#### SEA GRANT SMALL HARBORS PROJECT COMES TO LIFE IN TWIN CITIES HARBOR

The Twin Cities Harbor is a deep water port tucked between the cities of Benton Harbor and St. Joseph. In its prime, the harbor bustled with ships transporting everything from fruits to industrial materials and petroleum throughout the Great Lakes and beyond. But, like many places once dominated by the boom of past industry and manufacturing, times changed. A 2015 study of the harbor found that while the Twin Cities Harbor has many assets, it is challenged by vacant land, empty buildings and underutilized waterfront opportunities. Many Great Lakes harbors face similar



circumstances. In response to this, the Twin Cities Harbor conservancy invited Michigan Sea Grant/MSU Extension, with support from the Michigan DNR Office of the Great Lakes and others, to assist the communities with next steps. Partners developed a process based on MSU's National Charrette Institute's System (NCI) that has been used to specifically target small harbor visioning projects, and has been used in communities throughout the state with success. The NCI is a program dedicated to transforming the way people work together by building capacity for collaboration. In early June, NCI led a diverse set of community stakeholders, including city, township and county



officials; regional planners; developers; business owners; and faith leaders. along with the project steering committee, in a 1.5-day Charrette Ready Workshop to organize a visioning project for the harbor. Partners produced goals, a project scope area and a charrette schedule. The charrette began with a kick-off meeting on September 19 and continued with the design charrette on October 9-11. With more than 200 people participating, outcomes included a renewed interest in continued joint planning and action for the harbor, as well as a deeper understanding of community concerns, which ranged from affordable housing to recreational opportunities to job creation. More information on this process and plan can

#### **OTHER PLANNING & PUBLIC POLICY EDUCATION HIGHLIGHTS**

Agriculture is a dynamic industry experiencing demands and opportunities that influence how local decision-makers should plan and zone for working lands. Michigan's Right to Farm Act (MRFA) and its Generally Accepted Agricultural and Management Practices also affect how local ordinances may regulate aspects of agri-tourism activities, including farm markets. Oronoko Township was facing questions related to planning and zoning for agritourism and requested educational assistance. MSU Extension provided a program focused on the diversity and importance of value-added, agricultural-related business growth, the relevant regulatory framework for local governments under MRFA, the need to adopt effective land use policies to address value-added agriculture in rural communities, and best practices for zoning to balance impacts and economic opportunities. The workshop in April was attended by over 80 local government officials, zoning administrators, planners, farm/agri-business owners, realtors/developers, state and local conservation, and

department of ag staff, and interested residents.

Citizen Planner Online is a self-paced version of our signature program designed for individuals who can't fit a six-week course into their schedule or who prefer this style of learning. It takes about 15 hours to complete, and can be accessed 24/7 so that individuals can do as much or as little at one time as fits their schedule. 133 graduated from the online program in 2018; 10 were from Berrien County. Other planning and public policy offerings attended by county residents included webinars on gerrymandering; helping communities deal with the opioid crisis, Tourism and the Sharing Economy, and Regulating Sand and Gravel Mining: The 'Very Serious Consequences' Rule. Face to face programs included, New County Commissioner School, Understanding Tourism for Michigan Economies, Conducting Land Divisions for assessors and zoning administrators, and the Citizen Planner Advanced Academy.

#### MICHIGAN STATE | Extension UNIVERSITY

#### 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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# **Berrien County**

### 2018 ANNUAL REPORT

#### BY THE NUMBERS

MSU Extension has served 102 BerrienCounty 102 years

> 7 career exploration and work prep programs engaged 468 youth

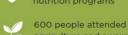
23 fruit and vegetable growers certified in FDA's product safety rules

