FROM THE DISTRICT COORDINATOR:

MSU Extension staff continue to provide education and outreach on needs facing Manistee 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 Manistee 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 Manistee 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

CONNECTING WITH RESIDENTS

4-H: Developing Youth & Communities .................................................. 554
Keeping People Healthy........................................................................... 1,396
Supporting Agriculture & Agribusiness,
   Fostering Strong Communities & Businesses,
   and Enhancing Our Natural Assets..................................................... 330

TOTAL PARTICIPANTS IN MANISTEE COUNTY ........ 2,280

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

<table>
<thead>
<tr>
<th>2014-15</th>
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<tr>
<td>3.7 million visitors viewed more than 7.2 million pages</td>
<td>38,158</td>
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<tr>
<td>1.3 million topic newsletters distributed to more than 16,900 email addresses</td>
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<td>Nearly 3,500 Facebook and more than 2,800 Twitter followers</td>
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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.

The Manistee County 4-H Advisory Council
- This group serves as an advisory board to 4-H staff and helps to give the local program vision, structure, and direction. The current board consists of 11 members, representing the communities of Arcadia, Bear Lake, Brown Township, Kaleva, Manistee Township, and Stronach Township.
- The 4-H Advisory Council also works with 4-H staff to support a 4-H Ambassador program, annual college scholarship, county plat book, annual youth trip to Michigan State University, and a volunteer recognition program.

The Manistee County 4-H Ambassador Program
- Youth selected serve as representatives of the program at public 4-H events and council meetings.
- The Manistee County 4-H Ambassador for the 2016-17 year is Maggie Domres, a 10-year member of the program. Domres is a 4.0 student athlete, active in basketball and track, completing the 10th grade at Onekama High School. Among Maggie’s 4-H accomplishments are several state level awards at the Michigan 4-H State Goat Show at MSU. She also shows rabbits, pigs, lambs, and horses. She has attended several regional 4-H horse and leadership camps in addition to 4-H Exploration Days on campus.

The Manistee County 4-H Advisory Council Scholarship
- Funded through a generous donation by the late Corrine M. Hahn, who retired as County Extension Director of the Manistee MSUE office in 1994, this annual award of $1000 is given to a 4-H member who completes a rigorous application, portfolio, and interview process.
- The 2016 scholarship was awarded to Miah Johnson of Arcadia. Miah graduated from Onekama High School with the class of 2016 and is currently attending Northwestern Michigan College where she is pursuing a degree in Criminal Justice.
Developing Youth and Communities, continued

The Manistee County Land Atlas and Plat Book

- The latest edition of this book was launched in April of 2017. This is a 2-year fundraising project and the Manistee book is scheduled for a new release every odd-numbered year.
- Proceeds from all sales go directly to the Manistee County 4-H Advisory Council.
- The book is an added asset to Manistee County in promoting local tourism and real estate interests. Sales records continue to show that the book is ordered statewide, by residents of both peninsulas, as well as the states surrounding Michigan.
- Numerous 4-H activities, special events, and funding for travel to statewide educational events and 4-H Exploration Days are made possible in part due to the financial support received annually through plat book sales.
- The book is currently sold at the Manistee County Courthouse Treasurer’s Office, the Manistee MSU Extension Office, Saddle Up Gas & Grocery, the Manistee Conservation District Office, Dublin General Store, and Norman Township Hall.

4-H Exploration Days at MSU

- This 3-day event, held annually in late June at the Michigan State University campus, simulates college life for over 2200 4-H youth from all over the state.
- The Manistee 4-H Advisory Council pays all costs for the head adult female and male delegation chaperones and 50% of the registration fee for youth and other adult attendees, plus additional expenses such as group insurance and chaperone needs.
- The 2016 trip included a group of 7 from Manistee County. Youth and their chaperones live on campus, experience dorm life, and attend a variety of classes and other educational events in subject areas that include human and animal sciences, international culture and languages, career exploration in dozens of fields, music, human services, life skills, hobbies and sports, and personal and business finance.
- For most of these Manistee County youth, this will be their first exposure to a college campus and it will influence most of them towards a college education and a greater career goal than they had originally planned.

