

# 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.



In Gogebic 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.

Ironwood Carnegie Library – Partnered with them to bring GET AMPED UP! Michigan Science Center Science Fair, to Gogebic County. This was a one-day event for area youth to attend and have fun with science. The Michigan Science Center offers 10 different stations of hands-on experiments that ROCK! Participants explore sound waves, learn how humans and animals hear sounds, play some unique instruments, make sound mysteriously disappear and more! All area children welcome and this will be best enjoyed by those 6 and older! Hosted by the Ironwood Carnegie Library and MSU Extension with support from the Gogebic Range United Way!

The Eat Smart Knapsack program - for **Thanksgiving** we were able to give out 116 bags for 95 families that need food during the holiday break. We contacted all 4 schools in Gogebic County and let them know that we were giving them 25 spots for each school. If families have more than four members, they received two bags. We then requested the schools to keep their list confidential. This program shows the need for food assistance in our communities and how much this helps the youth and families in our communities.

The Eat Smart Knapsack program—for **Winter Break** we were able to give out 232 bags for 95 families that need food during the holiday break. Once again, all 4 schools in Gogebic County were contacted., each receiving 25 spots. With this break there were two full weeks that the youth were away from school, so we gave two bags per family and four bags to families with four or more members. Each bag cost about \$20.00 to make. This program could not happen without the support of our generous community.

Livestock Clinics – Youth learned about the various species of livestock. They also learned how to use the grill and cook their own dinner. This year we add some cooking lessons to each clinic to help teach youth about cooking as well as animals. Clinics were held in June and July.



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# Gogebic County 2018 ANNUAL REPORT

## BY THE NUMBERS



3 Extension professional based in the county, 57 providing educational opportunities



\$1,235,437 total economic impact in Gogebic County



1,061 youth in 4-H, early childhood or after school enrichment programs



1 MSU partner hospital



MSU Extension website received 2,487 visits from Gogebic County, 82% first-time visitors



MSU disbursed \$115,213 in financial aid to county students



\$4,804 spending with local businesses

100+

MSU Extension has served Gogebic County over 100 years

## MESSAGE FROM THE DISTRICT DIRECTOR

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

Paul Putnam, District Director

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## Program Highlights



MSU Extension at the Gogebic County Fair.



4-H'ers learning to cook.



Tai chi for arthritis class, led by Anita Carter.

### 4-H Spin Club: Introduction to Babysitting

A 4-H SPIN club is a combination of the concept of special interest groups with the 4-H club model. Thus the S and P are taken from special and the I and N from interest combined with clubs gets 4-H SPIN Clubs. Erin Ross provided Intro to Babysitting three times in 2018. Sessions were held in Feb/March, and 2 sessions in June. We were able to secure outside funding from Children's Trust Fund, Aspirus, and the Gogebic Co. 4-H Council in order to keep costs low for participants and provide a very nice babysitter's bag for youth to take with them when they go to a babysitting job. The Dollar Tree donated coloring books, crayons and games to add to the babysitter's bags. Children's Trust Fund has added \$500 to their annual budget to continue to support this effort in the future.

A total of 33 youth in 3 locations have completed Intro to Babysitting in 2018.

### MSU Extension helps seniors to stay healthy

"Walk with Ease" is a class sponsored by Michigan State University Extension and led by Anita Carter. The class uses a text book provided by the Arthritis Foundation and it teaches good habits of walking and exercise to help seniors and those suffering from arthritis to remain mobile. This five-level walking process is designed to help participants improve their body mechanics when walking, from placement of the shoulders and feet to breathing. Carter also leads Tai Chi classes as well as A Matter of Balance classes several times per week. Carter states that, for seniors, the lack of mobility is the number one crisis they face.

## Program Highlights

### Digital Ambassadors Grant

This grant was submitted in November and in December, we received our letter of intent confirming that we had received the grant for Gogebic, Iron, Dickinson and Menominee counties. Once we received the notification there was a very short turn around time to secure staff and/or volunteers to attend the National training in Chevy Chase, MD. These names and contact information had to be submitted to National 4-H by December 21. Anne Kretschmann and Erin Ross spent many hours working with staff in the counties to identify volunteers to attend. Once attendees were identified we had to work on securing travel and identifying where that funding was going to come from before being reimbursed by National 4-H Council. This was a lot of time and effort on our parts to secure these details. Total amount received from this grant is \$58,600. This will increase Anne's time from .5 FTE to .75 FTE for the duration of the grant which runs from 01/01/19—07/31/20.

### Family Fun Night

Flyers were distributed to schools, registration forms collected from community agencies, supplies purchased and the set-up was organized. The event was held on March 20 from 5-7 at the Ironwood Memorial Building. This event was a great promotional activity to really keep MSU Extension visible in the community. This year, 19 organizations came and provided an activity. Kiwanis provided \$200 to pay for snacks for the event and Children's Trust Fund provided \$75 which was used to purchase door prizes. Healthy snacks and bottled water were provided to each child. 113 adults and 173 youth attend the event. We also had more than 40 volunteers from all the organizations to help run the activities. This event has been successful for ten years. Gogebic County Family Fun Night has brought families and organizations together for the benefit of all children in the community. Because of the success of this event, a few local agencies began offering Mini Family Fun Nights to smaller audiences in both Gogebic and Ontonagon Counties to continue promoting positive family interaction throughout the year.



Science Day



Poultry Showmanship Clinic.



Family Fun Night—making bird feeders.