



Crawford & Roscommon County

2015–2016 ANNUAL REPORT



MESSAGE FROM THE DISTRICT COORDINATOR

At Michigan State University, our goal is to move the state forward by focusing on research and educational programs that matter most to those who call Michigan home. The issue identification process is an important part of determining where to concentrate the time and energy of MSUE faculty and staff members for the greatest outcomes. In January 2016, District 4 held two sessions, this same process was repeated in 13 areas of the state, and data will be aggregated and used to set a direction for future university engagement with the development of our long-range plan of work. Although the plan is not yet complete, below are major program areas that were identified for our district.

CONTACT US

Crawford/MSU Extension
501 Norway St. Suite #2
Grayling, MI 49738
Phone: 989.344.3264
Fax: 989.345.3265
www.msue.msu.edu/crawford

Roscommon/MSU Extension
500 Lake St.
Roscommon, MI 48653
Phone: 989.275.5043
Fax: 989.275.8864
www.msue.msu.edu/roscommon

Michigan State University Extension

2015 Programs In Which Crawford & Roscommon County Residents Participated

Tourism has the potential to drive future economic development.

Crawford & Roscommon residents took part in the following workshops which have a connection to economic development, business skills, community beautification and a strong county government.

- Facilitative Leadership series
- Understanding Tourism presentation
- Conflict Smoothie workshop
- Understanding Food Hubs
- Septic/Well Homeowner webinar
- Place Making Strategy Development workshop
- Lake Huron Fisheries workshops
- Home Foreclosure Prevention webinars
- County Government support through NMCA
- Smart Gardening
- Cottage Food Law series
- Farm Financial counseling
- Master Gardener re-certifications



Thank you Crawford & Roscommon County residents and the Crawford & Roscommon County commissioners for supporting Michigan State University Extension. Building relationships, solving problems and meeting the needs of Michiganders has been the focus for MSUE for over 150 years.

Michigan State University Extension

2015 Programs In Which Crawford & Roscommon County Residents Participated

Health and nutrition, chronic disease, poverty and an aging population contribute to the poor health reports for our counties: (Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute.)

Crawford & Roscommon residents took part in the following workshops which have a connection to preventing chronic diseases, healthy eating, and food safety.

- Chronic Pain (PATH) series
- Diabetes prevention and management workshops
- ServSafe Series for food establishment workers
- Food Preservation workshops
- Youth Gardens and Food Safety workshops
- SNAP series for adults and youth
- Effects of Digital Technology on Brain Development
- Stress Less with Mindfulness webinar
- Nurturing Families series
- Cottage Food Laws
- Matter of Balance series



Crawford County ranked 68 and Roscommon County ranked 73 out of 83 counties for overall health according to countyhealthrankings.org (2016)

Natural Resources is a major financial, recreational, physical and emotional well-being platform in our region.

Crawford & Roscommon residents took part in the following workshops which have a connection with our water, forests, and wildlife.

- Great Lakes Water Safety Conference; MSUE session
- Tolfree Bio Blitz
- Forestry Camp for youth.
- Natural Shoreline workshop
- Michigan Forest Pests and Disease
- Forest Management Walk
- ELF (Environmental Learning for the Future) program
- Vernal Pool Project for youth
- Sustainable Forestry Workshop for teachers



Advances made by CANR students and faculty, and MSU Extension educators and specialists, enhance your life today and will improve the lives of your children and grandchildren tomorrow.

Michigan State University Extension

2015 Programs In Which Crawford & Roscommon County Residents Participated

Agricultural practices, financial management and regulatory requirements are changing rapidly and the producer has to be current to be viable. There is a need to promote the general public's understanding of agriculture literacy.

Crawford & Roscommon residents took part in the following workshops which have a connection in production, diseases, and financial management to assist growers in being profitable and environmentally friendly.

- Pest Management
- Beginning Farmer Series
- Northern Michigan Small Farm Conference
- Master Gardener Certification
- Soil Test Services
- Farm Financial Counseling
- Smart Gardener Webinar
- Master Gardener Re-certification



Youth and 4-H, a substantial portion of youth are unprepared for the skills needed to be successfully employed. Some of the factors that contribute to this are: high school dropout rates, limited out of school activities, a low number of people to volunteer for out of school time activities, and a high percentage of families living in generational poverty.

