

MAY 2024

Programming in Oakland County

A Mindful Garden

By Lisa Mazzola, 4-H

Walt Whitman Elementary Garden Club is expanding its garden this school year. With the help of Oakland University volunteers, we are cleaning out their large, raised garden beds that we were unable to work in last year. Growing Pontiac has donated a truckload of soil to refill the beds. The garden will be used during the school day by classrooms and individual students. It will provide a quiet, mindful experience for youth to take a break from their classroom environment when needed.



A New face at Tollgate Farm

Derek Plotkowski, Ph.D., is the Michigan State University Extension Fruit Educator for Southeast Michigan and is based out of the MSU Tollgate Farm and Education Center in Novi, Michigan. He covers production of all fruit, farm markets and farmers markets with a primary focus on commercial producers for multiple counties in Southeast Michigan. His past work involved the horticultural aspects of beverage production, with a special focus on hard cider. Check out his recent Southeast MI Fruit Update.



<https://www.canr.msu.edu/news/southeast-michigan-fruit-update-april-23-2024>

Staff of MSU Extension in Oakland County

District 11 Director – Kristi Evans
Office Manager – Cathy Morris
Office Assistants:

- 4-H Kelly Morris
- Tollgate Janice Recinos

How to use this guide

The first section highlights upcoming events that will be held in-person, in Oakland County. The second section highlights upcoming events that will be held virtually and are grouped into genres such as business and agribusiness, youth, 4-H, parenting, public policy, mindfulness, food safety, finances and retirement, etc. There are a few success stories as well.

Preregistration is required for most programs. Text that appears bold, blue and underlined is text that has a hyperlink to a program's 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.

1200 N. Telegraph Rd., Building 34E
Pontiac, MI 48341

Oakland County In-Person Events

(Pre-registration is required for many events)

Novi

[HANAMI SPRING PICNIC](#)

May 5, 2024, 11 a.m.-3 p.m.

MSU Tollgate Farm, 28115 Meadowbrook Road, Novi, MI 48377

Hanami Spring Picnic is a celebration of the blossoming of the farm's ornamental cherry trees, spring, and Japanese culture. Cost: \$10.



[HEROES TO HIVES BEEKEEPING WORKSHOP IN NOVI, MI](#)

May 14, 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](#)

May 14, 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!

[OAKLAND COUNTY 4-H HORSE CAMP 2024](#) Registration closes May 15, 2024

June 16, 2024 – June 20, 2024 Springfield Oaks Activity Center 12451 Andersonville Rd, Davisburg MI 48350

Four-day horse camp at Springfield Oaks County Park in Davisburg for youth ages 8-19.

MSU Tollgate Farm 4-H Stewards Sustainability Leadership Institute

<https://forms.gle/WkiXWNMAhXEU2qtk9>

Ready to embark on a journey where sustainability, leadership, and your passions collide? Seize the opportunity and pave your path to a more vibrant, sustainable future. Apply now and be a part of something extraordinary. Applications are on a rolling basis. Please email koehle43@msu.edu for more information.

MSU Tollgate Farm Stewards Teen Leadership Program

<https://events.anr.msu.edu/register.cfm?eventID=C01908B8295D2ACA1CFE5BED48A894284D859DECF409018E546CD456E0E4A88E®isProcessID=8933CE3D6FBA0C7BFEE7BF0A72B34F4CC023A099CB01A7EF36B0A620F530196D>

The **Stewards-in-Training (SIT)** program is the start of the progressive Teen Leadership Program. Stewards-in-Training are 13-14 years of age and commit to at least one full week of camp Monday through Friday, 8 am - 4 pm. Stewards-in-training cost per week is \$200.

2024 Spring/Summer Forest Therapy

Tollgate Farm and Education Center

28115 Meadowbrook Road, Novi, MI 48377

April 2, 2024 to July 11, 2024 times vary

Register HERE: <https://events.anr.msu.edu/ForestTherapySpringSummer2024/>

Tollgate Farm forest therapy walks are back. 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 walks. **Cost:** \$20 per person. Pre-registration required.