126 people attended public policy, leadership and land use programs



teens, 153 volunteers and 35 clubs in Berrien

1,411 adults and youth ANbenefited from health and nutrition programs



agriculture and awareness programs

30 food service managers received ServSafe Manager certification

106 business counseling session to assist 24 Berrien clients



Over the past year, Michigan State University (MSU) Extension partnered with Berrien County to continue strengthening youth, families, businesses and communities. MSU Extension staff are grounded in

local relationships and serve by bringing the university's research and resources to provide outreach and education in the areas Berrien County residents need it most. The value of the partnership between the county and MSU revealed

itself in both services and programs in 2018. Examples range from the 145 home gardeners and farmers who sent soil tests to be analyzed by the MSU Soil Laboratory to the beneficiaries of Thanksgiving dinner food baskets prepared and donated by our 4-H youth to the National Charrette Institute community empowerment technique used to develop a vision for the Twin Cities Harbor Project. In conjunction with those services, our educational programs are delivered in the county and around the state by MSU Extension educators, together with the local and state partners who make them possible.

We're passionate about serving Berrien County and are proud of the impacts we have made over this last year. Thank you for your continued support and for partnering with us to make a difference. Julie Pioch, District 13 Coordinator

#### STAFF HOUSED IN BERRIEN COUNTY

- Deb Barrett—CYI Educator Mike Reinke—AABI Educator
- Joanne Davidhizar—Product Center Counselor
- Zelda Felix-Mottlev—HNI Educator
- Beth Ferry- AABI Educator
- Renee Harris—Community Nutrition Instructor
- Kelly Stelter-4-H Program Coordinator
  - Yolanda Thrash—Community • Nutrition Instructor
- Jamie Styburski-Support Staff
  - Jennifer Young- Support Staff



#### Program Highlights



Harvesting Blueberries in Berrien County.



Youth from Benton Harbor STEAM Academy were detectives in a hands-on lunchroom waste activity as part of our efforts to change the school environment to promote healthy choices.



A greenhouse worker is instructed on proper respirator fitting at the MSU Extension workshop in 2018.

#### FRUIT MANAGEMENT STRATEGIES TRAINING

Fruit growing is a complex and ever-changing profession. Producers and consultants are constantly challenged to keep up with new information on pests, diseases, weeds, management strategies, and regulations. Growers need regular updates in order to use the most economical strategies and at the same time protect the environment and protect themselves, workers, and the public. Regular training is needed for growers to maintain their Michigan restricted pesticide applicators license. MSUE Educators conducted an 11 meeting series of fruit management updates from April to end of June 2018 for local fruit growers, ag industry consultants and field representatives. Attendance ranged from 28 to over 60 growers at each meeting from Allegan, Berrien, Cass, Kalamazoo, and Van Buren Counties. Participants rated the impact of these meetings as highly valuable with an estimated value to their farms of \$1525 per acre.

#### CHANGING ENVIRONMENTS FOR GOOD NUTRITION DECISIONS

It isn't enough to work only on changing individual behavior for healthy living, it is also important to work on changing the policies, systems and environments within which we live, work and play. In 2018, MSU Extension offered coaching and technical assistance, encouraging strategic changes to promote healthy decision making in schools and daycares serving low-income youth. Technical assessment and advice was provided by nutrition and physical activity educators to 8 daycare providers to help them change meal planning, children's food choices and healthy activities. Two Berrien County school lunchroom food service providers implemented smarter lunchroom practices to entice students to make healthier choices and reduce food waste.

#### AG WORKER PROTECTION

To assist growers with implementing new Worker Protection Standard (WPS) requirements, two workshops were held in west Michigan in January, 2018 with 126 people from 8 counties (including Berrien) in attendance. Most attendees represented greenhouses, but nursery, tree and small fruit growers and municipal park systems managers also participated. Respirator fit testing services were provided to 54 people. Evaluations revealed that up to 96% of participants intended to make changes to their practices to be consistent with the new WPS standards; A majority of respondents intended to make these changes within 3 months. Total acreage represented by survey respondents was over 8100 acres. Growers reported that the information was worth \$78,000 to \$163,000 to their agricultural or municipal operations.

