

Investing in Houghton-Keweenaw 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 Houghton-Keweenaw 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.

In 2017-18, Houghton-Keweenaw County 4-H had a total of **31 screened adult volunteers**, **161 youth enrolled as 4-H club members**. **442 Houghton-Keweenaw County youth aged 5 to 19** took part in learning opportunities with MSU Extension. Essential skills youth develop while participating in 4-H include problem solving, decision making, leadership, resiliency and communication.

4-H is unique in that it offers experiences to young people who live in cities or rural areas by providing the opportunity to participate in community 4-H clubs, learning experiences in school classrooms, day and over-night camps and other special interest events. One example includes MSU 4-H Exploration Days, a pre-college program where over 2500 youth stay in MSU residence halls, take a variety of action packed classes and experience other aspects of a major university. In 2018, **19 youth from Houghton-Keweenaw County** attended MSU 4-H Exploration Days.

"Exploration Days was fun because I got to see a university and what it is like to stay there and attend classes. It makes me want to go to college." - 4-H youth member

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 and volunteers 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 model, one can be certain that volunteer leaders are truly making a difference for life.

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Houghton-Keweenaw Counties 2018 ANNUAL REPORT

BY THE NUMBERS

100+

MSU Extension has served Houghton and Keweenaw counties over 100 years



\$3,714,931 total economic impact in Houghton and Keweenaw counties



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



58 Extension professionals providing education, 1 based in the counties



1 MSU partner hospital



MSU Extension website received 4,543 visits, 83% first-time visitors



MSU disbursed \$1,497,591 in financial aid to county students



37 students enrolled at MSU and 353 alumni



\$31,458 spending with local businesses

MESSAGE FROM THE DISTRICT DIRECTOR

I'm delighted to share the results of another successful year of partnership between Houghton-Keweenaw Counties 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.




This year, we've also welcomed Houghton-Keweenaw 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 Houghton-Keweenaw Counties, 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.

Paul Putnam, District Director

CONTACT

 MSU Extension Houghton-Keweenaw Co
1500 Birch Street
Hancock, MI 49930
 906-482-5830

 msue.anr.msu.edu
houghtoncounty@msu.edu
 MSU Extension Upper Peninsula
 @MSUEExtension

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Program Highlights



Students in grades K-3 at Lake Linden-Hubbell Elementary School participate in a 6-part nutrition series.



Archery classes held in Houghton-Keweenaw County teaches youth important skills for healthy lifestyles and lifetime recreation that will stay with them as they grow into adults.



MSU Extension children and youth programming prepares the state's youth for the future. In April 2018, Houghton-Keweenaw 4-H Spring Discovery allowed over 80 youth to explore future careers and the wide world of 4-H through a local day camp.

Supporting Family Health & Nutrition

The SNAP-Ed Community Nutrition Instructor, Kathy Bauer, worked with a new school this year, Lake Linden-Hubbell. She went into grades K-3 and provided a six-part series where students learned about My Plate, (which shows the 5 food groups), healthy snacks, food safety and handwashing. The Kindergarten teacher commented on how her students talked about whole grains and looked for the yellow whole grain symbol on labels. The students loved the taste test of new foods.

Empowering Houghton-Keweenaw Youth

Through 4-H, MSU Extension provides learning opportunities that help prepare youth for work, especially for jobs in science, technology, engineering and math.

"...when I was involved in 4-H clubs several years ago, I had no idea the impact this would have on my life. I grew as a leader, communicator, citizen and person..." - 4-H Alumna

In August 2018, six Houghton-Keweenaw County youth participated in a pilot career exploration program (Assessing Your Community for Tourism- FIT) to learn about community development by conducting a professional tourism assessment in another U.P. community. Teens subsequently provided assessment results to community decision makers and gave a presentation about the experience at the annual 4-H Leaders and Volunteer Banquet.

Program Highlights

Picture at Right. Local youth pledge their "hands to larger service". 220 hours of community service were completed in Houghton and Keweenaw Counties in 2018 by Expo Attendees.

Youth Giving Back

Through its pledge of "hands to larger service," 4-H has historically given back to the community by encouraging volunteering. Youth attending 4-H Exploration Days completed over 220 hours of community service within Houghton and Keweenaw Counties in 2018. When the community faced the challenge of the 2018 Father's Day Flood, youth in numerous clubs served by:

- Cleaning basements and yards.
- Manning volunteer center.
- Cleaning and painting Houghton County Fair announcer's booth that was under water.
- Organizing a book giveaway for flood victims at Portage Library.
- Partnering with HEET to winterize local homes affected by flooding.

Engaging Future Leaders

Research demonstrates that young people who participate in positive youth development programs are significantly more likely to exhibit academic competence. In Spring 2018, a Teen Leadership workshop provided an opportunity for 12 youth to develop leadership competencies of active and engaged global citizens. The teens subsequently organized a UP Youth Symposium with over 50 attendees to engage other teens to make a difference in their communities. The 2018 Michigan 4-H State Award in Civic Engagement (Junior) was awarded to a Houghton County youth.



2018 animal science and showmanship workshops about rabbits, poultry, and sheep increased fair participation in rabbits and resulted in a new cavvy class! Over 30 youth attended an animal behavior and handling class in June 2018, learning skills for working with their animals natural instincts.



Houghton-Keweenaw County youth is one of two youth representing the UP on the Michigan 4-H State Youth Leadership Council. The state-wide council provides youth voice and perspective on the development of 4-H programs and curricula.