



# Houghton-Keweenaw County 2015–2016 ANNUAL REPORT

[msue.msu.edu](http://msue.msu.edu)



## MESSAGE FROM THE DISTRICT COORDINATOR

For more than 100 years, Michigan State University Extension (MSUE) has been partnering with local governments and communities throughout the state to help Michigan citizens grow and improve. MSUE integrates the extensive research network of the university, our resources and our staff into the public, thereby equipping Michigan residents with the information they need to improve their work, health, safety and communities. The Smith-Lever Act of 1914 was created to foster economic development by stimulating the transfer of knowledge from research into practice on farms, in factories, and in families through agriculture, 4-H and youth, natural resources, coastal issues, and many other subject areas.



In this report I have the challenge of conveying the scope and importance of the work of a large number of people in diverse program areas into a concise report. There are many people who access MSUE online resources and educational programs that are not included in this report. As we move forward with greater technological accessibility, more and more people in Houghton-Keweenaw County are using MSUE resources.

I've included links to give more information on the value of MSUE programs that are accessible in your communities. Please let me know if you need additional information on any of the topics covered in this brief overview of our work in 2015-2016. I think that you will be pleased with the excellent programs provided to the residents of Houghton-Keweenaw County. It is with pleasure that I support the staff members and programs that have and are occurring in Houghton-Keweenaw County, and I appreciate your continued support.

Paul Putnam  
District Coordinator, District 1

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## MEASURING IMPACT

### CONNECTING WITH RESIDENTS

Youth Programs .....	440
Youth .....	400
Adult Volunteers.....	40
Health & Nutrition Programs .....	575
Keeping Businesses Strong.....	85
Natural Resources.....	400
<b>TOTAL IMPACT .....</b>	<b>1,500</b>

### DISTRICT 1 DIGITAL REACH

From July 1, 2015, to June 30, 2016, 21,518 visitors from the 8-county district viewed more than 57,196 pages of rich, science-based content on the MSU Extension website ([msue.msu.edu](http://msue.msu.edu)). Search engine rankings make [msue.msu.edu](http://msue.msu.edu) one of the most visited Cooperative Extension Systems education sites in the country.

### MSU EXTENSION'S EXPANDED DIGITAL REACH

Through combined face-to-face trainings, online webinars, social media, website interaction and electronic newsletters, MSU Extension has made more than 8.8 million connections. More than 149,000 adults\* and 203,000 youth† participated in MSU Extension programming in the 2015-16 programming year.

More than 3.7 million people viewed more than 7.2 million pages on the MSU Extension website.‡ Of those, more than 760,000 were Michigan residents. MSU Extension remains one of the most visited Cooperative Extension System education websites in the country.

MSU Extension also distributes a series of electronic newsletters that cater to residents' unique interests. Last year, nearly 1.3 million newsletters covering 90 topic areas were distributed to

about 16,900 email addresses.‡ You can sign up for these informative newsletters by visiting [msue.msu.edu](http://msue.msu.edu) and clicking on "Newsletter Sign Up" texting MSUE to 22828.

MSU Extension uses social media channels to reach people with educational content. Currently, Extension reaches more than 3,500 Facebook followers and more than 2,800 Twitter followers.‡ In addition, Michigan 4-H families and volunteers stay informed about activities through social media channels, including on Michigan 4-H Facebook with more than 4,000 likes and on Twitter with more than 1,300 followers.

\*From ES237 Federal Report – Oct. 1, 2014, to Sept. 30, 2015

†From Michigan Extension Planning and Reporting System – Jan. 1, 2015, to Dec. 31, 2015

‡From July 1, 2015, to June 30, 2016



# Developing Youth and Communities



When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM).

When you support MSU Extension 4-H programs, youth participants learn life skills that prepare them for the workforce – especially for highly sought after jobs in science, technology, engineering and mathematics (STEM). Extension programs help children develop early literacy skills that support school readiness. They learn leadership and decision-making skills in 4-H that increase their likelihood of becoming civically active.

