

Report to Our Partners

District 6

October/2013

Serving Clare, Gladwin, Isabella, Mecosta, Missaukee, Osceola and Wexford counties

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From the Director's Office Dr. Tom Coon

In 2011, the Michigan Legislature began requiring an annual report from [MSU Extension](#) and [MSU AgBioResearch](#). We issued our first report in September 2012. You can see both on the [MSU Extension website](#), or order printed versions from the MSU Extension Bookstore.



We welcomed this requirement. We strive to be accountable to our stakeholders. Our federal funding has required an annual report since its inception 100 years ago. This new report allows us to tell our story and focus on the important role we play in the lives of Michigan residents. It blends the work of MSU Extension with the work of MSU AgBioResearch. Federal and state legislation make distinctions in the mission of these two entities, and our funding is separated so that it is clear how much funding we are to use in support of each mission, but our work is closely entwined. During a joint meeting of the Michigan Senate and House Appropriations subcommittees for higher education earlier this year, House chairman Al Pscholka asked me what I thought the impact would be if the funding for MSU Extension and AgBioResearch were to be separated. My reply was simple: "It doesn't matter if you provide funding in two separate lines or one joint line. MSU Extension is dependent on research to provide the most current, unbiased and scientifically based information to stakeholders. And MSU AgBioResearch is dependent on MSU Extension to help translate the findings of research scientists into practical applications for farmers, families, communities and businesses. We will continue to work together regardless of how you provide funding. As long as I'm director of MSU Extension, we will report to you jointly."

The 2012-2013 Legislative Report tells the story of the impacts of our work through 46 brief articles about programs and research initiatives. In many cases, it is difficult to distinguish whether the story is about research or about Extension. That's how it should be. Research feeds Extension with material to help people improve their lives, and Extension feeds research with new

Quick Links

[MSU Extension](#)

Upcoming Events

Every Fri & Sat night for month of Oct. 4-H Haunted Factory, Gladwin Co.
Contact: Michelle Stiglich
989 426-7741,
stiglich2@msu.edu

Oct 3 Gladwin Co Community Connections event 3-7pm Our Savior Lutheran Church in Gladwin
Contact Coral Beth Rowley
rowleyc@msu.edu
989 426-7741

Oct 4-6 Michigan 4-H Filmmaking Workshop, Kettunen Center. Contact Molly Frendo 517 432-

7606
frendo@anr.msu.edu

Oct 5-6 4-H Family Fun Weekend, Kettunen Center.
Contact Kendra Moyses
517 432-7654
kmoyses@msu.edu
or Jodi Schulz 989 895-4026
schulzj@anr.msu.edu

Oct 6-12 National 4-H Week

Oct 8 Cooking Matters, Church of the Firstborn, Reed City. Contact: Renee Bisel 231 832-6141,
biselr@anr.msu.edu

Oct 8 Bioenergy Pelletizing & Biodiesel Demonstration
Contact Paul Gross
grossp@msu.edu

Oct 10 Isabella Co Annual 4-H Recognition Banquet Sacred Heart Parish Hall
Contact Monica Borgman
borgman5@msu.edu

Oct 11-10am Eat Smart Live Strong at Meadowview Village, Reed City. Contact: Renee Bisel 231 832-6141

Oct 12 Ag Day at Maxwell Farm in Beaverton 10am-3pm Contact Gladwin MSUE office 989 426-7741

Cooking Matters at the Store at Foster's Super Market in Lake City Contact Deb Dyer 231 779-9480 or durden@msu.edu

Oct 19 Wexford Co Annual 4-H Awards Banquet at Geer's Farm Contact Jennie Peterson
pete1009@msu.edu
231 779-9480

Oct 19-20 4-H Clothing & Textiles Teen & Adult Volunteer Leader

information about the state's needs and challenges.

I hope you continue to hold us to a high standard of accountability so we can continue to show you how our work makes a difference in your communities.

From the District Coordinator Shari Spoelman

Spartans are making a difference in Michigan

It's now easier than ever to see the impact that [Michigan State University](#) and [MSU Extension](#) have on our communities. In May, we launched [MI Spartan Impact](#), a website that showcases MSU research, partnerships and programs and how they benefit Michigan's economy.



This past year, MSU brought more than \$500 million of external funding into the state. Through [AgBioResearch](#) programs and MSU Extension, the university plays an essential role in the state's annual \$91.4 billion food and agriculture system. The [University Research Corridor](#) -- which consists of MSU, the University of Michigan and Wayne State University -- has a combined annual economic impact of \$15 billion.

