



Saginaw County

2018 ANNUAL REPORT

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MESSAGE FROM THE DISTRICT COORDINATOR

We hope you enjoy reading this 2018 annual report outlining the services of MSU Extension in Saginaw County. We have been in this community for over 100 years and will continue to be as long as the community views us as a valuable resource.

MSU Extension faculty and staff translate the scientific information gleaned from MSU AgBio Research and other Campus Units into real world applications.

Throughout the history of the Cooperative Extension Service, founded by the Smith-Lever Act of 1914, MSU Extension has worked hard to support an environment of collaboration where innovation and creativity can flourish.

This report provides an overview of the variety of MSU Extension programming that residents of Saginaw County participated in over the last year. Thank you for your continued support of MSU Extension programs in Saginaw County.

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Developing Youth and Communities



The best practices around creative, critical thinking in STEAM encourage projects that “throw away the instructions” and are very self-guided.

MSU Extension 4-H programs have demonstrated that they help youth reduce high-risk behaviors such as drug use and as well as avoidance or reduced involvement with the court system. Michigan 4-H teaches youth to complete tasks, solve problems and seek help they might need from peers and adults. This helps to prepare current and future leaders by offering numerous opportunities for leadership and skill development.

4-H Clubs

4-H Clubs are the foundation of every successful 4-H Program. 4-H Clubs can take the form of community clubs, school clubs, or 4-H Special Interest (SPIN) clubs. Regardless of the structure, the primary purpose of 4-H Clubs is to support the development of each youth through building significant and lasting relationships with adults and other youth. In 2017, Saginaw County had **394 youth members in 4-H Community Clubs** and **136 adult volunteers** working with the youth.

Special Interest Clubs

In 2017, **3156 youth participated** in SPIN/Short-Term Clubs. One main SPIN club was the **Walmart Healthy Living program**. The Saginaw 4-H staff partnered with Mission in the City, the Saginaw County Community Action Center, Carrollton Public Schools, and the Downtown Saginaw Farmers Market to provide nutrition and physical fitness for inner city youth. The program was funded by the Walmart Healthy Living Grant. A second main program was with **Chester Miller Elementary School** with a focus on exercise, gardening and nutrition.

MSU Exploration Days

This year, **12 Saginaw County youth** attended Exploration Days. Explorations Days, a 3-day event on MSU's campus in June, is designed to help youth learn new ideas and techniques, increase their interest in and readiness for college, explore career options, as well as develop their decision making, independence and teamwork skills. Youth also meet and interact with other youth and adults from different backgrounds and areas throughout Michigan.

Developing Youth and Communities



Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play.

Northern Outdoor Adventure

In 2017, **40 youth** participants and **5 adult chaperones** from Saginaw County participated in an overnight camp called Northern Outdoor Adventure at Kettenun Center in February. The focus of the program was Life skills and applying today's learning to their future. Youth Counselors were trained to serve in leadership roles as part of the experience. The 2018 Northern Outdoor Adventure was held in February featuring Science.

Saginaw County Recognition Banquet

This year Saginaw County had **80 participants** at the Saginaw County Recognition Banquet. A total of **32 youth awards** were given and **8 volunteers** were recognized for their service that represented a total of **70 years of service as 4-H volunteers**. **Eight local businesses** served as sponsors the event to show their support of the program. The educational component this year was Ben Phillips who spoke about the research plots he has been working on at the Saginaw Valley Research and Extension Center.

Early Childhood Development Education

MSU Early Childhood Development provides education for families with children ages birth to five as well as their caregivers. Our services focus around literacy, math, art, science, discipline, healthy relationships, and social emotional health. This year we had **174 Saginaw County residents** and childcare business employees registered for our seminars. Seminars were held on the following topics:

Inquiring Minds Want to Know: Science for Young Children

Power of Puppets - Saginaw Home Providers

The Resilience Toolbox: Building Foundational Skills for Resilience in Early Childhood

Building Early Emotional Skills

More Than 1.2.3: Math and Early Childhood

Rest Time Refresher/Evening Energizer: What Children Need to Know to Start School

Setting the Stage: Promoting Social-Emotional Health in Young Children

Mindfulness

Positive Discipline

RELAX: Alternatives to Anger

Diversity and Inclusion

What Children Need to Know to Start School

ABC's of Early Literacy

Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce.

MSU Exploration Days

This year, 12 Saginaw County youth attended Exploration Days. Explorations Days, a 3-day event on MSU's campus in June, is designed to help youth learn new ideas and techniques, increase their interest in and readiness for college, explore career options, as well as develop their decision making, independence and teamwork skills. Youth also meet and interact with other youth and adults from different backgrounds and areas throughout Michigan.

