



Huron County

2020 ANNUAL REPORT

BY THE NUMBERS

100+

Over 100 years MSU Extension professionals have provided education to Huron County residents



\$46,572 spending with local businesses in Huron County



85 Huron County students enrolled at MSU



MSU disbursed \$1,833,553 in financial aid to Huron County students



717 MSU alumni living in and contributing to Huron County



1,371 youth involved in 4-H in Huron County youth development programs



\$5,598,955 total economic impact in Huron County

Message from the District Director

To say 2020 was an unprecedented year does not do it justice. Our nation, indeed the entire world, was thrust into the uncertainty and fear of battling an invisible enemy called COVID19. And everything changed – our normal activities, so long taken for granted, seemed forever altered. From grocery shopping to youth sports, from local schools to factories, from fairs to health clubs, from mass transportation to worship, nothing was left untouched by the threat posed by this virus. We had no choice but to reinvent methods of collaboration, education and community. We had to find new ways to deliver products, services and compassion to our families, our co-workers and our community. I am proud to say that Michigan State University Extension was up to this challenge. We were prepared to move into the environment of virtual education and collaboration. Moreover, we ensured that our customers – the residents of Huron County – were well served with the high quality, evidence-based curricula to which they have become accustomed. From stress management to disease prevention, from tourism to food insecurity, from nutrition to food safety, from livestock to field crops, MSU Extension hit the ground running – actually increasing our reach in the midst of this pandemic.



Thank you for supporting MSU Extension and for partnering with us to make a difference.

Jerry Johnson, District Director
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canr.msu.edu/huron/index



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MSU Extension District 10
Huron County 4-H
Family Nutrition Program



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@MSUExtension

Ensuring Safe and Secure Food



Reducing Foodborne Illness Through Education

Food Safety is a global issue from farm to table. Its impact on our health and well-being is significant across the life span. Foodborne illness outbreaks occur on an ongoing basis crossing all socioeconomic lines from production, to consumption and preservation. Overall health is impacted by the safety of the food supply and foodborne illness. To educate consumers about keeping their food safe, MSU Extension provides multiple food safety educational programs as well as food safety campaigns to increase the consumer's awareness and knowledge.

**Huron County
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ServSafe Manager Certification Training

ServSafe manager certification and education was provided for 62 foodservice employees. This course provides education for the ServSafe Food Protection Manager course and proctoring of the Certification exam. Through ServSafe, participants learn how to help prevent foodborne illness throughout the flow of food and set up food safety management systems.

Cooking for Crowds

Cooking for Crowds is designed for non-profit groups that run food fundraisers and events such as meals, bake sales, sub sales and dinners. Classes were held for 39 volunteers to provide this food safety education. There are a range of food safety risks that develop when cooking large volumes of food, and participants learn to reduce those risks and help prevent the conditions that may lead to a foodborne illness.



Photo Credit Bigstock - 323673166

Safe Food = Healthy Kids

Safe Food = Healthy Kids focuses on providing food safety education for childcare providers. The goal of the program is to reduce the incidence of foodborne illness in young children. In Huron County, 32 childcare providers attended this innovative training which incorporates hands-on learning with an educational texting campaign to enhance learning after attending the program.



Photo Credit Bigstock - 546817

Virtual Food Safety Education Programs - March-July 2020

In March, efforts shifted to move most in-person group education classes to online for Michigan residents.

Ensuring Safe and Secure Food, continued

Online Food Safety Education Programs offered included:

- Home Food Preservation - 16 sessions
- Cottage Food Law - 7 sessions
- Safe Food=Healthy Kids - 11 sessions
- Food Safety Q and A - 14 sessions
- Emergency Preparedness - 4 sessions
- Food Pantry Safety-It's Your Job - 5 sessions

During the months of March-July 2020:

- Approximately 20,000 people registered for the above online classes.
- Over 6,000 attended the food safety program sessions.

Food Safety Hotline



Michigan State University Extension Food Safety Hotline

Do you have food safety questions on preserving foods at home, expiration dates? Are foods safe after a power outage, etc.? Please contact the Michigan State University Extension Food Safety hotline.

Call 877-643-9882

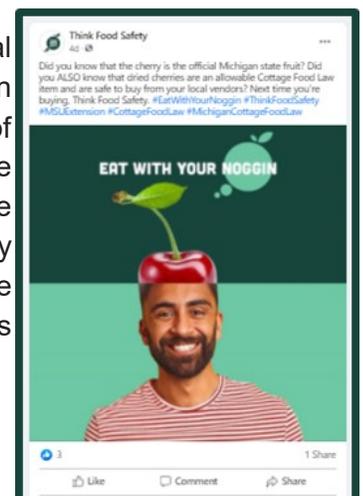
**Operating Monday through Friday
9 a.m. - 5 p.m. EDT**

Educational Texting Campaign

Receive weekly food safety educational text messages which provide important information to keep you and your family food safe. TEXT: "Safefood" to 797979 to sign up and receive text messages.