4-H'ers also demonstrate reduced high-risk behaviors such as drug use, and learn to complete tasks, solve problems and seek any help they might need from peers and adults. 4-H involvement also helps participants avoid or reduce involvement with the court system. This helps ensure more young people succeed in school, attend college and contribute to their communities. More successful young people in communities results in greater tax revenues and consumer spending and increases the likelihood that young people will stay in, or return to, their communities.

## Houghton-Keweenaw County 4-H

Houghton-Keweenaw County 4-H programs provide hands on, educational activities and opportunities for youth aged 5-19 designed to promote positive youth development. The Houghton-Keweenaw 4-H Council was incorporated on May 29, 1969 and has one of the highest rates of activity in the state.

Houghton-Keweenaw 4-H program currently has five clubs for youth, aged 5-19; with over 400 youth participants and over 40 adult volunteers county-wide. Clubs conduct a wide variety of activities such as outdoor recreation, sewing, cooking, and community service projects to benefit the community throughout the year.

## Grants Awarded to Three Different Clubs and the 4-H Council for Special Activities

- **Archery** grant from the Keweenaw Community Foundation: Youth Endowment Fund (YAC) for Copper Tips Archery Club development
- **Calumet Art Center Partnership** with Trap Rock Club- Keweenaw Community Foundation: Herman Gundlach Endowment Fund for art classes at the center
- **School Garden and Greenhouse (x3)** enhancement by Lucky Charms 4-H Club  
Portage Health Foundation  
Breckenridge Insurance  
Keweenaw Community Foundation:  
Youth Endowment Fund (YAC)



- Copper Country United Way Grant Funds- for **participation scholarships** available for youth through the Houghton-Keweenaw 4-H Council

## Copper Tips 4-H Archery Club

The Copper Tips Archery 4-H Club is a brand new club that offers youth an outdoor recreational activity with avenues for personal growth. Archery is an individual sport that requires participants to take personal responsibility in order to gain skills for success. Youth learn personal responsibility; developing confidence, discipline, self-control, and



focus through setting personal goals and through the overall structure of the sport. Additionally, the club is dedicated to promoting self-growth through other active recreational venues such as participating in rock climbing, challenge, and low-ropes courses. The club has 53 Participants.

Two competitors from the Copper Tips Archery 4-H Club representing Houghton/ Keweenaw Counties competed and won awards in Target Archery, with Unsighted Compound Bows. In the Unsighted Archery Junior Division (ages 12-14), Caleb Bach of Houghton County earned the third place medal. Alaina Bach of Houghton

County earned ninth place in the Unsighted Archery Senior Division (ages 15-19.) For both competitors, this was their first state-wide competition. They both shot their personal bests by about 100-150 points. “It was such a joy to see their big grins every time they walked back from retrieving their arrows”, said Jen Bach, Copper Tips Archery 4-H Club Leader, “We are very proud of how they prepared and their honest sportsmanship in scoring.”



Archery is a life-long pursuit which offers the opportunity for involvement in a sport that will increase active fitness throughout participants’ lifetimes. The club promotes standards of safety and ethical behavior, teaching youth about a responsible shooting sport. Through this recreational activity, youth also gain a positive environmental ethic through assessment and awareness of their surroundings. This will allow them to be good stewards of the environment for many years to come.

**Whether it is written, spoken or visually represented, the way we express ourselves makes a big impact on our daily lives at home, work and play.**

### 4-H Exploration Days

4-H Exploration days take place annually in June on the campus of Michigan State University in East Lansing, Michigan. It is designed for young people ages 11 to 19 and involves approximately 2500 participants from every Michigan county. Houghton-Keweenaw County had 9 youth and 2 chaperones attend this annual event in 2016.

This fun learning program gives a multitude of hands-on learning sessions, field trips, and recreation opportunities that are designed to :

- Increase responsibility, confidence, independence, accountability, problem-solving, decision-making and time management skills.
- Increase communication, team work, citizenship, and leadership skills.
- Foster ability to meet new people and make new friends from different places and backgrounds.
- Develop and expand career and personal interests.
- Develop social and academic skills needed for a successful transition to college and life as an adult.
- Give youth opportunities to try things that aren't available in their county .
- Develop social and academic skills needed for a successful transition to college.

Many parents and 4-H volunteers notice improvements in their children's interest, knowledge and social skills after they attend 4-H Exploration Days. Participants often return to MSU as students due to the positive experiences they've had during 4-H Exploration Days.





