



Luce County

2016-2017 ANNUAL REPORT

msue.msu.edu



MESSAGE FROM THE DISTRICT COORDINATOR

A mission statement communicates the purpose of an organization. This includes ours: “Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses.” Over the past 12 months, our staff have worked with residents throughout Luce County to address local needs by connecting people to the resources of the university and beyond. We hope you enjoy reading the latest Michigan State University Extension Luce County 2016-17 annual report. It is a snapshot of the highlights of the important work done with your voter approved millage matched funds that supports the MSU Extension staff in Luce County. New in 2017 is a partnership with the Eastern Upper Peninsula Intermediate School District Great Start Collaborative. Together we will provide quality educational programs for newborns to 19 years of age, stay tuned for exciting new programs in your community. These highlights give a sense of our work in 2016-17 and where we are guided in the future. Thank you for your continuing strong support every year. It remains true that without you, we would not be here doing this important work with the residents of Luce County.



Jim Lucas, District Coordinator, District 2

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MEASURING IMPACT

CONNECTING WITH RESIDENTS

4-H: Developing Youth & Communities.....	280
4-H Club Members	61
Exploration Days.....	17
Keeping People Healthy & Ensuring Safe Food.....	808
SNAP-Ed Series Participants	313
SNAP-Ed Presentation Participants	495
TOTAL IMPACT.....	1088

DISTRICT 2 DIGITAL REACH

From July 1, 2015, to June 30, 2016, 20,769 visitors from the six-county district viewed more than 56,844 pages of rich, science-based content on the MSU Extension website (msue.msu.edu). Search engine rankings make msue.msu.edu one of the most visited Cooperative Extension Systems education sites in the country.

MSU EXTENSION'S EXPANDED DIGITAL REACH

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 8.8 million connections. More than 149,000 adults* and 203,000 youth† participated in MSU Extension programming in the 2015-16 programming year.

More than 3.7 million people viewed more than 7.2 million pages on the MSU Extension website.‡ Of those, more than 760,000 were Michigan residents. MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents' unique interests. Last year, nearly 1.3 million newsletters covering 90 topic areas were distributed to

about 16,900 email addresses.‡ You can sign up for these informative newsletters by visiting msue.msu.edu and clicking on “Newsletter Sign Up” texting MSUE to 22828.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 3,500 Facebook followers and more than 2,800 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels, including on Michigan 4-H Facebook with more than 4,000 likes and on Twitter with more than 1,300 followers.

*From ES237 Federal Report – Oct. 1, 2014, to Sept. 30, 2015

†From Michigan Extension Planning and Reporting System – Jan. 1, 2015, to Dec. 31, 2015

‡From July 1, 2015, to June 30, 2016

Developing Youth and Communities



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).



MSU Extension—A community resource

Residents in Luce County and across the state depend on MSU Extension as a source of information, a place to have their questions answered and the Luce County office is no exception. Residents come into the office for soil tests, bug or plant identification and to buy local plat books. A new Luce County plat book was released in the fall of 2016. Since its release, over 600 books have been sold. New plat books typically come out every three to four years.

Annually well over 100 individuals come into the office seeking answers. Questions range from plant identification to how to grow my maple syrup business. The spring/summer of 2017 brought the destruction of many local lawns. MSU Extension was able to identify and provide possible solutions for the problem, which was the European Chafer—an invasive grub.

4-H Camps 2016—Tri-County Camp July 13-15 and Cloverbud Day Camp August 15-17

4-H camps are a tradition and one that youth look forward to each and every year. Two 4-H camps are offered in Luce County that allow youth, not quite old enough to attend Exploration Days, a chance to participate in a unique experience of their own—4-H Camp and Cloverbud Camp.

Our 4-H Tri-County Camp (Luce, Mackinac and Chippewa) was held July 13-15 at Northwoods Christian Camp in Pickford for our 8-12 year olds. Thirteen youth, 5 adult counselors and 4 teen counselors attended from Luce County. Campers experienced four one-hour hands-on stations that included things such as dissecting owl pellets, stamping metal, learning about invasive species and Monarch butterflies, while also enjoying outdoor activities such as archery, swimming and kayaking.

This facility provides our U.P. counties the opportunity to offer a unique and affordable 4-H camp experience to many who may not otherwise have the opportunity to attend a camp getaway due to high costs.

