



Arenac County 2022 Annual Report



MESSAGE FROM THE DISTRICT DIRECTOR

Thank you for your support and partnership with Michigan State University Extension. MSU Extension helps to improve the lives of Michigan residents by providing educational programs for people of all ages that can address critical needs, issues, and opportunities. Our work is guided by our mission and our core values which are:

- **We will show up.** We will be engaged and serve our communities across the state.
- **We will help people thrive.** We will work to help everyone be their best and do their best.
- **We will be authentic.** We will be honest about what we can and cannot do, and we will be guided by evidence-based science.
- **We will welcome everyone.** We will be inclusive and respect everyone, while valuing differences and working to serve a wide audience.
- **We will manage resources responsibly.** We will be good stewards of our resources and funding from all sources.
- **We will take risks.** We are lifelong learners and value innovation to better serve Michigan communities.

These value statements summarize how we work to engage with communities and how we hope we are seen by the people we serve. The team we have assembled in District 4 to serve communities are outstanding professionals who care deeply and work hard to meet the needs of youth, adults, and families and for households, small businesses, and local governments. This report summarizes the numbers and some of the stories of how we have worked to connect people with one another and with information gained from research that can help improve lives.

Julia (Julie) Darnton, District Director

PROGRAM HIGHLIGHTS

CHILDREN & YOUTH

YOUTH DEVELOPMENT

Michigan 4-H is growing current and future leaders. The largest youth development organization in Michigan, 4-H provides thousands of young people with experiential learning opportunities to explore new interests and discover their passion. In 2022, **397** Arenac County youth participated in **47** programs.



Pictured: Youth from Arenac 4-H swine and rabbit clubs.

ANIMAL SCIENCE

4-H livestock projects provide great opportunities for youth to learn about animal and veterinary science, as well as animal production practices while gaining valuable life skills such as responsibility and record-keeping.

Michigan 4-H Embryology is focused on the science of hatching chicken eggs. Youth explore the developmental process and stages of chicken growth and basic chicken reproduction and cell division.



Bay-Arenac ISD shared the science and joy of watching chicks hatch with a live-stream.

Michigan ranks second in the nation in crop diversity due to its unique climate, topography and impact of the Great Lakes. Agriculture is now one of the fastest growing sectors of the Michigan economy. In 2022, **95** residents of Arenac County participated in programming related to animal agriculture, consumer horticulture, agribusiness, and production of field crops, fruit crops, and vegetables.

The MSU Extension Beef Team offers face-to-face certification/recertification trainings for Beef Quality Assurance, a program that provides guidelines for beef cattle production and outlines how to increase consumer confidence through proper management techniques and a commitment to quality. In 2022, **5** Arenac residents attended in-person Beef Quality Assurance Training.



In a challenge to balance 11 nails on the head of one nail sticking out of a board, Lucas (pictured) sat for half an hour until he found success. When offered hints, every time his response was “I’ll figure it out”.

AGRICULTURE & AGRIBUSINESS

PROGRAM HIGHLIGHTS

HEALTH & NUTRITION

MSU Extension partners with the Michigan Department of Health and Human Services to provide SNAP-Ed, a nutrition education program designed to reduce hunger and food insecurity and promote healthy eating habits for people who are eligible for food assistance programs like the Supplemental Nutrition Assistance Program (SNAP). MSU Extension SNAP-Ed community nutrition instructors teach youth, individuals, and families how to make health a priority. The goal of SNAP-Ed is to improve the likelihood that SNAP-eligible persons will make healthy food choices within a limited budget and choose physically active lifestyles consistent with the current Dietary Guidelines for Americans and the USDA food guidance. In 2022, **214 Arenac County residents** participated in SNAP-Ed programs, such as Cooking Matters and Cooking for One.



Au Gres-Sims students learned about nutrition and making healthy recipes through hands-on activities.

SUPPORTING STRONG COMMUNITIES

As a result of MSU Extension’s social-emotional programming, **65** Arenac residents learned how to manage their anger, reduce stress, thrive as caregivers, practice mindfulness and strengthen their families’ and communities’ understanding of and response to mental health crises. Residents participated in **29** programs including Mental Health First Aid, RELAX, Tai Chi for Arthritis and Fall Prevention, and Mindful Mondays.

STEWARDSHIP OF NATURAL RESOURCES

As leadership partners of the Northeast Michigan Great Lakes Stewardship Initiative, MSU Extension and Michigan Sea Grant supported local schools in fielding place-based stewardship education projects. In 2022, **79 students and 4 teachers** from Arenac County were engaged in Great Lakes and natural resources stewardship programs.

With support from Michigan Sea Grant, students from Au Gres-Sims High School designed green infrastructure outreach materials. These communication tools support the City of Au Gres’s Lake Huron Forever efforts to improve water quality by filtering storm water pollution. Students learned more about these nature-based solutions by interviewing Au Gres’s City Manager, former Mayor, and Huron Pines staff.

“Tai Chi saved me from a fall!”
-Grace, Arenac County resident

While gardening, Grace tripped over a bush and was certain she was going to get hurt. Her instinct was to put her hands out, but she knew she would break her wrists. She shared that she used the balance principles she learned in Tai Chi and Fall Prevention and kept on her feet.



MSU is an affirmative action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.



IMPACT AT A GLANCE

938

TOTAL ARENAC COUNTY RESIDENTS PARTICIPATED IN MSU EXTENSION PROGRAMMING IN 2022



397

YOUTHS ENROLLED IN 4-H



41

PROGRAMS HOSTED IN ARENAC COUNTY



22

FIELD CROP PROGRAM PARTICIPANTS



16

CAREER EXPLORATION & WORKFORCE DEVELOPMENT YOUTH PARTICIPANTS



28

ANIMAL AGRICULTURE PROGRAM PARTICIPANTS



214

RESIDENTS SERVED BY SNAP-ED



100

YOUTH SCIENCE LITERACY PARTICIPANTS



17

CONSUMER HORTICULTURE PROGRAM PARTICIPANTS



43

HEALTH & WELLNESS PROGRAM PARTICIPANTS



22

4-H VOLUNTEERS



176

SEA GRANT PROGRAM PARTICIPANTS



21

CHILD & FAMILY DEVELOPMENT PROGRAM PARTICIPANTS

CONTACT US



120 N Grove Street
Standish, MI 48658

989-846-4111

msue.arenac@msu.edu

msue.msu.edu/arenac

<https://www.facebook.com/Arenac4H>

Connie Manszewski, County Support Staff,
manszews@msu.edu

Melissa Prohaska, 4-H Program Coordinator/
Community Nutrition Instructor,
prohask1@msu.edu

Meaghan Gass, Michigan Sea Grant Educator,
gassmeag@msu.edu

Julie Darnton, District Director
810-922-6483, darntonj@msu.edu