

Gladwin County

ANNUAL REPORT 2013

MSU Extension—Serving Gladwin County since 1914!

It is my pleasure to bring to you the Annual Report for Gladwin County Michigan State University Extension. Thank you for your continued support of Extension services and 4-H in your county. We continue to strive to help people improve their lives by bringing the vast 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 that they need to do their jobs better, raise healthy and safe families, build their communities and empower our children to dream of a successful future.

2013 was another productive year for MSU Extension in Gladwin County. Our agriculture, 4-H, food and nutrition programming were all strong, and I’ll elaborate on that in the following pages.

2014 marks the anniversary celebration of 100 years of Cooperative Extension in the United States. On May 8, 1914, the Smith Lever Act was signed, granting federal legislation to the vast cooperative extension services throughout this county. In 1917, Gladwin County received its first agriculture agent and joined many counties throughout the state of Michigan in a cooperative extension program.



Shari Spoelman, District Coordinator

Mission

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

2013 by the Numbers

Soil Tests	91
4-H Club Membership.....	263
Total Youth Served.....	794
Food and Nutrition Program for Low Income Residents	529

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Nutrition program-
ing took place in:
Elementary schools,
middle schools,
churches Head
Start, Senior apart-
ments, and mobile
food pantry Com-
modities site.

Nutrition Education—MSU Extension provides nutrition education to persons receiving (or eligible to receive) the Food Assistance Program. The Supplemental Nutrition Assistance Program (SNAP) Education is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals.



Adult Nutrition

- » **Healthy Harvest**—Developed in partnership with the Michigan Master Gardener Program, Healthy Harvest teaches participants basic gardening skills. Participants also discover how to use what they grow to prepare healthy and tasty meals.
- » The “Healthy Harvest” series was piloted in Gladwin County during the spring and summer of 2013. We pulled in outside speakers during two lessons (MSUE Educators Hal Hudson and Kable Thurlow) and Melissa Kesterson (non-MSU) who works with community gardens in Midland County, to give pointers and options on gardening.
- » During the “Freezing Vegetables” class participants enjoyed learning times needed for blanching and how to actually do it, freezing in small batches and doing this instead of letting foods go bad. Extension Educator Lisa Treiber from Midland, Food Safety specialist, came and taught this lesson, also giving some pointers on freezing fruits.
- » Each week participants set goals related to both eating and physical activity which they worked on. Though not all goals were “met”, writing them down and working toward them seemed to help several take steps to improve in both areas.
- » Some comments from feedback sheets were that they planned to “freeze more fruit for usage in winter”, were going to “sneak more fruits in”, “try for a lower amount of sodium”, buy “less items that are prepackaged with salt”, and use “more herbs in my cooking and grilling”. All felt the classes were helpful and positive and that they learned new things. In addition, all women attended at least one of the other canning classes offered outside of this series and one plans to attend more nutrition education series!
- » Coral Beth Rowley, Program Instructor, likes the way this curriculum encourages taking small steps weekly, participants sharing how they are doing and reflecting on ways they might need to alter the weekly goals, as well as the various hands-on activities to include various learning styles. This curriculum encourages people to grow gardens and preserve their harvest to save dollars, increase fruits and vegetables in their daily diet, and be more active as a family.
- » **Project FRESH & Senior Market FRESH**—Another important role the SNAP-Ed program played in Gladwin County was in continuing to provide nutrition education for the WIC Project FRESH and the Senior Market FRESH (Senior Project FRESH) programs during the summer months, where each recipient received coupons for fresh produce to be purchased at farm markets and the farmers’ market – providing revenue for those involved in this important local agricultural niche. Extension has had an ongoing relationship with these markets, the Health Department and the Services for the Aging over the years and this has helped us achieve a very high level of coupon redemption for these programs.



