MESSAGE FROM THE DISTRICT COORDINATOR

Shari Spoelman
District Coordinator

Michigan State University Extension is serving the residents of Clare County by providing a variety of programs and resources to help people achieve their greatest potential. We offer a variety of resources through our Land Grant University. Whether it is a youth program designed to help kids learn responsibility, or disease identification for a grower’s specialty crop, we’ve got the backing of researchers and specialists on campus and across the state in each Extension office.

Our staff is trained to connect people to the resources they need to grow food for their family, to prepare food safely and efficiently, to provide nutritious meals for their family, to work together to find common goals, and to help grow our communities.

In this day and age, a simple Google search brings up “answers” to life’s many questions. It’s easy to get answers. But are they the right ones? How do we know what will work best for us? That’s a whole new challenge, and one that we are prepared to handle. We’ll help you navigate the wild frontier out there.

Along the same line, technology has provided us with opportunities to teach from a distance. It allows participants to learn in their spare time, on their own schedule, and from the comforts of their own home or farm. MSU Extension provides many opportunities for online learning, as well as the traditional classroom style, office appointment, phone call, or farm visit. Throughout the years we have adjusted our methods to meet the needs of the changing world, but we hold on to some traditional values of face to face interactions and “hands-on” learning.

Whatever the need, we are here to serve you. We will do our best to provide you with the information you need to make your life better. Whether its health, agriculture, entrepreneurship, or teaching youth skills to carry forward throughout their lives, the cooperative extension service extends the research of the university while meeting the needs of the local community.

We thank our local governments, partners, and residents for providing us with the needed resources to maintain a local office, a strong 4-H program, and a touchpoint for local service.

MEASURING IMPACT

CONNECTING WITH RESIDENTS

4-H Members 344
Adult Volunteers 95
Total youth served 1,413
Nutrition Programming for Low Income Families 1,127
Soil Samples 91
Agriculture 56
Consumer Horticulture 42
Economic, community dev. & natural resources 125
Food Safety 25
Other Health & Nutrition 70

MSU EXTENSION’S DIGITAL REACH

More than 3.7 million visitors viewed more than 7.2 million pages.
1.3 million newsletters covering 90 topic areas were sent to about 16,900 email addresses.
MSU Extension has more than 3,500 Facebook followers and more than 2,800 Twitter followers.

1.3 million newsletters covering 90 topic areas were sent to about 16,900 email addresses.

DISTRICT 6 DIGITAL REACH

From Jan 1, 2016, to Dec 31, 2016, 51,592 visitors from the 7 county district viewed more than 138,129 pages of rich, science-based content on the MSU Extension website (msue.msu.edu). Of those, 52.1 percent were first-time visitors. Search engine rankings make msue.msu.edu one of the most visited Cooperative Extension Systems education sites in the country.

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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. 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.

**Growing true leaders**

With innovative ideas, exuberant energy and the ability to look beyond preconceived obstacles, youth have the capacity to change the world. However, many lack the skills and confidence to empower these assets into motion. They need experiences and training that help them to feel ready and capable to lead.

Michigan 4-H helps to prepare current and future leaders by offering numerous opportunities for leadership development. From the club experience to statewide youth councils, all youth have the chance to serve in a leadership role. Those experiences and various leadership trainings provide youth with skills to last a lifetime and empower them to stand up today as true leaders in their families, schools and communities.

- 25 youth formed the Michigan 4-H State Youth Leadership Council, becoming statewide champions for 4-H. One of the members of the statewide Youth Leadership Council is from Clare County—Josiah Bear

**Clare County 4-H Community Service Project**

In April, the Hides ‘N Hares 4-H Club in Clare County had the opportunity to help construct, “weighted blankets”. Weighted blankets help children who struggle with sensory issues during school. “There were jobs for each age group and we enjoyed helping out,” stated Carol Forkum, 4-H Club Leader. With the help of many 4-H volunteers, the project leader Veronica Ellenwood, and 4-H youth, they were able to complete six blankets that were donated to Farwell Area Schools.
Parliamentary Procedure Workshop

Clare County 4-H hosted a parliamentary procedure workshop in March where Extension Educator Connie Lange provided hands-on learning for youth in the 4-H program about running meetings and taking leadership roles. An organizer and attendee, Josiah Bear from Clare County, is also a member of the Michigan 4-H Youth Leadership Council. This is what he had to say about the workshop.