[NIGHT HIKES ON THE FARM | TOLLGATE FARM AND EDUCATION CENTER](#)

Night Hikes on the Farm is a series of bi-monthly events that offer educational and recreational opportunities for visitors to venture the farm in the nighttime and explore fascinating natural science topics.

[Oakland County Annual Report 2023](#)

Michigan State University Extension (MSUE) continues to serve the residents of Oakland County through the educational process that applies knowledge to critical issues, needs and opportunities. This report provides some data to show where MSUE has been in Oakland County. [Oakland County Snapshot](#)

In-Person Events in Nearby Locations

Shelby Township

[SLEEP EDUCATION FOR EVERYONE-SHELBY TOWNSHIP SENIOR CENTER](#)

May 1, 2024, 10 a.m.-10:30 a.m.

14975 21 Mile Road, Shelby Township, MI 48315

The goal of this workshop is to understand the importance of sleep for both physical and mental health. Participants will learn techniques to improve quality and quantity of sleep.

[KEYS TO EMBRACING AGING-SHELBY TOWNSHIP SENIOR CENTER](#)

May 1, 2024, 10:30 a.m.-11 a.m.

14975 21 Mile Road, Shelby Township, MI 48315

Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span.

[BUILDING RESILIENCE TO AVOID BURNOUT: BURGESS-SHADBUSH NATURE CENTER](#)

May 19, 2024, 5 p.m.-6 p.m.

4101 River Bends Drive, Shelby Township, MI 48317

The goal of this workshop is to recognize the symptoms of burnout and discuss some strategies on how to prevent and manage burnout.

Sterling Heights

[SLEEP EDUCATION FOR EVERYONE-STERLING HEIGHTS SENIOR CENTER](#)

Wednesdays, May 1-June 5, 2024, 2:30 p.m.-3 p.m.

40200 Utica Road, Sterling Heights, MI 48313

The goal of this workshop is to understand the importance of sleep for both physical and mental health. Participants will learn techniques to improve quality and quantity of sleep.

[KEYS TO EMBRACING AGING-STERLING HEIGHTS SENIOR CENTER](#)

Wednesdays, May 1-June 5, 2024, 3 p.m.-3:30 p.m.

40200 Utica Road, Sterling Heights, MI 48313

Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span.

Warren

[USING SMALL GARDEN SPACES WISELY](#)

May 22, 2024, 6 p.m.-7 p.m.

Warren Civic Center Library, 1 City Square, Warren, MI 48093

Don't feel limited by the amount of space you have in your yard-you can still grow a bountiful vegetable garden for your family.

Lapeer

[8-HOUR SERVSAFE® MANAGER TRAINING AND CERTIFICATION EXAM](#)

May 14, 2024, 9 a.m.-5 p.m. 1800 Imlay City Road, Lapeer, MI 48446

MSU Extension offers 8-hour ServSafe® training, which is a national certification program. This class is designed for anyone working in the food service industry, including non-profit organizations. Cost: \$75 plus cost of materials.

Virtual Events and Webinars

Public Policy

[SPRING 2024 CITIZEN PLANNER](#)

Tuesdays, May 7-June 11, 2024, 6 p.m.-9 p.m.

This 6-session series covers land use education and training. The course is intended for local appointed and elected officials, zoning administrators and interested citizens.

[FISCALLY READY COMMUNITIES: MANAGING INTERNAL CONTROLS](#)

May 9, 2024, 3 p.m.-4:30 p.m.

This training will include a deep dive into internal controls. It will cover what internal controls are, why you need them, how they help your community, how to implement them, and where to start.

[SUSTAINABLE TOURISM STRATEGIES](#)

May 14, 2024, Noon-1 p.m.

Join our Sustainability Series for a diverse lineup of sessions addressing critical sustainability and environmental topics.