Cloverbud Camp

Luce County has been offering an annual Cloverbud Camp for 5-8 year-olds since 2003 as a way to provide a camp experience to our youngest 4-Hers. The 2016 Cloverbud Camp met at the Luce County MSU Extension Office August 15-17 from 12:30—4 p.m. There were 22 registered youth and 10 adult and teen volunteers. The days were filled with opportunities for fun and learning. Some of the highlights of the camp included exploring a DNR fishing boat and learning about Michigan fish from DNR staff, learning about and handling a hedge hog and baby chicks, crafts including sand-art and painting, physical activities such as parachute games and obstacle courses.



Developing Youth and Communities, continued

Day in the Park



Day in the Park is an annual summer event held at the Luce County Park on Round Lake in partnership with the Luce County Parks and Recreation. In 2016 the event took place on July 28, 2017 from 1—4 p.m. with over 50 people participating. 4-H Grows Here was the theme and the stations included Growing Healthy Bodies, Growing Confidence, Growing A Green Thumb, Growing Literacy, Family Bonding and more.

Other 4-H in the Summer



In addition to the camps and other 4-H programs, 4-H was also active at the 4th of July celebrations, the Luce/West Mackinac County Fair, the Newberry Farmer's Market, Communities that Care Neon Nights Fun Run and Adopt-A-Highway.

4-H Clubs



Twelve 4-H clubs were offered in the 2016-17 year including: knitting/crocheting, Reading Buddies, Fun Fit Kids, Horse Club, Ice Scrapers, First Grade Friends, School Garden Club, Sport Stacking Fun, Tennis FUNdamentals, Babysitting Club, Teenagers Guide to Making it in the Real World, Wild About Reading. Staff made an effort to ensure that youth of all ages, genders and interests had clubs available to choose from.

Those clubs were led by 14 trained volunteers, 7 of whom were new recruits and 7 were returning leaders. 4-H volunteers go through a selection process that includes criminal history check and an interview. They also take an on-line volunteer training course. This process helps ensure safe and successful clubs.

One repeat leader, Bob Derusha, former head of the Luce County Parks and Recreation Department, continues to volunteer his time as a leader of the 4-H Ice Scrapers Club. This year marked the 10th year of this popular ice skating club. Skaters of all ages and abilities take to the ice in this club. Whether youth are just learning or are honing their skills, Bob and other volunteers are there to help and guide them. Bob's wife, Vicky, even gets involved providing a homemade treat for every meeting.



Awards Night

Back in 2008, MSU Extension staff decided it was important to recognize our 4-H'ers for their participation in our clubs and programs. Each year we provide active 4-H'ers and their families with a meal and dessert, an award presentation and a family building activity. This year, families had a great time making caramel apples, ornaments and building trivets to use during family meals.

Drone Discovery



For more than a century, 4-H has engaged youth in science, technology, engineering and math (STEM). This has traditionally meant a solid focus on agricultural science, electricity, mechanics, entrepreneurship and natural sciences. Today, 4-H has grown to include rocketry, robotics, bio-fuels, renewable energy, computer science, environmental sciences, drones and more.

Developing Youth and Communities, continued

Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play.



4-H Science, Engineering and Technology provides hands-on learning experiences to encourage learning about the world around you in partnership with adults that care about your learning and are crazy about STEM.

On Tuesday, October 4, MSU Extension offered a program for youth in grades 3-6 called "Drone Discovery" as part of our local STEM efforts. The 2016 National Science Challenge, Drone Discovery, explored the engineering design and light principles of drones. The activities were designed to demonstrate how drones and remote sensing can be used to solve real-world problems.

4-H Family Fun Night

To celebrate the end of the school year, MSU Extension staff held a 4-H Family Fun Night at their office. Nearly 70 participants of all ages had a great time. Staff highlighted the recently completely disc-golf course by giving away Frisbees and challenging families to make it in the basket. Other opportunities were available to build physical skills including tennis challenges and an obstacle course. Families also planted herbs, made bird feeders for our feathered friends, created wind chimes or practiced thumb print painting. Obleick—a concoction of water and corn starch is a messy favorite for kids of all ages.

