



# Kalkaska County

## 2017–2018 ANNUAL REPORT

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## > FROM THE DISTRICT COORDINATOR:

Over the past year, Michigan State University (MSU) Extension partnered with Kalkaska County to continue strengthening youth, families, businesses and communities. Your MSU Extension staff members, grounded in local relationships, serve by bringing the university's research and resources to provide outreach and education in the areas Kalkaska County residents need it most.



In this report, we're excited to share about the people and programs that are improving the lives of Kalkaska County residents in many ways, including helping grow Michigan's agriculture economy, encouraging sustainable use of our natural resources, controlling health care costs by giving individuals the information they need to manage chronic illness and preparing tomorrow's leaders. From an in-person workshop to online education, MSU Extension professionals work every day to provide the most current information when people need it to ensure their success – in the workplace, at home and in the community.

We're passionate about serving Kalkaska County and are looking forward to a new year of serving. Thank you for your continued support of MSU Extension and for partnering with us to make a difference.

Jennifer Berkey

District 3 Coordinator

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## > MEASURING IMPACT:

### CONNECTING WITH RESIDENTS

Developing Youth & Communities .....	469
Keeping People Healthy.....	1,262
Supporting Food & Agriculture, Fostering Strong Communities & Businesses, and Enhancing Our Natural Assets .....	85
<b>TOTAL PARTICIPANTS IN KALKASKA.....</b>	<b>1,816</b>



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# DEVELOPING YOUTH AND COMMUNITIES

MSU Extension 4-H youth participants learn life skills through hands-on experiences, with the guidance of caring adult volunteers and teen leaders. These life skills prepare them for the workforce—especially careers in science, technology, engineering, the arts, and mathematics (STEAM). Extension programs help children develop early literacy skills that support school readiness. In 4-H they learn and practice leadership and decision-making qualities that increase their likelihood of becoming civically active. 4-H'ers demonstrate fewer high-risk behaviors, such as drug use, and they learn to complete tasks, solve problems, and are more likely to seek help from peers and adults when needed. This ensures that more young people succeed in school, attend college, and contribute positively to their counties.

## 4-H'ers are...

<b>4X</b>	<b>more likely to give back to their communities</b>
<b>2X</b>	<b>more likely to make healthier choices</b>
<b>2X</b>	<b>more likely to participate in STEM activities</b>

## Kalkaska County 4-H has had a busy year!

This year, two new 4-H volunteers were certified as **Michigan 4-H Shooting Sports Shotgun instructors**. Additionally, new volunteers were accepted for **4-H Dream Team Baseball** as well as livestock clubs and **4-H Flight Club**, which is in the works for 2018/19! Kalkaska County 4-H also gained a 4-H equine club, the **4-H Ranch Hands**, with two new leaders.

**Mock Interview Day** at Kalkaska High School was held December 15th, 2017. Students participated in a mock job interview with local employers, and were also able to receive feedback on their resumes. Thirty-four 12th grade students participated in the event. Youth worked during class time in the month leading up to the event to prepare a resume which they brought with them to be evaluated and critiqued. A follow up event was held during class time the week after, where students were led through activities relating to writing thank you notes. As a result of Mock Interview Day,

- 94% of students believed they would do a better job interviewing in the future
- 77% thought they felt more prepared to join the workforce
- 80% indicated they have more confidence in their ability to do well in a job interview
- 83% indicated they gained life skills needed to get a job



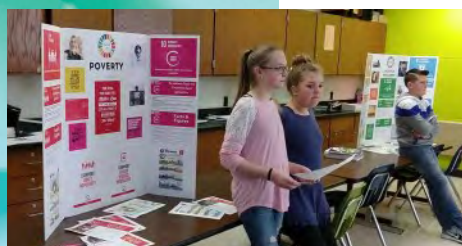
"This really helped me with what to say and how to do a good interview."

"Thank you for preparing me."

