



Ingham County 2022 ANNUAL REPORT

BY THE NUMBERS



\$2,859,870,393 total economic impact in Ingham County



2,171 youth participated in 4-H clubs, early childhood, in school, or after school programs



MSU Extension website received 17,218 page views by Ingham County residents, the most page views were of 4-H pages



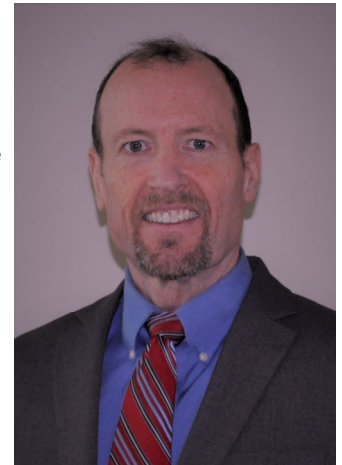
6,637 Ingham County residents participated in 980 different MSUE programs In 2022

100

MSU Extension has served Ingham County over 100 years

MESSAGE FROM THE DISTRICT DIRECTOR

Ingham County residents took advantage of MSU Extension programming from all four MSU Extension institutes in 2022 . The following pages contain just a sample of the program highlights from the County's participation in MSU Extension 's Agriculture and Agribusiness (AABI); Health and Nutrition (HNI); Community, Food and Environment (CFEI); and the Children and Youth Institute (CYI). During this period, Over 6,600 Ingham County residents participated in 980 different in-person or online programs. In addition, 4-H youth participated in club activity and projects leading up to the 2022 Ingham County Fair. Your local MSU Extension staff and the statewide network of Educators worked through local partners to bring the university's research and resources directly to our County residents.



Bill Hendrian

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Program Highlights



Educator, Roger Betz, gives a report to the Michigan senate agricultural committee.

FARM MANAGEMENT

Roger Betz, Farm Business Management Educator, assists farmers, businesses, industries, families and individuals to improve lives and achieve their goals through an educational process that applies management, production and economic knowledge to critical issues. Roger meets with local farm producers enrolled in the MSUE Tel-Farm Record system to manage their taxable income. In addition, forty-three mid-Michigan farm families met individually with Roger in 2022 to develop their business's tax management strategy for the current year. On average, the tax savings was \$33,775 per family totaling \$1,452,326 benefit for the effort. Roger also assists with developing tools and resources for producers to make informed business decisions as well as to make important decisions related to the successful transfer of business skills, responsibilities, and assets to the next generation.

MANAGING FARM STRESS

Farm family stress continues to be significant. Farm family members that do not know or understand their business financial indicators causes stress. In some cases, some of the most profitable farms can have the most stress. Our farm stress educators discuss the farm's situation. Relationships can be very challenged on the family farm. Enter the critical life-changing decisions that can face a farm and the need for outside professional evaluation and assistance is imperative. In 2022, MSU Extension delivered 39 presentations and educational programs to over 1,200 participants; hosted agribusiness and farm financial decision-making sessions with 36 farmers; received more than 25,000 individual visits to the Managing Farm Stress website; and trained 17 farmers in adult Mental Health First Aid.



MSU Extension recognizes that with farming comes emotional stress. www.canr.msu.edu/managing_farm_stress/

FARM EMPLOYEE TRAINING

Dairy farms in Michigan rely heavily on hired help. Dairy farm employees can have a wide range of backgrounds regarding experience, education, race, and culture. The MSU Extension dairy team has been supporting Michigan dairy farms for years by offering on farm training in multiple topics, including milking, maternity (cow and newborn calf care), sick cow's care, calf care, low stress animal handling, and cow nutrition and feeding management. These trainings are offered on farms across the state of Michigan and are delivered in English, Spanish, or both languages. In 2022, the dairy team conducted 33 trainings in 18 farms, representing over 22,100 dairy animals, and offered education to a total of 184 dairy employees.



MSU Extension Dairy Educator, Paola Bacigalupo Sanguesa offers education to dairy farm workers.

Program Highlights

Clean boats, Clean Waters

The Michigan Clean Boats, Clean Waters program funded eleven aquatic invasive species education projects across the state in 2022. Awardees received between \$1,000 - \$3,000 for a total of \$20,652.32. Funds were used to purchase invasive species decontamination equipment, educational signage at popular boat landings, and other aquatic invasive species prevention materials. Over 2,500 boaters were contacted at 80 events and an estimated 2,900 educational materials were distributed by grantees. The Ingham County Parks Department installed a CD3 user-operated, water-less cleaning roadside station equipped with a weed removal tool, plug wrench, and interpretive signage at the South Lake Lansing Park. The parks department promoted the cleaning station and invasive species prevention at three events throughout the summer.



