

Manage Farm Stress and Gain Skills to Help Those in Need

Farmers and agricultural professionals often face uncertain situations. Changing weather patterns, fluctuating schedules, pest outbreaks and low commodity prices can easily lead to overwhelming stress that can affect farmers and their families.

Stress can take a toll on the body's physical and mental well-being with potentially disastrous results. Farmers and their families can manage stress by developing the right mindset with free online tools created by Michigan State University Extension.

Weathering the Storm: How to Handle Stress on the Farm, is a free, online, self-paced course designed to help farm families gain a better understanding of the signs and symptoms of chronic stress and learn how to cultivate a more productive mindset. The course allows participants to access this information in a comfortable setting at their own convenience. It takes approximately one to two hours to complete and features interactive activities, photos, surveys, audio and video to enhance the learning experience.

To learn more or take the course, visit:

msue.msu.edu/onlinefarmstress

MSU Extension also offers the *Communicating With Farmers Under Stress* workshop geared toward those who work with agricultural producers and farm families. The workshop covers managing farm-related stress and teaches ways to approach and communicate with those in need. It also discusses current agricultural market situations and how they affect a farm's financial situation and cash flow. Participants learn about the impact of stress on the body and mind, and how to recognize some warning signs of depression, self-harm and mental illness.

For more information about managing stress, contact your local MSU Extension office where staff can help you find available programs.

The MSU Extension Farm Information Resource Management (FIRM) Team also works with farms to assist in financial analysis and options for the farms facing financial difficult times. Financial decision tools and resources along with contact information for the FIRM team can be found at canr.msu.edu/farm_management. Visit msue.msu.edu/managingfarmstress to access additional resources.

Special thanks to Tom Cummins and Mindy Tape for this article.

Consumer Complaint Hotline

If you see a food-related problem, please report it to the MDARD Food and Dairy Division at **800-292-3939** or through the MDARD website: www.michigan.gov/mdard

Michigan's Dairy Industry by the Numbers:

- Dairy makes up the single largest segment of Michigan's agriculture industry. Michigan's dairy products are exported to Canada, Mexico, Japan, South Korea, and China.
- Michigan's dairy industry has a \$15.7 billion impact on Michigan's economy annually.
- Michigan's dairy industry generates nearly 40,000 jobs directly and indirectly.
- Michigan has 95 licensed dairy plants with 72 being small non-traditional types.
- Michigan is 2nd only to Vermont in the number of small non-traditional (artisan) dairy processors.
- Michigan has 130 milk transportation companies, 918 licensed hauler/samplers, and 1,100 permitted bulk milk tankers.
- Approximately 35 percent of the milk produced in Michigan is transported out of state for processing.
- Michigan dairy cow production led the nation in 2017, with 26,320 pounds of milk produced per cow in 2017.
- Michigan dairy farms ranked 6th nationally in 2017 with 11.2 billion pounds of milk produced (30 million pounds of milk produced per day).
- The total pounds of milk produced in Michigan has increased 94 percent since 2000 (11.2 billion lbs. vs. 5,580 million lbs.)
- The total number of dairy cows has increased by 40 percent (304,000 cows vs. 426,000 cows) since 2000.
- Michigan has 1,627 permitted dairy farms.

MDARD Contact Information

Phone: 1-800-292-3939
After Hours Emergencies: 517-373-0440
Fax: 517-373-9742
Email: MDA-FoodDairyInfo@michigan.gov

MDARD Website:
www.michigan.gov/mdard

Dairy-specific Resources:
www.michigan.gov/mda-dairy

Electronic Complaints Submission:
www.michigan.gov/mdardcomplaints

Business Start-up and Expansion:
www.michigan.gov/miagbusiness

Staff Changes in the Food and Dairy Division

MDARD has seen a lot of changes in staff due to retirements, new hires, staff accepting other positions, and changes in program priorities.

In the Executive Office, former Chief Deputy Director **Gordon Wenk** has been named Director of the department, replacing Jamie Clover Adams who accepted a position with the USDA in Washington, DC. Former Deputy Director **Ken McFarlane** has been promoted to the Chief Deputy Director position, and State Veterinarian Dr. **James Averill** has been promoted to Deputy Director of the department. Dr. Averill will continue to serve as the State Veterinarian until a replacement is hired in the coming months.

