

Investing in Alger 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.



The Alger County Group on the Pictured Rocks Backpacking Trip, August 2018

2018 was a great year for 4-H in Alger County. **153 youth were enrolled in various 4-H programs**, with **21 adult volunteers**. The year saw many great programs happen throughout the year. In January, two special interest (SPIN) clubs were formed. There was a **Learn to Skate 4-H Club** and a **4-H Baking Club**. The Learn to Skate Club was able to provide **free skate rentals** using 4-H participation fee money. In February, through a partnership with the **Sault Tribe** and the **Alger Wellness Coalition**, the "Steps to Wellness" Program was created. This allowed 4-H families to walk the indoor walking track and earn tokens to spend at the Farmer's Market to provide healthy snacks. In March, Alger Co. 4-H held its **annual Community Service day** where they made baby blankets for the **Baby Closet**, table decorations for **MediLodge**, and cat toys for the **Alger Animal Shelter**. In April, the 4-H program partnered with the **Alger County Community Collaborative** to put on the **Career Exploration Fair**—an event displaying **200 youth over 35 different careers** they could pursue. In June, **30 youth** went to **Michigan State University** for 3 days as part of **4-H Exploration Days**. This pre-college event helps youth prepare for college, with **85% of youth more prepared for life after high school** after attending this event. July offered over **40 4-H youth** the annual Life of Lake Superior Program. Over **70 youth attended the Upper Peninsula 4-H camp**. 2018's camp theme was "The Science of Having Fun" and youth were treated to camp sessions like **cardboard boat building, aquatic explorations, tree studies, and slime making!** In August, **10 youth back-packed 42.4 miles across Pictured Rocks National Lakeshore** as part of the first annual **Teen Wilderness Leadership** program. Youth in this program were challenged physically and mentally, and each completed the hike with newfound confidence in themselves and their abilities. October held the **2nd annual Community Harvest Fest**, an event celebrating all 4-H offers the community. This event attracted 250 people annually to **UPREC, MSU AgBio research farm in Chatham**. In November, a new service club was started, called the **Tail Waggin' Readers 4-H Club**. Through a partnership with the Alger County Animal Shelter, youth visit the shelter once a month to read to a pet, and socialize the animals, in attempts to help them get adopted. In December, the **Spice Up Your Life 4-H Club** baked over **6 dozen cookies** for the local "Cookies with Cancer" program, and the **Tail Waggin' Readers Club** was featured on the local CBS affiliate. It was a great year for the Alger County 4-H program. We look forward to growing in 2019!



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Alger County 2018 ANNUAL REPORT

BY THE NUMBERS

- 100** MSU Extension has served Alger County over 100 years
- \$** \$1,980,190 total economic impact in Alger County
- 4** 1,002 youth in 4-H and youth development programs
- 58** Extension professionals providing education, 5 based in the county
- 732** adults and youth in health and nutrition programs
- 1,262** acres owned by MSU
- 4,543** MSU Extension website received 4,543 visits, 83% first-time visitors
- 1** MSU partner hospital
- \$1,327,088** MSU disbursed \$1,327,088 in financial aid to county students
- \$44,471** \$44,471 spending with local businesses

MESSAGE FROM THE DISTRICT DIRECTOR

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

Erin Carter, District Director

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Program Highlights



Seniors getting physically active at Move Mob Mondays, an adult nutrition and physical activity series hosted by Vicki Ballas, Community Nutrition Instructor.



Life of Lake Superior Youth Program kayaking



Students prepare for May 15, 2018 no-till overseeding as part of the student-designed 'Healthy Soil Hayfield Project'.

Supporting Family Health & Nutrition

Vicki Ballas Alger County MSU Extension Community Nutrition Instructor offers a "Move Mob Mondays" nutrition and physical activity series for individuals with limited movement. Using the "Eat Smart Live Strong" curriculum to help participants increase physical activity and fruit and vegetable consumption. Currently, about **19 participants** ranging from **52 -86 years of age meet every Monday** for one hour for a nutrition lesson and to do chair exercising which builds muscle strength, and improves their flexibility and balance. Move Mob Mondays is in its third year bringing programming to the rural community of **Trenary** and Chatham, improving the lives of 60

Life of Lake Superior Youth Program

As part of the outdoor and environmental education opportunities offered to Alger County youth, the summer 2018 Life of Lake Superior series was a big success, with **129 youth participants**. Each day had a theme based around outdoor activities, including topics such as **wetlands, invasive species, and healthy living in the outdoors**. Youth also had a chance to canoe in **Pictured Rocks National Lakeshore** and kayak in Lake Superior .

Agricultural Programs Reach Alger County Residents

A total of **396 people from Alger County**, including **159 adults and 237 youth** participated in a wide range of agricultural extension programs, including:

- Annual 'Agriculture for Tomorrow' conference, Escanaba
- Pesticide applicator training, Chatham
- Forage and crop educational meetings, Chatham
- 4-H Harvest Festival, Chatham

Continued on next page.

Program Highlights

Agricultural Programs continued

- Farm stress management training, SS Marie
- Grass finished beef marketing, Chatham
- Service club presentations, Munising
- Bay de Noc Gardening Conference, Escanaba
- MSU Extension Beginning Farmer Webinar Series
- **Youth ag programming:**
- Agri-Palooza event for 5th graders, Chatham
- Munising Schools career day, Munising
- Superior Central School Place-based Learning Project, Eben

Students from the **Superior Central** agriculture and forestry class were involved in a project funded by the North Central Region SARE (**Sustainable Agriculture Research and Education**) program. Partnering with the **Log Cabin Livestock farm** (Ben and Denise Bartlett), the MSU UP Research and Extension Center, and MSU Extension educator Jim Isleib, developed and implemented a practical trial to explore improving soils on low input hay ground. The students tested the soil before and after treatments, spread manure and fertilizer, assisted with no-till seeding, clipped hay and measured yield differences. Students delivered a public presentation on the project at the Superior Central School Library on October 29th.

In addition to meetings, residents received assistance with soil testing and fertilizer recommendations, crop production advice and assistance, personal farm visits, and numerous telephone and office consultations. An on-farm **research project** to explore the effectiveness of a variety of alfalfa 'nurse crops' (small grains with or without forage peas seeded along with alfalfa) was conducted in **Chatham with funding from MSU Extension's Agriculture and Agribusiness Institute**. Results were distributed through the U.P.-wide MSU Extension 'Ag Connections' newsletter and presented at local meetings. Additional community activities included assisting with the **City of Munising beautification committee's 'Triangle' flower planting project in Munising**, supporting the Alger Recycling Committee.



Local farmers attended a June 13 Forage Field Day at Chatham, including a look at alfalfa, grass and clover forage variety trials, pea-oat comparisons, and the 2018 alfalfa nurse crop study.



Lilly and Mason making cider at Harvest Fest 2018.



Tail Waggin' Readers reading to Misty, November 2018.