



Sanilac County

2022 ANNUAL REPORT



\$5,342,578
Economic Impact



74
Enrolled Michigan Students



\$60,017
Spending with Local Businesses



580
MSU Alumni in Sanilac County



\$1,166,348
Financial Aid Disbursed



799
4-H Youth Participants

Message from the District Director

Newton's First Law of motion is often stated as an object at rest stays at rest until an outside force acts upon it. And even though an object could have abundant potential energy, it won't be realized until inertia is overcome. The arrow will not fly until the bowstring is released and the water will not flow until the spigot is opened. This is a great metaphor for the power of Extension in our community. Michigan State University is home to a wealth of knowledge obtained by and transferred through the educational and research accomplishments of the colleges comprising this world-renowned institution. From engineering to agriculture and from nutrition to finance, MSU is on the leading edge of emerging and best practices in the areas important to the residents of Michigan.



If you don't know the difference between a yellow jacket and a honeybee, there are a couple of ways to find out one method is much more painful than the other and comes at the end of a stinger while the other method comes from viewing each insect behind a protective barrier under the instruction of a trained 4-H leader. And if you don't know what a lot of added sugar will do to your body, there are a couple of ways to find out but one method will have you buying larger clothing in a few short months and the other will have you understanding how to read an ingredient label under the guidance of a trained nutrition instructor. In both examples, the difference is education.

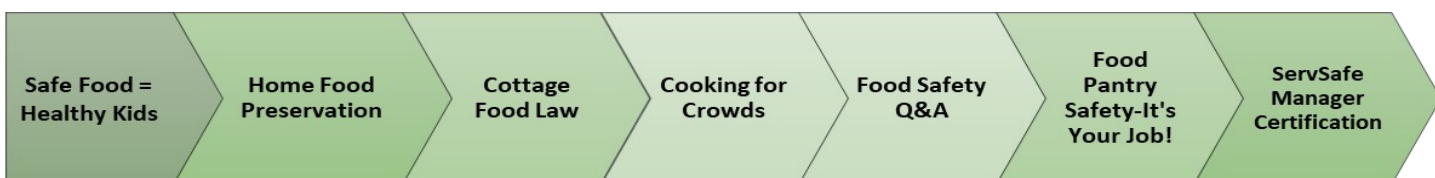
MSU Extension is committed to sharing the potential energy of evidence-based knowledge to and for the benefit of our residents and their families. Thank you for partnering with us to make a difference in the lives of Sanilac County residents.

Jerry Johnson, District Director
johnjer@msu.edu / 810.989.6935

Ensuring Safe and Secure Food

Food Safety is a global issue from farm to table. Its impact on our health and well-being is significant across the life span. Foodborne illness outbreaks occur on an ongoing basis crossing all socioeconomic lines from production, consumption, and preservation of foods. Overall health is impacted by the safety of the food supply and reducing the risk of foodborne illness.

To increase knowledge and awareness on food safety best practices as well as encouraging the use of those practices to keep food safe, MSU Extension provides education in the program areas below. In 2021-22, we were back to in-person programming as well as continued virtual education sessions, providing education in all of our core food safety programs to reach a multitude of audiences including childcare providers, entrepreneurs, volunteers, and consumers.



Program Successes

4,845+ food safety program participants

Over 203 food safety sessions offered

More than 15,000 children served by childcare providers who received food safety training

550+ hours of education provided

183 foodservice staff attended a ServSafe Manager Certification Class or Exam in the Thumb

How Food Safety Education impacted our participants:

- 98% reported they better understood what is necessary to run a successful cottage food business.
- As a result of Preserving MI Harvest food preservation training, 95% were confident following safe preservation practices and 97% said they now have confidence in finding research-based recipes. Over 70% were new or novice home food preservers who joined our classes.
- Safe Food = Healthy Kids participants shared 81% will follow safe cooking and cooling practices.

Food Safety Staff Serving Sanilac County:

Laurie Messing
Food Safety Extension
Educator

lmessing@msu.edu
Office:
989.269.9949

From our participants:

- ◆ “Safe Food = Healthy Kids was so helpful for me because the information that I received cannot only help me at work, but also help me at home and in my future!”
- ◆ “This session covered all my questions! I wasn’t sure about cottage law and this webinar really helped clarify the whole process!”
- ◆ Preserving MI Harvest participants said:
 - “The ability to ask questions is essential. These sessions - and the food hotline - have hugely improved my preserving confidence.”
 - “Knowing that all canning recipes are not created equal and may not be safe. I learned the equipment needed and why and which foods are safe to preserve by water bath canning.”
 - “This was extremely helpful. I think as I take more courses my confidence will build. I plan to attend upcoming webinars.”

