

Sue Hendrickson

Scott Luostari

Charlie Glazman

Mary Lou Bergman

Mary Stone-McConnell

## August 2016

*We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming*

### **News and Upcoming Extension Events**



#### **Community Development**

##### **nEXT Generation and Douglas County**

Many of our stakeholders are aware that the current 2-year state budget included a \$250 million cut to the University of Wisconsin System as a whole. James Anderson wrote a feature in the June/July issue of Positively Superior, which discusses how UW-Extension is addressing their portion of this cut. The article may be accessed online here: <http://bit.ly/PSnextgen> (the URL is case sensitive).

##### **Small Business Workshop – To Incorporate Or Not!**



The September 6<sup>th</sup> Twin Ports Inventors and Entrepreneurs workshop will present the pro's and con's of different business structures. This workshop will present the basic forms of business structure types, including: sole proprietorship, partnerships, limited liability corporations, or incorporation (S and C). Each structure presents unique advantages and disadvantages. Operation and control, investment, continuity and transferability, legal liability, compensation and payroll tax, and other pro's and con's will be discussed for each structure. The September 6<sup>th</sup> meeting is at 6 PM and will be held at WITC Superior campus. Registration is free and may be completed at <http://bit.ly/6sept16ie>

#### **4-H**

August is one of the busiest times of the year for 4-H, starting in the first week with our 3-day Junior Camp. Members and volunteers provide food and hands-on activities for the annual Mighty Machines, a community event held on the 11<sup>th</sup>; and on the 17<sup>th</sup> 4-H Youth Development Educator Sharon Krause will show youth in Superior Library's summer program how to make buzzing door alarms to guard against sneaky siblings! The month ends with the Head of the Lakes Fair in Superior from August 23 – 28. County fairs are the culmination of the year for 4-H members, who choose projects to work on and then present them to judges and the public. Besides honing their communication skills, youth work alongside adults to serve food in the Dairy Bar and manage exhibits throughout the fairgrounds. Please come support these amazing volunteers and be inspired by our future leaders.



Also in August, plans are moving forward for the school year, 4-H's annual Achievement Night, Superior Days, and even Winter Camp! There will be more S.T.E.M. activities after school this year, and on Saturday September 17 there will be some training offered for anyone interested in volunteering to lead them. Despite using technology, no science background is required! The activities are student-centered, which means youth are given some basic information and then left to experiment on their own. If interested, please contact the office at 715-395-1363. New this year: LittleBits, user-friendly circuits that allow anyone to build hundreds of different things. To see a short video of how they work, google "TED Talk Little Bits".

## Agriculture/Horticulture



**Agriculture:** I have been collecting forage samples this summer as part of a study to measure harvest loss in forage nutrition. Farmers will learn what harvest practices to adjust to raise their forage quality and cut losses. Excellent management = agriculture sustainability!

**Upcoming Events:** Twilight Pasture Walk, managing weeds and harvest to increase longevity and value of your forage, August 24 at a pasture near you.

Agronomy Symposium, late fall. After the harvest is in, we will meet with farmers, crop consultants, fertilizers dealers and farm agents to discuss agronomic topics of concern for our region. This will include soil nutrient management updates, pest management, organic dairy forage trends, and farm succession for farm families. Venue and date to be announced.

**Horticulture:** We are moving ahead in connecting growers to Integrated pest management options during this cool and wet summer. Garden Pest walks have been conducted in Solon Springs Superior, and Lake Nebagamon to identify some of the key pests and control to manage a successful garden. Remember, use of pesticides is the last action to control what ails us in the garden. For so many reasons, the art and science of Integrated Pest Management is key to success... environmental and economic.

**Upcoming events:** [Master Gardeners Level 1](#), September 19 – December 5.

**Local Food:** We have spent the summer implementing actions that will help us learn and support our local food infrastructure. Our Local Food Coalition is considering food access, justice, economics, and technical needs as we advance our mission. The mission of Douglas County Local Food is 'To support, promote and coordinate infrastructure for Douglas County to increase access to healthy, local food systems'. Promise yourself to take a look at the Douglas County [Local Food Website](#) and [FaceBook Page](#) today. You will be pleased at how Douglas County is stepping up to fill a need on understanding local food for our region!

**Upcoming Events:** Tasty Vegetable Trial Grower and Chef Event, August 31, 9:00 am (venue to be announced). Several field trials of new local market vegetables have occurred with the help of our Douglas County Growers. Local Chefs are invited to have a taste and rate for future market development.