[ZONING ENFORCEMENT: POLICIES, PROPERTY RIGHTS, AND POLITICS](#)

May 16-November 21, 2024, 6:30 p.m.-7:30 p.m.

This series is designed to offer continuing education for Master Citizen Planners in a convenient online opportunity and is open to all planning and zoning officials. Webinars fall on the third Thursday in April, May, June, September, October, and November. Each session is available individually or participants can register for all six at once. Cost per webinar: \$10 for MCPs; \$20 for regular registrants.

[COMPLETE CPTED CERTIFICATE TRAINING](#)

May 21-May 23, 2024

The Complete Crime Prevention Through Environmental Design (CPTED) Certificate Training is a three-day course that focuses on understanding the relationship between the physical environment and criminal opportunities. Cost: \$395-\$495.

Money * Finances * Retirement

Money,
Finances,

[HOMEOWNERSHIP EDUCATION WEBINAR \(MSHDA\)](#)

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process. Cost: \$25.



Retirement

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

Option 1

May 1, 2024
9 a.m.-1 p.m.

Option 2

May 9, 2024
4 p.m.-8 p.m.

Option 3

May 22, 2024
9 a.m.-1 p.m.

MAKE A SPENDING PLAN WORK FOR YOU!

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

May 1, 2024
Noon-1 p.m.

SURVIVING AND THRIVING ON A FIXED INCOME!

Trying to stretch your money? Struggling to find ways to save?

May 2, 2024
Noon-1 p.m.

HOW MUCH HOME CAN YOU AFFORD?

Looking to buy a home? Learn how to calculate how much home you can afford based on your current income during this 30-minute lunch and learn event.

May 10, 2024
Noon-1 p.m.

RETIREMENT MYTHS AND FACTS

Thinking about what your future will look like? To reduce confusion about retirement it is important to separate fact from fiction.

May 16, 2024
Noon-1 p.m.

PROTECTING YOUR IDENTITY

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

May 22, 2024
Noon-1 p.m.

TIPS TO BUILD AND PROTECT YOUR CREDIT

Do you have questions about credit? Are you trying to improve your credit score?

May 29, 2024
Noon-1 p.m.



Horticulture

Horticulture

Got Milkweed? - Help create Monarch Waystations across Michigan

May 6, 2024 6:30 - 8 p.m. ET via Zoom

The Monarchs are on their way back from Mexico – will your yard be ready to host them? Learn what you can do to help Monarch butterflies in your own yard or as a community. Monarch Waystations are one way. What are Monarch Waystations? How do you create one in your yard, school, church, business? What is needed in your waystation and how do you certify it?

Register to learn more about creating and certifying your garden as a Monarch Waystation! \$5 registration fee will be used to provide some \$25 native plant gift certificates to lucky winners. Drawing will take place after the presentation.

<https://events.anr.msu.edu/MonarchWaystation2024/>

MICHIGAN BEEKEEPING MAY OFFICE HOURS

May 13, 2024, 7 p.m.-8:30 p.m.

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



Extension Master Gardener-Fall Session of Foundations of Gardening

"Foundations of Gardening" Scholarship period opens May 29, 2024



MICHIGAN STATE UNIVERSITY Extension

Foundations of GARDENING

Fall session runs Sept 3-Nov 19. Scholarships available-applications accepted May 29-June 26, 2024

Want to learn more?
canr.msu.edu/courses/foundations-of-gardening



Welcome! We are excited you are considering becoming an Extension Master Gardener! The excellent training is the same, but the process has changed. Effective in 2024, the training is called, "Foundations of Gardening." It's completely online and now offers a certificate for those who successfully complete the training. This is the basis for the Extension Master Gardener program.

Programs for 4-H Adult Volunteers

4-H Volunteers Webinars

Volunteer with Michigan 4-H and help grow true leaders in your community by empowering young people with skills to lead for a lifetime.

