



# Antrim County

## 2018–2019 ANNUAL REPORT

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## FROM THE DISTRICT DIRECTOR:

I'm delighted to share the results of another successful year of partnership between Antrim 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.



MSU Extension offers a broad range of research-based educational services to county residents. Over this past year, we've empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs.

This year, we've also welcomed Antrim County residents into our online community: we've offered online 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 they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Antrim 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.

Jennifer Berkey



District 3 Director

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**Lanae Bump**  
Community Nutrition Instructor

**Vacant**  
4-H Program Coordinator

**Gayle Rider**  
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**Gloria Campbell**  
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## MEASURING IMPACT:

### CONNECTING WITH RESIDENTS

4-H: Developing Youth & Communities .....	302
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Fostering Strong Communities & Businesses, and Enhancing Our Natural Assets .....	268
<b>TOTAL PARTICIPANTS IN ANTRIM .....</b>	<b>1,138</b>



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# DEVELOPING YOUTH AND COMMUNITIES



The heart of 4-H: volunteers and clubs. The foundation of 4-H is volunteers. These individuals sacrifice their time and resources to provide youth an opportunity to learn valuable life skills while completing hands-on educational projects. Development of new and existing 4-H clubs to facilitate these experiences is essential to the long-term promotion of positive youth development in Antrim County.

## Developing Youth and Communities!

- Antrim County 4-H saw a 25% increase in registered adult volunteers and a 17% increase in the total number of clubs. In particular, a new horse club in Ellsworth – Flying Manes 4-H Club—and a new livestock club in Elmira—Furry Friends 4-H Club. Having clubs in Ellsworth and Elmira presents 4-H an opportunity to serve the youth residents of these communities, something that has not been available the past few years in those locations.
- The Antrim County 4-H Leaders Council added nine volunteers to their council, including three youth. Affording youth a chance to lead their county program gives them the opportunity to learn leadership and team work skills, while also making the program more relevant to its youth members.

## Creating Community Partnerships!

- Antrim County 4-H provided a letter of support to Communities in Schools of Northwest Michigan (CIS), which sought to attain a 21<sup>st</sup> Century Community Learning Centers Grant to help fund after-school and summer programming at Mancelona Middle and Elementary School. Furthermore, the 4-H Program Coordinator and CIS Site Supervisor cooperated on a Memorandum of Understanding between MSU Extension and CIS. This process formalized the collaboration between these two organizations for the betterment of youth living in Mancelona. Because of this work, the 4-H program coordinator was able to provide several educational enrichment activities for youth in the CIS after-school program. Additional educational opportunities from various MSU Extension institutes are now available to CIS program participants and staff because of this collaboration.
- The Antrim County 4-H Program Coordinator initiated conversation with the principal of North Central Academy. Discussing various programming opportunities resulted in the program coordinator connecting with the school's science teacher about using MSU Extension owned robotics kits for after-school programming. Approximately 30 youth are now exploring the science of robotics by engaging in hands-on learning experiences with resources provided by Antrim County 4-H and expertise shared by the North Central Academy Science Teacher.



Members from a Backyard Bunch 4-H club helped serve ice cream on a hot day at the Antrim County Fair!



2018 Exploration Days attendees included: Seth Denomme, Nicholas Wilcox, Dave Vachon, 4-H Program Coordinator, Troy Przybyszewski, and Connor Campbell

