



MSU Extension
2022-2023
ANNUAL REPORT
 Kalkaska 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 Kalkaska 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



165
 Programs
 Accessed by
 Residents

Social Media
 Reach
 78,651

Indirect
 Reach
 1,802

Programming
 Reach
 1,079



DEVELOPING YOUTH AND COMMUNITIES

2023
Kalkaska County Fair

62 youth

115 market animals

\$102,014 sold in the
2023 Livestock Auction

\$4,373.25 donated back
to the Kalkaska County
4-H program



2023 Kalkaska County Fair

The 2023 Kalkaska County Fair was a great success. Leaders, staff, parents and 4-H'ers worked together to put on a full week of events. For the first time in several years, the 4-H large-animal barn was full and there was a significant increase in poultry entries. Youth worked hard on their livestock projects all year and were proud to show and market their animals to the community. Participants also learned valuable business skills, such as marketing and record-keeping. Special thanks to the Kalkaska County Sheriff's Department for once again putting on our Cops and Donuts event — a favorite of our 4-H'ers!





DEVELOPING YOUTH AND COMMUNITIES

2023 Kalkaska County 4-H

275 youth reached through programming

33 adult volunteers



4-H'ers learn about maple-sugaring

2022/2023 4-H Soccer

Our Kalkaska 4-H Youth Soccer program saw exciting growth this year! 70 youth ages 5-10 participated in our 2022-2023 season on 12 separate teams. We also brought in 15 new volunteers to act as coaches and assistant coaches. The program focused on teaching soccer skills, sportsmanship and healthy habits. Kids and coaches alike had a blast and enjoyed celebrating the end of the season with a picnic and awards ceremony. We have a dedicated group of volunteers in this program area and expect it to continue to grow next year!

Archery Clubs

This year, in addition to our usual Kalkaska 4-H Archery group, led by instructor Ray Farrier, we added an archery club of students from Crawford School led by MSU Extension staff. Both clubs met once a week for 10 weeks at the Evergreen Bible Baptist Church. A total of 30 youth, aged 8-17, participated in Farrier's club and another 16 Crawford students attended the school's club. Participants learned proper handling of archery equipment, range rules, and life skills such as patience and focus. We would like to thank Crawford School for partnering with us to expand our archery

program. Additional thanks to Ray and his co-instructors, and to Pastor Kuiper at the Evergreen Bible Baptist Church for making these programs possible.



4-H Maple-sugaring

Thanks to a grant from SEEDS Ecology and Education Centers, our 4-H program coordinator was able to provide hands-on maple-sugaring lessons to four area schools, reaching over 125 students with just this one program! Students learned the process of making maple syrup from start to finish, including tapping trees, collecting and boiling sap, and finishing and bottling syrup. It was a lot of work, but students enjoyed the sweet reward of a pancake dinner with their very own maple syrup at the end of the season.

Trail Town Adventures

In partnership with the Kalkaska Conservation District, 4-H started a new club this summer to get kids out exploring the many trails in our area and the natural beauty of our county. The group met at a different trailhead each week and went on guided hikes with Sarah Schroeder from Kalkaska Conservation District. Youth enjoyed learning about the different plants and animals in our area and how to use a field guide to identify their findings. We look forward to continuing this club in the future!



2023 Kalkaska Nutrition Programming

233 youth reached through school programming

109 adults reached through programming

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

after completing a series of nutrition education classes:



Senior
Project FRESH
Market Fresh Food



SNAP-ED | Kalkaska High School

Almost 100 high school students participated in Teen Cuisine class this winter and spring. Over the course of six weeks and 12 lessons, students learned how to identify foods that fit their needs and taste preferences, keep food safe, follow and adjust recipes, and how to prepare nutritious, low-cost meals for themselves. By the end of the series, students will have had exposure to knife skills, stove-top use, and oven use by preparing baked chicken nuggets, blueberry muffins, omelets, and multiple styles of produce preparation. This class teaches necessary life skills for all young adults.