An interactive map on [MI Spartan Impact](#) highlights localized activities, including the number of students enrolled, the number of alumni and MSU's economic impact -- not to mention a sampling of stories about Spartans working in our community and across the state.

Did you know? In District 6 in 2012:

- 288 Michigan students were enrolled at MSU
- 27 of these were medical students
- MSU provided \$4,472,250 in financial aid
- 2,694 alumni resided in our district
- MSU spent \$1,456,643 with 240 local businesses
- 6,765 youth and adult volunteers participated in 4-H
- There were 73 MSU Product Center counseling sessions

Visit the site. Click around and learn how MSU is making a difference in our area. If you use Twitter, follow [@MiSpartanImpact](#) for the latest updates and stories and use [#MSUImpact](#) to share what MSU is doing in our community.

And, as always, if you have questions, contact me. I'd love to talk to you about how my colleagues and I are working toward a better Michigan.

District 6 Update, Shari Spoelman, District

*Workshop, Kettunen
Center, contact Joanne
Schultink
schultij@msu.edu
517 655-4856*

*Oct 24 National Food Day
programming in Clare Co.
preschools. Contact Clare
Co. MSUE office 989 539-
7805*

*Oct 24 Gladwin Co Cooking
Matters at the Store in
honor of National Food
Day Contact Coral Beth
Rowley rowleyc@msu.edu
989 426-7741*

*Oct 24 Isabella Co National
Food Day Contact Sabrina
McGee hathaw22@msu.edu*

*Oct 27 4-H Awards
Banquet, Osceola Co. 6pm
Reed City High School
Cafe. Contact Osceola Co.
MSUE office 231 832-6139*

*Oct 27 4-H Awards
Banquet, Gladwin Co.
Contact: Michelle Stiglich
989 426-7741*

*Nov 6 Clare Co Fall Awards
Banquet for youth.
Contact: Clare Co. MSUE
office 989 539-7805*

*Nov 8-9 4-H Rabbit & Cavy
Teen and Adult Volunteer
Training Workshop,
Kettunen Center. Contact
Katie Vanderkolk 517 432-
5270
vanderkk@anr.msu.edu*

*Nov 13-14 Two Day
Multicultural Self-
Awareness Workshop.
Zibiwing Center, Mt.
Pleasant. Contact Dionardo
Pizana
pizanad@msu.edu
517 432-2666 or Anne
Brooks
brooksa@anr.msu.edu
517 432-7623*

*Dec 10-12 Michigan
Greenhouse Growers EXPO*

Coordinator, October 2013

New Chronic Disease Prevention and Management Educator

Pam Daniels joined MSUE in July. Her office location is Mecosta County MSUE in Big Rapids. She provides education throughout District 5 and 6. Pam has been busy working her way around the counties meeting staff, Boards of Commission, and community partners.

Cooking Matters

Share Our Strength's Cooking Matters empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. Through hands-on classes taught by volunteer chefs and MSUE SNAP-Ed nutrition Instructors, course participants learn how to select nutritious, low-cost ingredients and prepare them in ways that provide the best nourishment possible for their families. Year to date activity by county:

Clare County has hosted five Cooking Matters classes partnering with MI Works and Community Mental Health reaching 31 families.

Gladwin is currently holding its first Cooking Matters series for adults.

Isabella County held one series for adults with 15 attending and one series for 8 teens. Isabella County was selected to participate in the statewide Cooking Matters at the Store event with Walmart and Meijer hosting those events for 43 participants attending five different tours.

Mecosta County held 6 series for adults with 87 participants, two series for 21 teens partnering with Morley/Stamwood schools and was also chosen for the statewide event Cooking Matters at the Store reaching 24 people through 2 sessions.

Sixteen **Missaukee County** residents attended four Cooking Matters at the Store partnering with Foster's Grocery.

Osceola County held three series for adults with 38 in attendance and held one Cooking Matters at the Store for four with Vic's Supermarket hosting the event.

Wexford County held one series for 14 adults.

Each course focuses on My Plate as the foundation for basic nutrition, then builds upon these ideas using interactive lessons to teach cooking, food safety, eating at home as a family, and food security through resource management. Each participant receives groceries to take home and prepare the weekly recipe for their families. Those completing the course receive a certificate of completion.

Home Food Preservation

An interest in canning and preserving is on the rise. MSU Extension provides classes to teach residents safe canning techniques and answers many questions over the phone and at the counter. Classes have been popular and we have tried to

**DeVos Place Convention
Center, Grand Rapids.
Contact Tom
Dudek dudek@anr.msu.edu
or visit
<http://www.glexpo.com/>**

meet the demand in all of our counties.

