

# DELTA COUNTY ANNUAL REPORT 2024

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- Dave Radloff, 4-H Program Coordinator
- Stephanie Ostrenga-Sprague, Food Safety Educator/Supervisor
- Amber Hayward, Community Nutrition Instructor



## Message from the District Director

I am delighted to share the results of another successful year of partnership between Delta County and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses and communities.

We've welcomed Delta County residents into our in-person and online communities: we've offered educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media and provided a library of research-based resources that have been browsed on our website. Our partnership with you makes this all possible.

On behalf of the MSU Extension team serving Delta County, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.

## Impact



**1,192 residents** from Delta County attending MSU Extension programs



**32** answered Ask Extension questions



**166** youth enrolled in 4-H



**51** programs hosted in Delta County, **1,248** participants attending these programs



**96** volunteers serving Delta County

## Overall Impact

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1,192 participants from the county have attended programs taking place across the state.



5 policy, systems, and environmental changes with those PSE sites. 114 people impacted.



220 programs (across the state) attended by participants from Delta County.



174 client consultations including 3 from the MSU Product Center (small business support)



1 Nutrition and Physical Activity Policy System and Environmental (PSE) site receiving PSE education within the county.



29,264,562 contacts through social media, web activity, e-newsletters, and handouts statewide, 45,485 e-newsletters and handouts distributed in Delta County

## Economic Development, Environmental Conservation, and Agricultural Productivity

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67,320 participants in community, food, and environment programs from across Michigan, 149 from Delta County



\$246.5 billion annual impact of food and agriculture on Michigan's economy Statewide



74 soil test samples processed for Delta County including 39 commercial/farm samples and 35 homeowner samples



373 participants in county agriculture programs

## Michigan Dried Cherries

Amber Hayward offered programming at Mid-Peninsula School for the first time, using the Snow Me Nutrition curriculum. It was in an upper-level resource classroom.

For this particular week, she taught the food tasting based on the Fresh, Frozen, Canned and Dried fruits.

Most of the students had never had dried cherries before and were hesitant, stating, "They look like raisins."

All students fell in love and could have eaten the whole bag if she had let them.



Amber Hayward  
Community Nutrition Instructor

## Breakfast Smoothies

The Menominee Delta Schoolcraft Community Action Agency (MDSCAA) Escanaba Senior Center is a site that Amber has been programming with for two years now. This story stems from our first program in the summer of 2023 with Eat Healthy Be Active Series (EHBA).

Amber's contact with MDSCAA Foster Grandparent group is the Foster Grandparent Director Peggy Ramsden. Peggy has joined both series that have been offered to the group in the past two years. Last year, the group made a breakfast smoothie as the food taste test for the EHBA series.

Fast forward to this summer series. Peggy stated, **"You know those smoothies we made last year? I make that every morning for my breakfast!"** Peggy went on to explain that she never ate breakfast before last year's EHBA series. She said she does not cook, nor does she eat much fruit and vegetables. Peggy said she finds the recipe easy enough to do each morning by adding different frozen fruits, yogurt, and spinach to complete.





Rebecca Krans  
Consumer Horticulture Educator

## Smart Ways to Incorporate Native Plants into Your Landscape

### *Bay de Noc Gardening Conference*

Gardeners may not know how they can implement native plants into their yards, gardens and/or landscapes making this an important topic to provide. Rebecca Krans was invited to present at the Bay de Noc Gardening conference in Escanaba on April 27, 2024, and presented '*Smart ways to bring natives into your landscape.*'

Twenty-six people were in attendance, and twenty-five completed post evaluations.

- 99% (n=25) either strongly agreed or agreed to the statement, '*I learned about gardening practices that impact pollinators.*'
- 99% (n=25) either strongly agreed or agreed to, '*I learned about plant choices that support pollinators.*'
- 96% (n=25) either agreed or strongly agreed to, '*I learned something about conserving and/or protecting water resources.*'
- 99% (n=25) either strongly agreed or agreed to, '*I learned something about the importance of pollinators.*'
- 92% (n=25) either strongly agreed or agreed to, '*I will make changes to conserve and/or protect water resources.*'
- 80% (n=25) strongly agreed to, '*I will take action to protect pollinators and improve their habitat.*'



Swamp Milkweed  
photo courtesy of U.S.  
Forest Service

**“Very fun and informative!” -participant**

These presentations are part of an outreach effort Krans uses to recruit potential Extension Master Gardeners, Foundations of Gardening participants, and future program participants. 22 class participants signed up to receive future information related to MSU Extension gardening education, and eleven additional people signed up and provided email information to also receive future programming information.



166 youth enrolled in 4-H



## **157 nutrition and physical activity participants hosted in-county.**



**\$2,242.89 4-H volunteer hour value**



234 county residents who participated in health and nutrition programs.



**879 total youth participants**

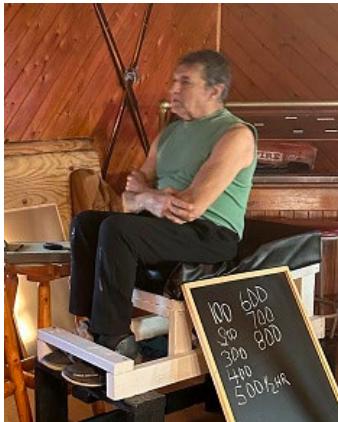


**71 total 4-H volunteers**



**9,808 people participating in Food Safety programs, including ServSafe®, statewide**

# Local Farmer Holds Fundraiser to Support Market Livestock Exhibitors



Jim Barron  
**Delta County Farmer**

Local farmer, Jim Barron (84 years old) put his physical fitness to good use to provide local 4-H market livestock exhibitors with funds to purchase and care for their fair animals. He continued his campaign, "Pushups for Pledges," by initiating a fundraiser hosted by the Rusty Rail in Cornell. Community members pledge money for every sit-up he can do in an hour. Jim finished with 1,094 sit-ups in 1 hour.

