



St. Clair County 2020 ANNUAL REPORT

BY THE NUMBERS

100+

Over 100 years MSU Extension professionals have provided education to St. Clair County residents



* \$62,603 spending with local businesses in St. Clair County



250 St. Clair County students enrolled at MSU



MSU disbursed \$6,323,359 in financial aid to St. Clair County students



2,417 MSU alumni living in and contributing to St. Clair County



7,466 youth involved in 4-H in St. Clair County youth development programs



* \$20,524,240 total economic impact in St. Clair County

* 2019 Numbers

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 St. Clair 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

CONTACT



MSU Extension St. Clair County
200 Grand River Ave., Ste. 102
Port Huron, MI 48060



msue.anr.msu.edu
msue.stclair@county.msu.edu



810-989-6935



facebook.com/msue.scc



[@MSUEExtension](https://twitter.com/MSUEExtension)

MICHIGAN STATE
UNIVERSITY

Extension

Developing Youth and Communities



CONGRATULATIONS

2020 Virtual St. Clair County 4-H Fair Exhibitor of the Year!

AND Virtual Michigan State Fair Scholarship Winner Nathan Yera from Rimrock Acers 4-H Club

Lori Warchuck
4-H Coordinator

(810) 989-6935
warchuc1@msu.edu

Serving St. Clair County

4-H is America's largest youth development organization, providing educational opportunities to over 6 million youth. 4-H programs are available for all youth ages 5-19. We always welcome new members and new volunteers; if you are interested in joining 4-H, please contact the St. Clair County MSU Extension office at 810-989-6935. We would be happy to help you enroll today!

4-H PROGRAM NUMBERS IN ST. CLAIR COUNTY:

Total club membership—797 youth members

Total clubs—57 4-H Clubs

Total program outreach efforts—2,265 youth reached in outreach programming efforts

Total volunteers—274 adult volunteers

ADULT VOLUNTEER PROFESSIONAL DEVELOPMENT



Adverse Childhood Experiences (ACES) training for 25 4-H volunteers took place in February. Volunteers learned the different adverse experiences that have a negative affect on children and families across all communities. ACEs come in many forms, from abuse and neglect to household challenges (e.g., intimate partner violence, household substance abuse, or

parental separation or divorce). They can have long-term effects on health, wellness, and life opportunities.

4-H AFTERSCHOOL SPIN CLUBS

4-H Spin clubs took place at Palms (Casco), Gardens (Marysville), elementary schools until COVID. More than 80 youth participated in activities that included; diaper science, dry ice-ice cream science, directed art, and heath & fitness activities.

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.

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).

PIVOTING TO VIRTUAL PROGRAMMING EFFORTS

4-H STATE AWARDS

A 4-H State Award is the highest honor bestowed on a Michigan 4-H member. 4-H State Award winners become part of an elite group of 4-H youth who have demonstrated the highest level of excellence in learning, leadership, and service. The purpose of this awards program is to provide 4-H youth a learning opportunity where they can receive recognition while developing important life skills. Through the experience, members apply skills in communication, organization, and self-motivation.



St. Clair County participant awarded the following.

- Isabell Stull winner Personal Development and Leadership

VIRTUAL 4-H EMBRYOLOGY SERIES

Typically 4-H Embryology would take place in classrooms all over St. Clair County. However the pivot to virtual presentation proved that this 4-H project has diverse appeal. Adults and youth alike tuned in to this weekly series to explore the life cycle of the baby chick. The program took the participants from setting eggs in the incubator; to the time-lapse hatching of a baby chick. The difference between store bought eggs and fertile farm eggs was explained. This program has been view over 1,000 times on the 4-H Facebook page.



