

# Sanilac County


## 2021 ANNUAL REPORT

### BY THE NUMBERS


**100+** Over 100 years MSU Extension professionals have provided education to Sanilac County residents

 \$141,607 spending with local businesses in Sanilac County

 58 Sanilac County students enrolled at MSU

 MSU disbursed \$1,166,348 in financial aid to Sanilac County students

 572 MSU alumni living in and contributing to Sanilac County

 630 youth involved in 4-H in Sanilac County youth development programs

 \* \$4,247,898 total economic impact in Sanilac County

### MESSAGE FROM THE DISTRICT DIRECTOR

As our battle with the pandemic continued into 2021, our nation, our state and the thumb region struggled to recover. When our residents tried to resume their former lives, we learned even more about their challenges and to no one's surprise, Covid-19 was not the only problem they faced. What we saw were people neglecting routine medical care, putting off cancer screenings, staying home from school or "attending" virtually. We saw food insecurity on the rise, we saw high unemployment, rampant underemployment and money woes on the increase and we saw small businesses going out of business. We saw an increase in the use of recreational drugs and alcohol. We saw people fighting isolation, confusion, depression and loneliness. However, we also saw "hunger" ... a hunger to return to normal or at least a new normal.





We saw a hunger to grow as producers planted, harvested and processed – and our Agricultural Educators were there to support them. We saw a hunger to become more self-sufficient in home food preparation and preservation and our team was there to help our residents do it safely and efficiently. For those with a hunger for financial relief we were there to provide education and resources to stretch their food dollar further. Our children never lost the hunger to learn and we were back to in-person teaching with our 4-H youth in a year that saw a welcome resurgence in fair attendance. Many of our residents had a hunger to reduce their level of stress or provide essential care to a loved one and our program instructors and educators were setting attendance records in reaching residents both virtually and in person.


Thank you for supporting MSU Extension and for working with us to provide life-changing education to the residents of Sanilac County.

Jerry Johnson, District Director

### CONTACT

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 MSU Extension District 10

 @MSUEExtension

# Ensuring Safe and Secure Food

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Health & Nutrition Institute

Serving District 10 St. Clair, Huron, Sanilac and Tuscola Counties

Comments from program participants included:

“This program helped me gain more knowledge about cleaning & sanitizing, correct temperatures for preparing food, how to engage in activities with regards to food safety, preventing illnesses and tips for meals & snacks.”

“It has helped me get through this pandemic by being able to connect with others that love canning



## Food Safety:

is a global issue from farm to table. Its impact on our health and well-being is significant across the life span. Foodborne illness outbreaks occur on an ongoing basis crossing all socioeconomic lines from production, consumption, and preservation of foods. Overall health is impacted by the safety of the food supply and foodborne illness.



To educate consumers about keeping their food safe, MSU Extension provides programming in the above areas. As the coronavirus pandemic continued, **August 2020-2021** focused on providing online education in all our core food safety programming areas to reach a multitude of audiences including childcare providers, entrepreneurs, volunteers, and consumers with the goal of educating on food safety best practices as well as encouraging the implementation of these behaviors. We offered a large variety of food safety education programs as well as food safety educational campaigns to increase knowledge and awareness and encourage consumers to keep food safe.

9750+ participants

367 food safety sessions offered

Over 21,000 children served by childcare providers who received food safety training

400+ hours of education provided

## Program Successes

Comments from program participants included:

- “This program helped me gain more knowledge about cleaning & sanitizing, correct temperatures for preparing food, how to engage in activities with regards to food safety, preventing illnesses and tips for meals & snacks.”
- “It has helped me get through this pandemic by being able to connect with others that love canning.”
- Data from participants indicated the following results after attending our classes:
- 51% of Cottage Food Law participants reported after attending they plan to sanitize

# Ensuring Safe and Secure Food

- 86% of consumers who attended Home Food Preservation classes, reported feeling confident or very confident in their ability to find research-based recipes.
- 69% of childcare providers attending Safe Food =Healthy Kids plan to check food temperature with a calibrated food thermometer.
- 85% of Pantry Food Safety – It’s Your Job! volunteers reported they are very confident in their handwashing and personal hygiene knowledge after attending the program.