## Developing Youth and Communities, continued

### Providing Youth Hands-on Learning Experiences

- **Northern Michigan Rabbit and Poultry Palooza:** A committee of 4-H Program Coordinators, including Antrim County, organized the all-day event. Youth participated in various educational workshops and a showmanship competition. Over 20 youth and their families participated in the inaugural event.
- **Swine Wellness and Senses Workshop:** the 4-H Program Coordinators in Antrim and Kalkaska County planned this workshop. An MSU Extension Educator from campus shared their expertise on animal wellness with an emphasis on best practices for raising a successful swine project. Over 20 youth and adult volunteers participated.
- **Exploration Days:** Antrim County sent six 4-H youth to this annual event. Youth participants spent three days in June on campus engaged in learning activities and meeting other youth from around the state.
- **Cloverbud Day Camp:** Antrim County 4-H and the Antrim County Conservation District hosted a camp on the grounds of the Antrim County Building. Activities focused on nature and environmental education, animal science, and physical fitness.
- **Large Animal Showmanship Clinic:** Almost 30 youth from four different counties attended the event. Youth learned best practices for handling all varieties of large animals and impressing judges in the show ring!
- **4-H International Exchange Program:** Two Antrim County 4-H families hosted youth from Japan and South Korea for six weeks of the 2018 summer. 4-H members from these families reported that the time spent with these exchange students was a “great experience to learn about a culture different from [their] own”.
- **Kids Day at Harbor Days:** Antrim County 4-H planned and led a series of activities for Kids Day at Harbor Days. Almost 300 kids played a variety of fun games at Veterans Memorial Park in Elk Rapids. 10 adult volunteers from the community helped make this event a success for the community of Elk Rapids.
- **Livestock Project Orientation:** 45 youth and adults joined in this orientation. Participants recalled important ideas and concepts from the market and showmanship guidelines for the Antrim County Fair. The 4-H Program Coordinator led a session on best practices for marketing livestock projects. Youth learned several new ways to market their projects and communicate with potential buyers.

### Antrim County 4-H Livestock Auction:



25 Antrim 4-H youth (ages 9-18) participated in the 2018 auction.



56 animals sold at the 2018 4-H Livestock Auction



98 buyers registered to buy at the 2018 4-H Livestock Auction.



Gross sales from the auction totaled \$43,333



Rabbit and Poultry Palooza



Grace Campbell and Owen Hale enjoying Cloverbud Day camp.



Hands-on fun at Cloverbud Day Camp!



Ron Aldrich from Ellsworth Farmers Exchange and Kendra Thomas with her Grand Champion Swine.

# 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.

### 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 limited resource youth, adults and seniors make healthy food choices within a limited budget and choose physically active lifestyles consistent with the Dietary Guidelines for Americans.

MSU Extension Community Nutrition Instructors work in collaboration with local partners to deliver nutrition and physical activity promotion. Staff draw from evidence-based curricula to build knowledge, confidence, and skills around healthy food and beverages and regular movement, or exercise among youth, adults and seniors throughout Antrim County. In March of 2019, MSU Extension was able to fill a vacant full-time Community Nutrition Instructor position. Lanae Bump, a MSU



dietetics graduate, joined our vibrant northwestern Michigan team this spring. Lanae has been busy building a strong foundation of local knowledge and building confidence in delivering MSU Extension nutrition and physical activity community interventions to target Antrim County youth, adults and seniors.



"As the new Community Nutrition Instructor in Antrim and Kalkaska counties, I am excited to combine my background in Dietetics, Health Promotion and Culinary with the education provided by MSU Extension. Nutrition education can have a lasting impact on people; I want to be a part of that!"

Lanae Bump, Community Nutrition Instructor

## Keeping People Healthy, continued

### Making the Healthy Choice Easier - Supporting Changes to Policies, Systems, and Environment (PSE)

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, 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 assists 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 places 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 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.

#### Partners

Local partnerships are critical to the success of our work. Relationships with Alba Public Schools, Good Samaritan Food Pantry, and Rapid City Elementary are some of the partners that help support and host MSU Extension nutrition and physical activity interventions throughout Antrim County.



## Keeping People Healthy, continued

### Social Emotional Health

Promoting health and well-being includes understanding important connections between physical, mental, social and emotional health. Social and emotional health encompasses forming and maintaining satisfying and healthy relationships, taking another's perspective, resolving interpersonal conflict, feeling capable and whole, expressing emotions, navigating stress, having supportive relationships, and having a positive sense of self. As is true for all aspects of human development, social and emotional health must be addressed across multiple levels, including the personal, interpersonal, institutional and cultural levels.

