FROM THE DISTRICT COORDINATOR:

MSU Extension staff continue to provide education and outreach on needs facing Kalkaska County residents. Our recent needs assessment utilized focus group and online survey input to solicit feedback from the public on what are the most vital needs and priorities for Michigan residents. These results have provided a local direction and educational focus to meet the emerging, critical issues facing Kalkaska County residents.

Your local MSU Extension staff have linked the knowledge resources of MSU directly to individuals, communities and businesses over the past year. It is my distinct privilege to present these accomplishments in our annual report. This report summarizes the important work done by MSU Extension staff in Kalkaska County. It has captured most of the significant highlights of our work in 2016 and provides a sense of the direction of our work into the future.

As always, I thank you for your continued support every year. Without you, we would not be here doing this important work with your constituents.

Jennifer Berkey
District 3 Coordinator

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MEASURING IMPACT:

CONNECTING WITH RESIDENTS

4-H: Preparing Michigan’s Children & Youth.................................428
Keeping People Healthy.............................................................738

Supporting Agriculture & Agribusiness,
   Fostering Strong Communities & Businesses,
   and Enhancing Our Natural Assets..........................................210

TOTAL PARTICIPANTS IN KALKASKA COUNTY .......... 1,376

MSU EXTENSION’S EXPANDED DIGITAL REACH IN DISTRICT 3 AND STATEWIDE:

WHO WILL HELP OUR COMMUNITY SOLVE PROBLEMS?
   SPARTANS WILL.

3.7 million visitors viewed more than 7.2 million pages

1.3 million topic newsletters distributed to more than 16,900 email addresses

Nearly 3,500 Facebook and more than 2,800 Twitter followers

Statewide 2015-16 Digital Reach

2014-15

2015-16

27% Increase in District 3 Visitors to MSU Extension Website

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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.

**Kalkaska County 4-H**

- Kalkaska County 4-H is growing True Leaders in our community and beyond. The 2016-17 program year brought several changes to our program, the largest being a new 4-H Program Coordinator, Karie Saxton.

- The Kalkaska County 4-H Leader’s Association Executive Board incorporated all new leadership, including 4 teens as board members. Having teens as board members meets the promise of Michigan 4-H Youth Development Programs to be youth directed and adult supported, while also building leadership skills and developing youth who are civically engaged.

**Outreach**

- Kalkaska County 4-H programs reached 300 youth this year through traditional clubs, in-school programming, after-school programming, and educational outreach events.

- One teen and one adult volunteer attended a Teens as Teachers workshop, enabling the teen to bring a program called Ag Innovators Experience to Kalkaska County. This program teaches youth about soil composition, no till farming, and current trends in the Ag industry.

- We studied aerodynamics at Cherry Street Intermediate School by making paper airplanes out of different mediums (foil, tissue paper, wrapping paper, cardstock, butcher paper). Youth then chose one airplane to test accuracy by throwing at a target, and one to test distance.

Youth participating in the Ag Innovators Experience were challenged with having to design a tractor that would disrupt the least amount of soil to plant a field.

Through this partnership the Kalkaska County 4-H Leader’s Association was able to raise $397 through seedling sales by 4-H Members as well as community members donations.
Preparing Michigan’s Children & Youth, continued

Outreach, continued...

- Commodity Carnival is a fun learning activity for students to experience managing business risks associated with producing and bringing livestock to market. This hands on game aims to build greater literacy in agricultural science and economics and was enjoyed by 2017 Kalkaska County Fair attendees, as well as participants in a youth camp in our county. The event was created by the National 4-H Council and CME Group and was hosted by Kalkaska County 4-H/MSU Extension.

- One adult volunteer and teen leader attended a leadership training at Kettunen Center in May 2017 bringing back a program in which 132 community youth participated in agricultural education activities at the 2017 fair.

Continuing Education

- The mission of Michigan 4-H Youth Development is to create non-formal, experiential, educational opportunities designed to connect in-school learning with out-of-school time activities that help youth thrive in a complex and changing world. Since 2009, 61% of Michigan 4-H youth have enrolled in college the fall following high school, a number that is significantly higher than the average Michigan student.