4-H youth programs:

- 42 Crawford & 77 Roscommon youth members in 4-H clubs
 - 514 Crawford & 911 Roscommon youth participated in short term programs
 - 10 Crawford & 44 Roscommon youth attended camp
 - 283 Crawford & 493 Roscommon youth participated in school enrichment programs
- ⇒ Total of 849 4-H Crawford Youth
- ⇒ Total of 1525 4-H Roscommon Youth



DEVELOPING YOUTH AND COMMUNITIES

CHILDREN AND YOUTH INSTITUTE

Nancy Persing, 4-H Program Coordinator

4-H preparing youth for the future

The future of Michigan lies, in part, in the hands of its students' abilities to excel in science, technology, engineering and mathematics (STEM). Science literacy among school aged youth in Michigan is below the national average, directly impacting college readiness.

Some of the skills and technology that children and youth are learning in Crawford and Roscommon County 4-H:

- Drones
- Circuitry
- GPS
- Rocketry
- Oobleck
- Robotics
- Coding
- Motion
- Windmills
- Ecobots
- Biofuels
- Underwater robots
- Bionics
- Bio-imaging
- Solar Power
- Engineering challenges
- National science experiments



Hour of Code

- 500 students in Roscommon and Houghton Lake participated through 4-H.
- This is the largest learning event in history. More than 180 countries participated in over 40 languages.
- Over 150,000,000 students have participated in writing over 10,000,000,000 lines of code.
- The spokespeople who support this project are industry leaders, including CEOs of Facebook, Yahoo, YouTube, President Obama, Bill Gates, Malala Yousafzai, Mark Zuckerberg, and many famous celebrities.

More successful young people in communities results in greater tax revenues, consumer spending and increases the likelihood that young people will stay in, or return to, their communities.



"I'm realizing the science and what they learn are secondary to the relationship we are building. It's more important to the kids that we are here and care about them." - 4-H Tech Wizards volunteer