"Think Food Safety" Social Media Campaign

An MDARD grant funded campaign is bringing awareness to consumers on illegal food sales as well as food sold legally under the Cottage Food Law. This slogan and tag line are being used to encourage people to be informed and be aware of the food they are buying to ensure their safety. Michigan adopted the Cottage Food Law (CFL) in 2010, which describes the guidelines for individuals to prepare non-potentially hazardous foods in a home kitchen. Only non-potentially hazardous foods can be made and, with proper labeling, sold directly to the consumer without a license under this law. Examples of approved food items under CFL include bread, chocolate covered pretzels, cookies and jars of jelly.



Keeping People Healthy



In Huron County, residents were engaged in a variety of programs to enhance their health through interactive educational classes on Nutrition and Physical Activity.

Show Me Nutrition

Show Me Nutrition programming for youth is a series of classes where youth engaged in healthy eating, MyPlate, and being more physically active. A new partnership was formed with North Huron Schools where 15 families and a total of 39 participated in this program. Head Start and preschool students from Ubyly and North Huron also participated in the program involving 67 participants.

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Dining with Diabetes

Dining with Diabetes is a fun and interactive series for individuals with prediabetes, type 1 or type 2 diabetes and members of their support system. During each class, participants learn how to make healthier food choices and incorporate balanced menus into their family dining experience. Classes include research-based education and cooking demonstrations from the recipes in the take-home participant books. Participants also get to sample and taste the delicious foods that are made during each of the four sessions. This series can only be conducted in person. Three series were conducted before March reaching 52 adult participants. All expenses related to the Dining with Diabetes series were covered by a grant from the Lions of Michigan and Lions International.

From a Dining with Diabetes participant:

“LOVE this class!

***I appreciated the opportunity to sample
diabetes friendly recipes and plan on
continuing to use them in order to eat more healthy.***

***Many thanks to the Lions of Michigan for
providing the funds to support this program.”***

Diabetes PATH (Personal Action Towards Health)

Diabetes PATH is a self-management series for adults with prediabetes, type 1 or type 2 diabetes and members of their support system. Over the course of six-session series, participants learn strategies to help with blood glucose monitoring, developing a healthy eating and exercise plan, reading food labels, setting goals and a variety of other tools for managing their diabetes. The developers of the PATH curriculums

Keeping People Healthy, continued



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have given certified leaders permission to conduct the Diabetes PATH series remotely and online. As a result, three remote/online series were conducted and reached 34 adult participants. All expenses related to the Diabetes PATH series were covered by a grant from the Lions of Michigan and Lions International.

From an Online Diabetes PATH participant:

***“I just wanted to let you know that this workshop
has been VERY helpful on all levels.”***

Chronic Pain PATH (Personal Action Towards Health)

Chronic Pain PATH is a self-management series that supports adults, and members of their support system, who face daily challenges of living with chronic pain. During this six-session workshop, participants learn ways to effectively communicate with health professionals, manage and prevent the misuse of medications, deal with frustration, understand difficult emotions and manage pain through healthier eating and exercising. Two of these series (one in-person and one online) were conducted and reached 19 adult participants. All expenses related to the Chronic Pain PATH series were covered by a State Opioid Response grant received by Michigan State University Extension.

Stress Less with Mindfulness

Stress Less with Mindfulness is a five-session series that focuses on using mindfulness to reduce stress related symptoms such as worry, depression and physical tension. Research shows that mindfulness may also be helpful in managing chronic conditions such as cardiac disease and diabetes. By offering alternative ways of relating to everyday life experiences, including thoughts, emotions, physical sensations and events, Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life. Three online series were conducted and reached 42 participants. All expenses related to the Stress Less with Mindfulness series were covered by a State Opioid Response grant from Michigan State University Extension.



From an Online Stress Less participant:

***“Thank you for this class!
I learned so many stress management tools
that I’ve never heard of before.
I plan on continuing to practice them in the future.”***

WISE (Wellness Initiative for Senior Education)

WISE is a program for adults, 60 years and older, who are looking to stay healthy

Keeping People Healthy, continued

and meet new people. During this six-week workshop, participants learn valuable information about health and wellness, medication use, stress management, depression and substance abuse. The WISE program can only be conducted in person. One WISE series was conducted and reached nine participants. All expenses related to this series were covered by a State Opioid Response grant from Michigan State University Extension.