Aquatic invasive species are often spread unintentionally on boats and trailers. Once introduced, they are difficult and expensive to manage.

INTRODUCTION TO LAKES

Introduction to Lakes is a six-week online course offered once a year typically in January and is designed for lake users, lakefront property owners, and lake managers. Participants increase their knowledge and understanding of lake ecology, watersheds, shorelines, Michigan water law, aquatic plants and community involvement. Inland lake management is complex and state agencies do not have the capacity to oversee the more than 11,000 inland lakes across Michigan. In 2022 we had our largest cohort of 524 participants. Participants from Michigan were spread out over 69 counties and included 49 local government officials. We also hosted three one-hour Ask-an-Expert webinars, allowing participants to interact with us and outside experts on topics covered in the course. Two hundred and seventy people attended the webinars live and 271 watched recordings.



The Introduction to Lakes Online course was created by MSU Extension Educators and faculty members in the MSU Fisheries and Wildlife Department. Since 2015 over 1,500 people have enrolled in the course.

Cabin Fever Conversations

Cabin Fever Conversations is a cross-institute program that began during the height of the COVID-19 pandemic. As people returned to “normal” life in Michigan and throughout the world, somethings discovered during the lockdowns were retained. Cabin Fever Conversations was such a program. **Now in its third iteration, Cabin Fever continues to bring gardeners together for lighthearted and educational conversation.** These conversations drew people from across Michigan and were hosted by our Ingham County staff. The program takes place online allowing for a large, diverse audience. In 2022, there were 509 program participants from 56 Michigan counties and 21 participants from other states.



MSU Extension’s Cabin Fever Conversations provides a needed space for lighthearted and informal conversation about all things gardening while forces outside our control keep us in.

Program Highlights



The **Lansing Home and Garden show** is hosted in late spring and attracts thousands of people from the Mid-Michigan region and beyond.



4-H youth work together on a “Junk Drawer Robotics” project as part of 4-H Exploration Days on the campus of Michigan State University.



4-H Program Coordinator, Glenda Weiss, working with a youth and their rabbit

Smart Gardening

After a two-year hiatus because of COVID19, the **Lansing Home and Garden Show** was hosted at the MSU Pavilion March 17-20, 2022. MSU Extension’s presence was once again felt at the show with a Smart Gardening outreach booth staffed by 21 Extension Master Gardener volunteers, and numerous seminars throughout show. Isabel Branstrom, MSU Extension’s Consumer Horticulture Educator, was even featured on the show promo that was aired on local news stations. The 2022 show was a success and a team effort. In addition to Isabel and the Extension Master Gardener volunteers, we had presentations from 9 Consumer Horticulture team members at the Garden Stage. Also one of our Natural Resources team members shared the new Smart Shorelands content.

4-H hands-on approach works in clubs and schools. In 2022 the popular 4-H program, Junk Drawer Robotics (JDR), was introduced to Lansing schools. During this afterschool program, students ages 9-13 learn about robotic arms, locomotion, and the connection between mechanical and electronic elements. Big ideas include form and function, scientific habits of mind, and engineering design. The initial program was held at Pattengill. The students feedback included “This was a lot of fun,” “Circuits are cool! It’s fun to see how energy moves from a battery to a motor,” and “Building a robot was challenging but I learned that I could do hard things”. As a result of the initial classes, several teachers decided to become 4-H volunteers to continue offering hands-on interactive activities for their students. They spread the word and now teachers from multiple Lansing schools have followed suit.

4-H SHOWMANSHIP

The state 4-H rabbit and cavy show was held at the MSU pavilion on January 29, 2022. The show is held with the cooperation of a committee of twelve volunteers and three youth. The planning committee members all have specific areas of the show that they oversee. Youth committee members served as assistant superintendents and ran the breed identification contest. In addition to exhibiting their animals, youth participants could enter in the photography contest (8 entries), educational display contest (12 entries) and breed identification contest (32 entries). 4-H PC Glenda Weiss and a volunteer offered a showmanship workshop at the end of the show. The twelve youth divided into two groups (beginner and experienced) and we each took a group for the workshop.

Program Highlights

4-H HEALTH

Joshua Reiss with MSU Extension's Michigan Vaccination Project led several activities regarding zoonotic diseases (What is a Pathogen?). The activities discuss different pathogens, what they look like, and the diseases they can cause. During the discussion, various links are made to viruses in the world today and the vaccinations you can receive to assist in fighting and preventing these viruses from causing disease. It was observed that the 22 students receiving the education enjoyed the experience and presentation. It was very interactive and that is where Josh believes it thrives. Afterwards, while Josh was cleaning up supplies from each table, a student said to him "This was actually the best guest speaker experience we have had." Since we are halfway through the school semester and they have had many guest speakers before, this is quite the compliment.



