



Montmorency County

2018–2019 ANNUAL REPORT

BY THE NUMBERS



255 Montmorency county residents were reached through MSU Extension Health, Food Safety, and Nutrition programs



Over 25 MSU Extension professionals provided education to Montmorency County residents



146 youth involved in 4-H clubs and programs



50 soil test kits purchased by Montmorency County residents



4 Extension professionals based in Montmorency County



MSU Extension website received 3,778 visits from Montmorency county— 81% were first-time visitors

100

Over 100 years of Extension in Montmorency County

Annual Report Message From the District Director:

I'm delighted to share the results of another successful year of partnership between Montmorency 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 Montmorency 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 Montmorency 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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MICHIGAN STATE
UNIVERSITY

Extension



4-H



4-H PROGRAM HIGHLIGHTS



In Montmorency County 4-H, we believe in the power of young people. By providing opportunities to learn and lead, 4-H helps youth ages 5-19 become informed and engaged community members. While exploring new topics and activities in an experiential way, youth build the skills they need for life.

In 2019, Montmorency County 4-H had a total of 103 youth enrolled as 4-H members, 43 youth participated in school enrichment programs. This means that 16% percent of Montmorency County youth aged 5 to 19 took part in learning opportunities with MSU Extension. Essential skills youth develop while participating in 4-H programs such as clubs, SPIN clubs, camps and leadership roles include problem solving, decision making, leadership, resiliency, sportsmanship, teamwork, and communication.

- Mock Interview is a program that has been around MSU Extension for awhile but it is brand new to Montmorency County. Last October, youth at the Hillman High School (57 youth) participated in this program. The program is designed to teach youth how to conduct themselves during a interview. An Educator from MSU Extension came to Hillman High School and showed the youth how to shake hands, answer interview questions, how to practice for their interviews and even how they should dress. Youth worked with their teachers to build their resumes so they would have them for the actual interview day. On the interview, day youth were interviewed by members of the community, their resumes were reviewed and youth were given positive feedback. What a better way to get youth ready for the future. Atlanta Community Schools will be participating in this program in September-October and we anticipate approximately 60 youth will be participating.
- 6 youth participated in the annual 4-H Overnight Summer Camp held at the Ocqueoc Outdoor Center in collaboration with four other counties from Northern Michigan. Counselors from each of the five participating counties have a great deal of responsibility during camp and participate in a training before campers arrive. 65 total youth joined together at Camp 4-H Fur, Fins and Feathers, these youth from Montmorency County had the time of their life. At camp youth learned about animal identification, experienced fishing and tackle making, kayaking, learned how to make healthy snacks and so much more.
- Youth involved in the Montmorency County 4-H program attended the 4-H Exploration Days; 4-H's largest pre-college program held on the MSU campus. For many, this is their first opportunity to navigate in an unfamiliar urban environment.
- Montmorency County 4-H Fair is always a highlight when you are in the 4-H program. Youth can get together, find out what each other has been working on and show their skills through some good friendly competition. Fair always seems to be a big family reunion for all that are involved.
- The future of 4-H is so exciting! This year Montmorency County 4-H will be partnering with the local schools to bring a Monarch Butterfly Program where youth will be in correspondence with youth from Mexico. There will also be an Embryology program at the schools in the spring of 2020. Youth will be able to get eggs and watch them for 21 days until they hatch. During those 21 days youth will be receiving education from MSUE employees and their teachers.

Investing in the future of today's youth.

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.



The Journey Youth 4-H Mentoring program has seen some changes in the last year, from a new Program Coordinator to the reimagining of the entire program.

- Three new volunteers have been successfully processed into the program providing a wealth of resources for the program and its youth.
- Contacts with the Montmorency County EMS, Veterans associations, and local businesses have been secured and maintained to the highest ability giving the program local space to conduct community activities.
- The Journey Youth 4-H Mentoring Program has shifted from one-on-one mentoring to group oriented programming that allows for greater outreach to the community for both youth and volunteers.

- In cooperation with the traditional 4-H Program Coordinator we have been able to promote STEM based programming to local schools.
- For the first time we have been able to offer a month long spin-club that teaches the basics of Wilderness Survival. This program has been in cooperation with the Local VFW Hall, SNAP Ed, EMS, Natural Resources Guides, and Montmorency 4-H. The youth, six students between 11 and 14 years old, have learned how to keep a positive attitude if lost, how to safely prepare foraged meals, the importance of knowing what kind of creatures are in the woods with you, the basics of military-style survival in emergency situations, how to properly use a map and compass, the art of hand making tools in the wilderness, and first aid for emergencies.
- With school starting we are happy to provide more school based STEM programs including working on the Monarch Butterfly Migration with 4-H PCs, Embryology Programs, and Mock Interviews for Junior high students.
- The Journey 4-H Youth Mentoring Program will also be introducing several new programs such as the Home Alone Spin Club, a program that teaches youth who are able to stay unaccompanied how to react in sudden emergencies without the supervision of an adult.
- We look forward to the next year and its many changes with enthusiasm and optimism that the program continues to grow!