# Keeping People Healthy



**Encouraging healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.**

When you support MSU Extension, you help participants learn safe food handling practices, increase their physical activity and improve the quality of their diets. Extension programming also helps decrease incidents of violence and bullying. Encouraging these healthy behaviors helps reduce food and health care costs by helping prevent chronic health conditions and providing safe environments throughout a person's life span.

## Dining with Diabetes

Dining with Diabetes is a fun and interactive four-session course series designed for people who have been diagnosed with Type 2 diabetes and/or members of their support system. Participants learn to make healthy food choices and incorporate balanced menus into the family dining experience. Classes include research-based education, cooking demonstrations and healthy recipe tasting. In 2016, 53 participants from 11 counties participated in the Dining with Diabetes program taught by 6 instructors.

## Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. Matter of Balance includes eight two-hour sessions for a small group led by two trained facilitators. During the class, participants learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Ten adults participated.

## SNAP-Ed Program

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition education to Bridge Card eligible adults and children. This program focuses on increasing physical activity and improving dietary quality while stretching food dollars. The ultimate goal of SNAP education is to promote healthy eating and physical activity. SNAP-Ed is funded through a statewide grant from the Federal Government (Farm Bill). The SNAP-Ed program plays a vital role in helping to improve nutrition among low-income individuals.

Kathy Bauer, SNAP-Ed Program Instructor provided youth and adults with 11 nutrition programs reaching 129 individuals, and 25 presentations reaching about 383 people annually in Houghton and Keweenaw County.

## Keeping People Healthy, continued

The SNAP ED program Instructor attends the Phoenix house in Calumet to work with drug and rehab clients on nutrition every week. Participants learn about My Plate, menu planning, shopping, healthy snacks, food safety and handwashing, goal setting, and physical activity. We will cook and try new recipes. A past client from the Phoenix house came while I was doing my nutrition class. He thanked me on how much the class helped him after he was released and went home. He had put on some weight in the house and now is taking it off.



A kick off in June starts the Senior Project Fresh Program. Seniors receive coupons to be used at the Local Farmers Markets. Each senior receives coupons along with nutrition education. This year, we had received an additional 100 coupon booklets with a total of 300 booklets that were given out in Keweenaw and Houghton Counties. Our redemption rate is about 80% .



The SNAP ED programs at the Local Senior Meal sites on a monthly basis. They learn about My Plate, eating fruits and vegetables, physical activity, food safety and handwashing.

Cooking Matters for Adults program is very successful in Houghton County. Chef Mark Pittillo, Finlandia University Food Service Director is the chef and Jennifer Szubielak, Copper County Senior Meal Program Director helps assist with anything needed. Fifteen people graduated from the program. Participants attended six classes and learned about nutrition and food safety then get to cook, try the new recipes and take home groceries. Participants have said “they feel like they are on a cooking show”; they now use ground turkey instead of ground beef. It’s amazing to see the friendships made and people enjoying to cook.



Throughout the year, presentations are done at the Copper Harbor School, students learn about My Plate, Healthy Snacking, food safety and handwashing. They love the hands on program. We make snacks and read books. Also, we spend time being physically active. The students never want it to end.

# Keeping Businesses Strong



**When you support MSU Extension, you help participants understand the economic, environmental and social benefits of purchasing local and regional foods.**

In October of 2015 MSU Extension, in partnership with the Keweenaw Chamber of Commerce, hosted the Connecting Entrepreneurial Communities (CEC) conference in the Copper Country. Held in Michigan's Upper Peninsula for the first time, the host communities of Houghton and Hancock collaborated to showcase over 25 great venues as well as their communities as a



whole. We saw 85 attendees join us from throughout Michigan, as well as friends from Wisconsin.



Participants first gathered in Dee Stadium to hear Dick Grey highlight his success in getting the Keweenaw Brewing Company up and running on a successful business tract with the support and assistance of local community partners. Following Mr. Grey's motivating keynote address, participants

spread out into the community to hear topics ranging from small business success to ecotourism at participating business and organizational locations throughout both downtown districts.

