

# Investing in Baraga 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 Baraga 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.

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 2500 youth stay in MSU residence halls, take a variety of action packed classes (underwater robotics pictured above) and experience other aspects of a major university.

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 experiences 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 before a youth realizes and truly appreciates the influence of the 4-H leader that served as positive adult role models, one can be certain that volunteer leaders are truly making a difference for life.



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# Baraga County 2018 ANNUAL REPORT

## BY THE NUMBERS

**100+** years serving Baraga County

2 Extension professionals based in Baraga, 51 more providing education

465 youth involved in 4-H and other youth enrichment programs

539 Baraga County adults and youth in SNAP-Ed programs

14 students currently enrolled at MSU

1 MSU Partner Hospital

MSU Extension website received 445 Baraga County visitors; 80% were first-time visitors

\$2,218 spending with local businesses

MSU disbursed \$333,394 in financial aid to Baraga County students

\$423,021 total economic impact in Baraga County

## MESSAGE FROM THE DISTRICT DIRECTOR

Over the past year, Michigan State University (MSU) Extension partnered with Baraga County to continue strengthening youth, families, businesses and communities. Your MSU Extension staff members, grounded in local relationships, serve by bringing the university's research and resources to provide outreach and education in the areas Baraga County residents need it most.



In this report, we're excited to share about the people and programs that are improving the lives of Baraga County residents in many ways, including helping grow Michigan's agriculture economy, encouraging sustainable use of our natural resources, controlling health care costs by giving individuals the information they need to manage chronic illness and preparing tomorrow's leaders. From an in-person workshop to online education, MSU Extension professionals work every day to provide the most current information when people need it to ensure their success – in the workplace, at home and in the community.

We're passionate about serving Baraga County and are looking forward to a new year of serving. Thank you for your continued support of MSU Extension and for partnering with us to make a difference.

Paul Putnam, District Director

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## Program Highlights



150 packets of Senior Project Fresh coupons were distributed in Baraga County.



Baraga County 4-H Homemade Christmas SPIN Club.



Baraga County 4-H Homemade Christmas SPIN Club

## Supporting Family Health & Nutrition

Fresh fruits and vegetables are an important part of a healthy diet. They add vitamins, minerals and fiber to the diet, and are low in sodium, fat, and sugar. Fruits and vegetables can be used as main meals, side dishes and snacks.

The Senior Farmers Market Nutrition Program, known as Senior Project FRESH/Market FRESH in Michigan, provides older adults who qualify with unprocessed, Michigan-grown products from authorized farmers markets and roadside stands throughout Michigan.

Qualified older adults receive coupons that are used to purchase Michigan-grown produce at registered roadside stands and farmers markets. Eligible items include: berries, lettuce, tomatoes, onions, beans, honey, and more.

The program is free for both the participant and the farmer. It's truly a win-win for Michigan farmers and older adults! Become a participating market or farmer.

Senior Project FRESH/Market FRESH originates from U.S. Department of Agriculture funding. It is part of the Senior Farmers Market Nutrition Program and these federal dollars come out of the federal Farm Bill. The program was designed to benefit both farmers and seniors.

## Baraga County 4-H Youth

In 2018 Baraga County 4-H had a Homemade Christmas Spin Club.

What is a 4-H SPIN club? 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" is taken from special and the "I" and "N" from interest combined with clubs gets 4-H SPIN clubs.

The youth involved made Christmas presents for their friends and family. The club also did a community service project. They made Christmas cards for all of the Baraga County receiving meals on wheels. They made cards with hopes to spread hope and joy to those who may be alone during the holiday season.

## Program Highlights

### Baraga County NextGen

Baraga County Extension Educator, Will Cronin, has been working with the Baraga County Chamber of Commerce to establish Baraga County NextGen, a professional networking and leadership development group for young adults in Baraga County. Will drew upon the experience of other areas in the region to lead a planning process for the group, including a countywide survey and focus groups, to establish goals and objectives for the group and deliver learning opportunities that will be most valued by participants. These include Improving Professional Communication Skills, Leading Nonprofits in the Upper Peninsula, and community improvement projects.



Baraga County 4-H Homemade Christmas SPIN Club

### Community Development

About 150 Baraga County residents, local elected and appointed officials, and agency representatives filled the L'Anse Area Public Schools cafeteria on April 18, 2018 to hear Senior Extension Educator, Brad Neumann, speak about the research related to commercial wind energy development. Neumann presented the latest university-based, peer reviewed research on wind energy development and spoke about experiences from other Michigan communities, including the community characteristics, values and beliefs, anticipated effects, and perceived fairness of a given wind energy project that lead to it being broadly supported by a community or not. Other topics discussed included due process of law, and concerns surrounding commercial wind energy projects including noise, visual impact, shadow flicker, avian impacts, and job creation. The forum was hosted by Baraga County as a civil opportunity to learn research-based information about wind energy development and to apply that information locally. Since the forum, Neumann has consulted with county and local officials about zoning administration, statutory rules on planning commission membership, and zoning ordinance amendment processes to help local officials minimize legal risk associated with local permitting of wind energy development.



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MSU Extension works to teach citizens how to implement best practices in good governance that keeps communities solvent, productive and engaged.