"4-H has taught me more than anything to learn to converse with my peers as well as my mentors. This is a very important life skill that I believe not many people are being taught anymore partially because it's one of those things that cannot be taught in a classroom but only in the real world. While most learning experiences have you being the recipient only and not the participant, 4-H has you as the participant. In this case, that means you are more or less your own teacher which means you can learn at your own pace and for me that meant I was actually excited about learning."

~John Clausen, Boyne City High School Senior 2019

PROGRAM

HIGHLIGHTS



Lakeside Farm & Spirit of Walloon Market Garden.

WORKING WITH
COMMUNITY
PARTNERS



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.

Twenty-two (22) counseling sessions took place over the past year in assistance of ten entrepreneurs looking to grow businesses in Charlevoix County. Businesses assisted included: artisan food manufacturers-4; 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; hospitality industry business-1. Two 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 fall into this area are supporting area Farmers' Markets, helping to develop Farm to School initiatives, 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. Much of this work is accomplished by working with community partners like the Local Food Alliance of Northern Michigan, a 7 year-old self-directed initiative the represents many sectors of the local food system.

Extension Professionals Serving Charlevoix County

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