



Houghton-Keweenaw County

2019 ANNUAL REPORT

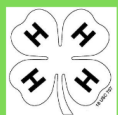
BY THE NUMBERS



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



\$3,714,931 total economic impact in
Houghton & Keweenaw Counties



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



2 MSU partner hospitals



\$24,951 spending with local
business



30 enrolled MSU students, 365
alumni



MSU disbursed \$861,911 in
financial aid to county
students

100+

MSU Extension serving
Houghton & Keweenaw
Counties over 100 years

MESSAGE FROM THE DISTRICT DIRECTOR

During 2019, Michigan State University (MSU) Extension continued to partner with Houghton and Keweenaw Counties to strengthen youth, families, businesses and communities. In this report, we will highlight local and statewide programs that made a difference in Houghton and Keweenaw 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 Houghton and Keweenaw County residents improve their lives, their work places and their communities. It is an honor and a privilege to serve Houghton and Keweenaw Counties and we're looking forward to another successful year ahead.

Paul Putnam, District 1 Director

Program Highlights

COOKING FOR ONE

A new program was held at the Lake View Housing building in Hancock with the SNAP ED Community Nutrition Instructor Kathy Bauer from the Michigan State University Extension. “Cooking for One” is designed for adults to learn ways to make cooking for one simple and enjoyable, learn helpful tips and tricks to making healthy choices, like eating well and being active and participate in cooking real recipes for one. Each participant received a handbook with recipes. There were fifteen participants that attended a 6-part series and thirteen graduated. The participants loved the hands-on cooking. Each week recipes were made and taste tested. It was remarkable to see how the participants developed a friendship. They were excited for the class and shared recipes and tips. A few of the participants said ***“I learned so many things from this class and other students,” “to eat things you wouldn’t normally eat like”, “how to cook for one person”*** and another person said ***“liked trying new foods and would like to do it again.”***

PHYSICAL ACTIVITY/ NUTRITION EDUCATION

Completed a series with the Keweenaw Pines Senior Meal site in Mohawk. Participants learned about the importance of eating half your plate with fruits and vegetables and doing physical activity. Participants gained the skills needed to make healthy behavior changes. One participant expressed how he learned how to properly thaw meat. The seniors enjoyed the classes and had many good discussions about ways to eat healthy .



Nutrition education classes were held in Houghton and Keweenaw counties with Kathy Bauer, Community Nutrition Instructor

SPartners for Health

A School- and Web-based Nutrition and Physical Activity Program for Obesity Prevention and Promoting Health in 5th Grade Public School Students and their Parents. U.P. wide dissemination through public universities of SPartner multilevel programming. SPartners aims to have children and parents meet national recommendations for physical activity, nutrition, and screen time. This program was delivered by Bree Carlson.

Participation

- 55 5th Grade Students received SPartner Lessons
- 15 University Students trained in Pediatric Cardiovascular Risk Disease Profile and/or mentorship as an academic service learning experience

Program Highlights

BECOMING A YOOPER: LEARNING HOW TO SNOWSHOE

Extension educator's first Upper Peninsula winter offers exciting new opportunities; written by Lauren Jescovitch.

"No, I am not a native to Michigan. No, I have never visited Michigan's Upper Peninsula (U.P.) for a family vacation. My first time in the U.P. was this past summer!" I find myself saying this as I settle into my new job with [Michigan State University Extension](#) and [Michigan Sea Grant](#) located in the Houghton/Hancock area. As an Extension educator, I want to learn about my community and its culture to help address concerns about the Great Lakes. So, I decided to write about my personal experiences with "becoming a Yooper." First, what is a Yooper (like U.P.-er; pronounced as yü-per)? A Yooper is a nickname given to a resident of the U.P. of Michigan. Starting as a regional term, the word Yooper was finally added to the [Merriam-Webster](#) dictionary in 2014. So, I am technically a Yooper already, but I think there is more about becoming a Yooper.

Deep, deep snow

Yoopers seem to have some common experiences, including trekking across the land on snowshoes. Snowshoeing is a form of hiking, but in deep snow. The snowshoe has been designed so that your weight is dispersed, so you only sink into the snow a few inches. Thus, if the snow is waist deep or more, you can still walk relatively easily. Snowshoes are great to go exploring through the woods, visiting frozen waterfalls, or for hiking to a fishing or hunting camp. I use them to explore new U.P. trails with my dog.

If someone asked me to draw a snowshoe before I moved to the U.P., I would have drawn tennis rackets. However, I have learned that there are many types of snowshoes based on use. Generally, modern models are smaller and made of aluminum, while traditional snowshoes are elongated and have the netting that has the "tennis racket" look. Typically, the traditional pair, such as [Iverson](#), allows for a quieter excursion while the modern pairs, such as [Tubbs](#), can grip for a more extreme terrain.

According to [Skiing, Snowboarding, and Snowshoeing](#) by Tim Stotte, the oldest snowshoes were dated between 3800-3700 BC and found in the Dolomites mountain range in Italy. In 2016, a survey by the Outdoor Industry Association found that approximately 3.5 million Americans above the age of 6 participated in snowshoeing. Snowshoes are made for young kids and adults, so it is a fun and relatively inexpensive activity to get the family outside throughout the long U.P. winters.

Hard-water fishing?

"Have you gone hard-water (ice) fishing yet?" I'm asked. But no, I have not gone ... yet. This is surprising to my family and friends, but I have to say, the investment in ice-fishing in a new place can be pricey. I plan to go ice-fishing, but for now, I have invested in snowshoeing. Snowshoes can cost from around \$50 to over a couple hundred dollars depending on what you will use them for and the user weight (total weight of user plus what they are carrying); I bought a nice pair for \$130. A local second-hand sports store is a good place to start. So, if I was to grow up in the U.P., snowshoeing would have been most likely one of the first outdoor activities. I am happy to say that I am starting the process of becoming a Yooper!

