

THE 2022

MSU EXTENSION

ANNUAL REPORT

NOTE FROM THE DISTRICT DIRECTOR

Embedded in communities across the state, Michigan State University (MSU) Extension brings the science, programs and resources of Michigan's land grant university to organization, communities and individuals throughout the state. Over the past year, MSU Extension has continued to provide exceptional programming in Barry County. MSU Extension works to meet community needs by partnering with local organizations to bring programming that directly impacts county residents' lives. In 2022, we onboard a new 4-H Program Coordinator to take on the robust 4-H Program in the county. In 2022, we also continued to expand our program offerings to meet the needs of the residents of Barry County. We're excited to present the 2022 Annual Report that gives an overview of MSU Extension's accomplishments and ongoing work. We're passionate about serving Barry County and we look forward to a new year. Thank you for your continued support of MSU Extension and for partnering with us to make a difference.



Erin Moore, District 7 Director

BY THE NUMBERS

Served
738 Barry
County
Residents

Answered 44
Ask an
Expert
Questions

175 Active
4-H
Volunteers

32 Active
4-H Clubs

38 Barry
County
Residents
utilized Food
Safety Classes

4-H YOUTH DEVELOPMENT



The goal of the 4-H Youth Development model is **4-H** is to "provide kids with community, mentors, and learning opportunities to develop the skills they need to create positive change in their lives. "

You need to look no further than the amazing youth in the Barry County 4-H program. In 2022, Barry county had 36 active clubs with a total of 685 youth registered in club programs, 158 adult volunteers, and an additional 31 youth participating in other youth programs.



New 4-H Program Coordinator

Arin Bowen joined the Barry County MSU Extension office in 2022 as a 4-H Program Coordinator. Arin has a background in teaching kindergarten, afterschool programming, and has a passion for outdoor education. She grew up in Whitehall, MI (near Muskegon) and moved back to Michigan with her family from Alaska in 2019. Arin, her husband, and their 3 children love exploring outside!

Most recently, Arin taught kindergarten in Battle Creek. Before that she worked at a space science center in Alaska called the Challenger Learning Center. There, they took kids on simulated missions into space as well as did other science programs for groups on field trips and and planned many summer camps. In other words, if you need any hands on activity ideas, she is full of them. She is looking forward to getting to know all of the youth and volunteers and all that comes with the 4-H program!



2022 State Horse Show



In 2022, 12 Barry County 4-Hers' participated in the State 4-H Horse Show. This three day event includes more than 275 classes of 4-H members and their projects competing on a statewide basis at the Michigan State University Pavilion for Agriculture & Livestock Education in Lansing.



4-H YOUTH DEVELOPMENT



Exploration Days

In 2022, 22 Barry County youth attended MSU Extension's 4-H Exploration Days event. Each year about 2,000 youth (ages 12-19) and chaperones from across Michigan attend. This fun MSU pre-college program is designed to: increase responsibility, confidence, independence, accountability, problem-solving, decision-making and time management skills. It is also designed to increase communication, team work, citizenship, leadership skills, foster ability to meet new people and make new friends from different places and backgrounds, develop and expand career and personal interests, increase college exploration and access to MSU campus and it's resources, develop social and academic skills needed for a successful transition to college and life as an adult, and give youth opportunities to try new things that aren't available in their county.

4-H Way

4-H empowers young people with the skills to lead for a lifetime. It's a research-based experience that includes a mentor, a hands-on project, and a meaningful leadership opportunity.

4-H Shooting Sports State Tournament



In 2022, 5 Barry County 4-Hers' participated in the 4-H Shooting Sports State Tournament. This annual event provides Michigan 4-H shooting sports members with the opportunity to test their skills and earn recognition with other 4-H members from all over the state. Competition was offered in the following events: BB Gun, Muzzle Loading, .22 Cal Rifle, Target Archery, Skeet, Air Rifle, 3-D Archery, Trap, and Individual and Team Competition. The objective of the program is to encourage participation in environmental and outdoor education programs by exposing youth to shooting, hunting and other related activities, support youth in developing valuable conservation and natural resources, enhance development of self-concept, character and personal growth through safe, educational and socially acceptable involvement in shooting, teach safe and responsible use of firearms and archery equipment, and provide hands on learning experience.

HEALTH AND NUTRITION

129 Youth
attended
SNAP-ED's
Grow it, Try
it, Like it

MINDFUL MONDAYS LUNCH & LEARN AND MINDFUL MORNING COFFEE HOUR

In a continued effort to manage our mental health in 2022, residents of Barry County tuned in and found resources through weekly Monday Morning Coffee Hour and Mindful Monday Lunch & Learn sessions. These sessions explored mindfulness basics such as breathing, moving, eating, walking, thought surfing, taming your busy mind, and more. Research has shown that people who are more mindful are generally happier and report less anxiety, symptoms of depression, anger and worries. Some of the weekly topics were:

- RELAX PC
- Mindfulness for Children
- Mindfulness for Educators
- Maintaining Health
- Begin with a Breath
- Be Kind to Your Mind
- What is Anger?
- Problem Solving
- Forgiving and Letting Go
- Calming Down & DeStressing
- Teaching Kids Mindful Eating
- Importance of Adult Sibling Relationships



