



Menominee County

2015–2016 ANNUAL REPORT

msue.msu.edu



MESSAGE FROM THE DISTRICT COORDINATOR

For more than 100 years, MSUE Extension has been partnering with local governments and communities throughout the state to help Michigan citizens grow and improve. MSUE extension integrates the extensive research network of the university, our resources and our staff into the public, thereby equipping Michigan residents with the information they need to improve their work, health, safety and communities. The Smith-Lever Act of 1914 was created to foster economic development by stimulating the transfer of knowledge from research into practice on farms, in factories, and in families through agriculture, 4-H and youth, natural resources, coastal issues, and many other subject areas.

In this report I have the challenge of conveying the scope and importance of the work of a large number of people in diverse program areas into a concise report. There are many people who access MSU Extension online resources and educational programs that are not included in this report. As we move forward with greater technological accessibility, more and more people in Menominee County are using MSUE resources.

I've included links to give more information on the value of Michigan State University Extension programs that are accessible in your communities. Please let me know if you need additional information on any of the topics covered in this brief overview of our work in 2014-2015. I think that you will be pleased with the excellent programs provided to the residents of Menominee County. It is with pleasure that I support the staff members and programs that have and are occurring in Menominee County, and I appreciate your continued support.

Paul Putnam, District 1 Coordinator



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MEASURING IMPACT

CONNECTING WITH RESIDENTS

Agriculture	1,598
Farm Bureau Breakfast.....	1,400
Other.....	198
Youth Programs	999
4-H Members (traditional club enrollment).....	196
Youth in School Enrichment Programs.....	633
Other Youth Programs.....	170
Health & Nutrition Programs.....	1,471
# Snap-Ed Youth Participants.....	1,173
# Snap-Ed Adult Participants.....	260
ServSafe.....	38

TOTAL IMPACT.....4,068

MSU EXTENSION'S EXPANDED DIGITAL REACH

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 8.8 million connections. More than 149,000 adults* and 203,000 youth† participated in MSU Extension programming in the 2015-16 programming year.

More than 3.7 million people viewed more than 7.2 million pages on the MSU Extension website.‡ Of those, more than 760,000 were Michigan residents. MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

DISTRICT 1 DIGITAL REACH

From July 1, 2015, to June 30, 2016, 21,518 visitors from the 8-county district viewed more than 57,196 pages of rich, science-based content on the MSU Extension website (msue.msu.edu). Search engine rankings make msue.msu.edu one of the most visited Cooperative Extension Systems education sites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents' unique interests. Last year, nearly 1.3 million newsletters covering 90 topic areas were distributed to about 16,900 email addresses.‡ You can sign up for these informative newsletters by visiting msue.msu.edu and clicking on "Newsletter Sign Up" texting MSUE to 22828.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 3,500 Facebook followers and more than 2,800 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels,

Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM).

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active. 4-H'ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

4-H Exploration Days

4-H Exploration days take place annually in June on the campus of Michigan State University in East Lansing, Michigan. . It is designed for young people ages 11 to 19 and involves approximately 2500 participants from every Michigan county. Menominee County had 22 youth and 3 chaperones attend this annual event in 2015.

This fun learning program gives a multitude of hands-on learning sessions, field trips, and recreation opportunities that are designed to :

- Increase responsibility, confidence, independence, accountability, problem-solving, decision-making and time management skills.
- Increase communication, team work, citizenship, and leadership skills.
- Foster ability to meet new people and make new friends from different places and backgrounds.
- Develop and expand career and personal interests.
- Develop social and academic skills needed for a successful transition to college and life as an adult.
- Give youth opportunities to try things that aren't available in their county .
- Develop social and academic skills needed for a successful transition to college.



“The challenges that face the world today – from global poverty and climate change to financial systems and conflict – require globally minded solutions. Global competency skills are necessary so that young people can invent a future that appropriately addresses global challenges.”

Many parents and 4-H volunteers notice improvements in their children’s interest, knowledge and social skills after they attend 4-H Exploration Days. Participants often return to MSU as students due to the positive experiences they’ve had during 4-H Exploration Days.

Global and Cultural Education

Helping young people to explore and to appreciate what people around the world have in common and what makes them unique is critically important in society today. Michigan 4-H offers a variety of opportunities for kids and adults to learn more about our global community. In some cases, that perspective is gained through activities or projects that include art, reading, writing letters, reports, presentations, displays or simply talking to their own family members. In other cases, it is gained through actually traveling to a different state or to other countries such as Belize, Poland or Japan. Menominee County had 22 youth participate in this program.