Exploration Days

Exploration Days is designed for young people ages 11 to 19 and involves about 2500 participants from across Michigan. This statewide event gives our U.P. teens the opportunity to explore the campus of MSU for four days and three nights while experiencing hands-on sessions. In 2017 two long-time 4-H volunteers and Expo Days veterans took the lead on this year's annual trip to MSU's Campus, including coordinating a community service opportunity along the route. Youth and volunteers stopped near Grayling at Hartwick Pines State Park for weeding and trail maintenance.

Seventeen Luce County teens participated this year. Four young men were able to go thanks to a new male volunteer stepping up to chaperone at the last minute. Youth participated in a variety of classes, learning new skills such as sailing, bird tagging, photography, babysitting, sign language, shooting safety, poetry, leather crafts, sewing, robotics and more.



Keeping People Healthy



Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition education to Bridge Card eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of SNAP education is to promote healthy eating and physical activity. SNAP-Ed 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.

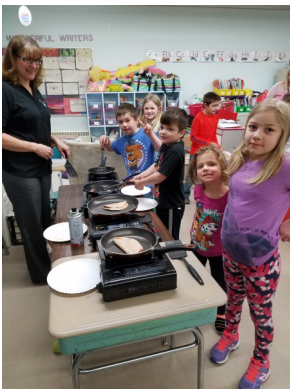
The Luce County SNAP-Ed Program provided youth and adults with 20 nutrition programs reaching over 550 individuals from July of 2016 through June 2017.

Show Me Nutrition

Nutrition education at Newberry Elementary Schools and in Luce County pre-k programs continues to be a primary focus of the SNAP-Ed work plan. This year, 11 classrooms pre-K through 3rd grade participated in nutrition education series, reaching over 230 youth. Show Me Nutrition is a research-based curriculum providing youth with age-appropriate literacy-based education in areas of nutrition, food safety, physical activity, body image, and media influence on health choices. Each meeting in a classroom will feature a nutrition lesson, a physical activity and taste testing of healthy foods. Examples of some of the foods youth will sample include yellow peppers, mango, corn and black bean salsa, and cucumber sandwiches. Foods offered vary by grade level but are an important addition to the lessons. Instructor Jessica Price states, "It's one thing to talk to kids about healthy foods, but it's a whole different thing for them to experience it. I love watching as a child's face lights up in delight as they discover a new favorite food. Second graders are often skeptical when trying the corn and black bean salsa, but by the end of the lesson, most are asking for the recipe."

In addition to the in-classroom series, MSUE teamed up with Newberry Elementary to enter in Fire Up Your Feet physical activity challenge supported by Safe Routes to School. The school was awarded \$250 to spend on physical activity resources because of their participation in the challenge.

Nutrition presentations and community events are another important part of the SNAP-Ed work being done in Luce County. These one-time education sessions present opportunities for staff to reach a more diverse audience or to teach about a specific topic. These community organizations recognized MSU Extension as a leading resource for nutrition education information in Luce County: Tahquamenon Area Schools, Strategic Alliance for Health, Sault Ste. Marie Tribe of Chippewa Indians, Helen Newberry Joy Hospital, Pathway's, Great Start Collaborative and Community Action.



Step Up 4 Our Kids

The SNAP-Ed program is represented on the school wellness committee, the local Strategic Alliance for Health and the Step Up 4 Our Kids playground committee at Newberry Elementary School.

When the playground at Newberry Elementary School was condemned and torn down, a group of individuals formed 'Step Up 4 Our Kids', a committee to raise funds for a new playground for the school and the entire community. Jessica suggested the idea of doing a fun run/5k as a fun, healthy, family-oriented way to raise money. Jessica served as the race director and Luce County MSU Extension was a sponsor. This year, the race combined forces with the Curt Knierim run and changed names to become the 'Curt Knierim Memorial 5K Color Run brought to you by: Step Up 4 Our Kids'. The third annual, fun-filled community event had over 180 paid participants. There was great community support for the fun run with many local sponsors and volunteers



Strategic Alliance for Health

MSU Extension became involved in the Luce County Strategic Alliance for Health (SAH) in 2010. SAH is a project originally funded by the CDC. From the CDC website:

“This project utilizes public health prevention strategies to promote health in four tribal communities by encouraging active living, daily physical activity, and healthy eating. Coordinators in each community convene a coalition of stakeholders and community members to complete annual community health assessments. This information is used to develop plans for community improvement strategies, including “Safe Routes to School,” improvements of crosswalks and sidewalks, “Complete Streets,” non-motorized transportation plans, school-based health and nutrition standards, and smoke-free environments. MPHI assists with development of community action plans, analyzes community health needs assessment data, conducts performance monitoring, carries out the local evaluation, and coordinates activities for the national evaluation at the local level.”