Program Highlights

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 2019, five Houghton-Keweenaw County 4-H youth participated in a career exploration program (Assessing Your Community for Tourism- FIT) to learn about community development by conducting a two-day professional tourism assessment in Iron County. Teens subsequently provided assessment results to community decision makers and gave a presentation about the experience.



ENGAGING FUTURE LEADERS

Research demonstrates that young people who participate in positive youth development programs are significantly more likely to exhibit academic competence.

Two Houghton-Keweenaw County youth were selected as 2019 Michigan 4-H State Award State Awards delegates in the categories of STEM and Leadership and Service. State Awards are the highest honor bestowed on Michigan 4-H members. Subsequently, the 2019 Michigan 4-H State Award in Leadership and Service (Junior) was awarded to a Houghton County youth.

As part of the 4-H State Awards program, these teens participated in workshops that provided an opportunity for youth to develop leadership competencies of active and engaged citizens. The teens subsequently organized community service opportunities to engage other teens to make a difference in their communities.



Program Highlights

DEVELOPING HEALTHY LIFESTYLES

The Houghton-Keweenaw County 4-H Shooting Sports program teaches youth important skills for healthy lifestyles and providing youth the opportunity to safely learn and participate in a life-long outdoor recreational activity with avenues for leadership, personal growth, and achievement.

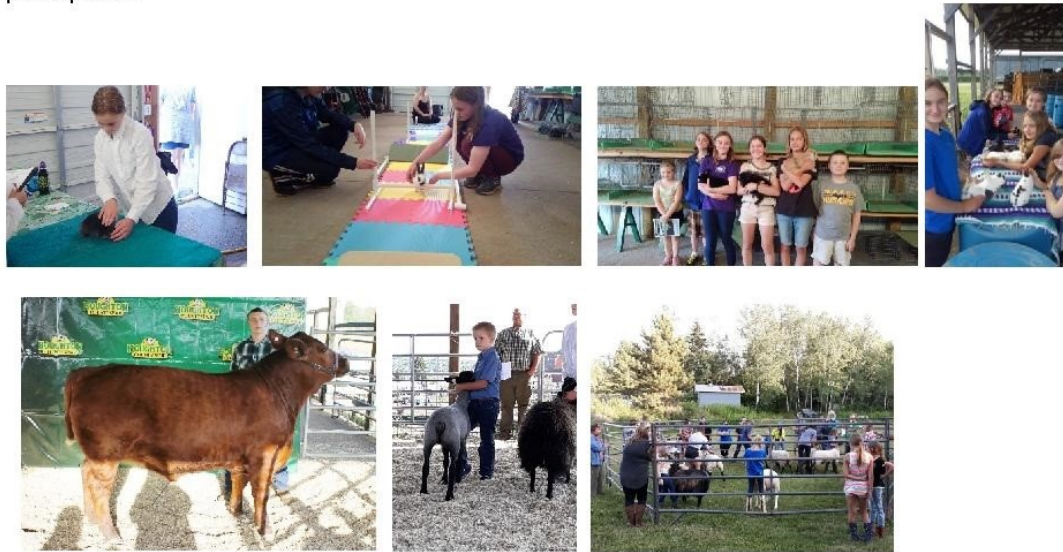


Houghton-Keweenaw 4-H was the recipient of the Michigan 4-H Foundation's 2019 On Target grant, which will help expand shooting sports in the counties to include both archery and rifle disciplines.

The local program sent 4 competitors to the 2019 Michigan 4-H Shooting Sports State Tournament. Houghton youth placed very high individually, including bronze in Unsighted Archery (Junior) and silver, 4th, and 5th in Unsighted Archery (Senior.) The team of four shooters earned the title of 4-H State Silver Medalist Unsighted Archery Team overall. The youth exemplified their experiences of learning personal responsibility; developing confidence, discipline, self-control, and focus through setting personal goals and through the overall structure of the sport.



2019 animal science and showmanship workshops about rabbits, poultry, sheep, and swine increased fair participation.



MSU Extension children and youth programming prepares the state's youth for the future. In April 2019, 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.



Houghton and Keweenaw County 4-H youth learned life-long outdoor recreation skills that will allow them to live safe, healthy lives.



Investing in Houghton-Keweenaw 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.



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 2018-19, Houghton-Keweenaw County 4-H had a total of **37 screened adult volunteers**, **167 youth enrolled as 4-H club members**. **424 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 2019, **16 youth from Houghton-Keweenaw County** attended MSU 4-H Exploration Days. One 2019 participant was awarded a \$5,000 pre-college scholarship to attend MSU.

"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

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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 195 hours of community service within Houghton and Keweenaw Counties in 2019.

Youth in numerous clubs served by: Continuing to help clean up yards affected by the 2018 Father's Day Flood; Partnering with HEET to winterize local homes; Decorating and filling over 250 Thanksgiving treat baskets for Little Brothers, Friends of the Elderly Upper Peninsula home delivery holiday meals; Partnering with the Houghton Beautification Committee to care for gardens at Chutes and Ladders Community Park; Assisting with terrestrial invasive species removal and native plant restoration; 4 teens serving as Junior Camp Counselors at the 2019 UP Regional 4-H Camp; Singing the National Anthem at the Houghton County Fair; Hosting holiday parties for senior citizens and, more!



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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