○ **Think Food Safety** brings awareness to consumers on illegal food sales and the Cottage Food Law (CFL). We continue to encourage awareness of foods consumers are buying to ensure safety. Only non-potentially hazardous foods can be made and sold under the CFL. Examples of approved food items under CFL include bread, chocolate covered pretzels, cookies, and jars of fruit jelly. Unfortunately, there is confusion about what can and cannot be sold as CFL, which results in illegal and unsafe food sales.

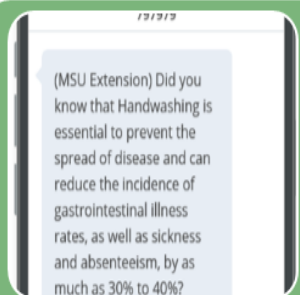
○ **Follow us on Facebook**



○ Please call the **MSU Extension Food Safety Hotline** with any food safety questions you might have, for example, how to preserve food at home, safe food storage, cooking temperatures, etc.

○ Operating Monday through Friday, 9 a.m. - 5 p.m. EDT

**Call 877-643-9882**



Sign up to receive a weekly food safety educational text message providing great information to help you keep you and your family safe from foodborne illness.

**Text “SafeFood” to “797979” to join us!**

# Government and Community Vitality, Tourism

MSU Extension understands that building civic engagement and healthy economic structures leads to greater opportunities and stronger communities.

Andy Northrop Extension Educator  
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Serving the State of Michigan & District 10 Huron, Lapeer, St. Clair, Sanilac and Tuscola Counties

Sustainable Tourism Development

- First Impressions: Tourism Assessments
- Planning for Tourism
- Community Vitality
- Leadership and Facilitation
- Connecting Entrepreneurial Community

## Connecting Entrepreneurial Communities 2021

*Resilience, Recovery, Reconnecting*

Connecting Entrepreneurial Communities (CEC) conference is a community development program designed for stakeholders, economic developers, businesses, local government, educators, and nonprofits to create a network that increases a community's potential for entrepreneurship. The CEC program normally culminates in an annual in-person conference held every October in towns across Michigan where participants attend seminars in downtown businesses to share ideas and learn best practices.

CEC offers programs on a wide variety of topics from

- microbusiness loans,
- geofencing,
- food systems,
- building strong tribal nations,
- civic and community engagement, and...
- the intersection of design and crime prevention.



## Sustainable Living and Leadership Series Launched for 2021!

Launched in 2020, This multi-topic series is designed and hosted by Extension services at Michigan State University, Purdue University and the University of Florida. Together, experts from all three institutions provide national attendees with a plethora of knowledge, including real-world examples, to help strengthen critical thinking skills related to future actions and decision making with sustainability in mind. Series topics will include *sustainability 101*, *energy*, *water* and *food*, and will explore how these interconnected systems function together and independently.

Participants:

- Explore issues of energy, water, food and more
- Learn about sustainability through a “systems lens”
- Share with and learn from other community sustainability leaders
- Delve into our economy, consumer choices and global impacts
- Discover sustainable living actions you can take in your home and community



# Government and Community Vitality, Tourism

## Goals of our tourism programs are to:

- Increase awareness of assets and opportunities
- Increase knowledge of best practices, trends and changes
- Develop new leadership roles, opportunities and action items
- Foster new collaborations and plans among stakeholders to advance community-driven tourism

## Transforming Michigan Tourism by Ensuring Safe, Accessible and Welcoming Communities

The Tourism Team of Michigan State University Extension is proud to offer the upcoming online seminar series “Transforming Michigan Tourism by Ensuring Safe, Accessible and Welcoming Communities.” This series will focus on the basic tenets of Diversity, Equity, and Inclusion (DEI) and how a community can more effectively make itself a welcoming destination for all travelers.

Future sessions will focus on building strong and mutually-beneficial tourism partnerships with diverse communities in your area while attracting new travelers, and a case study of community and tourism development by and for diverse groups in Detroit.





# Keeping People Healthy

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## DISEASE PREVENTION MANAGEMENT AND SOCIAL EMOTIONAL HEALTH PROGRAMS

Kris Swartzendruber, Extension Educator, and Jacqui Rabine, Program Instructor, for the Health and Nutrition Institute, conducted the following programs for District 10

**Diabetes PATH (Personal Action Towards Health)** is a self-management series for adults with prediabetes, type 1 or type 2 diabetes and members of their support system. Over the course of six-session series, participants learn strategies to help with blood glucose monitoring, developing a healthy eating and exercise plan, reading food labels, setting goals and a variety of other tools for managing their diabetes. Kris has conducted two online series, reaching 23 adult participants. All expenses related to the Diabetes PATH series were covered by a grant from the Lions of Michigan and Lions International.