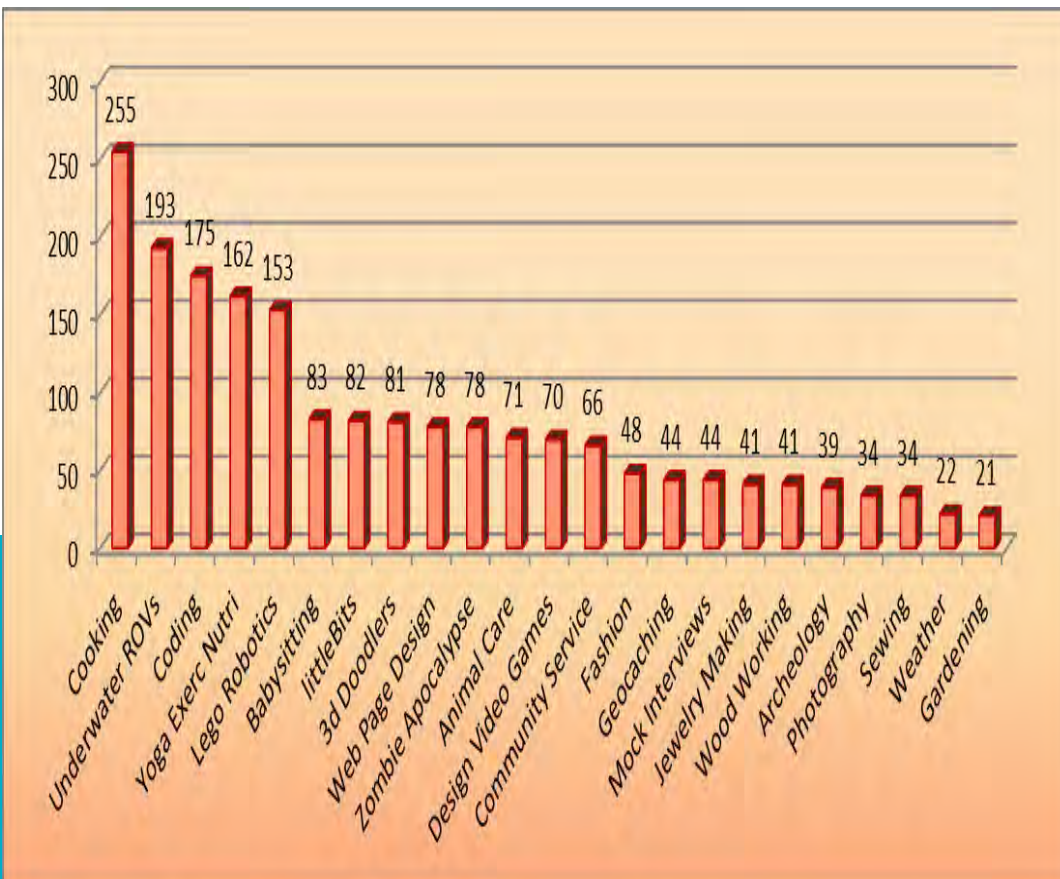
Developing Youth and Communities

Activities that Crawford and Roscommon youth attended this year to help them become better citizens:

- 4-H Capitol Experience – This four day conference prepares youth for active citizenship by focusing on civic engagement and public policy.
- 4-H Youth Leadership & Global Citizenship Spectacular- In the spirit of thinking globally and acting locally, participants develop knowledge and skills related to youth leadership, civic engagement, global citizenship, and international cultures.
- 4-H Exploration Days- students become college students at MSU. They take their choice of over 200 classes, live in dorm rooms, and see themselves as successful college students.
- 4-H Mock Interviews- students learn to improve their resume, handshake, communication, and interviewing skills.
- 4-H Natural Helpers- natural helping students are identified and taught skills to improve their listening, communication, coping, and helping skills.
- 4-H China Art Project- introduces youth to different backgrounds and cultures.
- True Colors Personality Temperament Assessment – a model to better understand ourselves and others.

“I use the results of the 4-H Natural Helpers survey to determine the topics of our school support groups. Friendship was the number three concern reported. I was not sure that middle school students would join a group with this focus, but 24 students signed up for this group, which was the largest group of the year. I never would have considered a group on that subject without this survey.”

Results of a Crawford AuSable School survey of student interests:



Developing Youth and Communities

Supporting STEM careers through youth programming

- We currently have 4-H clubs in Crawford County and Roscommon County, including two babysitting clubs, a horse & pony club, a sewing club, gardening club and cooking club.
- New clubs that are planning to begin this fall are a STEM (science, technology, engineering, and mathematics) club, a new gardening club, an after-school club, a yoga club, and a craft club.
- Approximately 40 volunteers invest their time to help our youth become successful.

All of our 4-H clubs, camps, and activities are partnering with SNAP-Ed staff to pilot the 4-H Healthy Club, Healthy Youth Initiative. Healthy food choices and increased exercise are promoted to focus on the 4th "H": health.



4-H Day Camp – deliberating on how to save the world



2016 Crawford/Roscommon Exploration Days delegation

KEEPING PEOPLE HEALTHY

Health Nutrition Institute

Gretchen Stelter, Extension Educator, Disease Prevention & Management

Encouraging healthy behaviors



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.

*"I have walked better this last 6 weeks than I have in the last 6 years."
- a local participant.*

Helping Crawford & Roscommon County Residents Live Healthy

Personal Actions Toward Health (PATH)

PATH Series help participants learn important skills such as goal setting, eating healthy, exercise, communicating with health care professionals and managing medications.

- PATH Diabetes series provided to Crawford & Roscommon County Senior Center.
- Matter of Balance had 28 participants attend the MSU Extension led session.
- More than half of all participants said they have been more positive and can get around easier.
- The Detention center saw an improvement in students' academic work.
- In 2015 & 2016 Munson of Grayling Hospital, District Health Department #10 and Michigan State University Extension developed a partnership to assure residence a continuing National Diabetes Prevention Program. If a resident would benefit from this class there is little to no wait to sign up for NDPP because of the three organizations working together.