A RELAX: Alternative to Anger

A RELAX: Alternatives to Anger is a four-session series that helps teens, adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem-solving skills needed for healthy relationships. Participants learn what anger is, what triggers anger, calming down and de-stressing methods, tools for problem-solving, effective communication skills, and steps that allow them to forgive and let go of the past. One in-person and two online RELAX series were conducted and reached 20 adult and 25 teen participants.



Powerful Tools for Caregivers

Powerful Tools for Caregivers is a six-session series designed for people who are helping a parent, spouse, friend or someone who lives at home, in a nursing home or across the country. Participants learn tools to help them reduce stress, communicate effectively with family members/doctors/paid help, take care of themselves, reduce guilt/anger/depression, make tough decisions, set goals and problem solve. One online Powerful Tools for Caregivers series was conducted and reached 12 participants.

From an Online Powerful Tools participant:

***“This class was so helpful.
Being a caregiver of someone
with dementia has its challenges,
but I have learned that
I have to take care of me FIRST
in order to better take care of my husband.
Thank you!”***



Matter of Balance for Falls Prevention

Matter of Balance for Falls Prevention is an eight-session series designed for older adults who are interested in increasing balance, flexibility and strength and for those who have concerns about falling. During this workshop, participants learn how to set goals for increasing activity, exercise to increase strength and balance, make changes to reduce falls at home and view falls as controllable. This series is only allowed to be conducted in person. One series was conducted and reached 19 participants. All expenses related to this Matter of Balance series were covered by a Falls Prevention grant from Michigan State University Extension.



Supporting Food and Agriculture



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Gaining Efficiency is a Work in Process

Michigan State University Extension's winter dairy program for 2020 focused on gaining efficiency in a profitable way. Inefficiencies and waste can plague a farm's bottom line creating a drag on a farm's performance. Efficiency does not always mean cheaper, but rather getting more value from the dollars invested in each area of a farm.

This program, held in four Michigan locations including Bad Axe, has helped identify low-cost solutions to improve productivity. It was designed for dairy farm owners and managers, and others who work in the dairy industry. The program discussed strategies based on research to improve efficiency. Topics included: when is treating cows profitable; how to tell if you are maximizing your forage usage and consistency; using manure profitably; measuring and managing labor efficiencies; and milk efficiency to make more milk.

MSU Extension Dairy Team YouTube Page

The MSU Extension Dairy Team created a YouTube channel in February for live webinars, educational videos, and podcast recordings. The channel has just over 200 subscribers, 21 videos and over 3,000 video views. The topics of the videos are designed for those who work on farms, own farms or work with farms.

Virtual Coffee Break with MSU Extension Dairy Team

The MSU Extension Dairy Team created a podcast and video series for dairy farmers and ag professionals for virtual "coffee breaks". Coffee Breaks with the MSU Extension Dairy Team is a new series of virtual meetings that occurred each Wednesday in March and April at 10:00 a.m. They were designed as conversations lasting less than half an hour that can be listened to live, or listened to as posted recordings any time. The recorded podcasts are perfect for busy farmers who can catch the Coffee Break meeting at their convenience.

Episodes will be available on the MSU Extension Dairy Team YouTube channel. The series is also available as a podcast on all major podcast channels like Apple Podcast, Google Podcast and Spotify. Season one featured a variety of guests that included farmers, researchers and industry experts. Topics included how to promote the dairy industry, methods to improve milk quality, introduction to LEAN management, antibiotic usage, corn silage recommendations, and other information to improve dairy farms.

After a very successful first season, the virtual Coffee Break podcast returned in July. Season two featured 10 new episodes representing multiple areas of dairy management. Fields included animal health, feed management, and calf management among other areas. Three episodes focusing on the financial side of dairy farming were offered. Special guests from Michigan State University, GreenStone Farm Credit Services, Penn State University, and Clemson University participated. The final season two episode aired in September. These podcasts have reached 1,148 people.



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Michigan State University Extension Provided Educational Opportunities for Huron County Beef Producers

From July 2019 to March 2020, four programs related to beef feedlots were held in Huron County and 96 participants attended those programs. Topics included industry trends and hot topic roundtable sharing, Enogen corn and the impact of feeding it, and manure management with an update on permit changes and other opportunities to manage manure.

Beef Quality Assurance - Transportation Certification

Beginning January 1, 2020, some beef packers began requiring that cattle coming to their plants would be delivered by truckers that are certified in the Beef Quality Assurance-Transportation (BQA-T) program. The BQA-T program emphasizes practices that truckers should take to ensure the cattle are loaded, moved, and unloaded with efforts to minimize stress, injury, and carcass defects while keeping animal comfort and end-product quality as a top priority.