“I had a great time at the workshop, and I learned a great amount about being a leader in many different situations and circumstances. I believe the greatest thing that I learned through this workshop is that even though there may be some inexperienced people wanting to be in leadership positions, they can still do a great job. I also learned that everyone has good things to say. No matter what background or experience they have, they can still contribute to the group. I hope to take this back to my club and other organizations I am a part of. I want to show people that everyone can be a leader in their own way. Thank you for this opportunity.” - Josiah Bear

4-H Winterfest

Both Clare County Junior Ambassadors, Jennifer Dietsch and Jonathon Jehnzen, along with parents Cynthia Veldt-Dietsch and Scott Jehnzen, were able to attend the 4-H Winterfest.

This event is held each year for 8-12 year old 4-H members from across the state who gather for a weekend of winter fun. Sessions available included rifle shooting and safety, sewing, hip hop dance, zoonotic diseases, small animals, nature art, sled dog racing, snowshoeing, outdoor survival, and archery shooting. There were opportunities for winter outdoor activities including a guided nature hike, sledding, cross country skiing, and snowshoeing.

Clare County YAC accomplishments

Fifteen youth from Clare, Harrison and Farwell Schools participated in the Clare County Community Foundation’s Youth Advisory Committee. Under the leadership of Extension Educator Michelle Neff, youth learned about philanthropy, business practices, budgeting, and leadership.

The YAC granted $2,100 in funds to community organizations to impact youth in Clare County. Grant recipients of funds include Northern Michigan Child Advocacy, Ten Sixteen, and Farwell Community Schools.

Volunteer activities the YAC youth were involved with in 2016 include:

- The Clare County Community Foundation Senior Scholarship Reception.
- Made ornaments/Christmas decoration for veteran shelter in Clare.
- Collected coats, hats and mittens for Project Kids Christmas.
- Weighed plastic beads for the weighted blanket project for grant.
- Cleaned up around the Village of Farwell.
Building communication skills for a lifetime

Communication is an essential element of every aspect of life – personal and professional. 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. Youth who practice and enhance their communication skills in adolescence will find these skills to their advantage in future employment and adulthood.

To help young people develop this important life skill, MSU Extension’s Michigan 4-H has made communication an aspect of nearly every area of its programming. Youth are required to record their progress on projects, verbally report their activities and illustrate their understanding in a number of ways. Some Michigan 4-H programs make communication a major focus, further allowing youth to cultivate and enhance these critical skills.

Last year:

- 40 youth attended the 4-H Teen Spokesperson workshop; 78% of those surveyed indicated they feel comfortable sharing their thoughts and feelings with others.

4-H Teen Lock-In

On April 8, 2016 at the Clare County 4-H Lock In at Browns Corner Church in Clare, 24 youth participated in the “Junk Drawer Robotics” activity and 6 youth participated in the “Diversity through Dance” activity for a total of 30 youth participants. The junk drawer robotics program allows youth to explore science through hands-on activities and team-based experiences. Their project was to design and build their own robotics mobile by utilizing their imagination and creativity using household items such as empty paper towel rolls, duct tape, craft sticks, beads and more. At the end, youth tested their performance on a ramp to see whose project went the furthest. The mobile activity is a fun, learn-by-doing activity.

4-H Heartland Show

In June of 2016 Clare County 4-H Small Animal Association hosted the 4-H Heartland Rabbit, Cavy, and Poultry Show. This event brought 56 youth from across Michigan together to partake in showmanship with their animals. 4-H volunteers helped organize the event, educational poster contest, photography contest, and breed identification contest.
Science Blast at Mid Michigan Community College

MSU Extension’s 4-H provided a Science Blast activity at Mid Michigan Community College in October. The goal was to expose youth and families to fun ways to explore science. The feedback demonstrated we were successful!