Supporting Food and Agriculture

MSU Extension facilitates the growth of agriculture, Michigan's second largest industry. Locally, we help farmers increase their efficiency and productivity through consultation and on-farm research conducted in Montmorency County. 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 farmers 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 like wildlife (fertilizer and 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 county.



Supporting Food and Agriculture



82 Montmorency County growers attended MSU Extension programs during the last year.

- Three field days highlighting these trials in 2018 attracted a total of 63 participants.
- Participants at our dry bean field day reported applying insecticide to 555 acres of dry beans based on our WBC monitoring program, which prevented approximately \$20.00 per acre of yield and quality loss, protecting a total of \$11,100 in crop value.
- MSU Extension worked with a local dairy farmer who brought together the Anchor Hunt Club with farmers at his farm to learn together about presenting tuberculosis among deer and cattle. Extension Educators spoke on aspects of soil and feed management that were applicable to those who raise wildlife food plots as well as farmers raising crops. A tour of the farm helped the attendees to identify risks of deer access to feed or cattle.

- A tuberculosis informational meeting for hunters and farmers held in Hillman that involved speakers from several Michigan agencies and MSU Extension provided information about deer attractants and reducing the reasons that deer have to come near cattle or feed.

Looking ahead to this upcoming growing season, MSU Extension will be continuing the variety trials that we conducted last year, as well as bringing a MSU wheat variety trial to Northeast Michigan for the first time in decades. We will also continue to study innovative wildlife damage management strategies and monitor other local pest issues.

Your continued support of MSU Extension ensures that our work and services continue to help the farmer and agriculture stakeholders in our local community. That said, on behalf of MSU Extension and local farmers, we thank you for supporting MSU Extension and the work that we do!

“They do so much for us in research and for the farmers in Northeast Michigan”

-Justin Brandt, Farmer in Presque Isle and Montmorency counties.

MSU Extension works to increase farmers' success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research. Agriculture is now one of the fastest growing sectors of the Michigan economy.



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. Of highlight:

Lake Huron Regional Fisheries Workshops

Four **Lake Huron Regional Fisheries Workshops** in 2018 brought together more than 320 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. One of these educational workshops was hosted in Rogers City in partnership with the Hammond Bay Area Anglers Association.

The Northeast Michigan Great Lakes Stewardship 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 2017-18 school year, area youth were engaged in hands-on learning through variety of Great Lakes and natural resource stewardship projects supported through this NEMIGLSI partnership. This partnership, along with a new NOAA B-WET watershed education grant secured by MSU Extension, provided funding and resources, teacher training, and student support for watershed science and stewardship studies. Educators from these schools benefited from local professional development opportunities during 2018; including local involvement in the statewide 2018 Lake Huron Place-Based Education Summer Teacher Institute (a workshop sponsored by our Sea Grant Center for Great Lakes Literacy).



Health and Nutrition

HNI Program Highlights

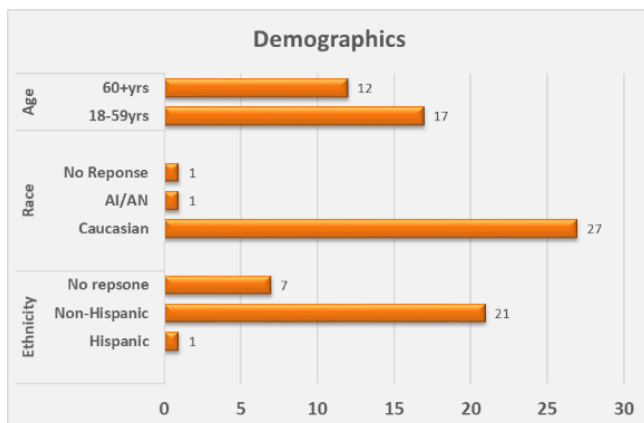
Cooking Matters for Adults

Cooking Matters is a six-week-long cooking and nutrition education curriculum for adults and is team taught by a culinary and nutrition educator. Participants learn 1) how to plan and budget for healthy, affordable, and delicious meals for their families; 2) By taking home groceries at the end of each class, participants can immediately apply these practical skills to make the most out of their food resources; and 3) a store tour is included to provide families with hands-on education as they shop for food, giving them skills to compare foods for cost and nutrition.



Success Stories

“Sandra (Montmorency CNI), Dana and I both spoke of today’s event (Week 5 grocery store tour) and thought it was grand!!! The education, the participation from the “students”, sharing of information was grand! I asked a couple along the way, what they thought of the class and I got all great responses. They love the class and the education, participation, everything. I had “0” negative feedback.”



The following represents the reported changes in behaviors from participants that completed the program. In total, the program enrolled 29 *adult participants* over three classes (26 females, 3 male).

