

Message from the District Director



MSU Extension is a catalyst for creating a lasting impact that ripples across the Upper Peninsula, the state, and beyond. Our programs reach all audiences and age groups—from youth learning essential life skills and farmers exploring ways to increase efficiency and effectiveness, to older adults accessing healthier foods and local communities discovering ways to boost economic impact. The possibilities for making an impact with Extension are endless.

Through partnerships, we can create exponential ripples that change the lives of our neighbors, family, and friends. For over 100 years, MSU Extension's goal has been to "bring knowledge to life." By connecting with organizations and agencies across the U.P., we bring the knowledge and research from Michigan State University to our communities and empower them to improve their lives. Alone, we can cast a small stone to create ripples; together, our stone grows to produce a larger impact than any one organization could create on its own.

I have been with MSU Extension for ten years, serving as a district director in the Western and Central Upper Peninsula. As I continue in this role, I look forward to exploring new ways to collaborate with our partners to create ripples of impact across Houghton and Keweenaw Counties and beyond.

Paul Putnam
District 1 Director

Houghton-Keweenaw

County Staff

- Anne Kretschmann, 4-H Program Coordinator
- John Sullivan, Veteran Outreach Program Instructor
- Lauren Jescovitch, Sea Grant Educator
- Will Cronin, Tourism & Community Development Educator

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Senior Project FRESH (SPF), which is part of the United States Department of Agriculture (USDA) Farm Bill, is a program designed to help older adults incorporate more fresh fruit and vegetables in their diet. Senior Project FRESH was created to assist older adults living on a limited income with a secondary benefit of supporting Michigan farmers.

The program is available in all 83 counties in the State of Michigan. Currently, Michigan State University Extension serves as a lead agency, providing nutrition education and coupon distribution in 16 counties. MSU Extension also provides nutrition education with other lead agencies. This varies from year to year.

In June of **2023**, Kathy Bauer, Community Nutrition Instructor from Ontonagon County, provided education at various locations to **211** Houghton & Keweenaw County residents, who were eligible for the Senior Project Fresh program.

52

Extension programs held in the counties

959

people attended programs held in the counties



REPORTING

49

Extension educators, specialists and program staff reported data for Houghton-Keweenaw Counties

32

county direct one-to-one education contacts

229

EXTENSION PROGRAMS INCLUDED HOUGHTON-KEWEENAW COUNTY RESIDENTS

1278

HOUGHTON-KEWEENAW COUNTY RESIDENTS ATTENDED EXTENSION PROGRAMS

75

youth enrolled in county 4-H

247

youth participants



Staff Success Stories

Kathy Bauer attends the Phoenix Rehab House in Calumet every week.

She uses the ***Eat Healthy Be Active*** curriculum. Each week the participants learn about shopping, My Plate, healthy snacks and food safety.



Favorite Participant Quote:

"I started exercising" "With the help with this program. My sugars went from 400 to 200 sometimes almost normal. " You have one of the most patient and amazing lady working for you. She has helped me so much, thank you."

One of the participants attending the class approached me on how he was diabetic and struggling with his sugars. He couldn't control them and was very frustrated. Then one of the staff members asked if I would give him information. I brought him information on the my plate and we discussed healthy snacks along with some recipes. We talked about exercising. He needed the assurance that he was on the right track.



**Will Cronin,
Tourism &
Community
Development
Educator**

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Tourism in the Keweenaw Peninsula grew substantially during the COVID-19 pandemic as people sought vacation destinations where they could easily socially distance. Though a beautiful area with a long-standing tourism tradition the Keweenaw was unprepared for the surge in interest and has experienced significant tourism pressure as a result. In 2022 I worked with stakeholders in the region to begin facilitating community meetings in response to this issue, most notably in Eagle Harbor Township.

This has grown into a regional collaborative effort focused on responsible recreation for all users, both visitors and locals, in collaboration with the Keweenaw CVB, the Western UP Planning and Development Region, Eagle Harbor Township and the Copper Harbor Trails Club, among others. We held an official kickoff meeting In October 2023 to begin to plan a regional education campaign that will help visitors understand the issues the region faces and help all users enjoy the area responsibly and sustainably.