Gladwin County Nutrition Education Numbers	
Adults in Series	Adults in Presentations
52	259
Youth in Series	Youth in Presentations
32	186



- » **Eating Right is Basic**— This eight week program provides participants with information on goal setting, custom nutrition and physical activity to suit each person, eating more fruits and vegetables, portion sizes, becoming familiar with Dietary Guide-line numbers, food labels 101, healthy habits and fat facts.
- » During the summer months, Rowley partnered with a local program/support group for youth who will soon transition out of foster care and young adults who had been in the foster care system to offer “Eating Right is Basic” at a local church facility. Though we found that summer is not the ideal time to program with the teens and it was difficult to retain them for all 7 classes, those who attended appeared to enjoy cooking and eating together and all pitched in to practice their culinary skills. The adults provided stability and completed the series, stating that they learned budgeting, planning, preparing foods and food safety. The wife of one of the young men has since expressed her pleasure in the Eating Right is Basic recipe book he received on graduating from the class!
- » **Cooking Matters**—Another program that we were able to get off the ground in 2013 was the Share Our Strength’s Cooking Matters for Adults nutrition and cooking course. We completed two series of 7 classes and began a third which would complete after the Christmas/New Year break. Some comments that participants made were: “It’s easier than I thought to cook healthier” and “We are now eating more vegetables than before and a larger variety than before and I am working on getting more activity into my day.” Several referenced using nutrition labels and unit price labels in the store, working toward adding more healthy foods to their diet. Some mentioned that they learned how to cut up a whole chicken, one that she “can put healthy foods in every meal and spend less money and get more for my money” and another that “I am trying to eat breakfast and better meals”. Even learning how to use a meat thermometer correctly was mentioned. These seemingly small changes show that they are applying what they have learned to help themselves and their families.



Youth Nutrition

- » **Show Me Nutrition!** - Several class series for youth were held in the winter and spring of 2013 for youth in the SPARKS after school programs in Gladwin Elementary and Intermediate Schools and in Beaverton Middle School using the Show Me Nutrition (University of Missouri) grade-level curriculum. The local SNAP-Ed program also partnered to provide nutrition presentations for third-grade youth in the Mid-Michigan Farm and Garden show in March of 2013.

Home Food Preservation

MSU Extension provides education to help ensure a safe and effective way to preserve our bounties, following the latest research and USDA methods. Lisa Treiber offered 2 home food preservation classes, “Making Jams and Jellies” and a general “Home Canning” class in the Gladwin MSUE office and kitchen, demonstrating various methods and giving up-to-date safety information, explaining why only certain methods are recommended to prevent life-endangering foodborne illnesses.



Gladwin County 4-H youth programs enjoyed an active year in 2013. In addition to the animal clubs that provide opportunities and hands on experience for youth to learn educational programming, various other clubs and opportunities are provided for youth to explore potential careers, learn life skills and be a part of a great youth program.

Gladwin County Fair- Each year 4-H youth projects are showcased at the county fair in Gladwin to display the 4-H member's hard work. Over 200 4-H'ers gathered at the Gladwin County Fairgrounds for a week in the summer of 2013 to show what they learned throughout the year. 4-H exhibitors filled the barns with their animals, projects and still exhibits. Over 150 fair trophy sponsors donated monies to pay for ribbons and trophies for the hard working 4-H'ers.

The skills youth learn from their 4-H fair projects include decision making, record keeping, entrepreneurship, responsibility, marketing, and animal care (to name a few.)

Activities & Events

Exploration Days — Exploration Days is designed to help students learn new ideas and techniques, increase their interest in and readiness for college, explore career options, and develop decision-making, independence and teamwork skills. 2 youth and 1 adult from Gladwin County attended this annual event on MSU's campus.

4-H Camp – Together with Clare, Isabella and Gratiot Counties, Gladwin 4-H offered 2 camps – one for ages 9 – 12 year olds and one for cloverbuds ages 5 – 8 year olds in Isabella County. Young kids were exposed to the Japanese language, learned about budgeting with “fun with money”, built bird houses and race cars, played games, learned new camp songs and folk dances. The older camp is an overnight camp which gives youth a chance to spend the night in a camp setting. Camp counselors are an important role as this gives older youth a chance to develop leadership skills. From Gladwin County, there were 5 Cloverbuds(2 male & 3 female) and 2 male campers for the overnight summer camp.

4-H Great Lakes Natural Resource Camp Chickagami in Presque Isle—Camp Chickagami in Presque Isle gives youth opportunities to learn about science in interesting, hands-on ways and become a better leader while discovering self-confidence. Youth have fun in the great outdoors doing camp activities such as fishing, boating, swimming, hiking and enjoying a campfire! The camp also teaches youth about Great Lakes ecology and Michigan's diverse natural resources. Youth received information about careers related to the Great Lakes and natural resources. Youth were taught by Michigan State University faculty, MSU Extension program staff and others who are natural resources experts. Environmental education projects were shared that youth can do at home.