Keeping People Healthy, continued



The group has been comprised of members representing: Sault Tribe, LMAS District Health Department, Helen Newberry Joy Hospital, Luce County, Village of Newberry, Tahquamenon Area Schools, Communities that Care, MSU Extension and local residents. Initially funded by large grants to the Sault Tribe, the coalition remains actively committed to improving the health and wellness of Luce County residents. Funds for the group are raised through annual UP for Health Challenges and grants through the tribe.

One of the first projects of the local SAH was to undertake the development and start-up of the Newberry Farmer's Market, which began in 2011. Other initiatives that have been funded or partially developed with SAH funds include: Safe Routes to School; Complete Streets; numerous village and county resolutions regarding non-motorized transportation and smoke-free environments, including resolutions to make all village parks smoke-free; Zellar Meadows Trail annual trail maintenance. Funds have also been used to support the community playground and school garden. Most recently, the group has focused their efforts on the development on an 18-hole disc golf course. The grand opening of the course taking place on July 28, 2017.

Cooking Matters



Cooking Matters has been very successful with adults in Luce County. Participant comments indicate changes in behavior including using labels to make healthier choices, choosing fruits and vegetables more often, increases in physical activity and making smarter decision while eating out. These changes have led to reports of weight loss, decreases in cholesterol and lowered results of diabetic A1C testing. Over 20 low-income adults received \$100 worth of free groceries and supplies as a result of participating in these series.

All SNAP-Ed Programs provided in Luce County Include:

Youth Programs

Show me Nutrition (Head Start, Pre-K thru 3)

Cooking Matters for Kids

Fun Fit Kids

Adult Programs

Cooking Matters for Adults

Diabetic Support Group

Senior Project FRESH

Childcare Provider Trainings



Ensuring Strong Communities



MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and our communities viable.

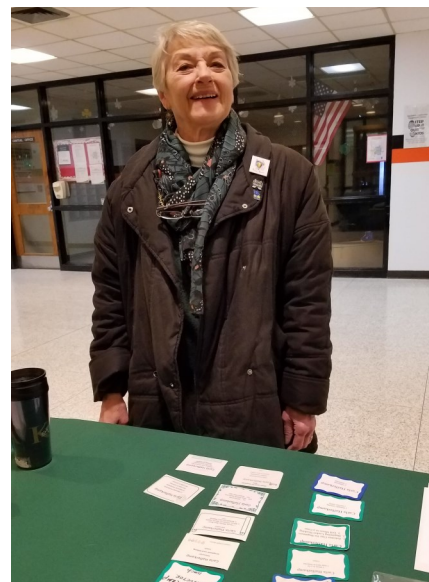
Winter Break for Knowledge

Winter Break for Knowledge is a day of learning and fun for all ages. It is a chance to learn new things at a very low cost and take a break from our long UP winters. Winter Break reaches all ages from children to senior citizens. Families with multiple generations frequently attend together.

The 36th Annual Winter Break was held March 11, 2017 at Tahquamenon Area Schools in Newberry and offered 23 class options with topics that included gardening, canning, cooking, health related, technology, environmental, hands on activities and more.

According to one participant, “My family and I look forward to Winter Break every year! We hope the program continues forever. This is the only chance I have to learn new skills.”

Another said, “Winter Break is a great tradition and opportunity for adults and children to learn new things.”



Winter Break for Knowledge— Carla says “I love it, have been coming for 19 years.” Saved name badges from past Winter Break for Knowledge shown on table.

MSU Extension teaches Planning and Zoning Essentials

In May, Brad Neumann, Senior Extension Educator in Government and Public Policy, conducted a training program for local government officials on the basics of planning and zoning. Brad partnered with the Michigan Association of Planning to present 'Planning and Zoning Essentials' at the request of the Village of Newberry, whose brand new planning commission members were in attendance. Roles and responsibilities, site plan review, master planning, zoning ordinances, variances, how to determine a practical difficulty, and standards for decision-making were presented during this comprehensive training. The program was held at Zellar's Village Inn in Newberry with 24 people in attendance (15 Luce County residents). The program was sponsored in part by the Eastern Upper Peninsula Regional Planning & Development Commission.