*Won't you join us?*

### WNEP

First week of August: Food Pantry visits, Healthy Weighs for Less

1<sup>st</sup> and 3<sup>rd</sup> Thurs. in August: WIC Grocery Tours, Super One Foods Harborview

Every Friday in August: Harbor House, My Plate Family Meals

3<sup>rd</sup> Thurs. in August: Northwest Community Services Agency Transitional Housing, Affordable Fruits

8/22: Early Head Start Home Base program, Feeding For Healthy Eating

Fall: EHS Home Base Program



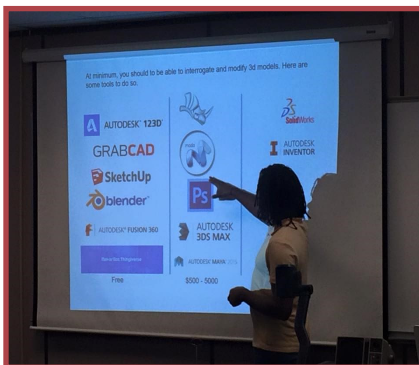
# UW *Extension*

Douglas County

2015

## Annual Report

**Family Living  
& Wisconsin  
Nutrition  
Education**



**Community &  
Economic  
Development**



**4-H & Youth  
Development**

**Agriculture &  
Horticulture**





James.Anderson@ces.uwex.edu

## James R. Anderson III, PhD

“The noblest pleasure is the joy of understanding.”

~ Leonardo da Vinci

“For my part, I travel not to go anywhere, but to go. I travel for travel’s sake. The great affair is to move.”

~ Robert Louis Stevenson



## Twin Ports Inventors & Entrepreneurs

UW-Extension Douglas County assumed the facilitator role of the Twin Ports Inventors and Entrepreneurs’ Club in September 2015, as the Wisconsin SBDC refocused their efforts. The club was formed by the SBDC in 2007. During 2015, 36 people participated in two sessions facilitated

by UW-Extension. These sessions focused on an overview of the invention process / lifecycle, and using 3-D printers and laser cutting technology for rapid-prototyping. Six sessions for 2016 are planned.

## Organizational Development

As part of post Act-10 implementation, Douglas County identified developing staff (training) as a key component to their approach to compensation, evaluation, recognition, and then rewards. James worked with Douglas County to address this final phase.

These activities included:

- Conducted a needs assessment of county employees to determine the types of training topics that employees and supervisors were wanting.
- Conducted a needs assessment with Department Heads.
- Developed a training plan to develop and nurture county employees that were identified as having a potential for promotion.
- Delivered *Time Management* training to 108 county employees from August—November. This three hour training addressed best practices in time management, goal setting, and setting priorities.



## Priorities Based Budgeting Session, Douglas County Board of Supervisors



In June 2015, I facilitated a priorities session with the Douglas County Board of Supervisors to help kick-off the 2016 budgeting process. In 2015, the board set priorities that would guide county budgeting. This session allowed supervisors to brainstorm how county financial resources should be directed, and ultimately helped the board to validate their previous work. Douglas County priorities based budgeting is used for both the annual budget, as well as the capital improvements allocations that are made in the spring of each year.

## Sustainable Development Day, Leadership Superior/Douglas County



I was introduced to the Superior/Douglas County leadership program facilitated by UW-Superior in September when I chaired Sustainable Development Day. I spent the day with the 29-student cohort as we explored wetlands, wetland mitigation, and other environmental factors that concern economic and community development. In 2016, I will continue to be involved in this day—as well as Government Day for Superior Days, and Economic Development Day.

## Strategic Planning Facilitation, Stakeholder Input Sessions



During the fall of 2015, I participated in two stakeholder input sessions for UW System strategic planning. For a session conducted by President Cross, I facilitated a roundtable. A month later, I facilitated a UWS session on behalf of Chancellor Wachter. Over 80 community members were served.

## 30th Superior Days



Sue DeNio led a delegation of 132 adults and 40 youth to Madison for the 30th Superior Days. The delegation put a lot of effort into a local option sales tax for roads. A bill was introduced during the biennial budget process, and again as the session concluded. Unfortunately each bill for a local option sales tax failed to garner enough support.

Planning for the 31st Superior Days, held in February 2016 occurred during the fall of 2015. This planning included a business roundtable, stakeholder meetings and interviews, and community-wide planning meetings.



## Sharon Krause

*4-H Educator*

*"The only place success comes before work is in the dictionary."*

*Vince Lombardi*

*"Isn't it funny how day by day nothing changes but when you look back everything is different."*

*C.S. Lewis*

Sharon.Krause@ces.uwex.edu

As our Department Head James Anderson noted on the back cover page, 2015 was a year of transition for Douglas County's Extension office. One of the first things I learned as the new 4-H Youth Development Educator was that I will be considered "new" for three years. Having just finished Year 1, and coming with no background in either 4-H or Extension, I can attest that this is true! Fortunately the adjustments have been made easier because of the terrific people I work with. Our county's Extension Committee is very supportive of our efforts; our office is full of great, hard-working people who get along and are eager to collaborate; and there are dozens of committed 4-H volunteers investing countless hours in our youths. I consider myself blessed to be in this position and look forward to doing more for Douglas County youth and adults who serve them.

Every Extension Educator must have a comprehensive Plan of Work to guide their programming. My main goal is to increase the critical thinking skills of our youth and to do so I am focusing on Youth in Governance, Youth Leadership opportunities, and STEM activities (Science, Technology, Engineering and Math). And since I cannot do everything by myself, recruiting and developing volunteers is another key component of my work.

