



Luce County

2019 ANNUAL REPORT

BY THE NUMBERS



3 Extension professionals based in the county



\$623,514 total economic impact in Luce County



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



1 MSU partner hospital



MSU disbursed \$173,886 in financial aid to county students



\$3,016 spending with local businesses



66 MSU alumni residing in Luce County

100+

MSU Extension in Luce County over 100 years

MESSAGE FROM THE DISTRICT DIRECTOR

Once again I am delighted to share the results of another successful year of partnership between Luce 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.

Again this year, we've welcomed Luce 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 Luce 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

MICHIGAN STATE
UNIVERSITY

Extension

Program Highlights

4-H STEAM CORP PROGRAMMING SUBMITTED BY ASHLEY FREED - Luce County Resident

“I really liked the dance game. I learned coding is really fun and you can make different codes for anything.”

This past winter a coding SPIN Club was offered for youth in grades 3-6. This club was intended to build interest in coding and STEAM. There were 5 participants, all with various abilities, skills, and interest. One of the youth mentioned on the first day of the club when asked what they were excited about and wanted to learn. This youth stated she didn't really like computers, nor did she know how to use them, or what coding was. At the end of the first meeting the young girl was beside herself. As the club progressed, she and I spoke many times to see how she was progressing. By the end of the club she had improved her skills, both on the computer, and in coding. She was engaged in all the activities of the club, and it was apparent she was learning and having fun. On the last club day she asked the purpose of the club, if the club would be offered again, and if it were possible for her mom to receive some of the activities or resources for her to continue at home.

Matter of Balance- Fall Prevention Programming:

Tracie Abram, MSU Extension educator along with UPCAP Volunteers, Chris Smith, Ann Wood and Joann Barry provided this series in **Newberry**, Grand Marais, Manistique and Sault Ste. Marie. This series was free to seniors and provided skills and techniques to improve strength, flexibility, coordination and balance both physically and psychologically. This class also offers sessions for seniors to learn skills to continue independence by learning assertiveness and a checklist in home safety to make changes. This series will continue to be offered for free through 2020.



Luce County 4-H SPIN Club—Coding—photo by Ashley Freed



Matter of Balance, one of the programs that is available as part of MSU Extension's Fall Prevention programming.

Photo credit: Peabody Retirement Community

Program Highlights



Stress Less with Mindfulness is just one of the programs available through MSU Extension's Health & Nutrition Institute.

Social-Emotional Health Programming: Tracie Abram Mackinac County resident

MSU Extension Health educator, Tracie Abram, continued to provide **RELAX and Stress Less with Mindfulness** programming series to help participants improve stress management, problem solving attention and focus. Residents of Delta, Schoolcraft, **Luce**, Mackinac, Chippewa, Alger and Marquette Counties had many opportunities to participate in these program series. Abram offered these series as community-based programming as well as to students in high school health classes, and senior citizens. Tracie also provided work-site wellness programming or one-time presentations in 2019 to Community Action Agencies, Great Lake Industries, Girl Scouts, Senior Centers, and 4-H and Civic Groups. Seniors or adults aged 55+ can participate in **Stress Less with Mindfulness** for free due to grant money received for these counties.



SNAP for Veterans Outreach 2019

The SNAP for Vets project through **MSU Extension has led the nation in targeted outreach** to veterans eligible to receive SNAP benefits. Our outreach campaign in FY2019 has far exceeded our projected deliverables and has resulted in important findings regarding effective outreach strategies for reaching veterans with programming and resources. Overall, we have discovered, although there is a stigma around receiving SNAP benefits within the veteran community, given the proper outreach materials and support many food insecure veterans are receptive to applying for SNAP.

Program Highlights

HEROES TO HIVES submitted by Adam Ingrao– Luce County Resident

PROGRAM OVERVIEW:

Heroes to Hives is the nation's largest beekeeping training program for military service members. Our 9-month program is offered free to service members and their dependents across the US and offers a comprehensive education program that couples a self-paced online education course with hands-on instruction at apiaries across Michigan. Our students leave the program with the knowledge and community to be successful beekeepers.

IMPACT:

Since 2016, Heroes to Hives has trained 356 veterans, active duty, reservist and National Guard personnel and 100 of their dependents operating over 2,000 hives in 25 states.

DEMOGRAPHICS

- 2019 Student demographics
- 208 veterans and 100 dependents

Gender

- 66% male
- 34% female

Branch of Service:

- Air Force: 15%
- Army: 45%
- Coast Guard: 1%
- Marines: 19%
- Navy: 20%

55% of our students are combat veterans having served in the:

- Korean War
- Vietnam War
- Gulf War
- Operation Iraqi Freedom
- Operation Enduring Freedom
- 56% of our students are Service Connected Disabled Veterans

BEEKEEPING

As part of our evaluation process we ask students to select their motivations for becoming a beekeeper (Factors are ranked from most motivating factor to least).

1. Bees are in decline and I want to help.
2. Honey and bee products for personal use.
3. Honey and bee products to sell for profit.
4. I am new to agriculture and want to start with bees.
5. To diversify my farm.

Student's beekeeping career goals are evaluated annually and our students are interested in:

1. Beekeeping as a hobby.
2. Having a beekeeping business.
3. Working for a commercial beekeeper.

EDUCATIONAL OUTCOMES

As part of our regular evaluation process we survey our students with entrance and exit surveys to determine their educational outcomes. Our students report the following outcomes due to their education with Heroes to Hives.