Cottage Food Law

An area that is gaining in interest and popularity is related to Michigan's Cottage Food Law. Food safety experts connect with professionals from the Greening Michigan Institute to provide a business aspect to the class. It has been well received.

MSU Grass Finished Beef Project

2013 marks the first year of effort on developing a value added food chain for grass fed beef production in Northwest Michigan. A team consisting of MSU Animal Scientist Dr. Jason Rowntree, Extension Grazing Educator Jerry Lindquist, and Extension Beef Educator Kable Thurlow, is utilizing a USDA North Central Region SARE (Sustainable Agriculture Research and Education) grant to conduct research at the MSU AgBioResearch Center in Lake City and to develop a production system for grass finished beef. Twenty-one farms were selected to participate in this project to produce grass finished cattle. These farms are located in the counties of Alpena, Benzie, Clare, Clinton, Gladwin, Gratiot, Kalkaska, Kent, Leelanau, Mason, Mecosta, Midland, Missaukee, Osceola, Presque Isle, and Roscommon counties. Farmstead assessments have been carried out on these farms to determine their feasibility to produce grass finished beef. In May, the farmers attended a two day grazing workshop at the research station in Lake City to advance their knowledge of grass finished beef production.

In August the regional SARE Administrative Team toured the SARE funded projects in Michigan. They stopped at the Lake City AgBioResearch Center to gain an update on the grass fed beef project. While being updated by the MSU team members and a few of the participating farms, they dined on grass fed steaks that were produced right at the Lake City Center. The project and the steaks both received rave reviews!

The team of Rowntree, Lindquist, Thurlow and Doug Carmichael of the Lake City AgBioResearch Center attended the three day Grass Fed Exchange Conference in Bismarck, North Dakota in August. With over 400 other farmers and industry professionals in attendance, they were able to learn more about grass fed beef production with a special emphasis on the utilization of cover crops to advance soil health and ultimately animal performance. To date over 75 grass fed cattle have been produced at the MSU Lake City BioAgResearch Center. This project will run through 2015.

Kettunen Center's Christmas Tree Arboretum

After donating a large Norway spruce to the Detroit Christmas Tree Lighting Ceremony and Winter Magic-Detroit in 2011 and removing many trees that were getting too big for the site or were damaged by deer and the harsh winter weather, the Kettunen Center arboretum needed help. Extension Educators to the rescue! Statewide Christmas tree educator Jill O'Donnell drew up a plan, secured donations of trees from [Dutchman Tree Farms](#), [Northern Pines Nursery](#) and [Needlefast Evergreens](#). This summer,

Contacts

[Shari Spoelman](#)

District Coordinator
231-779-9483

[Tom Coon](#)

Director
MSU Extension
517-355-2308

[Julie Chapin](#)

Director
Children and Youth
517-432-7608

[Dawn Contreras](#)

Director
Health and Nutrition
517-353-3886

[Dave Ivan](#)

Interim Director
Greening Michigan
517-432-7602

[Wendy Powers](#)

Director
Ag and Agribusiness
517-355-4631

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Jill and MSU Extension educator Erin Lizotte did the work of mapping and planting the new trees - 19 in all. The arboretum now exhibits ten different varieties of trees including four species of true fir, four species of spruce as well as white pine and Douglas firs.

Fruit Trees

IPM educator Erin Lizotte brings a wealth of fruit tree knowledge to District 6, having worked at the Northwest Horticulture Station previously. In addition to spending time responding to stakeholder calls for plant and insect ID's over the last several months, she has been able to make a couple of farm visits for people with fruit trees in the area, including helping a Wexford County resident set up an apple orchard plan.

Small Fruit program

In 2013, the Small Fruit program, through Dr. Carlos Garcia-Salazar, has been providing educational programming in areas related to fruit IPM (integrated pest management) and greenhouse pest management.

In addition to educational programming, the Small Fruit program has been supporting Amish small fruit producers, raspberry, blueberry, and strawberry growers with the identification, monitoring and control of the Spotted Wing Drosophila, an invasive pest of recent arrival in Michigan which is causing extensive losses to the small fruit industry in Michigan. In 2012, the small fruit industry lost approximately \$28 million in crop damage from the SWD. For commercial growers it also increased the cost of pest control an average of \$100 per acre. In 2013, from June to August we conducted approximately 60 farm visits to Amish farms that requested assistance with SWD and other pest problems. MSUE has provided monitoring devices, pest identification and provided recommendations for SWD control. Growers that requested MSUE assistance have reduced substantially their fruit losses. In contrast growers which are not requesting assistance are reporting up to 50% fruit losses due to SWD damage.