Ensuring Safe and Secure Food, continued



Think Food Safety brings awareness to consumers on illegal food sales and the Cottage Food Law (CFL). We continue to encourage awareness of foods consumers are buying to ensure safety. Only non-potentially hazardous foods can be made and sold under the CFL, like bread, chocolate covered pretzels, cookies, and jars of fruit jelly. Unfortunately, there is confusion about what can and cannot be sold as CFL, which results in illegal and unsafe food sales.

Follow us on Facebook!

52,668 people reached through our profile with a total reach of 321,237 through MSU Extension's Think Food Safety Facebook page.



MSU Extension Food Safety Hotline

Please call the hotline with any food safety questions you might have, for example, how to preserve food at home, safe food storage, cooking temperatures, etc.

Operating Monday through Friday, 9 a.m. - 5 p.m. EDT

Call 877-643-9882



Think Food Safety Podcast

Want to learn more about keeping your food safe? Listen to *Think Food Safety*, a podcast highlighting how to keep food safe & prevent foodborne illness. Each episode features food safety and industry professionals providing information & resources on hot topics and best practices to keep you safe from foodborne illness.

Visit: https://www.canr.msu.edu/safe_food_water/think-food-safety-podcast



Tuesday's Tip for Preserving

A weekly social media campaign promoting safe home food preservation tips for consumers. This weekly social media outreach provided tips and short educational messages to educate consumers on timely, seasonal food preservation topics and provided links for further information and upcoming classes.

Over 38,000 reached with these Facebook messages

Keeping People Healthy

Health and Nutrition Staff Serving Sanilac County

Kris Swartzendruber

Social Emotional & Disease Prevention Extension Educator

swartze6@msu.edu
Office: 989.672.3870

Carol Bublitz

Community Nutrition Instructor

bublitz@msu.edu
Office: 810.989.6999

Nola Auernhamer

Community Nutrition Instructor

auernha5@msu.edu
Office: 989.672.3870

Jennifer Evenson

Community Nutrition Instructor

mcnam132@msu.edu
Office: 810.989.6935

SNAP-Ed and Community Nutrition Programs Offered throughout Sanilac County

"I can't eat healthy . . ."

A lot of phrases follow that statement:

"because it's too expensive"

"because my kids won't eat it"

"because I don't know how to cook it"

"because healthy foods don't taste good".

Community Nutrition Instructors help people to find their way past these shopping and eating concerns by providing friendly access to information through MSU Extension's SNAP-Ed program.

What is SNAP-Ed? Michigan State University (MSU) Extension partners with the Michigan Department of Health and Human Services (MDHHS) to provide Supplemental Nutrition Assistance Program Education (SNAP-Ed), a free nutrition education program to reduce hunger and food insecurity and promote healthy eating habits.

"MSU Extension SNAP-Ed nutrition instructors teach youth, teens, adults and seniors how to make health a priority through an instructional series. The goal of the SNAP-Ed program is to increase the likelihood that those eligible for SNAP benefits will establish healthy eating habits and increase their time spent involved in physical activity, while staying within their limited food budget." https://www.canr.msu.edu/snap_ed/

In 2022, the Sanilac County Community Nutrition Instructor (CNI) position was vacant. However, CNIs serving the counties of Tuscola, Lapeer, and St. Clair provided nutrition education programs to Sanilac County residents. The CNIs also participated in special events including the Community Baby Shower and the Deckerville Funtastic Family Fun Fair. They also provided nutrition programs such as "Cooking for One" at Sunrise Village Senior Apartments and at East Side Manor. The Instructors provided nutrition education to an additional 99 persons along with the distribution of Senior Project FRESH coupons that eligible seniors use at farmers markets to receive free local produce. Additionally, Sanilac County residents participated in some northern St. Clair County presentations. Besides these in-person programs, the CNIs also offered a virtual class to pregnant women and their support persons (Today's Mom) and a virtual class to adults in general (Eat Healthy, Be Active). Sadly, no one registered for these programs, but the CNIs intend to try



to offer both virtual and in-person classes to Sanilac County in the coming year. The CNIs have partnered with local groups, including the "Healthy Living . . . Together" collaborative to provide a webinar, "Kids Can Cook, Too!" that can be found on the McKenzie Health Systems Facebook page. Overall, and despite the vacancy, MSU Extension SNAP-Ed has served over 400 Sanilac County residents with the knowledge that they **can** eat healthy.