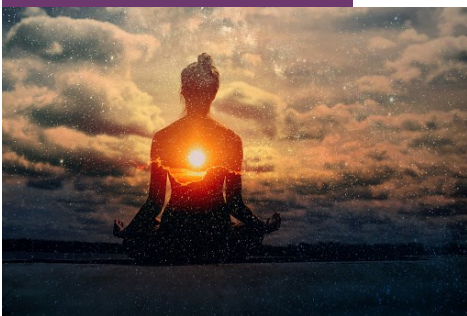
**National Diabetes Prevention Program (NDPP)** is an evidence-based lifestyle change program for preventing type 2 diabetes. This is a 1-year program, with a total of 23 sessions and is based on research led by the National Institutes of Health and supported by the Centers for Disease Control and Prevention. By making modest behavior changes that are introduced throughout this program, participant's risk of developing type 2 diabetes is reduced by 58%. Kris helped facilitate this online series from September 2020 through February 2021 to 14 participants.

**Chronic Pain PATH (Personal Action Towards Health)** is a self-management series that supports adults, and members of their support system, who face daily challenges of living with chronic pain. During this six-session workshop participants learn ways to effectively communicate with health professionals, manage and prevent the misuse of medications, deal with frustration, understand difficult emotions and manage pain through healthier eating and exercising. Kris has conducted three of these series online reaching 21 adult participants. All expenses related to the *Chronic Pain PATH* series were covered by a State Opioid Response grant received by Michigan State University Extension.



# Keeping People Healthy

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**Stress Less with Mindfulness** is a five-session series that focuses on using mindfulness to reduce stress related symptoms such as worry, depression and physical tension. There is research that shows that mindfulness may also be helpful in managing chronic conditions such as cardiac disease and diabetes. By offering alternative ways of relating to everyday life experiences, including thoughts, emotions, physical sensations and events,

*Stress Less with Mindfulness* teaches and encourages the use of mindfulness self-care skills to help one feel better and enjoy life. Kris and Jacqui conducted 18 online series reaching 198 participants. All expenses related to the *Stress Less with Mindfulness* series were covered by a State Opioid Response grant from Michigan State University Extension.

**A RELAX: Alternatives to Anger** is a four-session series that helps adults, parents and caregivers understand and manage anger and stress, and develop the communication and problem-solving skills needed for healthy relationships. Participants learn what anger is, what triggers anger, calming down and de-stressing methods, tools for problem-solving, effective communication skills, and steps that allow them to forgive and let go of the past. Kris and Jacqui conducted 14 online *RELAX* series reaching 293 adult participants.

**Powerful Tools for Caregivers** is a six-session series designed to help those caring for adults with chronic conditions or for children with special needs deal with stress. Participants learn tools to help them reduce stress, communicate effectively with family members/doctors/paid help, take care of themselves, reduce guilt/anger/depression, make tough decisions, set goals and problem solve. Kris and Jacqui conducted three online *Powerful Tools for Caregivers* series reaching 35 participants.

**Tai Chi for Arthritis** is an 18-session series designed to help older adults, and adults with disabilities and at risk of falling, stay active. Research shows that Tai Chi helps increase strength/balance/posture, prevents falls, improves the mind/body/spirit, reduces stress and increases relaxation. In February, both Kris and Jacqui went through extensive training and evaluation to become a certified Tai Chi Instructors. Since then, they have helped facilitate two online series, reaching over 40 participants. All expenses related to the *Tai Chi for Arthritis* training and series were covered by a Falls Prevention Grant received by Michigan State University Extension.



# Health & Nutrition

*"It helped me get back on track with nutrition and healthy eating habits."*

*"I would like you and your team to know that I just had a physical done a few weeks ago and thanks to your team's help this is what my doctor said: I had lost 22 pounds and my blood numbers were so much better. I still think about what I learned in class and try to do better each day."*

