



Cheboygan County

2020-2021 ANNUAL REPORT

BY THE NUMBERS



Residents of Cheboygan County attended **210 different programs and classes**.



398 Cheboygan County Youth attended programs during the last year.



3 Extension professionals based in Cheboygan County



Social media reached 8,106 during the last year, informing residents of class opportunities and sharing data such as crop testing trials and health information.

100

Over **100 years of Extension** in Cheboygan County. The first Extension agent began in 1915.



MSU Extension website received **3,254 users** from Cheboygan County

MESSAGE FROM THE DISTRICT DIRECTOR



This past year will go down in history as one like no other. As an organization who has been embedded in counties for over 100 years, our community education model changed and shifted like at no other time in our rich history. I am especially proud of the way our entire county team pivoted their educational efforts and provided online programming for our valuable stakeholders; which includes growers, families, youth, local businesses, and residents. Our content-rich programming allowed residents from across the state to access it from their homes, regardless of geographic location. This allowed individuals throughout Northern Lower Michigan to access programming being taught from southern Michigan to the tip of the Upper Peninsula. This increased accessibility for all residents to access our outreach and education was an added value for our county partners. It is always my distinct honor to present this summary of our accomplishments and deeply value our partnership with Cheboygan County.

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4-H



Michigan State University Extension 4-H program youth participants learn life skills through hands-on experiences, with the guidance of caring adult volunteers and teen leaders. These life skills prepare them for the workforce—especially for careers in science, technology, engineering, the arts, and mathematics (STEAM). Extension programs help children develop early literacy skills that support school readiness. In 4-H they learn and practice leadership and decision-making abilities that increase their likelihood of becoming civically active. 4-H'ers demonstrate fewer high-risk behaviors, such as drug use, and they learn to complete tasks, solve problems, and are more likely to seek help from peers and adults when needed. This ensures that more young people succeed in school, attend college, and contribute positively to their counties. Having successful youth results in greater tax revenues and consumer spending, while increasing the likelihood that they will stay in, or return to, their communities

Cheboygan County youth and volunteers benefited greatly from the exciting 4-H programs offered close to home and statewide, especially as most of the 4-H offerings were virtual in nature. This last year, youth ages 5-19 were inspired to grow through a wide variety of 4-H learning experiences under the guidance of their helpful 4-H leaders, as well as staff and instructors from all over the state of Michigan. 4-H offered traditional clubs (though they were asked to meet virtually), multiple online special-interest clubs, academic enrichment opportunities, and hybrid opportunities in the form of educational events, workshops, and community outreach. In the past few months, 4-H has been offered in multiple formats, including hybrid and fully in-person, bringing traditional clubs back together again.

- Cheboygan County 4-H offered a Virtual Showcase (a.k.a. online fair) where youth had the opportunity to enter their 4-H projects and be evaluated by judges. For youth participating in the rabbit project, they met with judges from North Carolina, New York, Oregon, Indonesia, Malaysia, Philippines, California and Alabama. Each judge shared why they started showing rabbits, information about their region/culture and gave the youth feedback on their rabbits. Youth had fun learning about time zones, geography and other cultures. We had three youth that went on to participate at the state level in the Michigan Virtual Showcase and placed well.
- Our Cheboygan County 4-H Awards Celebration was a virtual ice cream social. The Cheboygan 4-H Council put together packages containing ice cream toppings and cones; supplies for a hat decorating contest; parts needed for participating in virtual games; and supplies for an arts and crafts project. The package also included the youth's ribbons and awards for their accomplishments during the past 4-H year. All families needed to do was provide their own ice cream and join us on Zoom for the celebration.



 **4-H GROWS HERE**



- The school year began with a 4-H Photovoice project in partnership with COMPASS Academy and Up North Prevention. Photovoice is the process in which youth captured and record their thoughts and experiences around a specific topic and share through photography and stories. Each week students learned a new aspect of photography and were challenged to answer a specific question about substance use. Then we would discuss the photos they shared from the previous week. For the final project, the students presented virtually to Judge Vizina and other community members.
- The 4-H Photovoice project was repeated with the 11th grade students at Wolverine Schools in the spring. The students presented the completed project to the Wolverine School Board. The information gathered from both Photovoice projects was used by the Pulling Together Substance Abuse Coalition in their \$125,000 Drug Free Communities grant application.



- In the fall, Cheboygan 4-H launched a Fall Bulb Kit Club as a new, innovative way for youth to participate in 4-H. It was well received. The youth who participated in this self-paced club received a kit filled with flower bulbs and supplies. Links to educational videos were sent each week and covered topics on general fall bulb care and planting, the lasagna method, naturalization and indoor forcing.