Michigan State University Extension Educators conducted one BQA-T certification program in 2019 for 43 truckers in Bad Axe, Michigan. Many feedlot owners transport their own cattle to harvest facilities either themselves or their employees. The certification session consisted of a two hour presentation using PowerPoint and followed with a 20-question test. Truckers needed to obtain 80% correct to achieve certification. Truckers passing the test received a certification card and dashboard reference guide. The certification card will be required to be shown at harvest facilities as cattle are delivered.

Feedlot owners can continue to transport their own cattle to harvest with this certification. Participants obtained certification to verify their understanding of cattle care during transport.

Cattle Feeders and Producers Attend Annual Picnic

Cattle feeders and producers from throughout the Thumb attended a summer picnic hosted at a Tuscola County beef feedlot. The event was held to allow cattle producers to network, tour the host farm, learn about managing Holstein cattle, and share MSU Extension research and updates. It occurred on August 14, 2019, at Ruggles Beef Farm, Kingston, Michigan. An industry speaker spoke on end point management in Holstein feedlots. Dr. Jeannine Schweihofer organized the event, gave an update with various Extension programs, and promoted upcoming educational opportunities.

Food Safety Course Participants

Many food processors are required to have food safety plans, including Hazard Analysis and Critical Control Points (HACCP) or Preventive Controls for Human Foods. These important industry trainings that provide participants with a certificate at the end of the course were hosted by MSU Extension and co-taught by Dr. Jeannine Schweihofer and team of Campus specialists including Dr. Les Bourquin, Mr. Gary Smith, Dr. Kirk Dolan and Mr. Jason Hofman. Four HACCP course participants in 2019 were from Huron County.

Supporting Food and Agriculture, continued

Thumb Ag Day

MSU Extension hosted the annual Thumb Ag Day on Wednesday, December 11, 2019, at the Ugly Heights Country Club. One hundred visitors met with 76 vendors at the event. Participants also had the chance to attend educational sessions, including 2018 Farm Bill Commodity Title - helping you make decisions, presented by Dr. Jim Hilker, MSU Professor, and Dr. Corey Clark, Extension Educator; a Commodity Market Update was also presented by Dr. Jim Hilker. In the afternoon, Extension Educators Phil Kaatz and Bob Battel presented a local agricultural review.

Pesticide Education

Huron County MSU Extension offered two sessions of pesticide education during January and February to restricted use pesticide (RUP) users. Participants were then able to test with the Michigan Department of Agriculture. This education serves to keep RUP users applying pesticides in a safe as well as economic fashion.

Field Crops Virtual Breakfast Series

Every Thursday during the growing season, farmers were able to access the most current information available for timely, relevant in-season crop and weather information from MSU Extension Field Crops Specialists and Educators. Each 30 minute zoom session is divided into 15 minute segments for crop information and weather. Following the presentations, participants have the opportunity to participate in a half hour question and answer period. This innovative approach using technology has provided growers from every region of the state the opportunity to participate in a live webinar via their computer, laptop or cell phone. Each participant can ask questions during the live sessions.



The Virtual Breakfast Series is a result of a focus group that included young farmers asking for opportunities to have fast-paced, video or Internet based, and unbiased research information during critical times of the spring and summer. A wide range of topics was planned according to the seasonal issues that frequently occur at specific times. However, the series was flexible, adaptable, and had the ability to change quickly and effectively when unexpected issues arose. One of the unexpected issues for 2020 was the flooding that occurred in the Mid-Michigan area. Due to the flooding, a special session focusing on nutrient losses for field crops was inserted into the lineup.

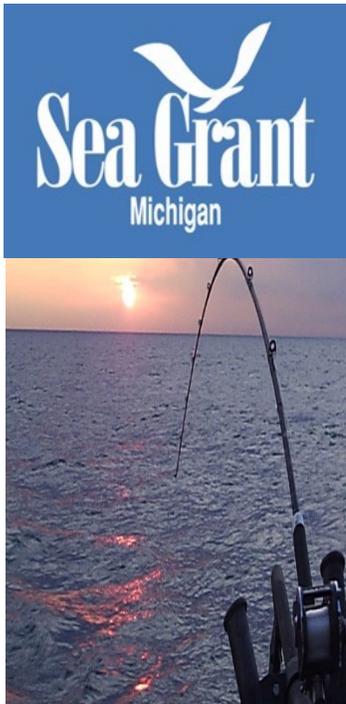
Each week field crop producers are invited by email to participate and a MSU Extension News article is written to encourage participation. This was an example of how the MSU Extension Field Crops Team was able to provide information at the right time with an unscheduled topic.