As this initiative gets off the ground it has generated community interest, including a feature piece in December 2023 in the Daily Mining Gazette, and has brought attention and appreciation to MSU Extension, including at the State House.

Favorite Quote: *Thank you for your investment in our community. As a public servant I am familiar with the widespread impact and value of the hard work you do. Thank you for your exemplary leadership and service to the community.*

~Greg Markkanen, State Representative, 110th House District

The Michigan State University (MSU) Extension Citizen Planner Program offers land use education for locally appointed and elected planning officials, zoning administrators and interested residents throughout Michigan.

Citizen Planner is a time-tested educational program proven to be comprehensive without being overwhelming. The program is delivered locally to provide a convenient way for busy community leaders to obtain the latest technical knowledge and the proficiency they need to perform their duties more effectively and responsibly.

Brad Neumann,
Senior Extension
Educator

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Presenters included **Brad Neumann** and **Will Cronin** from MSU Extension and **Jerry Wuorenmaa**, Western Upper Peninsula Planning and Development Region (WUPPDR).

14 participants attended 6 sessions held March 21 through May 2 at MTU Great Lakes Research Center.

4-H Success Story - Exploration Days

37 youth and 7 adults (including 2 PC's) from the Western UP (D1 & D2) counties of Houghton- Keweenaw, Ontonagon, Gogebic, Iron, Dickinson, and Marquette attended 4-H Exploration Days. This included **8 youth from Houghton-Keweenaw Counties** and 3 youth from Iron County. They also enjoyed a side trip to the Great Wolf Lodge. The group also enjoyed a pre-Expo presentation and tour of the Vet Nursing Clinic Lab where they got to try out various clinician training stations. The trip was Monday, June 19- Friday June 23. The **Houghton-Keweenaw County 4-H Council offered \$500 scholarships** to youth attendees who met scholarship criteria (**5 Houghton, 3 Keweenaw youth**). **Youth completed over 100 hours of community service as part of the scholarship criteria.**

Favorite Participant Quotes:

- *"Thank you so much for the Expo days scholarship! I really appreciate it and I had so much fun! I think it's a great experience for everyone!"*
- *"Thank you for the scholarship. I enjoyed the trip and learned a lot."*
- *"Thank you for granting my friends and myself a scholarship to attend 4-H Expo. This was my first time attending and I would really hope to go again. I particularly enjoyed my run for your life session. Thank you again for your generosity."*
- *"Thank you for the scholarship to attend MSU 4-H Exploration Days. We had a great time. We appreciate the opportunity to attend such a fun event."*



Anne Kretschmann,
4-H Program
Coordinator
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4-H Success Story

A Houghton County 4-H member, Grace Gardner, traveled to South Korea during the summer of 2023, through the States' 4-H International Exchange Program. Her travel and month long stay with a host family was supported through a 4-H Council scholarship and other donations.



Favorite Quote:

She remarked, “Through this program I have been able to learn about the culture and language, develop my interpersonal skills and self-confidence, and I have been able to make a long-lasting relationship with my <host> family. I believe that through this program, 4-Hers can become more culturally sensitive and can build their social awareness and confidence benefiting both their professional and personal lives.” The impact that this experience had on this Houghton County 4-H member is profound.

Houghton Youth Feedback from State's 4-H International Exchange Program shares her insights during the November 10, 2023 video posted here:

<https://www.facebook.com/states4hexchange/videos/857880982492972>

Grace was awarded Michigan 4-H Outbound International Travel scholarships for 2023 summer travel experience to South Korea. This trip has a total cost of \$5246.05 plus spending money/some meals.

The Michigan 4-H Outbound International Travel Scholarships are funded by proceeds from the Woman's National Farm & Garden Association International Tea and by gifts from donors to the Michigan 4-H Foundation's Michigan 4-H International Endowment Fund.

Grace received a \$1000 scholarship from the Michigan 4-H Foundation. She also received a scholarship from the Michigan 4-H International Team Outbound Scholarship Award of \$1573.82 (30% of travel costs.)

According to research completed by the Institute for Applied Research in Youth Development at Tufts University, 4-H'ers are four times more likely to make contributions to their communities, twice as likely to be civically active, and twice as likely to make healthier choices.