



Mackinac County

2019 ANNUAL REPORT

BY THE NUMBERS



2 Extension professionals based in the county, 50+ providing educational opportunities



\$1,946,456 total economic impact in Mackinac County



103 youth involved in 4-H, early childhood or after school enrichment



1 MSU partner hospital



\$26,801 spending with local business



19 enrolled MSU students, 191 alumni



MSU disbursed \$309,003 in financial aid to county students

100+

MSU Extension serving Mackinac County over 100 years

MESSAGE FROM THE DISTRICT DIRECTOR

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

Erin Carter, District Director

Program Highlights

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, and 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 Alternatives to Anger and Stress Less with Mindfulness are two programs that have been offered to Mackinac County residents by Tracie Abram.

YOUTH PROGRAMMING WITH SEA GRANT EDUCATOR ELLIOT NELSON

Activity: An aquatic bug hunt. This was a lesson learning about the lower regions of the food web on Lake Huron, done in partnership with the Friends of the Les Cheneaux area Trails and Michigan Sea Grant.



MI Sea Grant Extension Educator Elliot Nelson with local children from Mackinac and Chippewa County
Location: Little Traverse Conservancy Derby Preserve, Cedarville

Program Highlights



Embryology at the Library, St. Ignace Public Library 2019.

EMBRYOLOGY AT THE LIBRARY

This program was held at the St. Ignace Public Library and embryology series was offered to youth in the community. Hatching out chicken eggs gave youth a chance to see life grow in real time. Adult community members still ask the librarian how the chicks are doing and are very excited to have another hatch take place in 2020.



Constitution Day 2019, Michigan Supreme Court Justice Richard Bernstein.

CONSTITUTION DAY:

In partnership with the EUP League of Women's Voters and Mackinac County Courts the first ever Constitution Day was held in September. Michigan Supreme Court Justice Richard Bernstein was the keynote speaker for the event and the whole 9th grade class at La Salle High School was in attendance. The class had the opportunity to ask questions of the Justice as well as learn about different U.S. Federal Supreme Court cases.



Susan Kirkman with Mackinac County youth.

SHAMROCK RE-PLANTING:

This one-time event taught youth about shamrocks, how to properly care for them, and how to properly replant them.

Investing in Mackinac 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.



Life of the Straits:

Offered for a second time Life of the Straits is a full day program taking place on Mackinac Island during the month of September in partnership with Michigan Sea Grant. The goal of this program is to bring education to families about an area that they call home. Families who attended this past year were provided tickets to the island, a morning snack, lunch, and admission to The Original Butterfly House. Pollinator education as well as education about the history of Mackinac Island were the educational points this year. The Mackinac Island Original Butterfly House provided a tour, 4-H Program Coordinators Leigh Ann Theunick and Kaelie Fessler lead monarch butterfly tagging, Elliot Nelson lead a age graph study, and Susan Kirkman gave a walking tour of the island cemeteries.



Life of the Straits monarch butterfly tagging.



Age graph study with Elliot Nelson, Life of the Straits 2019



Youth visiting the cemeteries on Mackinac Island as part of the Life of the Straits program 2019.

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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MSU Extension Upper Peninsula



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