Michigan ranks 15th in the nation for prevalence of diabetes, with an estimated 10 percent of Michigan adults age 18 and older had been diagnosed with diabetes – about 758,300 people. An additional 250,200 Michigan adults are estimated to have diabetes but are currently undiagnosed.



In 2016, a Grayling participant called educator Gretchen Stelter to thank her for her program and action plan. In three weeks, her glucose level went from 300 to 160.

Through the National Diabetes Prevention Program, MSU Extension helps participants to learn ways to change their lifestyles and improve their health.

Keeping People Healthy

Nicole Wethington

Family Nutrition Program Instructor

MSU Extension's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs teach adults how to make the most of their food dollars, by developing skills such as menu planning, understanding recipes and keeping food safe.

Teaching valuable healthy-eating skills

In 2011, 17.5 percent of people in Michigan were considered to be living below the poverty level. More than 1.7 million Michigan residents receive Supplemental Nutrition Assistance Program (SNAP) benefits.

Nutrition Education

Nutrition education included a variety of programs focusing on nutrition, physical activity, budgeting, planning, and healthy choices. Educational series, workshops and presentations were conducted with the following community partners:

- Preschools/Head Start
- Cognitively Impaired
- Juvenile Court
- Second Chance Academy
- School-based Nutrition Classes
- WIC
- Libraries
- WIC Project Fresh Programs
- Senior Project Fresh Programs
- Commission on Aging
- Great Start
- Grocery Store and Farmer's Market Tours
- Community Food Distributions Sites
- 4-H Camps and Clubs



"I never would have thought to make our own vegetable salsa."

-Participant of Project Fresh class

Keeping People Healthy

Policy, System, and Environmental Change

Policy, system, and environmental change initiatives include programs for schools, worksites, and daycares. With Michigan State University Extension support, organizations implement changes to improve the overall environment.

Fuel Up to Play 60

- Includes a \$4,000 grant for healthy eating and physical activity education.
- Taste testing days to introduce students to new healthy and delicious foods.
- Physical activity nights to let students participate in new activities.

Worksite Wellness

- Worksites receive environmental change coaching.
- Nutrition education for employees.

NAP SACC (Nutrition and Physical Activity Self-Assessment for Child Care)

- Daycares and preschools receive technical assistance and education.
- Outcomes include improved menus and increased physical activity.

"What was in the smoothie? I want to make it with my mom."

-Regan, 5th Grade
Grayling Elementary School

"I want more!"

Allie, 4th Grader

"After the last taste testing, my son wanted oatmeal every day for the rest of the week. He tends to be a bit pickier."

-parent of Fuel Up to Play participant



"After the vegetable tasting my daughter asked if we could have spinach salad for dinner, so we did! I didn't think she liked spinach. She had never had it raw, but now she loves it."

-Parent of a 5th grader at Grayling Elementary

ENSURING SAFE AND SECURE FOOD

Karen Fifield

Extension Educator, Health and Nutrition Institute, Food Safety



Teaching Crawford & Roscommon Food Safety

Cooking for Crowds is an educational program for nonprofit groups that prepare food for their members or for the general public as fundraisers.

- Participants learn how to prevent unsafe conditions that may cause food borne illness.
- Participants learn how to plan, purchase, store, prepare and serve food correctly.
- MSUE provided this course to Crawford & Roscommon residents.

Michigan State University Extension offers ServSafe, a national certification program for those working in food service, specifically managers and other leaders.

- The course teaches how to prevent foodborne illness and how to train employees about the latest food safety issues.
- Crawford & Roscommon residents participated in the 8 hour course.
- Topics covered: providing safe food, forms of contamination, the safe food handler, food safety management systems, safe facilities, pest management, and cleaning & sanitizing.



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 communities viable.



“This class has made me aware of a better quality of food service/food safety that can be attained at our church.”