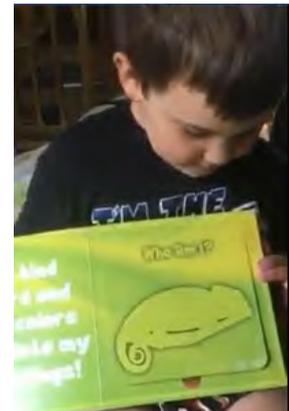
Developing Youth and Communities



4-H LITERACY VIRTUAL SERIES

4-Hers of all ages participated in this 4-H Story Time Challenge. Participants were challenged to create a video reading their favorite book. More than 25 youth and adults participated, reading their favorite story.

Participants got creative, some even reading to their pets, fireside and on tractors. One story about America read by a guest Vietnam Veteran received over 5,000 views. Our other featured stories received an average of 500 views on the 4-H Facebook page.



ALL 4-H PROGRAMS:

- ◆ Animal Science
- ◆ Arts
- ◆ Careers
- ◆ Environmental & Outdoor Education
- ◆ Global & Cultural Education
- ◆ Healthy Youth
- ◆ Leadership, Citizenship & Service
- ◆ Life Skills
- ◆ Science & Engineering
- ◆ Volunteering & Mentoring

4-H AG BITES VIRTUAL SERIES

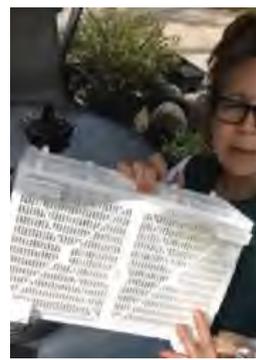
This educational series was created to spark an interest in general agricultural related subjects.

Hay vs. Straw - staff explain the difference between the two. Straw is bedding and hay is food. How they are harvested and stored including common uses for each were explained.

From Field to Feed—staff explain the process of planting field corn to harvest and how it's processed into animal feed. Examples of equipment used also included in this virtual session.

Cattle Terms - virtual tour of a small cow calf operation takes viewers up close and personal with the herd. Beef cattle breeds, and the difference between a heifer and cow, bull and steer etc. were showcased in this session.

What's the Buzz About - this session featured how honey bees are shipped in the mail, how many bees in a 3 pound package, what they eat in transit and what happens when they arrive. This popular series has been view more than 2,000 times.



Developing Youth and Communities

Michigan 4-H is growing current and future leaders. The largest youth development organization in Michigan, 4-H provides more than 200,000 young people with experiential learning opportunities to explore new interests and discover their passion. 4-H grows from the farms to the towns, and from the suburbs to the cities. Anywhere curiosity roams and confidence thrives. Anywhere technology can be advanced and achievement is valued. Anywhere positive change is possible and giving back moves communities forward. After all, true leaders aren't born; they're grown!



4-H VIRTUAL SCIENCE SERIES

This science based series started in May and continues to offer these hands on activities. Activities include but not limited to; Sun Science, Owl Pellets Dissection and Tin Foil Boat Experiments. Families offered safe “curb side” pick up “project kits” that included all the materials to explore the activity. Zoom link also included for live virtual instruction. Over 400 youth participated in this fun educational series.



VIRTUAL ASK A 4-H EXPERT

4-Hers offer their expertise. How to tell if your baby chicks are boys or girls? How do you make a 4-H Shooting Sports safety poster? How do you start a survival fire? How do you clean your horses hooves correctly? Were just a few questions answered by our 4-H Experts. 4-H'ers practiced their leadership skills and created videos to answer those questions. These educational videos were view 2,000 times on the 4-H Facebook page.

4-H VIRTUAL ART, FOOD AND CRAFTS SERIES

To get ready for the Virtual St. Clair County 4-H & Youth Fair, this series provided both safe “curb side” pick up of project kits and Zoom instruction for projects for virtual fair. Participants were supplied all the material and instruction to complete the projects.

Yeast pretzels, fabric wreaths, directed painting, stepping stones and other craft project kits were supplied to both 4-H'ers and non 4-H members. More than 600 youth participated in this fun series. Series took place June and July 2020.



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.

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 our 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.

