



Cheboygan County

2018–2019 ANNUAL REPORT

BY THE NUMBERS



416 youth in Cheboygan County reached by MSU Extension programs, including 4-H, SNAP, and Sea Grant programs



Over 40 MSU Extension professionals providing education to Cheboygan County residents



50 soil test kits purchased by Cheboygan County residents



MSU Extension website received 3,244 visits from Cheboygan County. 72% were first time visitors



4 Extension professionals based in Cheboygan County

100

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

MESSAGE FROM THE DISTRICT DIRECTOR

I'm delighted to share the results of another successful year of partnership between Cheboygan 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 Cheboygan 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 Cheboygan 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.

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Extension

4-H PROGRAM HIGHLIGHTS



4-H: Animals and so much more!

Animal projects have been the traditional part of 4-H for a long time. In response to a decline in youth participating in small animal (rabbits and poultry) projects, the Cheboygan County 4-H Program has continued to focus on growth in this area. The Small Animal Club that was established last year grew from only three youth members to 13 this year. Most of these youth are brand new to 4-H. The youth are encouraged to participate in the county fair – a great place for them to demonstrate what they have been learning during the year. Three new youth will be participating in the county fair for the first time.

4-H also excels in many other project areas. This past year the county program focused on exposing youth to project areas beyond animals. 4-H partnered with Wolverine Schools and MSU Extension's Early Childhood Education and offered a Family Science Night in the fall and a Family Literacy Night in the spring. Both nights encouraged families to work together in exploring the many hands on educational stations. The 4-H Program Coordinator also assisted the math teacher with a rocket project that taught students about angles, velocity, and data collection, but also about teamwork, problem-solving and communication.

This spring, Wolverine students in the 8th grade science class explored the 4-H Beginning of Life (embryology) curriculum. The class observed the life cycle of a chicken by incubating 39 chicken eggs, watching the embryo develop and finally, celebrating the successful hatching of 28 chicks. The science teacher related the chick development and growth to the human development and growth process. When candling the eggs after the first week in the incubator, many students were amazed by the movement of the embryo and exclamations of "It's alive!" were heard repeatedly.

Youth also had the opportunity to participate in afterschool programs that were non-animal related. A six week STEAM (science, technology, engineering, arts, and mathematics) Club and a Babysitting Club were offered in partnership with the GLOW Community Center (an afterschool youth program). Youth, who participated in the Babysitting Club, received First Aid and CPR certification and also learned about child development stages, appropriate games, how to make healthy snacks, how to be safe and safely market their babysitting business. The after school cooking club, Wolverine Young Chefs, is in its fifth year and had ten youth enroll. The club leader is beginning to utilize teen leaders, who have been members of the club since the beginning, to teach newer members many of the skills that they had learned in previous years.

Investing in Cheboygan 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.



Volunteer & riders from Proud Equestrian Program's Camp Rein or Shine, a therapeutic horseback riding camp for youth with disabilities.

The Cheboygan County 4-H also added programming during the summer to give youth opportunities to remain engaged in healthy activities. Life of the Straits was launched in June. This four part series is designed for families to learn more about the rich cultural history and important environment in the Straits of Mackinac region. Four counties – Chippewa, Mackinac, Presque Isle and Cheboygan are partnering and coordinating this event.

It began in Cheboygan with a tour of the Coast Guard ship and a trip up the Cheboygan River on Nautical North Family Adventures' glass bottom boat. Youth learned to drive the ship through a simulation and got wet learning about the importance of damage control when there is a leak. On the river, they came face to face with a live sea lamprey and learned about this invasive species and what is currently being done to control its influence on the lakes and rivers.



4-H Summer Campers "dissect" logs and discover all the different kinds of organism that make the log their home.



Cheboygan County 4-H youth member, Trixie Charboneau, shows her rabbit, Do-nut, for the first time at the Northern Michigan 4-H Rabbit and Poultry Palooza.

In July, families will tour the Sault Locks and border crossing facilities. In August, they will travel to Rogers City. In September, the capstone event, will be a trip to Mackinac Island where they will learn more about the past inhabitants of the island by exploring the historic cemeteries and complete a Monarch butterfly survey and tagging.

The program has **12** families for a total of **41** individuals participating.

Government and Public Policy

Collective Impact

This year, a new MSU Extension program about “Collective Impact” was rolled out for two diverse community groups in Cheboygan. The training teaches an innovative method of collaboration that is shown to tackle complex community problems in a structured way. The first group to complete the training was “Pulling Together Cheboygan”, a group of diverse stakeholders working to improve outcomes for children and youth.