Closing activities were highlighted by Bob Jacquart, owner of Stormy Kromer Signature line of clothing, profiling their companies expanding success in a small business Upper Peninsula community.





# Making the Most of Our Natural Assets



**Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.**

When you support MSU Extension's natural resources education programs, participants learn about income-generating opportunities, ecological principles, natural resource issues and the role of natural resource professionals. They also explore public policy issues related to environmental stewardship. Our programs can lead to increased income for families that retain their natural resource assets, help landowners become better stewards of their land, and protect land management opportunities for future generations. Better land stewardship benefits communities by protecting and enhancing Michigan's natural resource assets.

## Eyes on the Forest Project

Eyes on the Forest was presented to Houghton Middle School 8 grade class who planned on participating in the project. The Forest Sentinel Tree Project is one way we can be proactive in addressing potential new threats to Michigan's trees and forests. Through the use of volunteers who "adopt" trees to monitor, it will increase the probability of early detection of new invasive pests that appear in Michigan. Would you be willing to volunteer to identify, monitor and report on the condition of a Sentinel Tree?

Maples, hemlocks and walnuts are our highest priority for Sentinel Trees due to the threat of Asian Longhorned Beetle; Hemlock Woolly Adelgid and Thousand cankers disease of walnut. However, other native tree species, in forest, rural or urban areas, can also be enrolled in the Michigan Sentinel Tree Project

We expect Sentinel Trees will need to be monitored 2-3 times a year for a period of 3-5 years, and hopefully longer. The more extensive the network and the longer trees are monitored, the greater the value of the data. Changes in the condition of a tree are often important clues about insect or pathogen pests. Twenty-four youth participated in this project.

## Water Biology and Ecology

Water biology & ecology program was part of a field project for 7th grade science class. 4 classes in total were given educational programming on stream biology and introduction to selective invasive wetland and uplands plant identification and environmental impacts. There were a total of 99 youth who participated.

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UNIVERSITY

**Extension**

## Bat House

The bat house construction was part of several projects youth could participate in at the 4-H “Spring Discovery” program offered annually to all youth in our area.

There were 12 youth from Houghton County 4-H who participated in the bat house project. Educational information on bats along with bat house kits were provided to the participants.



## Farm on the Town



The annual “Farm on the Town” event took place June 4, 2016 . This is a Copper Country Farm Bureau program that MSU Extension participated in and, despite four hours of rainfall, it attracted approximately 250 people. Activities for children included gathering commodities in a basket, seeing and learning about the plant or animal that produces it at each station, and turning in the basket for

several cool prizes. There were computer tablets with My American Farm fun ([www.MyAmericanFarm.org](http://www.MyAmericanFarm.org)) and educational games for preschoolers on up. There was a demonstration beehive, Michigan State University Extension information, ice cream, a craft table and a spinning demonstration.

## Water Quality & Invasive Plants

Instruction on stream biology with emphasis on importance of oxygen levels for a healthy ecosystem was instructed to the 7th grade science classes at Houghton Middle School . Mike Schira, MSU Extension Educator, also covered the negative impacts from invasive species and highlighted a few on the local watch list. One hundred fifteen youth participated.

# Supporting Food and Agriculture



**When you support MSU Extension, you help participants learn profitable and efficient business and production practices.**

## Upper Peninsula Research and Extension Center

In the center of Michigan's Upper Peninsula sits the 118 year old Upper Peninsula Research and Extension Center (UPREC). The purpose of UPREC is to serve as a hub for integrated crop and livestock research. Applied research on pasture-based cattle management practices and cropping rotations is conducted in the unique environment of the U.P. Grass-based beef finishing, utilization of cover crops, hoop-house farming, season extension and soil health studies are keystone research elements on the farm. The North Farm is an incubator farm specializing in diversified local food production, research, education and outreach for northern latitude climates. Our focus is healthy soils, food, people and communities. Please go the UPREC North Farm Facebook site for details and updates: <https://www.facebook.com/msunorthfarm/>

Complementary agronomic studies at the 1,262-acre site focus on forages and small grains. The center also coordinates field trials on potato varieties and corn varieties throughout the Upper Peninsula Region.

