



## ***MSU Extension***

### ***2022-2023***

# ***ANNUAL REPORT***

## ***Manistee 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 Manistee 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



**207**  
*Programs  
Accessed by  
Residents*

*Social Media  
Reach*  
**11,605**

*Indirect  
Reach*  
**2,830**

*Programming  
Reach*  
**1,795**



# SUPPORTING AGRICULTURE AND AGRIBUSINESS

## IN 2022, MSU EXTENSION ...



Delivered 39 presentations and educational programs to 1,200+ participants.



Hosted 11 agribusiness and farm financial decision-making sessions with 36 farmers.



Received more than 25,000 individual visits to the Managing Farm Stress website, [extension.msu.edu/farmstress](https://extension.msu.edu/farmstress).



Trained 17 farmers in adult Mental Health First Aid.



*"I will use open-ended questions in personal and working relationships to improve communication between me and my friends, family, and colleagues. I will be aware of the warning signs of suicide and use the skills learned on how to direct people to seek help if they are struggling. Thank you for a wonderful presentation."*

**- Mending the Stress Fence Presentation participant**



Farming can be an incredibly unpredictable, dangerous and stressful occupation. That's why Michigan State University Extension is committed to supporting agricultural professionals as they navigate tough times and make decisions that have an impact on their families, livelihoods, operations and farms. Combining farm business management expertise with mental and behavioral health expertise, MSU Extension's team of more than 20 dedicated professionals provides innovative resources and support. From teletherapy and financial services to free online education and community presentations, MSU Extension provides a variety of knowledge and training tools—not only to farmers, but also to farm workers, local farm organization chapters, veterinarians, Farm Bureau members, county commissioners and other key stakeholders in agriculture and agribusiness.

### Community Presentations

MSU Extension offers a variety of in-person and virtual farm stress educational presentations. Ranging from 20 minutes to two hours, these presentations aim to improve knowledge, awareness and skills for agricultural audiences on farm stress issues, stress management strategies and mental health resources.

### Teletherapy

Through an innovative partnership with Pine Rest Christian Mental Health Services, MSU Extension connects farmers,

farm families, agricultural professionals and commercial fishers to online counseling services ([extension.msu.edu/teletherapy](https://extension.msu.edu/teletherapy)). All therapists providing teletherapy through this partnership have an agricultural background or personal connection to agriculture, allowing them to understand the unique stressors of the farming industry.

### Mending the Stress Fence

Reduced farm sales, farm loss and consolidation of farms is creating stress on farmers and their agricultural communities all across Michigan. In an effort to support farmers and agricultural workers, MSU Extension created a new farm stress program: "Mending the Stress Fence." This short, virtual program can be delivered in 30 minutes and helps participants create self-awareness and provides them with tools and resources to help those in need. Topics highlighted in the three-unit course include identification and response to signs of stress, strategies for managing stress and suicide prevention resources.

- ◆ 100% of participants increased awareness of the signs and symptoms of stress.
- ◆ 98% of participants improved understanding of the eight dimensions of wellness.
- ◆ 96% of participants improved understanding of the warning signs of suicide.
- ◆ 94% of participants increased their confidence in how to ask open-ended questions.





# SUPPORTING AGRICULTURE AND AGRIBUSINESS



*Jim Nugent,  
former  
Extension  
specialist*



*Northwest  
Michigan Orchard  
& Vineyard Show*

*Over 315 tree  
fruit & wine  
grape  
producers*



## 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 (MSU), 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 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 educator at the NWMHRC, time to present on her work.

The MSU Extension team shared the stage with the National Cherry Festival at the Cherry Industry Luncheon. This year,

Michigan Cherry Committee awarded former Extension specialist Jim Nugent with the Cherry Industry’s Distinguished Service award. Since his days in Extension, Jim has remained active in the cherry industry and with MSU research projects. He has recently served as the Chair of the Michigan Tree Fruit Commission, a great grower-supported group that has invested in the tree fruit research stations at MSU.

## NWMHRC Staff Host Apple Pruning Demonstration

In April 25, 2023, Nikki Rothwell and Erin Lauwers of the NWMHRC, hosted Dr. Todd Einhorn, Department of Horticulture at MSU, at a pruning demonstration in Leelanau County. The afternoon-long event was attended by 35 people from counties across Northwest Michigan. We held the demonstration at the Bardenhagen Farm in Suttons Bay. Jim Bardenhagen served as the Leelanau County Extension Director for 25 years and still farms in the county with his son, Chris Bardenhagen. The diverse farm has many crops including table grapes, currants and potatoes, but the pruning was conducted on apples trees of various ages. The demonstration started in trees planted in spring 2023. We moved to two-year-old trees, then to four-year-old trees. Dr. Einhorn explained key components of





Michigan  
Hop  
Conference



Survey data  
collected from 85%  
of total Michigan  
hop acreage



properly pruning trees at each stage of tree development and orchard establishment. We also pruned trees that have been in the ground for eight years. Pruning strategies have been updated over the past eight years, so we addressed corrective cuts to help bring these trees into optimal bearing conditions. We pruned both Honeycrisp and Gala varieties, which are both excellent varieties for northwest Michigan.