4-H Winterfest—2 adults and 5 youth from Gladwin County, attended this overnight camp at Kettunen Center, Michigan's 4-H Leader training facility located in Tustin. This overnight camp gives youth the chance to try some outdoor sports such as snow shoeing, cross country skiing and sledding. In doors they learned a variety of crafts, t-shirt tie dye, life skills scavenger hunt, fun with foods and a whole lot more.

4-H EXPLORATION DAYS

Share the Magic of 4-H!

June 19-21, 2013

Michigan State University

MICHIGAN STATE UNIVERSITY | Extension

JOIN THE REVOLUTION OF RESPONSIBILITY



New Clubs

Gladwin County 4-H Shooting Sports- Shotgun—The Michigan 4-H Shooting Sports program has been active for over 20 years. Youth in more than 70 counties participate in a variety of shooting sports areas every year! Members can learn safety and shooting techniques for shotgun, rifle, air gun, muzzle loading and archery. They learn how to handle firearms responsibly for target practice and hunting and learn respect for the natural environment. Dick Simmons volunteered last spring to attend the state 4-H Shooting sports conference held at Kettunen Center in Tustin. He then became a new leader for the Gladwin County 4H Shotgun Shooting Sports Club – featuring shotgun and later going for rifle. Youth learned fire arm safety, target shooting and participated in outdoor shooting events.

4-H Aerospace/Rocket Club—The 4-H Rocketry workshop held in January 2013 was a success for 5 male youths who participated in the hands-on learning sessions. Youth were able to learn how to build a rocket. Interest from this workshop from both youth and adults to learn more about rocketry, aerospace and other science and technology, created the start of a new 4-H club to reach the needs of achieving mastery in these project areas. The first meeting included: selecting club officers, reviewing different projects as it relates to aerospace, planning future meetings and events and enrolling new members.

Fund Raising...and Giving Back to the Community

4-H Performing Arts—For the past 4 years, this 4-H club has been involved in a county wide event and brings in school participants and other youth groups. One reason is because they started a 4-H Haunted Barn at the county fairgrounds. Youth and adults came from all over the state to go through this scary building. After the first year, more youth became involved and they moved to a different location on M-18 between Gladwin and Beaverton. Youth learn about makeup, costumes, building sets, fundraising, and team building. The group decided to give back to the community and donated a portion of their monies to local organizations. This past year they coordinated their efforts and had the building located .

4-H Pie Making Fundraiser -The Getting Down on the Farm 4-H club starts out in the fall collecting apples and then on one night, they get together to peel and slice and then freeze the apples for the winter. Come spring, in time for Easter, the youth will take orders for “home made” pies. There were 48 orders taken in 2013. They came together , baked the pies and delivered them. Monies for this fundraiser go back into the community. They helped the fair out, buyers banquet , 4-H members sale fee, 4-H members suffering with personal tragedy, along with giving to local charity organizations in the community like gifts for needy kids at Christmas time.

4-H Fish Fry – This partnership with the Knights of Columbus and the county 4-H – Youth served 344 meals and received the highest amount a non-profit earned in this fundraiser.....Monies went towards county 4-H youth programming and leader trainings.

4-H is a community of young people across America who are learning leadership, citizenship, and lifeskills.



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). Youth learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active. 4-H’ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

2013 Gladwin County 4-H Award Winners

The Annual 4-H Fall Awards Ceremony was held Sunday, October 27, 2013 at the Knights of Columbus Hall in Gladwin. This event is where the Gladwin County 4-H Leaders and Members recognize individuals for outstanding achievement and leadership.

Cloverbuds ages 5-8 were recognized and given a T-shirt and a cup full of goodies for their participation.

Congratulations to all the of 2013Gladwin County 4-H County Medal and Rosette Winners!

