



**Douglas County  
Extension Education &  
Recycling Committee:**

- Sue Hendrickson
- Scott Luostari
- Charlie Glazman
- Mary Lou Bergman
- Mary Stone-McConnell

## UW-Extension, Douglas County Newsletter - January 2017

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

### Community and Economic Development



**James Anderson III**  
**Community & Economic  
Development Educator**

#### 32<sup>nd</sup> Superior Days

Since Superior Days started in 1985, UW-Extension has played a role in coordination and community education. UW-Extension will continue this role into 2017, as the 32<sup>nd</sup> Superior Days delegation travels to Madison for this grassroots lobbying event.

#### Legislative Agenda Set

A series of meetings were held in October, November, and December where issues were identified, and then refined. These issues establish the lobbying agenda for Superior Days. The 32<sup>nd</sup> Superior Days will feature three legislative issues, a legislative *thank you*, and several agency issues.

The top legislative issues for 2017:

Support exposition district for Better City Superior: Support for expansion of Exposition Districts for small market communities.

1/2% sales tax for county road maintenance: Pilot program for NW Wisconsin (counties TBD based on AB210).

Request increased PILT (payment in lieu of taxes) for county forest lands: request increase from 30-cents to \$1 per acre.

Support (and thank for support) for UWS and WITC: Support budget proposal and thank for continued support.

There are also a number of agency issues that will comprise the lobbying agenda. Agencies that will be visited include: UW-Extension, Wisconsin DNR, Wisconsin Department of Transportation, and the Department of Health and Human Services. More in-depth information may be found at [www.SuperiorDays.com](http://www.SuperiorDays.com).

### Upcoming Events

<b>Community and Economic Development</b>	
Superior Days Planning Meeting	Jan 16th
Entrepreneurs on Tap at Cedar Lounge	Jan 17th
Douglas County Broadband Forum Solon Springs Community Center	Jan 18th
Superior Days	Feb 21, 22
<b>Agriculture/Horticulture</b>	
Forage for Profit Series	TBD
Winter Fairlawn Garden Talks	March-April
Succession Planning	Jan 26& Feb 23rd
<b>4-H Youth Development</b>	
4-H Project Night/ Volunteer in Preparation	Jan 16
Winter Camp	Jan 13-15
4-H Winter Fun Day/ Sledding	Feb 12
Superior Days	Feb 21, 22
<b>FOODWISE</b>	
Nutrition Education in the classroom	Jan-March
FITWISE Fitness Program	Jan-March
Today's Explorers - Tomorrow's Leaders	Jan 13
<b>Family Living</b>	
Relationships Matter	Jan
Parenting classes at Head Start and NWCSA	TBD

## 4-H Youth Development



**Sharon Krause**  
4-H & Youth  
Development Educator

### VIPs

Many people don't realize how important volunteers are to 4-H Youth Development. Our main audience is in grades 3<sup>rd</sup> – 12<sup>th</sup>, but we also work with K - 2<sup>nd</sup> with our Cloverbud and after school programs. In other words all 6,000+ students in Douglas County are potential 4-H members! As the only 4-H staff person I can't make a dent by myself. But with over 65 volunteers? Now that's a different story!

This fall eight more adults made a commitment to Douglas County 4-H by going through the volunteer certification process. All of them are now leading 4-H Community Clubs, the Douglas County Horse Association, short-term STEM clubs, or acting as project leaders.

Anyone interested in becoming a 4-H volunteer can attend a Volunteer In Preparation (V.I.P.) training on Monday, January 16 at 6:00 pm at Northwestern High School. The certification process involves a little bit of paperwork, a 90 minute training session and an online Mandatory Reporter course that takes approximately 15 - 20 minutes. If you cannot attend please contact me to make other arrangements.



### Project Night

The V.I.P. training on January 16<sup>th</sup> corresponds with Douglas County's 4-H Project Night. This is a great way to see what 4-H has to offer! All parents and children are invited to attend and try numerous hands-on projects 4-H members learn about. Cooking, Art, STEM activities and animals will all be there and snacks will be provided. It's free and there is no obligation to sign up for 4-H. Come join us at Northwestern High School at 6:00 pm!

For those of you who don't know how 4-H projects work, members sign up by joining one or two of our clubs for a nominal fee (\$3 for K – 2<sup>nd</sup>, \$5 for 3<sup>rd</sup> and up). Besides attending club meetings and activities, members can choose up to 10 projects they want to learn about. Currently Douglas County offers almost 100 of them, from digital photography to shooting sports and rabbits to horses. We even have a horseless horse project for youth who don't have their own! Projects are learner-centered, so kids go at their own pace. Project leaders are adults and older youth, so kids as young as 3<sup>rd</sup> grade can start developing their leadership skills by teaching others what they know! When the county fair comes around, that is the chance for them to show what they learned. Judges critique their work and the youth can then build on it the next year. This process reflects the four essential elements of 4-H: Belonging, Mastery, Independence and Generosity.

