MICHIGAN STATE | Extension



JULY 2024

Programming In Oakland County

DISCOVER 4-H

July 26, 2024 12:00PM – 4:00PM 27705 Greenfield Rd, Southfield, MI 48076 A FREE fun family event open to the public with fun and educational activities for the whole family!



FOUNDATIONS OF GARDENING REGISTRATION OPENS JULY 10, 2024

September 3, 2024-November 19, 2024 Foundations of Gardening is a 10-week online MSU Extension course that explores many aspects of gardening. Lessons include self-paced learning opportunities and live lectures from experts in the field. These classes are the first step in the process of becoming an MSU Extension Master Gardener.



Staff of Oakland County MSU Extension

District Director – Kristi Evans Office Manager – Cathy Morris

Program Assistants:

- 4-H Kelly Morris
 - Tollgate Farm Janice Recinos

Email: msue.oakland@msu.edu

Phone: 248-858-0880

How to use this program guide

- 1. Upcoming events held in-person in Oakland County and nearby sites.
- 2. Upcoming events held virtually, grouped by area such as parenting, mindfulness, food safety, nutrition, consumer horticulture, conservation stewards.

Preregistration is required for most programs. Bold, blue underlined text links to the program registration and information page.

Accommodations

Michigan State University is committed to providing equal opportunity for participation in all programs, services, and activities. Accommodations for persons with disabilities may be requested by contacting the event contact two weeks prior to the start of the event. Requests received after this date will be honored whenever possible.



Do you love gardening, talking about gardening or just being outside in the garden? Then you might like volunteering with the MSU Tollgate Garden Volunteers (TGVs) to support the gardens at Tollgate. MSU Tollgate Farm has nearly twenty specifically planned and maintained garden sites, ranging from the functional Plant Nursery area, to demonstration gardens, and the PAR garden (Plant-A-Row food donation). The MSU TGVs contribute to the ongoing planning, maintenance, and development of these gardens.

The MSU TGVs is a volunteer organization consisting of gardeners dedicated to enhancing and maintaining the educational gardens. This group has been established for over 25 years and consists of beginners and Master Gardeners alike! Tollgate volunteers are friendly people from diverse backgrounds who readily share their gardening knowledge. There are opportunities to work in groups or individually, based on your comfort and interest level. Most group activities are on Saturday mornings, or you can join a group that works on a weekday.

For more information on how you can become a MSU TGV, check out volunteering on the MSU Tollgate web page tollgate.

www.canr.msu.edu/tollgate/volunteering

MSU AgBioResearch, MSU Extension to host field days around the state this summer - AgBioResearch

EAST LANSING, Mich. — From June to September 2024, <u>Michigan State University Extension</u> and <u>MSU</u> <u>AgBioResearch</u> will host a series of field days on campus and at research and extension centers across Michigan.

In Person Classes and Events in Oakland County

Davisburg

Oakland County Fair

July 5-July 13 Springfield Oaks Park For complete information: <u>www.oakfair.org</u>

Enrolled 4-H members: Stop by the Daily Events Pavilion for a coupon for free ice cream!



for the Bechler Family Concessions ONLY for current 2023/2024 enrolled 4-H members in 4-H Online! Stop by our booth at the Daily Events Pavilion to grab it!



Thursday, July 11, 2024 For individuals with disabilities

Reserve your spot: Call 248-634-8830 or visit OakFair.org

Daily attractions include: Carnival rides, petting zoo, racing pigs, Miracle of Birth Barn, Sea Lion Show and horse and livestock shows.





10 a.m. Sea Lion Show NEW 10:30 a.m.-Glass Blowing Demonstration 1-3 p.m.-Games and activities at the Activity Pavilion

COUNTY PARK OaklandCountyParks.col

11 a.m.-1 p.m. Free carnival rides Courtesy of Big Rock Amusements For individuals with disabilities and one caregiver.

Stop by the InFAIRmation booth to obtain ride passes. Visit OakFair.org for more information.