### Research Goals

1. Improvement of soil quality to enhance the productivity of U.P. agricultural lands in a manner that emphasizes health linkages associated with soil, crop, livestock and people.
2. Development of research that demonstrates the costs and benefits of integrated crop livestock systems, including grass-based livestock production. Closer collaboration between UPREC and Lake City Research Center (LCRC) in Lake City to foster complementary research endeavors and to increase the quality and quantity of research results.
3. Development of research tied to the educational needs of regional food systems in the Upper Peninsula that contributes to community sustainability while linking to objectives 1 and 2.

MSU UPREC has been working over the last three years conducting research to support the growth of malting barley acres in Michigan, especially in the Upper Peninsula. In

addition to variety trials, management practices such as fertility recommendations and fungicide use have been studied. In order for the malting barley industry to thrive in Michigan, suitable processing is also necessary. UPREC staff has been working with start-up malt-houses throughout the state and are confident that there will be a major increase in available processing by the end of 2015 – from 2 malt-houses to 6, including one in the Upper Peninsula.





## Supporting Food and Agriculture, continued

- MSU UPREC Malting Barley website to house research, resources and contact information [http://www.canr.msu.edu/uprc/malting\\_barley/](http://www.canr.msu.edu/uprc/malting_barley/)
- Malting Barley Producers in Michigan guide [http://www.canr.msu.edu/uploads/396/36753/Research\\_Files/Malting\\_Barley\\_Production\\_in\\_Michigan\\_-\\_GMI035.pdf](http://www.canr.msu.edu/uploads/396/36753/Research_Files/Malting_Barley_Production_in_Michigan_-_GMI035.pdf)
- Malthouse feasibility study produced by the MSU Product Center [http://www.canr.msu.edu/uploads/396/36753/Research\\_Files/Malt\\_House\\_Feasibility\\_Study\\_JFW\\_-\\_FINAL.pdf](http://www.canr.msu.edu/uploads/396/36753/Research_Files/Malt_House_Feasibility_Study_JFW_-_FINAL.pdf)
- Four location malting barley variety trial held in Alger, Schoolcraft, Leelanau and Presque Isle Counties [http://agbioresearch.msu.edu/uploads/396/61579/2014\\_MSU\\_Malting\\_Barley\\_Trial\\_Results\\_UPREC-Posen.pdf](http://agbioresearch.msu.edu/uploads/396/61579/2014_MSU_Malting_Barley_Trial_Results_UPREC-Posen.pdf)
- 2015 Great Lakes Hop and Barley Conference Presentations [http://msue.anr.msu.edu/program/great\\_lakes\\_hop\\_and\\_barley\\_conference/2015\\_conference\\_presentations](http://msue.anr.msu.edu/program/great_lakes_hop_and_barley_conference/2015_conference_presentations)
- 2016 Great Lakes Hop and Barley Conference Presentations [http://msue.anr.msu.edu/program/great\\_lakes\\_hop\\_and\\_barley\\_conference/2016\\_conference\\_presentations](http://msue.anr.msu.edu/program/great_lakes_hop_and_barley_conference/2016_conference_presentations)
- 2017 Great Lakes Hop and Barley Conference Presentations [http://msue.anr.msu.edu/program/great\\_lakes\\_hop\\_and\\_barley\\_conference/2017\\_conference\\_presentations\\_1](http://msue.anr.msu.edu/program/great_lakes_hop_and_barley_conference/2017_conference_presentations_1)

Download the entire 2015 Upper Peninsula Research and Extension Center Annual Report: [http://www.canr.msu.edu/uploads/396/36753/UPREC\\_Center\\_Report\\_2015\\_Final.pdf](http://www.canr.msu.edu/uploads/396/36753/UPREC_Center_Report_2015_Final.pdf)

For more information about UPREC and updates on current projects, please visit their website at: <http://agbioresearch.msu.edu/centers/uprc> or call Center Coordinator, Ashley McFarland at 906-439-5176 or e-mail [ashleymc@anr.msu.edu](mailto:ashleymc@anr.msu.edu)



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	Home Gardening questions? Call 1-888-678-3464		

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**Extension Educators Serving Houghton-Keweenaw County,  
Continued**

**Additional MSU Extension Staff Serving Houghton-Keweenaw County**

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**MISSION:**

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