The Wells Lions Club matched pledge funds. Jim's fundraising effort brought in \$908. The Delta County 4-H Council supplied an additional \$92 to be able to provide **four \$250 loans** to Delta County 4-H Livestock exhibitors.

Barron, a self-proclaimed daredevil, has had countless ailments and injuries, including 30 broken bones, a split chest and a partly shattered skull. Jim held the fundraiser a few weeks before he was to have hip surgery.

Jim hopes his efforts will bring new youth livestock exhibitors into the program. **He states he doesn't want cost to be a barrier for youth to gain the experience and skills raising livestock can provide.**



Dave Radloff  
**4-H Program Coordinator**



## Canning and Preserving Workshop Series

collaboration with Sault Tribe Community Health

This educational, hands-on series included making **Low Sugar Jam, Corn Relish to align with three sisters teaching** and **Introduction to Pressure Canning**, where carrots were canned.

Stephanie included a trivia bingo game where educational content was reviewed as a group, then the group answered fill-in-the-blank trivia questions with the vocabulary terms being filled into a blank bingo card, ending with a game of bingo. Residents that participated in this series gained knowledge about canning and preserving.

Stephanie Ostrenga-Sprague  
Food Safety Educator



## ServSafe® Training Held in Delta County

ServSafe® is a national certification program for those working in food service, specifically managers and other leaders.

ServSafe® teaches about foodborne illness, how to prevent it and how to train employees about the latest food safety issues. The ServSafe® Manager course uses proven techniques, provides new Food & Drug Administration food code rules and content related to the food industry.

This course provides participants with education to successfully pass the ServSafe® Food Protection Manager Certification exam. This program was held December 10, 2024, at the Delta County MSU Extension office with 5 participants.

## Agriculture for Tomorrow



Frank Wardynski  
Ruminant Educator

The 2024 Ag for Tomorrow Conference was held at Bay College on February 2, 2024.. Over 100 participants attended the day's worth of educational activities. Four sessions run concurrently in the areas of livestock production, crop production, homesteaders and specialty crops.

The program included a keynote speaker giving a history of agriculture in the U.P. and a lunch consisting almost exclusively of foods grown locally.

Evaluation data indicate participants gave the conference an **overall 86% rating of good to excellent**. Also, **81% of participants indicated they are planning to make specific changes to their operation because of their attendance at the conference**.

## Deb Kinzi Smart Gardening Volunteer Escanaba Kiwanis Home & Garden Show/Pancake Feed



## 2024 U.P. State Fair Livestock Record book Winners



Culinary SPIN Club makes pasties



Culinary SPIN Club makes pasties



Participant from Delta County 4-H Outdoor Skills Survivor Camp

# 4-H Outdoor Skills Survivor Camp

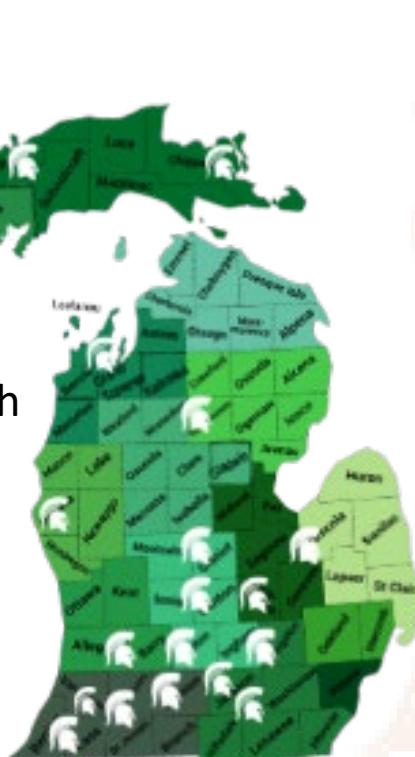
4-H Outdoor Skills Survivor Camp has been an ongoing event in Delta County for the past 24 years. Participation fluctuated over that time, but never has there been consideration over closing it.

In 2024, however, as the registration deadline approached, there were only seven youth registered. The probation/truancy office for Hannahville Judicial Services, who previously worked as a prevention specialist/success coach for tribal youth services, found out the camp was in danger of being cancelled. In her tenure as a success coach, she had facilitated participation for numerous youth from the Hannahville Indian Community to participate in this great adventure; recruiting youth, collecting forms, applying for scholarships and arranging transportation. When she heard camp may not happen in 2024, she worked to keep it going – despite not being in the role any longer.

She connected with previous camp participants from her days as a success coach. The participants are now adults with kids of their own. This individual helped the next generation of kids get involved in the program. In three days, she was able to recruit, find funding for, and register seven youth from the Hannahville community. All because she believed in the value of the program and had seen the impact it had on the youth she worked with when she was a success coach.

Delta County 4-H Outdoor Skills Survivor Camp is a four-day, three-night overnight camp. Participants are randomly divided into teams. Each team receives training in team building and engages in multiple outdoor and life skills. They compete in a series of challenges against other teams and score points to become the ultimate 4-H Survivor Team. The purpose of the camp is to gain outdoor skills, develop leadership and teamwork proficiency, build self-esteem and make friends.

AgBioResearch  
Centers in  
Michigan  
MSU Forestry  
Innovation Center –  
Escanaba, MI



*One youth from Hannahville wrote the following:  
4-H [is]  
1. FUN; 2. Nice People; 3. Cool Stuff; 4. Nice friends-  
positive stuff*

**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.**