In the Food and Dairy Division, former Division Director **Kevin Besey** has moved into the Executive Office to assist with special projects. Deputy Division Director **Terry Philibeck** is serving as Acting Division Director, and **Tim Slawinski**, the Food Safety Modernization Unit Manager, is Acting Deputy Division Director, until a permanent Division Director is hired. Food Program Manager **Sandra Walker** will retire in June, and a search for a new manager is underway. There have also been several staff changes in the Dairy Section:

Brandon Verhougstraete has been promoted to Dairy Resource Specialist. Brandon has worked for MDARD as a dairy inspector for 10 years. He is responsible for developing training programs for hauler/samplers, dairy plant samplers, industry pasteurizer sealers, and dairy inspectors. Brandon also serves as a backup State Rating Officer, assisting with Grade A dairy farm surveys. Brandon brings a wealth of knowledge and expertise to this position from his past experience as a public school teacher and as a dairy inspector in Oceana, Muskegon, and Ottawa counties.

Kristin Rawlings has been promoted to State Rating Officer. Kristin has worked for MDARD as a dairy inspector for five years. Upon completion of her certification with the U.S. Food and Drug Administration, Kristin will conduct Grade A dairy farm and dairy plant surveys throughout the state. Kristin has extensive dairy farm knowledge including growing up and working on her family dairy farm in Huron County, working for Michigan Milk Producers Association as a member field representative, and inspecting some of Michigan's most complex dairy farms in Huron, Sanilac, and Tuscola counties.

Erin Quaine was promoted to a Dairy Senior Inspector in November 2017. She's been a dairy inspector since 2011 and covers 15 counties in Michigan's northeastern Lower Peninsula. Erin is the lead inspector for complex dairy production with automatic milking installations, enforcement and compliance, and dairy trainer resource. She is recognized as an AMI resource and has helped develop an AMI valve commissioning checklist for each manufacturer, an AMI application to install, and a document manual to store all required documents for each AMI farm. Erin is passionate about the dairy industry and has a small livestock farm near Atlanta, Michigan.

Rick Sokol was promoted to a Dairy Senior Inspector in November 2017. He is the lead inspector for complex dairy production, emergency management and recall; and a dairy trainer and labeling resource. Rick is a certified USDA dairy plant auditor and grader. He covers Ingham County as well as dairy plants in the Metro Detroit area and is responsible for USDA dairy plants in several locations throughout the state. Rick has extensive knowledge of production agriculture and served as an MSU extension agent and working farm park manager before coming to work for MDARD in 2011.

Lorry Klinger was promoted to a Dairy Senior inspector in December 2017. She has been a dairy inspector since 2011. She is the lead inspector for complex dairy production with automatic milking installations and small dairy processors. Lorry also serves as an emergency management/recall and training resource. She is recognized as an AMI resource and presents on AMIs at conferences for industry staff and state regulators. Lorry developed a small dairy processors risk assessment tool with the help of a workgroup she formed to help small processors meet FSMA requirements. This tool is being used by Michigan dairy regulators, and by other states. Lorry has worked with dairy plants on various recalls within the state in collaboration with the FDA. She developed a checklist for new dairy processing plants to help them meet all the requirements to start a new processing plant and has shared this with other staff in the Dairy Program including new staff she has trained. Lorry is passionate about her work to protect the public health and works to assist the facilities she inspects to be successful in producing safe and quality dairy products.

Caitlin Clover is a newly hired dairy inspector for Muskegon, Ottawa and Oceana counties. Caitlin has an Animal Science degree from MSU. She grew up on a family farm where she was active in the care and production of livestock and crops. She was active in 4-H and FFA through high school and a member of the Livestock Judging Team, Block & Bridle Club and Dairy Club while at MSU. MDARD is excited to have Caitlin join the Dairy Program inspection team.

Cherie Andrich joined MDARD as a dairy inspector earlier this year. She grew up on a dairy farm near Bad Axe, and has an Animal Science degree from MSU. Cherie's entire career has been spent in production agriculture, including experience with poultry, beef, and dairy operations. Cherie also helps her parents and sister run a cow-calf operation on the family farm. Cherie covers Huron County as well as the northern part of Sanilac and Tuscola counties. MDARD is delighted to have Cherie on the Dairy Section team.

Libby Venema has been working part time for MDARD's Food and Dairy Division since 2016. Libby is a student office assistant in addition to being a full-time student at MSU. She is pursuing a double degree in Animal Science and Agri-Business Management. She is active in the MSU Dairy Club, MSU Block and Bridle Club, and Agriculture Future of America. Libby has been an excellent addition to the Dairy Section Team and recently received the Office of Good Government Coin for Customer Service.