- Cooking for Crowds participant



MAKING THE MOST OF OUR NATURAL ASSETS

Greening Michigan Institute

Julie Crick—Natural Resource Educator

Michigan forest products industry harvest about 12 million tons of wood each year. Each ton of wood generates about \$100 worth of economic activity, totaling \$1.3 billion worth of economic activity! “Thanks to sustainable forest management, Michigan now grows twice as much wood as is harvested each year.”
-USDA

When you support MSU Extension’s natural resources education programs, participants learn about income-generating opportunities, ecological principles, natural resources issues and the role of natural resources professionals. They also explore public policy issues related to environmental stewardship. Our programs can lead to increased income for families that retain their natural resources assets, help landowners become better stewards of their land, and protect land management opportunities for future generations . Better land stewardship benefits communities by protecting and enhancing Michigan’s natural resource assets.

4-H Forestry Fun Camp

In 2015, MSU Extension natural resource and youth education staff partnered with the MSU Forestry Department and the Michigan Conservation District foresters to offer a pilot 4-H Forestry Day Camp.

- Youth utilized science and math skills related to forest management and explored a variety of careers in forestry.
- Participants indicated that they were more knowledgeable about entrepreneurship and career opportunities that they can pursue in forestry fields. Additionally 90% of youth planned to apply the science knowledge and skills they developed at camp.



“I liked working with forestry tools, identifying trees, diseases, invasive species, being in the woods and learning the different types of jobs working with forests.”

- Forestry Camp Youth

Making the Most of Our Natural Assets

Eyes on the Forest

Healthy forests in Michigan help to keep our water clean by reducing runoff and erosion, increasing water filtration as well as recharging our groundwater aquifers.



- The Michigan Eyes on the forest program increases the awareness of three invasive forest pests that are not yet found in Michigan's native forest ecosystems.
- The goal is that through increased awareness, residents will be able to easily identify the target pests soon after their (possible) arrival in Michigan.
- This early detection will help instigate a rapid response among MSU and other scientists and researchers to quickly work to eradicate the pests.
- Volunteers are asked to sign up and monitor the condition of a Sentinel Tree in their neighborhood as a way of keeping watch for the pests.



Early detection
= rapid
response to
eradicate new
invasive forest
pests



Making the Most of Our Natural Assets

Learning from Vernal Pools

Healthy forests are also home to one of Michigan's most biologically diverse habitats, vernal pools. Vernal pools are temporary wetlands that can be found in Michigan's forests during the spring months and are an important breeding habitat for many of Michigan's salamanders and frog species as well as an indicator of the health of the ecosystem.



- MSU Extension has partnered with Michigan Natural Features Inventory to create the K12 Vernal Pool Patrol to enlist students to collect scientific data on vernal pools.
- Roscommon Middle School 6th and 7th grade students collected data for the program in 2015 (46 students), contributing to the statewide vernal pool monitoring database.
- Students visit the pools two times in the spring and once in the fall and follow a scientific protocol to catalogue the pool(s).



Water trails supply residents and visitors adventures along urban waterfronts or remote Great Lakes coastline as well as provide communities with economic development opportunities.



“Getting to go outdoors and do something I’ve never done or learned about before.”

“It was a new experience and on any other day, I would have just thought it was a wetland, but now I know that it’s a vernal pool.”

- participant’s responses to what they liked best about participating in the vernal pool patrol.

ENSURING STRONG COMMUNITIES

Greening Michigan Institute

Bonnie Wichtner-Zoia, Extension Educator

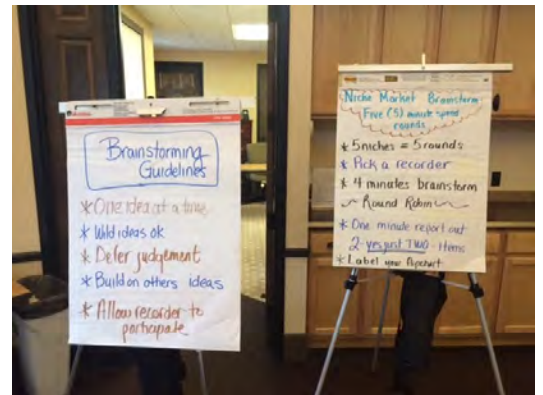
Leadership, Community Engagement and Tourism

Tourism

MSU Extension helps communities grow and prosper by providing leadership community engagement and tourism educational programming.