#### Stress Less with Mindfulness

Mindfulness means paying attention to the present moment without judgement. Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression and physical tension, and may be helpful in managing chronic conditions such as cardiac disease and diabetes. By offering people of all ages alternative ways of relating to life experiences, including thoughts, emotions, physical sensations and events, Stress Less with Mindfulness teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life more.

In 2018, Social Emotional Educator Patty Roth collaborated with the Traverse Bay Area ISD to offer 5 Stress Less with Mindfulness Series. Over 100 students from the Life Skills Center participated in Stress Less classes. The Life Skills Center serves students age 16-26 with moderate to severe cognitive impairments, emotional impairments or autism. The students in this class often work with outside agencies to gain skills that will assist them with independent living.

Simultaneously, 12 teachers from the Life Skills participated in their own Stress Less with Mindfulness classes to practice mindfulness and support and learn new skills to support their own self-care efforts as well as incorporate into their classrooms.

At the conclusion of the school year, a final presentation of Mindfulness was conducted with the TBAISD for 65 students and staff as they set off into their summer. Prior to the sometimes stressful holidays, Patty was invited back to teach a self-care workshop for 52 students and staff to refresh their skills in managing stress through mindfulness.

#### Weathering the Storm in Agriculture: How to Cultivate a Productive Mindset

Numerous factors may cause stress for farmers. Many farmers face financial problems, price and marketing uncertainty, farm transfer issues, production challenges and more. Farmers and their families may struggle with stress, anxiety, depression, burn out, indecision or suicidal thoughts. This workshop was designed to help participants understand the signs and symptoms of chronic stress and includes resources about how to handle stress for a more productive mindset on the farm.



In 2018, 85 fruit producers learned to:

- Identify stress signs and symptoms.
- Practice three everyday strategies for managing stress
- Find out where to go for additional help and resources
- Make an action plan for managing stress

# SUPPORTING AGRICULTURE & AGRIBUSINESS

## Supporting Fruit Production

The 2018 Northwest Michigan Orchard and Vineyard Show attracted 305 participants over the course of the two-day educational program held at the Grand Traverse Resort in Acme, Michigan. This meeting was a collaborative effort among the Grand Traverse Fruit Growers' Council, Parallel 45, the Cherry Marketing Institute, and MSU Extension and AgBioResearch. The 2018 show provided producers with the latest in fruit-related research and extension including research updates for tart cherries, sweet cherries, apples, wine grapes, and berry crops that addressed production and marketing. Topics included spotted wing drosophila (SWD) monitoring and management strategies, opportunities for fresh market sweet cherries, trends on cherry imports, worker protection standards, farm transition, labor, fire blight, plant growth regulators, pollination, and emerging pests. The show was a great success and attendees provided many positive comments and feedback. Each year the show is supported by many local, statewide, and national sponsors. This program was coordinated and hosted by Emily Pochubay, Nikki Rothwell, Erwin "Duke" Elsner, and Thomas Todaro. These educators also provided presentations in their respective areas of expertise.