- 95% report increased confidence in keeping bees
- 90% report increased understanding of disease and pest management
- 90% report increased ability to monitor and treat varroa mites
- 97% report improved understanding of overwintering management of bees
- 97% of students are happy with their Heroes to Hives education
- **98% would recommend Heroes to Hives to another person**

HEROES
TO HIVES
HELPING VETERANS HEAL

Program Highlights



Heroes to Hives Program



EXPANSION OPPORTUNITIES

Heroes to Hives empowers veterans who will become the next generation of small-scale sustainable beekeepers. This work allows them to continue serving their nation as defenders of the most important managed pollinator on the planet. In order to continue and grow this important effort we seek corporate and private partners sharing our mission as we grow capacity around veteran outreach and empowerment.

CURRENT TRAINING LOCATIONS

- Southwest MI – MSU Kellogg Biological Station Bird Sanctuary, Augusta
- Central Southern MI – MSU Main Campus, East Lansing
- Southeast MI – Ford Motor Company Cherry Hill Farm, Canton
- Central Northern MI – MSU Lake City Research Station, Lake City
- ***Eastern Upper Peninsula – Bee Wise Farm, Newberry***
- Western Upper Peninsula – MSU Community Garden, Escanaba

Program Highlights

LUCE OUNTY 4-H DAY CAMP, Submitted by Jessica Price, Luce County Resident

The **4-H Day Camp program in Luce County** has been an annual staple in summer programming for years. In 2019, early sign-ups showed such an increase in numbers, staff was unable to accommodate in the given space. Not wanting to turn youth away from the program, 4-H Program Coordinator, Jessica Price, worked with **staff at Tahquamenon Area Schools** to move the camp to their facilities. The school made for a wonderful camp location with its easy access to the playground, gymnasium, school garden and large cafeteria space.

Thirty-one youth ages 5-11 years old participated in the camp. The kids represented a diverse cross-sector of Luce County's population, reaching a variety of ethnic and socio-economic backgrounds. Over half of the youth participants were male. Several of the children were home-schooled while others were of high-risk populations: youth living in poverty, one child in foster care, and at least three children who receive special education services.

There are a lot of critical components that go into a successful day camp experience for youth, and volunteers live at the heart of it. Six teens volunteered their week to guide the campers through their experience. In addition, another dozen individuals volunteered their time during the week, with no less than 6 adults being present on any given day.

The camp was funded by a \$500 donations from Children's Trust Fund, which went directly to food costs associated with providing healthy lunches and snacks for the week-long program. **The Luce County 4-H Council also contributed \$500** which covered supplies costs. The cost of the camp was \$10 per child, though scholarships were available for those needing help.



Various activities held during Luce County 4-H Day Camp 2019



Investing in Luce 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.*



Some examples of activities kids participated:

Science: hands-on science experiments such as making oobleck, water rockets, dissecting owl pellets. The Friday field trip was at Muskallonge State Park where park staff educated youth on Lake Superior and geology, took kids on a guided nature hike, and did a presentation on sled dogs.

Art: galaxy tie-dye, recycled bird feeders, weaving and painting.

Nutrition and Physical Activity: Youth received healthy snacks and lunches daily; there was plenty of opportunity for free play with friends which often resulted in mini football games, hula hooping, etc.; several stations over the course of the week were activity based such as a nature scavenger hunt or water games; kids received fitness instruction and made smoothies with a nutrition educator.

Cultural: Each day had a theme, and one of them was culture. On that day we introduced games from around the world such as tinikling from the Philippines. Youth also learned Kumihimo weaving and make symmetry paintings.

The Star Wars themed day was a favorite amongst participants and there was lots of discussion and enthusiasm about the galaxy tie-dye, out of this world smoothies, and light-up light sabers.

“I really enjoyed the Star Wars day because it was very active”

“”I love my galaxy tie dye pillow case – it was so fun to make!

Additional comments included:

- ‘The groups were split up really nice. I got to spend time with my friends and meet new people too.’
- ‘I loved when we got to meet the puppies and learn about sled dogs.’
- ‘My favorite part was the owl pellets because it was so cool and we got to find bones. I found a rat tail and skeleton.’
- ‘I really liked the outside water games because we got to have a water balloon fight.’
- ‘As a parent, I really enjoyed the strawberry freezer jam that came home one day. I think it’s so cool that the kids learned to make it, and the whole family got to enjoy it! We will definitely be trying a batch at home.’
- ‘As a homeschool parent, I really appreciate how 4-H has incorporated so many fun, educational activities every day for my son, all while still allowing him plenty of outdoor play time.’
- When the week was over, MSU Extension staff who worked on the project were pleased with the results, feeling the goal of providing a safe, education, fun experience for local youth had been achieved.



Luce County Youth gather for 4-H Day Camp 2019

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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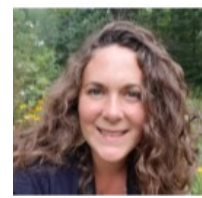
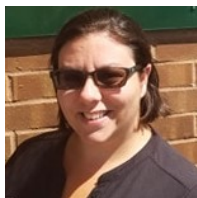
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MSU Extension Upper Peninsula



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