



MSU Extension
2022-2023
ANNUAL REPORT
Antrim County

MSU Extension offers a broad range of research-based educational outreach to county residents. Over this past year, we've continued to innovate and have empowered families and individuals to live healthier lives, supported new and local businesses, created opportunities for youth leadership development and career exploration, helped farmers with business management and mental health, and much more. Our staff live and work alongside county residents, are rooted in community relationships and are responsive to community needs. Our partnership with you makes this all possible. On behalf of the MSU Extension team serving Antrim County, thank you for another great year. We look forward to your continued support and hope you will be able to join us during one of our upcoming programs.

~ Jennifer Berkey, District 3 Director



201
Programs
Accessed by
Residents

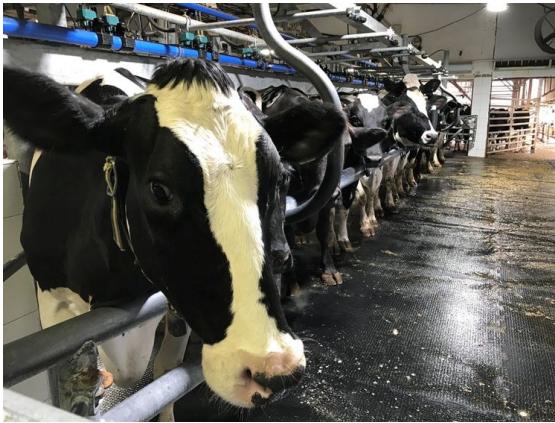
Social Media
Reach
10,507

Indirect
Reach
5,395

Programming
Reach
1033



SUPPORTING AGRICULTURE AND AGRIBUSINESS



Farm Business Management

- Working with 14 area farms (30 individuals), MSU Extension Educator Stan Moore helped farmers complete a financial analysis on their farm financial records. Farmers who participate have a greater understanding of their farm financial strengths and weaknesses, and how they can improve upon their financial standing. These farms represent over 70 jobs and had over \$9.7 million in sales in 2022.
- Year-end tax estimate meetings provided farmers with the opportunity to save over \$118,000. Those income tax savings result in more resources being available for purchases by these farmers in their communities.

14 area farms representing over 70 jobs and \$9.7 million dollars in sales in 2022

- Moore worked with multiple northern Michigan farmers to ensure a successful farm transfer to the next generation. Many of these farmers are using resources through the “Legacy of the Land” farm stress project, funded by Michigan Department of Agriculture and Rural Development and federal grant dollars.
- Over 150 individuals attended Agriculture Labor sessions, coordinated by Moore at the Great Lakes Fruit, Vegetable

and Farm Market Expo held December 2022. Moore also provided multiple labor education meetings to farmers, including an out of state program for young farmers in Nebraska.

Artisan Cheese Class

- Stan provided education on the “business of cheesemaking” to 15 individuals. He worked with Phil Durst of MSU Extension, and two commercial cheesemakers, Gary Smith and Josh Hall of Leelanau Cheese, to plan and organize the workshop. The class included individuals who are currently commercial cheesemakers, including one from MWC, the state-of-the-art plant in St. Johns. Also included were several who had only a cow or some goats. The three-day class led participants through the processes of making six different cheeses while they learned about the science and art of cheesemaking. Participants also brought in their own cheeses for evaluation by our expert cheesemakers.

“I plan to use today’s information and open a creamery!”
 “Great job, keep the cheese community” together.”

~Artisan Cheese Class participants



NORTHWEST MICHIGAN ORCHARD AND VINEYARD SHOW



Over 315 tree fruit & wine grape producers

Northwest Michigan Orchard & Vineyard Show



Northwest MI Orchard and Vineyard Show 2023

- The attendance for the annual Northwest Orchard and Vineyard Show was close to pre-pandemic numbers this January. We hosted over 315 tree fruit and wine grape producers to the Grand Traverse Resort. In addition to participants, we had over 50 vendors showcasing the newest equipment and products available for 2023. The lineup for educational speakers was top notch and included researchers on two national Specialty Crop Research Initiative projects from Michigan State University, Utah State University (USU), and Clemson University. Dr. Brent Black and his team from USU updated the crowd on some excellent new research using unmanned aerial vehicles to collect precise data in tart cherry systems. Dr. Todd Einhorn, from MSU, provided a recap of irrigation work conducted at the Northwest Michigan Horticulture Research Center (NWMHRC) with the help of a student assistant. The show provided great information on tree fruit disease management strategies, and allowed Erin Lauwers, the new Integrated Pest Management (IPM) educator at the NWMHRC, some time to present on her work.