### **Youth in Governance**

Superior Days provides high school students a chance to identify issues important to our region and communicate them to legislators in Madison. The students are placed on teams with adults and are full contributors in the process. The fall of 2015 was spent preparing for the 31<sup>st</sup> Superior Days in February. I taught 40 students from 6 counties about the legislative process, helped them identify issues, trained them how to communicate with state officials and coordinated our time in Madison.

Also during the fall, I recruited and trained two new Youth Representatives for the Douglas County Board of Supervisors, a position which benefits both adults and teens. Local government leaders have a long-standing interest in receiving input from high schoolers and enjoy hearing about their schools, towns and youth activities, and one of the youths appreciated his experience enough to encourage other high schoolers to apply in 2016.



Nicole Greely, third from the left, was one of a select group of 4-H youth leaders who went to Madison. Here they are meeting with Senator Tammy Baldwin.

## Youth Leadership

The 4-H model has been heavily researched and is the gold standard in youth development. One of the reasons is its focus on leadership. Children as young as 4<sup>th</sup> grade are given leadership roles in their clubs and asked to mentor younger kids. These opportunities are very basic, but as youth age their responsibilities grow. The more they advance in their mastery of a project, the more they teach younger children. By the time they are in junior high and high school, students manage local events and participate in state-wide and national 4-H conferences. Some of the 2015 events attended by Douglas County youth included trips to Madison for Wisconsin's 4-H Youth Conference; Space Camp in Alabama; Washington D.C. to learn about government; Atlanta, Georgia as a delegate to the national 4-H Congress; and various states as part of the American Spirit East tour.

## STEM Activities



Thermal Imager, D.O.T.S. Kit

A common theme among Douglas County stakeholders has been to include more STEM programming. I have been featuring STEM activities at events such as the county fair, Mighty Machines, PTA family nights and afterschool clubs. We also purchased some items 4-H youth could do as self-guided projects, such as kits to learn about electricity, wind, 3-D printing, and Junk Drawer Robotics.

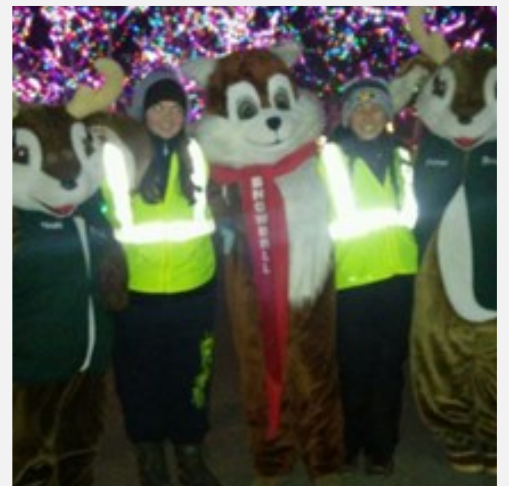
In October I went to Extension's outdoor education camp, Upham Woods, to be trained in the use of their Digital Outdoor Technology Skills kits (D.O.T.S.). Each kit contains a laser thermometer, handheld GPS, digital camera, iPad, mini weather station, an infrared thermal imager and a digital microscope that transmits images to smart phones and tablets on its own Wi-Fi signal. I was then able to borrow these kits for afterschool clubs, Winter Camp and outreach efforts in local schools. Students and teachers alike were excited to use this technology and are eager to use it more in the future. They also are much more aware that 4-H has grown beyond its original agricultural roots and enthusiastic for more science.

I spent a lot of time in 2015 researching possibilities for STEM programming beyond community clubs and afterschool clubs. 4-H now offers SPIN clubs, which are 6 – 8 weeks long and centered on one project such as robotics. These kinds of events can be expensive but as you can see in the Looking Forward section, I believe I have found an economical, sustainable way to offer innovative and fun activities.

## Volunteers

As the only 4-H staff person for Douglas County, my contributions would be minimal without volunteers. We are fortunate to have 58 volunteers including 5 new people I trained during 2015, and two of them started a new community club. We also have two older youth on the 4-H Leaders Association's Board of Directors and others who have key leadership roles in their clubs and project areas.

Volunteers have organized fund-raisers; chaperoned numerous 4-H trips; run the exhibits and a concession stand at the Head of the Lakes Fair; helped with numerous other community events such as Mighty Machines; and guided youth in projects ranging from archery to photography and cooking to animal science. The 4-H Leaders Association also pays for some of our supplies, including some used by youth who are not 4-H members. Our volunteers' time and money translate to a huge investment in Douglas County, and my goal is to elevate our impact with more helpers in the future.