Science Literacy Trainings

This year, Saginaw County 4-H had 20 youth participants attend the statewide trainings and shows such as State 4-H Horse Show, MI 4-H Horse Judging, State 4-H Rabbit Show, Michigan 4-H Gold Clover Rabbit and Cavy Showmanship Contest, Michigan 4-H Animal and Veterinary Science Camp and 4-H Ag Innovators Experience.



Keeping People Healthy



Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

When you support MSU Extension, residents learn safe food handling practices, increase their physical activity and improve the quality of their diets. Encouraging these healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

Improving Nutrition and Increasing Physical Activities in Michigan Communities

The Centers for Disease Control and Prevention reports that more than 30 percent of Michigan adults are considered obese, and one out of every three deaths in Michigan is caused by cardiovascular disease, influencing the quality of life and adding billions of dollars each year in economic burden.

In 2016, 15 percent of people in Michigan were considered to be living below the poverty level and more than 1.5 million Michigan residents qualify to receive Supplemental Nutrition Assistance Program (SNAP) benefits.

MSU Extension delivers affordable, relevant, evidence-based education to help residents in urban and rural communities stay healthy throughout their lifespans.

Saginaw County Programming

MSU Extension's SNAP-Ed programs in Saginaw County this year reached 169 adults and 1455 youth in 2017 who participated in a series of educational sessions, 1231 adults and 327 youth in the county who participated in one time presentations.

MSU Extension also is a provider of the federal Expanded Food and Nutrition Education Program (EFNEP). This program is designed to help children and families acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets. In Saginaw County, 49 adults and 904 youth participated in EFNEP programs in 2017.

Through our programs, adults and youth learn how to 1) make the most of their food dollars, 2) understand food labels, 3) make healthy food choices, 4) prepare and portion food, 5) plan menus, 6) understand recipes and 7) keep food safe.

Keeping People Healthy

Social Emotional Health Research

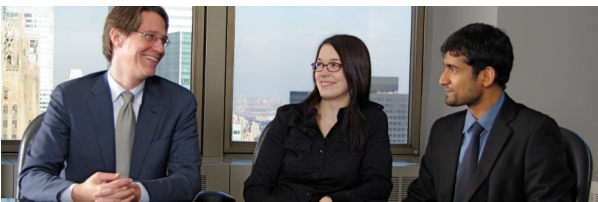
25 residents attended a presentations such as of Stress Less with Mindfulness, Motivational Interviewing and Leadership in Dealing with Difficult Multicultural Discussions.

These events was held to bring awareness to current stress management skills, and offer education and the ability to practice new skills for managing stress in a productive and effective way.

Worksite Wellness and Healthier Childcare Environment Policy, System and Environmental (PSE) Nutrition Education

A positive wellness culture in child care homes and centers contributes to the physical, mental and emotional wellbeing of children and child care providers. MSU Extension provides free coaching for eligible child care providers and provides an assessment of the facility and policies, nutrition coaching, assistance in action planning, 10 educational hours, and implementation of nutrition and physical activity initiatives.

MSU Extension provides Michigan worksites with education to promote healthy lifestyles to employees and their fami-



lies. The programs available focus on improving healthy lifestyle behaviors, reducing risk of chronic diseases, social-emotional health and food safety education. The Work@Health™ is a comprehensive workplace training program for employers used by MSU Extension.

Those participating this year were 10 childcare providers reaching 85 youth, 4 schools reaching 1300 youth, and 1 private worksite reaching 25 employees.

Personal Action Toward Health (PATH)

PATH provides the skills and tools to manage chronic health conditions such as Chronic Pain. People who participate in PATH workshops are better equipped to face daily challenges of living with one or more chronic conditions. PATH is a six-week series led by two trained leaders who have chronic conditions themselves. Path participants report an improved health status at the end of the program, decreased symptoms of fatigue and increased energy. They also reported decreased fearfulness about their future health. This year 6 Saginaw County residents participated in Chronic Pain PATH in partnership with the National Kidney Foundation of Michigan.

Ensuring Safe And Secure Food



MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and our communities viable.

ServSafe Certification

MSU Extension offers ServSafe, a national certification program, for those working in food service, especially managers and other leaders. ServSafe teaches about foodborne illness, how to prevent it and how to train employees about the latest food safety issues. This year, 62 Saginaw County residents completing the 8 hour ServSafe course. Also, Cooking For Crowds was taught in partnership with Trinity Lutheran Church for 14 of their local volunteers. A Safe Food For Pantries was taught for 37 East Side Soup Kitchen volunteers and staff to help them protect their participants.

MSU Extension Reducing Foodborne Illnesses Through Home Preservation Education

Food preservation is both a popular hobby and a small business opportunity, but people who preserve food without following scientifically proven food preservation techniques increase the risk of foodborne illness. As a result of MSU Extension food safety programs, individuals now use safer food handling, preparation, storage and preservation techniques. This benefits other community members by decreasing the economic costs of foodborne illnesses, estimated at \$6.9 million in 2000.