[MICHIGAN 4-H VOLUNTEER WEBINAR SERIES: PREPARING 4-H'ers FOR FAIRS AND SHOWCASES](#)

A webinar series that will provide Michigan 4-H volunteers with a variety of learning opportunities to help them grow as a volunteer and support the Michigan 4-H'ers. This session is Preparing 4-H'ers for Fairs and Showcases.

May 13, 2024
7 p.m.-8 p.m.

[4-H VOLUNTEER WEBINAR: MANAGING RISK FOR VOLUNTEERS](#)

A webinar series that will provide Michigan 4-H volunteers with a variety of learning opportunities to help them grow as a volunteer and support the Michigan 4-H'ers. This session is Managing Risk for Volunteers.

May 22, 2024
[Noon-1 p.m.](#)
or
[7 p.m.-8 p.m.](#)

[MICHIGAN 4-H ALUMNI AND SUPPORTERS WALKING CHALLENGE](#)

May 5-June 1, 2024

All Michigan 4-H Alumni and Supporters are invited to compete in a virtual Walking Challenge! We are encouraging all Michigan 4-H Alumni to get active and stay healthy!

Youth Programs

[ADULTING 101-BUILD AND PROTECT YOUR CREDIT](#)

May 15, 2024, 5 p.m.-6 p.m.

Learn why your credit matters, how to start obtaining credit and how to manage it.

[Click here to see a complete listing of Adulting 101 topics for 2024.](#)

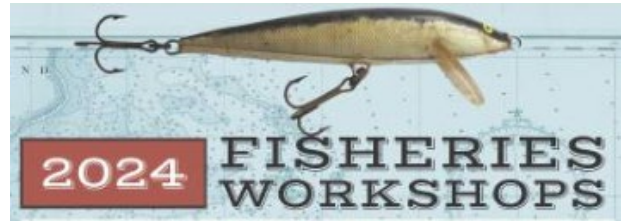
Natural Resources

Our natural resources programs improve public understanding, help landowners and communities use those assets for sustainable long-term social and economic development and conserve natural resources for future generations.

[HURON-MICHIGAN VIRTUAL FISHERY WORKSHOP](#)

May 1, 2024, 6:30 p.m.-8:30 p.m.

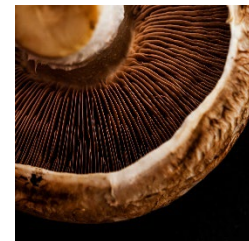
Workshop discussing topics related to anglers, charter captains, resource professionals, and other community members interested in fishery management.



[PRESERVING MI HARVEST-THE FUNGI AMONG US-FORAGING AND PRESERVING](#)

May 2, 2024 1-2 p.m. and 6-7 p.m. ET Zoom Webinar

Interested in mushrooms? Explore tips on foraging, preserving and using mushrooms safely with us.



Mindfulness * Mental Health * Healthy Relationships

Mindfulness, Mental Health, Healthy Relationships

Research has shown that mindfulness, good mental health and healthy relationships are effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions.

[MENTAL HEALTH FIRST AID](#)

Mental Health First Aid certification course is for adults 18 years and older who hope to learn how to assist other adults experiencing a mental health challenge or crisis. Choose one of the four options below to register. Cost: \$45

Option 1	Option 2	Option 3	Option 3
May 1, 2024 and May 2, 2024	May 7, 2024 and May 8, 2024	May 16, 2024	May 22, 2024 and May 23, 2024
8:30 a.m. to 12:30 p.m.	12:30 p.m. to 4:30 p.m.	8:30 a.m. to 4:30 p.m.	12:30 p.m. to 4:30 p.m.

[STRESS LESS WITH MINDFULNESS](#)

Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more. Meets weekly.

May 2, 2024 to
May 30, 2024
8:30 a.m.-9:30 a.m.

[STRONGER MEMORY](#)

Stronger Memory is designed to help older adults alleviate symptoms of mild cognitive impairment and early-stage dementia.

May 13, 2024
1 p.m.-3:30 p.m.

