



Chippewa County 2019 ANNUAL REPORT

BY THE NUMBERS

100+ Over 100 years serving Chippewa County



4 Extension professionals providing education in Chippewa County



1,181 youth involved in 4-H and other youth enrichment programs



42 students currently enrolled, 419 MSU alumni live in Chippewa County



1 MSU Partner Hospital



MSU Extension website received 1,108 Chippewa County visitors; 71% were first-time visitors



\$175,374 spending with local businesses



\$3,546,763 MSU total economic impact in Chippewa County

MESSAGE FROM THE DISTRICT DIRECTOR



During 2019, Michigan State University (MSU) Extension continued to partner with Chippewa County to strengthen youth, families, businesses and communities. In this report, we will highlight local and statewide programs that made a difference in Chippewa 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 Chippewa County residents improve their lives, their work places and their communities. It is an honor and a privilege to serve Chippewa County and we're looking forward to another successful year ahead

Erin Carter, District Director

Program Highlights

NUTRITION EDUCATION

Best Quotes

"I have been using your advice when I get a sweet tooth, now I combine Greek yogurt and peanut butter to eat as a snack instead of eating peanut butter pie."
"My kids are super picky eaters but they love your tremendous trail mix recipe! I like how fast and easy it is to make and I'm glad that they're getting whole grains".

Background

This success story takes place at a residential treatment center where I program year round. We use a mix of curriculum including "Eat Healthy be Active", "Cooking Matters", and "Teen Cuisine". The target audience is adults only, some of which are parents or guardians of young children. I use a 5-6 session system that I start over once completed. Partners for this setting include Northern Transitions, who operate and facilitate the Treatment centers in our area. Being an ongoing series, I sometimes get repeat participants from previous fiscal years. This particular participant had completed my series the previous year and this success story comes from her testimonial upon enrolling in my series again this year.

Story Narrative

The individual has 3 young children that reside at the treatment center with her. She always expressed to me that she is very open and willing to eat healthy and make better food choices but raising 3 kids on her own is the hardest barrier for her. They are very picky eaters and she has a hard time finding healthy meals that they all can enjoy together. After providing ways that I use and facilitate healthy eating habits for youth, she graduated and left the treatment center. After a year, she came back into treatment, where I was able to catch up with her and find out how she used the information that I had provided. With plenty of enthusiasm she told me that some of the tips that I provided for her worked very well. On the very first session of seeing her back, she informed me of the importance, usability, and sustainability of the information I gave her. Since the last time she was enrolled in my program, both her and her children have made healthier choices within their diet.



SPartners for Health

A School- and Web-based Nutrition and Physical Activity Program for Obesity Prevention and Promoting Health in 5th Grade Public School Students and their Parents. U.P. wide dissemination through public universities of SPartner multilevel programming. SPartners aims to have children and parents meet national recommendations for physical activity, nutrition, and screen time.

Participation in Chippewa

#44 5th Grade Students received SPartner Lessons

#12 University Students trained in Pediatric Cardiovascular Risk Disease Profile and/or mentorship as an academic service learning experience

Program Highlights



FRTEP Conference



FRTEP Conference



Fall Beekeeping

ENGAGING LOCAL PARTNERS IN NATIONAL CONFERENCE

September 30 through October 3rd our MSU Federally Recognized Tribes Extension Program (FRTEP) hosted the National FRTEP Professional Development Conference in Sault Ste. Marie bringing extension educators from across the county to our community. Many local partners joined the conference as attendees and some as presenters sharing models of their collaboration with our local extension team. The conference keynote and follow up session on sourcing local food for K-12 and early childhood education programs by Alena Paisano with National Farm to School Network was especially well attended by local partners. Local attendees included staff from the EUPISD, Boys & Girls Club, JKL Bahweting, Bay Mills Health Center, Bay Mills Community College and Sault Tribe Early Childhood Education, Housing Authority and Community Health Departments. We're grateful to have been able to host the national grant conference here in Chippewa County so that our local community could also leverage the benefit of the national speakers!