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Educator  
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Many things changed throughout 2020. One constant was the delivery of evidence-based nutrition information that was open to all people. This past year, nutrition education had to shift to virtual programming to protect the health of participants, partners, and staff. Our staff across the state worked quickly and efficiently to move our classes to an on-line format so that we were able to continue to meet the needs of our participants with only a short delay. Although our Community Nutrition Instructors (CNIs) did not program as individuals as in previous years, they did help to reach large numbers of people through virtual education, and more recently through a return to in-person education. The CNIs worked within district teams, and three or more worked together on each program to ensure it would go on regardless of internet instability, illness, or power failure. CNIs from District 9 (Bay, Genesee, Midland, Saginaw, and Shiawassee) and District 10 (Huron, Lapeer, St. Clair, Sanilac, and Tuscola) teamed together to offer more than 260 nutrition education programs. As virtual programming became the norm for most people and they tired of it, "Zoom fatigue" sometimes led to no one registering for the program, which was then cancelled. In spite of the difficulties of doing classes exclusively virtually, the CNIs were able to provide more than 220 programs to a combined total of 2,090 adults or youth. They provided coaching to help 11 partner sites self-assess and identify how to increase health behavior through implementing new policies, creating changes within their systems, or by addressing aspects of their environments. The CNI team continued to reach out to previous partners and to connect with new partners, including collaborations within the MSU Extension Institutes.

Our communities struggled with a variety of health issues during the past year. According to the American Psychological Association: "An APA Stress in America survey conducted in late February 2021 found 42% of U.S. adults reported undesired weight gain since the start of the pandemic, with an average gain of 29 pounds." During the past year, many of us have struggled with healthy eating and being physically active and have confessed to gaining "Covid weight". The CNIs provided evidence-based nutrition and physical activity information. It was common to hear participants relate sentiments such as:

- *"Great fun being a participant in the Eat Healthy-Be Active Zoom Class. It was just so good to be reminded of things I should or could be doing to better my well-being."*
- *"This class was just fantastic! It really motivated me to be healthier and make better choices. The facilitators were just awesome!"*
- *"I have severely lowered my salt intake and understand the importance of making that change. I have learned more on how to read food labels to make healthier choices in what I buy when I shop. Keeping a record on what I eat has opened my eyes on the importance of a meal plan that can be more balanced in the different food groups . . . I can eat some things that I still love but just not that often and not that much. But I am alright with that because they have taught me a way that's going to make a difference in my life."*



# Health & Nutrition

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## Specific to Sanilac County included:

- Distributing over 200 Senior Project Fresh Coupons to area Senior Citizens while providing nutrition education via telephone classes.
- Hosting Teen Cuisine Video meetings where 100 Teen students were taught on the importance of eating healthy and staying physical active.

## Success Stories from Sanilac County residents:

- The class after we discusses limiting sugar and choosing healthier beverages, a student told us he went grocery shopping with her dad. During the visit to the store, her father headed to the aisle to pick up a few 2 liters of pop. The teen told him what she learned in our Teen Cuisine class about limiting sugar and drinking water instead of pop. Her father listened and did not purchase the pop. Prior to class they would always choose whole fat milk, but during that same shopping trip they decided to buy fat free milk instead.
- I had a lady call inquiring about Senior Project Fresh Coupons. She wanted to know when the class would be taking place because she was currently in the hospital two hours away recovering from a major surgery and could be there for a little while. I explained to her how we were doing telephone education this year like we did last year and how her coupons would be mailed to her home. She was able to join our call and receive her coupons from her hospital bed. She told me how much the coupons meant to her because she was on a strict diet and could not eat most foods. If I was holding in person classes, she may have missed the opportunity to receive her coupons.

In July 2021, we were allowed to go back to teaching classes in-person. As we return to in-person programming, our communities can count on the constancy of Community Nutrition Instructors providing fun, relevant, evidence-based nutrition and physical activity programs that help individuals and organizations to make positive changes that lead to better health.

During the last few months of being able to teach in person classes, Sanilac County HNI has already held classes with youth at the local Blueberry farm, started series of Cooking for One at multiple senior citizens centers and scheduled classes to provide Teen Cuisine classes for this current school year with more local teen.

CNIs taught participants how to serve take-out or delivery foods to add more nutrients and reduce fats, sodium, and added sugar by reducing portions and adding veggies and fruit.

Alt text: This picture contains a plate with chopsticks next to a small portion of fried rice, a small portion of sesame chicken, a serving of broccoli, and a clementine.



# Ensuring Strong Communities



Colleen Wallace,  
Extension Educator, Children and Youth Institute  
Serving Sanilac County



**4-H Enrollment and 4-H Volunteers** We had 591 youth and 312 volunteers enrolled in 4-H during the 2020-2021 program. It was a very different year as once again we were not permitted face to face program for 9 months of it. We held a virtual fair in 2020 for the youth in the program. 56 of them participated and we had over 150 entries. It wasn't what we usually do but we had fun and all the participants received a t-shirt for joining.