En Espanol

[TOMANDO CONTROL DE SU SALUD \(SPANISH CHRONIC DISEASE PATH ONLINE\)](#)

May 8, 2024 – June 26, 2024

¡Les invitamos a tomar control de su salud! Este taller en línea es para adultos de todas las edades que padecen de una enfermedad crónica y sus familiares/cuidadores.

Sleep * 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 vast knowledge and resources of MSU directly to your community.

ONLINE: SLEEP EDUCATION FOR EVERYONE

SLEEP is a program. for everyone who is looking for more sleep or better quality of sleep. Meets weekly.

May 2-June 6, 2024

12:30 p.m.-1 p.m.

SLEEP: SLEEP EDUCATION FOR EVERYONE

SLEEP is a program. for everyone who is looking for more sleep or better quality of sleep. Meets weekly.

May 17-June 21, 2024

Noon-12:30 p.m.

SMART FOOD CHOICES MINDFUL WEDNESDAY 5.8

May 8, 2024 12:15PM – 1:00PM Online

Planning meals can be overwhelming and sometimes frustrating. Learn ways to make meals healthy and on budget.

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](#).

Business * Agribusiness

Business, Agribusiness

MSU Extension works to increase people's success while protecting the environment, ensuring food safety, reaching new markets and advancing agriculture through applied research.

FIELD CROPS VIRTUAL BREAKFAST SERIES

This series is live via Zoom every Thursday morning through September 19, 2024. This free, weekly series provides timely and relevant information to field crop farmers and consultants on rapidly changing crop and environmental conditions, pests, and diseases.

Topics are flexible and loosely established at the beginning of the season and can change to address rapidly changing concerns such as flooding and drought.

Weekly via Zoom, 7 a.m.-8 a.m.

- May 2-[Staging Crop Growth Stages](#)
- May 9-[Managing Corn and N After Waterlogging](#)
- May 16-[Post Weed Control Management](#)
- May 23-[Dry Bean Planting Options](#)
- May 30-[Wheat Fungicide Recommendations](#)

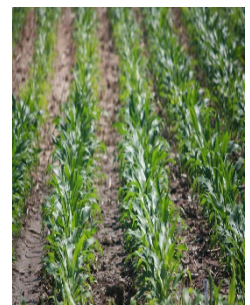


Photo by Amanda Mitchell

SAVVY TIPS FOR STARTING A SMALL BUSINESS

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

May 22, 2024
4 p.m.-5 p.m.

Food Preservation * Food Safety * Food Safety Hotline

Food Preservation, Food Safety

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

**MSU Extension's Food Safety Hotline
1-877-643-9882**

MICHIGAN COTTAGE FOOD LAW

Food safety practices related to producing cottage foods and how to start a cottage food business.

May 8, 2024

10 a.m.-Noon
or
May 20, 2024
2 p.m.-4 p.m.

PANTRY FOOD SAFETY-IT'S YOUR JOB

Training for staff and volunteers who work at food banks, food pantries, and other charitable food distribution sites.

May 8, 2024
6 p.m.-8:30 p.m.

COOKING FOR CROWDS

Food safety training for community volunteers who handle food for food fundraisers, recognition events, and bereavement meals.

May 8, 2024
2 p.m.-4:30 p.m.

GUIDANCE FOR THE FOOD HANDLER AND MANAGEMENT OF HALAL FOOD

This course covers the key concepts of what food is considered halal and how to preserve the integrity of this food.

May 23, 2024
1 p.m.-2:30 p.m.

Oakland County MSU Extension Community Nutrition Instructor(CNI) – A Success Story By Nancy Hampton, SNAP-Ed

I taught a nutrition education series at Samaritas Affordable Living in Rochester Hills. They wanted to learn how to cook for one person, so we did the **Cooking For One** series. I was very impressed at the dedication they gave to the classes. Each week the participants worked together to prepare their food. There were 4 participants that were wheelchair-bound. The effort they put into the preparation was heart warming. Each one of them took great care and patience as they made the Veggie-Meat Burgers.