FOOD PRESERVATION

The bounty of Michigan produce can be enjoyed all year long with safe food preservation. Food preservation is a science, and we must properly preserve foods or dangerous bacteria can be present and cause foodborne illness. Food Preservation classes teach safe preserving techniques and provide valuable resources to ensure the safety of home preserved food. Two demonstration classes with 18 participants were held and educated about preserving food safely.

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 34 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.

MICHIGAN FRESH FACT SHEETS

Michigan Fresh fact sheets are research-based resources designed to educate consumers on the safe use, storage and preservation of Michigan grown fruits and vegetables. They are distributed at Vantage Point Farm Market in Port Huron as well as the St Clair County MSU Extension office providing local access to these great resources for county residents. They are also available online at: <http://www.canr.msu.edu/mi/fresh>

EDUCATIONAL TEXTING CAMPAIGN

Receive weekly 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.



Ensuring Safe and Secure Food

Laurie Messing
Extension Educator

(989) 269-9949 ext. 611
lmessing@msu.edu

Health & Nutrition
Institute

Serving District 10
St. Clair, Huron,
Sanilac and Tuscola
Counties



To learn more,
follow us on
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VIRTUAL FOOD SAFETY EDUCATION PROGRAMS- March to July 2020

Our efforts shifted in March to move most of our in-person group education classes to online options for Michigan residents. We also created some new education online opportunities.

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:

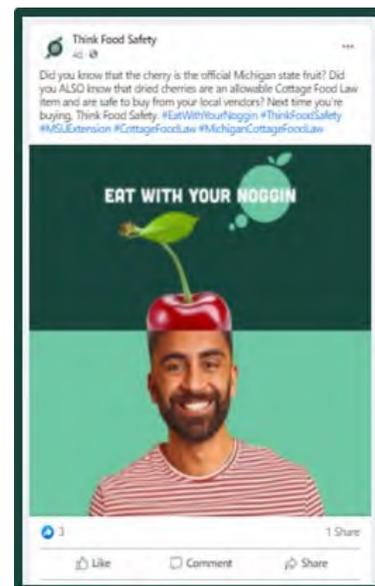
- Approximately 20,000 people have registered for the above online classes
- Over 6,000 have attended the food safety program sessions

FOOD SAFETY HOTLINE

If you have food safety questions on preserving foods at home, expirations dates, are foods safe after a power outage, etc. please call the MSU Extension Food Safety Hotline at 877-643-9882, operating Monday-Friday 9 am to 5 pm EDT

“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 & 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.



Ensuring Strong Communities

Joseph Bixler
Extension Educator

Community Food
Systems

(810) 989-6935

bixlerj@msu.edu

Serving the State of
Michigan & District 10

Huron, Lapeer, St. Clair,
Sanilac and Tuscola
Counties



Volunteers readying a food giveaway at Yale Elementary School



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 2019-20 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's 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 2019-20 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 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 the challenges of the COVID 19 pandemic 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.



Government and Community Vitality, Tourism

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

Andy Northrop
Extension Educator

(810) 989-6935
northro5@msu.edu

Serving the State of Michigan & District 10

Huron, Lapeer, St. Clair, Sanilac and Tuscola Counties

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

VISITOR PERSPECTIVES HELP ST. CLAIR COUNTY DEVELOP

Marine City and City of St. Clair received teams comprised of first-time visitors in 2019. The results of their visits were shared in community forums co-organized by MSUE educators and community leaders. Altogether, the two community assessment programs together reached more than 100 participants representing local businesses, community organizations, education, and government.

- 81% agreed they envision themselves or community using the information shared to advance tourism in their community.
- 88% agreed the program information shared will help strengthen collaboration within the community.
- 100% felt the FIT program can help Michigan communities interested in developing tourism.

After learning about visitor first impressions of each community, residents and leaders shared their perspective as to what the FIT program provided them.

- *The program helped us see what others see of our community.*
- *FIT bridged gap between various initiatives in our community.*
- *I didn't realize there were land or water trails to the extent of the visitors highlighted.*
- *I'm new to the city and this was eye opening.*
- *It made me more aware of an outsider's point of view and what we need to work on.*
- *The program supplied supportive data for old and new community assets.*

Marine City acts after receiving first-time visitor impressions!