### Hop Research

Based upon requests from the Michigan Brewers Guild and the Hop Quality Group, MSU designed a survey instrument to collect cultivar, acreage, yield, and hop quality data from all Michigan hop growers. Those who responded accounted for 85% of the total hop acreage in Michigan. Brewers, growers, and MSU researchers will be able to use the information to improve plant selection, improve hop quality, incorporate Michigan hop varieties into new beer recipes, and more. Presentation of the survey results spurred conversation with the Michigan Department of Agriculture and Rural Development. We are in conversation to codify collection of this important data on an annual basis.

### Hop Education and Outreach

MSU Extension continues to deliver educational content in a variety of forms including conference presentations, the annual

MSU Hop Management Guide for growers, peer-reviewed journal articles, and more.

MSU Annual Spring Hop Kickoff Meeting—MSU Extension hosts the annual online ZOOM meeting with hop growers, researchers, specialists, and additional stakeholders. The meeting includes important updates to the MSU Hop Management Guide, pest control options and recommendations, irrigation and fertility best practices, and updates from the Hop Growers of Michigan.

MSU Hop Bine and Dine Webinar Series 2022-2023 Bi-Weekly May-August—MSU Extension hosts a bi-weekly online meeting that brings together hop producers, educators, scientists, and more to discuss current growing conditions, and best management practices.

Michigan’s Great Beer State Conference & Tradeshow 2023—This premier Midwest brewer-grower conference and tradeshow was held at the Radisson Plaza Hotel at Kalamazoo Center. It is organized and hosted by the Michigan Brewers Guild, MSU Extension, and the Master Brewers Association of the Americas-District MI.





# SUPPORTING AGRICULTURE AND AGRIBUSINESS



## MSU Extension Master Gardener Program

Michigan State University Master Gardeners are active with the community garden at the Armory Youth Center and at the Sophia Street Community Garden.

**Extension Master Gardeners  
volunteered 137 hours  
which is valued at \$4,356.60**



analysis and research, and from scientific support to technical services, we deliver what entrepreneurs need directly or from our statewide network of university, business and governmental partners.

Our team of experts analyzes the level of service each client needs, taking some from concept development to launch and helping others with specialized issues such as packaging, labeling or nutritional analysis.

The Product Center has an extensive network of certified innovation counselors who offer services anywhere in the state of Michigan. One of these budding entrepreneurs who connected with the Product Center is from Manistee County.

## MSU Product Center Business Development

Michigan State University Product Center helps Michigan entrepreneurs and businesses to develop and launch new product and service ideas into the food, agriculture and bioenergy markets. Whether you are a budding entrepreneur or operate a well-established company, the Product Center is your key to the front door of MSU's vast and varied technical expertise, research and outreach services.

At the Product Center, we facilitate innovation by customizing services to each client. From business planning to market



**Product Center**  
Food • Ag • Bio  
MICHIGAN STATE UNIVERSITY





# DEVELOPING YOUTH AND COMMUNITIES

*81 youth enrolled in 4-H clubs*

*Over \$130,000 sold in the 2022 Livestock Auction*

*Almost \$10,000 sold in donated items*

*Over 150 4-H fair entries in non-livestock categories*

*47 Swine Entries*

*12 Beef Entries*



*Gavin with his market swine*



## Fair 2022

It was another record year for Manistee 4-H Livestock programs and participation. Swine is the favorite project of 4-Hers in Manistee's livestock program and every year our program grows.

A great swine story from Fair is Gavin. He joined Manistee 4-H last year as a Cloverbud and returned this year as a Beginner. In his Cloverbud year, Gavin showed his chicken and his goat. After his last Cloverbud class, Gavin decided he was going to do more next year: He wanted to be fully part of Manistee 4-H and wanted to show a pig. At his club's goal setting meeting after Fair, Gavin set the following goals for himself: he wanted to make weight, he wanted to place in the top 10 of the market class, and he wanted to get \$6.00/lb. at auction. These are remarkably high set goals for a first-year market 4-Her and an eight year-old.

