



# Gogebic County

## 2020 ANNUAL REPORT

### BY THE NUMBERS



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



\$1,235,436 total economic impact in Gogebic County



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



1 affiliated clinical site



\$5,352 spending with local business



110 alumni (bachelor and graduate degree)



MSU disbursed \$136,971 in financial aid to county students

100+

MSU Extension serving Gogebic County over 100 years

### MESSAGE FROM THE DISTRICT DIRECTOR

During 2020, Michigan State University (MSU) Extension continued to partner with Gogebic County to strengthen youth, families, businesses and communities. In this report, we will highlight local and statewide programs that made a difference in Gogebic County residents' lives; including helping farmers with financial management and farm stress; providing opportunities for youth's career and leadership development through 4-H; teaching families how to buy, cook and eat nutritious food; helping communities grow their tourism and community development opportunities; and providing a suite of online resources and programs.



Because of your continued support, we are able to help Gogebic County residents improve their lives, their work places and their communities. It is an honor and a privilege to serve Gogebic County and we're looking forward to another successful year ahead.

Paul Putnam, District 1 Director



# GOGEBIC COUNTY

## **Additional MSU Extension Reach**

- Michigan State University Extension staff have been actively serving the residents of Gogebic County.
- Services from across all reaches of Extension are accessible because of the Gold Standard commitment Gogebic County has made with Michigan State University Extension.
- Gogebic County residents are able to access services in the areas of Agriculture & Agribusiness; Children and Youth; Community, Food and Environment; and Health and Nutrition.

**223**

Gogebic County Residents Served

**79**

# of Programs Gogebic County Residents Attended



# GOGEBIC COUNTY

## MSU Extension Reach Breakdown 79

Programs Gogebic County  
Residents Attended

**1**

Agriculture &  
Agribusiness  
Programs

**16**

Community, Food &  
Environment  
Programs

**34**

Children &  
Youth  
Programs

**172**

Health &  
Nutrition  
Programs

# Program Highlights

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## **DISEASE PREVENTION & MANAGEMENT AND SOCIAL-EMOTIONAL HEALTH**

With the start of the 2020 year, many Health and Nutrition Institute programs were offered in person including: Matter of Balance, Dining with Diabetes, and Tai Chi for Fall Prevention in Gogebic County and our neighboring counties.

As the pandemic hit, Michigan State University Extension made the decision to do online programming. Some programs were adapted within weeks to be offered in the online program format, one of the first was Tai Chi for Fall Prevention. This experience has really increased the number of programs offered to our area and increased the number of participants that have been able to be a part of the Health and Nutrition Institute classes.

We have been able to offer free programming in Chronic Pain, National Diabetes Prevention Program, Tai Chi for Fall Prevention, SLEEP, Stress Less With Mindfulness, RELAX Alternatives to Anger.

All these were marketed first to Gogebic County and then released to the wider State audience. In reverse, the Gogebic County population has been able to access many more experts and curriculums through Michigan State University Extensions web of instructor's, offering topics like: Cooking for One, Label Reading, Farm Stress, Veterans Programming, etc.



## **PARTICIPANT STATEMENTS**

### **CHRONIC PAIN**

Thank you ....for the excellent program. If it had not been on the internet, I probably would not have been able to attend. I have made use of many of the tools, especially moving easy, I not you, imaging, and the action plan. I am now more in charge of my pain & not the pain taking over my life.

### **TAI CHI FOR FALL PREVENTION**

I have enjoyed the class so much. My balance seems a lot better, and my body does not seem to be as "kinky" when I stand after sitting or sleeping :) I am going to use the Seated Tai Chi to encourage my 92 year old mother to try it...she recently fractured her pelvis and dislocated her shoulder in a fall, and was just last week discharged to home with 24 hour care. I think the Tai Chi would be great for her to keep moving as tolerable. You do a wonderful job of teaching! Thank you so much.

### **FROM A VETERAN**

I chose to take the Tai Chi for Arthritis and Fall Prevention series with MSU Extension. I was the only veteran in the course. I found that being able to attend a Tai Chi course at Home perfect! Especially where I do not have to go out and into crowds or Interact with other people in a public venue, on days when I do not always want to, but need to get exercise. I need exercises for balance and to keep moving to keep from getting stiff. I found Tai Chi online fit the 'bill'! I know it will for many other veterans that are affected with PTSD. We have good days and not so good days. Yet, with the online courses, we can 'shelter in place' and still participate and interact or not with the other participates. Yet, the spotters can see us and know we are 'ok' and doing the exercises. I highly recommend Tai Chi as an online course for veterans. I would sign up again.

# Program Highlights

## 4-H/CHILDREN, YOUTH & FAMILY PROGRAMMING

In School Programing – Ashley was able to work with the 2<sup>nd</sup> grade and 5<sup>th</sup> grade in Ironwood to offer STEAM programing in the classroom in the early months of the year. When school started in the fall of 2020, she worked to get virtual STEAM programing in the classroom. One of the favorite activities was to make tinfoil boats and see how many pennies they could hold before sinking.

Santa's Headquarters: The Santa's Headquarters events were held on December 10, 2020 at the Bessemer VFW and December 11 at the Watersmeet Township Community Center. A total of 156 families with 372 children in need participated in the event this year. Families received: A \$70 gift card for groceries, families with 4 or more children received \$120, 1 large toy for each child, 1 blanket per family, stocking stuffers, toiletry items, toothbrush & toothpaste, and hat and mittens for each child. This is a huge community wide event that involves supporters on many different levels throughout the duration of the project. Gift tags are placed throughout the community so that people may purchase toys to donate. Many monetary donations are received as well. Participant comment: Thank you so much! If it wasn't for the help of this program, my kids would not have anything for Christmas this year.