As a result of participating in FIT, Marine City:

- Launched an Economic Development Board
- Chamber of Commerce expanded hours and moved locations
- Unveiled eight public art mosaics in the downtown
- Downtown business owners made donations to support lighting for the Marine City Lighthouse area.



Government and Community Vitality, Tourism

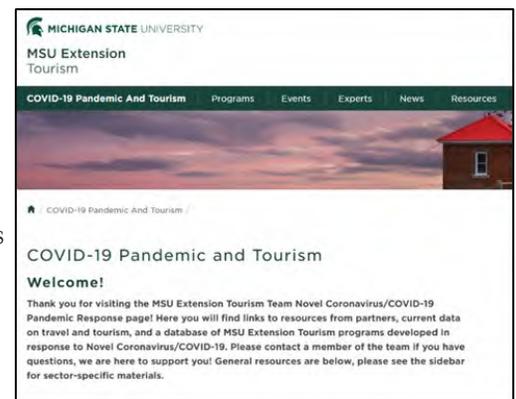
Goals of our tourism programs are to:

- ◆ Increase awareness of assets and opportunities
- ◆ Increase knowledge of best practices, trends and changes
- ◆ Develop new leadership roles, opportunities and action items
- ◆ Foster new collaborations and plans among stakeholders to advance community-driven tourism

- Approved an ADA accessible kayak launch for at a city riverfront park
- Funded a Downtown “Business Loop” marketing effort with signage.
- Received \$6,000 from regional partners for additional projects

COVID-19 PANDEMIC AND Tourism

Launched immediately in response to the global pandemic, MSU Extension’s Covid-19 Pandemic and Tourism website helps tourism communities of all sizes navigate the challenges with the pandemic. For more information, please visit - <https://www.canr.msu.edu/tourism/COVID-19-pandemic-and-tourism/>



Partnering During Pandemics

Partnerships with Blue Water Area Chamber of Commerce allowed Extension to share national and state data via webinars to District 10 communities and businesses. Innovative strategies and approaches to managing visitors during the pandemic from across the country were shared. The partnership brought stakeholders from Port Austin to Algonac together before the tourism season officially kicked-off. A complete recording of the webinar at - <https://www.canr.msu.edu/tourism/COVID-19-pandemic-and-tourism/tourism-lessons-for-covid-19-webinar-series>

Capturing Stakeholder Sentiment

Designed and administered by MSU Extension, pandemic sentiment surveys targeted at local leaders, municipalities, and business owners helped gauge preparedness around re-opening during the coronavirus pandemic. Surveys were administered pre-summer season and during a time when uncertainty was at its highest. Overall, survey data revealed emotions were mixed and confusion high across public and private sectors regarding how and when to re-open small-town tourism economies and welcome visitors. Data also revealed that 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.



Making the Most of Our Natural Assets



Mary Bohling,
Extension Educator
Sea Grant Program
(313) 410-9431
bohling@msu.edu

Serving the State of
Michigan



"I spend a lot of time on the water - whether in our boat fishing or paddling down a river. It will be so helpful having the knowledge of invasive species. Looking forward to learning more from everyone." - Christine R., 2020 MI Paddle Stewards Participant

2019 MICHIGAN SEA GRANT PROGRAM

Michigan Sea Grant is a program of MSU Extension and the University of Michigan that fosters economic growth and protection of Michigan's coastal Great Lakes resources with support from National Oceanic and Atmospheric Administration.