One of the H's in the 4-H Clover stands for better health. Josh Reiss was part of team that led a number of health related 4-H programs in 2022.

NUTRITION IN THE SCHOOLS

In 2022, we teamed up with Communities in Schools to do a variety of educational programs. We helped young children learn about basic nutrition and we worked with teens through programs like Teen Cuisine. We worked with the the Lansing Public schools, Lansing Charter Academy, and Gardner International Academy. We work in-person and through virtual series. Many of our middle schoolers did not have a lot of experience in the kitchen and some didn't have all the equipment they need like cutting boards. CIS was able to help get them what they needed for each recipe. One of the things we encouraged everyone was to be their own chefs. We talked about how the recipes were great foundations, but that they could really make each recipe their own and experiment with different spices and flavors to make something really unique!



Nutrition Instructor Curtina Mysliwiec reads about nutrition to children at Gardner International Academy

NUTRITION IN COMMUNITIES

Our Community Nutrition instructors were able to work with a variety of groups from the local Lansing communities in 2022. We traveled to centers and collaborated with local kitchens to bring in-person education to the local communities. In addition, since the pandemic led our nutrition staff to develop online versions where participants could utilize their home kitchens, we were able to continue online options in 2022 for residents more comfortable at home. For example, one participant, with a hearing disability, was able to participate online. Instructor, Tammy Fletcher arranged for an ASL translator. He was very engaging and utilized the chat function in zoom throughout the various classes. Our Community Nutrition Instructors look for ways to reduce barriers to participation for all our Ingham County residents.



Community Nutrition Instructor, Ahmed Al Mashhadani, reviews money saving tips during an Eat Healthy, Be Active class in Lansing

Featured County Story

In March of 2022, Tammy Fletcher, CNI-Ingham County and Sarah Eichberger, PSE Coordinator, met with Julie Lehman, Donny Comer and Stevie Riley from Greater Lansing Food Bank to discuss the need to grow food that is culturally relevant/acceptable in the Lansing area for the Afghan refugees (and other New Americans). Sarah Eichberger then shared this need with the MSU Extension Refugee Task Force. It was then determined by the task force, including Dr. Cheryl Eshbach, MSU Extension Health and Nutrition Institute Director that they would give financial support in the sum of \$5,000 to the Greater Lansing Food Bank.



Through this partnership support for food and nutrition security of Afghan (and other New Americans) that have resettled in the Lansing area was given by:

1. Purchasing culturally appropriate seeds to be grown by the Greater Lansing Food Bank garden network.
2. Development of educational resources on how to grow/care for these vegetables (and/or others) in priority languages as representative of GLFB network.
3. Providing short written communication to GLFB garden network to grow certain vegetables to fill need-translated in priority languages representative of GLFB garden network.
4. Container gardening kits were purchased to focus on Afghan, African and South Asian populations. Each of these kits included containers, culturally responsible seeds suitable for container gardening and translated educational documents with additional resources.



5. The seeds were also made available for the Grow & Give program so that the gardeners growing for donation can grow vegetables that might otherwise be difficult for local food pantries to source. GLFB connected these gardeners with pantries with capacity to distribute the vegetables.



This was a very impactful partnership between MSU Extension, Greater Lansing Food Bank and MSU Extension Refugee Task Force. Many people will benefit from this strong partnership. It is a very rewarding experience to be able to help so many people in need.

MSU Extension staff located in Ingham County

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Collaboration Across MSU Extension

MSU Extension is an organization comprised of individuals with broad knowledge of subject matters related to a particular discipline, such as field crops, nutrition, or youth development. Having four MSU Extension Institutes gives the ability to bring together cross-disciplinary expertise to address issues that are multifaceted and complex. For example, MSU Extension Educators and Program Instructors have worked together on physical and financial health issues, agricultural and stress issues, economic and community development and conservation issues, and issues that span generations.

Your local office is housed with experts in particular fields. Individuals may serve in the Agricultural and Agribusiness Institute, the Children and Youth Institute, the Health and Nutrition Institute or our Community, Food and Environment Institute. However, even if you do not have a local expert for the issue that you need addressed, MSU Extension has the unique functionality of drawing from a statewide pool of experts to make sure that you have the information that you need. In addition, the MSU Extension website www.msue.msu.edu is maintained and updated on a regular basis. We are always looking for ways to collaborate with each other to apply knowledge to the critical issues you face.

Through successful partnership and collaboration with Ingham County, MSU Extension is able to continue its local presence and to provide vital educational resources and programming in such areas as community and economic development, agriculture, land use, health and nutrition, and youth development.

Thank you Ingham County!

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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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