Michigan 4-H global and cultural education programs include:

- The 4-H China Project
- 4-H International Exchange Programs
- Folk patterns
- 4-H Backpack to Adventure: Youth Leaders in a Global World
- World Food Prize - Michigan Youth Institute

For more information on how to get involved as a youth or volunteer, contact your county MSU Extension office.

4-H Service Days

Through its pledge of "hands to larger service," 4-H has historically given back to the community by encouraging young people and adults to volunteer. In 4-H, service is commonly defined as the voluntary action of an individual or a group of individuals without pay.

By giving back to our community, young people can:

- Learn the value of helping others.
- Develop leadership, communication, organizational skills and a sense of empowerment.

Developing Youth and Communities, continued

Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play.

- Learn how important the connection is between subject matter and life in the community.
- Learn how to cooperate with one another and work as a team with diverse groups of people including adults, peers and others with different backgrounds and experiences.
- Succeed in an area different from academics, athletics or popularity.
- Build self-esteem from the positive results of their service.
- Develop problem-solving and decision-making skills by applying their knowledge to real-world situations.
- Develop a sense of being responsible for their community and a sense that citizenship requires them to actively participate in their community.
- Receive recognition for their efforts and possibly college scholarships.
- Experience the world of work.

Not only do young people gain by being involved in community service, the clubs and groups that they are in also experience benefits from planning and carrying out service projects.



Keeping People Healthy



Encouraging 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.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition education to Bridge Card eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of SNAP education is to promote healthy eating and physical activity. SNAP-Ed is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals.

Steph Bruno, SNAP-Ed Program Instructor worked with 1173 Menominee County youth and school children through the Show Me Nutrition series. This represents 33 individual school classrooms that received 7-8 sessions of education. During the same period of time, 23 adults participated via series education, and another 237 adults via one-time presentations.

Show Me Nutrition

Show Me Nutrition youth series continues throughout the schools in Menominee County. The students always show enthusiasm to taste new foods and encourage each other to try the foods because their “taste buds change.” Many teachers have commented on how the students have changed their eating habits by incorporating more veggies and fruits after sampling foods with their students! That is what makes the program and the opportunity to provide it so rewarding.

Community Partners

Nutrition presentations and community events are another important part of the SNAP-Ed work being done in Menominee County. These one-time education sessions present opportunities for staff to reach a more diverse audience or to teach about a specific topic. Steph Bruno, MSUE Program Instructor, has partnered with the Hannahville Community to help with their Farmer's Market, Michigan Fresh Program, Discover Your Child Event and is a part of the Wellness Council. This has been a very successful partnership that continues to grow in both size and participation.

Steph has also partnered with Delta-Menominee Health Department WiseWomen program and several other agencies that include health clinics, day care providers and head start families.

Keeping People Healthy, continued

MSU Extension's Supplemental Nutrition Assistance Program Education (SNAP-Ed) programs help develop skills such as menu planning, understanding recipes and keeping food safe.

Partnering with Head Start, Steph has supported the Hoop Houses for Health program that provides eligible families coupons to use with local produce farmers with grants for expanding their production and operation with hoop houses. The families use the coupons for free produce from participating vendors and the farmers in turn can use that money to repay the loans for their hoop houses- a win-win in the community! Offering recipes, purchasing and food preservation tips, SNAP Ed encourages using fresh vegetables and fruits for healthy families to enjoy.

Eat Smart, Be Strong

Seniors in Hannahville Community learned to eat healthy, and be active in a group series. This is an opportunity for adults to learn to make healthy eating and regular physical activity part of their lifestyle. Participants also learn the importance of vitamins, minerals, and the 5 food groups.

Farm Markets

The SNAP Ed program in Menominee County works closely with Farm Markets by participating at least once per month on their sale days. Discover Michigan Fresh bulletins are offered to visitors with seasonal recipes for using with available produce as well as food safety information. Also, nutrition education for participants in the WiseWoman Public Health program is provided when they receive their Market Fresh coupons, as well as distribution of Senior Project Fresh coupons when available.

Healthy Kids Day

Healthy Kids Day is an event held in Menominee in collaboration with the Great Start Coalition and the YMCA. Every year the event reaches out to area families as a fun family day and to showcase organizations and agencies that offer information and services. The event is well attended, approximately 350 participate each year.