In 2017, 70 Saginaw County adults enjoyed Food Preservation courses MSU Extension offered. Examples of courses MSU Extension offered included the following: Preserving Food at Home—Canning Basics; Fresh Pack and Fermenting Pickling Methods; Canning Jams and Jellies; Blanching and Freezing; Salsa; Tomato Preservation; Keeping Food Safe At Fundraisers. Partners were Saginaw Valley State University, Gleaners, and Frankenmuth Farmers Market.

Ensuring Strong Communities



MSU Extension offers a variety of training courses and presentations on local planning and zoning tools and techniques, “best practices,” policy options, land use and environmental issues, public participation programs and more.

Improving the Fiscal Health of Michigan Communities

Only with healthy, vibrant communities can Michigan residents be expected to thrive. To help Michigan prosper in a sensible, sustainable fiscally responsible way, MSU Extension launched the Center for Local Government Finance and Policy in late 2015.

The center is led by MSU Extension economist Eric Scorsone who has assisted multiple cities during fiscal crises including Detroit, Flint and Lansing. The center advises cities during fiscal hardships, develops fiscal tools and offers outreach to help communities improve their fiscal health. In addition, the center is committed to connecting legislators with experts in public policy and forging partnerships in the public and private sector.

Land Use Planning and Zoning

In 2017, 20 residents in Saginaw County attended the training called Regulating Medical Marijuana Facilities: A Workshop for Local Government. The seminar reviewed current laws in Michigan and how they impact local government, including what options are available to local government.

Local Government Trainings

MSU Extension and Michigan Township Association collaborated to bring MSU Extension Educators and Specialists to provide educational training at their conference. Parliamentary Procedure Basics and Current Issues Affecting Michigan Local Governments: Local Government Finance Reform was taught with 12 Supervisors, Treasurers, Trustees and Clerks attending.

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Farmers Markets See Success Through Help From MSU Extension

In Saginaw County, farmers markets are operating successfully in Chesaning, Kochville Township, Hemlock, St. Charles, Frankenmuth and Downtown Saginaw. The Downtown Saginaw Farmers' Market has a partnership with SVRC Industries that will relocate the market into the former Saginaw News building so it can operate year round in 2018.

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Supporting Food and Agriculture



MSU Extension provides research-based production recommendations and resources. The goal is to improve production efficiency through increased yields, improved quality, decreased input costs, protected yields and new technologies.

Michigan agriculture continues to be a growing segment of the state's economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. Through MSU Extension education, residents learn how to optimize and reduce the use of pesticides and fertilizers as well as how to conserve and protect water resources. This education leads to better use of time, money and human capital while helping to retain and create agricultural jobs.

In 2016, Saginaw County had 111 sugarbeet farms and, in 2014, there were 15,700 acres of sugarbeets. MSU Extension has communication with each of these growers. The sugarbeet industry alone has a direct economic impact of over 550 million dollars.

Michigan Bean and Beet Symposium

300 people attended the Symposium that was held in Saginaw County. The educational programs were conducted in two parts. The Dry bean educational program was held for 2 hours in the morning and included production information, marketing and new varieties. The 2 hour afternoon program was on Sugarbeet fertility, controlling cercospora leafspot and improving farm energy efficiency.

MSU Extension and Michigan Sugar

MSU Extension and Michigan Sugar co-host the REACH program. This year 60 local farmers participated in the REACH sugarbeet agronomy and pest management sessions. When compared to other sugarbeet production areas in the last 10 years, Michigan tops the charts for improved sugarbeet yields, quality and profitability. Much of these gains have come from extensive effort put forth by MSU Extension's Sugarbeet Advancement Program working with the industry. In 2017, 17 research trials were conducted in the Great Lakes Saginaw Area. These efforts included variety testing, improving management techniques, and solving production constraints.

Winter Vegetable Meeting

An update was provided on disease control measures in vine crops, tomatoes, and onions, a two-year cover crop and fertility project at Forgotten Harvest Farms; weed control measures for vine crops, tomatoes, peppers, sweet corn, and onions; update on onion thrips control, and moth pests in sweet corn; an introductory talk on soil fertility and health for vegetables.

Supporting Food and Agriculture



MSU Extension offers resources to help people correctly identify pests—insects, weeds, plant diseases and other pests—and then choose an effective control when one is needed. Our advice safeguards human and environmental health by using the least toxic methods first.

Farmland Rent & Rental Meeting for Landlords and Farmers

This seminar was attended by 13 Saginaw County residents. The seminar taught how farmland rent is one of the largest single expenses on many farm operations which gives it a high importance to manage and control if the farm is to remain economically profitable. For landowners farmland rental income often represents a very large percentage of the household/ retirement income. To obtain a WIN - WIN farmland rental arrangement both the farm operator and landlord need to establish a positive working relation and put in place sound written rental agreements. Over the years numerous disagreements and in some case severe economic losses have occurred when verbal rental arrangements fall apart and landowners fail to get paid or operators lose rented land based on missed communication.