MSU Extension Master Gardener Program

- MSU Extension Master Gardener volunteers participated in several volunteer projects in Antrim County in 2022. These projects impacted county residents by improving quality of life, empowering youth, protecting waterways, and improving food security. Work took place at locations such as Glacial Hills Natural Area, Grass River Nature Center, Bellaire Community Garden, and Torch Conservation Center, among others.

Extension Master Gardeners volunteered **329** hours valued at **\$9,853**

These hours were dedicated to educating residents, improving food security, and protecting natural resources of Antrim County.



DEVELOPING YOUTH AND COMMUNITIES



2022 Market Livestock Programs

- The most popular program for Antrim County 4-H youth was the Market Livestock which culminated at both the Antrim County and Northwest Michigan fairgrounds.
- In order to participate, youth are required to attend an initial project review meeting, up to two Livestock clinics and Fairground work bees. Youth must also complete a Project workbook which includes the following: outlined project information and goals, monthly records of feed, expenses, weight, efficiency (projected income vs. expenses), and research on species/breed. They must also create an educational poster for the large animal projects or an exhibitor card for small animal projects.
- Natalie Boals of A Backyard Bunch 4-H Club took home awards for Northwest Michigan Fair's Overall Top Showmanship, Senior Showmanship Showdown Champion, and 4-H Showmanship Grand Champion.

Leadership

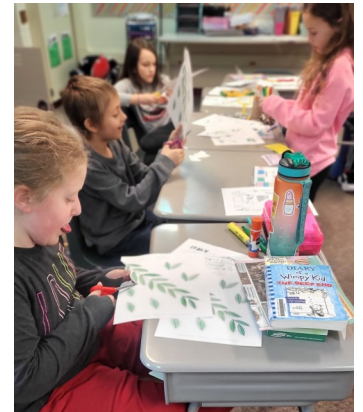
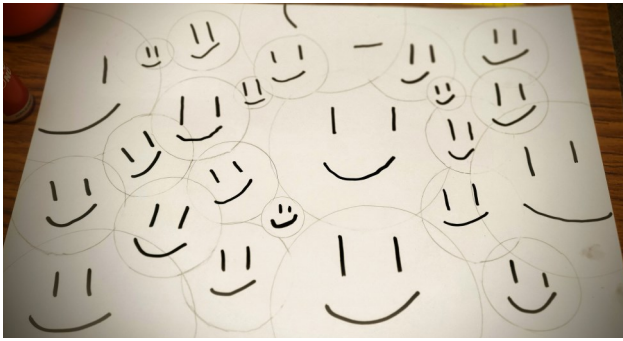
Antrim County 4-H youth had the opportunity to participate in leadership activities across the state.

- Alexis Skop became Antrim County's first member of the Michigan 4-H State Youth Leadership Council (SYLC). SYLC members receive training in public speaking, advocacy, communication, and leadership skills. SYLC is Michigan's

9 Steer, 6 Sheep, 4 Goats,
2 Alpaca, and 5 Swine
placed as Grand Champion, Reserve Champion, or First Place in Market and Showmanship between the Antrim County and Northwest Michigan Fairs by
Antrim County 4-H Youth

highest youth leadership opportunity and is a goal that older youth can aspire toward. SYLC members get to broaden their network and expand their knowledge of 4-H programs beyond their counties.

- In June, several Antrim 4-H youth participated in a one-day Youth Leadership Training in Gaylord. They learned about team building, public speaking, meeting facilitation, and interpersonal communication.
- In March, Antrim County sent its first attendee in five years to the 4-H Capitol Experience in Lansing. 4-H Capitol Experience is for high school students who are interested in learning more about civic engagement, public policy and influencing state government.



Global Art Project

- Third, fourth, and fifth graders from John R. Rodger Elementary in Bellaire have been participating in a program that uses art to connect to cultures and countries from around the world. Based on an existing Michigan 4-H program, the Global Art Project has been adapted to fit a monthly hour-long classroom visit from 4-H staff. Youth are presented the art project from the country of the day and are also introduced to that county's geographic and linguistic facts. As they work on their art, they learn about the culture and traditions of the highlighted country.

Countries and crafts presented include:

- China – painting what makes your home (town/country) special
- Uganda – beading necklaces with traditional Ugandan paper beads and American wooden beads
- Italy – assembling paper wreaths similar to what Italian university graduates wear at commencement
- Chile – creating traditional high-desert rain sticks of the Diaguita people from Northern Chile.