- This and other statewide 4-H educational opportunities often heavily influence a member’s college and career choices. Manistee 4-H member Emily Gardner experienced some life-changing moments due to her Exploration Days and 4-H Kettunen Center experiences. As a result, she will be pursuing a career in veterinary medicine. Gardner was recently accepted to join an elite group of talented youth at the 2017 Michigan 4-H Animal and Veterinary Science Camp at MSU. This is an MSU “pre-college” program aimed specifically at members who are serious about a career in this field. “My experience was priceless. I obtained a lot of information that has only deepened my passion to learn more about what I’m truly interested in.”

~ Emily Gardner, member of Barnyard Buddies 4-H Club
Developing Youth and Communities, continued

The Manistee County 4-H Companion Animal Committee
- This group assists 4-H staff with the promotion of companion animal awareness and its importance in regards to youth development, particularly for those children who do not have the resources or ability to engage in larger animal projects.
- Currently, the Companion Animal Interviews event held at the fair is produced by this committee. This event, open to 4-Hers and non-members as well, helps build confidence and public speaking skills. More importantly, it offers an alternative for those kids who are not involved in livestock or horse projects.

The Manistee County 4-H Horse Show Committee
- This committee produces the annual 4-H Horse Show, as well as 2 educational clinics in the summer. The group also represents the interests of many Benzie 4-H members involved in horse projects, as that county does not have an established horse committee.
- In 2016, the committee made local 4-H history by holding the annual 4-H Horse Show that was first ever to be independent of the fair and fair week.
- On a sparkling August Sunday, although a much smaller show, 8 riders proved that it could be done, and they presented a multi-event show at Rockin’ R Ranch in Bear Lake.

The Manistee County 4-H Livestock Council and 4-H Auction
- This group assists 4-H staff with events and activities that focus on animal science and education. The council for the 2016 – 2017 program year is comprised of 1 teen and 4 adults from Benzie county and 6 adults from Manistee county.
- The premier event carried out by this group is the annual 4-H Livestock Auction at the Manistee County Fair. In August of 2016, the auction celebrated its 36th year with a sale featuring 156 animals and 18 donated items. With 89 buyers participating, the event raised over $126,000. Honor State Bank, which is also a 33-year consecutive buyer, has served as auction cashier since 2005.
- A total of 7.5% of auction proceeds go back to the Livestock Council for ongoing support of its programs. A smaller portion goes to other 4-H councils that were designated as recipients of income from certain donated items that were sold.
- At the 2016 auction, figures indicate that 39 of the registered buyers represented Manistee county businesses. People want to support businesses that support 4-H. These local businesses report that the exposure and publicity they get by being involved in this event increases their foot traffic and volume.
Developing Youth and Communities, continued

Annual 4-H Livestock Educational Event

- There is an increased effort to involve 4-H livestock members in regular educational programs. Often, the 4-H livestock auction has been viewed as an event where some participants put in minimal effort just to receive a market check.
- 4-H Program Coordinator Debra Laws has worked with the 4-H Livestock Council to establish an annual day-long educational event to be held every April. The focus of that event isn’t just about raising and selling animals. It’s about gaining skills that can be utilized later – in life, in college or trade school, and on the job.
- The 2016 educational event featured topics such as helping youth build social skills to improve relationships with adults (potential auction buyers), exploring ways to show appreciation to businesses and individuals who support the 4-H Market Livestock program, and animal health and well-being. The event was attended by 63 participants.
- The most outstanding feedback about the day, spoken by youth and adults alike, centered on a session involving greetings and handshakes. It was apparent at the start of the class that most of the youth had little to no experience with making introductions or even in executing the proper handshake. The youth in attendance did a fair amount of maturing in that time frame and also walked away with some of the most important life skills they will ever have.