The SNAP Ed display shared information on feeding young children, the importance of being active, activity and color pages promoting fruits and vegetables in daily meals, and taste testing of a "rainbow" of fresh veggies.

Interaction with parents allowed me to share on topics of feeding picky eaters, encouraging tasting of new foods, and how to be a role model for their children.

It is also a great opportunity to network with other agencies and increase their awareness of the programs MSU Extension SNAP Ed has to offer.

Making the Most of Our Natural Assets



Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.

The Great Lakes Fisheries Heritage Trail network represents a partnership among museum, maritime heritage, and fisheries partners cooperating across Michigan to promote our fisheries heritage. The collective efforts of these partners is helping to preserve and interpret historical artifacts, enhancing local communities and heritage-based tourism, and offering educational opportunities focusing on Great Lakes literacy and stewardship.

The trail includes museums, coastal fishing communities, fish markets and processing facilities, events, research and science centers throughout Michigan. Visitors are offered unique opportunities to explore the dynamic social, technological and environmental changes that have shaped today's fisheries.



The 2nd annual Great Lakes Fisheries Trails conference was held in September 2015 with 53 participants. We co-hosted this year's event with Wisconsin Sea Grant ,David Hart and Titus Seilheimer, introducing a new suite of maritime heritage partners from Wisconsin; and hosted Maine Sea Grant colleague ,Natalie Springuel, as keynote speaker to share her expertise and experiences working with similar fisheries heritage partnership, the Maine Downeast Fisheries Trail.

Through our Michigan Sea Grant Coastal Community Development program, we have been facilitating a growing, statewide Great Lakes Fisheries Heritage network and partnership. This partnership, since 2012, has made great strides in building statewide



relationships, exploring historic documentation and restoration opportunities, coastal tourism trail connections with fisheries heritage, and

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Making the Most of our Natural Assets , continued

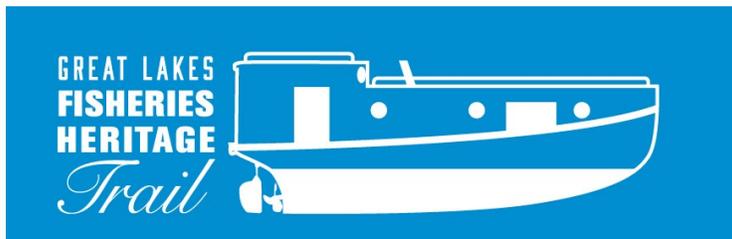
educational opportunities that advance Great Lakes literacy through fisheries past, present and future.

In 2015, Sea Grant Extension continued to help this network expand its

connections and visibility to a more regional, national scale. We coordinated with MSU Department of Community Sustainability to facilitate and support global opportunities for this growing statewide network to interact as part of a more national conversation.

These national interactions have enhanced planning and programming opportunities for this growing statewide network; both sharing lessons learned and bringing new ideas back to Michigan through these national conversations. These conversations are positioning this statewide Great Lakes Fisheries Heritage network to expand across

state boundaries to eventually realize their goals to become truly a regional and basin-wide Great Lakes Fisheries Heritage network.



Visit www.miseagrant.umich.edu/fisheries-trail for an interactive Google map.

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Supporting Food and Agriculture



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

Can cover crops work in the Upper Peninsula?

U.P. researchers are investigating that question and more

Cover crop benefits have long been recognized, but because of the region's challenging growing season, it has been questioned whether or not they are economically viable. Researchers from the Michigan State University Upper Peninsula Research and Extension Center (UPREC) have partnered with the Steve Brock Dairy Farm in Menominee County to test the viability and benefits of integrating them into their crop rotation.

Steve Brock shared an experience with MSU AgBioResearch and MSU Extension researchers on his use of oilseed radishes a couple years back. He was given some seed and decided to throw it out in the field to see what would happen. The following year, all but forgetting about the radishes, he went in to harvest the corn silage that had been planted that season, and pulled off a bumper crop. As he thought back to what would have caused the yield increase, he remembered the seed he threw down and could only guess it had an impact – noting no other management differences amongst fields. Dean Baas, Sustainable Agriculture Extension Educator with MSU Extension, noted that radishes can reduce compaction in field, adds diversity to the field, and winterkills nicely so spring termination is not necessary. They are a particularly promising option following corn silage, “where it may be difficult in the U.P. to establish cover crops after corn harvested for grain, especially species other than winter cereals, there is a longer fall growing window after silage harvest that can allow farmers to try some more diverse cover crops,” Baas added.