We are proud to say that Gavin achieved ALL his goals this year: his pig weighed 281 pounds, he placed 5th in his market weight class and 9th overall, and his pig was sold for \$7.00/lb.! Going into the 2023 Fair, Gavin has set equally ambitious goals and is teaching other members of his club about pigs.

Stories such as this clearly demonstrate what Michigan 4-H is all about: giving youth the space to have learning experiences, set goals and be active in their own civic development.

After Fair, 4-H kids were treated to a water balloon fight, which not only cooled them down from the heat of the day, it also let them have fun as a group outside of the showing.







# DEVELOPING YOUTH AND COMMUNITIES



*Bethani S. - Manistee, took second place at the State level. She has held her second place position in the Skillathon for three years in a row.*



MICHIGAN STATE UNIVERSITY Extension  
**ADULTING 101**  
 FALL SERIES

**MONDAYS, 6-7 PM EST**

- OCT. 3: CHANGING THE WORLD WITH JUST 1 VOTE
- OCT. 10: CHOOSE YOUR FUTURE
- OCT. 17: MAKE A SPENDING PLAN WORK FOR YOU
- OCT. 24: AVOIDING MONEY MISHAPS

Register at:  
<https://events.anr.msu.edu/adult101Fall22/>

## Manistee County 4-H Statewide

4-H Skillathon is an annual event that allows 4-H livestock youth to test their knowledge of different livestock species and general agriculture against their fellow 4-Hers. Youth from all over Michigan compete in regional qualifying rounds and must earn a minimum percentage score to be invited to compete at the State level. Bethani Schuiteman, of Manistee, took second place at the state level. Ms. Schuiteman has held this 2nd place position in this statewide competition for three years in a row.

## Coming Soon to Manistee 4-H

Manistee 4-H continues to grow and gain momentum in 4-H areas outside of traditional livestock by sending volunteers to

4-H Shooting Sports training with the goal of having a local club established soon.

New partnerships are growing every day and 4-H is exploring programming options with Northern Pathways Equine Center and Manistee-Benzie Juvenile Court.

## Adulting 101

In Wellston, Adulting 101 – a virtual program through 4-H that allows youth and young adults to gain skills and knowledge of useful information that will help them be successful in an ever-changing world – was broadcast for youth at a local community center.





# KEEPING PEOPLE HEALTHY & ENSURING SAFE FOOD

## *Prescription for Health Facts*

**46% of participants reported an increase in fruit consumption**

**37% of participants reported an increase in vegetable consumption**

**48% increased their participation in moderate physical activity**

**49% of participants planned meals in advance more often**



## *FAST Survey Results*

**92% reported they visit or need the help of a food pantry**

**80% of participants are very or somewhat satisfied with the amount and variety of food they receive from pantries**

**99% of participants would take more fresh fruits and vegetables produce and share reports with the committee**

**Most reported that accessing food was an issue due to car prices, gas costs, and cost of insur-**

***"I'm sneaking veggies into everything, like shredded zucchini in spaghetti sauce or chocolate cupcakes, shredded carrot in spaghetti sauce. Helps to add more veggies to my meals!"***

**- Prescription for Health Program participant**

## Prescription for Health

Prescription for Health is a fruit and vegetable prescription program that aims to increase fruit and vegetable consumption and support healthy lifestyle behavior change among participants who have an increased risk for chronic disease. This effort is in partnership with District Health Department #10, Munson Healthcare, and MSU Extension. In Manistee, 60 adult participants took advantage of this program. Classes were offered in a variety of programs such as in-person classes, virtual classes, and online, self-paced classes. Goals of the program: improve community access to and consumption of fresh, frozen, and canned fruits and vegetables; foster healthy behavior change in program participants by offering various types of nutrition and physical activity education.



**Food Access Strategy Team – Countywide Pantry Survey**  
The Food Access Strategy Team, or FAST, is a subcommittee of the LiveWell 4 Health Manistee coalition. The goal of this group is to strengthen the Manistee County food support system for those in need.

This work is done by improving coordination of county food pantry efforts and improving accessibility of healthy food to those who need it. In 2022, FAST distributed a county-wide survey to gauge feedback about food access from Manistee County residents in hopes of better understanding what barriers people face in accessing food. MSU Extension played a vital role in this work as we took on the task of creating the survey, ensuring Spanish and English options were available, designing both hardcopy and digital versions, as well as analyzing data from the 303 adults who completed the pantry survey.