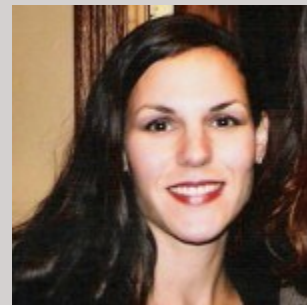
Five 4-H youth volunteers at Bentleyville 2015



**Julie Montgomery**

*WNEP Coordinator*

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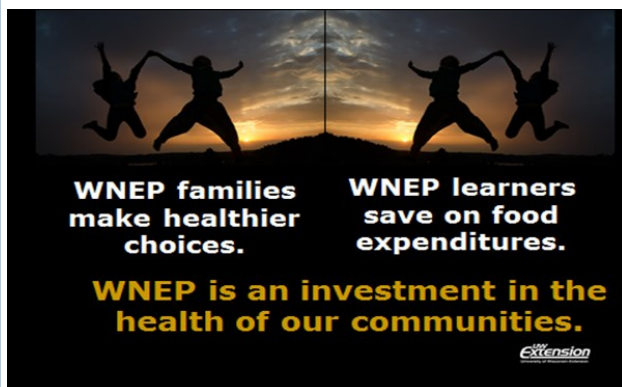


**Tarah Nichols**

*WNEP Educator*

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## SNAP-ED/WNEP Nutrition Education–Douglas County



In fiscal year 2015, Wisconsin Nutrition Education Program (WNEP) in Douglas County was one of 68 Wisconsin counties participating in the WNEP program. In total WNEP brought \$150,000 in grant dollars to Douglas County to provide nutrition education to the community. 5,606 residents of Douglas County participated in WNEP nutrition and wellness education during fiscal year 2015. 4,966 (89%) of those participants were youth ages 6 -11, 602 (11%) were parents of infants or children, and 38 (1%) were adults without children. WNEP partnered with six community organizations to provide these nutrition education opportunities. In addition, WNEP provided nutrition education to over 8,600 people through indirect educational outreach, which included emailed and hard copy distributed newsletters.

of infants or children, and 38 (1%) were adults without children. WNEP partnered with six community organizations to provide these nutrition education opportunities. In addition, WNEP provided nutrition education to over 8,600 people through indirect educational outreach, which included emailed and hard copy distributed newsletters.

WNEP in Douglas County provided direct nutrition education to students at Bryant, Cooper, Northern Lights, and Lake Superior Elementary Schools. Parents and preschoolers were able to access educational programming at Head Start and the Family Resource Center. Additional education settings included: Faith United and Northwest Community Services Agency's Food Pantries and Transitional Housing programs, Faith United Harbor House Shelters, WIC grocery shopping tours.

The WNEP educator taught lessons on the importance of eating vegetables and ways to increase the amount of vegetables students and families eat. The students at Lake Superior, Cooper,

Northern Lights, and Bryant Elementary Schools in Douglas County were offered a variety of vegetable samples as a way to taste new vegetables, increase acceptance, and encourage long term increased consumption of vegetables. Cucumber, jicama, grape tomatoes, zucchini, red cabbage, asparagus, spinach, and sweet pepper were offered to various classes in grades 1-5. A total of 1,786 students were offered samples. In all 1,766

**WNEP teaches children to eat fruits and vegetables.**



Wisconsin Nutrition Education Program  
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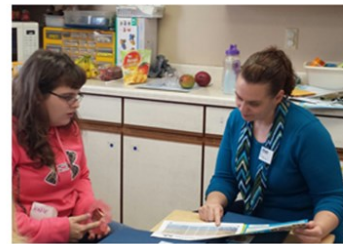


(99%) tried the sample, 862 (48%) tasted the vegetable for the first time, 1,066 (60%) would eat the vegetable sampled again, 619 (35%) said they would ask to have the vegetable at home, and 293 (16%) ate the vegetable at home after tasting it at school.

The Summer Food Program at Barley Manor/Woodland provided an opportunity for the WNEP educator to meet with parents of young children and youth. This program provides a free meal to eligible participants, and provided a new educational opportunity for WNEP. An example lesson is the whole grain lesson, identifying Wheat Thin (™) crackers, graham crackers, corn flake cereal, Triscuit (™) crackers and Toasty O's (™) cereal by their packaging.

Before the lesson parents were asked, "Which of these five foods are Whole Grains?" Before the lesson, 60% of the parents attending could identify only one or two of the five items correctly. 20% of the parents identified two of the five (40%) grain choices correctly, 40% parents identified one of the five (20%) items correctly, (40%) did not identify any grain choices correctly prior to participating in the grain lesson. Prior to our lesson, every parent participant reported they did not know "brown" bread or crackers might not be whole grain.

### WNEP teaches parents to plan healthier meals.



Wisconsin Nutrition Education Program

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### WNEP teaches adults to stretch food dollars.



Wisconsin Nutrition Education Program  
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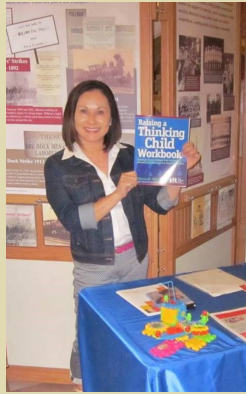
Upon completion of our forty-five minute whole grain lesson in which the young children enjoyed the use of the playground equipment, fresh air and exercise, when asked "What do you think is one good reason why you (and your family) need Whole Grains each day? 100% were able to give a correct or acceptable answer. Comments included: "fiber", "keeps us full longer", "takes longer to digest", "healthier food stuff in whole grain," "better" and "sweeps out your body" (example of fiber action repeated by learner). In addition, participants identified "Enriched" on the label is bad, and whole wheat is good." "Didn't know enriched wasn't the healthy one." "I learned to look for the whole grain stamp. Extension educator Nichols taught my kids at

school and they taught me!" "If corn is first it's not whole grain." "I learned fiber keeps you full longer." When asked, "After what you learned today, are you more likely to eat whole grains?" 100% of parents reported they will look at bread labels for the first ingredient to be whole grain. Parents stated they buy the cheapest bread. The lesson helped each parent to recognize that keeping their children full longer by eating whole grains would be a choice they were willing to make! They agreed the extra cost of whole grain is worth it to keep their family full longer and provide necessary fiber.