Free parking with Oakland County Parks 2024 Annual Vehicle Permit. Individuals with disabilities are eligible for a free Annual Vehicle Permit. Visit OaklandCountyParks.com for more information.

03/24

Novi

2024 Summer Forest Therapy

July 11, 2024, 10-11:30 a.m.

Tollgate Farm forest therapy walks are continuing. Forest therapy, also known as Shinrin Yoku, brings rest and refreshment in the Tollgate beech maple forest for those who venture out. Join a certified forest therapy guide as together we experience the multiple benefits of taking time to bask in the peace and quiet the forest has to offer. Join us for one or more forest wellness \$20 per person. Pre-registration required. Non-refundable. Please dress in layers for the weather with shoes suitable for a walk in the woods. Register HERE: https://events.anr.msu.edu/ForestTherapySpringSummer2024/

Cool down with MSU Dairy Store Ice Cream at Tollgate Farm in Novi!

28115 Meadowbrook Rd., Novi 48377

MSU Dairy Store ice cream will now be available for visitors' enjoyment at Tollgate Farm and Education Center on Friday evenings throughout the summer. Starting Friday, June 28th, (excluding July 5) from 4:30 p.m. to 7:00 p.m, you can treat yourself to the delicious and renowned MSU Dairy Store ice cream while experiencing the beauty of Tollgate Farm. \$5 for a small cup and \$7 for a large. Cash and cards accepted.

MSU TOLLGATE GARDEN OPEN HOUSE

July 18, 2024 6:00PM – 8:30PM 28115 Meadowbrook Road, Novi, MI 48377

Tollgate's Garden Open House offers visitors the chance to view over 20 beautiful gardens on a 160 acre property

HEROES TO HIVES BEEKEEPING WORKSHOP IN NOVI, MI

July 23, 2024 4:00PM – 5:00PM MSU Tollgate Farm & Education Center, 28115 Meadowbrook Rd., Novi, MI 48377 Beekeeping workshops for Veterans, Reservists, Active Duty and National Guard members of the U.S. Armed Forces and their adult children, spouses, partners, & caregivers.

BEEKEEPING WORKSHOP IN NOVI, MI

July 23, 2024 6:00PM – 7:30PM MSU Tollgate Farm & Education Center, 28115 Meadowbrook Rd., Novi, MI 48377 Join Michigan State University Extension for an in-hive beekeeping workshop on honeybee colony health inspections and seasonal management!

In Person Programs in Nearby Locations

East Lansing

MODIFIED ATMOSPHERE PACKAGING AND ACTIVE PACKAGING WITH A FOCUS ON FRUITS AND VEGETABLES FOR INDUSTRY PROFESSIONALS

July 18, 2024 – July 26, 2024 MSU School of Packaging - Ternes Outreach Room; 448 Wilson Rd., East Lansing, MI 48824

Automotive and Returnable Packaging Online Workshop for Industry Professionals.

Detroit

Kayak Safety Skills Training - Belle Isle | ANR Events Management System (msu.edu)July 16, 2024(Registration closes July 15, 2024)Session 1:10 a.m. - 1 p.m.Session 2:1:30 - 4:30 p.m.Belle Isle Woodside Shelter.Woodside Dr, Detroit, MI 48207Have a safe kayak trip—learn how to avoid potential dangers, practice self-rescue skills, and develop
the skills you need to manage minor in-water incidents. Please wear quick-dry clothes for water
immersion -no cotton. Bring dry clothes to change into after the course is complete (water immersion
will be the last course element). This is a free event. The backup date for this training is July 24, 2024,
in the event of inclement weather. Kayaks will be provided. Please bring a water bottle, sack lunch,
sun block, and weather appropriate clothing to the event.

Ann Arbor

AGRABILITY REGIONAL WORKSHOPS

July 16, 2024 – July 18, 2024 Weber's Boutique Hotel, 3050 Jackson Ave., Ann Arbor, MI 48103 This Regional Workshop is provided in conjunction with MI AgrAbility and will focus on Assistive Technology and preparing for the RESNA Assistive Technology Professional exam.

