

Investing in Luce County Youth with 4-H

According to research completed by the Institute for Applied Research in Youth Development at Tufts University-

4-H'ers are **4X** more likely to make contributions to their communities, **2x** more likely to be civically active, and **2x** more likely to make healthier choices.



In Luce County 4-H, we believe in the power of young people. By providing opportunities to learn and lead, 4-H helps youth become informed and engaged community members. While exploring new topics and activities in an experiential way, youth build the skills they need for life.

The 4-H program in Luce County has traditionally offered a local day camp, with the goal of **providing area youth with a low-cost, local, educational and fun experience**. This year's camp met this goal with **24 area youth, ages 5-11**, filling all available spots **guided by four teenaged camp counselors with two additional teens, and fourteen adults volunteering during the week**.

A **gift of \$500 was made by the local Children's Trust Fund to keep the cost of camp low and help provide snacks and lunch daily**. Youth engaged in a large variety of fun, educational projects over the course of the week focusing on topics such as **science, literacy, culture, health and nutrition, expressive arts and outdoor education**. The group took two field trips, one to the **Seney National Wildlife Refuge** and another to **Tahquamenon Falls State Park**. Highlights from those trips include: taking row boats across the river, doing a **water study, learning orienteering** to name a few.

4-Her's participating in Day Camp spent the final of day at the Tahquamenon Falls State Park. Park Interpreter, Teresa Neal, lead the group on a beautiful hike around the island at the lower falls.



Jessica Price, 4-H Program Coordinator/Great Start Parent Liaison



Cheryl Powell, Secretary



MSU is an affirmative-action, equal-opportunity employer, committed to achieving excellence through a diverse workforce and inclusive culture that encourages all people to reach their full potential. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status. Issued in furtherance of MSU Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Jeffrey W. Dwyer, Director, MSU Extension, East Lansing, MI 48824. This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by MSU Extension or bias against those not mentioned. The 4-H Name and Emblem have special protections from Congress, protected by code 18 USC 707.



Luce County 2018 ANNUAL REPORT

BY THE NUMBERS



1 Extension professional based in the county and 52 provided educational opportunities



\$623,514 total economic impact in Luce County



321 youth involved in 4-H youth, early childhood or after school enrichment programs



1 MSU partner hospital



MSU disbursed \$164,976 in financial aid to county students



\$2,734 spending with local businesses



11 enrolled MSU students and 63 alumni



MSU Extension in Luce County over 100 years

MESSAGE FROM THE DISTRICT DIRECTOR

Over the past year, Michigan State University (MSU) Extension partnered with Luce County to continue strengthening youth, families, businesses and communities. Your MSU Extension staff members, grounded in local relationships, serve by bringing the university's research and resources to provide outreach and education in the areas Luce County residents need it most.



In this report, we're excited to share about the people and programs that are improving the lives of Luce County residents in many ways, including helping grow Michigan's agriculture economy, encouraging sustainable use of our natural resources, controlling health care costs by giving individuals the information they need to manage chronic illness and preparing tomorrow's leaders. From an in-person workshop to online education, MSU Extension professionals work every day to provide the most current information when people need it to ensure their success – in the workplace, at home and in the community.

We're passionate about serving Luce County and are looking forward to a new year of serving. Thank you for your continued support of MSU Extension and for partnering with us to make a difference.