**Wisconsin Nutrition  
Education Program  
Works!**



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## Araceli Whitwam-Sell

*Family Living Educator*

Teaching a child not to step on a caterpillar  
is as valuable to the child as it is to the caterpillar

~Bradley Millar



A needs assessment with community members and agencies conducted in the fall of 2014 identified parenting education as a priority issue. In 2015 Araceli expanded on this endeavor through research and an additional assessment. As an outcome, the focus of her work is to provide evidence-informed parenting and relationship educational programs that support and strengthen vulnerable families and children in our community, especially those affected by substance abuse, correctional systems, domestic violence and behavioral concerns.

In the fall of 2015 Araceli partnered with the Center Against Sexual and Domestic Abuse (CASDA) to provide educational programs that align with CASDA's vision for their program participants. The evidence-based program "Relationships Matter" was selected and the curriculum was adapted to meet the unique needs of CASDA's program participants.

The program launched in 2016 and staff and clients find the sessions highly valuable. One of the clients said it best: [The sessions] "helped me realize things about all different kinds of relationships... I realize that I can have healthy boundaries. I can learn how to grow and have a healthy relationship. This [series] is really working for me. It has opened my eyes."

***Be a voice  
not an echo***

***~ Albert  
Einstein***





Wisconsin Level 1

# MASTER GARDENER TRAINING

DOUGLAS COUNTY

Begins September 19, 2016

To Apply: <http://bit.ly/296t450>



## SUPERIOR DAYS 2017

FEBRUARY 21 & 22, 2017

### MARK YOUR CALENDAR

Superior Days is an annual grassroots approach to community development in Northwest Wisconsin that has been a success since 1985. Superior Days helps bridge the distance that local residents feel geographically and politically from the southern half of the state.



[www.SuperiorDays.com](http://www.SuperiorDays.com)



UW-System President Ray Cross and the UW-Superior delegation during Superior Days 2016.



## Jane Anklam

*Agriculture and Horticulture Educator*

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### Nutrient Management for Healthy, Productive Soils

Biosolids are a product of the Western Lake Superior Sanitary District. Farmers in northern Douglas County use the product as a source of soil nutrients and organic matter.



Nearly 80% of the biosolids produced in Wisconsin are recycled by land application for crop production. Application is closely tied to soil test results, the timing of application, and connectivity of surface drainage into the Lake Superior Watershed. The 2015 Nutrient Management Biosolids Field Day took place at the Mikrot farm that has experience in the application of the product. Fifteen farmers attended to share their experiences and learn how it can work

for their soils. "In a landscape where soil textures are primarily heavy clay, low in organic matter, biosolids can offer both nutrients and an increase soil manageability," said Anklam. The fact that the fertilizer is sold at cost and applied by Western Lake Superior Sanitary District allows it to be affordable to the farmer as well. Land application of biosolids offers an alternative to landfilling or incineration, both considered unsatisfactory methods of managing the local waste stream. "In the end, farmers are realizing **nutrient management as an essential tool for growing excellent forage** and that is a sustainable choice for our northern agriculture."

### Community Gardening for Healthy Food and More

The Master Gardener Program in Douglas started in 1998. Over 275 people have been trained since then. UW Extension, Douglas County has added 12 new Master Gardeners in 2015. Master Gardener Trudy Fredericks served as the on-site MGV at the Catlin Green Community Garden, utilized by residents of the Superior Housing Authority (SHA). To learn about the garden needs of the community Fredericks surveyed both current resident gardeners and those who do not participate. Results indicated the desire to use gardens to build community, share knowledge, resources, efforts and FOOD! Noted barriers to SHA community gardening were access to tools, mulch and compost, pest management and physical plot accessibility. As a result, 3 pest management work days and a compost /mulch demonstration have begun. In addition, the survey was used to inform the development of the **Douglas County Local Food Collaborative** which will direct Extension's research in understanding local food needs as we go into the future.

## Horticulture “Home and Community Gardening for Food”

- ◆ “Power of Plants” native food education and research project in collaboration with UWS resulting in 2 educational programs in 2015 with continued support towards a sustainable indigenous food system for the Ojibwa culture.
- ◆ Residential garden walk instructing participants in how to achieve food production in small spaces.
- ◆ Master Composter teaching station for the Superior School District Water Fair. This was attended by 3 elementary 5<sup>th</sup> grade classes from 3 different Superior Schools.
- ◆ “Gardening for Successful Food production” presentations in Superior at the Catlin Garden and the Superior Public Library.
- ◆ Support Master Gardeners in their outreach and education for the Enbridge Health Fair.
- ◆ “Ask a Master Gardener” and Plant Sale event supporting community horticulture.