Keeping People Healthy, continued

Disease Prevention Management and Social Emotional Health Programs

Evidence-based disease prevention and management programming helps people learn to manage their chronic health conditions through increased physical activity, knowledge of healthy eating and improved communication with their healthcare provider. Jacqui Rabine and Kris Swartzendruber provided the following in-person and online disease prevention and management programs:

PATH (Personal Action Towards Health), a six-session self-management series that supports adults, and members of their support system, help manage chronic health conditions such as pain, diabetes, and other diseases, to 17 participants.

Dining with Diabetes, a four-session, in-person, series that helps people with type 1, 2, prediabetes and members of their support system, learn how to make healthier food choices and incorporate balanced meals into their family dining experience, to 35 adult participants.

In a statewide report of those surveyed:

73% of PATH participants increased or maintained their confidence in keeping physical discomfort or pain from interfering with the things they wanted to do.

89% of Dining with Diabetes participants are now eating smaller portions after taking the class.

One in four older adults will report a fall this year. Falls and the fear of falling can negatively affect people's quality of life by causing physical, social and emotional decline. Jacqui and Kris offered the following evidence-based falls prevention classes, both online and in-person:

Tai Chi for Arthritis and Falls Prevention, an 18-session series designed to help older adults, and adults with disabilities and at risk of falling, stay active, by increasing their strength, balance and posture, as well as reducing stress and increasing relaxation through a series of slow and gentle movements, to 128 participants.

A Matter of Balance, an eight-session series that helps participants increase their physical activity, reduce their fear of falling, and remove fall hazards in the home environment, to 32 older adults.

In a statewide report of those surveyed:

100% of Tai Chi and Matter of Balance participants reported feeling more comfortable increasing their physical activity as a result of attending the classes.

Mental health is just as important as physical health. Through evidence-based education, people can learn to manage the stressors in their life and improve their overall well-being. Over the past year, Jacqui and Kris provided in-person and online social-emotional health programming, including:

Stress Less with Mindfulness, a five-session series that focuses on using mindfulness to reduce stress related symptoms such as worry, depression and physical tension, to 74 adult participants.

RELAX – Alternatives to Anger, a four-session series that helps adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem-solving skills needed for healthy relationships, to 76 participants.

Powerful Tools for Caregivers of Adults with Chronic Conditions and Parents of Children with Special Needs, a six-session series designed to help participants learn tools to help them reduce stress, communicate effectively, take care of themselves, reduce feelings of guilt, anger, and/or depression, make tough decisions, to 14 adults.

MSU Extension out in the community...



Government & Community Vitality

Serving Sanilac County and the State of Michigan

Andy Northrop
Extension Educator

northro5@msu.edu
Office: 810.989.6935

- * Sustainable Tourism Development
- * First Impressions: Tourism Assessments
- * Planning for Tourism
- * Community Vitality
- * Leadership and Facilitation
- * Connecting Entrepreneurial Community

Regional Meetings for ARPA Local Government Funding

In September-October 2021, member regions of the Michigan Association of Regions (MAR) and MSU Extension hosted local and tribal government officials to explore American Rescue Plan Act (ARPA) Coronavirus Local Fiscal Recovery Fund spending opportunities in a regional context.

The 14 workshops covered:

- ARPA Coronavirus Local Fiscal Recovery Fund Basic Rules
- Best Practices and Early Examples of ARPA Spending
- Practical Considerations for Contracts, Accounting, and Project Management
- Group Discussions Related to Regional Collaboration
- Leveraging Other State and Federal Funding and Priorities

The workshop content was based on the U.S. Department of Treasury's May 17, 2021 Interim Final Rule for the Coronavirus State and Local Fiscal Recovery Funds.

People Reached and Resources Created:

This statewide workshop series had over 750 participants from many of Michigan's nearly 1,900 units of government. Among participants,

- 46% were elected officials,
- 24% local government staff,
- 15% appointed officials,
- 8% representatives of nonprofit organizations, and
- 8% from other organizations including regional governments and economic development consultants.

MSU websites developed in collaboration with the ARPA workshop series include:

1. Regional Meetings for ARPA Local Government Funding Workshop Series

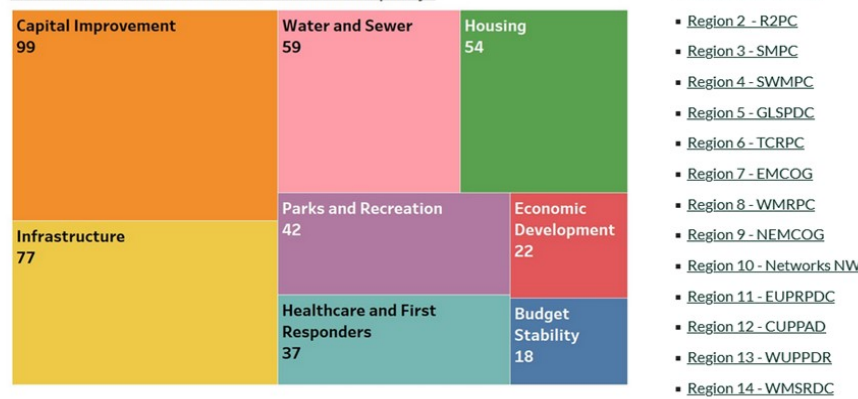
<https://sites.google.com/msu.edu/arpameetings>