4-H Science Blast - Youth Feedback
- 91% of the youth that completed an evaluation indicated that they learned something new at the science blast event.
- 95% of the youth felt that the science activities were fun and interesting and it made them want to learn more.
- 83% of youth wanted to get more involved in 4-H science projects.

4-H Science Blast - Adult Feedback
- 100% of the adults agreed that their child learned something new at the science blast.
- 100% of the adults agreed that their child appeared to gain interest in science because of the event.

Legacy Center Asset Study Results are Positive

Results from a long term study recently completed by the Legacy Center of Midland, Michigan, shows that 4-H is beneficial in helping youth to develop assets and keep those assets over time. The data in the graph below shows that Clare County 4-H members increased assets in the area of “commitment to learning” and “positive values”. While some areas show a decrease, they are still in the excellent or good range. Comparing these numbers to the general population (average 18 assets) shows the Clare County 4-H program does help build assets and have a positive impact on youth.

For parents and youth in our communities, the 4-H program can be a helpful tool as we strive to develop the positive assets that will help our youth be successful in life.
Ensuring Strong Communities

Homeownership & Foreclosure Prevention

MI Money Health’s team of knowledgeable, straight-forward financial pros demystify common money and homeownership best practices with university-backed, research-based programs and resources to help Michigan residents navigate through whatever fiscal challenges life throws their way.

Homeownership Education: This course helps participants make informed choices about the true costs of homeownership. Bonus? Completing the course can help Michigan residents qualify for down-payment and other assistance programs. There were 12 participants in Home Buyer Education from Clare County.

Money Management: Unbiased education about common money struggles and best practices help Michigan residents at any financial stage in life. In Clare County 25 individuals participated in Money Management education.

Foreclosure: Our certified housing counselors help Michigan residents navigate through the tough decisions and explore options to avoid foreclosure whenever possible. With the many triage calls for foreclosure prevention in Clare County, 38 files were opened.

Rent Smart: The “Rent Smart” program covers the financial preparation, basic rental process and continual good tenant conduct. It is designed to help educate individuals or families on how to be good tenants, including the rights and responsibilities of a renter.

Partnering with county treasurers to keep people in their homes

Strong homes make strong communities, and strong communities make a stronger Michigan. Unfortunately, many homeowners are experiencing financial adversity and face the possibility of foreclosure. Clare County’s MSU Extension program instructor Teagen Lefere is a Michigan State Housing Development Authority-certified counselor who works one-on-one with homeowners who have fallen behind on their property taxes or mortgage.

The amount of money that Clare County received from Michigan’s “Hardest Hit” Fund to help keep people in their homes.

$51,517
Keeping Businesses Strong

Partnership with Mid Michigan Community College

Beginning January 1, 2017 MSU Extension in Clare County entered into a partnership with Mid Michigan Community College. This partnership enhances the partnership that already exists between Clare County and MSU Extension. Because the county has struggled financially and needed to reduce its financial support for MSU Extension and 4-H this year, MSU Extension approached MMCC to inquire if they could contribute financially to our 4-H position if we worked with them to help with some of their community education programs and events. Their contribution has allowed us to maintain a 4-H coordinator at ¾ time, which will better serve the residents of Clare County. We are very excited about this new partnership, and are looking forward to continuing to work together for the benefit of the communities we serve.

Mock Interview Day-Preparing future employees

High school students need the opportunity to practice interview skills in order to be ready for the workforce. Employers appreciate and are more likely to hire candidates who know how to present themselves. Michigan 4-H is perfectly situated to provide this type of learning opportunity. To address this need, a Mock Interview Day event for Isabella, Clare, and Gladwin counties is planned and held in mid-March every year. Chaired by staff from MSU Extension, other partners include Michigan Works!, Mid-Michigan Development Corporation, Gladwin Economic Development Corporation, Central Michigan University, Clare-Gladwin RESD and Mid Michigan Community College. On the day of the event, about 70 adults from local businesses volunteer their time to interview students, review résumés, and provide short educational workshops. In 2016, 300 11th and 12th grade students from 8 area schools took part in the event. 120 students attended from Clare County. Numerous business volunteers participated. After the event in 2016,

- 95% of the students surveyed felt they would do a better job interviewing in the future
- 96% agreed that after this event they had more confidence in their ability to do well in a job interview
- 96% felt more prepared to join the workforce
- 96% would encourage other students to attend this event in the future.
Improving nutrition and increasing physical activities in Michigan communities

Limited income and poor nutrition affect quality of life and can increase healthcare costs. The Centers for Disease Control and Prevention reports that more than 30 percent of Michigan adults are considered obese, and one out of every three deaths in Michigan is caused by cardiovascular disease, influencing the quality of life and adding billions of dollars each year in economic burden.