Magoon Creek “Day with Nature” 2016

- This is a day-long environmental educational event that Laws has planned and hosted since 1995. The intent of the program is not to serve as a field trip, but to function as a “hands-on” link to the curriculum offered in the classroom during the year.
- In May of 2016, a total of 217 4th grade students attended from KND Schools, Onekama, Bear Lake, Manistee Catholic, and Manistee’s Kennedy Elementary.
- Guest speakers along the trail provided presentations on soil studies, birds of the area, forestry conservation, stream ecology, fish and other aquatic species, and Michigan Great Lakes. In addition, there were some cultural offerings, featuring Native American music, rustic skills, and woodcarving. At the end of event, students are sent home with something to plant and complimentary activity books and posters.
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 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 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, 1,358 adults and youth were reached through nutrition education classes at various venues in Manistee County.

- 692 youth were enrolled in Show Me Nutrition (SMN), a six-week program for youth from Pre-K through eighth grade. Participants will 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.

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.

- 176 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.

- 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 Manistee County, this is happening through the Fuel Up to Play 60 program. This free in-school nutrition and

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 snack choices.
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.

- 479 adults participated in nutrition presentations in a variety of settings throughout the county including farmers markets and health fairs.
- Manistee County adults participated in a Cooking Matters series. Cooking Matters is a six week course for low income adults and families. Each course is team-taught by a volunteer chef and nutrition educator and covers meal preparation, grocery shopping, food budgeting, and nutrition. Participants take home a bag of groceries at the end of each class.

An adult male who participated in a six week Cooking Matters class contacted the Nutrition Educator to share that he was really enjoying using his new skills to cook at home. He even sent her a picture of his prepped vegetables as he created the Turkey Jambalaya recipe they learned in one of the classes!

- Another adult class MSU Extension staff teach each year is called Project FRESH. In collaboration with the Manistee 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 Manistee County farmers markets though Project FRESH. Local farmers then redeem coupons for payment of local produce. In 2016, 300 books were distributed valued at $6,000. The redemption rate of coupons was 59%, which is above the state average.

**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. Chronic diseases such as diabetes increase the financial burden on the healthcare system. Diabetes is a chronic disease of critical concern. The estimated cost of diabetes in Michigan is $10.5 billion each year, including medical care and lost productivity. This figure is expected to triple over the next 25 years, reaching $21.6 billion by 2040. It is estimated that the state can save $545 million spent across all chronic diseases by investing $10 in preventive care per person per year. Support of MSU Extension benefits...
Keeping People Healthy, continued

participants and the community by moderating the increase in healthcare costs associated with caring for a growing population of people with diabetes and other chronic conditions.

Delivery of evidence-based community programming

MSU Extension’s Disease Prevention and Management (DPM) programs work to promote health and wellness by reducing and managing the incidence and impacts of chronic diseases among Michigan residents and communities. These community-based, evidence-based core programs provide participants with proven strategies for improved dietary quality, management of chronic health conditions, and prevention of chronic diseases.

- **Dining with Diabetes** is a fun and interactive course series targeting individuals with prediabetes, type 1 or type 2 diabetes, members of their support system and/or anyone interested in learning more. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations, and healthy recipe tasting.

- **National Diabetes Prevention Program (NDPP)** is designed to bring to communities’ evidence-based lifestyle change programs for preventing type 2 diabetes. The NDPP shows that making modest behavior changes, such as improving food choices and increasing physical activity to at least 150 minutes per week, results in participants losing 5% to 7% of their body weight. These lifestyle changes reduced the risk of developing type 2 diabetes by 58% in people at high risk for diabetes. MSU Extension has achieved full program recognition from the Centers for Disease Control and Prevention and is one of two “fully recognized” program providers in the northwest Michigan region.

“The Diabetes Prevention Program has been fun and beneficial. Our facilitator from MSU Extension presented the course information in a manner that was easy to understand and fun. My blood sugar level is now in the normal range, I have learned food strategies that I will use for the rest of my life, and I feel surrounded and supported by people with similar food challenges.”