Birch Street Elementary and GSRP students

Over 80 2nd-grade students at Birch Street Elementary and 50 Great Start Readiness Program students received nutrition education this year. Each classroom attended six weeks of age-appropriate nutrition classes, experienced tasting foods from each food group and learned how food is used in the body. Classes focus on projects and activities to keep students engaged, such as:

- Making whole-grain cereal necklaces
- Exercises to get in extra daily movement and to help remember important nutrition facts
- Food tastings of exotic fruits like kumquats to encourage adventurous eating
- Songs to help remember important details
- A puppet named Chef (*because what kid doesn't love a puppet?!*)

The nutrition lessons aren't just necessary, they are also fun and impactful.

Senior Project Fresh

MSU Extension served more than 100 seniors in partnership with the Kalkaska Commission on Aging and District #10 Health Department through a program called Senior Project Fresh.

This program aims to increase fruit and vegetable consumption by seniors to decrease risk of preventable chronic disease while also supporting local agriculture. We were able to distribute a booklet of \$25 to be spent at Michigan farmers markets this summer and provide vital nutrition information while stressing the importance of incorporating fruit and vegetables into their diets.

One participant thanked us profusely, telling us that she had just come from visiting her mother in the hospital. Her mother had just suffered a heart attack and the doctors encouraged much more produce consumption. She wasn't sure where to start or how expensive the change was going to be. She said the \$25 and the education meant more to her than we would ever know. In years past, she would have never attempted going to a farmers market, but now she feels confident in her ability to navigate them and is excited to try new vegetables.



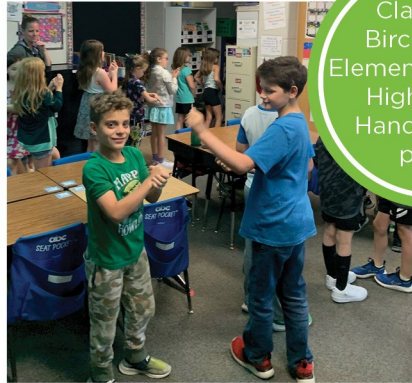
Walkability Action Institute

Kalkaska team members

- District #10 Health Department
- County Commissioners
- Downtown Development Authority
- Health Board Members
- Commission on Aging

Featured field experts

- Movability
- Safe Routes to School
- Accessibility
- Transportation
- Traffic Safety
- Engineering
- Public Health
- Real Estate



Classes at Birch Street Elementary adopt High Speed Handwashing policy



Long-Term, Community-Based Changes

The work of SNAP-Ed reaches far beyond direct education. Creating systems and environmental changes support the work of SNAP-Ed.

Lanae Bump, MSU Extension Community Nutrition Instructor, had the opportunity to represent MSU Extension for the Kalkaska team at the Walkability Action Institute with the goal of increasing movability and accessibility safely within Kalkaska County.

Action Plan Developed

National experts in various fields guided the team through sessions and breakout groups, and assisted the Kalkaska team in creating a five-year action plan to address the safety and accessibility concerns of the three highways running through the main stretch of downtown. The plan includes implementing a “road diet,” which will slow down traffic and improve the safety of pedestrians. The highways create separation between housing, the library, the farmers market, several restaurants, and parks from the entire school district, hospital, senior center, recreational facility, and more housing.

SNAP-Ed encourages increased physical activity and active commuting, but that is only possible when it is safe. Students will be able to safely walk from school to the library or home. Seniors will be able to walk from the Commission on Aging to the Farmer’s Market. Many will be able to walk to and from

work. This environmental change will take many years with the help of many partners but it will have dramatic health outcomes for all of Kalkaska county.

High-Speed Handwashing

Several schools in Kalkaska made important changes too. All Kalkaska GSRP classrooms, one 2nd-grade classroom at Birch Street Elementary, and the health classroom at Kalkaska High School have all adopted or made plans to adopt a High Speed Handwashing policy which encourages longer handwashing in group handwashing situations. A total of eight classrooms and 205 students have been impacted by this policy! Better handwashing practices will keep our students healthier, in class for more days, and is a great habit to build for any age.