2. MSU Extension Center for Local Government Finance and Policy, Local Government Federal Revenue -<https://www.canr.msu.edu/tag/local-government-federal-revenue>

3. MSU Institute for Public Policy and Social Research, ARPA Funding Community Information -<https://ippsr.msu.edu/arpa-funding-community-information>

The ARPA Meetings Google Site has been shared with all participants, other local government officials, and over 100 nonprofit leaders to date.

What are the immediate needs of the municipality?



Government & Community Vitality, continued

Impacts and Outcomes:

Evaluation of the workshop series consisted of an immediate post-workshop survey offered digitally and as a hardcopy for those attending in-person workshops. There were 169 evaluations completed throughout the workshop series (a response rate of approximately 23%) with 78% of respondents rating the workshop as “very valuable” or “valuable.”

When asked “As a result of this workshop:”

91% responded “I have increased my knowledge about the topic”

80% responded “I have increased confidence in my ability to fulfill my role in the community”

83% responded “I feel more prepared to help my local unit of government manage ARPA funds”

57% responded “I am more likely to pursue regional collaboration efforts”

63% responded “I have new ideas on how to match local and regional priorities with state and federal funding initiatives”

When asked “Which of the following do you plan to do as a result of your participation in this program (check all that apply):”

85% selected Share information provided with others

65% selected Learn more on the topic

11% selected Practice new skills

25% selected Use techniques learned to make better decisions

46% selected Engage with local officials (ex. Write, speak at meeting)

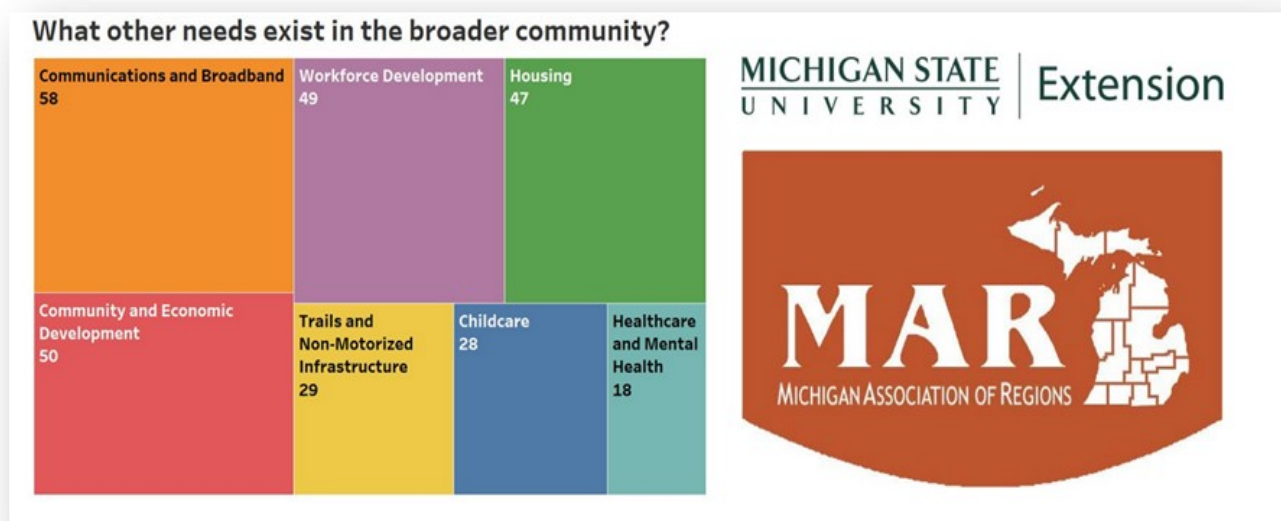
36% selected Leverage (utilize) new and/or existing community assets

41% selected Collaborate with new partner organizations

5% selected Take on new leadership roles

Participants were also asked “What do you plan to do differently as a result of this program?” Three significant themes emerged. First, it is clear from the variety of subjects mentioned and the way they were shared, that many participants' eyes were opened to new opportunities and possibilities than they were aware of before the workshops. Other themes that emerged are 1) Collaboration, and 2) Exploring more options than had been previously considered. These are fundamental methods of operation that each community can apply in ways that best serve the people in their community. This indicates that the workshops have helped participants with approaches to serve their community more so than simply handing them a list of things to do. It is our hope that these lessons continue to be applied to their work on other issues in the future.