Young Member Rosette winners,	4-H members age 12-19 County Medal Winners:
Arts and Crafts-Ashley Sharp;	Achievement—Joe French
Beef-Elliot Willford;	Community Service—Kayla Greaves, Erika Fouth and Dallas Gibson
Horse- Lexi Moore, Danielle Klamer, Destiny Zimmerman, Avery Hite, Lindsey Shears, Chloe Bruner, Heidi Inscho, Kaitlyn Maxwell, Brenna McKimmy, Chevy Nartker	Horse—Casey Levi, Cassedy Tenwalde, Hannah Ware and Amber Breault.
Poultry- Zoe Jines	Poultry - Adam Colmus
Sheep- Kaitlyn Maxwell, Katie Breault, Emma Schwan;	Sheep- Javan Cuddie
Swine- Mariah Walters	Food and Nutrition—Amaya Ware
	Clothing and Textiles—April Gibson
	Goats - Skylar Myers, Jacob Schwager and Javan Cuddie
	Leadership—Trystan Muma and Katie Klamer
	Science and Tech medal- Dallas Gibson
	Wood Science—Lauren Schultz, Bryer Maxwell, and Javin Simrau.

COMMUNITY and ECONOMIC DEVELOPMENT

- » **Gladwin County Youth Leadership**— its 4th year, 10 high school students from both Gladwin and Beaverton were selected to be a part of this youth leadership program. They attend 5 day long modules over 5 months which include education, county history tour, Real Colors personality test, career prep, law and law enforcement. The youth join the adult group on the last day and share presentations with each other on some aspect of Gladwin County. Beverly Przystas, MSU Extension Children and Youth Educator, helps with the selection of the youth and provides leadership activities using Life Skills, while assisting with the overall coordination of the youth program.
- » **Leadership Gladwin County**—Since its start in 2006, there have been 7 successful county wide leadership programs held in Gladwin County reaching over 70 participants. A new class started in September of 2013 with 13 students. Dee Miller, MSU Extension Educator, led the class through a team-building process that included the “Real Colors Personality Instrument “, discussion on various aspects of leadership and other exercises. Newly hired coordinator Diana Bancroft and the county steering committee meets monthly to review the past module and prepare for the next. The group meets 9 times a year from September to May.



Gladwin County Master Gardeners are a horticultural and educational group. There are thirty five plus, Master Gardeners and Master Gardener Associates involved in twenty gardens all over Gladwin

County. In 2013, the Gladwin County Master Gardeners sponsored many community events such as their annual Earth Day Celebration Featuring MSU's own, Dixie Sanborn giving her presentation "Gardening for Food and Fun." Also, in 2013, the Gladwin County Master Gardeners organized their annual Garden Tour and annual Garden Bus Tour Trip. All events are open to the public and are both educational and entertaining for all that attend.

» Some of the Educational Classes offered at the Gladwin Master Gardeners meetings are: Soil Testing 101, Tips from a Flower Show Judge, How to sell at the Farmers Market, Gourd Decorating, Cooking with Herbs, Basic Flower Arranging.

» The Gladwin County Master Gardeners are active in twenty local gardens in the Gladwin County Area. Some of them are listed below.

- | | |
|--|-------------------------|
| Gladwin City Park | Antler Arms |
| Cedar Court Garden | Gladwin Mini Park |
| Gladwin Chamber of Commerce | DNR |
| Gladwin Sports Complex | Beaverton Clock |
| Gladwin Vets Memorial | Beaverton Vets Memorial |
| Beaverton United Methodist Church | Historical Society |
| Cornerstone Baptist Church | Beaverton Leo Ross Park |
| Beaverton Laundromat and Pharmacy | Scared Heart Mission |
| Beaverton Ross Lake Park and Boat Launch | |



Conservation Field Trip – In May of 2013, Gladwin 3rd grade youth walked to the Gladwin City Park to spend the day and attend activities relating to conservation. In partnership with the Gladwin County Farm Bureau, the Soil Conservation Service, MSU Extension 4-H youth programs and the local DNR, youth were able to learn about outdoor activities such as deer and camouflage, food and nutrition, forestry and soil, and the DNR had their fire truck and furs and pelts for the kids to touch. This has been a successful yearly program for the students, teachers and parents.



