



# Schoolcraft County

## 2019 ANNUAL REPORT

### BY THE NUMBERS



2 Extension professionals based in the county, 50+ providing educational opportunities



\$759,948 total economic impact in Schoolcraft County



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



1 MSU partner hospital



\$12,230 spending with local business



79 alumni (bachelor and graduate degree)



MSU disbursed \$191,523 in financial aid to county students

100+

MSU Extension serving Schoolcraft County over 100 years

### MESSAGE FROM THE DISTRICT DIRECTOR

Once again I am delighted to share the results of another successful year of partnership between **Schoolcraft County** and Michigan State University (MSU) Extension. Because of your continued support, we've been able to make a difference in the lives of youth, families, businesses, and communities.



MSU Extension offers a broad range of research-based educational services to County residents. Over this past year, we've 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.

Again this year, we've welcomed Schoolcraft County residents into our online community: we've offered online educational courses, answered questions on topics ranging from gardening to food safety, raised program awareness through social media, and provided a library of research-based resources they've browsed on our website.

Our partnership with you makes this all possible. On behalf of the MSU Extension team serving **Schoolcraft County**, thank you for another great year. We look forward to your continued support and hope you'll be able to join us during one of our upcoming programs.

Erin Carter, District Director

# Program Highlights

## SUPPORTING SENIORS

### Matter of Balance- Fall Prevention Programming:

Tracie Abram, MSU Extension Educator along with UPCAP Volunteers, Chris Smith, Ann Wood and Joann Barry provided this series in Newberry, Grand Marais, Manistique and Sault Ste. Marie. This series is free to seniors and provides skills and techniques to improve strength, flexibility and coordination and balance both physically and psychologically. This series will continue to be offered for free through 2020.

Matter of Balance is an evidence based program to offer seniors the ability to learn skills to become more assertive and physically stronger performing safe exercise to improve flexibility and balance. Seniors also learn to look at their homes through a lens of safety increasing the opportunity to live in their homes.



Matter of Balance for Falls Prevention was offered to Schoolcraft County residents in 2019. Photo credit: Senior Care Center

### Social-Emotional Health Programming:

MSU Extension Health Educator, Tracie Abram, continues to provide **RELAX** and **Stress Less with Mindfulness** programming series to help participants improve stress management, problem solving attention and focus. Residents of Delta, **Schoolcraft**, Luce, Mackinac, Chippewa, Alger and Marquette Counties have had opportunities to participate in these program series. Abram has offered these series as community-based programming as well as to students in high school health classes, seniors and recently in 2020, at the Delta County Jail. Tracie has also provided work-site wellness programming or one-time presentations in 2019 to Community Action Agencies, Great Lake Industries, Girl Scouts, Senior Centers, and 4-H and Civic Groups. Seniors or adults aged 55+ can participate in **Stress Less with Mindfulness** for free due to grant.

During stressful times, these programs prove to be invaluable for communities across the UP and the state and MSU Extension is at the forefront of offering evidence based programs in all communities, including **Schoolcraft County**.



Stress Less with Mindfulness was offered to Schoolcraft County residents in 2019. Photo credit: lifehack.org



# Program Highlights

## Schoolcraft County 4-H Delivers New Opportunities



Schoolcraft County 4-H'ers sew pillowcases with French seams.



Learn computer science  
by hands-on doing.

[4-H.org/NYSD](http://4-H.org/NYSD)



Schoolcraft County Friends Helping Friends Project

In 2019, Schoolcraft County 4-H expanded into some new topic areas. Short-term club offerings included fishing, edible science, cookie baking, computer coding, basic sewing, and elementary school-level track and field club. These new offerings join existing 4-H clubs that focus on **high school-level soccer, teen mental health, middle school-level volleyball, summer activity program, shooting sports and nutrition.**

SPIN clubs (**SP**ecial-**IN**terest) 4-H clubs are club opportunities that deliver 6-8 hours of content total to participants. After conversations with stakeholders, Jill learned families with youth in **5<sup>th</sup>-8<sup>th</sup> grades** were looking for some options for their youth on the ½ days of school. Using this information, Jill created an **Introduction to Sewing** SPIN Club that met on two ½ days at the end of the school year. The participants learned machine basics and practiced their sewing skills on training templates and scraps of fabric on the first day. On the second day the participants walked down to Ben Franklin where they learned how to pick out coordinating fabrics, calculate their budget, ask to get it cut, etc. The group then returned to the MSU Extension office, located at the school, to sew pillowcases with French seams.