We worked with Crowell Stockyards to set up a sale at their facility for 4-H youth who had not secured a buyer or a slaughter date for their 2020 projects. The sale went really well and there were youth from all the surrounding counties that were able to take advantage of that opportunity.

**Educational Clubs** We continued to offer virtual programs as well as take home kits, contests, from home community service projects and weekly drawings of the Cloverbud, 4-Her, and volunteer of the week. They would receive gifts and prizes for their efforts.



Mazunda Family making Valentine cards for Nursing Homes



We were able to go back to face to face programming on June 1<sup>st</sup> with a few requirements. We held multiple Leader Update meetings so that everyone knew what the rules were and how to get back to having our meetings again. 86 4-H volunteers attended and began holding face to face meetings again

**Back Face-To-Face** P.E.P. was one of the first to hold a meeting and it was the most heartwarming thing to see. The 4-Hers were so excited to be able to ride horse again and the volunteers were as equally excited to see their riders and spend time with them again.



We set up meetings with all of the 4-H committees to assess their needs and what assistance they felt they needed to get back into the groove and how to make fair the best that we could with the short notice.

The 4-H superintendents quickly reviewed their areas and we made all the necessary changes and got all of the prizes and awards sorted out and ordered. We had some very nice awards added into the rooster this year.

# Ensuring Strong Communities



4-H Volunteer attending to the neglected flower beds at the fairgrounds.



4-H Youth taking part in Family Fun Night after barn set-up



Some of the 2021 Senior and Junior Ambassadors



Returnable Bottles and Cans being sorted

**Community Involvement Opportunities** We held multiple fair grounds clean up days and barn setups. We stayed after for a 4-H Fun Day that the parents and youth had a great time at.

We held our 4-H Ambassador Program and had 5 Great Senior and 2 Fantastic Junior Ambassadors apply and Interview. We continue to have those youth participating in leadership and community service projects throughout the year.

Mary Heiden and the Horse Committee started a can drive during the shut down and were able to raise around \$10,000 for a new arena on the fairgrounds as well as redoing the existing arena. There will be an estimated \$60,000 improvement to the fairgrounds initiated and funded by the Sanilac County 4-H Horse Committee and the hard work and donations from multiple leaders and youth in the program

We were able to teach 192 youth from CPS schools on native bees and make beehives for them to add to their yards and encourage pollinators into their environments. The kids were from Kindergarten thru 8th grade.

We were able to partner once again with CAC and assist with their empowerment camp. We were able to reach 86 youth from the county with some great activities in the Warrior Dash that was run by 10 adult volunteers and 8 4-H youth. They were able to participate multiple stations that taught them a whole host of



We worked with Deckerville Hospital for a Safety day and were able to handout some great mindfulness resources to over 150 youth. We were also handed out literature on 4-H and gained a few new participants.

**Future of OUR Program** Our mobile trailer is road ready and receiving its wrap soon. It has a ton of supplies and instructional information ready to go into it and we are shooting for November 1 as it's first event.

I pledge...

my **head** to clearer thinking,  
 my **heart** to greater loyalty,  
 my **hands** to larger service, and  
 my **health** to better living for  
 my **club**, my **community**,  
 my **country**, and my **world**.

**4-H Mobile Learning Unit**



# Ensuring Strong Communities



## 4-H Camp

Thumb Area 4-H Camp was planned and developed by District 10 4-H staff in Huron, Lapeer, Sanilac, St. Clair & Tuscola Counties in a collaborative effort. 4-H staff met via zoom for several months working together to develop and plan a day camping experience for 4-H members and non-4-H youth. While the Covid health concern existed, overnight camp was not an option for 4-H camp this year.

- Thumb Area 4-H Camp Counselor's Teen Leadership workshops were held over zoom and a face-to-face in-person training in July, where eight 4-H teens participated in the event. During the training camp counselors learned team building skills, problem-solving skills, brainstormed ideas, and developed a plan for the 2021 Adventure Day camps.
- Thumb Area 4-H Camp provided two 4-H Adventure Day Camps in August 2021. The day camps were held in Lapeer County at Camp Lael with 16 registered campers, and Evergreen Park in Sanilac with 21 registered campers. Campers ranged in age from 8 to 14. Ten teen counselors (aged 15-19) assisted with various activities during these day camps. Campers enjoyed team building skills, games, science-based STEM activities (lava lamps and s'mores solar ovens), archery, tie-dying camp t-shirts. Everyone had a great time!



