



# Cheboygan County

## 2019–2020 ANNUAL REPORT

### BY THE NUMBERS



Residents attended over 59 programs between January and July 2020, including remotely during COVID-19 shutdown



4-H youth in Cheboygan County enroll in college at a rate 9.9% higher than non-4-H youth



58 soil test kits purchased by Cheboygan County residents



4 Extension professionals based in Cheboygan County



546 Cheboygan County residents were reached by MSU Extension Health and Nutrition programming



1,294 Cheboygan County Residents utilized over 200 different programs and services

100

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



MSU Extension website received 2,725 visits from Cheboygan County

### MESSAGE FROM THE DISTRICT DIRECTOR



During 2019, Michigan State University (MSU) Extension continued to partner with Cheboygan County to strengthen youth, families, businesses and communities. In this report, we will highlight local and statewide programs that made a difference in Cheboygan 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 Cheboygan County residents improve their lives, their work places and their communities during the novel coronavirus pandemic. MSU Extension Cheboygan 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 Cheboygan County and we're looking forward to another successful year ahead.

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UNIVERSITY

**Extension**



# 4-H



## Program Highlights

State 4-H Rabbit Show, January 25, 2020. Five Cheboygan County youth traveled to MSU to participate in this statewide 4-H rabbit competition. For three of the youth, this was their first experience at a state-level rabbit show. The youth had fun meeting other youth, who are passionate about rabbits, from all over the state. They also learned tips and tricks about how to care for and groom their rabbits. While waiting for their turn to show, they played fun educational games. For example, in one game they had to match the rabbit breed pictured on a card with an actual rabbit of that breed at the show.



## Adult volunteers are an important part of the 4-H program's success!

The 4-H Program is delivered to youth by caring adult volunteers. This past fall 4-H adult volunteers had the opportunity to attend a training where they could continue to strengthen their skills in communication, teamwork, conflict resolution, and goal setting. Volunteers learned about their specific teamwork style and how that impacts others on the team. They also discovered their "real colors" or personality traits and learned about the value and importance of each color.



## 4-H GROWS HERE





# Youth Spotlight

COVID 19's impact on the rabbit show schedule became very clear in March—everything is canceled. Even the National American Rabbit Breeders Association (ARBA) Conference was canceled. Cheboygan County 4-H youth member, Thomas Tafoya, had been looking forward to participating in many of these shows and attending the national conference. He was extremely disappointed and began looking for ideas on how the shows could still happen.

He decided it was possible for rabbits to be shown virtually and launched the Virtual Rabbit and Cavy Show group on Facebook. Each week Thomas opens a show, youth and adults can post pictures of their rabbits. Then judges review the photos, post comments and place the rabbits. Thomas organizes the shows, answers questions and finds and coordinates with rabbit judges. As the popularity has grown, he has also recruited others to help with the administrative tasks of the group. Recently they also added virtual ribbons and awards.

Thomas' group has grown from a few friends in Michigan to its current membership of 4,318 members from all over the United State and the world! A few weeks ago he added Cavy shows, as well. Thomas took his disappointment over the impact of COVID 19 on the world and turned it into an incredibly successful virtual platform for people from all over to connect over their passion—rabbit and cavies!

## 4-H goes virtual!

As families transitioned to staying safe and staying home, 4-H also adapted to offering programs in an online format. Here are some programs that Cheboygan County youth participated in:

- **Let's Grow Giant Pumpkins!** March to October. Seven youth received giant pumpkin seeds with an indoor starter kit and planting and care instructions.
- **National Parks Virtual Tour:** April to May. Two youth joined this weekly series. Each week a different park was featured along with getting to meet and talk with a park ranger who works at that park.
- **Home Alone:** April 20-23. One youth joined and learned about fire safety, healthy snacks, safe food prep, first aid, boredom busters, etc. that helped prepare her to safely stay home alone.
- **Rabbits, Educational Series:** May to June. Five youth joined approximately 45 others from across the United States on the bi-weekly sessions where they learned about all things related to rabbits.
- **Snapshots of Rural Life Photo Challenge:** May 25-29. Two youth entered photos in response to a series of challenges to tell the story of real-life in rural Michigan.
- **Chicken Lessons:** June to July. The Bun Chicks 4-H Club continued meeting bi-weekly and adjusted to a virtual environment. Seven youth are participating.
- **Cue the Monarchs!** June to August. Five northern Michigan counties are partnering to offer this weekly online series about Monarchs, their habitat, how to track their migration and so much more. Two Cheboygan County families have been attending.
- **Life of the Straits:** July to August. Two Cheboygan families have joined with others from across the state to explore different Straits location's history, ecology, economy, etc.
- **Cheboygan County 4-H Virtual Showcase** (aka online fair): August. Youth will have the opportunity to enter photos and videos of their 4-H projects and meet virtually with judges for feedback.

**This is only a portion of all the statewide virtual 4-H programs that have been made available to Cheboygan County youth and families.**

# Child and Family Development

## Early Childhood

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.