Understanding Tourism in Michigan Communities (UTMC)

- This 3 hour workshop is directed at communities and individuals seeking to better understand tourism opportunities and how niche markets can help transform, grow and sustain assets in their communities.
- Attendees explore their own assets and identify possibilities to leverage tourism opportunities.



Tourism is a significant part of several industries: 94% of lodging, 43% of recreation and 25% of food & beverage employment is supported by tourism spending.

- Tourism Economics

First Impressions

- The purpose of the First Impressions Program is to help a destination learn about their existing strengths and weaknesses as seen through the eyes of the first time visitor.
- Participating communities receive a written summary, public presentation and tourism related recommendations.
- The MSUE Tourism Team is currently conducting a pilot First Impression program in the district.
- Articles and information about a variety of tourism-related subjects can be found on the Michigan State University Extension Tourism website at: <http://msue.anr.edu/topic/info/tourism>.

MSU Extension's focus on year-round tourism brings together educators and researchers with municipalities, communities and businesses to develop and enhance their uniqueness as a destination "hotspot."



ENSURING STRONG COMMUNITIES

Leadership and Community Engagement

Through its public policy education and community leadership workshops, MSU Extension informs residents about public policy issues and processes, offers leadership skill development classes and strengthens community capacity to solve complex problems.

- MSU Extension offers two highly acclaimed facilitation workshops that are designed to train leaders from communities and organizations: *Facilitative Leadership* and *Advanced Facilitative Leadership*.



“When working with the public, we come into conflicts and what I learned will help me stop and think of how to work through and ultimately resolve those conflicts.”
– Attendee

Conflict Resolution

To engage productively in community and economic development opportunities it is essential to openly address and resolve disagreement in a constructive manner.

- MSU Extension offers hands-on and research-based educational opportunities that help people build the skills they need to manage a range of conflict situations – from one-on-one interactions to large public meetings.
- A Three-hour *Communicating through Conflict* workshop has been offered in the county and surrounding district.



Placemaking, a strategy led by local governments and planning commissions, can be a cornerstone of Michigan's economic recovery.

SUPPORTING FOOD AND AGRICULTURE

Dennis Stein

Business Management Educator

Farm Business Management

In collaboration with the USDA Farm Service Agency and commodity organizations in Michigan, the MSUE Firm team (Farm Information Resources Management) developed a one-stop source of information for producers and landlords that include :

- A set of publications for Michigan producers and landlords.
- Decision-making software to analyze the financial consequences of alternative program decisions.
- Integration of the FIRM software with advanced risk management tools developed at the University of Illinois and Texas A&M University.
- 110 local and regional educational meetings that reached a total audience of 8,000 producers throughout the state.



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



Budgets, Cost of Production and Decision-Making Tools

SUPPORTING FOOD AND AGRICULTURE

Sarah Rautio, PhD

Supervisor in Nutrition & Physical Activity

Educator in Consumer Horticulture

MSUE Master Gardeners Improving Communities

Every year Master Gardeners share their knowledge with families on growing their own food.



- Volunteers are committed to improving the quality of life in Michigan through horticulture-based volunteerism and beautifying communities throughout the state.
- MSUE provides Master Gardeners with resources and workshops to ensure they have the latest plant and soil science research available to them.
- Members are actively participating in a variety of projects that improve access to growing local food, beautify landscapes, and spread valuable science-based knowledge on sustainable gardening practices to local citizens.
- Doctor Erwin Elsner, presented Growing Grapes in the Home to 20 Roscommon residents with the Kirtland Garden Club.



Most recently, Master Gardeners have been spreading the word about the MSUE “Smart Gardening” Initiative, which is a campaign that helps property owners gain the knowledge they need to be more environmentally savvy and SMART gardeners.

Ask an Expert!