## OTHER COMMUNITY PROGRAMS/STATEWIDE PROJECTS

Gogebic County Canner gauge testing: I worked with Gogebic Community College and UP HNI staff to secure purchase of a canner gauge tester and provide canner gauge testing at GCC in the fall of 2020. It was a successful event with more than 20 gauges being tested and providing a needed service to our local area to help keep people safe.

Gogebic County youth assisted in creating videos for statewide programs:

Livestock related: <https://www.canr.msu.edu/youth-business-guide-to-success/4-H-Animal-Project-Marketing-Resources/>

Gardening: <https://www.canr.msu.edu/news/4-h-gardening-around-michigan>



# Program Highlights

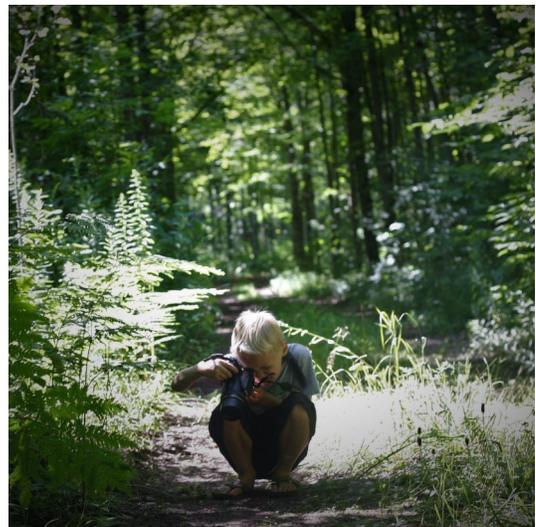
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## 4-H/CHILDREN & YOUTH PROGRAMMING

Virtual Showcase Events: Like many events, the COVID-19 pandemic led to the cancellation of all U.P. Fairs. These annual events are a prime opportunity for youth to showcase and sell their 4-H projects. In light of this, MSU Extension provided the Gogebic County 4-H Virtual Showcase and Auction and the U.P. 4-H Virtual Showcase. These online platforms supported youth in their 4-H experience and continued longtime traditions. Though not the same as the county fair, [4-H virtual learning showcases and auctions](#) provided a space for hard-working youth to demonstrate their mastery of skills developed in 4-H. Through the online forum, youth received constructive feedback to aid in their personal and professional growth and recognition for their many accomplishments.

Gogebic County 4-H Showcase: 40 youth submitted over 200 entries ranging from Art, Crafts, Photography, Gardening, Poultry, Livestock, and Horses. It was great to see what all the youth have been working on for the past year. Youth gained new skills and experiences as they had to take videos or post pictures of their project, which has not been done before.

Gogebic County 4-H Market Livestock Auction Online – By hosting this event we were able to give youth a platform to sell their animals and continue with the entire 4-H livestock experience throughout the summer of 2020. Youth learned new ways to market their animal as this platform was new to everyone. We had 160 bidders register for the auction, which was a great turn out for the first time running a virtual auction. All animals sold with prices comparable to any face to face auction that has been held previously.



# Program Highlights

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## 4-H/CHILDREN & YOUTH PROGRAMMING

U.P. 4-H Virtual Showcase: Much like the Gogebic County 4-H Virtual Showcase, this event had a wide variety of classes. Gogebic County youth enjoyed participating in the county showcase so much that they also entered items in the U.P. Virtual showcase. Gogebic County youth made up more than 1/3 of the total participation in the U.P. event and a total of 89 entries. Comment from a parent: I was impressed with the awesome variety of classes. I think if there would've been a little bigger gap between the two fairs, we would've probably been able to enter a few more classes. But I'm just glad they have the opportunity to do something this summer!

Fun in the Sun Swine Show – The Gogebic County 4-H Council thought holding a virtual swine show would be a great way to give youth a chance to show off their hogs, gain knowledge and feedback on their animal before their own virtual fair, and give them the opportunity to practice exhibiting an animal in a virtual setting. Fifteen youth exhibited 30 hogs in this event. The youth impressed the judge so much that he asked if he had to pick a top youth in showmanship.

Take home kits – With all of our art and craft supplies Ashley made take home kits for youth to pick up or have mailed to them at their homes. Kits included items to make arts and crafts along with some ideas or instructions on how to use the materials.



# Investing in Gogebic 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.

## Random Favorite Quotes

Best part was he gave himself the name Beans for Breakfast! **U.P. 4-H Showcase**

Had one parent personally call me and thank us for the amazing gift for their kids as we got it right one for their kids. **Santa's Headquarters**

Amazing how the community stepped up to make sure we could get these out to those families in need!! Also how our local Police departments stepped in to help and work with us. **Eat Smart Knapsack Program**

Now that they have done it once now that is what they want to do every time they are at the barn from what the parents have told me. **U.P. 4-H Showcase - Costume**

Gogebic County Eat Smart Knapsack Program – During the 2019 -2020 school year we made bags of food for the following school holiday breaks: Thanksgiving, Winter, and Spring break. Due to great community support, we were able to give out bags for 3 weeks when youth were sent home on quarantine. Normally at that time they would have only received food for 1 week of Spring Break. We made 125 bags for thanksgiving, 250 for Winter Break and 375 at the start of the quarantine. 95 families across all 4 school districts in Gogebic County are served by this program.



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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MSU Extension Upper Peninsula



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