### Next steps:

- Working with coalition group to identify changes pantries can make so the healthy choice is the easy choice
- Working with pantries to assist in making changes
- Hosting food demonstration presentations at pantries
- Connecting area farms and food pantries so more produce is available for pantry clients





# KEEPING PEOPLE HEALTHY & ENSURING SAFE FOOD

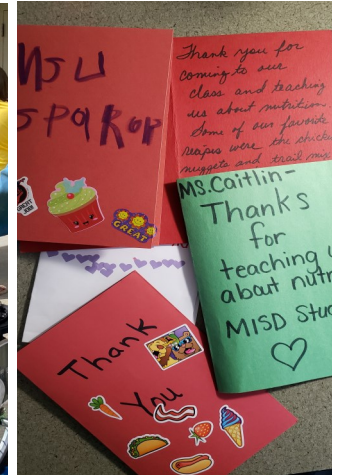
## Youth in Numbers

789 youth reached in 2022

92% of teachers observed more handwashing behaviors

77% of teachers observed students being more physically active

85% of teachers observed their students eating more fruits and vegetables



### Direct Education With Youth

Youth in grades Pre-K – 12th in Manistee County participated in a variety of MSU Extension nutrition and physical activity lessons in 2022.

Our direct education classes partner with schools where more than 50% of students receive free/reduced priced meals. These classes engage students in interactive nutrition lessons, get them up and moving in short physical activity breaks, and discover new foods through taste tests.

By encouraging healthy habits at younger ages, we're helping to create a generation of consumers who are knowledgeable about healthful food choices, what healthy choices look like and how to make them, as well as broadening horizons when it comes to trying new foods.

A favorite event for our staff is the Manistee Area Public Schools' Field Day. Students in grades K—5 ride the MSU Extension Smoothie Bike, witness how their pedaling motion powers the bike blender, and learn about healthy beverage choices by enjoying a tasty fruit smoothie!

***"I've noticed that students are more willing to try new things and are able to relate what we learned back into their classroom lessons. There have been more fruits at snack time as well!" (Bear Lake Schools teacher)***

***"Can we try something this yummy again next time?" (Bear Lake student after a taste test)***

***"I'm noticing that students are talking more about healthy choices, especially at snack time. They are also more willing to try new foods and are eager to remind each other, 'Don't yuck my yum.'" (Onekama Consolidated Schools teacher)***

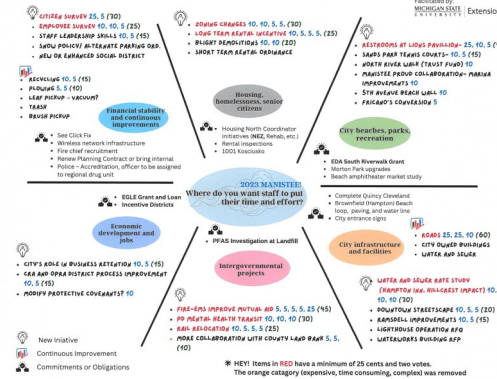




# FOSTERING STRONG COMMUNITIES



Council members from the City of Manistee are seen here prioritizing current and future projects.



**LIVE ON ZOOM**

**MICHIGAN STATE UNIVERSITY Extension**

**CITIZEN PLANNER**  
Fall 2022

**TUESDAYS**  
SEPTEMBER 20-  
OCTOBER 25, 2022

To Register or For More Information Visit here:  
[HTTPS://EVENTS.ANSR.MSU.EDU/CPFALL22/](https://events.ansr.msu.edu/cpfall22/)



## Good Governance/Land Use

Mary Reilly, MSU Extension Government and Community Vitality Educator, provided a Zoning Board of Appeals (ZBA) training at no cost to jurisdictions receiving zoning contract services with Manistee County. Twelve ZBA members participated in the training representing Onekama Village, Onekama Township, Bear Lake Village, East Lake Village, Bear Lake Township, Arcadia Township, and City of Manistee. Additional ZBA training is scheduled for summer 2023 in collaboration with the Manistee Planning Department.

She has also provided a two-part Zoning Board of Appeals training for the Village of Onekama.

Mary facilitated a prioritization session with the Manistee City Council resulting in a unique one-page reference to align current and future projects with available resources.

Mary hosted two regional virtual meetups for Master Citizen Planners in Northern Michigan. There are currently six Master Citizen Planners in Manistee County.

She also participated in programming with Housing North on Accessory Dwelling Units and served on Networks Northwest Planners Regional Advisory Committee.

## New Commissioner School

For over 50 years, the New Commissioner School (NSC) program, now led by MSU Extension Governance Educator John Amrhein, 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. One commissioner from Manistee 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. A new feature this year was round-table discussions, two of which were led by Rob Carson and Yarrow Brown.