- **Diabetes Personal Action Toward Health (PATH)** is a self-management workshop aimed at empowering people to take an active role in managing diabetes. Over the course of 6 weeks, participants learn strategies to help them deal with difficult emotions, how to develop a healthy eating and exercise plan, goal setting and problem solving, and a variety of other tools to manage diabetes. MSU Extension relies on a longstanding partnership with the Northwest Michigan Area Agency on Aging to deliver this self-management series.
A Matter of Balance is designed to reduce the fear of falling and increase activity levels among older adults. A Matter of Balance includes eight two-hour sessions for a small group led by an MSU Educator and coordinated with the Northwest Michigan Area Agency on Aging. This nationally recognized program was developed at Boston University.

Working collaboratively to promote a culture of health

MSU Extension Health & Nutrition professionals engage with community partners to promote shared goals and reduce the prevalence of obesity and chronic disease. Noted activity within Manistee County includes the following:

- MSU Extension staff hold active membership on Live Well Manistee. This is a local coalition aimed at making Manistee the healthiest place it can be. Throughout the year, MSU Extension has supported the use of community health planning tools to identify research-based strategies aimed at addressing primary goals of the network.

- MSU Extension provided leadership within the network to support a goal focused on promotion of healthy choices. MSU Extension adopted guidelines for a network resolution on healthy food and beverage choices at meetings. The resolution language is supported by the network and being shared with other organizations and coalitions for their consideration.

- Live Well Manistee has also promoted and shared MSU Extension online articles written by local staff that highlight work taking place by coalition members to support a healthy community.

- A local MSU Extension Educator worked in partnership with the Northwest Michigan Community Action Agency to submit a grant proposal made possible through District Health Department #10 through Live Well Manistee Collaborative Grant Program by the Michigan Health Endowment Fund. The funded proposal supported MSU Extension to lead an effort to determine feasibility of implementing farm to senior, or farm to institution with the Manistee senior meals program. NMCAA provides congregate, or group dining, and home-delivered, or “meals on wheels” to seniors in Manistee County. Three objectives were used to identify feasibility and affirmative responses were found for each of the three variables. In addition to effort and the results of conducting a feasibility assessment, funding from this grant was used to fund a variety of small kitchen equipment to enhance whole food preparation, consultant work with a graphic designer to develop a new and enhanced menu template, and a professional development opportunity for
Manistee senior meal volunteers. Reports outlining work completed on this project were provided by MSU Extension to District Health Department #10. In addition, MSU Extension and Manistee-based staff from the NMCAA presented their work at the Live Well Manistee Summit, held on March 20.

“I am so thrilled to be a part of the exciting things happening with the Farm to Senior initiative at our Manistee Meals on Wheels program. I am so grateful to Connie and her team – with Sarah’s invaluable work – and the impactful Live Well Manistee grant – all working together to make this happen.” – Project stakeholder, Senior Meals Manager Northern MI Community Action Agency

Reducing Anger, Bullying, and Stress

- Provided in collaboration with West Virginia University Extension, Stress Less with Mindfulness introduces participants to the experience and practice of mindfulness to reduce stress. Mindfulness can be defined as paying attention in a particular way: on purpose, in the present moment, and non-judgmentally. 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. The MSU Extension program is offered as a five-part series or as a one-time workshop. Two program evaluation surveys collect different outcomes for series and one-time events.

- 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.
HIGH DENSITY TART CHERRY PROJECT

Tart cherries are an important crop and an economic driver in the state of Michigan where growers produce 75% of the nation’s tart cherries. However, the Michigan tart cherry industry is in need of orchard modernization to remain globally competitive. Dr. Nikki Rothwell and MSU Horticulturists established a project to evaluate a new orchard system that will bring plantings into production sooner, enabling growers to achieve a quicker return on investment. This project will encourage Michigan growers to transition from traditional low-density orchard systems to high-density tart cherry plantings that have the potential to optimize fruit quality, improve production efficiency, maximize land use, and increase farm profitability. Through an industry-grower-researcher collaboration in Manistee County, Michigan Department of Agriculture and Rural Development (MDARD) funds were used to plant an experimental high-density tart cherry orchard.