#### **MSU PRODUCT CENTER IMPACT**

Extension educators are specially trained to assist in developing products and businesses in the areas of food, agriculture, natural resources and the bio-economy. Business counseling is conducted on a one-on-one basis at the MSUE office or the client's home, farm or business location. The assistance is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The innovation counselor assists clients in accessing services offered through MSU such as feasibility studies, nutritional labeling, food science, and packaging assistance. One hundred six business counseling sessions took place in Berrien County to assist 24 clients. These clients included farms, valued-added agriculture operations, and food processors. Farms that were assisted were grape, apple, and tomato growers. There were three new ventures launched with \$30,000 of investment made in these businesses.

#### PARTNERSHIPS IMPACT HEALTH

MSU Extension's Nutrition and Physical Activity (NPA) team has a long standing partnership with the Berrien County Health Department (BCHD) and Spectrum Health Lakeland. In 2018, these partners provided additional funds so that the NPA team could provide more food demonstrations, and incentives to encourage participation in MSU Extension's nutrition and physical activity programming. Realizing the potential to increase impact by working together, this partnership resulted in BCHD providing funds to purchase an additional fifty \$20 Senior Project Fresh/ Market Fresh coupons (\$1000 total) to support seniors eating more fruits and vegetables. The NPA team brings healthy eating education to those who need it most in Berrien County, specifically students, adults receiving supplemental nutrition assistance and seniors. Over 1400 people participated in a series or one-time presentation in 2018.

#### **DEMONSTRATING AG INNOVATION**

The third annual MSU Agriculture Innovation Day: Focus on Fruit and Vegetable Technologies took place in June, 2018 at the MSU Southwest Research and Extension Center in Benton Harbor. The event rotates to various locations throughout the state to give farmers access to the experts who can help them improve their bottom line while maintaining environmentally sound practices on their farms. The 2018 program featured new technologies in fruit, vegetable and grape production. 252 participants including farmers, researchers, students and ag business leaders attended the event, many from Berrien County.

#### **Program Highlights**



Niles Entrepreneurial & Culinary Incubator (NECI commercial kitchen pictured above) partnered with MSU Extension to host a "Starting a Licensed Food Business" workshop in April—16 people attended.



The "smoothie bike" is a great tool for the NPA team to use to demonstrate good eating and exercise with youth.



Ag Innovation Day experts shared new technologies in high tunnels, drones, and new strategies for pollinators and disease and insect management.







# 2017 - 2018 Annual Program Report



Berrien County 4-H Youth Development Michigan State University Extension

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#### 2017 - 2018 Project & Community Clubs:

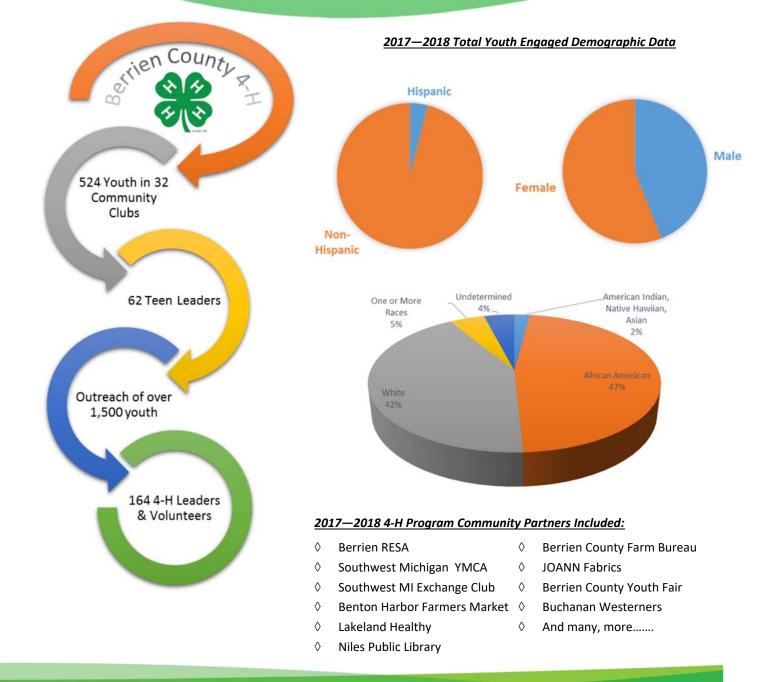
Berrien County 4-H offered **35** project and community based clubs in 2017—2018 4-H year. The Berrien County 4-H Clubs included:

Al-Bar 4-H Club Fuzzy Friends 4-H Club South Lakers 4-H Club Backyard Renegades 4-H Club Galien Chanters 4-H Club Stewart 4-H Club Baroda Bunnies 4-H Club Gone Country 4-H Club Straight Shooters 4-H Club Berrien County 4-H Robotics Club Great Expectations 4-H Club Sunset Horsemasters 4-H Club Best Friends 4-H Club Happy Landings 4-H Club Teen/Service 4-H Club Boots N Saddles 4-H Club High Spirits 4-H Club The Crew 4-H Club Infinite Crowns 4-H Club Cake Decorating SPIN Club Town & Country Paws & Pals 4-H Countrysiders 4-H Club Point of Impact 4-H Club Club Cribbs 4-H Club Rainbow Tracks 4-H Club Tractor Operator Program Derbvshire 4-H Club Redbud Country Goats 4-H Club Tryon 4-H Saddle Club **Double Bridle 4-H Club** Redbud Gypsies 4-H Club Tumbleweeds 4-H Club We Can Ride 4-H Club Four Flags 4-H Club River Valley Wranglers 4-H Club

> The Mission of our 4-H Youth Development Program is to provide personal growth opportunities for youth in Berrien County through educational programs and activities which utilize quality volunteers, trained staff, and community partners.

Our Vision is to make a positive difference in the lives of Berrien County youth.

I Pledge..... My Head to Clear Thinking, My Heart to Greater Loyalty, My Hands to Larger Service, My Healthy to Better Living, For my Club, my Community, my Country and my World.



#### 4

### 4-H'ers Giving Back to the Community

On November 17, 2018 the Berrien County Farm Bureau and the Berrien County 4-H Youth Development program partnered to provide Thanksgiving dinner baskets for individuals/ families in need throughout the county called Thanks 4 Giving. Over 135 4-H'ers through eleven different 4-H clubs participated in the community service project, helping to put together a total of 65 baskets for residents in need throughout Berrien County. During the assembly day there were 29 youth and adult volunteers between the collaborative organizations that came together to assemble and distribute the baskets.

Each bushel basket was overflowing with enough food for a family to enjoy a traditional Thanksgiving Feast. Berrien County 4-H'ers were tasked with collecting various nonperishable food items that included:

- ◊ Cranberry Sauce
- ♦ Corn

In

- ◊ Green Beans
- Output Cans of Sweet Potatoes
- Observe the second s
- o Gravy packets
- A Bag of potatoes

order to further provide for families and individuals in need the Berrien County 4-H Leaders Council donated a gallon of milk as well as a pound of butter to be added to each basket. In addition to the local Berrien County Farm Bureau providing a pumpkin pie, a dozen dinner rolls, a frozen turkey, and a bushel basket for each basket put together. **Each basket contained at least 35 pounds of food and a total of 2170 pounds of food was distributed to local families/individuals in need across the county.** 

The Thanks 4 Giving community service project gave local 4-H youth the opportunity to gain knowledge and skills to become agents of change for their community, while building a commitment to civic service as well as cultivating a capacity to become local leaders.