Agriculture plays a large role both socially and economically in Gladwin County. It is estimated that over \$19 million comes from the agriculture industry, 71% from crops, and 29% from livestock. The main agricultural products produced are forages, in the form of hay or silage, corn for grain, soybeans, dry beans, and wheat. The livestock products are milk and other dairy products, beef cattle and calves, and poultry.

When you support MSU Extension, you help farmers learn more efficient production practices, which leads to better use of time, money and human capital. This creates more jobs and services in rural communities and strengthens local, state and regional economies.

Helping Farms Raise Better Soybeans in Northern Michigan

—With rising interest in soybean production in Northern Michigan an educational meeting was coordinated by Extension Educator Jerry Lindquist in conjunction with the Michigan Soybean Association and Extension Soybean Educator Mike Stanton to update cash crop producers. Thirty-eight farms attended the February meeting in Cadillac with 27% of those surveyed the following fall reporting increased incomes of an average of \$4,845 per farm as a result of information gained at the meeting. Farmers attended from the following counties Clare, Gladwin, Mecosta, Missaukee, Osceola & Wexford.



Mid Michigan Farm and Garden Show—The 37th Annual Farm & Garden Show was a huge success with over 50 Business Exhibitors and over 600 registered attendees, making this the largest Farm and Garden Show to date. An exciting educational program was held. Susan Tangora, the Invasive Species Coordinator from the DNR presented a program on invasive plants and their control. She presented valuable information on invasive plants such as Autumn Olive and Spotted Knapweed and how to help control these nuisance species.

Michigan State University Extension annually provides support to this community event in Gladwin. Youth from both Gladwin and Beaverton Elementary schools come to the farm show and take a brief tour around the arena visiting a 4-H petting zoo, learning about Gladwin history, making a craft depicting our food groups and a chance to learn about farming and sitting on a tractor. Three hundred youth in 3rd grade and Head Start visit the farm show to be aware of our agriculture heritage. MSU Extension SNAP ED instructor Coral Beth Rowley, along with MSU Extension 4-H Program coordinator, Michelle Stiglich, and Kable Thurlow, MSU Extension Educator work with the Farm Bureau, Soil Conservation and NRCS to help coordinate this day long county event.

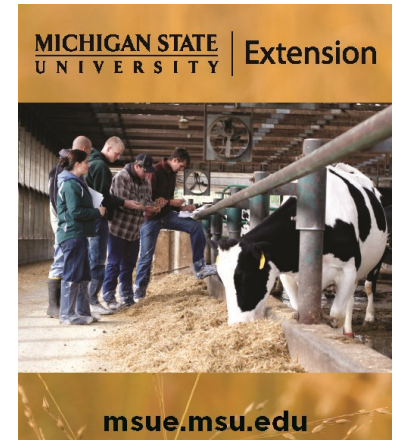


Plant and Disease identification—Pests can impact farms, forests, gardens, and infest homes. Gladwin County MSU Extension helps growers, farmers, landowners and homeowners prevent and control pest damage in ways that are economical, environmentally sound and safe for human health. MSU Extension offers residents a place to bring insect, disease or plant samples in for identification. Each year we complete many identifications and provide information on the various pests.

Soil Tests—Gladwin County MSUE provides both commercial agriculture and homeowners access to soil test kits for soil samples sent to the MSU Soil Lab for analysis and recommendations.

Michigan Cow-Calf Cost of Production Project

- District 6 Educators Jerry Lindquist and Kable Thurlow spent several days traveling through the district collecting bale weights for a statewide project designed to collect cost of production data from Michigan Beef Farms and use that data to help producers in Michigan with profitability. A focus group was conducted in February with cow-calf producers in D6 to establish performance parameters (e.g., weaning weights, reproductive performance, death loss), annual cost for different tasks, and annual capital costs (buildings, machinery, cows, and land). Cooperating farms developed estimates for their operations, which are being used to develop 'represented' cow-calf enterprises for each region, including many farms in D6.



Feeding the Beef Cow Herd in 2013 & Beyond: MSU Extension Guides Beef Farms on Drought Recovery & Rising Feed Costs— The MSU Beef Team including District 6 educators Jerry Lindquist and Kable Thurlow coordinated a series of three educational meetings across the State entitled *Feeding the Beef Herd in 2013 & Beyond*. This series helped 50 beef farms to strategize their recovery from the 2012 drought with the associated high feed costs and rising price of land. 83% of the attendees surveyed said they planned to adopt new management practices highlighted in the series. Follow up survey work on some of these farms documented feed cost savings of \$10,000 - \$15,000 per farm for the year. One of the meetings was held at Kettunen Center near Tustin with producers attending from Osceola, Mecosta, Clare, Missaukee and Gladwin Counties.