The program was so well-received more ½-day SPIN clubs were created for the fall. In September and October, SPIN club participants learned about **computer coding** using the 4-H **National Youth Science Day kits**. These kits contain several different activities to teach the concepts of computer coding before using a computer. Once the skills are ready to be transferred to a computer, the youth are set up with SCRATCH accounts to complete projects such as a public service announcement or an educational program. In November and December, the members learned how to make tied fleece blankets and cookies. In many cases, these SPIN clubs are offering introductory lessons on topics the members are getting old enough to be interested. More of these ½ day programs will be offered during 2020.

# Program Highlights



Leslie and Kotori, a Japanese Labo member, participating in States 4-H Exchange in Schoolcraft County during August at the U.P. State Fair.

# Investing in Schoolcraft County Youth with 4-H & MSU Extension

*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.*



**Schoolcraft County 4-H** continues to offer robust nutrition and physical activity programs for youth of all ages. Jill delivers nutrition and physical education mostly in the school setting, but also at the **Schoolcraft County Fair Association Summer Day Camp**. Through classroom programming, Jill is in each classroom for at least 6 lessons, **reaching about 250 students** over the 2018-19 school year. These lessons covered nutrition through stories for preschool students up to sports nutrition for high school athletes, along with plenty of MyPlate and cooking guided instruction. This positive community impact led to Jill receiving the **Excellence in Healthy Living award** from the **Michigan Association of Extension 4-H Youth Staff**.

The **Tip of the Lake Shooting Sports 4-H Club** has been using the **Manistique Rifle and Pistol Club's** facility for the past three summers. About a dozen youth are learning about responsibility, **safety and self-discipline through archery and air-rifle (BB and pellet)**. Four members participated competitively in a regional shooting sports tournament and one in the non-competitive division (Cloverbuds). The club leaders learned how tournaments are run and how to score targets. In the coming years, these five members have their sights set on attending the **Michigan 4-H Shooting Sports Tournament**. This 4-H club is also drawing more families out to the MR&P club, boosting their membership and participation as well. The leaders were certified to teach air-rifle early in 2019 along with new 4-H volunteers and both counties are hoping to come together for a friendly competition amongst club members.



U.P. 4-H Camp Schoolcraft County Participants

The **U.P. 4-H Camp** has been held at **Clear Lake Education Center** in northern **Schoolcraft County** for the past three years and is scheduled for 2020 as well. **Eighty campers** come together for a 3-day camp experience. The **2019 focus was on literacy**, with activities such as **black-out poetry, a story hike, a costume "ball"**. Each camper could pick a new novel to enjoy during **D.E.A.R. (drop everything and read)** time. Of course, camp favorites were included, such as swimming, arts and crafts time and a campfire. It is important to give 9-13-year-olds experiences in nature that do not include technology—so they can practice communicating with each other and just being in touch with the natural world around them.

The future of **4-H in Schoolcraft County is bright** as more families and community members learn about the vast-array of options available to youth. Community members are also learning about the opportunities that MSU Extension offers for adults, including programs for daycare providers, fruit-tree pruning, Master Gardener and the like.

Michigan State University Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities, and businesses. For more than 100 years, MSU Extension has helped grow Michigan’s economy by equipping Michigan residents with the information they need to do their jobs better, raise healthy and safe families, build their communities, and empower their children to dream of successful futures. For more information about the programs we offer please refer to the contact information below.

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