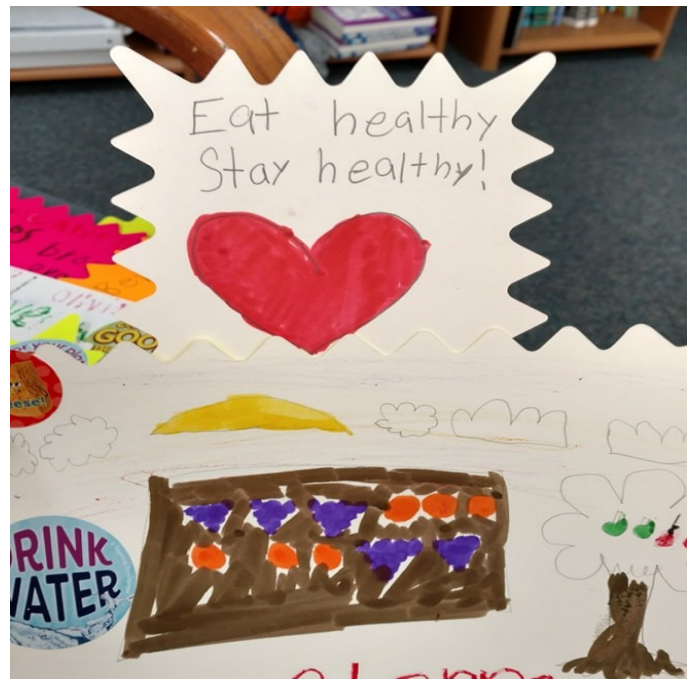
Chart 1 summarized the participants’ demographic information. **Chart 2** represents the percentage of participants that improved in *at least one or more behaviors* with respect to our key areas.

Overall, participants reported significant improvements in healthy nutrition and physical activity behaviors. Key areas of interest and the measured improvements in each category:

Food Resource Management, Nutritional Practices, Food Safety Practices, Dietary Quality, and Physical Activity

- 40% of participants **planned meals in advance** more often
- 25% reported a **decrease in frequency of running out of food** before the end of the month
- 42% of participants are more likely to use a **nutrition label** when choosing foods
- 22% were less likely to leave meat and dairy foods sit out for more than 2 hours
- 30% were less likely to thaw frozen meat at room temperature
- 74% of participants reported an increase in **fruit and vegetable** consumption
- 44% of participants increased their overall physical activity levels

Health and Nutrition



Hillman Elementary 2nd and 3rd graders finished a six week series call Show Me Nutrition. The program promotes healthy eating, physical activity and food safety. Through each interesting and fun nutrition class, students gain the skills necessary to make healthy lifestyle choices. During the last session the students were asked to create a poster that would show others what they learned. These posters were presented to Dr. Rader, the school's principal, and she proudly displayed them throughout the school. The school also agreed to begin giving a weekly healthy tip during morning announcements as well as displaying posters around the school encouraging physical activity and healthy eating. 130 local youth enjoyed these programs.



Several recent Montmorency Cooking Matters graduates stated that the class helped them budget healthier foods into their diet. The class also made them think of shopping in a different way. "I'm more knowledgeable about shopping for healthier foods and staying within my budget" stated one participant.



Food Safety

Food preservation involves a variety of methods., water bath, pressure canning, jams/jellies, pickling, dehydrating and recently approved method of steam canning. Working with youth and adults using a hands on approach is a favorite way Montmorency County participants enjoy learning. Using local fruits and vegetables also adds to the local economy. 10 youth participated in a food preservation program that taught them each of the USDA approved methods. Canning apple pie filling was used to demonstrate pie making. Comments were “ I didn’t know how easy canning pie filling can be”, “This tastes like my grandmas pie and I made it.”



ServSafe is for everyone!

ServSafe is a National food safety educational certification for food service workers and managers. Several classes are conducted throughout the area. There are 8 and 16 hour classes providing many methods and resources on keeping food safe throughout the flow of food. In order to receive the National certificate participants need to have a score of 75% or more. In Montmorency County four 8 hour classes were held with 85% of participants passing the exam with 75% or higher score.

ServSafe also offers a 4 hour Food Service class that provides basic education following the same food safety guidelines. The 4 hour ServSafe class is not a certificate program. This program has been taught in schools as a pre-training program for those that are interested in working in the food service industry. This class can provide job skills to assist youth in getting their first job in the food service industry.

Cottage Foods Create Entrepreneurs!

The local economy is always important for everyone and the Cottage Food Class is a way to increase our local economy. In the last year there has been an expansion in this program. The food safety team has updated all information and has seen an increase in the online class that is provided. In Montmorency County there have been 3 participants in the online class that have received a certificate. The local farm market has vendors that now use the correct labeling process for foods that they have processed for sale. In addition to increasing the entrepreneurs in our area local people are purchasing from local vendors keeping the economy growing.



Extension Professionals Serving Montmorency County

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