Erin Carter, District Director

CONTACT

MSU Extension Luce Co
14126 Co. Rd. 428
Newberry, MI 49868



906-293-3202



msue.anr.msu.edu
lucecounty@msu.edu



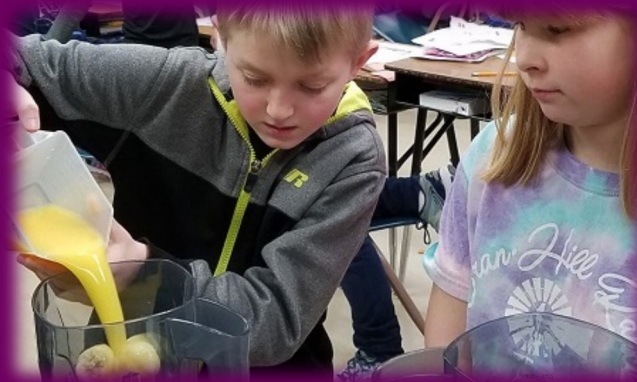
MSU Extension Upper Peninsula



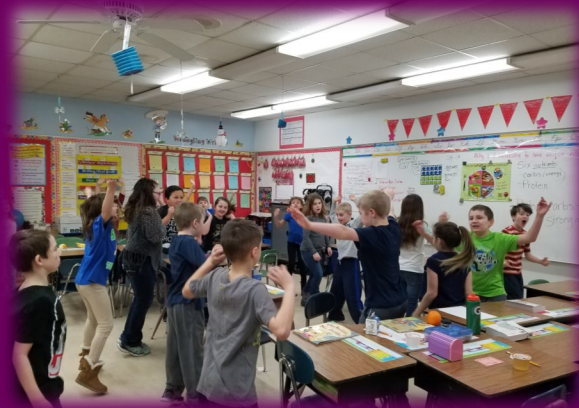
@MSUExtension



Program Highlights



Third grader's in Ms. Perkins room work together on making the perfect strawberry-banana smoothie.



As part of the Walmart Healthy Living Grant, each nutrition lesson also contains a physical activity component. Shown here is a third grade classroom in the middle of their exercise.



Eastern U.P. students observing a red pine harvest operation.

Healthy Living in Luce County

New, 4-H Program Coordinator, **Jessica Price**, was formerly a nutrition instructor. When she changed roles, she was excited to receive the **Walmart Healthy Living Grant** which allowed her to continue the important work of sharing information on healthy lifestyles with local residents. During the 2017-2018 school year, Jessica worked with Tahquamenon Area Schools to provide nutrition education classes to students in 2nd-5th grades reaching approximately 200 students. These students were engaged in a series of 6 lessons highlighting healthy food choices and daily exercise as a recipe for healthy living. In addition, a **Student Leadership Team** was formed, comprised of a group of 4 youth in grades 3-5 and 5 youth in grades 7 and up. This team met 11 times from November through May. The main objective of the group was to design and implement a community engagement station at a larger MSU Extension event called **Planting Seeds of Knowledge**. The youth created a display, designed an obstacle course, perfected smoothie recipes and created a nutrition game – all of which were showcased at the event.

Forest Invasive Species: Eyes on the Forest

Bill Cook, U.P. Forester/Biologist presented on oak wilt detection, prevention, and treatment options at the Three Shores CISMA Spring Partner meeting on May 2, 2018 in Newberry. The disease, not yet in the Eastern U.P. but firewood can easily transit the pathogen. 24 adults were in attendance. Oak wilt identification and control methods were discussed.

Tree Farm Student Field Day

97 students from Eastern Upper Peninsula Schools in grades 4-12 participated in the field day held on September 14, 2018 near Newberry. Students were provided information from both state and private foresters, as well as

(continued on next page)

Program Highlights

Tree Farm Student Field Day continued...

wildland fire fighters, industry representatives and a local producer/owner to learn about all aspects of forestry, including careers and industry work, in the Upper Peninsula. Topics presented ranged from the **importance of planned forest management** to a demonstration of **how a firewood processor works**. Students had the opportunity to operate a timber harvester simulator used to train loggers on the use of the latest harvesting technology.

Planting Seeds of Knowledge

Planting Seeds of Knowledge with 4-H and Friends was a new effort by MSU Extension staff in 2018. The new **Seeds** event was designed to replace an annual event called **Winter Break for Knowledge**. Staff reformatted the event – changing the structure of the educational offerings, **eliminating the need to preregister as well as any fees**.

Approximately **150 people attended the event** with an additional **50 people volunteering** by running stations and helping make the event a success. This event also helped MSU Extension build new relationships and strengthen existing relationships within the community.

Some examples of the stations offered includes: **Survival Kits with Conservation Officers from MDNR; Plant Life Cycle with DHHS; Bird feeders with CTC; Derby Cars with Boy Scouts; 4-H Obstacle Course and Smoothies**.

Feedback from participants was overwhelmingly positive and included comments such as: "It was one of your best programs I have ever attended"; "It was the best day of her life!"; "Great new way to attract families and multiple groups and agency involvement. Great job!"; "You always have good programs but this time you outdid yourself."



Members of the Student Leadership Team try physical activities while designing their obstacle course for use at Planting Seeds of Knowledge.



4-H youth volunteers gather at the Commodity Carnival to talk and learn about swine at Planting Seeds of Knowledge.



Making survival kits with Conservation Officers from the MDNR was a highlight for many at Planting Seeds of Knowledge.