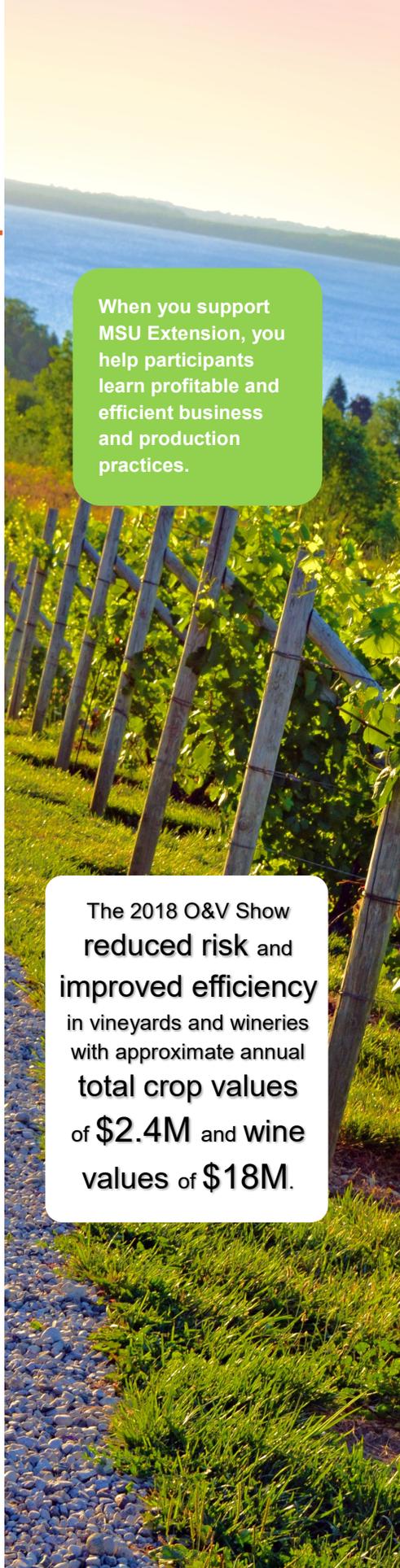
### Wine Grapes

Over 120 grape and wine producers, both locally and across the state, attended the Orchard and Vineyard Show to hear the most recent information from a mix of in- and out-of-state researchers on techniques to improve wine quality, expand vineyards with new cultivars, disease management considerations, improve fruit quality and reduce insect damage, and guidance towards sustainable practices.

Of these wine grape attendees, 105 filled out assessments and represented approximately 1,300-1,500 acres of *Vitis vinifera* grapes which has an estimated annual crop value of \$5 million, and wine value of \$37 million in the northwest region. A post-event survey revealed 80% of attendees have used the information to manage insects, 82% improved yield, 73% minimized crop damage, and 85% used the information to make post-harvest management decisions, i.e., fermentation and enological decisions.

### Tree Fruits

Tree fruit integrated pest management works toward optimizing economic and environmental sustainability for orchard growers. The seminar series, "2018 IPM Updates," was coordinated and hosted by MSU Extension educator, Emily Pochubay, and provided tree fruit producers and crop consultants in northwestern lower Michigan with timely pest and disease information related to fruit production during the 2018 growing season. Eight of the 32 seminars held during the 2018 growing season



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

The 2018 O&V Show reduced risk and improved efficiency in vineyards and wineries with approximate annual total crop values of **\$2.4M** and wine values of **\$18M**.



## Supporting Food and Agriculture, continued

were held in Grand Traverse county. Each seminar was a two-hour session in which educational information such as factsheets, articles, presentations, and quizzes were presented by Emily Pochubay and invited speakers. Over the course of this program, Pochubay hosted 454 participants comprised primarily of northwest Michigan fruit growers and local crop consultants. A post-series survey polled 48 participants who represented approximately 1,576 acres of apples and 7,413 acres of cherries in northwest Michigan. All participants reported that attending IPM Updates improved their knowledge of practices that helped them to reduce production risks.

### Native Pollinator & Monarch Butterfly Conservation

Duke Elsner provided educational programming on native bees, butterflies, and other insects several times during 2018. Audiences included garden clubs, conservation organizations, and elementary schools. A Pollinator Health meeting was held in April, bringing together representatives from public and private organizations, agriculture and the general public to discuss pollination-related issues in the Grand Traverse region. Duke also wrote a “Pollinator Outlook” for the Grand Traverse Business Journal annual outlook that was published by the Record Eagle in November.

### Home Horticulture

Through volunteer outreach, Extension Master Gardeners shared science-based gardening knowledge, engaged citizens and empowered communities in environmentally responsible gardening practices, improving food security, improving community, and developing youth through gardening.

Master Gardener volunteers spent time on projects benefiting the community like environmental stewardship, therapy gardens, community beautification, youth gardening, and growing food for donation to local food banks. Other hours were spent sustaining the program with volunteer management and recruitment and/or supporting MSU Extension in its mission to bring the University’s resources closer to our local residents.