## Local Foods “Raising the Awareness of a Local Food Market”

- ◆ Coordination with ANRE Community Food Team to develop a local food education initiative for Douglas County.
- ◆ Conduct a local poll of the preferences, knowledge, and reliance on local food.
- ◆ Convene a local food focus group to introduce a local food initiative for consumers, farmers, businesses, institutions, marketers, and processors.
- ◆ Formation of local food steering team to pursue the educational needs and infrastructure suitability for local food success in Douglas County
- ◆ Present at home composting program at HCE Sustainability Fair

## Agriculture “Agronomic Research Based Management Practices for Forage, Soil and Nutrient Management and Livestock Husbandry”

- ◆ Train and facilitate Meat Quality Assurance workshop for youth and adults highlighting best management practices in raising livestock, increasing quality meat production.
- ◆ Facilitate a one-day workshop on growing of grains in the northern regions of the state.
- ◆ Conducted regional “Dairy Farming for Profit” for profitable dairy production in northwestern Wisconsin.
- ◆ Participated in the Organic Valley Field Day for Energy development along with ANRE organic research specialist to present organic dairy forage research project.
- ◆ Grass Fed Beef Field Day, Kingbird Ranch to demonstrate sustainable grazing systems for grass feed beef, with focus in Red Angus bred.

## Other Areas of Note:

- ⇒ Development of a robust Social Media outreach for the ANRE program area.
- ⇒ Supporting UW Extension outreach and education regarding CAFO in Bayfield County.
- ⇒ Providing UW Extension outreach and education regarding avian influenza.
- ⇒ Ongoing Emerald Ash Borer outreach and education.

# Support Team

## Cheryl Shockley



### *Administrative Program Assistant*

I love working for UW-Extension as a Program Support Specialist and have been with Extension for 6 years. I provide support assistance to all the educators in our office but focus on programs with 4-H and Family Living.

With 4-H, I enjoy talking and learning about our 4-H youth and adult leaders and helping them enroll in 4-H activities from the county Fair to science events. It is good to see them learning and practicing leadership in our community and watching them grow up. For Family Living, I call them “my ladies”, the women in Home Community and Education (HCE) clubs, they are a special group of women that engage in community involvement that makes Wisconsin a better place to live for us all. They are interesting and fun to talk with, and I love going to their craft shows and seeing their beautiful quilts. I edit and publish their monthly newsletter and from that I learn lots of things they are doing in our county.

## Jeanne Ward

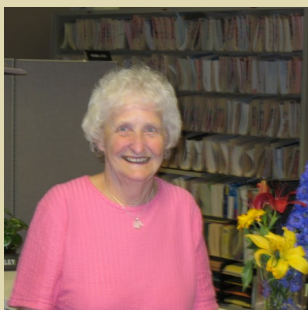


### *Administrative Program Assistant*

UW-Extension is a great organization that fosters innovation, provides variety and has a vast array of resources to help us help the community.

In my position I assist the Community Development, Agriculture/ Horticulture, and Superior Days programs with office and program assistance. The pieces of my work that I feel most rewarding are connecting to the community through social media; sharing photos, ideas and events from around the community to our partners and followers. We teach and learn by research, education and sharing.