~ Mock Interview Youth Participants

## Developing Youth and Communities, continued

4-H programming at Forest Area Community Schools: SEEDS afterschool program for 4th to 10th graders offered a time for youth to learn teambuilding, communication, and leadership skills. Youth worked together to complete a series of challenges, including building a bridge out of spaghetti noodles and marshmallows.



"The Future We Want" workshop was facilitated by Brian Wibby, MSU Extension Educator, with Kalkaska Middle School 8th grade careers classes. Four classes over the course of two days were able to learn about and discuss the 17 Sustainable Development Goals, and learn how youth can make a difference to fight extreme poverty, inequality, and justice as global citizens.

Fifty area youth participated in a Fun, Family, and Fitness open house style event Sept 23, 2017. Activities included an obstacle course, healthy food challenge, smoothie bike, face painting, exercise, commodity carnival, dog powered sports demos, snacks, paper airplane tests, and 4-H club info.



Teens with livestock projects were offered the opportunity to learn how to properly give injections to their animals. Liz Birgy, 4-H mom and Registered Nurse at Kalkaska Memorial Health Center, led 21 team 4-H members through an animal science lesson called "Livestock Injection Methods." Participants were able to practice their subcutaneous and intramuscular injections on bananas, oranges and raw chicken breasts, using actual needles. In addition to learning how to give an injection, youth learned medication withdrawal periods and how to read medication labels.

Amy Saxton, Kalkaska county 4-H member, was selected as the Michigan State 4-H sportsperson of the year for 2017. The award is given to one youth statewide who exemplifies the Michigan 4-H definition of a good sport by demonstrating respect for animals, respect for opponents, respect for the traditions of the sport, and respect for others.



"Multiple times during fair week, I witnessed Amy stop what she was doing to help a youth with their project animal. She exemplifies using your hands for larger service for your club and community."

- Excerpt from nomination letter

## Developing Youth and Communities, continued

**State awards:** One youth from Kalkaska applied for a 4-H State Award in the project area of rabbits, in the junior division. She was selected as the regional junior winner and went on to the state competition held during 4-H Exploration Days. Junior division State Awards candidates spend an afternoon in a workshop learning skills such as a business handshake, building a resume, and practicing interview skills.

The Northern Michigan 4-H Rabbit and Poultry Palooza was held in Kalkaska on May 5th. Twenty-nine youth from 6 counties came to gain hands-on experience with rabbit and poultry topics in this all-day workshop. Participants chose four breakout sessions to attend, including topics such as rabbit and poultry nutrition, basic poultry first aid, rabbit agility, raising meat birds, showmanship, and a track specifically for 5-8 year olds. The event was a huge success and is planned to repeat in 2019.

Youth who market a 4-H animal at the Kalkaska County Agricultural Fair are required to submit a record book in order to be part of the 4-H livestock auction. In 2017, over 40% of record books turned in by youth ages 9-19 had at least one page that was completely blank. (This number did not count youth who were first year members!) In April of 2018, a **record book workshop** was held to help youth learn how to keep better records. Thirty-nine youth attended, along with 7 adults. Youth learned the importance of keeping accurate records of feed, medication, vet care, expenses, etc, and how to calculate their break even price. Record keeping is a life-long skill that is useful far beyond livestock projects. By learning how to keep detailed health or expenses records for an animal, youth can apply those skills to future business endeavors, their own health records, and other practical areas.

## ROLES FOR YOUTH AND THE SUSTAINABLE DEVELOPMENT GOALS

### CHANGE MAKERS



Young people have the power to act and mobilise others. Youth activism is on the rise the world over, bolstered by broader connectivity and access to social media.

### CRITICAL THINKERS



Part of being young involves making sense of personal experiences and asking questions about the world around you. Youth have the capacity to identify and challenge existing power structures and barriers to change, and to expose contradictions and biases

### INNOVATORS



In addition to bringing fresh perspectives, young people often have direct knowledge of and insights into issues that are not accessible to adults. Youth best understand the problems they face and can offer new ideas and alternative solutions.