Other **Consumer Horticulture** programming and services available for residents of Antrim County include:

- Gardening Hotline
- Gardening in Michigan website
- Ask an Expert online system
- Smart Gardening programming
- Soil tests for home gardens, yards and landscape plants



## Supporting Food and Agriculture, continued

### 2019 Northern Michigan Small Farm Conference

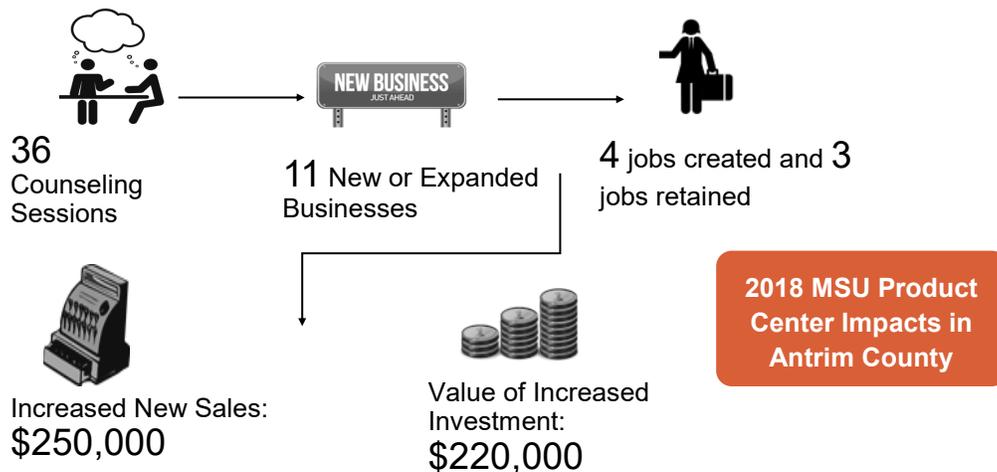
The 20<sup>th</sup> Annual Northern Michigan Small Farm Conference (NMSFC) was held on January 25 and 26, 2019 at the Grand Traverse Resort and Spa in Acme. Over 1,042 farmers, growers, and food enthusiasts from all around the state, Midwest, and Canada took part in numerous activities which included 3-intensive pre-conference sessions, 34-main Conference workshops, and a large trade show. Topics covered included Soil Health and Nitrogen Return from Cover Crops, Veterans in Farming, Saving Historic Barns, Grafting Fruit Trees, and Ways to Get Youth Involved in Agriculture, Conference attendees also enjoyed great local food, with both lunch and dinner menus having well over half of their products sourced from either “hyper local” (40 miles or less) growers or farmers from elsewhere in Michigan.

The Conference has deep roots with MSU Extension, starting as a University-led grazing conference in 2000. This past year, 9 MSU and MSU Extension Educators led workshops, while additional staff answered questions and provided resources as a part of the Trade Show. Two MSU Extension staff also participate on the Conference Planning Committee.

This year’s attendance roster showed that 30+ individuals from Antrim County attended the NMSFC.

### Assistance to support beginning farmers across MI

The MSU Product Center Food-Ag-Bio assists county residents in developing products and businesses in the areas of food, agriculture, natural resources and the bio economy. The MSU Extension Educator has special training as an innovation counselor to deliver these services. Business counseling is conducted on a one-on-one basis and may take place at the MSU Extension office or the client’s home or business location. The assistance provided is tailored to meet the needs of the client and may include things like developing a business plan, navigating the regulatory maze, accessing the supply chain or seeking funding options. The Educator also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling and packaging assistance.





## Supporting Food and Agriculture, continued

### Farm Management

Farm management education in the north region of Michigan includes farm financial analysis, year-end tax management, and farm transitions.

In early 2019, MSU Extension Educators Dan Ochs and Stan Moore worked with nine area farms to complete a financial analysis of their farm operation for 2018. Farm financial analyses helps farms better understand their financial strengths and weaknesses and helps them make better decisions to improve their financial standing. These farms represented over 20 million dollars in net worth, and around 25 full-time employees (in addition to farm owners). Many farms experienced negative net worth changes, and negative returns in 2018, especially dairy farms.