Patricia Errer  
Huron County  
4-H Program  
Coordinator  
989-269-9949



# Supporting Food and Agriculture

MSU Extension provides trusted, scientific-based education and expertise in:

- Food Safety
- HACCP Plans
- Product Quality
- Beef Quality Assurance
- Meat Cutter Training Course
- Chronic Wasting Disease resources for meat processors
- USDA Grant of Inspection

## Meat Processor Assistance

Food safety is a critical component to producing safe and wholesome food. Meat processors in Sanilac County receive technical assistance from MSU Extension. This includes assistance with humane animal handling and stunning training, Hazard Analysis and Critical Control Points (HACCP), Specialized Retail Meat Processing Variance, product labeling, and general food safety and processing.

Many food processors are required to have food safety plans, including Hazard Analysis and Critical Control Points (HACCP) or Preventive Controls for Human Foods. These important industry trainings that provide participants with a certificate at the end of the course were hosted by MSU Extension and co-taught by Dr. Jeannine Schwehofer and team of Campus specialists including Dr. Les Bourquin, Tina Conklin, Dr. Kirk Dolan and Jason Hofman.

## Food Label Claim Infographics

Understanding food label claims can help consumers make informed choices when making food purchasing decisions. Food labels have a myriad of logos, claims and production information. There is so much information on food packaging that consumers have a difficult time digesting it all. "Free Range", "Organic", "Natural", Certified Humane", "No Antibiotics Added" - these are just a few commonly found claims on food labels! Label claims can be government defined and approved, third-party certified, or be a claim made by the manufacturer or producer and verified through documentation. Two different agencies, United States Department of Agriculture (USDA) and Food and Drug Administration (FDA), oversee government approved and regulated claims to ensure that the claims are truthful and not misleading. Being able to decipher information on food labels is important to making sound purchasing decisions. A team of educators formed with the focus of creating educational resources to help clear up food label confusion. To date, the series includes infographics about: Animal Raising Label Claims, Antibiotic Label Claims, Dairy Milk Label Claims, Food Product Dates, Hormone Label Claims, Natural and Organic Label Claims, Food Labels and GMO Label Claims.

The infographics are similar, but different and all of the them are colorful, educational, reproducible and sharable and are available at <https://www.canr.msu.edu/search?tag=food%20label%20claims>. Several of them have been translated to Spanish as well.



# Supporting Food and Agriculture

Serving the State of Michigan.

Marianne Buza,  
Extension Dairy Educator  
Agriculture and  
Agribusiness Institute



## Youth Marketing Resources

Marketing resources for youth with livestock projects were developed to use as youth created alternative marketing plans as a result of the coronavirus pandemic. As a result of numerous county fairs being cancelled in the summer of 2020, youth with livestock, poultry and rabbit projects were left scrambling to develop a marketing plan. Direct marketing of meat and poultry requires that certain regulations are followed depending on the method of marketing used and species (livestock vs. poultry/rabbits). The collaborative efforts of MSU Extension personnel established resources specific to each species and packaged the options together in four different factsheets that were created. [https://www.canr.msu.edu/youth\\_business\\_guide\\_to\\_success/4-H-Animal-Project-Marketing-Resources/](https://www.canr.msu.edu/youth_business_guide_to_success/4-H-Animal-Project-Marketing-Resources/) The resources are applicable for direct marketing at any time, not only during the pandemic.

## Virtual Coffee Break with MSU Extension Dairy Team

36 episodes in 3 seasons- season 4 about to launch

Since the beginning of 2020, the Michigan State University Extension Dairy Team has released 3 seasons of podcasts. The topics these podcasts have covered LEAN farm management, dairy farming in other counties, Corn silage management, antibiotic use, metabolic diseases, calf raising, getting a loan, beef and dairy crosses, parlor performance and teat dips just to name a few. There have been a total of 36 episodes and season 4 with another 11 will be released this fall. These episodes have had a total of 3,071 downloads. These episodes have had 75.6% of the plays have been in the USA and 41.9% in Michigan. The thumb area accounts for 9.71% of the total plays of these episodes.

These podcasts are designed as conversations lasting less than half an hour that can be listened any time. The recorded podcasts are perfect for busy farmers who can catch the Coffee Break meeting at their convenience. The series is also available as a podcast on all major podcast channels like Apple Podcast, Google Podcast and Spotify.