### COMMUNICATORS



Outside the international development sector, few people are aware that world leaders have come to a historic, far-reaching agreement to improve the lives of people and the planet by 2030. Young people can be partners in communicating the development agenda to their peers and communities at the local level, as well as across countries and regions.

### LEADERS



When young people are empowered with the knowledge of their rights and equipped with leadership skills, they can drive change in their communities and countries. Youth-led organisations and networks, in particular, should be supported and strengthened, because they contribute to the development of civic leadership skills among young people, especially marginalised youth.

#### SOURCE:

<https://www.un.org/sustainabledevelopment/youth/>



# KEEPING PEOPLE HEALTHY & ENSURING SAFE FOOD

When you support MSU Extension, you help participants learn safe food handling practices, increase their physical activity and improve the quality of their diets. Extension programming also helps decrease incidents of violence and bullying. Encouraging these healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

## Fostering Health through Nutrition and Physical Activity

### Our Challenge

Obesity has important consequences on our nation's health and economy. It is linked to a number of chronic diseases including coronary heart disease, stroke, diabetes, and some cancers. Among adults, the medical costs associated with obesity are estimated at 147 billion dollars. According to The State of Obesity: Better Policies for a Healthier America released in 2017, Michigan has the 10th highest adult obesity rate in the nation. Michigan's adult obesity rate is currently 32.5 percent, up from 22.1 percent in 2000 and from 13.2 percent in 1990.

**\$1 = \$10**



**EVERY \$1 SPENT ON NUTRITION EDUCATION SAVES AS MUCH AS \$10 IN LONG-TERM HEALTH CARE COSTS.**

### Healthier Lives through Nutrition Education

Michigan State University Extension supports individual and community level, or public health approaches, to prevent obesity. Through the United States Department of Agriculture Supplemental Nutrition Assistance Program Education (SNAP-Ed), we provide exemplary nutrition and physical activity education for

limited resource participants where they eat, learn, live, work, play, and shop. Program and outreach efforts aim to increase the likelihood that limited resource youth, adults and seniors can make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.

There have been notable successes as a result of our direct education in the community. MSU Extension Program Instructors draw from evidence-based curricula to reinforce healthy eating and physical activity promotion among youth, adults and seniors throughout Kalkaska County.

### Nutrition Education Participants:



**130  
Adults**

**269  
Youth**

### Making the healthy choice easier - Supporting Changes to the Policies, Systems, and Environment

MSU Extension works to create a culture of health and wellness by providing coaching at the organization level. We provide technical assistance in assessing the environment,

## Keeping People Healthy, continued

including policies and the physical space, creating an action plan, and implementing the action plan to work towards best practices related to nutrition and physical activity.

### Childcare

MSU Extension provides childcare providers with health and wellness education and environmental coaching. Whether it's a family-care home-based or center-based provider, MSU Extension nutrition programs help incorporate the best practices for feeding children and creating place that support healthy living.

### Worksites

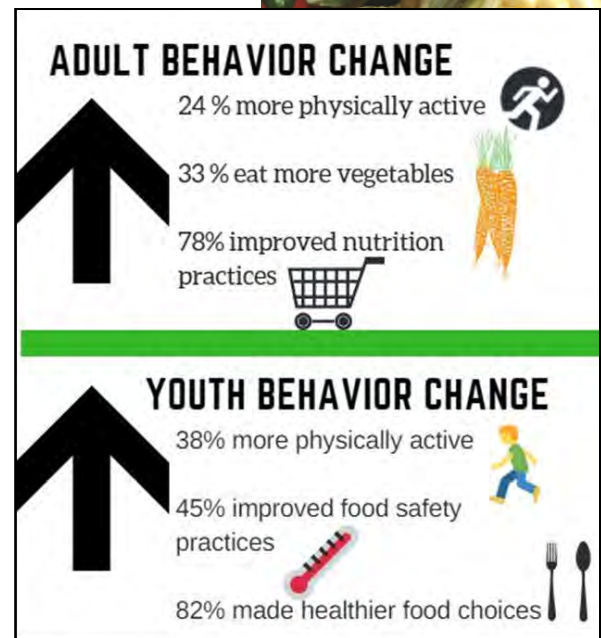
Healthy employees are proven to be happier and more productive. MSU Extension health and nutrition staff work with employers to create a culture of health and wellness within the workplace. To have the most profound impact on individual health behavior is to make the healthy choice the default or easy choice in all environments.