In summary, the 14 workshops and subsequent sharing of the resources by participants, staff of MAR member regions, MSU and MSU Extension staff have been a timely and highly effective educational success.



Supporting Food and Agriculture

Sanilac County Agriculture Staff

Jerad Jaborek
Beef Feedlot Systems
Extension Educator



jaborekj@msu.edu
Office:
810.648.2515
171 Dawson Street
Suite 323
Sandusky, MI 48471

The Animal Agriculture and Field Crops Teams have diligently worked on and offered numerous educational opportunities over the past year that have been available to Sanilac County Residents both in-person and virtually.

On-Farm Training and Service

The Michigan State University Dairy Team continues to provide training for farm employees and managers in the areas of: milking, calf care, maternity management, animal handling, down cow management, euthanasia, and dairy feeder development. The trainings are customized for each farm to fill the training needs required by the National FARM dairy animal care program. Trainings are offered statewide in both English and Spanish languages. In addition to on-farm training, MSU Extension offers on-farm analysis using the latest technology in areas of parlor efficiency, colostrum absorption, and heat stress monitoring.

Youth Beef Education

Dr. Jerad Jaborek has been actively teaching Michigan youth about beef cattle in 2022. He has provided five nutritional presentations for youth discussing ruminant nutrition and feeding management practices for youth raising feeder calves and market beef projects. In addition, he has performed two ruminant digestive tract dissection workshops to provide youth with an interactive, hands-on learning opportunity about the unique digestive anatomy of ruminants. Drs. Jaborek and Jeannine Schweihofer have also led educational sessions for Project Rural Education Day (RED) to introduce 3rd grade students to beef in the Thumb Area.

Beef Quality Assurance Certification Training

Beef Quality Assurance is a voluntary program for beef and dairy cattle producers that uses science-based research and national guidelines to teach cattle producers about the best management practices for their cattle operation. Being a BQA certified cattle operation increases consumer confidence and acceptance of the cattle producer's daily practices, which can create additional marketing opportunities for their cattle and beef. During the fall of 2021 and spring of 2022, the Michigan State University Extension Beef Team performed face to face Beef Quality Assurance (BQA) certification training for Michigan cattle producers. Drs. Jerad Jaborek and Jeannine Schweihofer trained and certified 116 individuals in the four meetings conducted in Huron, St. Clair, Sanilac, and Tuscola counties.

Feedlot Research

Steers from dairies make up a large proportion of the cattle fed in Michigan. As a result of the increasing use of beef semen on dairy farms, a greater number of beef x dairy steers are being fed in Michigan feedlots. However, little research is available on the expected performance of these crossbred cattle. Drs. Dan Buskirk, Jerad Jaborek, Jeannine Schweihofer, and Melissa McKendree and Master's student Melanie Pimentel-Concepcion have recently completed an on-campus research project that investigates feeding beef x dairy steers. Results from the study should provide cattle feeders in the Thumb Area, as well as the entire state of Michigan, some insight into the expected growth performance, carcass characteristics, and costs of raising these beef x dairy crossbred steers.



Supporting Food and Agriculture, continued

MSU Soybean Variety Trial Field Day

In September, MSU Extension Field Crops Educators Jenna Falor and Phil Kaatz hosted a Soybean Variety Trial Field Day in Sanilac County in the Sandusky area. Growers from around the region, were invited to walk the field and ask questions of Randy Laurenz, MSU Soybean Trial Coordinator, Dr. Dechun Wang, MSU Soybean Breeder, as well as the Educators themselves. The plot included 127 commercial varieties from 17 companies.



Thumb Farm Succession Planning

A farm succession planning meeting was offered in Sandusky in July. Local participants included 23 individuals who were interested in topics that included Overview of Succession Planning with Corey Clark, Farm Business Management Educator; Anecdotes from Succession Planning Over the Years, with Stan Moore, Extension Educator; Technical Tools, Michael Farleigh, Attorney, and What Succession Planning Looked Like for Us, a peer producer panel. Participants were able to gather information and ask questions.

Restricted Use Pesticide (RUP) Core Review and Testing

In March, RUP Core Review and Testing were offered in the Thumb Area. The four-hour session covered every chapter of the National Pesticide Applicator Certification Core Manual. A review session took place in the morning and was followed by the MDARD Private and Commercial Core applicator exam in the afternoon. More than 60 people participated in this session including several residents from Sanilac County.