## 2022 Opioid Symposium

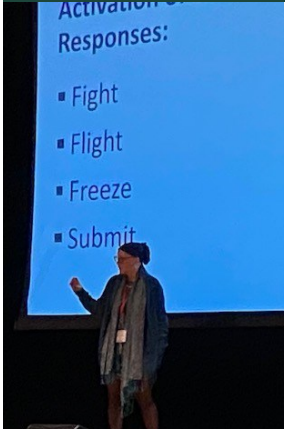
Michigan State University Extension once again partnered with Manistee SEA, Little River Band Of Ottawa Indians Be Da Bin Behavioral Health, Manistee County Human Services Collaborative Body, and Centra Wellness Network to hold the Opioid Symposium at the Little River Casino Resort.

This annual event was on hold during the Covid-19 Pandemic. There was a record number of vendors even with limiting the number of registrants to 150 due to lingering Covid concerns.





# FOSTERING STRONG COMMUNITIES



**SAVE THE DATE**

**THURSDAY, OCTOBER 20**

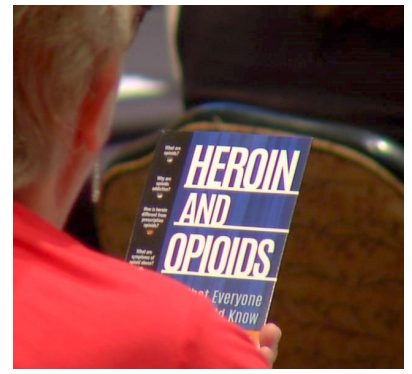
**Beyond Opioids: A Regional Symposium**

Join us for an informative discussion on drug trends, current efforts to reduce substance use, and the impact of substance use disorder on our community.

**THURSDAY 20 TH**  
OCTOBER 2022

**8:00-3:00 PM**  
Little River Casino Event Center  
Manistee, MI 49660

For more information please contact Erin Coe  
ecoe@dhd10.org



Attendees came from all over the state and many were law enforcement officials, medical professionals, and citizens from Manistee County.

Highlights of the event included presentations by keynote speakers 85th District Sobriety Court Case Manager Amanda Koon and her husband James on Living In Recovery, and MSU’s Associate Professor Dr. Cara Poland. Dr. Poland has an interest in educating physicians and physicians-in-training to improve care for patients with substance use disorders and alcohol use disorders. Her clinical focus is working with pregnant and parenting women and their families.

Michigan State Police attended with their “Hidden In Plain Sight” trailer, where attendees walked through a mock-up of a teenager’s bedroom and learned how teens may be using substances in plain sight.

Breakout sessions included, but were not limited to, discussion on the work that the Drug Endangered Children’s Alliance (DEC) is doing in Michigan, which has a mission that “protects and serves drug endangered children and their families by promoting multidisciplinary collaboration and information sharing among DEC professionals, from early identification through intervention, response and support.”

Another popular session was Dr. Evan Parks – Three Keys to

Active Pain Management: How to Let Go, Show Up, and Move on with Chronic Pain.

With an estimated 50 million people in the U.S. dealing with chronic pain, many of the patients are looking for tools to get back to the life they love.



**Centra Wellness**  
NETWORK







# FOSTERING STRONG COMMUNITIES



## Michigan Sea Grant Extension

Michigan Sea Grant uses research, outreach, and education to protect the Great Lakes and ensure sustainable use of these critical resources. We fund research projects and graduate fellowships that investigate pressing challenges affecting coastal ecosystems and communities. Michigan Sea Grant brings together regulators, scientists, policymakers, and community members to develop science-based solutions to environmental issues. We also help K-12 students and their educators connect with the Great Lakes through classroom activities, workshops, lectures, camps, and field trips. The Great Lakes — Superior, Michigan, Huron, Erie, and Ontario, along with their connecting channels — form the largest surface freshwater system on earth. Michigan sits at the heart of that system, surrounded by four of the five lakes. Michigan Sea Grant is a cooperative program of the University of Michigan, Michigan State University, and the National Oceanic and Atmospheric Administration (NOAA), with offices in Lansing, Ann Arbor, and coastal communities around the state. We work with a network of partners at federal, state, local, and individual levels to achieve our goals.

- \$1,363,481 in economic benefits derived from Michigan Sea Grant activities
- 170 Michigan businesses were created or sustained as a direct result of Michigan Sea Grant activities
- 438 K-12 educators participated in Michigan Sea Grant education programs
- 23 Michigan communities implemented hazard resiliency practices as a result of Michigan Sea Grant activities
- 55 acres of coastal habitat protected, enhanced, or restored as a result of Michigan Sea Grant activities





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