MSU Extension delivers affordable, relevant, evidence-based education to help residents in urban and rural communities stay healthy throughout their lifespans. Programs teach participants how to buy and prepare nutritious, budget-friendly foods and increase physical activity. In 2015 alone, these programs reached more than 112,000 adults and youth across the state in over 1,600 different locations.

- 79% of youth participants improved their abilities or gained knowledge about how to choose foods according to Federal Dietary Guidelines.
- 79% of adult participants made a positive change in at least one nutrition practice, such as preparing foods without adding salt, or using the Nutrition Facts labels to make food choices.
- 73% of adult participants made a positive change in at least one food resource management practice, such as planning meals in advance or comparing prices when shopping.

SNAP-Ed instructors provide education either through one time presentations or series. The following are evidence based curriculums that are used in Clare County:

**Grow it Try it Like it**—used for Pre-K

**Show Me Nutrition**—used for Pre-K through Jr. High—each level adds to previous instructions and exposes children to healthy food, physical activity, body image and media influence through instructions, activities and sampling.

**Cooking Matters**—this curriculum has material catered to Teens, Adults, and Child Care Providers includes both a nutrition lesson and cooking instructions which is co-led by local chef Denise Jenks

**Project Fresh**—encourages participants of the Women Infants and Children (WIC) program to eat more Michigan grown fruits and vegetables

**Ten Tips to a Great Plate**—from the USDA’s Choose MyPlate

MSUE partnered with the following agencies or organizations in 2016:

- Central Michigan District Health Department
- Senior Services-Clare County
- MI Works!
- Mid Michigan Community College
- Community Nutrition Network
- Farwell Farmer’s Market
- Harrison District Library
- Pere Marquette District Library
- Department of Health and Human Services
- Harrison Street Fair
- Farm Bureau-Clare County
- Clare Primary Schools
- HMS SPARKS
- MMCAA Preschool
- Clare County Community Foundation
PROJECT RED-Brought back into county

Thanks to MSU Extension, in a partnership with Farm Bureau of Clare County, Project Rural Education Days was brought back to Clare County. Over 200 5th grade students from Clare County were provided with rural education that focused on agriculture and natural resources. Students enjoyed short presentations on the following topics:

- Fish identification
- Milk production
- Bees
- Beef
- Forestry
- Sheep and Alpacas
- Careers in agriculture
- Livestock feed
- Soil
- Nutrition

Clare County MSU Extension Staff took the lead on this project and included many other staff members from surrounding counties. Kable Thurlow, along with farmers Ken Brown, Cody and Bill Hileman, spoke about beef cattle. Live cattle were used as part of the program, as most of the youth that attended had not seen live cattle before. Kable Thurlow spoke about the beef industry, teaching the youth about the products that come from beef. He showed them different cuts of meat and spoke about by-products that come from the animals. The farmers in the group spoke about life on the farm. Staff talked about feeding cows, and taking care of the environment.

Clare County Community Baby Shower

MSU Extension Staff taught safe baby food making techniques and general food safety for 65 new moms and babies with 4 round robin sessions at the Community Baby Shower.

Success Stories for the MSU Extension Nutrition Program

Child Care Provider Clare County—“This program is great. A free program that comes to me and, in return I get education hours that are required, is fantastic. Simple changes or adding a written policy have not taken a lot of time to implement in our center.”

Clare Primary Kindergarten Teacher—“The kids LOVED this program and looked forward to it every week. They often talked about it and learned so much. The kids enjoyed talking and the silly exercises so much we incorporated it into our daily routine! Please come again next year!! Thank you so much for your hard work and time!”

