



# Lake County

## 2019 ANNUAL REPORT

### BY THE NUMBERS



Almost 600 Lake County adults and youth participated in MSU Extension programs



281 youth participated in 4-H and school enrichment programs



136 youth and adults participated in health and nutrition programs



MSU Extension helped nearly 100 community members with economic development, natural resources and local government education



110 Lake County residents participated in agricultural and gardening services



More than \$7,653 was spent with local businesses



\$734,038 total economic impact in Lake County

### MESSAGE FROM THE DISTRICT DIRECTOR

Once again I am delighted to share the results of another successful year of partnership between Lake 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.

Again this year, we've welcomed Lake 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 Lake 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.

James Kelly, District Director

# Program Highlights

## CIVIC ENGAGEMENT

From educational sessions on the Right to Farm Act or the Medical Marijuana act to township strategic planning and Citizen Planner training, MSU continues to support local civic engagement.

Through its public policy education and leadership trainings, MSU Extension informs residents about public policy issues and processes, develops leadership capacity in communities, and strengthens community capacity to solve complex problems.



Lake County officials completed Citizen Planner training, a program designed to increase knowledge and encourage best practices around planning and zoning while reducing government liability.

## EXPANDING HORIZONS

A record 23 students from Baldwin High School attended Exploration Days on campus at MSU in the middle of June. The 7th and 8th graders selected from nearly 200 hands-on sessions and field trips in content areas such as animal and veterinary science, business and entrepreneurship, careers, environmental education, food and nutrition, fitness, international language and culture, money management, performing and visual arts, science, engineering, and technology that were planned for this 3-day event.



4-H Exploration Days is made possible through grants from the Lake County Community Foundation, Gerber Foundation, and through 4-H Exploration Days scholarships.

## SENIOR PROGRAMMING

In collaboration with the Lake County Community Food Council, MSU Extension has developed a gardening project with the Grand Oaks Nursing Center. This collaboration has created four community garden beds and three resident wheelchair accessible beds. They have been successful in doing some garden to table projects for the residents and staff and interest is growing for next year as those who have participated, share their excitement.



A resident at Grand Oaks nursing home tends a newly installed raised garden bed.



# Program Highlights



December 2018 Lake County food council meeting in Baldwin.



One of the many plant disease samples brought into the Extension office for identification.



Feed Crop education was provided to several residents of Lake County in 2019.

## ADDRESSING FOOD INSECURITY

MSU Extension continues to work closely with the Lake County Community Food Council to provide guidance and resources that are having an impact. At the Bread of Life food pantry in Baldwin, MSU Extension continued to provide and expand workshop offerings related to nutrition, food safety for pantries, and cultural diversity. The pantry was featured in a video with interviews highlighting local pantry users and volunteers. The video will highlight the MyChoice Pantry transition and will be used to guide other Extension instructors and educators across the state in regards to working with pantries to support a food choice model.

## GARDENING & CONSUMER HORTICULTURE

Homeowners often have insect infestations or plant diseases that they are unfamiliar with and need help addressing. MSU Extension provides soil testing, plant and insect identification, disease identification and treatment, Smart Gardening resources, and a toll-free Lawn and Garden hotline. The Lake County MSU Extension office provides assistance to many customers with basic home gardening concerns. Additionally, 38 soil tests were completed for Lake County residents in 2019.

## NATURAL RESOURCES STEWARDSHIP

MSU Extension office offers advice on how to establish and maintain food plots. In August, Baldwin landowners met both in the Baldwin office and at their plots, discussing soil amendments, seeding varieties and rates, and then walked and toured the plots discussing what the steps are for a successful plot. In the spring, the group will meet again to discuss successes and failures and decide where to go from there.