### S.T.E.M. Activities

In past newsletters I have written about two major components of our S.T.E.M. activities (Science, Technology, Engineering and Math). One is a set of LittleBits, which are essentially electronic building blocks that allow 3<sup>rd</sup> – 8<sup>th</sup> graders to create and invent. We have recently added new pieces that give students the opportunity to expand their knowledge by turning smart phones and tablets into remote controls. If you or someone you know is interested in collaborating with Douglas County 4-H to bring this technology to youth, please contact me.

In Solon Springs, a group of 7<sup>th</sup> graders in Mr. Meyers' Outdoor Education class borrowed Digital Observation Technology Skills kits (D.O.T.S.) from our office. These kits have high tech tools the students used to study their school forest this fall, and more studies will be conducted in the spring.



(4-H cont.)

### Winter Camp

The same technology kits used by the Solon Springs students will be on display at our regional 4-H Winter Camp in January. 4-H high school members from 7 counties will come together for a weekend of fun, learning and leadership development. This year the youth will use the D.O.T.S. kits to compare longitudinal temperature readings in small Quinzee huts and contrast the insulating properties of different types of clothing. Another portion of camp will center on a personality test which will be administered by a trained 4-H youth development educator. After finding out their strengths and weaknesses the youth will be challenged to put them to use in group settings.

### Superior Days Youth Delegation Update

Over 40 juniors and seniors from 8 high schools and 5 counties will join adults in Madison on February 21-22. During the last training session on December 5<sup>th</sup>, students reviewed the mission and expectations of Superior Days and practiced categorizing issues as legislative, agency, or both. They received an update on the issues most likely to be brought to Madison this year and were encouraged to research them before February.

Students also nominated and voted for a Keynote Speaker at their Youth Banquet. Their first choice this year is a member of the University Of Wisconsin Board Of Regents. Other nominees included a Supreme Court Justice and various legislators. All of their choices reflect an interest in the future of Wisconsin and what roles they may play in it.



## Agriculture & Horticulture

### Horticulture

We are honored to have 11 new Master Gardener Interns join us to extend the art and science of Horticulture throughout Douglas County. After 10 weeks of study and practice, the interns will now proceed with their capstone projects. These include presenting at formal workshops, continuing to expand the reach of the supplemental food garden at Solid Rock, developing curriculum for sustainable landscaping, accessible gardening demonstration, medicinal public garden, designing a rose garden for public instruction, editing a horticultural newsletter, and creating the space for a school native plant garden. Research concludes that implementation of horticultural practices creates a quality of life, enhances trust and safety in communities, increases inputs into the local economy, and adds to our well-being.

### Local Foods



FoodWise joined the Agriculture and Horticulture program in extending local food access and nutrition to the students, teachers, and families at the Northern Lights Elementary Holiday Sing-a-long Program. By attending the celebratory program and offering locally grown samples of Squash Soup to the attendees, the local food coalition was able to: 1) Learn how residents succeeded in their back yard vegetable gardens, 2) remind them of healthy vegetable choices for the winter, and 3) Challenge them to



**Jane Anklam**  
**Agriculture/  
Horticulture Educator**

extend local food healthy eating into 2017. As we plan our food gardens for spring, let's remember to add "winter vegetables" to our home containers and raised beds. (secret: winter squash are good keepers, nutritious, and easy to grow!)

### Agriculture

We have had a bumper forage crop this year. This is a challenge for farmers who sell forages as a source of income. UW – Extension will be holding "Forage for Profit" sessions this winter to give farmers management tools to excel in forage as a cash crop in good years and bad. We will also look at the ability of forages to support our pollinators and control our nutrient and sediment loading to the watershed. Perfect timing as we move ahead with the Douglas County Farmland Preservation Plan.



**"Don't let your forage go to the birds!"**



**Julie Montgomery**  
FoodWise Coordinator

**FoodWise Review and Reflect**

The FoodWise Nutrition Education Program exceeded its goals for learners reached (unduplicated contacts) and for contacts reached (duplicated contacts) providing nutrition education to a total of 1,765 unduplicated adults and youth in 2016! FoodWise made 6, 216 direct teaching contacts with Douglas County residents in 2016

In partnership with the Women Infant and Child (WIC) program, FoodWise educators provided Shopping Matters Grocery Tours to SNAP-eligible parents of young children. Douglas County WIC program financially supports our ten dollar shopping challenge for WIC families and despite our development of fliers, partner promotion (WIC provided a mail out to their 56 Fit Families) .