Year-end tax estimates provided by Ochs and Moore help farmers manage the tax implications of their farm management decisions. In 2019, many farmers had negative tax returns due to the poor farm economy. Farms that participated in these year-end tax estimates had a total value of gross revenue of over 6 million dollars, and a total payroll of almost \$900,000.

The final area of farm management that Dan Ochs provided to farms in the north region was in the area of farm transition and estate planning education. Dan worked with several area farms to help these farms to help begin the transition of both management and ownership to the next generation. The transition of both is critical to farm sustainability.



Happy Cows Live in Michigan was the 2019 dairy team winter program. This program discussed finding low-cost solutions to improve productivity. The program was designed for dairy farm owners and managers, and discussed the latest research and strategies to improve efficiency with animal welfare in mind. Topics included: the importance of continual improvement in efficiency, heat stress and its implications, the impact of stocking density on health and profitability, strategies to maintain a stable rumen, and calf and heifer management for improved well-being and profit.

The 14 farms who participated in the Impact of Various Cooling Systems on Cow Comfort and the Production Efficiency on Michigan Dairy Farms project received individual farm reports. Research findings were shared at the winter meeting of Happy Cows Live in Michigan after the project was completed.

The Happy Cows Live in Michigan program was held in 6 locations and had 40 participants. The survey asked participants to indicate the level of increase in their knowledge on a scale of 1 to 5 (1= low, 5 = high) and the average for the program was 3.9. Changes that participants planned to make included: improving labor efficiency, reevaluating feeding procedures, stocking density, heifer culling, calf nutrition, improve rumen stability, colostrum testing, and decrease heat stress with more fans, better airflow and wind speed.

# 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.

**New Commissioner School** is a program designed especially for newly elected county commissioners and also attended by experienced commissioners as a refresher. The program is held following commissioner elections in even numbered years, and was well attended by Antrim County Commissioners in 2018.

**Northern Michigan Counties Association** is a group of county commissioners from about 35 northern lower peninsula counties that meets 8 times each year to learn about topics that are relevant to county government and to share information between the counties. Antrim County Commissioner Christian Marcus was an active participant and an officer in 2018.

**Building Strong Sovereign Nations** was designed by tribal leaders to give tribal council members and introduction to serving on a governing council. The program is offered every year in the fall in conjunction with the United Tribes of Michigan meeting and is open to leaders of all tribes in Michigan.

An MSU Extension Educator led a question and answer review session about topics covered in the New Commissioner School and facilitated a discussion by commissioners about the Components of Extraordinary Governance.

## Enhancing & protecting our Great Lakes coastal resources

### Sea Grant Extension

MSU Extension's Greening Michigan Institute supports efforts to carry out Sea Grant programs throughout Antrim County and the rest of Michigan. Michigan Sea Grant Extension helps apply research, conducts educational activities and is connected to more than 40 coastal counties. Extension Educators provide technology transfer by interpreting scientific knowledge for decision-makers, public officials, community leaders, businesses and industries.

Michigan Sea Grant Extension provides targeted support focusing on marinas and other businesses, restoring coastal habitats and related industries, such as commercial and recreational fishing. In partnership with state and federal agencies, Extension Educators are responsive and proactive in addressing local, regional and national issues relevant to Michigan.





## Supporting Food and Agriculture, continued

### Local Community Development

The Antrim County Petoskey Stone Festival, now in its 14th year, celebrates one of Michigan's finest natural resources - the unique Petoskey Stone, Michigan's official state stone. Stan Moore, Senior Extension Educator, has chaired this vital, local festival for the past several years.

- Attracts over 2,000 attendees to this annual event
- Features fun activities and entertainment for the whole family
- Provides a venue for education around our abundant natural resources and our community



Left: Coast Guard Search and Rescue demonstration over Lake Michigan at the Petoskey Stone Festival.

Right: Local stone artist, Hurbert Whittaker, from No Stone Unturned creates stone treasures.



Left: Great vendors are part of the overall success of the Petoskey Stone Festival.

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