## On-farm Training Opportunities

Michigan State University Dairy Team has continued to provide training for farm employees and managers in the areas of: Milking, Calf Care, Maternity Management, Animal Handling, Down Cow Management, Euthanasia and Dairy feeder development. These trainings worked well in 2020 and 2021 because they already target small groups and happen on the farm. They can take place elsewhere but are most conveniently taught on an individual farm for that farm's protocols and needs. These trainings are offered statewide and in English and Spanish.

# Supporting Food and Agriculture

MSU Extension provides trusted, scientific-based education and expertise in:



- Feedlot Series
- Dairy and beef producers



Je-

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## Feedlot Educational Series

The feedlot educational series began its virtual introduction of monthly feedlot educational presentations in December of 2020 through April 2021 with 82 participants and over an additional 250 online views. Michigan State University Extension Ag Educators presented on a variety of topics related to feedlot production and management. MSU Beef Feedlot Systems Educator, Dr. Jerad Jaborek, presented on crossbreeding dairy cows with beef bulls, alternative protein options for expensive distillers grains, and the effect of feedlot facility designs on cattle growth and performance. Huron County Dairy Educator, Marianne Buza-Murawski, shared some tips for raising healthy dairy calves. Drs. Melissa McKendree and Corey Clark talked with the group about how to prepare an enterprise budget and conduct financial analysis on beef or feedlot operations.

## Hot Topic: Beef on Dairy Cross Cattle

A collaborative effort was made with The Ohio State University to provide current and relevant information to dairy and beef producers about crossbred dairy beef cattle. The practice of crossbreeding dairy cows with beef semen has become increasingly popular in Michigan and across the United States. The virtual program consisted of three sessions with 46 participants signing in from across 10 different states and one from outside the United States and nearly 200 online views since. The first program session consisted of a discussion with beef cattle procurement experts from JBS on the current beef on dairy crossbreeding situation. The second session brought in Chip Kemp, director of the American Simmental Association and International Genetics Solutions, to speak about genetic selection considerations for beef matings with dairy cows. The third session was presented by Dr. Jaborek and Garth Ruff, OSU Beef Extension Specialist, who shared multiple on-farm management considerations for crossbred dairy beef calves.



# Supporting Food and Agriculture

## Community Outreach

As a new member of the community, Dr. Jaborek has been trying to introduce himself to the community. He has had the pleasure of meeting with a few feedlot producers in the area and hopes to meet many more. He advises anyone interested in meeting, scheduling a farm visit, or with cattle feeding questions to contact him. Dr. Jaborek has also been able to help collaborate with other people in the community to discuss beef cattle production at Project Red with 4<sup>th</sup> grade youth and with people at the Sanilac County fair. He has also helped serve his community by distributing food at a local food truck in Applegate and help lead at a local youth empowerment camp in Sanilac County.

## Useful Feedlot Tools and Resources

In the spring of 2021, JBS, one of the major beef packing companies in the U.S., announced that they will be offering a new high-energy Holstein/Holstein-cross contract option for cattle feeders that raise and market fed-Holstein cattle. To help producers decide whether to use the old or new contract option, members of the MSU Extension Beef Team created an excel spreadsheet tool to aid producers in determining which contract would result in the greatest returns for their cattle. The JBS Contract Comparison Tool has 24 downloads to date.

Looking for educational reading materials on feeding feedlot cattle? Over the last year, Dr. Jaborek has written 10 extension articles on a variety of topics including crossbreeding dairy cows with beef bulls, JBS high energy Holstein contracts, rumen development in calves, managing the feed bunk for efficiency cattle growth, bloating in cattle, kernel processing of corn silage, and the economic benefit of corn silage inclusion in feedlot diets. Additionally, two feedlot related articles on the effects of daylength on cattle growth and feedlot manure management have been written for the Michigan Cattleman's magazine by Dr. Jaborek.

## Michigan Ag Ideas to Grow With

This was a weeklong virtual program that encompassed many aspects of the agricultural industry and offered a full array of educational sessions for farmers and homeowners interested in food production and those considering agricultural endeavors. This program featured a variety of tracks focused on livestock production, fruit and vegetable production, sustainability, soil health and irrigation, horticulture, and home gardening. A track was also offered for youth participants. Two sessions of the animal agriculture track were led by Dr. Jeannine Schwehofer who presented on direct marketing meat to consumers, and Dr. Jaborek who presented on beef nutrition for small scale beef producers. Phil Kaatz, Lapeer County Field Crops Educator, presented three times on alfalfa pests, cover crops, and farm stress.