On the Farm

In addition to the educational meeting opportunities offered by MSU Extension, on-farm work was done over the summer. Field Crops Educator, Jenna Falor trapped European Corn Borer, Black Cutworm and Western Bean Cutworm as a part of the Great Lakes and Maritimes Pest Monitoring Network. She also helped with on-farm soybean research. Jenna continues to be available to answer any agronomic questions local growers have. She is planning more on-farm work for next summer.

Virtual Coffee Break with MSU Extension Dairy Team Season Six is Currently Being Released

Since the being of 2020, the Michigan State University Extension Dairy Team has released six seasons of podcasts. The podcasts have covered topics related to the dairy industry and dairy farm management. The podcasts have been downloaded and played 5,169 times worldwide. Of those downloads and plays, 4.2 % of them come from the Thumb area. These podcasts have been cited and publicized in national magazines like Hoards Dairyman on multiple occasions. The series is available as a podcast on all major podcast channels such as Apple Podcast, Google Podcast and Spotify.



Managing Your Cow's Genes for Greater Profits

This one-day program was repeated four times around the state. One of those locations was in Bad Axe. This program was about genetic advancement, incorporating desired genetic traits and the use of adequate management strategies as the key to greater profitability on dairy farms. This winter meeting talked about new genetic traits, breeding, feeding and herd management strategies to tie them together. The speaker topics were: Feed Saved trait- what is it and where did it come from; Building a Breeding Program for Genetic Progress and Profit; Feeding Efficiently: learning from farm feeding evaluations; Impact of Cow Longevity on the Overall Efficiency of the Herd; on-going new research at MSU; and a producer panel discussion on ways to build a successful reproductive program. Uniquely, MSU Extension partnered with several reproductive companies to improve the expertise available at these meetings. Speakers included: Dr. Barry Bradford, Department of Animal Science, MSU, a reproductive expert from one of the follow companies: Genex, Central Star/Select, Genus PLC or Alta Genetics (one per meeting), Martin Mangual and Marianne Murawski, MSU Extension Dairy Educators, a Michigan State University graduate student, and Dr. Richard Pursley, Department of Animal Science, MSU, moderating a producer panel.



**Agriculture Staff
Serving Sanilac
County:**

Jenna Falor

Field Crops
Extension Educator

falorjen@msu.edu
Office:
989.269.9949

**Marianne
Murawski**

Dairy Extension
Educator

mbuza@msu.edu
Office:
989.269.9949

Phil Kaatz

Forage/Field Crops
Extension Educator

kaatz@msu.edu
Office:
810.667.0341

**Jeannine
Schweihofer**

Senior Educator,
Meat Quality

grobbelj@msu.edu
Office:
810.989.6935

Corey Clark

Farm Business
Extension Educator

clarkcr@msu.edu
Office:
989.758.2500

Supporting Food and Agriculture, continued

Thumb Ag Day

Thumb Ag Day was held virtually in December of 2021 with 121 participants. Topics covered included the 2021 Thumb Field Trial Results; Lots of heat, lots of rain, lots of cover crops....NOW What?; Michigan Wheat update; Corn silage mycotoxins; and the Market Outlook & Carbon credits. Participants who attended the three hour virtual event were also eligible for RUP and CCA credits. The event was free in part thanks to sponsorships from 20 local agribusinesses. Participants were able to ask questions of local MSU Extension Field Crops Educators as well as campus experts. The event ran from 9 a.m. until noon.

Field Crops Webinar Series

This MSU Extension educational program is geared towards growers, consultants and agribusiness professionals who are interested in addressing field crop production and pest management. Participants learned how to enhance their corn, soybean, small grain and forage production systems and had an opportunity to ask questions of MSU agriculture experts. The Field Crops Webinar Series spanned eight weeks and averaged 193 participants each week. Growers participated from both in and out of Michigan including several from Sanilac County.

Virtual Breakfast

This free weekly series for farmers and agribusinesses focuses on a wide array of relevant field crop pest and crop management topics during the growing season (April - September). Offered every Thursday morning from 7 - 7:30 a.m., farmers were able to access the most current information available for timely, relevant in-season crop and weather information from Michigan State University (MSU) Field Crops Extension Educators and Specialists. Each 30-minute zoom session is divided into two 15-minute segments; one for crop information and the other for weather. Following the presentations, participants could have their questions answered by educators and specialists. Farmers and agribusiness professionals could also apply for RUP and CCA credits weekly. Several growers from Sanilac County participate in this program.