Virtual Breakfast Series	Live participants	YouTube Views	Facebook Views	Social Media	Article Page Views	Total Participants and Views
Total Audience	2,134	2,045	10,619	1,290	2,170	18,258
#/week	97	89	483	59	99	794

2018 Farm Bill Informational Series

MSU Extension also hosted a series of informational meetings for farmers on the 2018 Farm Bill. Educational materials were presented by Drs. Jim Hilker, and Corey Clark. The meetings were held in partnership with local USDA Farm Service Agency personnel. Farm Bill meetings were offered on Wednesday, December 4, 2019, at Sanilac Careers Center in Peck; Monday, December 16, 2019, at Brentwood Restaurant in Caro; Thursday, January 23, 2020, at Farm Bureau Building in Bad Axe; and Thursday, January 23, 2020, at Tuscola Skill Center in Caro.

Making the Most of Our Natural Assets



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.

Lake Huron Regional Fisheries Workshops

Four in-person Lake Huron Regional Fisheries Workshops were hosted across the Lake Huron Watershed. These workshops engaged over 300 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.

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

www.michiganseagrant.org

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Huron County Household Hazardous Waste Collection

In 2019, two household hazardous waste collections were offered to Huron County residents with the first one taking place the morning of Saturday, June 29, while the second was offered on Thursday, September 19, in the afternoon. The idea was to be able to offer people different times of day to better fit their schedule in turn, removing more toxic waste using the proper avenue. The first three hour event had 70 participants and collected over 11,000 pounds of toxic waste from Huron County residents while the fall collection saw 60 participants and collected a slightly smaller amount.

These collections are held to prevent toxic waste from finding its way into local landfills and potentially contaminating ground water. Some of the most popular items collected include batteries, yard and garden chemicals, oil based paint, cleaners, waste oil and antifreeze. This collection is a collaboration between the Huron Conservation District and Huron County along with MSU Extension where the program is coordinated.



Ensuring Strong Communities

Serving the State of Michigan

Andy Northrop

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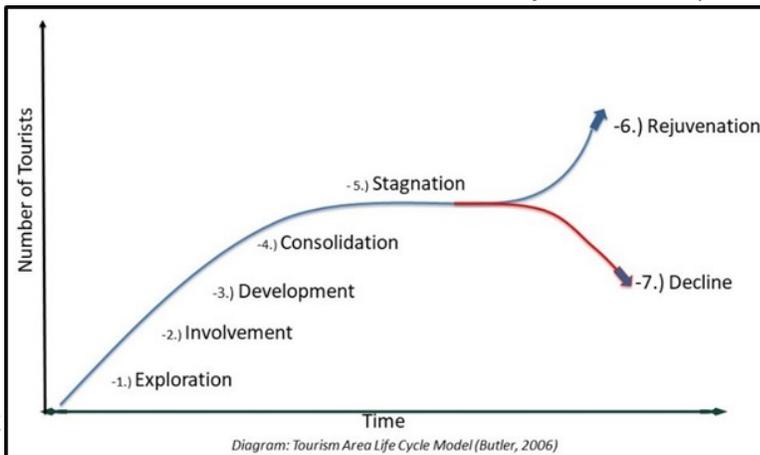
- * Sustainable Tourism Development
- * First Impressions: Tourism Assessments
- * Planning for Tourism
- * Community Vitality
- * Leadership and Facilitation

MSU Extension understands that building civic engagement and healthy economic structures leads to greater opportunities and stronger communities.

Understanding Stages of Tourism and Applying it to Huron County Communities

Community Vitality and Tourism Educator, Andy Northrop, partnered with Port Austin (PA) Chamber of Commerce in early 2020 to conduct a tourism planning workshop with the coastal community and various regional stakeholders. Those in attendance were educated on to the Tourism Area Life Cycle model (see

image) as a conceptual way to envision and plan for future tourism growth and avoid potential decline. MSU Extension engaged stakeholders by using the model to capture input and build consensus. The partnership brought together stakeholders



from the Port Austin area, which included members from the Chamber, DDA, DNR, EDC, and multiple business owners and residents.

A second workshop was planned with the Port Austin community for March 2020, but was postponed.