84% of Michigan 4-H'ers said they could make a difference in their community







# Healthy Nutrition & Food Science at Farmers Markets

During the 2018 summer, in partnership with the MSU Extension Nutrition and Physical Activity (NPA) team, the Berrien County 4-H Youth Development program hosted youth educational activities during the local Benton Harbor Farmers Markets. Through this collaboration youth were able to learn about healthy nutrition while experiencing hands-on learning food science activities. Each activity emphasized the message of eating fruits and vegetables. Each Wednesday, youth were introduced to a new engagement activity. **Over 50 youth participated throughout the four Wednesdays.** 

In July, the individuals participated in making fruit batteries. Using the 4-H STEM Lab, curriculum youth learned about electricity using ordinary fruits such as oranges, lemons, and limes. The activity taught participants about key parts that make a battery work and the chemical reaction that makes it possible. Using fruit, galvanized nails, pennies, LED light and alligator clips, each youth were able to make a fruit battery and test it to see if they could light up the LED light. All the while learning about the difference in nutrition with corresponding fruits.

In August, youth were able to make health fruits, vegetables, and yogurt smoothies from a human powered smoothie bike. Participants volunteered to pedal a bike, which the back fender was attached to a blender filled with mixed fruit, ice and soy milk. The combination was blended into smoothies that were able to be sampled by youth. The smoothie bike also provided youth with a great healthy life style activity. The smoothie bike was just one of four activities that allowed youth to take part in interactively to help reinforce daily nutritional recommendations for dairy foods and fruits. Other activities included the Spin the Wheel, and Fruit Plinko.

68% of youth who participated with Michigan 4-H Healthy Living programs noted they ate less junk food.

# **Developing Life Skills**

Teaching Farm Safety through the Tractor Operator Program



The Berrien County 4-H Tractor Operator Program, locally known as TOP provides tractor safety certification training for teens ages 14—19 years. By participating in TOP, youth gain respect for equipment, learn proper driving skills, build confidence, learn teamwork and become better prepared to handle emergency situations. Successful completion of TOP provides 24 hours of certification training that currently satisfies requirements for the U.S. Department of Labor required for operation

of a 20 PTO HP or greater agricultural tractor by 14—15 year old youth employed on property non -owned, leased or operated by a parent or legal guardian. Program content enhances participants knowledge and experience when handling tractors and lawn mowers.

Youth evaluations indicated that 80% of participants planned to use what they learned to seek work on a farm or ranch. All participants felt that as a result of taking the training that they were more confident to operate a tractor and that they would be a safer worker.

100% of Participant's parents indicated that the program helped build confidence, concentration, patience & respect for others.

#### Promoting Communication Skills through Market Animal Projects

The Berrien County 4-H Youth Development program hosted a market animal project workshop called "SOLD!! Making the Most out of your Market Animal Project" on Saturday, July 21st at the Niles District Library. There were 23 youth in attendance along with four adults that attended. The



workshop allowed youth to gain insight in promoting their market animal projects to potential buyers. In addition to learning communication skills in order to assist them with getting a leg up on their competition.

Youth where able to hands on learn how to create a buyer's letter, thank you notes as well as create a buyer's poster. Throughout the three hour workshop youth were introduced to the 7-steps to creating a good thank you and how to avoid a communication catastrophe. The workshop is planned to expand to two sessions for July 2019 in order due to the positive feedback provided by youth participants and community outreach.

#### Exploring new projects through countywide workshops

Youth gained insight into new projects that may not be offered at their club level through the re-launch of countywide project workshops. Each workshop was hosted by a local 4-H Leader and varied in project areas such as glass etching, string art, flower arranging, cake decorating, photography transferring and more. Youth did not have to be registered in the project area to attend. In 2018 there were four workshops throughout the year which saw 85 youth in attendance.



#### Youth gain leaderships skills through 4-H Officer Training

It is common for 4-H groups to have various officer roles that include president, vice-president,



treasurer and secretary. Each of these positions work collaboratively as a team and need to effectively communicate through diverse personalities. Through officer training youth were provided with tips, tricks and techniques to use to assist them in navigating through these leaderships roles. Participants gained valuable skills such as decision-making, responsibility, communication and leadership, that can be taken with them to be successful throughout life. By attending the workshop local

4-H'ers learned about expectations of being an officer, money handling practices, budgeting, reconciling accounts, running a meeting and the art of check writing.