- The 4-H Life of the Straits Program created a winter video edition highlighting the many outdoor activities available in Northern Michigan. Cheboygan 4-H partnered with Mackinac, Emmet and Presque Isle County 4-H and Michigan Sea Grant. In this video series, we covered winter safety, what to wear, backyard games, sledding, snow shoeing, cross-county skiing and ice fishing. Cheboygan County 4-H created the sledding video. The entire series can be found at: <https://www.michiganseagrant.org/event/life-of-the-straits-winter-edition/>

- Again this year, Cheboygan 4-H offered Cue the Monarchs in a virtual environment. This year we sent each participant a kit that contained helpful items for identifying monarch caterpillars. We also included a nature journal and encouraged youth to go outside and explore. Each week families were challenged to complete “missions” and received points, which resulted in prizes at the end of the club. An in-person Monarch tagging event is planned for September 4th at the Cheboygan Children’s Trail.
- Cheboygan 4-H partnered with the Cheboygan County Child Advocacy Council and offered an eight session 4-H Babysitting Training online. Youth also had the option to attend a face to face Standard First Aid and CPR training and certification. Youth received a backpack filled with helpful babysitting items like a first aid kit, books, games, and toys. During the sessions, future babysitters learned about safety, including safe sleep practices, youth development, and health and nutrition.



- Cheboygan 4-H was represented in the Michigan 4-H Horse Program’s Ride Across our State Challenge by five youth and three adults. From April 15 to May 31, youth logged the number of miles they rode on their horses and submitted them weekly to the state. One Cheboygan youth placed fifth in the state!
- A Cheboygan 4-H youth received the highest honor in Michigan 4-H – Thomas Tafoya was chosen as the Michigan 4-H State Awards Junior Division Winner for his rabbit project. Thomas completed an in depth application that included the creation of a 4-H style resume.

- Over 41 virtual program offerings were made available to Cheboygan youth over this past year. As a whole, the Michigan 4-H program quickly adapted during the pandemic to help youth have many opportunities to remain engaged in hands on learning.
- We celebrated the return to in person events by coming together for a 4-H entry in the Cheboygan Fourth of July parade. The truck was loaned to us by Wheeler Automotive.



Family Fun Day

68 participating families

17 participating organizations

34 ride bracelets given away

16 winning families

This year's theme was The Beach! Decked out in the best beach garb available, organizations brought plenty of fun activities to youth and families. Those activities included:

- Take-home crafts
- A giant bubble stand
- An "underwater" photo booth
- Hands-on educational opportunities
- Healthy snacks for energy
- And much more!



Participating organizations include:

- NEMSCA—Early Head Start
- NEMSCA—Head Start
- Great Start Collaborative
- Cheboygan County Child Advocacy Council
- Friends of CAPL
- The Compass Academy
- Cheboygan County Sheriff Department
- Cheboygan County Habitat for Humanity

MSU Extension once again collaborated on the planning of and participation in Family Fun Day. Held at the Cheboygan County Fairgrounds, Family Fun Day is an event that gives youth and their families a chance to meet with local organizations that offer educational programs, resources for families and children, and community information. With helpful resources for parents and hands-on activities and a chance to win free ride bracelets for the Cheboygan County Fair for kids, Family Fun Day is always a hit!



The free ride bracelet giveaway is funded by donations from participating organizations and community members.

Family Fun Day was sponsored by:

- The Cheboygan County Fair Board
- MSU Extension
- The Human Services Coordinating Body
- The Cheboygan County Child Advocacy Council
- Citizens National Bank
- Awakon Federal Credit Union



- District Health Department #4
- Alcona Health Center
- Cheboygan Housing Commission
- Thunder Bay Community Health and Chief Health Center
- Cheboygan County DHHS—Foster Care Recruitment
- Carl Jahn, U.S.L.H.E. Inspector and Lightkeeper Reenactor
- Women's Resource Center
- McLaren Pediatric Therapies Department
- MSU Extension

Health and Nutrition

Michigan State University (MSU) Extension Supplemental Nutrition Assistance Program Education (SNAP-Ed) instructors deliver evidence-based, hands-on nutrition and physical activity learning opportunities that empower limited income youth and adults with information and strategies to make healthy behavior and lifestyle choices.

Statewide Virtual Nutrition Programs

Due to the Michigan executive orders of stay home, stay safe, MSU Extension increased their virtual outreach through indirect intervention channels by 45%. This included increased offerings through articles, fact sheets, radio podcasts, social media postings, web presence, and educational videos.

Cheboygan County MSU Extension promoted weekly nutrition education through Facebook post designed to engage viewers in relevant resources.