Through sharing that experience, researchers at UPREC felt compelled to test the theory, given little practical research data exists on cover crop use in the U.P. Also noting that the Steve Brock Dairy Farm location has an advantage in Menominee County – situated in what the locals refer to as the “banana belt” – at least relative to the rest of the Upper Peninsula, with a bit of a longer growing season.

In 2015, MSU partnered with the dairy and Byron Seeds, LLC to develop a trial to test various cover crop treatments in a rotation that followed sorghum chopped for the dairy herd and before a season of corn silage. The cover crop treatments were planted immediately following the late-summer 2015 harvest and included:

Supporting Food and Agriculture , continued

Treatment	Recommended seeding rate	Estimated cost
Triticale and Italian ryegrass	70 – 100 lbs./acre	\$29.50/50 lbs.
Nitro radish	8 – 12 lbs./acre	\$2.50/lb.
Annual ryegrass	15 – 25 lbs./acre	\$0.85/lb.
Soil builder mix (winter rye, annual ryegrass, crimson clover, hairy vetch, nitro radish)	18 – 25 lbs./acre	\$1.88/lb.
Oats	1.5 – 3 bu./acre	\$11.74/bu.
Control	N/A	\$0

In addition to taking observations on stand establishment, soil samples were collected and analyzed using the Solvita® method, which measures soil respiration and can be directly linked to soil productivity. A fall demonstration day was hosted in-field in October to show off the various treatments and discuss research plans for 2016 with over thirty in attendance. UPREC crop researcher, Christian Kapp, is looking forward to the 2016 season. “The treatments were very well established going into the winter, and I look forward to seeing how the 2016 corn silage harvest performs, in relation to the various cover crops.” Kapp also noted that soil sampling will continue throughout next year to better understand the various crop impacts to soil life.

If you are interested in learning more about cover crop research at MSU, feel free to reach out to Ashley McFarland at 906-439-5176 or ashleymc@anr.msu.edu. McFarland is the Coordinator of the Michigan State University Upper Peninsula Research and Extension Center in Chatham, Michigan and a Community Food System Educator with MSU Extension.

Special thanks to Menominee County Farm Bureau who helped sponsor refreshments for the fall 2015 field day.



Agriculture for Tomorrow Conference

The Ninth Annual Agriculture for Tomorrow conference sponsored by MSU Extension was held March 10, 2015, on the campus of Bay College, Escanaba, Michigan. This is the Upper Peninsula's largest MSU Extension Agriculture educational event. One hundred twenty-six attendees were provided with educational programs. It also gave an opportunity for growers, agricultural product companies, federal and state agencies to gather and interact. A majority of them learned about the Agriculture for Tomorrow 2015 Conference from the *UP Ag Connection Newsletter* distributed monthly from the Upper Peninsula Research and Extension Center. <http://agbioresearch.msu.edu/centers/uprc/newsletters>

After the completion of the 20 different educational programs offered that day, 73% of the attendees positively identified ways to decrease production cost and increase income. Eighty four percent of attendees feel they will now implement new best management practices on their farm.



Forage Programming

Beef and dairy producers across the Upper Peninsula face unique challenges to grow and harvest high quality forages in an economical manner. Soil conditions, weather during harvest, and short growing season are some of those challenges unique to the Upper Peninsula. MSUE Educators conducted winter meetings and on-farm forage field days to educate producers on innovative management practices to grow and harvest forages with high yield and quality.



In February 2015, a series of forage/cover crop educational meetings were held in four locations and attracted 57 participants . The cover crops/annual forages meetings included an overview of cover crops with potential for grazing in Michigan's U.P. Dean Baas presented these sessions, including a segment on the online cover crop selector tool.

Supporting Food and Agriculture, continued

Michigan State University Extension educators also conducted on-farm forage field days at seven farms across the Upper Peninsula that attracted 70 participants. Each forage field day was based on topics identified by local forage focus groups and involved local farmers providing support for demonstrations, tours or both..



Upper Peninsula farmers were receptive to both winter programming and summer field days around the topic area of forage improvement. The participants points of interest were soil health, fertility and low-input practices to improve forage performance. The management practices recommended by MSU had a positive feedback of 75-100% of respondents planning to implement these practices. The participants highly accepted cover crops, rotational grazing and broadcast seeding to establish pastures and improve forage stands based on their plans to implement these practices on their own farms.