Our best group for participants has been through Head Start utilizing the WIC ten dollar challenge for those who are WIC recipients. We are developing signage for grocer information board promotion and working with



childcare and transportation in addition to the ten dollar challenge, because all three are fundable thru the Walmart Corporation. Outreach identifies one or two individuals interested in attending a shopping tour bimonthly. We keep an ongoing list of interested individuals and work toward a six to eight person tour group.

Oct. 2016 brought in new Salvation Army leadership. Lieutenant’s Jasen and Mary Elcombe are interested in programming and building relationships within our county. We look ahead to working with them.



teaching individuals how to “make the healthy choice the easy choice” by choosing to eat healthy and planning daily physical activity.

In addition to our MyPlate for My Family lesson, provided annually at each Head Start Center, parent multi-series nutrition education was offered to families enrolled in the center based programs run by Family Forum, Inc.-Project Head Start.

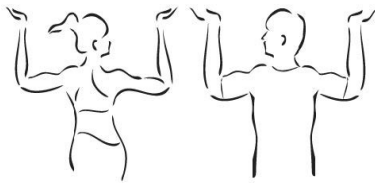
partners to access childcare and transportation for parents to attend tours.

Transportation and childcare are identified by young parents as the most restrictive issue. I have spoken with a FoodWise specialist in Madison about the possibility of the FoodWise program obtaining grant funding thru Walmart’s community foundation to pay for



**2017 Highlights**

Our new grant year began October 1<sup>st</sup> and we are now bringing the first quarter of our new year to a close. This year, our multilevel project includes collaborating with the Superior School District Food Service in developing policy, systems and environmental change to improve the food environment for youth and families in our county.



**FITWISE**

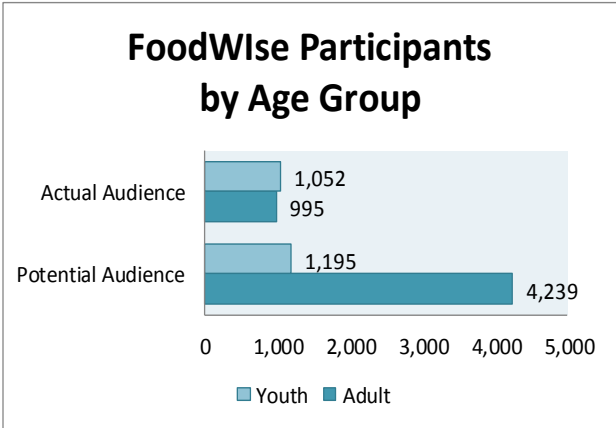
FoodWise Douglas County is one of eight counties in WI piloting a ten week fitness program also known as Strong Bones/Strong Women or FITWISE, developed by Tufts University. We have added a nutrition component and opened the free pilot class to any adult interested in bone strengthening and being a part of our research. The Superior Senior Center has agreed to assist us providing participants, space and Ken, a senior who currently provides a free class will co-teach with us from January-March of 2017.

The state office has added an Evaluation Specialist to the mix and Douglas County has offered to

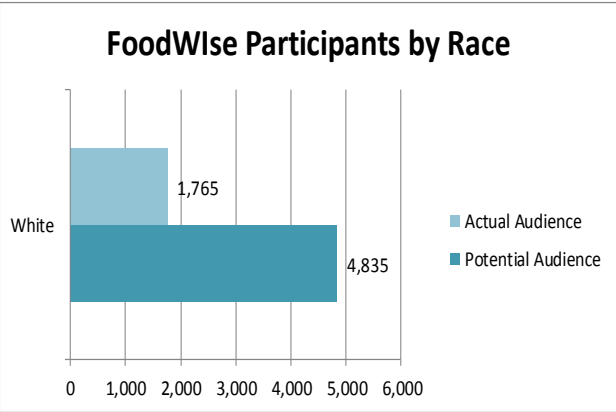


provide our state with some much needed data. This year, Douglas County FoodWise has agreed to track youth programming individually by student ID number! Each student completes an anonymous pretest, post-test and a post-post evaluation one to two months following our classroom educational series. Our in school youth lessons are one hour long, so Tarah Nichols, Nutrition Educator has had to adjust her lessons in order to obtain required data. So far it has been working. We are keeping track of data entry time involved to assist with future FoodWise state programming plans to track all participants individually in the future. Stay tuned for results!