# Program Highlights

## GOVERNMENT and PUBLIC POLICY SUPPORT

Providing education and technical support to help create successful commissions and local government is the foundation of the work MSU Extension's Government and Public Policy Educators. Together, we have assisted in the development of a recreation plan for the County, provided land-use trainings, assisted with the watershed plan for the Little Manistee River, assisted with the Parks and Recreation Commission, and supported strategic planning for a new county ORV facility.



MSU Extension provided education regarding interpretation and implementation of regulations regarding the Michigan Medical Marijuana act in Lake County.

## NUTRITION EDUCATION

MSU Extension's Supplemental Nutrition Assistance Program provides basic nutrition education and hands-on activities for all ages. Core curricula are designed to help low-income families stretch their food dollars while maintaining good nutrition. Some instruction includes physical activity and cooking techniques that help instill life-long skills. It is estimated that every \$1 spent on nutrition education saves as much as \$10 in long-term health costs. In Lake County, 113 residents participated in health and nutrition programming.



Kids learn to make healthy snacks during "Cooking Matters for Teens."

## COMMUNITY INVESTMENT

MSU Extension is committed to being an active part of the communities it serves. Beyond the programming that is provided to improve all aspects of community life, every effort is made to participate and support community events. In Baldwin, MSU Extension was a proud participant in the Salmon Festival, the Santa Parade, and the Community Health and Wellness Expo, just to name a few. As a result the community is becoming more aware of the many opportunities MSU provides.



4-H Members prepare to walk in a Lake County parade.



# Investing in Lake 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.*



In Lake County, we believe in the power of young people. By providing opportunities to learn and lead, 4-H helps youth become informed and engaged community members. While exploring new topics and activities in an experiential way, youth build the skills they need for life. Essential skills youth develop while participating in 4-H include problem solving, decision making, leadership, resiliency, and communication.

In 2019, Lake County 4-H made significant gains in participation, increasing the number of adult volunteers from 6 to 9, the number of youth enrolled as 4-H club members from 32 to 58, and sending 23 youth to summer camps. In addition, 200 youth aged 5 to 19 took part in learning opportunities with MSU Extension. A \$2,000 grant from the Gerber Foundation was used to cover all registration fees for membership, removing a significant barrier for many participants. 4-H is unique in that it offers experiences to young people who live in cities or rural areas by providing the opportunity to participate in community 4-H clubs, learning experiences in school classrooms, day and overnight camps and other special interest events. One example includes MSU 4-H Exploration Days, a pre-college program where over 2,500 youth stay in MSU residence halls, take a variety of action packed classes, and experience other aspects of a major university. In 2019, 23 youth from Lake County attended MSU 4-H Exploration Days.

Beyond the excitement of learning something new through a project, youth have the opportunity to participate in leadership conferences, travel the world, become involved in their community through service, and meet new friends in a safe and comfortable setting. A young person's experience in 4-H makes a difference for a lifetime by allowing them to grow and appreciate the importance of being a good citizen, strong leader, and person of character.

Leaders also help youth achieve their personal goals and provide encouragement and a support system. The relationships built among adult volunteer leaders and youth also have lasting effects. From 4-H experiences, youth gain important leadership, citizenship, and life skills that can be applied to daily living, used in their community, in future jobs, or when they continue their education. Although it may be years before a youth realizes and truly appreciates the influence of the 4-H leaders that served as positive adult role models, one can be certain that volunteer leaders are truly making a difference for life.

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.

**LAKE COUNTY MSU EXTENSION STAFF**

Nola Auernhamer, Community Nutrition Instructor	auernha5@msu.edu
Christina Curell, Soil Health & Cover Crop Educator	curellc@msu.edu
Marge Manning-Peck, Extension Secretary	manni107@msu.edu
Laurie Platte-Breza, 4-H Program Coordinator	platteb1@msu.edu

**CONTACT**



Lake County MSU Extension  
830 Michigan Ave. Suite 601  
Baldwin, MI 49304



231-745-2732



msue.msu.edu



lake@msu.edu



Lake County MSU Extension



@MSUEExtension

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