The second training was convened by the Cheboygan Area Chamber of Commerce for those working in the area of economic development. Participants across both programs included elected and appointed officials, business owners, government staff, educators, board members from foundations and other nonprofit organizations, and local residents. Cheboygan is the first community to benefit from this collaborative program.

Opportunity Zones

This spring, MSU Extension presented a statewide program called “Opportunity Zones: There’s No Place Like Home” in partnership with the Michigan Economic Development Corporation and the Michigan State Housing Development Authority. There were six regional trainings held across the state, the largest in Grayling on May 13th, 2019. Nine local leaders from Cheboygan county participated in the program.

The goal of the half day workshop was to educate local decision makers on Opportunity Zones, a new federal tax incentive that launched in 2017. The incentive aims at directing private investment in low income census tracts. In Cheboygan county, the designated census tract is on the west side of the City of Cheboygan and into Beaugrand Township. Other nearby zones include Mackinaw City, Bois Blanc Island, and St. Ignace.

Workshop participants learned the fundamentals of Opportunity Zones including how they were selected and explored possible community impacts of the program. They were also given tools to market potential projects to investors. One program participant said, “This program is a great overview of the Opportunity Zones. It has left me with a lot of questions. [I plan to] open communication with this through the planning commission to create a list and marketing strategy.”



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 17 from Cheboygan county 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.



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 (MSUE) supports early childhood development through programs that help prepare Michigan's children from birth to eight years' old for school and life success. MSUE improves school readiness by teaching parents and early childhood professional's methods to help increase early childhood math, science, reading and literacy knowledge. MSUE also provides programs that help set children up for school and life success by providing parents and early childhood professional's tips on how to help children practice mindfulness techniques and grow on a social emotional level.

Outreach

From August 2018 to August 2019 several early childhood programs were delivered throughout Cheboygan County. Three parenting series were conducted using the Nurturing Parenting and Guiding Principles for Highly Effective Families curriculum. These series reached **24** people.

There were **7 one-time presentations** taught on the following topics Essential Skills for Learning and Life, Positive Discipline, Inquiring Minds Want to Know: Science for Young Children, Understanding A Toddler's World, Mindfulness for Children: Helping Children Manage Stress and Setting the Stage: Promoting Social Emotional Health in Young Children. These one-time workshops reached **30** adults. Through these one-time presentations **119** children from 0-8 and **43** children from 9-12 were impacted in Cheboygan County. Evaluation data from these programs show that **44%** of adult participants stated they gained understanding of importance of actively supporting a child's learning, **100%** agreed or strongly agreed that they understood how the topic was related to health development, **100%** felt prepared to support learning and growth in the topic area that was presented to them and **56%** gained techniques to help young children learn.

A 4-H Babysitting Special Interest Club (a short term, 6-week club) was held in Indian River. The purpose of the Babysitting Club is to help youth become confident in caring for children and keeping youth safe. Through this curriculum youth learned basics of babysitting and child development. They learn about how to respond to different scenarios they may face while caring

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

-Child Care Provider



Graduates from the Babysitting SPIN Club course that took place at the GLOW Community Center in Indian River, MI.

for children and work to build skills that will better prepare them for babysitting jobs or careers in early childhood or child care. Participating youth also learned safety tips from Ron Fenlon, a Cheboygan County School Liaison

Child and Family Development

Officer, health and nutrition tips from MSU Extension's Community Nutrition Instructor Cheyenne Farr and became CPR/First Aid certified by Lori Crowe, an AHA CPR/First Aide Instructor. Upon completion of the class, the youth participants stated that they wish the class was longer!

MSUE's Early Childhood Program Instructor also partnered with 4-H and the Wolverine School District to host two family engagement nights on the topics of science and literacy. Family engagement nights focus on teaching activities that families can do at home with their child, have fun while learning and build a positive relationship with their children.

MSUE's Early Childhood Program Instructor partnered with the Cheboygan-Otsego-Presque Isle Great Start Collaborative and their strengthening families group to assist with a Lunch and Learn on the Importance of Outdoor Play that took place in Tower. At the lunch and learn the benefits of outdoor play physical activity, and outdoor safety were discussed. Children and families in attendance went on a scavenger hunt, did some bubble dancing and had fun together doing leaf rubbing art. It was a great hands on learning experience for the children and the families.

Partnerships that impact MSUE's work in Early Childhood Development include: The Department of Health and Human Services (DHHS), probate court, the Great Start Collaborative for Cheboygan, Otsego and Presque, Northeast Michigan Community Service Action Agency (NEMCSA) Early Head Start and Head Start, St. John Lutheran Church, 4-H, early childhood providers and Great Start to Quality.