Farm Bureau's Breakfast



Menominee County Farm Bureau's 2015 Breakfast on the Farm held at Shepeck Dairy highlighted the importance of agriculture in the Upper Peninsula. MSU Extension had the opportunity to lend assistance in planning and preparing for the event as well as having an educational booth at the Shepeck Farm. The event was well attended with more than 1400 people making it out to the Shepeck's farm to enjoy a great breakfast and learn about agriculture. Attendees were able to tour around the farm, talk with Educators and overall learn more about modern agriculture production. Cross collaboration with other entities is an important part of successful MSU Extension work. Being able to assist or partner with organizations like Menominee County Farm Bureau and the Breakfast on the Farm event helps us to maximize our resources and build strong relationships within the community.

Supporting Food and Agriculture , continued

Upper Peninsula Research and Extension Center



In the center of Michigan's Upper Peninsula sits the 118 year old Upper Peninsula Research and Extension Center (UPREC). The purpose of UPREC is to serve as a hub for integrated crop and livestock research. Applied research on pasture-based cattle management practices and cropping rotations is conducted in the unique environment of the U.P. Grass-based beef finishing, utilization of cover crops, hoop-house farming, season extension and soil health studies are keystone research elements on the farm. The North Farm is an incubator farm specializing in diversified local food production, research, education, and outreach for northern latitude climates. Our focus is healthy soils, food, people, and communities. Please go the UPREC North Farm Facebook site for details and updates: <https://www.facebook.com/northfarmatuprec>



Complementary agronomic studies at the 1,262-acre site focus on forages and small grains. The center also coordinates field trials on potato varieties and corn varieties throughout the Upper Peninsula region.

Research Goals

1. Improvement of soil quality to enhance the productivity of U.P. agricultural lands in a manner that emphasizes health linkages associated with soil, crop, livestock and people.
2. Development of research that demonstrates the costs and benefits of integrated crop livestock systems, including grass-based livestock production. Closer collaboration between UPREC and Lake City Research Center (LCRC) in Lake City to foster complementary research endeavors and to increase the quality and quantity of research results.
3. Development of research tied to the educational needs of regional food systems in the Upper Peninsula that contributes to community sustainability while linking to objectives 1 and 2.



MSU UPREC has been working over the last three years conducting research to support the growth of malting barley acres in Michigan, especially in the Upper Peninsula. In addition to variety trials, management practices such as fertility recommendations and fungicide use have been studied. In order for the malting barley industry to thrive in Michigan, suitable processing is also necessary. UPREC staff has been working with start-up malt-houses throughout the state and are confident that there will be a major increase in available processing by the end of 2015 – from 2 malt-houses to 6, including one in the Upper Peninsula.

Want to learn more about what Collin does at the North Farm? Please take the time to listen to an in-depth interview with the Farmer to Farmer podcast

<http://www.farmertofarmerpodcast.com/episodes/thompson>

Supporting Food and Agriculture, continued



The following deliverables have been produced in 2014 to support this emerging industry:

- MSU UPREC Malting Barley website to house research, resources, and contact information http://agbioresearch.msu.edu/centers/uprc/malting_barley

- Malting Barley Production in Michigan guide http://agbioresearch.msu.edu/uploads/396/36753/Research_Files/Malting_Barley_Production_in_Michigan_-_GMI035.pdf

- Malthouse feasibility study produced by the MSU Product Center http://agbioresearch.msu.edu/uploads/396/36753/Research_Files/Malt_House_Feasibility_Study_JFW_-_FINAL.pdf



- Four location malting barley variety trial held in Alger, Schoolcraft, Leelanau, and Presque Isle Counties http://agbioresearch.msu.edu/uploads/396/61579/2014_MSU_Malting_Barley_Trial_Results_UPREC-Posen.pdf

- 2015 Great Lakes Hop and Barley Conference, Grand Rapids, Michigan – April 10th – 11th <http://events.anr.msu.edu/event.cfm?folder=hopandbarley15>



Download the entire 2015 Upper Peninsula Research and Extension Center, annual report: http://agbioresearch.msu.edu/uploads/396/36753/UPREC_Center_Report_2015_Final.pdf

For more information about UPREC and updates on current projects, please visit their website at: <http://agbioresearch.msu.edu/centers/uprc> or call Director, Ashley McFarland at 906-439-5114 or email: ashleymc@anr.msu.edu



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Extension Educators Serving Menominee County

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Extension Educators Serving Menominee County, Continued

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