AQUATIC INVASIVE SPECIES EDUCATION

Sea Grant programs for aquatic invasive species (AIS) focused on education and outreach programs to encourage people to do their part to reduce the spread of invasive species. This past year, we took our efforts online with the new self-paced MI Paddle Stewards course. Participants of this free course take 5 short modules to learn about important invasive species, how to properly clean a watercraft, and how to report invasive species. Paddlers will learn to use the MISIN (Midwest Invasive Species Information Network) app, a reporting tool used by Michigan's Department of Natural Resources and others to locate invasive species of concern. The MI Paddle Stewards program is funded by the Michigan Invasive Species Grant program. Learn more at <https://www.michiganseagrant.org/educational-programs/mi-paddle-stewards/>

SAFE AND SUSTAINABLE FISHERIES

Each year, Sea Grant educators facilitate fisheries workshops across the state of Michigan. These workshops are intended to bring together anglers with fisheries managers and other subject matter experts to provide information about the status and trends of fishing in the Great Lakes and connecting waters. The southeast Michigan fishery workshop covering the St. Clair River, Lake St. Clair, Detroit River and western Lake Erie, took place in February with 78 people attending.

WATER SCHOOL: Essential Resources for Local Officials

Elected and appointed officials often need to make important decisions regarding the future of shared water resources. The new online version of the Michigan Water School program provides decision-makers with critical, relevant information needed to understand Michigan's water resources in order to support sound water management decisions. This project has been generously supported by the Erb Family Foundation and Pure Oakland Water. The program includes sessions on water quantity; water quality; water finance and planning; and water policy issues. Topics to be covered include:

- The Blue Economy
- Fiscal benefits of water management
- Incorporating water into local planning and placemaking
- Resources to help address water problems
- Water policy at the federal, tribal, state, and local levels



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.



Parents learn how to cook healthy meals kids will love in Cooking Matters for Parents

Serving St. Clair County

Community Nutrition Instructors

Carol Bublitz

bublitz@msu.edu and

Jennifer McNamara

mcnam132@msu.edu

(810) 989-6935

SNAP-Ed NUTRITION AND PHYSICAL ACTIVITY PROGRAMS

From pre-school classrooms to senior citizen groups, people gather around food. When they do, it's a great time to learn more about food. MSU Extension provides education on food, nutrition and physical activity through SNAP-Ed, which targets groups that are likely to have a high number of people with low incomes. Our SNAP-Ed Community Nutrition Instructors (CNIs) provide fun evidence-based learning in one-time classes, series of classes, and at special events.

In 2019, SNAP-Ed *served over 80,000 adults and youth* statewide. Locally, CNIs Jennifer McNamara and Carol Bublitz served *more than 1,200 adults and youth*. They served over 100 adults using curricula such as "Cooking for One", "Eat Healthy, Be Active", "Cooking Matters for Parents" and "Cooking Matters for Adults". Classes included hands-on food experiences as well as lessons on nutrition, food safety, physical activity, meal planning, and stretching food dollars.

Further, the CNIs served *over 1,100 youth* using curricula such as "Show Me Nutrition", "Jump Into Foods and Fitness" and "Grow It, Try It, Like It". These curricula also have handwashing and food safety, physical activity and food preparation or food tasting experiences as well as lessons and activities on food and nutrition.

The CNIs also helped community groups, such as schools, develop and implement changes in their policies or their environment to improve healthy food choices. They were also available to participate in community events, such as the 4-H & Youth Fair, local health fairs, and student resource fairs.

A new addition to SNAP-Ed is providing virtual programs. Carol is continuing to work in programming delivery as part of a small group to create power points from our youth curricula to use in virtual settings, and Jennifer is continuing to work with an even more specialized group to provide multi-lingual program materials, including materials for the Deaf and hard of hearing. St. Clair County should be seeing more of these and other virtual programs in the coming year.



Kids learn healthy snacking ideas in Show Me Nutrition class



Participants in Jennifer McNamara's Cooking for One Class discuss how to make every meal a MyPlate Meal

Keeping People Healthy

MSU Extension provides trusted, evidenced-based education and expertise in:

- Markets and Financials
- Risk Management Plans and Farm Analysis Information
- Managing Stress, Anger or Depression

Kristina L. Swartzendruber
Extension Educator
(989) 672-3870 (989) 245-5903 cell
swartze6@msu.edu

Improving Health & Nutrition Institute

Serving the State of Michigan & District 10

Huron, Lapeer, St. Clair, Sanilac and Tuscola Counties

DISEASE PREVENTION MANAGEMENT AND SOCIAL EMOTIONAL HEALTH PROGRAMS

Kris Swartzendruber, Extension Educator for the Health and Nutrition Institute, conducted the following programs for District 10

DINING WITH DIABETES

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. Before the COVID-19 stay-at-home order, Kris was able to conduct three in-person series, 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.