Focusing on healthier worksite environments as opposed to only one time programs is recognized as best practice. The Designing Healthy Environments at works (DHEW) assessment and process is considered a policy, systems and environmental (PSE) change strategy. PSE is used to improve the health of the workforce through long-lasting, sustainable change.

### Schools

The school environment has shown to be a ripe opportunity to make meaningful impact. As the places where children spend much of their time and often eat at least half of their calories, schools are a primary driver in young people's knowledge of, attitudes about, and access to food. MSU Extension works with food service staff, teachers, principals, and youth to facilitate sustainable changes to school policies, systems, and environments so that healthy choices are easier.

Thanks to a partnership with the United Dairy Industry of Michigan, MSU Extension facilitates *Fuel Up to Play 60*. Launched by National Dairy Council and the National Football League in collaboration with the U.S. Department of Agriculture, *Fuel Up to Play 60* encourage today's youth to lead healthier lives. MSU Extension staff facilitate *Fuel Up to Play 60* and Smarter Lunchrooms throughout the northwest Michigan region. MSU Extension staff have been successful in working with school teams to acquire funds to enhance the school environment and offer engaging cafeteria taste tests. MSU Extension Program Instructor, Caitlin Lorenc, worked with school teams from Kalkaska Middle School



For youth and adults who took part in series-based classes, increases were reported in areas of behavior.



## Keeping People Healthy, continued

**\$ 7,833**

Value of grant funds to Kalkaska Middle School and Birch Street Elementary as a result of MSU Extension Fuel Up to Play 60

**863**

Youth participants

and Birch Street Elementary School to assess and implement effort to support a healthy school environment. Through this effort, the following are some of the items that have been purchased through our work:

- Cafeteria menu board
- Materials to build a 3-bin compost system
- Serving bowls for fresh fruit in cafeteria
- Cafeteria mural
- A variety of physical activity equipment such as sleds, hula hoops and footballs

### Connecting kids to healthy food in schools – FoodCorps service

MSU Extension serves as one of six FoodCorps service sites in Michigan. FoodCorps is a national organization working to connect kids to healthy food in school, so they can lead healthier lives and reach their full potential. Through this program, MSU Extension staff member Sarah Eichberger provides leadership and support to a FoodCorps service member. Service members support Farm to School strategies through delivery of hands-on nutrition and food systems education in classrooms, support healthy school meal, and work with the whole school community to support a school wide culture of health. Throughout the last year MSU Extension's FoodCorps service member Sarah Perez-Sanz has served Rapid City Elementary School. From September 1, 2017 – early April, Sarah taught 25 engaging, hands-on lessons in 2 classrooms and exposed all school students and staff to 8 engaging cafeteria taste tests. MSU Extension relies on the strong partnership with school staff to ensure successful and meaningful FoodCorps service.



A student at Rapid City Elementary votes after tasting roasted cauliflower.



Rapid City Elementary School Kitchen Manager Nikole returned from a Great Lakes Culinary Institute trip to Italy and adopted a homemade gnocchi pasta recipe for students, and paired it with roasted carrots and broccoli – favorites from cafeteria taste tests.

“Students love the plant parts song and we have used it several times throughout our learning units.”  
- Kindergarten Teacher, Rapid City Elementary

“Your lessons have made a difference for my students. Thank you for all you do!”  
- Kindergarten Teacher, Rapid City Elementary

### Partners

Local partnerships are critical to the success of our work. Relationships with Kalkaska Public Schools, Forest Area Community Schools, SEEDs, Kalkaska Teen Health Center, and District 10 Health Department play a key role in helping to plan and host MSU Extension community nutrition interventions throughout Kalkaska County.