“[Having nutrition classes this year has lead to] classroom discussions with students on what food groups food belongs to during meal time. I’ve noticed that students are now asking about food groups and they are more willing to try new food offered to them.”

— Peggy Schaub, Preschool Teacher



Dr. Todd Einhorn hosts pruning demonstration



Jim Nugent, former Extension specialist, winner of Cherry Industry's Distinguished Service award.



Northwest MI Orchard and Vineyard Show 2023

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

The MSU Extension team shared the stage with 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 Chair of the Michigan Tree Fruit Commission, a grower-supported group that has invested in the tree fruit research stations at MSU.

Hop Research

Extension educators, professors, specialists, and graduate students continue to secure federal and state funding for hop research in Kalkaska County. Local partners and stakeholders include Alex Adams of Cambium Analytica, Mike Moran of MI LOCAL HOPS, and Scott Stuhr of Silver Spruce Brewery. Current projects include:

- SAP Analysis to Improve Nutrient Management and Hop Quality
- Integrated Practices to Managing Cone Diseases
- Untapping Terroir: Experimental Evidence of Regional Variation in Hop Flavor Profiles
- Testing and Managing for Hop Virus and Viroids
- Management Strategies for Plant-Parasitic Nematodes in Hopyards

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.



SUPPORTING AGRICULTURE AND AGRIBUSINESS



Over 550 attended from across U.S.



Dog Star Hops won Chinook Cup

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, 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.

MSU Extension Master Gardener Program

Kalkaska County Extension Master Gardeners helped with the Kalkaska Conservation District Tree sale. He helped to fill orders on at the April event.

Extension Master Gardeners volunteered 11 hours valued at \$350

Kalkaska Extension Master Gardeners are maintaining projects at the following locations:

- Blue Fish Early Learning Center
- Kalkaska Conservation District
- Kalkaska Public Library
- Freedom Park



Kalkaska Conservation District Tree sale

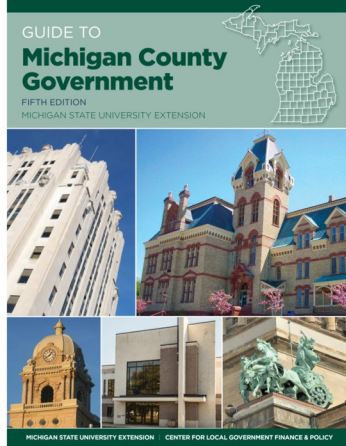




FOSTERING STRONG COMMUNITIES



Parker Jones teaching a course through GLIF



MSU Product Center Business Development
The MSU Product Center and a coalition led by the Grand Traverse Conservation District leveraged nearly \$700,000 in grants to launch the Great Lakes Incubator Farm (GLIF). GLIF is a farm incubator program that makes available land and expertise to new and beginning farmers. This program is nationally unique in its partnership with the National Park Service.

The MSU Product Center joined Oryana and Crosshatch to offer \$11,000 in zero interest loans to regional food and farm businesses. These loans help businesses scale to meet more demand for local food.

The MSU Product Center joined a coalition led by Crosshatch to launch the region's first Carbon Farming Cohort. This peer-to-peer learning program helps farmers adopt climate resilient agricultural practices.

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

Kalkaska County Administrator Technical Assistance
What does a county administrator do? Do we need an administrator? What does Michigan law say about structuring the position? How do we work with an administrator? MSU Extension's John Amrhein shared the options with Kalkaska County Commissioners in early 2023 as they were contemplating a change in administrative structure. His presentation included the options in Michigan law for structuring the position, skills that are needed for an effective administrator, and skills needed for commissioners to work most effectively with an administrator and included a good amount of discussion amongst the commissioners about the topic.

Kalkaska County Impacts

- 4 businesses reached
- 8 hours of staff time
- 1 license obtained

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