# 80% of participants strongly agreed that they are now confident about making money decisions with their group or club after taking the training.

#### Canine Therapeutic Dog Club Celebrates 30th Anniversary

In 2018, the Best Friends 4-H Club celebrated 30 years of engaging youth in the dog project. This past December, the club celebrated with a banquet the milestone achievement with alumni, founders and members in attendance.

Best Friends 4-H Club started in 1988, after an exhausting search for a dog training facility that could accommodate a child with Down's syndrome with his dog. The club started off with the goals and mission to provide canine therapy and motivation with physical and mental stimulation for youth, while having fun. In addition to providing members an opportunity to learn about canine training and handling in a safe and supportive environment.

Through the years, the club's goals and mission have remained the same, however the club has grown to over 30 members and adults. While also, being presented with numerous accolades and awards. The club offers various

leaderships opportunities for both traditional and non-traditional youth as well as community service projects for 4-H Leaders.





# 4-H State Award Delegate Recognition

The Michigan 4-H State Awards Program is an opportunity for 4-H members to receive recognition while developing their leadership skills and personal portfolio. The program features a Junior and Senior division in 18 project areas as well as a group award category. Delegates are invited to participate in the program based on receiving a qualifying score on their application. The 4-H State Awards Application includes a cover letter, resume, 4-H story, and questions that highlight the life skills, project content knowledge, leadership development, and civic engagement experiences 4-H members have gained through their 4-H projects. Up to twelve delegates in the Junior, Senior and Group divisions for each project area can be invited to represent their county. The Michigan 4-H State Awards Program is open to all 4-H members ages 13-19.

During the Michigan 4-H State Awards Program at MSU, Junior delegates participate in a Junior Leadership Program to help them build their communication skills while Senior and Group delegates compete in interviews. All delegates attend the recognition event where they have an opportunity to engage in career conversations with program donors and MSU Extension Staff. This year, 91 youth representing 32 counties were invited to participate as delegates.

Three local Berrien County 4-H members were selected as delegates to the 2018 Michigan 4-H State Awards Program. The Michigan 4-H State Awards Program took place during 4-H Exploration Days June 20-22, 2018 on the campus of Michigan State University. Berrien County.

"4-H has helped me become a better person because I have learned great leadership skills through this program. 4-H has taught me, for example, the importance of valuing other people's views and opinions when it comes to open discussion.
4-H has shown me how to work with people of all ages."





## 4-H Exploration Days

4-H Exploration Days is Michigan State University's (MSU) largest pre-college program, annually attended by 2,400 youth and adult chaperones from across Michigan. 4-H Exploration Days gives youth ages 11 to 19 an authentic college experience as they stay in residence halls and explore interest areas and career options, increase awareness and readiness for college, and develop decision-making, independence and teamwork skills. Youth are able to live like college students and attend sessions that range from veterinary medicine to web design, performing arts to environmental education and much more. In 2018 there were over 200 hands-on classroom and trip sessions for youth to select from.

When not in action-packet learning sessions, students have a plethora of recreation and MSU facility tour choices such as the MSU Horse Barn, National Superconducting Cyclotron Lab, and the 4-H Children's Garden. In addition to having a various entertainment held at the Wharton Performing Arts Center.

Berrien County 4-H had **34 youth in attendance at the 2018 4-H Exploration Days, with eight adult chaperones** accompanying for guidance as well as assistance. This is a **50% increase in youth participation** from the 2017 Berrien County 4-H Exploration Days delegation. Out of the 34 youth in attendance, **17 youth where first –time participants**. Berrien County 4-H youth selected a range of sessions such as Japanese Language and Culture, Ice Skating, Fashion Design, Livestock Marketing, Small Engines, Rabbit Raising, Competitive Horse Judging, and Dying with Plants, to name a few.

**Each youth and adult attending received a scholarship of \$100.00** to go towards their registration cost. With the assistance of the scholarship each youth and adult was able to have **70% of the pre-college program registration paid for**.