# SUPPORTING AGRICULTURE & AGRIBUSINESS

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## Dairy Production and Health

### Milking Protocol On-Farm Research and Education

Overmilking and improper milk let-down (biphasic milking) by cows can be an issue for Michigan dairy farms. Reducing the incidents of these issues leads to a better milking experience for the cow, improved milk quality, improved cow health, and higher profitability for farms. Overmilking is most often an equipment issue but can be due to protocol issues as well. Biphasic milking is most often an issue of improper protocols or protocols not being followed.

MSU Extension Educator, Stan Moore, provided leadership for this MSU Extension research project that worked with producers across Michigan to:

- Assess their current milk protocols, employee compliance, and milking performance using VaDia vacuum recorders during milking.
- Provide input on participating farms' milk protocols.
- Work with owners/managers to provide suggestions on employee training to improve protocol compliance and milking performance.
- Reassess milking if changes were made based on recommendations.
- Project herd averages for biphasic milking events ranged from 0% to 74% of cows within a given herd. 31% of herds experienced over 30% biphasic milking events, similar to previous research at MSU.
- 84% of project farms had over 30% overmilking within their herds. This overmilking rate was almost double that found in previous research. These results may indicate a need for additional, well trained, agribusiness equipment personnel in Michigan to support our dairy farmers with milking equipment.

Six farms adopted the changes recommended by MSU Extension personnel and were reassessed to determine the impact of these changes.

- Across the six "change farms", the number of biphasic milking events dropped from 24% to 15% of all cows evaluated. Five of the six farms showed a reduction in biphasic events within their herds.
- Overmilking events across the six "change farms" was reduced from 48% to 43% of all cows evaluated. Four of the six farms showed a reduction in overmilking events within their herds. Unfortunately, one farm saw an increase in overmilking events from 31% to 63%. In discussing this with the affected farm, it was noted that their equipment dealer made an error in adjusting the automatic take off settings.



When you support MSU Extension, you help participants learn profitable and efficient business and production practices.



## Supporting Food and Agriculture, continued



**26 Dairy Herds  
Enrolled**



**19,000 Cows  
Represented**



**918 Cows Analyzed  
in First Herd  
Evaluations**



**Parlor design ranged  
from Double 8, Robotic,  
and Stall Rotary Parlors**

### Making More Profit from the Parlor

As a result of the milking protocol research project, an educational program was developed and delivered to five locations across lower Michigan, in January and February of 2018, and broadcast live to an additional location in the Upper Peninsula of Michigan. The title of the program was Making More Profit from the Parlor and included the topics of:

- Lessons learned from project of monitoring milkings
- Developing protocols and training employees
- Handling cows well and holding pen management
- What is parlor efficiency and is it profitable?
- Identifying mastitis and using on-farm cultures
- 3x or 2X, which is best?

At these meetings, results of this Michigan Alliance for Animal Agriculture (M-AAA) research project were shared, as were key points in addressing biphasic and overmilking issues. A total of 59 people attended the five in-person locations with another nine individuals joining from a satellite location in Stephenson, MI. Of these 68 individuals, 52 responded to an on-site evaluation.

Farms reached through this educational program represented >21,000 cows. Through our reach to agribusiness professionals at the program, the messages could get out to another 2500+ farms.

### Supporting Fruit Production

MSU Extension hosted the 2018 Northwest Michigan Orchard and Vineyard Show on January 16-17 at the Grand Traverse Resort. This meeting is an annual collaborative effort among the Grand Traverse Fruit Growers' Council, Parallel 45, the Cherry Marketing Institute, and MSU Extension and AgBioResearch. The 2018 show drew in more than 300 attendees from across the state and country. Tree fruit, grape, and saskatoon educational sessions provided key information to address recent challenges experienced by fruit producers in our region.

## Supporting Food and Agriculture, continued

Recent years have been particularly challenging for cherry growers with the introduction of spotted wing drosophila, and the show provided growers with practical orchard management strategies to help minimize production risks posed by this pest.