Integrated Pest Management (IPM)

Farming in Michigan is under pressure from rapidly changing environmental, economic and regulatory forces. Growers need solutions to address challenges due to climate change, razor thin profit margins, invasive species and limited management tools. These challenges require science-based and timely integrated pest management (IPM) resources. The Michigan State University (MSU) IPM Program continues to build on its legacy of optimizing outreach tools and strategies to improve IPM awareness and knowledge. In January and February, 189 people participated in 2 regional IPM meetings with local MSU Extension Educators along side campus experts.



Thumb Ag Research & Education (TARE)

TARE is a group of Michigan State University Extension Ag Educators that are dedicated to serving the counties in the Thumb of Michigan with timely agricultural educational material.

Michigan State University Extension Educators representing TARE specialize in beef cattle production, dairy production, farm business and management, feedlot management, field crops, meat processing and safety, and vegetables.

Extension Educators: Corey Clark, Jenna Falor, Jerad Jaborek, Phil Kaatz, Marianne Murawski, Ben Phillips and Jeannine Schweihofer

Developing Youth and Communities

Sanilac County Staff

Mary Heiden

4-H Program
Coordinator



heidenma@msu.edu
Office:
810.648.2515
171 Dawson Street
Suite 323
Sandusky, MI 48471

Betty Jo Krosnicki

Career Educator /
Supervising Educator

nashbett@msu.edu
Office:
810.648.2515

Shelly Krueger

4-H Online Data System
Coordinator

kruege61@msu.edu
Office:
810.648.2515

Sanilac County 4-H Program

With the return of face-to-face interactions, the Sanilac County 4-H program was able to provide educational programming opportunities and activities during the 2021-22 4-H programming year. Sanilac County had 725 active 4-H members and 200 4-H volunteers.

Child & Babysitting Course

A partnership has been formed between the Sanilac County Medical Control Authority and Sanilac County 4-H Program to educate area youth by offering Child and Babysitting Courses. Sanilac County had 95 youth who earned their Child and Babysitting Certificate through the five free classroom-based Child and Babysitting Courses offered for girls and boys ages 11 years old and up. This course taught future babysitters the following:

- First aid & safety
- Infant & child CPR
- Care for choking child & infant
- How to handle emergencies
- Creative problem solving
- Job professionalism
- Hands on practice and diapers
- Bottle feeding and infant care
- Creative age-appropriate activities
- AND MUCH MORE



4-H Proud Equestrian Program (PEP)

The 4-H Proud Equestrian Program is a therapeutic horseback riding program that offered riding lessons to 35 youth with special needs. This year's event was held at the Sanilac County Fairgrounds during May, June, July, and August. Each member participated in a weekly educational lesson and riding experience.

4-H Youth Exploration Days

4-H Exploration Days is Michigan's largest annual 4-H event designed to help students

- Learn new ideas and techniques
- Increase their interest in and readiness for college
- Explore career options
- Develop decision-making skills
- Develop independence as well as teamwork

Two 4-H members attended sessions at Michigan State University for this pre-college experience.

4-H Spring Fair

The 2022 4-H Spring Fair was held in May at the Sanilac County Fairgrounds. Members of 4-H, ages 5 to 19, bring their still projects that they have either completed or are working on to be judged and receive feedback.

Much planning goes into hosting the 4-H Spring Fair each year, and huge thank you goes to the volunteer Sanilac County 4-H Council members who assist in planning & implementing this Fair. This 4-H Spring Fair is made possible by the club leaders and their dedication to the 4-H program. The event gives youth experience in talking to a judge and practicing their communication skills prior to entering and exhibiting their projects in the 4-H Block Building during fair week.

Developing Youth and Communities, continued

4-H Camp

A Thumb Area 4-H Camp Counselor's Teen Leadership workshop was held the first Sunday in January. Five area 4-H teens participated in the event. During the training camp, counselors learned team building skills, problem-solving skills, brainstormed ideas, and developed a plan for the 2022 camp.

A Thumb Area 4-H Camp Counselor Weekend Retreat was held in April at Camp Cavell in Lexington, Michigan. Six 4-H teen counselor's learned team building skills and made final preparations for the 2022 Thumb Area 4-H Camp.

Thumb Area 4-H Camp was held in July at Camp Cavell in Lexington with a theme of Outdoor Adventure. Fifty-nine 4-H members attended from Huron, Lapeer, Sanilac, St. Clair and Tuscola counties.

4-H Clinics

*In January, a demonstration was given to 4-H youth on what it takes to be a qualified dog handler by demonstrating some of their training techniques and how they stay sharp for the jobs they handle. This demonstration was given by Deputy James and his canine partner.