HAVE A QUESTION? 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, nutrition and physical activity, food safety, food preservation, natural resources, community development, youth programming and so much more!

Got a question? Fill out our online question form.

Virtual and Online Programs and Resources

Natural Resources

ALGAE 101 WEBINAR

July 25, 2024 6:00PM - 7:30PM Zoom

A webinar all about algae, the tiny living things at the foundation of aquatic food webs.

Creating Tick-Safe Zones around the home-MDARD

https://www.michigan.gov/mdard/about/media/pressreleases/0001/01/01/mdard-offers-guidance-oncreating-tick-safe-zones-around-the-home

Mayo Clinic on Ticks and the Diseases they Carry

https://www.mayoclinic.org/diseases-conditions/alpha-gal-syndrome/in-depth/tick-species/art-20546861

Horticulture

MICHIGAN BEEKEEPING JULY OFFICE HOURS - WEBINAR

July 22, 2024 7:00PM – 8:30PM Online through Zoom

Please join Michigan State University's Apiculture Team for our series of office hours to answer beekeeping questions!



IS BEEKEEPING RIGHT FOR ME?

Have you ever wondered if beekeeping is right for you? This online course provides an introduction to honeybees, covers the time required, physical demands, and financial resources of beekeeping, and suggests ways to help all pollinators.

Parenting * Working with Children

ONLINE EXTENSION EXTRAS PARENTING HOUR POSITIVE DISCIPLINE

Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the challenges, joys, and concerns of parenting.

ONLINE EXTENSION EXTRAS PARENTING HOUR LEARNING TO TALK

Extension Extras Parenting Hour is a free online series of parenting workshops that provides guidance for parents of young children as they navigate the challenges, joys, and concerns of parenting.

THE PARENT TALK SYSTEM WEBINAR SERIES - JULY-AUGUST 2024

Parent Talk System is a FREE online course for parents of toddlers to teens to improve communication and provide strategies for raising confident, caring, responsible children.

Money * Finances * Retirement

Money, Finances, Retirement

Best practices to help people at any stage in their financial lives.

PROTECTING YOUR IDENTITY

July 9, 2024 12:00PM - 1:00PM Webinar

This one-hour webinar will discuss how to protect yourself from identity theft, and what to do if someone has stolen your identity.

HOMEOWNERSHIP EDUCATION WEBINAR (MSHDA) - JULY 10, 2024-3 DATES

9:00 AM-1:00PM

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process.

HOMEOWNERSHIP EDUCATION WEBINAR (MSHDA) - JULY 15, 2024

4:00PM - 8:00PM

HOMEOWNERSHIP EDUCATION WEBINAR (MSHDA) - JULY 23, 2024 1:00PM – 5:00PM

INFORMED RENTER - JULY 11, 2024

12:00PM – 1:00PM Virtual

This rental workshop from MSU Extension will equip you with valuable information about the rental process that will help you navigate the technicalities and avoid costly mistakes.

SAVVY TIPS FOR STARTING A SMALL BUSINESS - JULY 11, 2024

12:00PM – 1:00PM Virtual

The class provides financial tools to entrepreneurs and potential small business owners who are considering starting a new business.

FINANCIAL DISASTER PREPAREDNESS AND RECOVERY ~ (WEBINAR) - JULY 17, 2024

12:00PM – 1:00PM Virtual

Prepare for disasters with these steps that might affect your finances. Save time, money, and stress if and when a disaster strikes.

MAKE A SPENDING PLAN WORK FOR YOU! (WEBINAR) - JULY 17, 2024

3:00PM – 4:00PM Virtual

Trying to stretch your money? Learn how to create and manage a spending plan.

MORTGAGE FORECLOSURE BASICS - JULY 18, 2024

12:00PM – 1:00PM Virtual

This webinar will describe the options to keep, sell or let foreclosure happen.

HOW MUCH HOME CAN YOU AFFORD? - JULY 24, 2024

12:00PM – 1:00PM Virtual

Looking to buy a home? Learn how to calculate how much home you can afford based on your current income during this 1-hour event.