- The focus of Tasty Tuesday was to demonstrate the importance of stocking your pantry and recipes included items available at low cost but high in taste and nutrition.
- In September of 2020, we began a series of Fresh Fridays posts with topics such as hydration, portion control, healthy recipes, and staying safe while exercising outside.

Community Engagement

In the winter of 2021, MSU Extension instructors held 6 virtual Healthy Eating Adds Up lessons with the cognitive impaired Cheboygan-Otsego-Presque Isle Educational Service District classroom. Lessons focused on Slow, Whoa and Go foods, Healthy snacks, and included physical activity.

New This Year

We offered a self paced online course titled My Way to Wellness. A participant stated that she had lost weight during the program.

- She also shared “I am tracking my food and beverages and have cut down on my daily calories and especially fat grams in order to reach a healthier weight and BMI. Looking for healthy recipes that are satisfying. Eating more fish.”

PROGRAM HIGHLIGHTS



NEW INDIRECT
Interventions Due
to COVID-19

Including handouts for 300 Cheboygan County residents receiving Senior Market Fresh coupons for fresh fruits and vegetables to be used at local farmers' markets.

The most critical time in a person's life is the formative years between the ages of birth and five. Michigan State University Extension supports early childhood development through programs that help prepare Michigan's children from birth to eight years old for school and life success. MSU Extension improves school readiness by teaching parents and early childhood professionals methods to help increase early childhood math, science, reading and literacy knowledge. MSU Extension also provides programs that help set children up for school and life success by providing parents and early childhood professionals tips on how to help children practice mindfulness techniques and grow on a social-emotional level.

Child and Family Development

Parenting and Provider Education

Parenting Hour: Parenting hour is 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, mindfulness, screen time, play, toddler development, literacy and resilience.

Family FAQ's: Family FAQ's is a live one hour program features MSU Extension child and family development experts answering pressing parenting questions. Topics covered in these sessions include Let's Talk: Parent Provider Communication, Screen Time, Preschool U, Surviving Virtual School for Parents and Mindfulness.

Local Early Childhood Education Classes: One-time presentations ranging from 60-90 minutes on a variety of early childhood topics, including, positive discipline, toddler development and social emotional health. These trainings were attended by parents, childcare providers, early childhood professionals, foster care workers and grandparents attended these programs.

The Child and Family Development team facilitated 232 classes, reaching 8,862 community members.

Online Parenting Series: We offered three different online series workshops ranging from **Guiding Principles for Highly Effective Families**, **Building Early Emotional Skills (BEES)** and **Parent Talk**. So far there have been 27 series workshops that have consisted of 119 sessions and have reached 359 people.

Mindful Monday posts on the MI Stronger Family Facebook page provide tips and tricks for parents, child care providers and early childhood professionals on how to help children better understand emotions and how to cope with strong emotions in a healthy way.

The virtual calming room page was created by a group of individuals from the Children and Youth Institute with the purpose of providing a place youth and adults can go (virtually) to take care of themselves, calm, reset, re-center, or just take a break in their day. The virtual calming room has a variety of resources, some of which are exclusive to MSU Extension, and some we have curated from other sites. This page will be refreshed on a quarterly basis, where we will be adding more MSU Extension content, including videos produced by our own 4-H youth! Visit this link to check out the virtual calming room: <https://www.canr.msu.edu/virtual-calming-room/>

Kit work included social emotional health, literacy and STEM activities. These kits were created to provide parents, caregivers and early childhood professionals a set of different activities that they can do with their children at home or in childcare centers to extend a child's development and learning. Some activities from these kits include creating a calming jar, body scan, building encouragement, reading with emotions, feeling mask, emotion cards, clothespin letters, cereal box search, flip-flop rhyming, birds eating worms, glitter gelling, breathe- cotton ball challenge, colorful rain, dancing raisins, let's race: force and friction and magnetic bottle.



Supporting Food and Agriculture

MSU Extension facilitates the growth of agriculture, Michigan's second largest industry. Locally, we help are farmers increase their efficiency and productivity through consultation and on-farm research conducted right here in Presque Isle County. We also serve the agriculture industry by connecting our producers to MSU faculty and experts across the State to identify solutions to their production challenges. In addition to serving farmers, we also serve the sportsman, home gardeners, and the general population at large by providing consultation, expertise, and education in agriculture related ventures.



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. Paul Gross and Christina Curell, Agriculture and Agribusiness Extension Educators, answered many questions and consulted with growers and landowners throughout the region.



2020-2021FY Highlights:

- On-farm research projects covering Soybean, Corn Silage, Corn and Soil 4 area field days, drawing 94 participants.
- 1 local virtual field day with 30 participants.
- Local growers participated in 4 commodity based Virtual Field Day

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.



Extension Professionals Serving Cheboygan County

Staff Located in Cheboygan County Office:

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