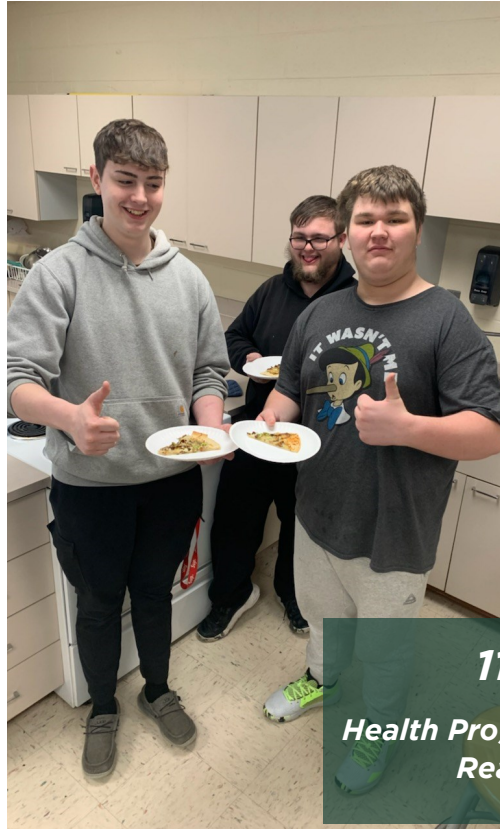
Looking Ahead to Local Partnerships in 2023-2024

Antrim County 4-H is excited to be working with these local partners to provide new programming in 2023-2024:

- Bellaire High School: Senior Seminar – How Antrim County Government Operates
- Communities in Schools – Mancelona Afterschool Programs – including Global Arts Project
- Paddles & Pedals - Intro to Kayaking

73

Youth participated in Global Arts Project at John R. Rodger Elementary and CIS Northwest Michigan



111
Health Program Total Reach

Moms & Tots Partnership

- A new partnership was created this year with Manna Food Project, Moms & Tots Center, and MSU Extension. Parents who frequent both Moms and Tots and the Good Samaritan Pantry in Ellsworth were encouraged to attend a six-week series called Cooking Matters for Families. Lessons focused on feeding the family nutritious and budget-friendly recipes, incorporating nutrients that are most important for children and preparing meals in class. To remove barriers to attending, childcare was provided during class by Moms and Tots and take-home groceries for the meal sampled in class was provided through a grant secured by Manna Food Project. The end of class ritual became bringing in the children and having them taste test whatever was made in class for the day. Most of the recipes were winners but the pineapple carrot muffins were a fan favorite! Eating healthy on a budget can be a fun bonding experience for families.

5 Adults
Moms and Tots
Center
Cooking Matters for
Families

classes focus on food safety, budgeting, resource management, and preparing healthful, low-cost meals. We now have an introduction class for lower classmen and a more advanced class for seniors. Students are able to get this education up to two times in high school which greatly improves their confidence and knowledge around food preparation and making healthful life choices.

Life Skills Mancelona High School

- For the past four years, MSU Extension has brought nutrition and cooking expertise to the Life Skills class at Mancelona High School through a curriculum called Cooking for One. This year, the program grew to two classes. Both

“Elise Coan, our Life Skills' students, and I have had the pleasure of working with Lanae over the years. I want to express to you what a gem we think you have in Lanae. As teachers, Elise and I love working with her. Lanae is flexible, dependable, fun, and personable. The students have shared over the years how much they love "Cooking with Miss Lanae!" When working with them, she is calm, patient, thorough, and enthusiastic. She handles high school students with ease, always respecting their ideas and opinions. We get excited when our time with Lanae begins and are always so bummed out when the program is over. We hope to work with Lanae and MSU Extension for many years to come. Thank you for allowing her to spend time with us each year. We are all healthier and safer cooks because of it.”

~ Lori Derror, Special Education, Mancelona High School



YOUTH - 3RD-12TH KNOWLEDGE AND BEHAVIOR CHANGE:

after completing a series of nutrition education classes:



34%
Ate more
veggies



33%
Drank less
sodas



28%
Improved
hand
washing



34%
Increased
PA
participation



34%
Reduced
screen
time



- Last year, the Life Skills class took on a challenge to drink more water. This year, they are continuing to make water consumption a priority by creating a class policy that only allows water in the classroom to discourage consumption of other sugar sweetened beverages that teenagers typically drink in large amounts.
- Classes that are supportive environments to trying new foods without pressure to like them can lead to more students feeling comfortable. More often than not, students who are completely against trying new foods will participate in a taste test when the classroom is supportive.
#SNAP-Edworks!