STUDENT LOAN REPAYMENT WEBINAR - JULY 25, 2024

12:00PM – 1:00PM Virtual

This one-hour webinar will provide you with tips and tools to successfully navigate repaying your student loans including repayment options and how to avoid default. We will review the new rules and programs regarding your student loans.

TOP 10 CREDIT TIPS - July 31, 2024

12:00PM – 1:00PM Virtual

This one-hour webinar will discuss ten credit tips. Learn about credit, credit reports, credit score and how to build good credit.

Sleep * Balance * Movement * Exercise

Sleep, Balance, Balance, Movement, Exercise

Good sleep, good balance along with movement and exercise-what it means to be healthy is different for us all. MSU Extension is here to support all the ways we can all live healthier lives and build healthier communities, by bringing the bast knowledge and resources of MSU directly to your community.

ONLINE MATTER OF BALANCE, TUESDAYS, JULY 9 - SEPTEMBER 3, 2024 10 AM ET

July 9, 2024 – September 3, 2024 Online This program emphasizes practical strategies to manage falls.

WALK WITH EASE JULY 22-AUG. 26 (REGISTRATION OPEN NOW)

Instructor led.

MSU Extension offers the Walk with Ease Hybrid with a self-directed enhanced program where a group of individuals begin and end the six-week program at the same time.

DIABETES PATH TELEPHONE TOOLKIT – (REGISTRATION OPEN NOW)

August 7, 2024 – September 11, 2024 Zoom

The Diabetes PATH Telephone Toolkit is a free 6-week course. Participants attend by telephone and connect with a leader and 3-4 other people living with diabetes.

Articles & Videos

SLEEP EDUCATION FOR EVERYONE PROGRAM (SLEEP) - SELF PACED

PUBLISHED ON JANUARY 14, 2022

SLEEP is a six-week program that offers guidelines to help improve sleep hygiene practices, which are behaviors that improve sleep quality.

NURTURING HEALTHY SLEEP HABITS IN CHILDREN FOR LIFELONG WELL-BEING - ARTICLE

PUBLISHED ON FEBRUARY 14, 2024 Good sleep can be linked to children's physical, mental, emotional, and social health.

MANAGE CHRONIC PAIN TO DEAL WITH INSOMNIA

PUBLISHED ON DECEMBER 14, 2022 Chronic pain can lead to or exacerbate insomnia. Here are some tips for sleeping better.

HOW TO SLEEP BETTER WITH CHRONIC BACK PAIN

PUBLISHED ON DECEMBER 12, 2022 Tips for a better night's sleep when suffering from chronic back pain.

TAI CHI EXERCISES AT HOME (VIDEO)

MSU Extension instructor Anita Carter shows how you can do a tai chi session in the comfort of your own home.

SEATED AND STANDING TAI CHI WARMUPS (VIDEO)

MSU Extension instructor Anita Carter and Carlee Wasik shows how you can do a tai chi session seated or standing in the comfort of your own home.

PHYSICAL ACTIVITY | PHYSICAL ACTIVITY (MULTI-MEDIA RESOURCES)

Are you and your family getting enough exercise? MSU Extension offers ideas, resources, and programs to make movement fun, accessible and beneficial to the health of all Michiganders.

EXERCISE AND TYPE 1 DIABETES RECOMMENDATIONS

PUBLISHED ON SEPTEMBER 19, 2017

Exercise is important for your overall health and wellness, especially if you have type 1 diabetes.



The Septic System Education program is

designed to provide Michigan residents with educational resources regarding the essential maintenance of these septic systems to safeguard the health of their families,

the environment, and their investments in these critical treatment systems. Check out our <u>homeowners resource page</u> for a list of resources for homeowners to help them appropriately maintain their septic system and handle other wastewater issues.

Youth Programs

COOKING BASICS: AN ADULTING 101 SESSION

July 10, 2024, 4 p.m.–5 p.m.