COVID-19 Pandemic and Tourism

MSU Extension, in partnership with Huron County Economic Development Corporation and Prosperity Region Six/GLS Region Five, conducted sentiment surveys. The surveys were targeted at local leaders, municipalities, and business owners, and designed to gauge preparedness around re-opening businesses and communities during the coronavirus pandemic. Surveys were administered pre-summer season and during a time when uncertainty was at its highest. Overall, survey data revealed that emotions were mixed and confusion was high across public and private sectors regarding how and when to re-open small-town tourism economies. Data also revealed that majority of stakeholders were not likely to meet for in-person events or meetings until the pandemic is resolved. This



seemed to be the case regardless of state mandates and available resources from state organizations.

Serving the State of Michigan

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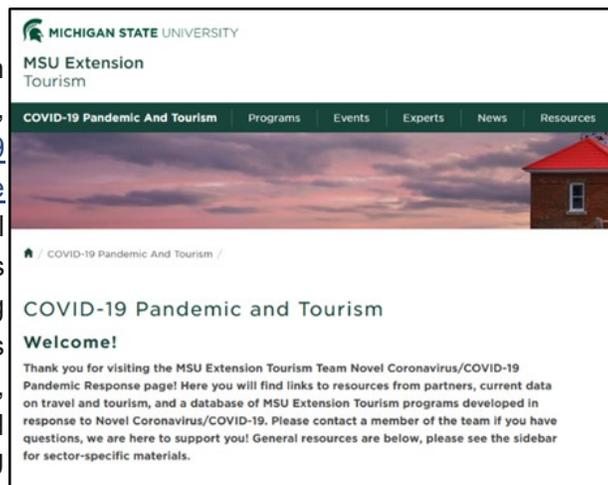
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- * Fiscal Sustainability for Michigan Municipalities - Statewide
- * New County Commissioner Training - Statewide
- * Non-Profit Community Grocery Store Model - St. Clair County
- * Plant Science laboratory - Yale Public Schools

MSU Extension Tourism Team Launches Digital Resources

Launched immediately in response to the global pandemic, MSU Extension's [COVID-19 Pandemic and Tourism website](https://www.canr.msu.edu/tourism/COVID-19-pandemic-and-tourism/) helps tourism communities of all sizes navigate the challenges associated with the ongoing pandemic. Here you will find links to resources from partners, current data on travel and tourism, and a database of MSU Extension Tourism programs and

webinars developed in response to Novel Coronavirus/COVID-19. For more information, please visit - <https://www.canr.msu.edu/tourism/COVID-19-pandemic-and-tourism/>



Thumb Food Policy Council

The Thumb Food Policy Council, created in 2018, covers the geographic area of all five Thumb counties (Lapeer, Tuscola, Huron, Sanilac and St. Clair). Representatives from all five counties provide community input and strategic planning on behalf of those communities and the Council.

The 2019-2020 year was marked with marketing efforts to local community organization with presentations, development of a formal plan of work, consultations regarding food insecurity best practices, development of communication and marketing strategies, and delivery of food to communities experiencing hardships due to the COVID 19 virus pandemic.

A summary of the Council's priorities through 2022 include:

- Food to People: The transportation and distribution of food in both directions. That is general distribution of food to people and/or people to food.
- Ongoing assessments of food pantry capacity in all five counties.
- Greater access to affordable, safe, and diverse food.
- Agriculture and food literacy.

Two programs, central to these priorities, were kicked off during the 2019-2020 year. A Genetically Modified Organism (GMO) BASICS presentation was developed and presented to 163 individuals in group settings from January 2020 to June 2020. The second program offered was due to a significant pivot of our

Ensuring Strong Communities, continued

work as a result of COVID-19 and food insecurity efforts. In partnership with the Food Bank of Eastern Michigan, the Council began to assist in the recruitment and coordination of volunteers and procurement of sponsors for community mobile food pantry giveaways. The total number of pounds distributed as of this writing is in excess of 1.5 million pounds. These efforts are considered paramount to our first priority of FOOD TO PEOPLE.

Although challenges altered our work significantly, it is conclusive that we were properly positioned with our fundamental priorities to impact all five Thumb counties with food in a time when it was, and still is, most needed. It is likely that the Council's FOOD TO PEOPLE priority will continue for the remainder of 2020 as well as agriculture and food literacy.

Hemp Workshop

A Hemp workshop was held for anyone who had questions about growing and processing industrial hemp. The village of Sebewaing, the Huron County Economic Development Corporation, and Michigan State University Extension hosted a workshop on Wednesday, August 20, 2019, about industrial hemp at the Sebewaing Township Hall in Sebewaing, Michigan.

"The goal was to try and get the most current information out to our local communities and agricultural leaders so they could make informed decisions regarding industrial hemp," said Carl Osentoski, the Huron County EDC executive director.

The workshop featured Eric Anderson, a Field Crops Educator from Michigan State University, who has done similar workshops across the state, and Andrew C. Richner, a member of Clark Hill's Government and Public Affairs Practice Group, to provide a legal perspective.