## Outreach

From August 2019 to August 2020, several **early childhood** programs were delivered throughout Cheboygan County. Extension Extras 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, 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. Impacted as a result of these programs were 5,701 children ages 0-8 and 6,349 children ages 9-12. 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, 88% felt prepared to support their child's learning in the topic area presented, and 85% had techniques to help young children. Three five-week parenting series on Guiding Principles for Highly Successful Families were held as webinars this spring. Overall, 196 parents enrolled in these series and 54 have completed the course to date. Additional programs held were Building Early Emotional Skills (BEES), the Family Fun Day Table and Cloverbud Camp, a partnership with 4-H for children ages 5-7.



## Impacts

- Parent: "This program has made me more aware of my son's needs. Even at 2 months old he is developing so much!"
- Parent: "Lots of good info. Good to stop and think about how a child feels, see how children feel and how they should be treated!"
- Parent: "Keep up the good work! This is a great program and will always be necessary and have purpose. Thank you!"

**"Every child has his or her way of dealing with and understanding of the world. With small steps and repeating, you mold a child to be a person of society!"**

**-Child Care Provider**



# Government and Public Policy

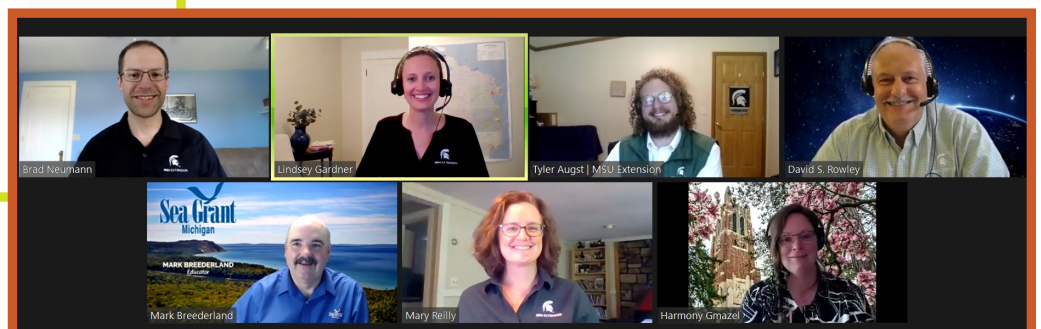
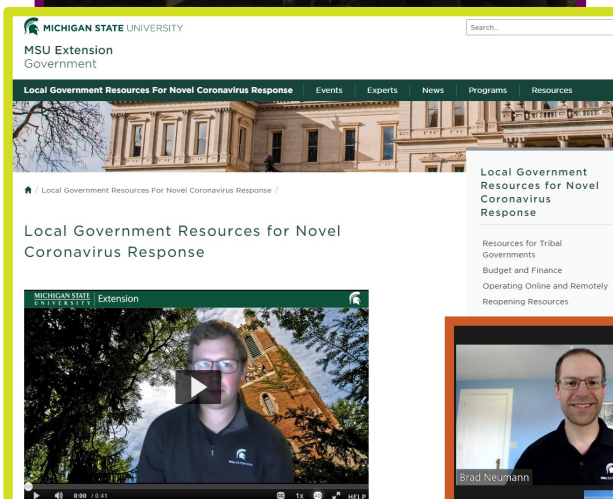
## MSU Extension trains Local Government Officials In-Person and Online

For 6 weeks in September and October of 2019, 30 local elected and appointed officials from across Cheboygan and Emmet Counties met for to learn about best practices in planning and zoning. MSU Extension experts came from around the state to present on topics like ethical decision-making, the master planning process, zoning ordinances, placemaking, and more. Some graduates of this program joined over 50 others to continue their land use education at our Zoning Administrator Certificate training for 3 days in February.



Beginning in March 2020, as a response to the Novel Coronavirus, we created a special webpage for local government officials to find the latest resources and trainings on budget and fiscal strategies, hosting secure online public meetings, and planning for reopening. There have been 2,159 page views in the last 3 months. Through a brief survey on the site, local leaders can communicate emerging needs and concerns directly to our staff. We respond directly to requests, including those from Cheboygan County, and updated the resources and online training videos accordingly.

Finally, on June 4, 2020, we hosted our first-ever virtual Advanced Academy Conference. Although we were unable to meet in-person, 47 participants from across the state, came together online to learn about high water issues, climate health, and hazard mitigation planning.