Learn the language of cooking, how to read recipes and how to be creatively resourceful in the kitchen in this interactive session.

Click here to see a complete listing of our 2024 topics.

Business * Agribusiness



Discover Michigan Fresh

https://www.canr.msu.edu/mi_fresh/discover_michigan_fresh

Discover Michigan Fresh farmer's market tours help SNAP-Ed eligible residents get to know their local farmer's markets and explore Michigan-grown produce. The tours encourage participants to shop at their farmer's market for nutritious and affordable foods that keep their dollars local.

Farmer's Markets in Michigan

Find a Farmer's Market near You https://mifma.org/find-a-farmers-market/?gad_source=1&gclid=CjwKCAjwp4m0BhBAEiwAsdc4aEctCcZmxgQ81M9buM5DjvhQQ7KaKQK--MXwtXPt9sscuszxM-ChhoC-nwQAvD_BwE

MSU CHESTNUT CHAT 2024 SUMMER SERIES (Zoom)

Classes run every other week. The next class is July 18, 2024 1:30 p.m.- 2:30 p.m. Join the Michigan chestnut community for in-season discussions about chestnut production. Sessions will include crop and pest updates as well as deep dives by university specialists with topics ranging from disease management to irrigation and nutrient management.

Food Preservation * Food Safety * Food Safety Q&A

Food Preservati on, Food Safety, Food Safety Q&A

MSU Extension offers a variety of online educational resources and programs in food preservation and food safety.

SUMMER/FALL FOOD SAFETY Q&A 2024

Have questions about home food preservation or food safety? Please join MSU Extension Food Safety Q&A as food safety educators present tips for home food preservation food safety.

PRESERVING MI HARVEST-GREEN BEANS AND PRESSURE **CANNING**

Green beans are a popular vegetable for canning, but they must be pressure canned. Join us and experience how easy it is to pressure can green beans and other vegetables.

July 11, 2024 1-2 p.m.

July 8, 2024 - November 25,

or

1:00-1:30 p.m.

2024

6 p.m.–7 p.m.

|--|--|





MSU Extension's Food	MICHIGAN COTTAGE FOOD LAW JULY 17, 2024 The Michigan Cottage Food Law, Food safety practices related to producing cottage foods and how to start a cottage food business.	July 17, 2024 6 p.m.–8 p.m.	
	PRESERVING MI HARVEST-MI MIXERS	July 18, 2024	
Safety	Create mixers for your favorite drinks by preserving mixers or	1–2 p.m.	
Hotline 1-877-643-9882	using preserved items that you can add into a mixer or use as a garnish.	or	
		6 p.m.–7 p.m.	
	PRESERVING MI HARVEST-PICKED A PECK OF PEPPERS, NOW	July 25, 2024	
	WHAT?	1-2:00 p.m.	
	Sweet peppers and hot peppers, what can you do with them	Or	
	all? They can be frozen, canned, pickled or dehydrated!	6-7:00 p.m.	
	GUIDANCE FOR THE FOOD HANDLER AND	July 29, 2024	
	MANAGEMENT OF HALAL FOOD	3–4:30 p.m.	
	The Guidance for the Food Handler and Management of Halal Food covers the key concepts of what food is considered halal and how to preserve the integrity of this food.		

Mindfulness, Mental Health, and Healthy Relationships

RELAX- ALTERNATIVES TO ANGER : CALMING DOWN AND DE-STRESSING - CHALDEAN COMMUNITY FOUNDATION (In Person)

August 9, 2024 12:00PM – 1:00PM Chaldean Community Foundation 3601 15 Mile Rd, Sterling Heights, MI 48310

This lesson includes ways to calm down during everyday anger and stressful situations.

Leadership Development

Emerging Leader Program Registration opens July 1, 2024 for 2025 Program https://www.canr.msu.edu/glla/emerging-leader-program/application-process

Master Gardener Conference – Registration is open now

August 23-24, 2024 Interlochen Center for the Arts <u>Schedule - Master Gardener Program (msu.edu)</u> <u>Registration - Master Gardener Program (msu.edu)</u>



Youth Programs

SUMMER BERRIES: JAMS AND JELLIES- AN ADULTING 101 SESSION August 12, 2024, 4 p.m. – 5 p.m. Enjoy the taste of summer while having fun making jams and jellies using fresh summer fruits.