- The Kalkaska County 4-H Leaders Association works hard to provide experiential educational opportunities for the youth of Kalkaska County. The 4-H program fosters leadership skills, vocational skills, interaction with positive adult role models, and provides participants with a sense of community. As a result of this commitment to learning, the Kalkaska County 4-H Leaders Association is proud to offer two scholarships to graduating 4-H seniors to further his/her education beyond high school. This one time, non-renewable scholarship can be used for any higher educational trade school, vocational school, college or university of the recipient’s choice. Two very deserving youth, Brandon Keiser and Zachary Tanner, were awarded the scholarship this year. Both young men are helpful, respectful, hardworking, dedicated, and have been fantastic role models to younger members, proving that Kalkaska County 4-H is growing true leaders.

New Programs, New Volunteers, New Opportunities

- There were 6 new adult volunteers engaged in 4-H programming in the 2016-17 program year.

- New 4-H volunteers were recruited through presentations to various community groups including Kiwanis, Rotary, and the Kalkaska Township fire chiefs.
Preparing Michigan’s Children

New Programs, continued...

- The Michigan 4-H Foundation awarded Kalkaska County 4-H a small grant to start a new program in 2018. The 4-H Dream Team will be a baseball team comprised of youth with special needs. Players are supported by buddies at each game. All players will hit, run the bases, and play the field every game with the assistance of their buddy. A summer day camp program for the same population of youth will also take place with the assistance of the grant and local community partners. Youth will have the opportunity to learn about animal science, gardening, food prep, workforce preparation, photography, and other life skills areas. Youth will have the opportunity to show an animal at the Kalkaska County Fair while working with an existing 4-H livestock member as their coach.

- A new Babysitter Training 4-H Club was held at Kalkaska Middle School in the fall of 2016. During this 6-week Special Interest Club, youth learned from a variety of experts in areas such as youth development, 911, fire safety, food safety, and others.

- The 14 youth who participated in the Babysitter Training were taught basics of child development, first aid, hygiene, fire safety, entrepreneurship/babysitting as a business, food safety, and healthy snack prep.

4-H Exploration Days at MSU

This pre-college program is 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.

- Increase college exploration and access to the Michigan State University campus and its resources.

- 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.

- 36% of this year’s attendees were new to 4-H Exploration Days.

22 Youth and 3 adults from Kalkaska County attended 4-H Exploration Days, MSU’s largest pre-college event, in June 2017.

Youth learning about healthy snack choices during the Babysitter Training.

4-H Member making a creative healthy snack choice at the Babysitter Training.
Preparing Michigan’s Children & Youth, continued

Kalkaska County 4-H Livestock Program

- 105 4-H members participated in 4-H classes at the Kalkaska County Fair.
- All members who showed or sold an animal at the Kalkaska County Fair participated in a workshop on writing goals that were Specific, Measureable, Achievable, Realistic, and Time bound (SMART goals). Youth then worked to write their own SMART goals for their livestock projects and discussed action plans to reach those goals. Setting SMART goals is a skill that is applicable in areas outside of 4-H such as school projects, college admission, budgeting, buying a house, etc.
- During the Kalkaska County Fair, spectator numbers were greatly increased by moving 4-H livestock shows to evening hours. One youth commented that she had never seen anyone watch a steer show other than relatives of the exhibitors, and it was nice to see people taking an interest and asking questions.
- A poultry production pen project was added this year, giving youth the opportunity to raise a pen of 5 hens from day old chicks to 7 month old laying hens before selling them at the 4-H Market Livestock Auction.

The Kalkaska County 4-H program would like to express gratitude to the Kalkaska County Board of Commissioners for their willingness to work with our program on the 2017 Kalkaska County Plat Book and use of the Civic Center for educational events and programming. The continued support of the Board of Commissioners will help us to extend our development of true leaders who are engaged in our schools and communities, and who will be future leaders in our community and world. Youth are anxious for opportunities to grow, learn, and lead, and we are excited to be able to provide those opportunities.
KEEPING PEOPLE HEALTHY

When you support MSU Extension, you help participants learn safe food handling practices, increase their physical activity, and improve the quality of their eating plans. 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 lifespan.

Improving Nutrition and Physical Activity

The Supplemental Nutrition Assistance Program – Education (SNAP-Ed) provides nutrition education to income-eligible adults and children. This program focuses on improving dietary quality and increasing physical activity while stretching food dollars. The ultimate goal of these programs is to promote healthy weight maintenance and obesity prevention. In 2016, 722 adults and youth were reached through nutrition education classes at various venues in the Kalkaska County.