Call the MSU Extension toll-free
hotline: 888-678-3464

Extension Educators Serving Crawford & Roscommon Counties

Staff Located in Crawford & Roscommon County Office:

Kelly Hiemstra, District 4 Coordinator hiemstra@anr.msu.edu

Julie Crick, Natural Resources Educator crickjul@msu.edu

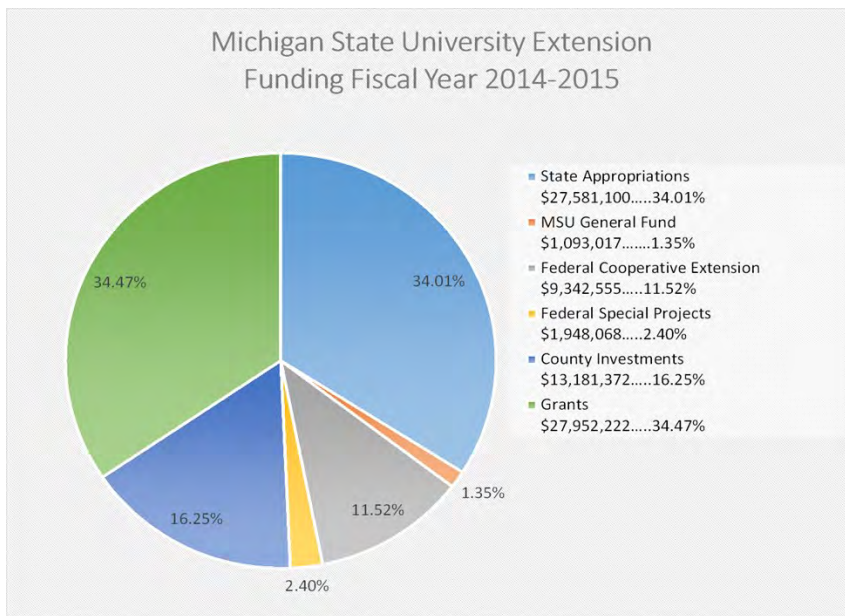
Nancy Persing, 4-H Program Coordinator persing@msu.edu

Nicole Wethington, Snap-Ed Program Instructor wethingn@msu.edu

Gretchen Stelter, Disease Prevention Extension Educator stelter@msu.edu

Julie Nordquist, Roscommon County Support Staff nordquij@msu.edu

Jamie Greer, Crawford County Support Staff greerjam@msu.edu



DISTRICT 4 DIGITAL REACH

From July 1, 2014, to June 30, 2015:

- ⇒ 2.5 million visitors viewed more than 5.3 million web pages.
- ⇒ Search engine rankings help make *msue.msu.edu* one of the most visited Cooperative Extension Systems education sites in the country.
- ⇒ 751,000 topic newsletters were distributed to more than 10,400 email addresses.
- ⇒ MSU Extension reached more than 2,500 Facebook and more than 2,200 Twitter followers.
- ⇒ Michigan 4-H families and volunteers stay informed about activities through Michigan 4-H Facebook with 3,125 likes.

District 4 Extension Council

Each district of MSU Extension has an advisory council to assist the District Coordinator in a variety of ways. The Council's composition is a balance among various sectors that Extension educational programming serves.

Members are nominated and selected due to their experiences with Extension and proven leadership. They network with others who share similar interests and concerns, help shape Extension programming efforts important to citizens in the district, gather support for establishing or extending educational efforts around issues of concern in the district, and participate in leadership and issue focused educational events.

Members of the District 4 Council in 2016 include:

- Bobbe Burke (Arenac)
- Joan Crick (Alcona)
- Sharon Czaika (Iosco)
- Jen Czymbor (Arenac)
- Robert Dixion (Crawford)
- Roy Elie (Ogemaw)
- Rose Ford (Iosco)
- Elizabeth Grabow (Ogemaw)
- Paul Grabstanowicz (Alcona)
- Shelly Hubbard (Crawford)
- Patricia Killingbeck (Arenac)
- Joell Krejarek (Alcona)
- Ken Melvin (Roscommon)
- Marc Milburn (Roscommon)
- Joe Powers (Crawford)
- Chuck Preston (Iosco)
- Bruce Reetz (Ogemaw)
- Erik Rodriguez (Arenac)
- Leisa Sutton (Iosco)
- Sasha Weaver (Crawford)



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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