*In April, a Miniature Horse Workshop was held at Smith's Creek Equestrian Center for 15 4-H youth and five adults from Sanilac and St. Clair Counties. This class covered conformation, showmanship, in-hand jumping and in-hand obstacles.

*Also in April, a Horse Showmanship Clinic was provided for 25 4-H youth to learn showmanship skills as well as learning about proper Showmanship attire in the show ring.

*Numerous Photo Contests were also offered in the Spring of 2022.

Kim Gierman

Look at that smile



February 2022

Photo Contest

WINNER!



4-H Leader Banquet

The Sanilac County 4-H Council in cooperation with MSU Extension, hosted their annual 4-H Leader Banquet with approximately 50 4-H adult and teen volunteers in attendance. 4-H Senior and Junior Ambassadors ran the program starting out with the Pledge of Allegiance, 4-H Pledge, and the invocation. Food and fellowship was enjoyed by all who attend. 4-H Leaders and Volunteers were recognized for their outstanding work in project areas, competitive activities, and leadership roles in the Sanilac County 4-H Youth Program.



Developing Youth and Communities, continued

Youth Empowerment Camp

MSU Extension offered help with the Sanilac County Empowerment Camp that is run by the Sanilac County Child Abuse Prevention Council. The 48 Sanilac County youth gathered for a one day camp at Camp Cavell, Lexington. The theme this year was "It's Cool to be Kind". MSU Extension staff provided assistance as group and session leaders. The youth were surprised with a demonstration of a water rescue by the Port Huron Coast Guard Rescue Helicopter.

4-H Photo Gallery...



Staff Located in Sanilac County Office:





Name	Role	Phone	Email
Mary Heiden	4-H Program Coordinator	810.648.2515 x 310	heidenma@msu.edu
Jerad Jaborek	Beef Feedlot Systems Educator	810.648.2515 x 304	jaborekj@msu.edu
Betty Jo Krosnicki	4-H Career & Supervising Educator	810.648.2515 x 309	nashbett@msu.edu
Shelly Krueger	4-H Online Data System	810.648.2515 x 311	kruege61@msu.edu

Additional MSU Extension Staff Serving Sanilac County

Full listing of Extension Staff at: canr.msu.edu/outreach/experts

Name	Role	Phone	Email
Nola Auernhamer	Community Nutrition Instructor	989.672.3870	auernha5@msu.edu
Carol Bublitz	Community Nutrition Instructor	810.989.2699	bublitz@msu.edu
Corey Clark	Farm Business Educator	989.758.2500	clarkcr@msu.edu
Jennifer Evenson	Community Nutrition Instructor	810.989.6935	mcnam132@msu.edu
Jenna Falor	Field Crops Extension Educator	989.269.9949	falorjen@msu.edu
Meaghan Gass	Sea Grant Educator	618.567.4193	gassmeag@msu.edu
Phil Kaatz	Forage/Field Crops Educator	810.667.0341	kaatz@msu.edu
Laurie Messing	Food Safety Educator	989.269.9949	lmessing@msu.edu
Marianne Murawski	Dairy Educator	989.269.9949	mbuza@msu.edu
Andy Northrup	Sustainable Tourism/Community Ed.	810.989.6331	northro5@msu.edu
Jeannine Schwehofer	Senior Meat Quality/Beef Educator	810.989.6935	grobbej@msu.edu
Kris Swartzendruber	Social Emotional/Disease Prevention Ed.	989.672.3870	swartze6@msu.edu
Renee Travis	Cooking Matters State Wide Liaison	989.269.9949	arndtre@msu.edu

Join us on Social Media

-  + MSU Extension District 10
-  + Thumb Ag Research & Education (TARE)
-  + Think Food Safety
-  @MSUExtension

Food Safety Hotline

Do you have questions about food expiration dates? How long leftovers will last or preserving foods at home? The MSU Extension food safety hotline can help answer food safety questions and concerns.

Hotline: 877-643-9882.

Operating Monday - Friday 9 a.m. - 5 p.m.

Ask Extension

Ask Extension offers one-to-one answers from MSU Extension experts and Extension Master Gardener volunteers on topics such as **lawns, gardening, agriculture, food safety, food preservation, natural resources, community development, youth programming** and more!

<https://www.canr.msu.edu/outreach/ask-an-expert>

Garden or Yard Question?

Visit the Gardening in Michigan website: www.migarden.msu.edu. View tip sheets on smart soils and other smart gardening topics or call **MSU Extension's toll-free Hotline: 1-888-678-3464**

MISSION:

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

MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. 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. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Quentin Tyler, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.