DIABETES PREVENTION PROGRAM SUCCESS STORY

I am humbled by how the Diabetes Prevention Program changes the lives of participants. Tracie Abram and I received a wonderful success story from a participant: "Hi ladies, just a blast from the past to let you know the "rest of the story". You may remember that I started 2021 with you at 228 pounds. Over the course of the year together and with the help of Laura's coaching, I redefined my weight loss goals ultimately to 180 pounds. When we parted in January, I had not achieved that goal, but was determined to make it. I decided when I had 7 straight days at 181 or less, I would call it good. I completed that goal 8 days ago! None of that would have been possible without your help through the Diabetes Prevention Workshop. Please accept my thanks for that. My continuing goal is to keep food tracking as a permanent part of my life. I know I need that tool to keep my weight at this new level (a weight I last saw when I was in the army in 1967.) That continues per plan. So, we are done now. I thought this note would be a fitting end to our collaboration on my behalf. It would not have been possible without your help. Many thanks! - Submitted by Laura Anderson



BARRY COUNTY

BARRY COUNTY BLUE ZONES

Throughout 2022, MSU Extension was involved in several projects in partnership with the Barry County Blue Zones Activate Project. Part of this work has included support in the development of a Community Food Center in Hastings, MI which has included serving on a development committee supporting consultants working on a feasibility study, market retail analysis and food center concept development. MSU Extension's Community Food Systems Educator, Garrett Ziegler, has also been partnering directly with Blue Zones to develop a series of farmer workshops that will take place within Barry County in 2023. These workshops are part of a service agreement with Blue Zones and the Barry County Community Foundation which is being supported by ARPA funding. These workshops are being designed to bolster the development of local farmers that currently or plan to serve direct to consumer and local wholesale markets with their farm products. These workshops will also highlight the opportunity for local farm sales in Barry County as the Community Food Center is developed and local farmers markets are expanded. Lastly, MSU Extension has been supporting the Blue Zones effort to develop a county food policy council in partnership with the Barry-Eaton Health Department. The B-Healthy Food Policy Council was launched in 2022 and I served on the original development committee that planned the council as well as assisting in facilitation of the Council meetings and strategic planning and priority setting for the 2023 year. Blue Zones has been an amazing partner to work with in Barry County and is helping further residents access to fresh local food.

TelFarm - Farm Financial Analysis

Farm Business Educator, Jonathan LaPorte, worked with producers in Barry County to analyze their farm business. The TelFarm program provides accounting and financial analysis support to farmers across the state of Michigan. These "Whole Farm" and "Enterprise" analysis reports outline the farm's financial situation and cost of production. It requires an updated year-end balance sheet and farm records for all cash transactions in the year. The analysis reconciles their cash transactions with balance sheet information to provide a "production year" viewpoint to make management decisions for their farm business. Part of this process includes check-in meetings and Tax Estimation. In Barry County 18 farm operations took advantage of these services offered by MSU Extension.



TelFarm Center
Morrill Hall of Agriculture
446 W Circle Drive, Room 414
East Lansing, MI 48824

517-355-4700
TelFarm email: telfarm@msu.edu
PcMars email: tfpcmars@msu.edu
www.canr.msu.edu/telfarm

- Or contact your MSU Extension Agent -

TelFarm Participation Award

25 Years - Endsley's Charolais Farm - Hastings, MI

SUPPORTING AGRICULTURE AND AGRIBUSINESS

Virtual Coffee Break Podcast

Reaching people where they are is one of the cornerstones of our outreach work at MSU Extension. During 2020 The MSU Extension Dairy team started exploring a new way to deliver some of our educational programs in newer formats. The goal was to develop an on-demand program that was flexible for folks to join on their own time, at their own pace, and on the topics, they wanted to learn about. With this in mind, The Virtual Coffee break podcast began. The podcast is produced by dairy educator Martin Mangual, with support from the entire MSU Extension dairy team. In 2022, the program continued to grow. Two new seasons were published with additional hot-topic episodes. Hot topics episodes are focused on special events that are happening in Michigan. Some examples include the Michigan Manure Hauler certification program or the Michigan Dairy Health symposium Teaser, among others. In total 21 new episodes were released through 2022. In 2022, 1,852 people tuned in to listen to podcast episodes. Additionally, the information shared in some of the podcasts was featured in multiple articles in the online Hoards Dairyman, which increased the reach of the podcasts.

This year, we also featured high-profile guests inside the dairy industry, including Krysta Harden, President and CEO of the US Dairy Export Council, and AG Bio Research Director Dr. George Smith. To date, 5,669 listeners have benefited from this teamwide effort. The program will continue to grow as the dairy team improves our reach and increases the value of each podcast for our listeners.



BARRY COUNTY 2022

PARTNERSHIP

MSU Extension was able to offer training to partners so they could offer health programming to communities. Spectrum Health Pennock (now Corewell Health Pennock) allowed two of their staff to be trained by MSU Extension master trainers in Tai Chi for Arthritis and falls prevention, Matter of Balance for falls prevention, and Chronic disease Personal Action Towards Health (PATH) a self-management resource program. These trainings have strengthened the partnership between both organizations and opened opportunities to offer more programming in Barry County. In 2022, there was a scheduled Matter of Balance that was moved to 2023. Currently, there is a Matter of Balance and a Chronic Disease PATH scheduled in Barry County for 2023 in partnership with Corewell Health Pennock. MSU Extension also worked closely with Corewell Health Pennock to begin a referral process for patients with pre-diabetes.



CONTACT US:

121 S. Church St. Suite B
Hastings, MI 49058

Phone: (269) 945-1388

Facebook: facebook.com/District7MSUE

Laura Anderson
Health Educator
ander359@msu.edu

Arin Bowen
4-H Program Coordinator
bowenari@msu.edu

Sydney Miller
Community Nutrition Instructor
mill2481@msu.edu

New Staff
Support Staff
email@msu.edu

Erin Moore
District 7 Director
mooree16@msu.edu



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