- 256 youth were enrolled in Show Me Nutrition (SMN), a six-week program for youth from Pre-K through eighth grade. Participants have the opportunity to engage in age-appropriate, interactive, hands-on activities that promote good eating habits, positive body image, physical activity, and food safety. Through each interesting and fun nutrition class, students will gain the skills necessary to make healthy lifestyle choices. SMN is taught at schools where at least 50 percent of students are eligible for the National School Lunch Program.

- 53 youth received a presentation on 10 Tips: Choose MyPlate, which offers ideas and tips to create healthier eating styles that meet individual needs and improve health.

- 385 adults participated in nutrition presentations in a variety of settings throughout the county including farmers markets and health fairs.

A Kindergarten teacher at Birch Street Elementary School reported that "Students have grasped the presented concepts and are all very engaged in the program. I have noticed an increase in trying new foods at lunch and healthier lunches being packed. They loved trying the new foods and would love to continue to try more new foods!"

Another teacher said, "This has been a great opportunity for my students. They always look forward to MSU Extension coming."

Youth from Discover MI Fresh Jr. in Kalkaska with ACES Summer Day Camp at Cherry St. Market.

Impacts with Youth:

- 94% of teachers reported that children increased their awareness of the importance of good nutrition.

- 69% reported that children were making healthier meal and snack choices.

- 84% reported that the children were willing to try new foods.

Thousands of Newsletters Distributed

722 Adults & Youth Reached

722 Adults & Youth Reached

Thousands of Newsletters Distributed
28 adults completed the series *Eat Healthy, Be Active (EHBA)*. EHBA is based on the Dietary Guidelines for Americans 2010 and 2008 Physical Activity Guidelines. It is focused on eating and physical activity patterns that are focused on consuming fewer calories, making informed food choices, and being physically active. This helps people attain and maintain a healthy weight, reduce risk of chronic disease and promote overall health. It also builds on this by providing detailed tips for how to put these recommended behaviors into practice. Workshops are designed to move participants from thinking to taking desired health action!

Another class that MSU Extension staff teach each year is called *Project FRESH*. In collaboration with the Kalkaska County Health Department, MSU Extension Program Instructors provide nutrition education to families involved in the Women, Infants and Children program (WIC) on the benefits of including more fruits and vegetables in their diet. Coupons were provided to these participants to purchase locally grown fresh fruit and vegetables from Kalkaska County Farmers Market though Project FRESH. Local farmers then redeem coupons for payment of local produce. In 2016, 262 books were distributed valued at $5,240. The redemption rate of coupons was 58.4%, which is above the state average.

In addition, 2,370 newsletters, fact sheets, and other materials with health messages were distributed through Food Access Sites, Health Fairs, and other events.

A mother of a kindergartener who participated in Show Me Nutrition lessons at school shared that she appreciated the classes. She said that her son had always been a picky eater but, since classes with MSU Extension, is now willing to try new foods, especially the ones that are shared in the SMN newsletters that get sent home after each lesson. She said her son enjoyed the class and was always eager to share a lot of the information he learned at home with the family.

Nutrition education classes make a difference in the lives of adults and youth in Kalkaska County!
Preventing and Managing Chronic Health Conditions

- Chronic diseases are among the most prevalent, costly, and preventable of all health issues. Compared to the national average, Michigan adults suffer from more risk factors (obesity, hypertension, and high cholesterol) that contribute to chronic disease.

- Michigan State University Extension disease prevention and management programs work to promote health and wellness by reducing and managing the incidence and impacts of chronic diseases among Michigan residents and communities. Health factors such as obesity and physical inactivity significantly influence risk for developing chronic diseases, such as type 2 diabetes and cardiovascular disease.

- The County Health Rankings & Roadmap, a collaborative project between the Robert Wood Johnson Foundation and the University of Wisconsin, provide an annual measure of the overall health of nearly all counties in the nation. Kalkaska County ranked 75th out of all 83 Michigan counties in 2016. The ranking helps build awareness of the multiple factors that influence health. Factors such as high school graduate rates, access to healthy food, rates of smoking and obesity.

- MSU Extension can support health of individuals and communities through delivery of evidence-based programs and engaging in multi-level partnerships with shared goals of reducing the prevalence of chronic disease.

  Working collaboratively to promote a culture of health

- MSU Extension staff are actively engaged in Live Well Kalkaska. This local initiative aims to inspire healthy eating and physical activity to prevent obesity and chronic disease. MSU Extension is proud to have supported coalition resource development and the 2017 Kalkaska Food Summit.