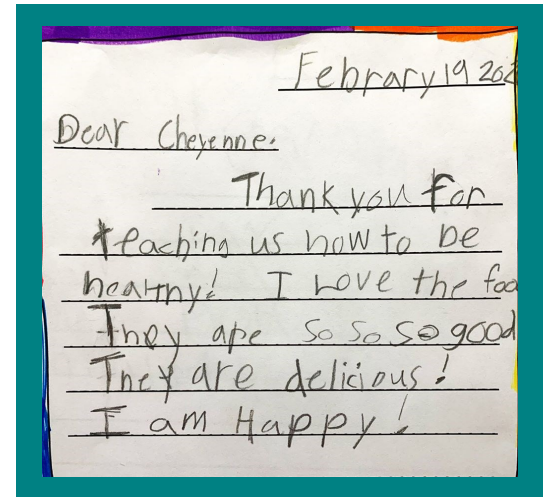


# Health and Nutrition

Michigan State University Extension provides research-based nutrition and physical activity education to qualifying audiences through a statewide USDA Supplemental Nutrition Assistance grant. Programs and outreach from MSU Extension aim to increase healthy food choices on a limited budget, and increase the likelihood that adults and youth will choose physical activity rather than sedentary behaviors.

## Cheboygan East Elementary School

In partnership with Wayne State University and Blue Cross Blue Shield, Cheboygan East Elementary school received the Building Healthy Communities Grant. This grant provided playground equipment, gym equipment, Physical Education curriculum, incentives for teachers and students, as well as nutrition education from MSU Extension. Weekly a group of 50 students met for Healthy Kids Club, an after school program designed to get kids moving, and learning about healthy habits. A small group of student leaders chose to also implement a recycling program, which led to 9 pounds of sporks being recycled in 7 school days, an impact that would have been much greater had they been able to finish their normal school year. Through weekly nutrition lessons, students learned about whole grains, alternative proteins, dairy, and choosing more fruits and vegetables.



## Young Adult Programs

Thanks to a generous grant from Cheboygan county, we were able to provide a cooking demonstration with take-home groceries to a small group of students at Compass Academy this past fall. Twice a week students met to learn about reading food labels, budgeting for groceries, as well as getting the opportunity to cook together. After preparing a meal together students were able to take home ingredients to prepare the meal for their families. This provided these students with important life skills and kitchen basics, such as proper knife use, reading a kitchen thermometer, safe food handling, and nutrition facts.

## Adult Programming

In partnership with Alcona Health Center we provided a one-time presentation about cooking basics. MSU Extension provided nutrition handouts for adults participating in Senior Market Fresh this summer. Due to the COVID19 Pandemic, we were unable to continue planned programs for adults. Many online opportunities have been available beginning in March, and continue to be available throughout the summer.

## Show Me Nutrition

This year we provided 6 weekly lessons to 6 classes at NEMCSA Head Start and 3 classes at Wolverine Elementary. These classes include learning about healthy choices, physical activities, and tasting new foods.





# 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.





# Supporting Food and Agriculture



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 offices.

## 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.



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.





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/May 2020 brought together over 418 anglers, charter captains, and others with fisheries researchers and managers from across Michigan. Participants gained a 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. Workshop recordings are accessible online: <https://bit.ly/misqfish>

## The 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.

In 2019, 4,033 *Northeast Michigan youth* were engaged in hands-on learning through a variety of Great Lakes and natural resource stewardship projects supported through this NEMIGLSI partnerships; and 85 *educators from 26 schools* were supported through partnerships and sustained professional development facilitated by MSU Extension and Michigan Sea Grant.

Striving to support educators in times of uncertainty, the NEMIGLSI partnership and our Sea Grant Center for Great Lakes Literacy is currently supporting local schools and nearly 30 formal and non-formal educators participating virtually this summer in the Lake Huron Place-Based Education Summer Teacher Institute. This course—traditionally a 3-day in-person course—has been adapted and now offered as an online, interactive 'Go with the Flow' (learn at your own pace) course for educators.



Great Lakes Literacy Principles			
#30 Summer Institute Coffee hour, #1...	Optional		Edited Jun 28
#29 Reflecting over Time (Exit Ticket) #1...	Exit Ticket		Due Jun 30
#28 Resources to Connect to Great Lakes...	Do		Due Jun 30
#27 Relationship Building Assignment #1...	Discussion		Due Jun 30
#26 Great Lakes Literacy 101	Do		Due Jun 30
#25 Great Lakes Literacy 101	Study		Due Jun 30
#24 This Week's Flow	Watch		Due Jun 30
#23 Weekly Check-in #3	Check In		Due Jun 30
Place-Based Stewardship Education 101			
#22 Summer Institute Happy hour	Optional		Edited Jun 28
#21 Reflecting over Time (Exit Ticket) #2...	Exit Ticket		Due Jun 22
#20 Amplifying Youth Voice	Do		Due Jun 22
#19 Amplifying Youth Voice	Study		Due Jun 22
#18 Deepening the impact of PBSSE	Do		Due Jun 22
#17 Deepening the impact of PBSSE	Study		Due Jun 22
#16 Embracing PBSSE Teaching & Learning...	Do		Due Jun 22
#15 Embracing PBSSE Teaching & Learning...	Study		Due Jun 22
#14 Connecting With Your Community	Do		Due Jun 22
#13 Connecting With Your Community	Study		Due Jun 22

# Extension Professionals Serving Cheboygan County

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### MISSION:

**Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical needs and issues and opportunities.**

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