

## Message from the District Director



MSU Extension creates significant impact across the Upper Peninsula and beyond, serving diverse audiences from youth to older adults. Through partnerships, they enhance community knowledge and empower individuals to improve their lives. For over 100 years, the mission has been to "bring knowledge to life" by connecting local communities with Michigan State University research. I have been with MSU Extension for ten years. And I look forward to exploring new collaborative opportunities, creating greater, positive impact in Dickinson County and beyond.

Paul Putnam  
District 1 Director

### Dickinson County Staff

Jessica Ice, 4-H Program  
Coordinator

Libby Hansen, Community Nutrition  
Instructor

### Contact Information

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67

EXTENSION PROGRAMS  
INCLUDED DICKINSON  
COUNTY RESIDENTS

317

DICKINSON COUNTY  
RESIDENTS ATTENDED  
EXTENSION PROGRAMS

***In 2023, 4-H Trunk or Treat  
was held October 21 at the Dickinson  
County Fairgrounds. 200  
participants were reached with  
Extension programming/resources.***

11

Extension programs held in the county

1,411

people attended programs held in the  
county



## REPORTING

33

Extension educators, specialists  
and program staff reported data  
for  
Dickinson County

15

County direct one-to-one  
education contact

In 2023, Dickinson  
County had **8** 4-H  
clubs and **18** Gold  
Volunteers.

70

youth enrolled  
in county 4-H

1,433

youth participants



18 USC 707

## Staff Success Stories

### Senior Project Fresh

Senior Project FRESH (SPF), which is part of the United States Department of Agriculture (USDA) Farm Bill, is a program designed to help older adults incorporate more fresh fruit and vegetables in their diet. Senior Project FRESH was created to assist older adults living on a limited income with a secondary benefit of supporting Michigan farmers.

The program is available in all **83 counties** in the State of Michigan. Currently, Michigan State University Extension (<https://www.canr.msu.edu/outreach/>) serves as lead agency, providing nutrition education and coupon distribution in **16 counties**. MSU Extension also provides nutrition education with other lead agencies. This varies from year to year.

In 2023, Amber Hayward, Community Nutrition Instructor for Menominee and Delta Counties offered the educational component at the following locations: Norway, Felch, Sagola, Breen Center, Hurst Manor and Washington Court, in Dickinson County. A total of **87 participants** were reached.

She was able to provide programming to Dickinson County residents during the time when MSU Extension was without their own Community Nutrition Instructor.



**Amber Hayward**  
**Community Nutrition**  
**Instructor**



### ServSafe® Program

The ServSafe® Manager Certification Course was offered at the Dickinson County Library on June 27, 2023. There were **15 participants**, which included ten from Dickinson County and five from neighboring counties. MSU Extension offers an 8-hour ServSafe® Manager training course and certification exam. This class is designed for anyone working in the food service industry, including non-profit organizations. The purpose of the training and certification is to prevent foodborne illness when serving food.

**Stephanie Ostrenga-Sprague**  
**Food Safety**  
**Educator/Supervising**  
**Educator**

### Topics covered included:

Providing safe food; Forms of contamination; The safe food handler; The flow of food; Food safety management systems; Safe facilities, cleaning and sanitizing

### Seed Starting at North Elementary School

Rebecca Krans provided a seed starting activity for the Early Kindergarten class on May 10, 2023, to 5 and 6 year-olds. She also provided them with a wooden potting bench and seed starting mix for future use. They seeded beans and sunflowers in separate peat pots. We talked about the importance of how deep to plant, and the fact that they were learning about being gardeners and growing their own food. **22 participants** were reached.

Consumer horticulture is the practice of cultivating, using, and enjoying plants, gardens, and landscapes. The actions of home gardeners positively or negatively impact important aspects of a sustainable future such as water quality, food security, healthy soils and pollinator protection. These actions can be influenced through science-based gardening education and increased knowledge of all areas of plant agriculture and research.



**Rebecca Krans**  
**Consumer**  
**Horticulture**  
**Educator**



**MSU Extension apiculture expert invited to present “Evaluating Honey Bee Brood Frames” to Northwoods Beekeepers**

The Northwoods Beekeepers Club hosted Apiculture Extension Educator Ana Heck on Tuesday, April 11, at the Bay College West campus in Iron Mountain. The presentation topic was "Evaluating Honey Bee Brood Frames." The **39 attendees** learned to distinguish between healthy and sick brood and to recognize signs of European Foulbrood, American Foulbrood, chalkbrood, and varroa parasitic mite brood syndrome - all of which can kill colonies if left untreated.



**Ana Heck**  
**Apiculture Extension**  
**Educator**

The Northwoods Beekeepers formed in 2016. Based in Iron Mountain, the club includes members from Michigan and Wisconsin. The Northwoods club hosts a State of Wisconsin Apiary Inspector each year to hold an educational hive inspection in a Wisconsin member's bee yard. They also access expert guidance from MSU Extension and the Michigan Beekeepers Association.

**2023 4-H Programs**



**Jessica Ice**  
**4-H Program**  
**Coordinator**

**Dickinson County 4-H Proud Equestrians Program** was held August 7-11, 2023, at the Dickinson County Fairgrounds. There were **20 volunteers and 17 participants** in this program. 4-H Proud Equestrians Program is a therapeutic horseback riding program for people with disabilities that helps to improve balance, coordination, posture and muscle tone. Opportunities to participate exist for riders, volunteers, instructors and horse owners.



**4-H Exploration Days** took place June 21-23 at MSU’s campus in East Lansing, welcoming youth ages 12-19 to explore their futures and experience college life. Though only two youths from Dickinson County attended, they enjoyed hands-on learning and made lasting friendships. They presented their extensive learnings to the 4-H Program Coordinator and 4-H Council. One of the two participants shared that they loved the vet center tour and gardens, and they are excited for next year. The trip helped the youth grow her independence and step outside her comfort zone.

According to research completed by the Institute for Applied Research in Youth Development at Tufts University, 4-H’ers are four times more likely to make contributions to their communities, two times more likely to be civically active, and twice as likely to make healthier choices.

**4-H Program Highlights**

- **One big day for healthy kids**
  - This event was held April 15 at the Imagination Factory. In total, **1,248 participants** were reached with MSU Extension programming and resources.
- **Goat Showmanship Clinic** was held May 21, 2023, at the Dickinson County Fairgrounds. There were **20 participants**.
- **Swine Showmanship Clinic** was held July 27, 2023, at the Dickinson County Fairgrounds. There were **20 participants**.