John R. Rodgers Elementary

- Every K-5th grade student at John R. Rodgers Elementary School got nutrition education through MSU Extension in the 2022-2023 school year, an increase from three classes with 50 students last year to six classes and 113 students. Each classroom attended six weeks of nutrition classes, tasting foods from each of the five food groups and learning how food is used in the body. Fourth and fifth grade classrooms also learned about reading food labels, being aware of food marketing that targets youth and how daily physical activity is vital for health throughout the life span. Classes are full of projects like making pumpkin faces out of tangerines, exercises to get in extra daily movement, food tastings to encourage adventurous eating, songs to help remember important details, and even a puppet named Chef! The nutrition lessons aren't just necessary, they are also fun, memorable and impactful.

29 students
9-12 graders
Mancelona High
School Life Skills
Class

113 students
Kindergarten - 5th
graders
John R. Rodgers
Elementary



FOSTERING STRONG COMMUNITIES



MSU Product Center Business Development

- The MSU Product Center joined Oryana and Crosshatch to offer \$11,000 in zero interest loans to regional food and farm businesses. These loans help businesses scale to meet more demand for local food.
- The MSU Product Center joined a coalition led by Crosshatch to launch the region's first Carbon Farming Cohort. This peer-to-peer learning program helps farmers adopt climate resilient agricultural practices.

Northern Michigan Counties Association (NMCA)

- County delegates to NMCA launched a successful hybrid format for 2022. In-person participation stayed strong, with several more able to participate via Zoom when they couldn't be there in-person. Participants share lessons learned in their counties, learn about topics currently impacting county government, and discuss the impacts of pending legislation on county government. A series of meetings from late 2021 through early 2022, explored both House and Senate bills aimed at solving problems with provision of Community Mental Health services. Other topics in 2022 included broadband, early childhood programs, state revenue sharing, OMA, the Northern Michigan Children's Assessment Center, and a tour of Camp Grayling.

Counseling & research in service to 8 businesses with 46 employees

1 new business start

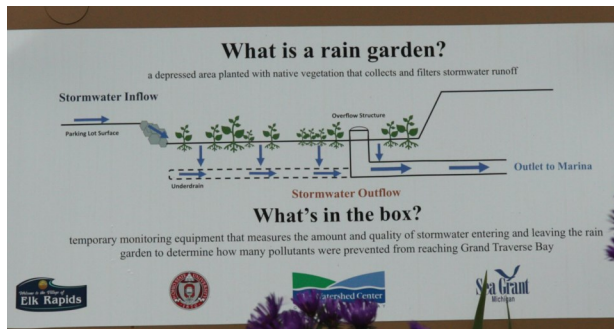
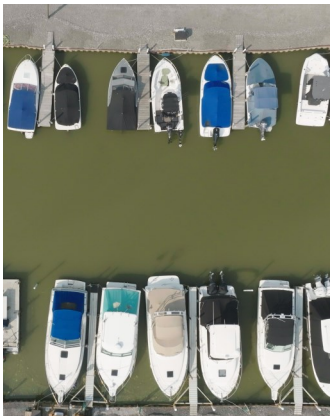
1 new product launch

New Commissioner School (NCS)

- For over 50 years, the New Commissioner School program has provided county commissioners, both newly elected and returning, with the preparation they need to enter their new term prepared to lead their counties successfully. Several participants from Antrim County participated in the NCS in 2022, which included online self-paced learning and an in-person session with plenty of opportunity for networking with participants from other counties.

Strategic Planning

- MSU Extension Governance educator, John Amrhein, facilitated a planning session for the Grand Traverse County Economic Development Corporation which assisted the board and staff in development of future plans and priorities.



Michigan Sea Grant Extension

Dedicated to the protection and sustainable use of the Great Lakes and coastal resources, Michigan Sea Grant is a cooperative program of the University of Michigan, Michigan State University, and the National Oceanic and Atmospheric Administration. We fund research, education, and outreach projects designed to foster science-based decisions about the use and conservation of Great Lakes resources. Efforts this year included:

- Served on the approval board for the Elk Rapids Marina to gain Clean Marina recertification in 2022.
- Part of the Elk Rapids Sea Grant Green Marina Infrastructure research project, funded by MI Sea Grant monies from GT Lakes Protection Fund and researched by Ohio State University with help from Watershed Center Grand Traverse Bay. Construction began in 2021 and continued into 2022 relating to minimizing stormwater runoff and green infrastructure and water quality.
- Spoke to various Antrim County residents answering coast issue questions.

Petoskey Stone Festival

- Over 1,000 people attended the 16th annual Antrim County Petoskey Stone Festival on Memorial Day weekend. The event is hosted at Antrim County's Barnes Park and features many vendors and activities celebrating our Michigan State Stone and our area's natural resources.



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