National Christmas Tree Study in District 6

The Cooperative Fir Genetic Evaluation (CoFirGE) project's objective is to identify superior seed sources of Turkish fir and Trojan fir for use as Christmas trees around the United States. This is a joint partnership between Michigan, North Carolina, Oregon/Washington, Connecticut, and Pennsylvania. Each state will be planting two sites for a total of 10. One of the trials in Michigan was planted this past May at the Antioch Tree Farm near Mesick. The 3 acre trial consists of 100 different genotypes that represent the range of Turkish fir. This long term project will identify sources for Michigan that are less susceptible to Phytophthora root rot and have good growth and foliage characteristics that benefit growers in the national market.

4-H Clubs

No sooner did all county 4-H coordinators breathe a sigh of relief as the busy summer fair and camp season came to a close, and it

all started up again. September is the beginning of the new 4-H year and coordinators are busy recruiting, signing up, and training leaders. Awards banquets are being held in October in most counties.

Academic Success

4-H volunteers and leaders are learning how to incorporate Academic Success Life Skills in the work they do with youth. Trainings and support materials have been developed and are being used in District 6 as well as throughout the state.

Agri-Science Curriculum for Youth

The Career Exploration Work Force team is developing an Agri-Science curriculum for youth in the animal science projects. This consists of budgeting, understanding break even costs, care of their animals and reporting.

Annie's Project helps women understand and manage farm businesses

Agriculture and Agribusiness Institute

Farm women often have an important role in managing the business aspects of their family farms. The importance of their role increases in volatile economic times, when managing financial risk can make or break a business. Annie's Project introduces farm women to the concept of risk, including financial, price, production, human resources and legal risks. [Michigan State University Extension](#) has been offering this multi- state training program in Michigan since 2010. Its mission is to empower farm women to be better business partners by networking with other women in agriculture and organizing critical information.



The Annie's level 1 curriculum focuses on farm and family financial management and provides opportunities to learn specifics about legal aspects of business ownership, marketing, business planning, estate planning, insurance, communication and other important topics. Annie's level 2 curriculum focuses on succession, business estate and retirement planning. Both levels give participants the opportunity to network with other women involved in agriculture.

In Michigan, 14 Annie's Project programs conducted across the state have reached 293 farm women. Though the program is traditionally offered in English, Michigan became the first state in the nation to offer both level 1 and 2 programs in Spanish.

Annie's Project programs at the local level are a collaboration between Michigan State University Extension educators and other

agriculture industry representatives from groups such as [GreenStone Farm Credit Services](#), [Michigan Farm Bureau](#), [USDA Farm Service Agency](#) and [USDA Natural Resource Conservation Service](#). The projects also receive sponsorships from local agribusinesses and community organizations and foundations. The first five projects in Michigan received funding from a [USDA Risk Management](#) grant as well.

Evaluation of the program included postsession evaluations as well as follow-up evaluations conducted approximately six months after the program was completed in each location. Evaluations indicate that Annie's Project has succeeded as a comprehensive educational program and support network for farm women.

In 2010, 34 women from Clare, Clinton, Gratiot, Ionia, Isabella, Midland, Missaukee, Osceola, Saginaw, Shiawassee and Wexford counties participated in an Annie's Project in McBain. A program evaluation showed that participants felt that the most useful part of the program was the section on estate planning and business succession. A follow-up survey showed that 60 percent of respondents had started discussions on farm transfer and estate plans, 40 percent had improved or started farm record keeping, and 40 percent had calculated cost of production on their farm. One participant said, "Annie's Project is exactly the type of educational programming that MSUE needs to offer."

Training program ensures that 4-H volunteers are poised for success

Children & Youth Institute



Orientation is a critical component in getting volunteers ready to begin their service with an organization. It sets the stage by ensuring that volunteers know what to expect and whom to go to for support, and it helps them understand how their tasks fit into the larger mission of the institution. Michigan 4-H annually involves more than 30,000 adult volunteers. MSU Extension leaders have made it a priority this year to ensure that all 4-H volunteers throughout the state understand their roles, the organization and the core values of 4-H. As a result, access to the 4-H e-Learning Course through Washington State University Extension was purchased and adopted in Michigan beginning in January 2013.