The three hour workshop followed an open format question and answer session, and approximately 30 people attended. The 2018 Federal Farm Bill authorized the commercial production and procession of industrial hemp in the United States.

Hemp is defined under the 2018 Farm Bill to include any cannabis plant or derivative thereof that contains not more than 0.3 percent of delta-9 tetrahydrocannabinol (THC) on a dry weight basis. The Michigan Department of Agriculture and Rural Development utilized authority in the 2014 Farm Bill for an Industrial Hemp Agriculture Pilot Program.



Photographs credited to Huron Daily Tribune

Developing Youth and Communities



Cupcake Decorating
2020 4-H Projects Galore
Workshop

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Outdoor Survival Skills
2020 4-H Projects Galore
Workshop

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active.

4-H'ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

Drug Prevention Education

A partnership continued between the Huron County Health Department and Huron County 4-H to educate area youth by implementing two research-based curriculums within the school setting to introduce drug prevention. The programs utilized are:

Too Good for Drugs™ is designed to promote life skills, character values, resistance skills to negative peer influence, and resistance to the use of illegal **drugs**, alcohol, and tobacco for students in 4th and 5th grades. In the 2019 -2020 school year, 142 4th and 5th grade students participated in this program.

Project ALERT is a free classroom-based substance abuse prevention program for 7th and 8th graders that's proven to reduce the experimental and continued use of drugs. Through a series of comprehensive lessons, Project ALERT motivates students against drug use, cultivates new non-use attitudes and beliefs, and equips teens with the skills and strategies they'll use to resist drugs. Project ALERT is proven to:

- Motivate students against drug use
- Provide skills and strategies to resist drugs
- Establish new non-use attitudes and beliefs.

In the 2019-2020 school year, 24 students participated in this program.



Developing Youth and Communities, continued



4-H Council Officers:

President - Jeff Gillig
Vice President - Kelly Hunsanger
Secretary - Erica Karg
Treasurer - Cynthia Puvalowski



Project Rural Education Day (RED)

Project Rural Education Day (RED) is a day when students venture through local educational and hands-on stations outlining the role agriculture plays in their lives. This programming is provided through a partnership between Farm Bureau and other local Agricultural Businesses including the MSU Extension-Huron County 4-H program. Project RED was held September 10, 2019. Approximately 460 3rd graders students attended from public and private schools across Huron County. An educational component was provided by MSU Extension.

4-H School Enrichment Program

Huron County youth developed critical life skills during 4-H school enrichment programming. A partnership continues to occur between Bad Axe Middle School and Huron County 4-H to provide programming throughout the school year. Every six weeks a group of students receive one hour weekly sessions to learn life skills. During these sessions, students learned various lessons focusing on 4-H life skills such as, sewing, nature, character education, nutrition, crafts, leadership, plant science, and animal science. Approximately 50 students participated in this enrichment programming. This program was cancelled for the remaining 2019-2020 school year.

The Huron Learning Center participated in 4-H classroom activities. Twice a month programming was provided to approximately 20 special needs 4-H members in the classroom where they learned a variety of life skills. This programming was continued via Zoom by partnering with the classroom teacher.

4-H Fall Family Social

The Huron County 4-H Leaders' Association, in cooperation with MSU Extension, hosted their annual 4-H Fall Family Social with approximately 125 4-H adult and teen volunteers, 4-H youth members and their families, along with Friends of 4-H, gathered together on Sunday, November 3, 2019, at the Pasta House in Kinde. The program began with a warm welcome from the 4-H Council President. 4-H youth led everyone in the Pledge of Allegiance, the 4-H Pledge and the invocation. A pasta and salad bar dinner was enjoyed by all who attend this fun-filled event. During the program, sponsors who supported Huron County 4-H programs were recognized and presented with "Friends of 4-H" certificates. In addition, 4-H youth were recognized for their outstanding work in project areas, competitive activities, and leadership roles in the Huron County 4-H Youth Program.



Developing Youth and Communities, continued

MiSTEM Network Career Fair



MiSTEM network of the upper Thumb Region provided a county-wide career exploration fair for 7th and 8th grade students for all school districts in Huron County. The event brings career awareness to the youth of Huron County by providing hands-on career experiences, and an opportunity for businesses to showcase their trade while interacting with local schools and youth. The MSU Extension-Huron County 4-H program is an essential partner of the MiSTEM Network by assisting in planning, preparing, and providing a career educational component during the event. The event reached 646 youth.