- MSU Extension staff are supporting partners of the Northwest Michigan Chronic Disease Prevention Coalition. This coalition, aligned with District Health Department #10 jurisdiction, works towards the reduction of chronic diseases. Through collaborative relationships, member organizations develop and work toward measurable goals aimed at tackling costly, and preventable chronic diseases such as type 2 diabetes and hypertension. One objective of the coalition is to increase the number of local coalitions and agencies implementing public health approaches to increase healthy food, physical activity opportunities, and tobacco-free lifestyles. MSU Extension has supported the planning of a regional conference designed to highlight these types of community health approaches. “Making Healthier Places to Live, Work and Play” will take place on September 22 at Ferris State University.

- A MSU Extension staff member is working in collaboration with the Kalkaska Public Schools Food Service Director to coordinate a Michigan Health Endowment Funded project focused on supporting regional K-12 school food service directors. This MSU Extension led project will result in a regional school food service director network. The network uses an assets-based approach by highlighting best practices currently in use by regional staff and provides a space for these key...
stakeholders for school health to learn, connect and share what works – peer to peer.

- MSU Extension in Grand Traverse County 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 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. Beginning the 2017-2018 academic school year, one of the two schools served by the MSU Extension FoodCorps service member is Rapid City Elementary within the Kalkaska Public School District. MSU Extension is proud to support this school and leverage existing strengths to enhance school health.

- PSE Changes are a way of making sustainable changes within our community to policies, systems, and environments so that healthy choices can be a feasible option made available to all community members. In Kalkaska County, this is happening through the Fuel Up to Play 60 program. This free in-school nutrition and physical activity program allows teams of students to make PSE changes that encourage other students, staff members, and administrators to lead healthier active lives. The changes within our schools cause a ripple effect of positively impacting our communities as students incorporate their leadership skills to motivate and encourage family and community members to properly fuel their body so they can be active every day.

Reducing Anger, Bullying, and Stress

- RELAX: Alternatives to Anger is a four-part educational series designed to help adults, parents, teens, and caregivers increase their knowledge about anger issues and put anger management and healthy relationship skills into practice. Through discussion and skill-building activities, participants explore what anger is and what triggers it. This interactive program teaches participants techniques for calming down and de-stressing, the principles of problem solving, effective communication skills, and ways to forgive and let go of the past. It is offered as a series, and also as a one-time workshop, including a Train the Trainer version and RELAX: For Parents and Caregivers. RELAX is available as an online course. During 2016, more than half of program participants left with improved knowledge or new skills designed to promote social and emotional well-being with others in their lives and immediate social environments.

Impacts of RELAX For Parents and Caregivers:
- 63% now work hard to be calm and talk things through until they reach a solution.
- 93% increased knowledge on the developmental stages of self-control in children.
- 94% learned new activities to assist children with self-control.
SUPPORTING AGRICULTURE & AGribusiness

- Integrated Pest Management (IPM) Update Seminars – District 3 Fruit Educator, Emily Pochubay, coordinated and hosted a total of 42 seminars in northwest Michigan from May – July 2016. Over the course of this program, a total of 584 repeating participants comprised primarily of northwest Michigan fruit growers and local crop consultants attended these seminars. A post-program survey polled 72 participants who represented approximately 1,757 acres of apples and 7,065 acres of cherries in northwest Michigan. Participants were asked how valuable IPM Updates were for helping them manage production risks.

- Grower SWD Trap-Swap and Training Sessions – The invasive pest, spotted wing drosophila (SWD), has become a significant threat to Michigan’s fruit industry and is the cherry industry’s top priority. To help cherry growers combat the threat of SWD, Extension Educators Emily Pochubay and Nikki Rothwell worked with the Michigan Cherry Committee to secure funding from an MDARD Specialty Crop Block Grant to offer growers an SWD trap-swap program that aims to facilitate on-farm SWD monitoring and detection to reduce the likelihood of economic and crop losses caused by SWD. This program also offered SWD identification, monitoring, and management training sessions.

- Agricultural Tax Management

MSU Extension serves Kalkaska county by working with individual farms to provide agricultural tax management education. This allows farms to gain a better understanding of the decisions they make and the impact they have on a variety of tax issues.

- Farm Analysis

Farm Management Agent Adam Kantrovich works with individual farms performing farm financial analysis. Through the analysis process, accrual-adjusted financial statements are developed making adjustments for inventories, supplies, cash liabilities, and accounts, allowing farmers to understand how the farming business did during the year. This allows the farm owners/operators to make sound management decisions based from real financial information.