Clare Primary 1st Grade Teacher—“We loved it! It was awesome. I’m pretty adventurous with trying new foods but I have done even better with this.”
Making the Most of Our Natural Assets

When you support MSU Extension’s natural resources education programs, participants learn about income-generating opportunities, ecological principles, natural resource issues and the role of natural resource professionals. They also explore public policy issues related to environmental stewardship. Our programs can lead to increased income for families that retain their natural resource assets, help landowners become better stewards of their land, and protect land management opportunities for future generations. Better land stewardship benefits communities by protecting and enhancing Michigan’s natural resource assets.

Protecting Your Shoreline: A Workshop for Lakefront Property Owners

MSU Extension staff member, Marybeth Denton, hosted this workshop in three locations in District 6 – Harrison, Weidman, and Cadillac. Forty participants from 13 counties spent an evening learning best practices and strategies for protecting their shoreline property. There were 12 participants at the Harrison training.

Snakes in Your Garden

Michelle Fournier, an Interpretive Naturalist at Chippewa Nature Center in Midland, was invited to teach a fun, interactive workshop for all ages of snake lovers and haters alike. Michelle enjoys sharing her passion and enthusiasm for these legless and scaly reptiles. Live Michigan snakes were on hand for participants to see them up close! Participants learned how to identify some of Michigan’s common snakes, where they’re found, how they eat, the benefits they bring to your garden, other fun snake facts, how you can make your garden more snake-friendly or, if snakes still aren’t your thing, ways to keep snakes in nature and respect their amazing qualities from a distance. Snakes may be the most feared and misunderstood animals, but they can also be fascinating and beneficial.

Clare County Master Gardeners Win Award

The MSU Extension Master Gardener Program recognized the winners of the Extraordinary Project Search (EPS) Program at 2016 Master Gardener College held in June in Grand Rapids. The Third Place Winner was the John C. Mackie Welcome Center in Clare County!

The Extraordinary Project Search (EPS) Program is a new program designed to recognize outstanding group projects that demonstrate significant learning taking place. EPS is a coordinated effort to share ideas with EMGs and highlight Extension Master Gardener (EMG) volunteer work impacting communities throughout Michigan.
Michigan agriculture continues to be a growing segment of the state’s economy. The production of commercial food and nonfood agricultural operations is growing rapidly. The number of households raising a portion of their own food and raising livestock or gardening for pleasure or relaxation continues to increase. When you support MSU Extension, you help participants learn profitable and efficient business and production practices. Participants also learn how to optimize and reduce the use of pesticides and fertilizers, and how to conserve and protect water resources.

**Raising awareness of the benefits of cover crops**

Cover crops are a hot topic in agricultural circles. Cover crops are plants seeded into agricultural fields, either within or outside of the regular growing season, with the primary purpose of improving or maintaining ecosystem quality. Environmental benefits include enhanced biodiversity, increased soil infiltration and attraction of honeybees and beneficial insects. Researchers are focusing on ways cover crops can be used by farmers to bring diversity to the crop system; to reduce reliance on fertilizers, herbicides and pesticides; and to determine the impact of cover crops on overall operation economics.

Initial studies have shown that:

- Farming benefits include reduced erosion, improved soil quality through increased porosity, soil organic matter and water-holding capacity, as well as the addition of beneficial microbes.
- Cover crops help retain nutrients that otherwise would be lost.
- Cover crops add nitrogen through fixation while combatting weeds and breaking disease cycles.

**Stamper Farm Field Day**

This field day was held in order to introduce cover crops to this area in a formal manner that had not yet been done. The event showcased a plot that was planted earlier in the season and had cover crops that could be used in a cropping and livestock production system.