The grape session welcomed two out-of-state guest speakers, Dr. Stephan Sommer and Dr. Joe Fiola, who have expertise in fermentation and production methods to improve qualities of red wine. These speakers shared their knowledge to help grape and wine producers enhance Michigan wines.



Lastly, attracting and maintaining an adequate agricultural workforce in the northwest region has also been a concern. A joint session to explore opportunities for agricultural labor in northwest Michigan featured input from growers and contractors who had first-hand experience with H2A and contract labor programs.

### Tree Fruits

Tree fruit integrated pest management (IPM) works toward optimizing economic and environmental sustainability for orchard growers. The seminar series, “IPM Updates,” led by MSU Extension Educator Emily Pochubay provided tree fruit producers and crop consultants in northwestern lower Michigan with timely pest and disease information related to fruit production during the 2017 growing season. Seven, two-hour long meetings were held in 2017 and these meetings reached 167 tree fruit growers. Fruit Educators also hosted 135 participants at the bi-annual Tree Fruit IPM School in Traverse City that attracted growers from across the county.

### Wine Grapes

In August of 2017 Extension hired a new, full-time Viticulture Extension Educator for the Grand Traverse region, Thomas Todaro. Duke Elsner has since been able to direct a greater portion of his time to working with growers of other small fruits, primarily saskatoon berries, raspberries, and strawberries. Todaro and Elsner collaborated on the Wine Grape Vineyard Establishment Conference held at the Northwest Michigan Horticultural Research Center in February.

### Saskatoon Berries

Duke Elsner coordinated the establishment of a new block of saskatoons at the Northwest Michigan Horticultural Research Center in 2017. Part of this planting is a variety trial to help determine the best varieties for northern Michigan. Over 500 plants of two varieties were also established to serve as a site for testing cultural practices and pesticide efficacy trials. Pesticide recommendations for Michigan Saskatoon growers were added to the 2018 edition of the Michigan Fruit Management Guide, Extension Bulletin E154.





# FOSTERING STRONG COMMUNITIES

When you support MSU Extension, participants learn how to implement best practices in good governance that keeps communities solvent, productive and engaged; learn effective conflict management skills that help leaders and residents work collaboratively on complex issues; and engage youth leaders in decision-making. In the personal finance area, MSU Extension helps youth and adults alike learn the skills they need to increase their savings, manage their spending avoid predatory lending and reduce mortgage defaults. All of these outcomes help lower the cost of governmental services and lead to personal and community stability, strong neighborhoods and safe communities.

**Northern Michigan Counties Association**, organized by MSU Extension, county commissioners from 34 counties in northern lower Michigan meet 8 times per year to share information and learn from the experiences of others.

**Building Strong Sovereign Nations** is a leadership building program developed by MSU Extension in cooperation with leaders of Tribal Nations in Michigan and delivered annually in conjunction with the United Tribes of Michigan fall meeting. The program is open to leaders from all Tribal Nations in Michigan and is also available to leadership and staff of individual tribes. Onsite workshops are also available.

**Open Meetings Act/Freedom of Information Act (OMA/FOIA) Workshops** were presented by MSU Extension for local government leaders in 2017.

**Pension and OPEB Legislation Breakout Session** at the 2018 MAC Legislative Conference to update commissioners about the Michigan Department of Treasury analysis, funding levels that trigger additional action by local units and the waiver request process created in last year's legislation.

A **How to Run Effective Meetings** program was held this past January at the Village of Kalkaska for the Downtown Development Authority (DDA). The program focused on understanding a handful of best practices for running effective meetings and how it can improve meeting productivity and efficiency. It gave participants a grasp of parliamentary procedure, how to follow board rules and agendas, and how respecting member roles can make everyone better leaders. When leaders exhibit such skills and follow the rules, the public will too.

The Kalkaska Village DDA Board also requested a workshop on conflict of interest, ethics, and good governance for boards that was provided by MSU Extension in early 2018.

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