DIABETES PATH (Personal Action Towards Health) 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. Since the outbreak of the COVID19 pandemic, the developers of the PATH curriculums have given certified leaders permission to conduct the *Diabetes PATH* series remotely and online. As a result, Kris has conducted three remote/online series, reaching 34 adult participants. All expenses related to the Diabetes PATH series were covered by a grant from the Lions of Michigan and Lions International.

CHRONIC PAIN PATH (Personal Action Towards Health) 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. Kris has conducted two of these series (one in-person and one online) reaching 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.

Keeping People Healthy

FEEDBACK:

“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.”

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

“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!”

“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.”

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. There is research that 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. Kris has conducted three online series reaching 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.

WISE (Wellness Initiative for Senior Education) is a program for adults, 60 years and older, that are looking to stay healthy 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. Kris was able to conduct one WISE series before the COVID-19 stay-at-home order, reaching 9 participants. All expenses related to this series were covered by a State Opioid Response grant from Michigan State University Extension.

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. Kris conducted one in-person and two online RELAX series reaching 20 adult and 25 teen participants.

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. Kris conducted one online *Powerful Tools for Caregivers* series reaching 12 participants.

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. Kris was able to conduct one series before the COVID-19 stay-at-home order, reaching 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

Phil Kaatz
 Extension Educator
 Forage Management
 and Field Crops
 (810) 667-0341
 kaatz@msu.edu

Serving the State of
 Michigan & District 10
 Huron, Lapeer, St. Clair,
 Sanilac and Tuscola
 Counties

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 MSUE Field Crops Specialists and Extension 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 with MSU Specialists and Educators 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 was able to ask questions of the specialists and educators 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 2019-2020 was the lengthy planting delays for all crop producers. The MSU Extension Agriculture and Agribusiness Institute provided a “Delayed Planting” webpage due to these widespread weather delays throughout Michigan. 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.

The Virtual Breakfast Series provided the initial discussions concerning delayed planting and responded to the need to have additional crop management, crop insurance, and risk management options for growers. 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 MSUE 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

Supporting Food and Agriculture

MSU Extension provides trusted, scientific-based education and expertise in:

- Food Safety
- HACCP Plans
- Beef Quality Assurance
- Meat Cutter Training Course
- Chronic Wasting Disease resources for meat processors
- USDA Grant of Inspection



Dr. Jeannine Schwehofer

Senior Extension Educator

Office: (810) 989-6935
Cell: (989) 996-0684
grobbej@msu.edu

Serving the State of Michigan & District 10
Lapeer, St. Clair, Sanilac and Tuscola Counties

MICHIGAN STATE UNIVERSITY EXTENSION PROVIDED EDUCATION 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, MI. 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 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, in Tuscola County. An industry speaker spoke on end point management in Holstein feedlots. Dr. Schwehofer organized the event, gave an update with various Extension programs, promoted upcoming educational opportunities.

Supporting Food and Agriculture

Beef Quality Assurance provides consumers with assurance that beef producers are properly caring for animals and providing a safe and wholesome product. BQA certification provides producers with more market outlets and greater profitability.

ST. CLAIR COUNTY PROJECT RED

There were 680 fourth graders from throughout St. Clair County that participated in the Project Rural Education Day (RED) with St. Clair County Farm Bureau at the Goodells County Park. The event is held to educate youth about agriculture, agricultural practices, and how food is raised. MSU Extension staff provided programming at this event including hands-on interactive demonstrations. Dr. Schwehofer provided education related to beef production and Lori Warchuck and Liane Allen provided programming related to honey bees.