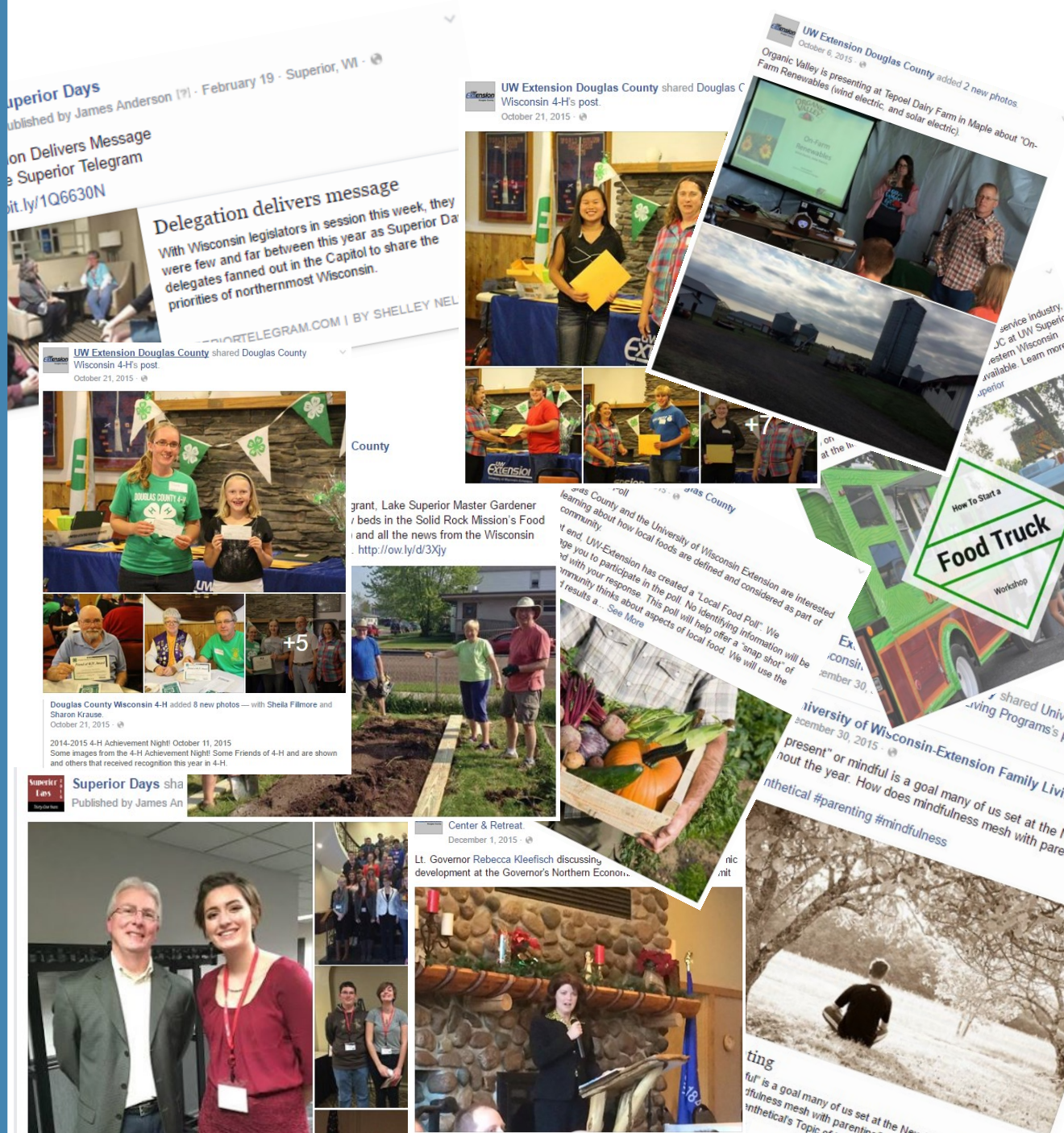
## Virginia Leith



### *WNEP Program Assistant*

I enjoy my position with the UW-Extension Nutrition Education Program because it enables me to provide people with information regarding healthy eating habits, info regarding cooking and supplying recipes. I also enjoy working with the staff members of the program and the other office staff personnel. Because I am retired from my full-time job, this works great for me as it is a part-time position, thus keeps me just busy enough.

# Connecting with the Community



## Find and Connect with Us Online!



UWEXDouglas



UWEXDouglas



@UWEX\_Douglas



UWEXDouglas



+UWExtensionDouglasCountySuperior

<http://douglas.uwex.edu>

# Community Partners

We would like to thank our partners. Our partners play many different roles, which may include: programming/educational, advocacy, and/or funding/grants. Regardless of their role, these partners are critical to our mission. Thank you for your support.

Aging Resource Center	(Catholic Charities)	Superior Water, Light, and Power
American Society of Agronomy Certified Crop Advisors	Habitat for Humanity	The Chamber Superior/Douglas County
Amnicon Farmers Union	Harbor House	Town of Amnicon
Antipoverty Action Coalition (APAC)	HDC & Brighter Futures	Town of Bennett
Area Partnership for Economic Expansion (APEX)	Head of the Lakes Fair	Town of Brule
Bartley Manor/Woodland Way	Health Care Clinic	Town of Cloverland
Bayfield County	Home & Community Education (HCE)	Town of Dairyland
Better City Superior	HRC-HDC	Town of Gordon
Boys & Girls Club	Lake Superior Master Gardener Association	Town of Hawthorne
Calumet Refinery	Leadership Superior/Douglas	Town of Highland
CASDA	Literacy Council Superior/Douglas County	Town of Lakeside
Catholic Charities	Maple School District	Town of Maple
Citizens Bank	Mariner Mall	Town of Oakland
City of Superior	MEEMIC	Town of Parkland
City of Superior Parks and Municipal Forest Director	Meridian Group	Town of Solon Springs
City of Superior Ports & Economic Development Director	National Bank of Commerce	Town of Summit
Community Food Systems Team	North Country Independent Living	Town of Superior
Community Foundation	Northwest Community Services Agency	Town of Wascott
Cyclists of Gitchee Gumees Shores (COGGS)	Northwest Journey	Twin Ports Inventors and Entrepreneurs
Department of Corrections	Northwest Wisconsin CEP	United Way
Department of Workforce Development	Northwood High School	University of Wisconsin - Superior
Development Association	NW Regional Planning Commission	Upham Woods Outdoor Learning Center
Douglas County	NW Wisconsin Workforce Investment Board	Village of Lake Nebagamon
Douglas County 4-H Local Chapters	NWCESA	Village of Oliver
Douglas County Department of Human Services	Organic Valley	Village of Poplar
Douglas County Local Foods Workgroup	Our Savior's Lutheran Church	Village of Solon Springs
Douglas County Unit of Wisconsin Towns Association	Public Defenders Office	Village of Superior
Entrepreneur Fund	Salvation Army	Walmart Foundation
Essentia Helath-Child & Teen Wellness Program	SciGirls	Wellness Committee, Superior School District
Faith United Methodist Church	Senior Connections	Western Lake Superior Sanitary District
Family Forum	Sherriff's Department	Whitetails Unlimited
Family Resource Council	Solon Springs School District	Wisconsin Counties Association
Family Services Advisory Committee (FSA), Superior School District	Superior Business Improvement District	Wisconsin Courts
Foster Grandparent program	Superior Choice Credit Union	Wisconsin Indianhead Technical College
	Superior Days	Wisconsin Small Business Development Center at UW- Superior
	Superior Housing Authority	Wisconsin Towns Association
	Superior Public Library	Women, Infants, and Children (WIC)
	Superior Public Schools	Xcel Energy
	Superior Savings Bank	
	Superior School District	