Richard was so happy to be able to cook for himself. He stated that he always loved to cook, but thought it was over when he became disabled.





Oakland County MSU Extension (CNI)

By Iteria Finley, SNAP-Ed

I had a table at the Senior Summit Event (OTP), Resource Fair for 50 and Better, at City of Southfield Parks & Recreation Center and provided information about our class Be Healthy, Be Active.

One attendee came up to me and said, "I remember taking your class in 2017 (Be Healthy, Be Active) at the Southfield

Parks & Recreation Center. I learned so much, healthy recipes, reading labels, and food safety. I'm still practicing everything you taught us in the classes. Also, I'm still practicing the 2-hour rule, no longer leaving food out on the counter. Great program! Planning to take Cooking For One."

MSU Extension is hiring!

Community Nutrition Instructors in Oakland, Lapeer and Wayne County. [MSU Careers Recent Jobs](#)

Look ahead and save the date!

Horticulture

[MSU TOLLGATE SPRING PLANT SALE](#)

June 1, 2024, 9 a.m.-2 p.m.

MSU Tollgate Farm

28115 Meadowbrook Road, Novi, MI 48377

Tollgate's Spring Plant Sale offers a variety of perennials for every gardener's taste.

[DIG AND DIVIDE](#)

June 6, 2024, 6 p.m.-7:30 p.m.

Macomb County MSU Extension

VerKuilen Building, Entrance E

21885 Dunham Road, Clinton Township, MI 48036

Learn about plants in the MSU Macomb Demo Garden and best practices for plant division.



Food Safety

[SERVSAFE® MANAGER TRAINING AND CERTIFICATION EXAM-LAPEER COUNTY](#)

June 18, 2024, 9 a.m.-5 p.m.

Lapeer County MSU Extension

1800 Imlay City Road, 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. Cost: \$75 plus cost of materials.

Public Policy

[SITE PLAN REVIEW FOR PLANNING COMMISSIONERS](#)

June 20, 2024, 6:30 p.m.-7:30 p.m.

This webinar series is designed to offer continuing education for Master Citizen Planners in a convenient online opportunity and is open to all planning and zoning officials. Cost: \$10 for MCPs; \$20 for regular registrants.

Other resources:

[Oakland County Annual Report 2023](#)

Michigan State University Extension continues to serve the residents of Oakland County through the educational process that applies knowledge to critical issues, needs and opportunities.

Extension Master Gardener The Oakland Gardner Newsletter

<https://conta.cc/3PJqtBu>

4-H Clubs

<https://www.canr.msu.edu/oakland/4-h/club-information>

4-H newsletter

[April 2024](#)

Tollgate Farm and Education Center - Newsletter

<https://www.canr.msu.edu/tollgate/index>

Hold your event at Tollgate Farm



28115 Meadowbrook Road
Novi, Michigan 48377

Host Your Next
Event Here At
Tollgate Farm!

Rental space available with unique
and historic charm

Americana Boardroom • Pavilion
Conference Center • Historic Barn
Gardens and more...

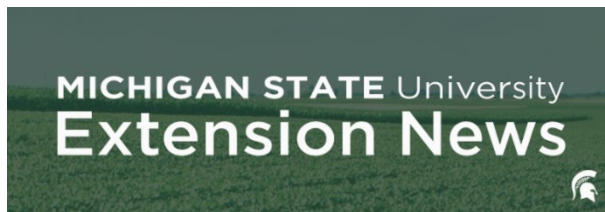
Michigan State University Extension
Tollgate Farm and Education Center

Weddings, Birthday Parties,
Business Meetings, Conferences,
Retreats, Graduation Parties

Add-on an education activity or
outdoor adventure on the farm for your group!

Call (248) 347-3860 Ext 200
for rental fees and availability
www.canr.msu.edu/tollgate

Booking Now
For 2024!



Want to learn more about MSU Extension? [Sign up for the MSU Extension newsletter](#) and choose from over 70 topics and interests.

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