



Lake County

2018 ANNUAL REPORT

BY THE NUMBERS



Almost 600 Lake County adults and youth participated in MSU Extension programs



205 youth participated in 4-H and school enrichment programs



185 youth and adults participated in health and nutrition programs



MSU Extension helped nearly 100 community members with economic development, natural resources and local government education



66 Lake County residents participated in agricultural and gardening services



More than \$10,428 was spent with local businesses



\$734,038 total economic impact in Lake County

MESSAGE FROM THE DISTRICT DIRECTOR

I'm delighted to share the results of another successful year of partnership between Lake 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.

This year, we've also welcomed Lake 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 Lake 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.

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James Kelly, District Director

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MSU Extension District 5



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Program Highlights



December 2018 Lake County food council meeting in Baldwin.

ADDRESSING FOOD INSECURITY

MSU Extension continues to offer guidance and access to resources and coaching for the Lake County Community Food Council. At the Bread of Life food pantry in Baldwin, MSU Extension continued to provide and expand workshop offerings related to nutrition, food safety for pantries and cultural diversity.



One of the many plant disease samples brought into the Extension office for identification.

GARDENING & CONSUMER HORTICULTURE

Homeowners often have insect infestations or plant diseases that they are unfamiliar with and need help addressing. MSU Extension provides soil testing, plant and insect identification, disease identification and treatment, Smart Gardening resources, and a toll-free Lawn and Garden hotline. The Lake County MSU Extension office provides assistance to many customers with basic home gardening concerns.



Local residents collect water sample from lake systems to provide regional data for further research.

NATURAL RESOURCES STEWARDSHIP

The Cooperative Lakes Monitoring Program is a citizen science program that is 45 years old and has had great success at providing a scientifically backed protocol for residents of Michigan to use to collect water samples for analysis. Several Lake County residents participated in MSU Extension lead training and workshops in 2018 so that they could provide valuable data for this on-going research project.

Program Highlights

COMMUNITY DEVELOPMENT & NATURAL RESOURCES

Strong counties recognize and promote their natural resources. Providing education and technical support to help create successful commissions and teams is the foundation of the work MSU Extension's Government and Public Policy Educators. Together, we have assisted in the development of a recreation plan for the county, provided land-use trainings, assisted with the watershed plan for the Little Manistee River, and partnered with the conservation district for "What's in a Forest?"



Helping organizations develop community gardens is just one of many ways to build community

NUTRITION EDUCATION

MSU Extension's Supplemental Nutrition Assistance Program provides basic nutrition education and hands-on activities for all ages. Core curricula are designed to help low-income families stretch their food dollars while maintaining good nutrition. Some instruction includes physical activity and cooking techniques that help instill life-long skills. It is estimated that every \$1 spent on nutrition education saves as much as \$10 in long-term health costs. In Lake County over 126 residents participated in this programming.



Kids learn to make healthy snacks during "Cooking Matters for Teens."

FOOD SAFETY

Providing assistance to help residents and businesses keep food safe is a hallmark of cooperative extension services across the country. In Lake County, we provided summer canning workshop series in Luther, Irons, Chase and Baldwin to help families extend their food budget and capture in-season produce. At the Bread-Of-Life food pantry in Baldwin, MSU Extension continued to provide and expand workshop offerings related to nutrition, food safety for pantries and cultural diversity, actively supporting the Lake County Food Council.



Learning to can using up-to-date, safe methods reduces the risk of food-borne illnesses.

Investing in Lake 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 Lake County, 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. Essential skills youth develop while participating in 4-H include problem solving, decision making, leadership, resiliency and communication.

In 2018, Lake County 4-H made significant gains in participation, securing 5 screened adult volunteers, 41 youth enrolled as 4-H club members and 20 youth who attended summer camps . In addition, 200 youth aged 5 to 19 took part in learning opportunities with MSU Extension. A \$2,000 grant from the Gerber Foundation was used to cover all registration fees for membership, removing a significant barrier for many participants. 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 overnight camps and other special interest events. One example includes MSU 4-H Exploration Days, a pre-college program where over 2,500 youth stay in MSU residence halls, take a variety of action packed classes and experience other aspects of a major university. In 2018, 20 youth from Lake 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 experience 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

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