## Relationships Matter



Relationships Matter is a relationship awareness and communication skills program for adults. The program includes six modules that can be completed in any order. The skills

learned apply to all kinds of relationships including parenting and other family relationships; friendships, and even work life. The class is designed for individuals to learn about themselves and their own relationship skills. Through discussion and activities, students learn how communication, conflict management, expectations and goals impact all kinds of relationships. Relationships Matter uses curriculum from **Within My Reach**, part of the evidence-based family of relationship education programs by PREP, Inc.

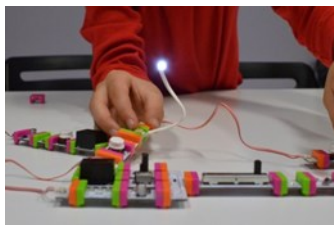
## Business Retention & Expansion

James Anderson will be working with a collaborative of economic development groups that serve Douglas County on a Business Retention and Expansion effort. This program will interview companies that operate in Superior and Douglas County, provide assistance based on requests made during the interviews, and study interview data to identify growth and attraction opportunities for Douglas County.



## Little Bits

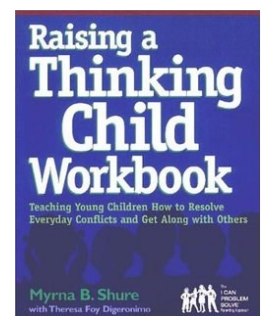
STEM activities are extremely popular now but often expensive due to the technology involved. And technology is always changing, requiring constant updates. After much research I have decided to focus on using circuits because they are the foundation of modern technology, which means they never go out of style. Little Bits are small magnetic circuits that can put together thousands of ways, much like concrete blocks are included in all kinds of buildings. Pieces are color coded and easy to use, so people with very little science background can create and build things just as well as technology experts.



## Raising a Thinking Child

Raising a Thinking Child, is a program designed to enhance children's critical thinking skills and was developed by Dr. Myrna B. Shure, from Drexel University. The eight week evidenced based program trains parents and others who provide care to children 4-7 years of age to teach their children how to think, not what to think.

Raising a Thinking Child has demonstrated effectiveness in developing interpersonal cognitive problem-solving skills in young children, improving parenting skills and parent-child communication, and in decreasing both impulsive and inhibited behaviors in young children.



# Final Thoughts

To our friends, fellow learners, and community stakeholders:

2015 was an exciting and at times interesting year for UW-Extension and our county office in Douglas County. During the first quarter of 2015, UW-Extension staff and county partners conducted interviews and hired three new educators, who started in April 2015. During this time, Sue DeNio served as the interim Superior Days Coordinator and led the 30th Superior Days delegation to Madison. Thanks Sue for your contributions to UW-Extension and Douglas County.

Throughout the summer and fall the three new educators worked to build their networks in the community, and develop their plans of work (what they plan to do). Jane Anklam, Julie Montgomery, Tarah Nichols, Cheryl Shockley, Jeanne Ward, and Virginia Leith are to be commended for their help in welcoming and onboard their new co-workers.

During the fall of 2015, the full impact of the 2015-17 Wisconsin biennial budget became apparent, as the nEXT Generation Plan for UW-Extension was introduced. Nearly 8-months later, we are still uncertain what our future will look like. However, the Chancellor and Dean have committed to maintaining a county presence. Douglas County looks as though it will be partnering in a service area that will include Bayfield, Ashland, and Iron County. We will all learn more later in 2016 and early 2017.

Regardless of the uncertainty, Douglas County UW-Extension team has a full slate of educational programming planned for 2016, and we are already working on our goals for 2017. We look forward to continuing to be a part of the *Wisconsin Idea* and serving Northwestern Wisconsin.

Sincerely,

James R Anderson III, PhD

CNRED Educator & Department Head



Douglas County team (from left to right): *Tarah Nichols, Julie Montgomery, Virginia Leith, Sharon Krause, Araceli Whitwam-Sell, Jane Anklam, James Anderson III, Cheryl Shockley, Jeanne Ward.*



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