Breakfast on the Farm Event

89 Saginaw County residents attended the Breakfast On The Farm in Gratiot County. The event offered a farm-cooked breakfast and self-guided walking tour of the farm. Educational stations are set up throughout the farmstead that provided information on how farmers take care of their animals, how they protect the environment and the steps they take to produce healthy and wholesome food.

Preparing Youth for Future Careers in Agriculture

As a pillar of Michigan's economy, agriculture must continue to grow and thrive. One way to ensure this success is to prepare an informed and skilled workforce ready for careers in this essential sector.

To meet this need, MSU Extension offers youth a continuum of learning opportunities in the agriculture industry. These opportunities range from interactive experiences such as 4-H Renewable Energy Camp and World Food Prize Michigan Youth Institute, to educational resources such as the Youth Business Guide to Success, animal marketing curriculum and zoonotic disease prevention tools. Through these experiences and resources, as well as county 4-H projects, youth are educated about agriculture and prepared for careers in this important industry. In 2016, more than 850 youth took part in Michigan 4-H pre-college programs with an agricultural focus.

Supporting Food and Agriculture



When you support MSU Extension, you help participants learn profitable and efficient business and production practices.

MSU Field Crops and Pest Management Programs

This event provided the following updates with **21 Saginaw County residents** in attendance: Field Crops Recommendations for Soil Fertility, Weed, Insect and Disease Control, and the Market Outlook for 2017 and beyond. Specialists Christy Sprague, Chris DiFonzo, Marty Chilvers, Kurt Steinke, and Jim Hilker presented in 2017.

Integrated Pest Management (IPM) Academy

3 Saginaw County residents completed a two-day program covering the fundamentals of IPM and the resources and technology for sustainable agricultural practitioners. The Academy's long-term goal is to increase sustainable agriculture through expanded awareness and adoption of IPM strategies that improve crop efficiency, minimize pesticide use and enhance environmental quality.

Soybean Education

Mike Staton, statewide Educator, held the 2017 Soybean Harvest Equipment Field Day attended by **4 Saginaw County producers**. The event involved a hands-on demonstration on measuring harvest losses, written reference materials and field demonstrations of proper and improper combine settings.

In addition, he held the 2017 SMaRT Meeting, **attended by 15 residents**, where results from the 2016 SMaRT research trials were given and Mark Seamon presented information on managing marehail and soybean cyst nematodes.

Beginning Farmer: Small Farm Systems

Collin Thompson presented on tool systems, transplanting techniques, irrigation systems, topics related to hoop house management, and a variety of other small farm specific topics.

Christmas Tree Production

Statewide Educator Jill O'Donnell provided up to date information on various management practices for growers- Michigan Christmas Tree Association.

Master Gardener Program



The Michigan State University Extension Master Gardener Program (MGP) is an adult horticulture education and volunteer leader training program. Volunteers are committed to improving the quality of life in Michigan through horticulture-based volunteerism and beautifying communities throughout the state.

Saginaw Valley Master Gardener Association

In 2016, 79 Saginaw residents belong to the Saginaw Valley Master Gardener Association. Everyone who completes the MSU Extension Michigan Master Gardener Volunteer Training Program (or transfers in) belongs to this association. The association is a volunteer group dedicated to learning about gardening and horticulture and sharing acquired knowledge with the people of Saginaw County. They encourage horticulture and gardening which through adding beauty improved the quality of the community's environment.

Master Gardener Volunteer Hours of Service

In 2016, 79 County Master Gardener Volunteers have donated 4,226 hours of volunteer time this year and have driven 22,406 miles for their efforts. They have assisted 4,868 residents with their knowledge from the Master Gardener program. The 12 volunteers that were awarded a gold badge for having over 1000 hours of lifetime volunteer hours had an economic value of these volunteers is \$100,377.

Michigan Master Gardener Program (MMGP) Re-Certification and Advanced Training

MSU Extension offers the MMGP which provides interested individuals an opportunity to take part in a focused, 13-week training experience that provides in-depth education in many aspects of horticulture including trees and shrubs, flowers, vegetables, fruit, soil, water, pests, indoor plants and lawns. In Saginaw County, 65 local residents completed the recertification training and 9 received Advanced Training.

MSUE Lawn and Garden Hotline

MSUE Consumer Horticulture educators and trained Master Gardener Volunteers are dedicated in helping answer any at-home garden questions. MSUE has an "Ask an Expert" button on the webpage msue.msu.edu, or call toll-free 1-888-MSUE4MI (888-678-3464). Staff and volunteers are available statewide on Friday's from 9am-12pm.



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