Beef Breeding Soundness Clinics—In an industry where the major product sold is a live calf, all breeding bulls should receive an annual breeding soundness exam. By identifying potential male fertility problems, producers are able to reduce the risk of a less than optimum breeding season. In 2013 there was a Beef Breeding Soundness clinic at the Derry Breault Beef Farm in Gladwin where 27 bulls were tested in April. Statewide, there were 290 bulls tested by Dr Grooms and MSUE Beef Team members (including Kable Thurlow), and 77, or 26.5% of them did not pass the test. Producers were able to test the bulls in advance of the breeding season, allowing them ample time to replace them with a satisfactory breeding bull.

Gladwin County residents attended agricultural programs in 2013 in the following content areas:

Sugar Beets	Beef	Pork
Dry Beans	Forage	Dairy
Entrepreneurs/investors	Horses	Home Gardening



Online resources for MSU Extension Information

MSU Extension News is an online resource that contains the most recent and relevant information from MSU throughout the state.

MSU Extension News features pertinent articles on a variety of categories. It is available both in a traditional format and in a mobile format that can be accessed from any smart phone or pad.

MSU Extension News is updated daily to provide the most up-to-date, relevant information available. You can find it at <http://msue.anr.msu.edu/>

A useful feature is the option to request an email notification of articles that recently appeared on the MSU Extension News website. The MSU Extension Digests will be emailed to you about every 2 weeks, listing new articles that have appeared. Digests are available by topic or category.

Lawn & Garden Questions:

Online: <http://migarden.msu.edu/>

Toll-Free: 1-888-678-3464

Soil test kits (homeowners) www.

<http://bookstore.msue.msu.edu/>

Product Code: E3154

Information Bulletins:

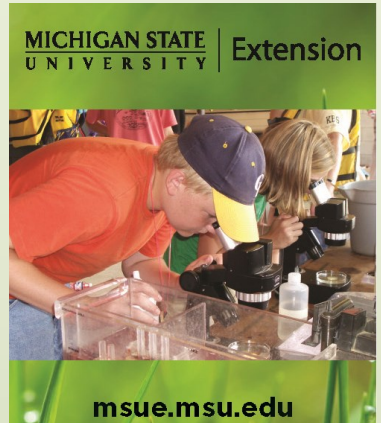
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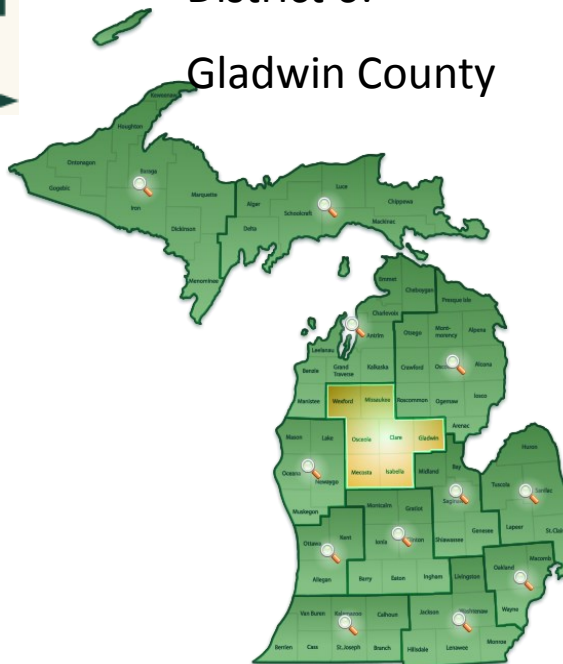
MSUE Events and Programs:

<http://msue.anr.msu.edu/events>



MI SPARTAN IMPACT

District 6: Gladwin County



ALUMNI RESIDING IN COUNTY



248

SPENDING WITH LOCAL BUSINESSES



\$ 65,396

TOTAL ECONOMIC IMPACT



\$2,479,581