MSU Extension local government programs help local officials do their jobs more effectively through heightened knowledge of legal requirements and limitations, improved information and records, and increased confidence to suggest new procedures. Improved knowledge, more complete information, and increased confidence helps local officials run municipal operations with more consistent treatment of customers, more administratively sound decisions, and reduced legal risk. In short, through this MSU Extension program, local officials were given information and tools to help them positively affect their communities and the lives of residents.



Ensuring Safe and Secure Food



MSU Extension efforts in ensuring safe and secure food lead to a healthy population, which in turn helps keep health care costs in check and our communities viable.

SEASONS OF THE UP 2017

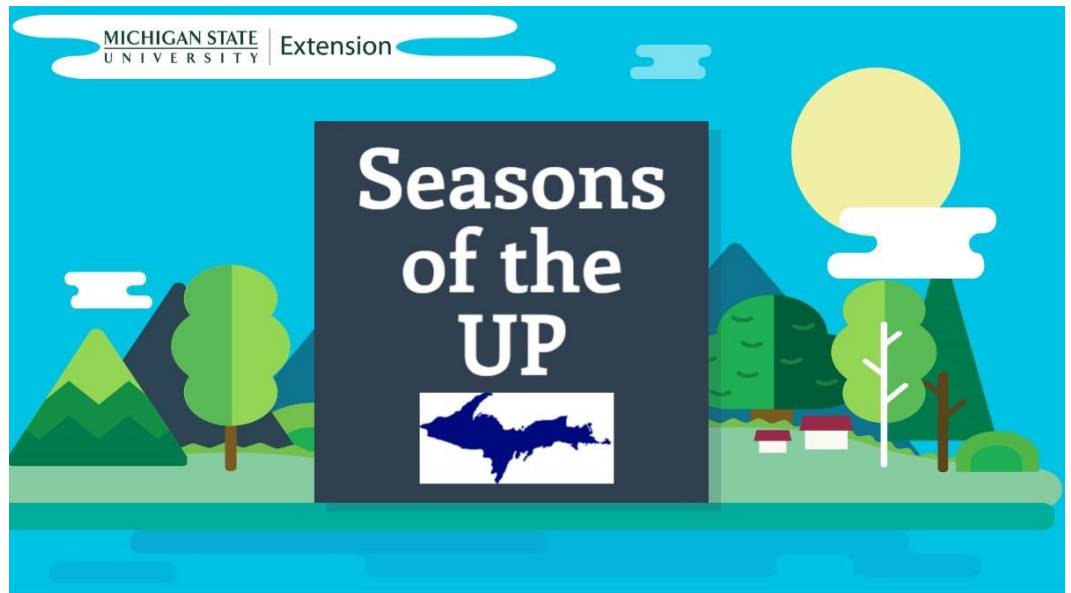
So far, after two sessions in 2017, we have had 28 unique participants. 21 females, 7 males. The strong majority of participants are from Chippewa and Mackinac counties, with a few coming from further away (Clare, Kent, Schoolcraft). This year's class has an additional component of being a research project attempting to prove that participants who attend 4-6 sessions:

- Increase fruit and vegetable intake as a result of the class
- Have increased knowledge of wild foraged foods, as well as increased confidence in identifying as using them, as a result of the class
- Physical activity increases
- Amount spent on food from traditional stores decreases as a result of the class

This research will take place over the 2017 and 2018 classes, and, if successful in proving our hypotheses, Seasons of the UP will be a recognized, evidence-based SNAP-ed curriculum made available to all Nutrition and Physical Activity instructors across Michigan, and potentially beyond.

Also new in 2017 are our classroom materials. With funding from the Sault Tribe of Chippewa Indians through UP4Health.org, we were able to professionally print a small pilot set of our classroom handouts (which discuss nutrition information and cooking uses for each species), recipe cards, and a set of ten identification flashcards meant to aid in field ID of edible species. Each participant/family receives a set of these materials. We are hoping to secure additional funding to complete the full set of materials for the 2018 class.





2015 and 2016 Evaluations



Participants

- Average age: 53
- 69% women
- 96% would participate again
- 72 participants from:



Foraging and Nutrition

- 29% had never or rarely foraged before
- 85% will forage in the future
- 97% plan to use recipes learned
- 92% plan to apply nutrition information learned



Physical Activity

- 83% are physically active 2-4 times/week
- 71% say this class motivates them to be more physically active



Participants say...