MEAT PROCESSOR ASSISTANCE

Food safety is a critical component to producing safe and wholesome food. Meat processors in St. Clair County regularly receive technical assistance from MSU Extension. This includes assistance with humane animal handling and stunning training, Hazard Analysis and Critical Control Points (HACCP), Specialized Retail Meat Processing Variance, and general food safety and processing.

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 Schwehofer and team of Campus specialists including Dr. Les Bourquin, Mr. Gary Smith, Dr. Kirk Dolan and Mr. Jason Hofman.



Farmers learning about manure management

Supporting Food and Agriculture

MSU Extension provides trusted, scientific-based education and expertise in:

Animal Welfare Dairy Management

Marianne Buza,

Dairy Extension Educator

(989) 269-9949

mbuza@msu.edu

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 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.

This event was held in February and March in McBain, West Olive, St. Johns, and Bad Axe. The presenters at these meeting were MSU Extension Dairy Educators and Specialists: Paola Bacigalupo, Marianne Buza, Phil Durst, Dr. Ron Erskine, Martin Mangual, Stan Moore, Erica Rogers and Sarah Fronznack.

VIRTUAL COFFEE BREAK WITH MSU EXTENSION DAIRY TEAM

The Michigan State University Extension Dairy Team created a podcast and video series for dairy farmers and ag professionals for virtual "coffee breaks". These coffee breaks with the MSU Dairy Team is a new series of virtual meetings that occurred each Wednesday (continued on page 20)



Supporting Food and Agriculture

(continued from page 19)

morning in March and April at 10:00 a.m. They were designed as conversations lasting less than a half hour that can be listened to live, or listened to as posted recordings any time after. The recorded podcasts are perfect for busy farmers who can catch the coffee break meeting at their convenience,

Episodes will later be available on YouTube in 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 covered a variety of guests that included farmers, researchers, and industry experts. Topics discussed included how to promote the dairy industry, methods to improve milk quality, introduction to LEAN management, antibiotic usage, corn silage recommendations, and other interesting information to improve dairy farms.

After a very successful first season, the virtual coffee break podcast returned with season two. Season two began on July 8, 2020, featuring 10 new episodes representing multiple areas of dairy management. Fields included animal health, feed management, and calf management among other interesting areas. New for this season, we created three episodes focusing on the financial side of dairy farming. We had special guests from Michigan State University, GreenStone Farm Credit Services, Penn State University, and Clemson University all hosted by MSU Extension Educators. The last episode of season two aired on September 16, 2020. So far the virtual coffee break podcasts have reached 1,148 people.

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.



MSU Extension Dairy Team
202 subscribers

Extension Professionals Serving St. Clair County

Staff Located in St. Clair County Office:

Name	Role	Phone	Email
Joseph Bixler, Educator, Government & Public Policy		810.989.6935	bixlerj@msu.edu
Lori Brockdorff, Office Coordinator		810.989.6935	lbrockdorff@stclaircounty.org
Carol Publitz, Community Nutrition Program Instructor		810.989.6935	publitz@msu.edu
Jerry Johnson, District 10 Coordinator		810.989.6935	johnjer@msu.edu
Jennifer McNamara, Community Nutrition Program Instructor		810.989.6935	mcm132@msu.edu
Andrew Northrop, Educator, Sustainable Community		810.989.6935	northro5@msu.edu
Jeannine Schwehofer, Senior Educator, Meat Quality		810.989.6935	grobbej@msu.edu
Lori Warchuck, 4-H Program Coordinator		810.989.6935	lwarchuck@stclaircounty.org

Additional MSU Extension Staff Serving St. Clair County:

Full listing of Extension Staff at canr.msu.edu/outreach/experts

Name	Role	Phone	Email
Bob Battel, Educator, Fruit		989.315.4221	battelro@msu.edu
Mary Bohling, Educator, Coastal Communities Development		734.720.7689 x101	bohling@msu.edu
Marianne Buza, Educator, Dairy		989.269.9949 x612	mbuza@msu.edu
Corey Clark, Educator, Farm Management		989-675-2500	clarkcr@msu.edu
Beth Clawson, Educator, Natural Resources & Water Quality		269.383.8830	clawsonb@msu.edu
Bill Cook, Educator, Forestry		906.786.1575	cookwi@msu.edu
Jacob DeDecker, Academic Specialist 4-H Youth Development		517.884.5966	dedecke4@msu.edu
Elizabeth Ferry, Educator, Swine Production		269.927.5674	franzeli@msu.edu
M. Charles Gould, Educator, Bio-energy		616.994.4547	gouldm@msu.edu
Tom Guthrie, Educator, Equine		517.788.4292	guthri19@msu.edu
Philip Kaatz, Educator, Forages and Field Crops		810.667.0341	kaatz@anr.msu.edu
Laurie Messing, Educator, Food Safety		989.269.9949	lmessing@msu.edu
Michael Metzger, Educator, Small Ruminant		517.788.4292	metzgerm@msu.edu
Jill O'Donnell, Educator, Christmas Tree and IPM		231.779.9480	odonne10@msu.edu
Dennis Pennington, M.S., Educator, Biomass		269.832.0497	pennin34@msu.edu
Kristina Swartzendruber, Educator, Health		989-672-3870	swartze6@msu.edu
Kable Thurlow, Educator, Beef and Grazing		989.426.7741 x107	thurlowk@msu.edu
Robert Tritten, Educator, Commercial Fruit		810.244.8555	tritten@msu.edu
Zac Williams, Educator, Poultry		517.355.8383	will3343@msu.edu
Mary Wilson, Educator, Consumer Horticulture		248.347.0269	wilsonm1@msu.edu

**DISTRICT 10 ADVISORY BOARD for Counties
Huron, Lapeer, Sanilac, St. Clair and Tuscola**

Melanie McCoy	Huron	Kevin Watkins	St. Clair
Carl Osentoski	Huron	Phil Pavlov	St. Clair
Clark Brock	Huron	Don Fletcher	St. Clair
Lourdes Emke	Lapeer	Jade Edwards	Tuscola
Karen Aboukarroum	Lapeer	Dave Rupperecht	Tuscola
Nancy Boxey	Lapeer	Gene Harrington	Tuscola
Melissa Anderson	Sanilac		
Holly Tatman	Sanilac		
Bill Sarkella	Sanilac		

What is the Purpose of the Advisory Board?

The Michigan State University Extension District 10 Advisory Board purpose is as follows:

Advocacy: Intentionally informing residents and elected officials about the achievements of MSU Extension as well as the educational capabilities and partnership opportunities available

Vision: Providing MSU Extension with key insights pertaining to your geographic and socio/economic areas of residence, employment and volunteerism

Pathways: Using your influence to open doors for potential partners/customers/collaborators of MSU Extension for the purpose of growing influence and bettering communities

Needs Identification: Providing insight into areas of deficiency or opportunity in which MSU Extension educational programing can address and benefit residents

Mentoring: Providing honest, constructive feedback to the MSU Extension District Director on methods of enhancing personal and organizational engagement, involvement and effectiveness

CONTACT INFORMATION

St. Clair County Michigan State University Extension Office
200 Grand River Avenue, Suite 102
Port Huron MI 48060



(810) 989-6935

Email msue.stclair@county.msu.edu

Website msue.anr.msu.edu

MSU 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 needed to do their jobs better, raise healthy and safe families, build their communities and empower our children to succeed. It is the mission of MSU Extension to help people improve their lives through an education process that applies knowledge to critical issues, needs and opportunities. MSU Extension meets this mission by providing Extension programs in the following subject matter areas:

- ◆ Agriculture & Agribusiness
- ◆ Children & Youth Development, including 4-H
- ◆ Health & Nutrition
- ◆ Community, Food and Environment

MISSION:

Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.

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