68% of youth who participated in Exploration Days between 2009 and 2016 enrolled in college within size months of finishing high school. That's 14% higher than the Michigan average.

# Scholarships

The Berrien County 4-H Youth Development

Program is able to offer youth the opportunity to pursue state,

and national level events/workshops without having financial barriers.

Each year, the Berrien County 4-H Youth Development program offers various scholarships in amounts equivalent to at least 50% of the cost of the registration for a event, in some cases scholarships are offered in the full registration amount for youth as well as adult 4-H Leaders. 2017—2018 program scholarships included:

#### Beef, Sheep & Swine Workshop

- One youth scholarship in the amount of \$29.00 to go towards the registration fee of \$58.00.
- One adult scholarship in the amount of \$29.00 to go towards the registration fee of \$58.00.

#### Veterinary Science Workshop

- One youth scholarship in the amount of \$29.00 to go towards the registration fee of \$58.00.
- One adult scholarship in the amount of \$29.00 to go towards the registration fee of \$58.00.

#### MI 4-H Horse Judging Contest

- Five youth scholarship for full cost of the registration in the amount of \$15.00.
- Youth were able to compete in contest as a team in the Senior Regular and one Senior Novice Individual.
- $\diamond$

#### National 4-H Congress

• One youth scholarship in the amount of \$1,000.00 to go towards the registration cost of \$1500.00.

#### "4-H National Congress was an experience I will never forget. It was an environment that I could easily make friends and learn new skills from 4-Hers like me around the country. I'm am truly honored to have been given this opportunity and experience." - 2018 National 4-H Congress participant

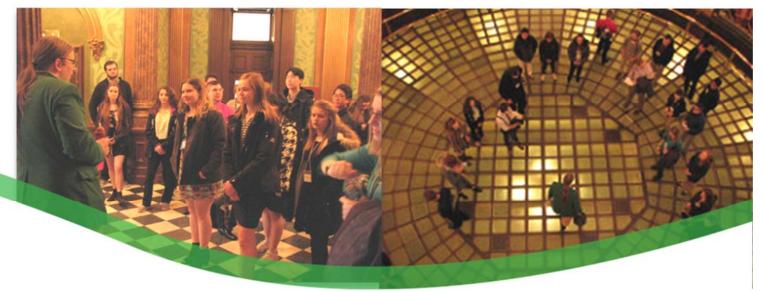
#### Berrien County 4-H Alumni Scholarship & Joseph Cerny and Evelyn Cerny Memorial Scholarship

♦ Three alumni scholarships were awarded in the amount of \$800.00 to go towards higher education.



"My experience at CWF helped me understand and appreciate the process of government that impacts my daily life. Witnessing the historical monuments was life changing." - 2018 CWF Participant





#### State 4-H Goat Expo

• Ten youth scholarships in the amount of \$14.00 each to go towards registration cost.

#### Citizenship Washington Focus (CWF)

 One youth scholarship in the amount of \$1,000.00 to go towards the registration cost of \$1500.00.

#### Shooting Sports Instructor Training

• One adult scholarship in the full amount of registration cost of \$185.00.

#### State 4-H Dog Show

• One youth scholarship in the full amount of registration cost o\$16.00.

#### PATH Instructor Update Training

♦ Four adult scholarship in the full amount of registration cost of \$92.00.

#### MSU Institute of Ag Technology Campus Trip

• One youth scholarship in the full amount of registration cost of \$25.00.

#### National Youth Agriscience Summit

• One youth scholarship in the full amount of registration cost of \$900.00.

"Participating in the National Youth Agriscience Summit showed me that there is more to Agriculture than just crops and animals. I now see the need for growth of precision agriculture. I was exposed to exciting careers in the field of commodity marketing, which has potentially impacted my career choice. I enjoyed the cultural experience as well." - 2018 National Youth Summit Participant

#### **Participation Scholarship**

• Twenty-five youth scholarships in the full amount of registration cost of \$20.00.

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