Producers viewed a plot that had several different cover crops planted in it. Those crops were: Crimson Clover, Winter Peas, Oil Seed Radish, Rapeseed, Triticale, Barley, and Cereal Rye. They were planted alone, and in combination. Extension Educators Paul Gross, Jerry Lindquist, and Kable Thurlow spoke about Cover Crops for soil health, along with forage and water quality. Jerry Lindquist and Kable Thurlow also spoke about grazing cover crops benefits.
Supporting Food and Agriculture, continued

Mid-Michigan Cattle Network
The Mid Michigan Cattle Network is a member-led group dedicated to the networking and education of beef producers in Central Michigan. The group’s main goal is to give producers an opportunity to get together in an informal setting and share thoughts and ideas, listen to experts from various agribusinesses and MSU Extension. This group was started in 2011 by Kable Thurlow, MSU Extension Beef Educator from Gladwin County. The Cattle Network hosts meetings in our area that vary from outside farm tours to inside classroom settings.

The following is a list of the topics that were covered in 2016.

February—Brad Morgan from Morgan Composting in Sears spoke about soil health and nutrition using alternative fertility options.

March—Mid-Michigan Community College, Harrison. MSU faculty member Dr. Jason Rowntree gave a five-year synopsis of the research that has been done on grass fed beef production. He spoke with producers on production, economics, and environmental impact. Mr. George Quackenbush spoke about the Michigan Beef Checkoff task force recommendations.

April—Brenda Grettenberger, DVM, Pol Veterinary Services, spoke about the Veterinary Feed Directive. The program attendees heard about the use of antibiotics on their farm, from a local veterinarian’s perspective.

May—Ellen’s Equipment, McBain. Attendees were able to learn about Precision Land Management systems from New Holland. These guidance systems increase accuracy of planting, fertilizer spreading and manure applications.

June—Steve Gardner farm, Roscommon. This was a pasture walk and tour where participants were able to learn about management intensive grazing, grass fed beef production, cover crops, and making silage bales.

July—Stamper beef farm, Harrison. Attendees viewed calving areas and cattle handling facilities. The group looked at ration mixing and silage bale wrapping equipment.

“Forage production plays a crucial role for livestock farmers across the state. This field day puts farmers in front of the leading experts, the latest research...”

- Ron Bates, director of agriculture and agribusiness for MSU Extension.
Veterinary Feed Directive Meeting in Clare

This program highlighted information relevant to the Veterinary Feed Directive and the changes that took effect on January 1, 2017. The goal of this program was to help educate producers about these changes, so that they were able to comply by the first of 2017. Participants learned what a Veterinary Feed Directive (VFD) is and how it will affect feed delivered antibiotics that are commonly used in agriculture, what farms have to do to comply with the VFD, and what a Veterinary Client Patient Relationship (VCPR) is. Speakers included MSU Extension Educators Phil Durst, and Kable Thurlow, Dr. Alex Imlay from Animal Health Associates in Mt. Pleasant, and John Merillet from Johnston Elevator in Clare.

Youth BQA Webinar (Statewide)

Beef Quality Assurance is a national program that covers every management aspect of producing high quality beef. It offers an excellent educational opportunity to teach youth various aspects of producing high quality beef. Previously there was not a Beef Quality Assurance program for youth in the state of Michigan. Youth could attend pork quality assurance trainings and learn how to properly produce a high-quality pork, but 4-H beef exhibitors previously have not had that opportunity. Because youth 4-H members produce beef that goes into the market as finished beef, it is imperative that the beef produced by 4-H exhibitors is of the highest quality.

Michigan State University Extension Educators, Frank Wardynski and Kable Thurlow offered a statewide Beef Quality Assurance training for youth in November of 2016. The webinar was recorded, and has been used to train additional beef members in 4-H Clubs since the live webinar. The topics that were taught at this webinar were:

- Animal Behavior
- Quality Defects
- Injection site management
- Bruising and its effect on meat quality
- Lameness
- Fee additives and the Veterinary Feed Directive
- Record Keeping for feeds and medications
- Meat Quality

Those taking and passing the test with a score of 70% or higher, were sent a certificate of completion, proving that they had taken, and had become Youth BQA Certified. The youth that participated in this webinar now have the tools needed to produce a safe, and wholesome beef product for their buyers.

41 4-H club members were registered in beef projects in Clare County in 2016
# Extension Educators Serving Clare County

**Staff Located in Clare County Office:**

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Extension Educators Serving Clare County, Continued

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