- Farm Succession

Providing farms assistance in the area of Farm Succession and Estate Planning is another way MSU Extension serves Northwest Michigan. This planning may include, but is not limited to, farm succession planning, financial analysis, and tax challenges to prepare a farm to hand over the business to the next generation or to prepare for retirement. Farms develop a plan and gather detailed information to prepare to work with an attorney to develop the formal legal documents necessary for estate planning and farm succession.
Supporting Agriculture, continued

- **Agricultural Labor and Affordable Care Act for Employers**
  Adam Kantrovich has worked with farms in the educational programming areas of labor and H2A labor taxation. Attendees have participated in regional labor group programs and work with Kantrovich through various modes of communication to gain further knowledge working through labor related challenges.

- **Through volunteer outreach, Extension Master Gardeners** share science-based gardening knowledge and engages citizens and empowers communities in environmentally responsible gardening practices, improving food security, improving community, and developing youth through gardening.

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

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

- **MSU Product Center**
  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. Extension educators are specially trained as innovation counselors to deliver these services to local residents. Business counseling is conducted on a one-on-one basis and may take place at the MSUE office or the client’s home, farm 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 innovation counselor also assists clients in accessing specialized services they may need that are offered through Michigan State University like feasibility studies, nutritional labeling, food science, and packaging assistance.

Two clients were assisted by the MSU Product Center that resulted in the launch of one new venture and the creation of five new jobs. An additional four jobs were retained as a result of a farm business redirecting its business focus. There were $208,000 of new sales reported by the two businesses. The MSU Product Center is facilitating economic development across the region.

**2016 MSU Product Center Impacts in Kalkaska County:**

- 2 Businesses Assisted
- 1 New Venture Launched
- 3 New Jobs Created, 4 Jobs Retained
- Increased Annual Sales: $208,000
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.

- **The Northern Michigan Counties Association** is organized by MSU Extension and incorporates commissioners from 34 counties in northern lower Michigan. The Association meets 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 fall meeting of the United Tribes of Michigan. 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.

- **New County Commissioner Workshops** were held at 7 locations in November and December of 2016. Participants included both new and experienced commissioners and other county officials, with 92% indicating that they found the program valuable for their professional (or personal) growth and development.

- **Registers of Deeds**, who are members of the United County Officers Association, learned about **Intergovernmental Cooperation** at their annual meeting in May.

- **The Stronger Economies Together (SET) program** is a national initiative collaborating with USDA and local partners in Manistee, Benzie, Grand Traverse, and Kalkaska to help identify and develop business sectors that hold the highest growth potential in an effort to help create, attract, and retain jobs.

- **The Citizen Planner Program** offers land use education for locally appointed and elected planning officials and interested residents. Participants of this non-credit course earn a certificate by successfully completing all seven core sessions. Each three-hour session includes lectures and hands-on learning exercises. The seven core sessions provide basic skills on roles, responsibilities, and best practices for planning and zoning in Michigan.
The Greening Michigan Institute Government (GMI) helps with assisting local government authorities and the general public in their understanding and decision-making in the context of good governance including the framework for government planning, finance, land use decisions, and civic engagement. Educators provide technical and educational assistance to local governments in a variety of areas including intergovernmental cooperation, effective governmental meetings, governmental organization, land use planning, and other emerging local government and governance issues. These efforts are implemented primarily through the GMI and Public Policy Workgroup—a team of field and campus-based faculty, educators and specialists located throughout the state.

Effective Meetings

- A How to Run Effective Meetings program was held this past May at the Stone House in Kalkaska. The program focused on understanding a handful of best practices for running effective meetings and how it can improve meeting productivity and effectiveness. 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 training was intended for local government boards/commissions, private or non-profit boards, and clubs/associations. There was a total of 13 participants.

What participants found most valuable from the program:

  “Several rules I didn’t know.”
  “Good to learn more information about Roberts Rules [of Order].”
  “All the resources that were provided, handouts and online sites to checkout. Also the ability to contact the instructor with follow up questions.”

What participants reported they would do differently as a result of something they learned from the program:

  “Handle motions and discussion in motions better.”
  “Implement more formal structure.”
  “Create board member packet. Change up order of agenda and handle the seconding of a motion correctly.”

- 85% of participants agreed with having more confidence to suggest new or improved rules or procedures to improve their board’s meeting.

- 92% of participants found the program valuable for their professional growth and development.
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