Advantages of transitioning to high-density tart cherry systems are attractive to growers. The adoption of modern horticultural systems has been expedited in other parts of the country, such as New York and Washington, by placing small-scale high-density plots at grower farms. These types of researcher-grower collaborations can vet challenge areas, blend practical, real-life insight with empirical data to develop reliable recommendations that will promote the success of future larger-scale plantings and lead to wide-scale adoption of these new systems. We are fortunate to have supportive cherry growers in Manistee County.

INTEGRATED PEST MANAGEMENT UPDATE SEMINARS

Integrated Pest Management 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.

- **Supporting Hops Production**

  MSU Extension provides valuable hops education throughout the state of Michigan. Northwest Michigan’s Grand Traverse, Leelanau, and Benzie, and Manistee Counties collectively boast more acres of hops than anywhere else in the state.

  The reemergence of commercial hop production began in 2009 with a 1.5 acre yard on Old Mission peninsula. Since then hops have been planted in many counties across Michigan though the majority of Michigan’s acreage is in northwest Michigan. Northwest Michigan producers have invested tens of millions of dollars in hopyard, harvest, and processing infrastructure over the last several years.

  In 2016, MSU Extension held its 9th annual summer hop tour. Sixty-five participants had the opportunity to visit multiple hop yards throughout Northwest Michigan. Manistee County hop producer, Doug Olson, hosted attendees at the Leonard Olson farm near Bear Lake. The Olson’s are one of the largest producers of organic hops in Michigan and founded Midwest Organic Hops, which provides hop processing and marketing services. Of particular interest to many attendees was a delicious lunch and educational tasting at Stormcloud Brewing Company in Frankfort, MI. Head brewer, Brian Confer, described the brewing process, particular hop varieties of interest, and his thoughts on local production of craft beer raw materials. The annual tour is sponsored by the Michigan Brewers Guild.

  MSU also held a statewide Great Lakes Hop & Barley Conference in March 2017 in Detroit, MI. The conference attracted over 300 participants from multiple states and countries. MSU Extension has taken a leadership role across the North Central and North East regions by providing valuable research and outreach to current and prospective growers on best practices for planting, harvesting and pest management. In 2016, MSU Extension hosted members of the Hop Quality Group (HQG), a national organization dedicated to improving hop quality for the craft beer industry. Over two days, the (HQG) toured multiple hop harvest and processing facilities offering recommendations to improve quality. The HQG was extremely
impressed with the quality control measures and food safety protocols that growers had in place.

- **Agricultural Tax Management**

  MSU Extension serves Manistee county by working with individual farms to provide agricultural tax management education. This allows farms to gain a better understanding to the decisions that they make 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.

- **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 Manistee 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
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.

- MSU Extension staff provided program reports and were available to respond to local governance and finance questions at several regular meetings of the **Manistee County Michigan Townships Association** in 2016.

- 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
Fostering Strong Communities, continued

three-hour session includes lectures and hands-on learning exercises. The seven core sessions provide a basic skills on roles, responsibilities, and best practices for planning and zoning in Michigan.

MSU Extension Educators were also involved in the following Government & Public Policy related efforts in and around Manistee County this year:

- Strategic Planning
- Right to Farm Act Training
- Medical Marijuana Training
- Form Based Code Training with Networks Northwest
- Sign Training with Networks Northwest
- Zoning Administrator Certificate Training

Sea Grant Extension

MSU Extension’s Greening Michigan Institute supports efforts to carry out Sea Grant programs throughout Manistee 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, with outreach topics and programs such as:

- Economic Impact of Charter Fishing
- Vibrant Waterfront Communities
- Restoring Fish Habitat
- Michigan Clean Marina Program
- Coastal Hazards – Dangerous Currents
### MSU Extension Staff Serving Manistee County:

<table>
<thead>
<tr>
<th>Name</th>
<th>Role</th>
<th>Phone</th>
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