"[I will do] more stretching."
 "I will work at including more grains in my diet."
 "I especially enjoyed the concept of mindfulness when eating."
 "Gonna use foraged foods more."
 "[I will] be mindful of what I eat,"

"[I will] shop better (not go for food just because it looks good), eat more mindfully."
 "[I will use] the recipes. Enjoyed stretching activity. All good information."
 "[I will] try to utilize portion suggestions."
 "[I will] use the 6-5-3-2-2 rule, and look for sumac."
 "It was very awesome!"
 "[I will be] more conscientious."

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Food Preservation Series

In 2016, Michelle Jarvie was asked by Sault Tribe to teach a series of canning classes for them. They started with nine classes between July and September, spread across the tri-county (Luce, Mackinac, and Chippewa) area. In 2017, they are doing a series of 12, again, across the tri-county area, one per month in each location. While the classes are stand-alone, they also build on each other skill-level wise. They started with simple jams and conserves, moved on to salsas. Coming in August is pickling, and then we will finish with pressure canning in September. The participation has grown in all three counties in 2017, with every class having between 8 and 15 participants. Many are brand new to canning, and others have been canning their whole lives and just want to learn new things. Most participants are attending all four sessions. It is a great partnership as the Sault Tribe provides all the necessary groceries, and the classes are free to participants.



Supporting Food and Agriculture



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

Michigan agriculture continues to be a growing segment of the state's economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. When you support MSU Extension, you help participants learn profitable and efficient business and production practices. Participants also learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources. This education leads to better use of time, money and human capital, and helps retain and create agricultural jobs. These measures strengthen Michigan's economy while connecting farmers to local food opportunities and global markets. In this way you help MSU Extension encourage growth in a sustainable and prosperous Michigan food and agriculture system.



The [North Farm](#) continues to grow – creating jobs, offering local food to more people, supporting farm businesses through the [Apprentice Farmer Program](#), and providing educational opportunities about farming for kids and adults. From July 2016 through June 2017, the North Farm reached 6,239 people.

18 school visits reaching 814 students with hands-on activities that put their everyday food decision in real-world food system context

Hosted on-farm [Short Courses](#) on topics like Whole Farm Health, Seed Saving, Soil Health, and Perennial Fruit Crops, reaching 156 beginning farmers and home gardeners looking to scale up and deepen their knowledge

Hosted the Apprentice Farmer Program, a [farm business incubator](#) supporting 4 farm businesses

Walked the farm with 319 people so they could see [season extension and Organic practices](#) in action

Offered 22 presentations to 1,036 people across the state on special topics in agriculture and technical assistance to 39 organizations and individuals with specific questions about food and farming



Supporting Food and Agriculture, continued

- “Took the show on the road” to reach 3,875 people in the Upper Midwest at conferences like Midwest Organic Sustainable Education Service (MOSES) in LaCross, Wisconsin and the Northern Michigan Small Conference in Traverse City Michigan.
- Secured more than \$265,000 in grant funding to support [Agriculture, Food, and Natural Resources education](#) at the middle and high school level in the Upper Peninsula.



Cover Crops

- Cover crops have become a very targeted focus for agronomy research in the U.P. leading to greater on-farm sustainability, productivity and potential for improvements to soil health.
- Researchers from the Upper Peninsula and Research and Extension Center have helped establish various [cover crop research trials with on-farm cooperators in Menominee County](#).
- Technical guidance has been offered to farmers and increased acreage in cover crops has been witnessed throughout the service area.
- Two field days have been hosted to demonstrate cover crop use and to share resources with local stakeholders with 75 in attendance over the two events.
- MSU research and Extension staff secured a seed grant from the MSU Project GREEN program to assemble data and build partnerships in preparation for submission of a much larger cover crop research effort to the NRCS Conservation Innovation Grant program in 2018.



Extension Staff Serving Luce County

Staff Located in Luce County Office:

Name	Role	Phone	E-mail
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Garden, Lawn & Landscape Questions?	Contact the MSU Extension Garden Hotline	1-888-678-3464	

Additional MSU Extension Staff Serving Luce County:

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Extension Staff Serving Luce County, Continued

Additional MSU Extension Staff Serving Luce County

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