Making calming jars during a Mindfulness: Helping Children Manage Stress workshop. Calming jars are an excellent tool to help children learn to self-regulate, as well as, showing children & adults how cortisol, the stress hormones affects the brain.

IMPACTS:

- Mother: "I've been working on everything with him, he is actually listening to me!"
- Child Care Provider: "I plan on doing more experiments with the children in the near future!"
- Child Care Provider: "It helped me better understand toddlers. It also gave me a lot of techniques to use in my daycare setting!"
- Parent: "I will use patience, clear boundaries and appropriate consequences to give positive discipline!"

COOKING MATTERS



SMOOTHIE TESTING



SPINACH SALAD



Health and Nutrition Highlights

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.

Cooking Matters

In partnership with Alcona Health Center, we are providing two Cooking Matters series. This class offers nutrition basics, as well as food safety, and the opportunity to practice different culinary techniques in the kitchen by preparing a meal together in class. After each class, participants receive free groceries to prepare a recipe at home. This series focuses on preparing meals for a family of four for less than \$10, basic food safety, as well as shopping basics.



Senior MarketFresh

This year, in partnership with Cheboygan Council on Aging, Cheboygan County, and United Way, we distributed **\$14,240 in coupons** for eligible seniors through the statewide program, Senior MarketFresh. This summer, **356 seniors** received coupons. This program allows seniors to access fresh, local produce in the effort to increase fruit and vegetable consumption, and to support local farmers in the area.

In 2019, MSU Extension, Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs reached **457 adults and youth** in Cheboygan County through one time presentations and 6 week series.

Show Me Nutrition

MSU Extension provided six monthly nutrition lessons, and food tastings at Wolverine Elementary. This provided **69 students** with knowledge of nutrition labels, food groups, and food safety, as well as 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 educational programs. 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.



Last year, MSU Extension partnered with Michigan's agribusinesses and local farmer to conduct 5 different variety trials, providing producers with essential yield and quality data for corn, corn silage, soybean, potato, and malting barley varieties. This data is very important to area farmers, as it allows them to select the best performing seed to plant in their fields, and is one of the only sources of such information generated in Northeast Michigan. With a great deal of yield potential determined by crop genetics, data driven variety selection helps farmers to maximize their revenue, which is critical in helping farms in our communities stay in business despite the struggling economy.



- Four field days highlighting these trials in 2018 attracted a total of **83 participants**.
- **80%** (n=20) of respondents at our soybean field day reported that they intend to change their soybean management practices based on the information receive, and suggested that these management changes would effect a total of **13,225 acres** of soybeans in 2019, generating a average of **\$13 per acre** in savings or revenue, or **\$79,375 total**.

In addition to variety trials, we also conducted 8 other input and management trials last year pertaining to critical local needs. These studies included wildlife repellants, fertilizers, cover crops, and selecting the optimal soybean maturity groups for maximum profitability in different crop rotations. We also continued to monitor and update farmers on the status of current and emerging pest issues; such as the increased presence of Western Bean Cutworm (WBC) experienced last year, and the new issue of herbicide resistant weeds that have made their way into our region.





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 Works

Four **Lake Huron Regional Fisheries Workshops** in 2019 brought together nearly 330 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.

The Northeast Michigan Great Lakes Stewardship Initiative

The Northeast Michigan Great Lakes Steward Ship Initiative (NEMIGLSI) is a place-based education partnership that engages youth in Great Lakes and natural resource stewardship projects provides support for schools and educators facilitates school-community partnerships.

In the 2018-19 school year, *238 Cheboygan County youth* were engaged in hands-on learning through variety of Great Lakes and natural resource stewardship projects supported through this NEMIGLSI partnership. Three *educators from Cheboygan County* teachers were supported through partnerships and sustained professional development facilitated by MSUE in this same school year; including a locally held Lake Sturgeon Science workshop for teachers and a regional mentoring program sponsored by our Sea Grant Center for Great Lakes Literacy.

Of highlight, Inland Lakes Elementary and Cheboygan Intermediate School students were supported by a NOAA B-WET watershed education grant secured by MSUE. These students raised a Lake Sturgeon in their classroom in partnership with local DNR Fisheries, Sturgeon for Tomorrow, and MSU Dept. of Fisheries and Wildlife. Funds from this grant supported watershed studies in connect with their fisheries project, including visits to local museums, a shipboard exploration out on Lake Huron with Nautical North, and local stewardship projects such as a beach clean-up at Gordon Turner Park.

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



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