

Investing in Dickinson 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.



In Dickinson 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.

4-H Proud Equestrian Program: This is an annual event that takes place every August at the Dickinson County Fairgrounds in Norway Michigan. This program is for youth and young adults ages 5-26 who have special needs. We usually have about 35 riders who participate in the program each year. In addition to the riders, we have many 4-H adult leaders and 4-H youth club members who serve as volunteers during this event. This program is designed to improve balance, posture, coordination, confidence, self-esteem and social growth of riders. The volunteers gain a greater awareness and understanding for those who have disabilities. They also learn responsibility, the value in hard work, the importance of working as a team and giving back to the community. Riders, volunteers, sponsors, donors (including horse donors) are rewarded with certificates, medals and prizes.

Beyond the excitement of learning something new through a project, youth have the opportunity to participate in leadership conferences, travel the world, become involved in their community through service, and meet new friends in a safe and comfortable setting. A young person's experiences in 4-H makes a difference for a lifetime by allowing them to grow and appreciate the importance of being a good citizen, strong leader and person of character.

Leaders also help youth achieve their personal goals and provide encouragement and a support system. The relationships built among adult volunteer leaders and youth also have lasting effects. From 4-H experiences, youth gain important leadership, citizenship and life skills that can be applied to daily living, used in their community, in future jobs or when they continue their education. Although it may be years before a youth realizes and truly appreciates the influence of the 4-H leader that served as positive adult role models, one can be certain that volunteer leaders are truly making a difference for life.



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Dickinson County 2018 ANNUAL REPORT

BY THE NUMBERS



2 Extension professionals located in Dickinson; 59 provide educational opportunities



487 youth involved in 4-H and other youth enrichment programs



542 Dickinson residents participated in SNAP Education programs



80 children introduced to gardening through Extension Master Gardener volunteers program



\$34,531 spending with local businesses



MSU Extension website received 1,911 Dickinson visitors; 79.9% were first-time visitors



MSU disbursed \$493,371 in financial aid to Dickinson County students



\$2,416,516 total economic impact in Dickinson County

MESSAGE FROM THE DISTRICT DIRECTOR

Over the past year, Michigan State University (MSU) Extension partnered with Dickinson 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 Dickinson County residents need it most.



In this report, we're excited to share about the people and programs that are improving the lives of Dickinson 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.

Paul Putnam, District 1 Director

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Program Highlights



U.S. Representative Jack Bergman, keynote speaker, addressing participants in the June 2, 2018 Veteran and Family Service Fair.



Transplants given to students from Start Seeds/Save Seeds. Photo by Monica Jean, MSU Extension.

Supporting Family Health & Nutrition / Community Development

The Veteran and Family Service Fair was held June 2, 2018 at Bay College in Iron Mountain. Representative Jack Bergman was the keynote speaker and emphasized collaboration amongst service providers. He noted that while all veterans in the Upper Peninsula were not in attendance, events like these are important to maintain in order to continue to connect veterans to services. MSUE also had a resource booth there and offered several breakout sessions for participants to choose from, including RELAX: Alternatives to Anger, Rent Smart, 4-H Youth Activities, Stress Less with Mindfulness, Money Smart: Family Financial Management, Self-Care for Caregivers, Family Nutrition, Nurturing Families, Home Buyer Education, and Family Gardening. MSU Extension Director Dr. Jeff Dwyer was in attendance and spoke about veteran support services through MSU Extension. We also administered a needs assessment to service providers, veterans, and their families to collect the data necessary for informed programming. Along with speakers and breakout sessions, the top floor of the event space at the June 2nd event had employment assistance and a mini job fair with employers looking to hire veterans.

Agriculture & Agribusiness

Practicing non-formal agricultural education in rural schools—MSU Extension staff and educators in Michigan's Upper Peninsula have been creating opportunities for youth to experience farming and food systems in areas where there are few formal opportunities to study agriculture. Our goal is to inform students about the job opportunities available in agriculture and food systems. Next-generation concerns exist in our farming communities, yet only one FFA program and one CTE program with an agriculture focus exist in an area that comprises one-third of Michigan's landmass: the U.P. The Dickinson-Iron ISD is working with the Slagle Family Farm in Felch.

Program Highlights

Dickinson Master Gardeners

Extension Master Gardener volunteer hours increased 100% from 2017 to 2018. More importantly, through an Extension Master Gardener volunteer project, annually over 80 children ages 3-11 are introduced to the 'wonders of gardening' which include planting, care, and enjoyment of eating the vegetables they harvest. The garden is also a "Pollinator Garden". The following consumer horticulture programming took place - Rebecca Krans assisted with garden at ISD Head Start, a Smart Gardening outreach booth at the Dickinson Co. Fair, and a Smart Gardening resource display at the Dickinson Co. Library.

Food Safety

A Centers for Disease Control and Prevention study suggests that the presence of a Certified Food Protection in food service establishments reduces the risk of a foodborne illness outbreak for an establishment. The study also suggests that it was a distinguishing factor between restaurants that experienced a foodborne illness outbreak and those that had not. In Dickinson County, 26 foodservice establishment managers were trained by ServSafe Courses taught by MSU Extension.

Community Development

Family fun Day Outdoor Extravaganza

(9/15/18): This event takes place in Dickinson County and was planned and organized by Jessica Coron, Beth Waitrovich and our Great Start partners, Jonathon Ringle and Barb Reisner. It is a free recreation and education event for community adults and youth. Several community partners are invited to participate in this event. This year community partners included: Great Start, Head Start, Dickinson County Library, Wildlife Unlimited, The Y, Dickinson Conservation District, Iron Mountain and State Police Departments, Kiwanis Aktion Club and local 4-H Clubs. Not only does this event give insight to the community about the services MSUE and other local businesses provide, it allows families and individuals to explore outdoor fun. This year we had approximately 300 in attendance.



Elizabeth Slajus, advanced Extension Master Gardener, with children at the Woodland Childcare School Garden in Kingsford, MI. Photo by Sharon Quick-Dulan, Woodland Childcare Center director.



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Dickinson County Family Fun Day Outdoor Extravaganza