The 4-H e-Learning Course consists of four modules: About 4-H, Youth Development, Getting Started in 4-H, and Leadership and Teaching Techniques for 4-H Volunteers. Each 20-minute session includes a short quiz at the end to check for comprehension. 4-H program coordinators receive regular updates on which volunteers have completed training. As of September 2013, MSU Extension mandates that all new 4-H volunteers must complete each of the four modules before beginning their service. Between January and August 2013, 229 volunteers completed all four modules.

Hundreds more completed some portion of the series. Current volunteers are encouraged to complete the modules as a refresher course.

Initial feedback from staff members and volunteers during the pilot period has been overwhelmingly positive. One volunteer from Monroe County said that the 4-H e-Learning Course made him "more comfortable with planning meetings with my 4-H club. My confidence has increased." Another in Grand Traverse County wrote, "I am continually impressed by the completeness of the planning and presentation in this training program." A Wayne County volunteer said, "I feel this is a great tool in helping people become 4-H volunteers. This course provided a lot of information and knowledge."

Michigan 4-H Youth Development is offering this course to all incoming volunteers beginning with the fall 2013 enrollment in hopes of providing a consistent message to volunteers, and to support their work on behalf of youth throughout the state.

Extension helps communities make the most of Michigan's tourism opportunities

Greening Michigan Institute

Tourism is a nearly \$20 billion business in Michigan, and Michigan State University Extension offers a wide range of expertise in tourism development, service, management, education and outreach to develop tourism as a tool for community prosperity.

The recently released [2012-2017 Michigan Tourism Strategic Plan](#) (MTSP) "...lays the foundation upon which tourism will continue to grow and prosper over the next five years, further contributing to the overall economic development of the state." MSU Extension staff members are actively involved in two of the eight committees established to implement the five-year plan under the coordination of Sarah Nicholls, associate professor in the MSU Department of Community Sustainability. MSU Extension educator Andy Northrop helps lead the initiative from the field. The team will work with Travel Michigan, the Michigan Travel Commission and other members of the Pure Michigan campaign to identify educational needs and opportunities to strengthen the tourism economic engine in the state.

Tourism work group members also play roles in local/regional tourism efforts.

In northeastern lower Michigan, MSU Extension staff members are leading efforts for a two-day tour of the [US-23 Heritage Route](#) for Michigan legislators and representatives of local agencies with the aim of advancing coastal tourism. Local efforts have resulted in "[Be a Tourist in Your Own Town](#)," a program that has enjoyed great success in several communities throughout the state. The successful [Arts and Eats](#) rural back roads tour in southwestern Michigan provides travelers a rural agricultural, food and art experience -- they visit artists' studios, eateries that feature local food and farms. Programs such as these are tailored directly

to communities so that residents can learn the importance of their tourism assets that visitors travel to see.



Small changes can prevent diabetes

Improving Health & Nutrition Institute

One in three adults -- about 2.6 million people in Michigan have prediabetes. Most are unaware of their condition. Those with prediabetes have an increased risk of developing type 2 diabetes within five years and are at risk for heart disease and stroke.

The good news is that people with prediabetes may delay the onset of type 2 diabetes and possibly return their blood glucose levels to normal by participating in a new [National Diabetes Prevention Program](#) (NDPP).

The goal of the NDPP is to help participants make lifestyle changes to lose weight, reduce fat in their diet and be physically active most days of the week. The program is led by trained lifestyle coaches, who motivate and build on group dynamics to encourage participants to make healthy behavior changes for life. Lifestyle coaches lead small groups in this one-year lifestyle change program, which meets weekly at first and then monthly.

Seven Extension educators throughout Michigan are trained in the program. One of Extension's many partners in raising awareness of the importance of prediabetes and the NDPP program is Blue Cross/Blue Shield of Michigan. For more information about the program and locations of trained MSUE educators, contact Laura Anderson at ander359@anr.msu.edu or visit the [MSU Extension](#) website.



To participate in the NDPP, a person must have a diagnosis of prediabetes or be at risk. Prediabetes is determined by one of the following blood test results:

- Fasting plasma glucose between 100 and 125 mg/d.
- A1c between 5.7 percent and 6.4 percent.
- Two-hour plasma glucose between 140 to 199 mg/dl.

In addition, a combination of risk factors such as family history, being overweight or obese, having gestational diabetes and inactivity may also put a person at risk and therefore make him or her eligible for the NDPP. MSU Extension supports a variety of programs designed to help adults reduce the incidence and the detrimental effects of diabetes through education. [Local programs are available throughout the state.](#)

Pam Daniels provides Dining with Diabetes and Personal Action toward Health programs as part of diabetes prevention and management education in Wexford, Missaukee, Osceola, Oceana, Clare, Gladwin, Mecosta and Isabella counties.

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