Career Workshop

A career workshop was held in January of 2020 at the Huron County Technical Center for 10th grade students from all local school district. Huron County's 4-H program was an active partner in this event by providing education on careers, financial, and interviewing skills. Three hundred and one students participated in this career workshop.

4-H Ice Skating Workshop

On January 12, 2020, an Ice Skating health event was held for 4-H youth and adults. This was an educational exercise program, where those in attendance learned the techniques and benefits of ice skating. More than 40 4-H members participated in this fun educational activity.



4-H Projects Galore Workshop

The 2020 4-H Projects Galore workshop was held at the Bad Axe High School on Saturday, February 8, 2020, with 33 youth and 23 adults attending this fun and educational workshop. 4-H members, as well as non-4-H youth, ages 5 to 19, had many sessions to choose from: Candle Making, Candy Making, Cupcake Decorating, Wooden Tote, Tin Flower Art, Tin Can Lanterns, Line Dancing, Outdoor Survival Skills, Lady Bug Stone Painting, Ceramic Coaster Painting, Jar Mixes, No-Sew Tied Handkerchief Pillows, and Recycle Blue Jean Bags. Miscellaneous crafts and quilt squares were available for youth to complete in between sessions and during lunch. This 4-H Projects Galore workshop is only made possible by our wonderful instructors and their dedication to the 4-H program of Huron County.

4-H Virtual Programs

In person 4-H programming was cancelled and moved to a virtual online format. By going virtual, youth of Huron County had several opportunities to participate in unique educational experiences. An educational experience called "Livestock Series" was attended by 12 youth and 8 adults from Huron County. Youth and adults learned best practices for proper care, nutrition, and showmanship skills of various large livestock animals. Eight area youth attended the Adulting 101 online program. These are just a few of the many sessions offered virtually by MSU Extension and the 4-H Program across the state of Michigan.



SPOTLIGHT

4-H'er Earns State 4-H Award and Recognition

Milan Forrester, a member of Boots and Bling 4-H Club earns "Mark of Excellence" Essay for the State Awards for 11-12 year olds, **Because of 4-H I can...**

Because of 4-H I can be involved in the dairy industry. 4-H has given me and so many others wonderful learning opportunities. Five years ago, my family and I returned to Michigan from Illinois and moved to a seven-acre farm in Lapeer, Michigan. About a year after we moved to the farm, my mom heard about a program that was about to start called Dairy Odyssey. Dairy Odyssey is a 4-H program where youth in the thumb area are able to visit local dairy farms and learn about the care and nutrition of dairy cattle as well as careers in the dairy industry. I was able to attend and loved it! I was so excited to see a real dairy farm and meet other youth that were interested in the dairy industry.

I have attended Dairy Odyssey every summer and have learned so much valuable information. Two years after I first attended Dairy Odyssey, I bought my own dairy heifer from one of the local farmers that I had met through Dairy Odyssey. I had saved my money and with my parents help, bought a Jersey heifer calf. I was bursting with excitement in May 2018 when we finally drove up to Harbor Beach and picked up my calf, who was one week old. I named my calf Daisy, and worked on training her so that we could be ready to show at The Huron Community Fair that summer.

Addy Battel helped me gain knowledge and opportunity's in the dairy industry. Addy is a 4-H'er, who started Dairy Odyssey with Marianne Buza from the MSU Extension in Huron county. Addy has been a wonderful mentor and example to me over the years. Ever since I met her at the first Dairy Odyssey, we have kept in touch and I am now Vice President of the club, Boots-N-Bling, that her family started and still leads. She has helped me prepare for showing my Jersey heifer Daisy by lending me halters, advice and - even before my first fair with Daisy, trimming her feet. She always has met me with a smile and assisted me in any way she could.

Dairy Odyssey has helped me learn so many things about the dairy industry. I have learned about the different kinds of milking machines and how they benefit farmers. I also have learned about dairy cow nutrition, and how to properly feed for the different stages of development. Dairy Odyssey and 4-H have given me many leadership opportunities such as being involved in the planning of this year's Dairy Odyssey and being President of my 4-H dairy club. Because of 4-H I have an opportunity to grow in my relationships and leadership skills, both in the dairy industry and other project areas.

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Garden or Yard Question?

Visit the Gardening in Michigan website: www.migarden.msu.edu. View tip sheets on smart soils and other smart gardening topics OR call **MSU Extension's toll-free Hotline: 1-888-678-3464**

Food Safety Hotline

Do you have questions about food expiration dates? How long leftovers will last or preserving foods at home? The MSU Extension food safety hotline can help answer food safety questions and concerns.
Hotline: 877-643-9882.



Questions are answered by Cooperative Extension, University staff and volunteers from across the United States

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