Farm & Garden Education at Waiskey Bay Farm

MSU Extension is grateful to partner with Bay Mills Community College, Bay Mills Community Health and the Chippewa Luce Mackinac Conservation District to host workshops and hands-on education for everyone from backyard gardeners to large farms with grazing operations. Programs are free and open to all. Popular 2019 program topics included:

- Seed Saving
- Master Composter Training
- Farm Field Day - with special focus on Growing Potatoes, Vermiculture, Beekeeping and Three Bin Compost Systems
- Community Seed Starting
- Winterizing Your Beehive

To learn more about upcoming events contact Kat Jacques at odonne94@msu.edu or follow our Federally Recognized Tribes Extension Program (FRTEP) on social media <https://www.facebook.com/FRTEPwithMSU/>

Program Highlights

Matter of Balance- Fall Prevention Programming:

Tracie Abram, MSU Extension Educator along with UPCAP Volunteers, Chris Smith, Ann Wood and Joann Barry provided this series in Newberry, Grand Marais, Manistique and **Sault Ste Marie**. This series is free to seniors and provides skills and techniques to improve strength, flexibility and coordination and balance both physically and psychologically. This series will continue to be offered for free through 2020. Contact Tracie Abram, MSU Extension Health Educator at 906-235-2985, if interested in attending a series, or visit the MSU Extension Events Management website to find programming in your county. <https://www.events.anr.msu.edu>



Matter of Balance Fall Prevention Programming offered to residents in Chippewa County

Social-Emotional Health Programming:

MSU Extension Health Educator, Tracie Abram, continues to provide **RELAX** and **Stress Less with Mindfulness** programming series to help participants improve stress management, problem solving attention and focus. Residents of Delta, Schoolcraft, Luce, Mackinac, **Chippewa**, Alger and Marquette Counties have had opportunities to participate in these program series. Abram has offered these series as community-based programming as well as to students in high school health classes, seniors and recently in 2020, at the Delta County Jail. Tracie has also provided work-site wellness programming or one-time presentations in 2019 to Community Action Agencies, Great Lake Industries, Girl Scouts, Senior Centers, 4-H and Civic Groups. Seniors or adults aged 55+ can participate in **Stress Less with Mindfulness** for free due to grant. RELAX costs \$25 for the five-session series. Anyone interested in learning more about these programs, or want to participate in these series, can contact Tracie at 906-235-2985 or visit the MSU Extension Events Management Calendar for a listing of programs offered in your county. <https://www.events.anr.msu.edu>



RELAX and Stress Less with Mindfulness programs offered to residents of Chippewa County

Investing in Chippewa County Youth with 4-H

*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 civically active, and **2X** more likely to make healthier choices.*



Justice Bernstein with Chippewa County local judicial staff

CHIPPEWA COUNTY CONSTITUTION DAY

Chippewa County 4-H hosted its sixth annual Constitution Day on September 20, 2019 at the Chippewa County Courthouse. There were approximately 200 students in attendance from Brimley High School, Sault Area High Schools, Cedarville High School, and Pickford High School.

Keynote Speaker was Michigan Supreme Court Justice Richard Bernstein. Justice Bernstein became the first blind justice elected to the Michigan Supreme Court in 2014. Students who attended the event were able to interact with Justice Bernstein by asking many questions about the judicial system.

The students participated in two court case discussions facilitated by local attorneys and Judicial Staff from the 50th Circuit Court, 91st District Court and Chippewa County Probate Court. Sponsors of the event were Eastern Upper Peninsula Intermediate School District, League of Women Voters, Chippewa County 4-H and Chippewa County Court



Maggie Merchberger, Chippewa County 4-H Program Coordinator, Michigan Supreme Court Justice Richard Bernstein, Susan Kirkman, Mackinac County 4-H Program Coordinator



Michigan Supreme Court Justice Richard Bernstein addressing the students at Sault Area Public Schools



Michigan Supreme Court Justice Richard Bernstein shown here with the Constitution Day Committee Members

Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities, and businesses. For more than 100 years, MSU Extension has helped grow Michigan’s economy by equipping Michigan residents with the information they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to dream of successful futures. For more information about the programs we offer please refer to the contact information below.

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