MSU Extension is excited to partner again in 2024 with the <u>Michigan State Fair</u> for an exciting program for Michigan youth: the **Michigan State Fair 4-H & Youth Virtual Showcase**. This statewide showcase provides a virtual platform for Michigan 4-H'ers and other youth to exhibit their work in all project areas and apply for \$10,000 in scholarships. All Michigan youth ages 5-19 are encouraged to participate.

Registration is now open until Tuesday, August 10th

- The showcase includes a wide array of classes including: livestock and companion animal showmanship, horse showmanship, equitation and PEP, all kinds of still exhibits, educational projects and more.
- There is no cost to participate and youth may enter as many classes as they like just by submitting project photos and videos.
- Project evaluation will occur before the start of the Michigan State Fair and winners will be announced during the event, August 28 September 2.

Continuing in 2024, the Michigan State Fair will continue to offer scholarships to exhibitors in the Michigan State Fair 4-H & Youth Virtual Showcase. Participants in the Michigan State Fair 4-H & Youth Virtual Showcase age 8-19 are eligible to apply for scholarships.

Find the scholarship application and criteria, as well as registration information for the Michigan State Fair 4-H & Youth Virtual Showcase at: <u>www.extension.msu.edu/MSF4HShowcase</u>

Agribusiness

THE BUG PROJECT FIELD DAY (In person)

August 10, 2024, 11 a.m.–3 p.m.

MSU-Detroit Partnership for Learning and Innovation (DPFLI), Detroit, MI Learn about the importance of pollinator management in urban spaces. Listen to invited guest speakers share knowledge on diverse pollinator topics, participate in fun activities, socialize with local urban farmers, and more.



Food Preservation

SERVSAFE MANAGER TRAINING AND CERTIFICATION EXAM - LAPEER COUNTY

August 6, 2024 9:00AM - 5:00PM 1800 Imlay City Rd., Suite 1 Lapeer MI 48446

Earn ServSafe[®] certification with help from MSU Extension. This class is designed for anyone working in the food service industry, including non-profit organizations.

PRESERVING MI HARVEST- SWEET AND SAVORY SALSAS

August 29, 2024, 1 p.m.- 2 p.m. or 6 p.m.- 7 p.m.

Salsa is a great way to preserve your tomatoes and peppers. Join us to learn the science of preserving sweet and savory salsas!

More Resources and Newsletters

Oakland County 4-H on Facebook

https://www.facebook.com/4HinOC/

Oakland County 4-H Newsletter June 2024 https://www.canr.msu.edu/.../uploads/files/July%202024.pdf

Tollgate Farm and Education Center Facebook https://www.facebook.com/ExperienceTollgate

Tollgate Farm and Education Center Newsletter – The G.O.A.T. June 2024 <u>https://conta.cc/3zapyVo</u>

Michigan State University Oakland County Facebook https://www.facebook.com/MSUExtensionOC

Oakland Gardener Newsletter June 2024 https://conta.cc/3VEoKRH

MSU Extension Job Postings https://careers.msu.edu/cw/en-us/listing/

The Michigan Department of Health and Human Services provides bilingual services for Spanish speakers, migrants, and farmworkers.

<u>Farmworker Resources (michigan.gov)</u> <u>Servicios para Campesinos (michigan.gov)</u> <u>División de Servicios de Extensión para Campesinos (michigan.gov)</u> (Educación) <u>Migrant Student Services | Michigan State University (msu.edu)</u> (Educación)



For More Information • email: mohlkehiemsu.edu • https://grad.msu.edu/pilot-project

Extension News

Want to learn more about MSU Extension? <u>Sign up</u> <u>for the MSU Extension newsletter</u> and choose from over 70 topics and interests.

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.