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***“The virtual breakfast series is a valuable tool for the field crops industry to stay informed of the latest crop production challenges in real time. The on line format and time of day allow minimal disruption to a busy day of tasks. Thanks for the continued effort to offer these sessions.” Mark Seamon, Michigan Soybean Committee***

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## Field Crops Virtual Breakfast Series

Every Thursday during the growing season, farmers were able to access the most current information available for timely, relevant in-season crop and weather information from MSUE Field Crops Specialists and Extension Educators. Each 30-minute zoom session is divided into 15-minute segments for crop information and weather. Following the presentations, participants can participate with MSU Specialists and Educators in a half-hour question and answer period. This innovative approach using technology has provided growers from every region of the state the opportunity to participate in a live webinar via their computer, laptop, or cell phone. Each participant can ask questions of the specialists and educators during the live sessions. Also, live streaming on Facebook allows for online participation. Each session is close-captioned and recorded for viewing on the [MSUE Field Crops Team](#) website.

The Virtual Breakfast Series is a result of a focus group that included young farmers asking for opportunities to have fast-paced, video or Internet based, and unbiased research information during critical times of the spring and summer.

Farmers and agribusiness professionals can also apply for Restricted Use Pesticide (RUP) and Certified Crop Advisor (CCA) credits weekly.

A wide range of topics were planned according to the seasonal issues that frequently occur at specific times. However, the series is flexible, adaptable, and can change quickly and effectively when unexpected issues arise.

Each week field crop producers are invited by email to participate and a MSU Extension News article is written and published as the MSUE News Digest to encourage participation. The number of individuals who subscribe are 1,209 to the email notifications and 6,188 to the MSUE News Digest.

### 2021 MSU Field Crops Team Virtual Breakfast Series

Virtual Breakfast Series	Live participants	YouTube Views	MSUE Podcasts	Facebook / Instagram	MSUE News Article Page Views	Total Views
Total Au-	3,180	2,399	1,610	14,165	2,514	23,868

*“It gives me timely information when it is needed the most.”*  
 Ross Voelker

*“I watched those that pertained to me and they were very informative.”* Guy Cowing

*“The Virtual Breakfast is a great program. It is easy to attend, at a convenient time, has a variety of topics, and knowledgeable speakers.”* Jim Bischoff





## Extension Professionals Serving Sanilac County

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### Additional MSU Extension Staff Serving Sanilac County:

Full listing of Extension Staff at [canr.msu.edu/outreach/experts](http://canr.msu.edu/outreach/experts)

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**DISTRICT 10 ADVISORY BOARD for Counties  
Huron, Lapeer, Sanilac, St. Clair and Tuscola**

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**What is the Purpose of the Advisory Board?**

The Michigan State University Extension District 10 Advisory Board purpose is as follows:

**Advocacy:** Intentionally informing residents and elected officials about the achievements of MSU Extension as well as the educational capabilities and partnership opportunities available

**Vision:** Providing MSU Extension with key insights pertaining to your geographic and socio/economic areas of residence, employment and volunteerism

**Pathways:** Using your influence to open doors for potential partners/customers/collaborators of MSU Extension for the purpose of growing influence and bettering communities

**Needs Identification:** Providing insight into areas of deficiency or opportunity in which MSU Extension educational programing can address and benefit residents

**Mentoring:** Providing honest, constructive feedback to the MSU Extension District Director on methods of enhancing personal and organizational engagement, involvement and effectiveness

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MSU Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses. For more than 100 years, MSU Extension has helped grow Michigan's economy by equipping Michigan residents with the information needed to do their jobs better, raise healthy and safe families, build their communities and empower our children to succeed. It is the mission of MSU Extension to help people improve their lives through an education process that applies knowledge to critical issues, needs and opportunities. MSU Extension meets this mission by providing Extension programs in the following subject matter areas:

- ◆ Agriculture & Agribusiness
- ◆ Children & Youth Development, including 4-H
- ◆ Health & Nutrition
- ◆ Community, Food and Environment

### **MISSION:**

**Michigan State University Extension helps people improve their lives through an educational process that applies knowledge to critical issues, needs and opportunities.**

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