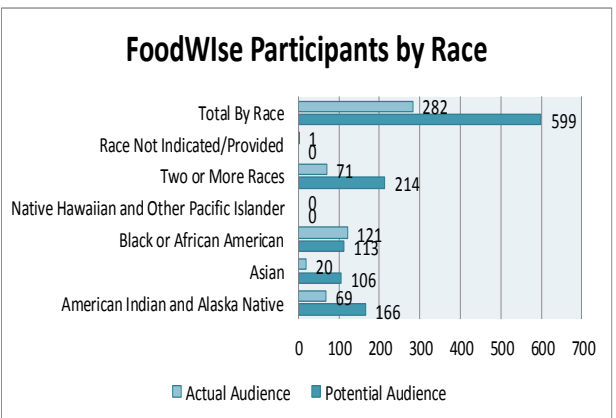
**A Snapshot of FoodWise Participants**



**Based on FoodWise requirements, Douglas County provided balanced (parity) educational programming to residents of both youth and adult age groups.**



**Based on FoodWise requirements, Douglas County provided balanced (parity) educational programming to residents who identify in one of three racial categories including American Indian and Alaskan Native, Black or African American, and white.**





**Tarah Nichols**  
Nutrition Program  
Educator



### HIGHLIGHTS FROM 3RD GRADE

Who doesn't love to sample food! The 3<sup>rd</sup> graders at Lake Superior, Cooper, Bryant, and Northern Lights Schools are no exception.

Grapefruit, cantaloupe, honey dew melon, spinach with raspberry vinaigrette, sweet peppers and bean dip were offered as food samples to expose children to new foods or reinforce those foods already tried.

I visited for one hour over the course of five weeks. The students enjoyed learning about the MyPlate, how germs make us sick, how to

choose healthy snacks by reading the ingredient lists on packages and learning how to read food labels.

We spent three lessons having fun with different activities introducing how to read food labels. Students liked being able to use real food labels from items they eat as we practiced reading and applying the 5/20 Rule to decide if their food was an "anytime" or "sometimes" food.

An "anytime" food would be high in vitamins, fiber and lower in fat, sodium, sugar and cholesterol.

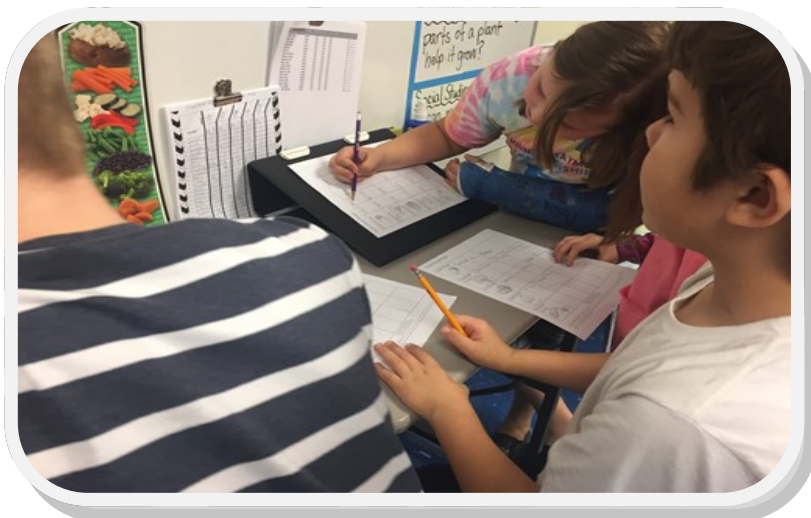
A "sometimes" food would be

considered high in sodium, cholesterol, sugar, fat and low in fiber and vitamins.

5/20 Label Rule  
<http://bit.ly/2hSjncv>

At the end of our five week lesson we played MyPlate bingo. The children have to fill out their bingo board with foods from each of the five food groups.

The pictures are of the children filling out their board before we were able to play.



**Help us tell our story by sharing yours!**

Go to [UWCX.ORG](http://UWCX.ORG) to share how UW Colleges and Extension impacted your life!

## Family Living

### The Power of Color

According to the Mental Health Foundation relationships are one of the most important aspects of our lives, but many of us don't realize how crucial our connections with other people are for our physical and mental wellbeing. Relationships include not only the intimate relationships we have with our respective partners, but also those we form with our parents, siblings and grandparents, as well as those we form socially with our friends, work colleagues, and community.

In the United States, the average working week consists of 40 hours and most of us will spend about one-third of our lives working, which make positive work relationships of great value to both employee and employer alike. The Gallup Organization, reports that people who have a best friend at work are seven times more likely to be engaged in their jobs. Tom Rath, author of *Vital Friends: The People You Can't Afford to Live Without* (Gallup Press, August 2006) expanded on The Gallup's findings. Rath, along with several leading researchers, explored the impact of friendships and found that friendship could halve your chances of dying of heart disease; speed healing; and reduce your chances of getting cardiovascular disease, osteoporosis, arthritis, Type 2 diabetes, Alzheimer's, and certain cancers. Additionally, the quality of a married couple's friendship could account for 70% of overall marital satisfaction.

UW-Extension Family Living educator, Araceli Whitwam-Sell partners with families, agencies, volunteers and community groups to deliver a variety of resources and services that strengthen the relationships

and parenting of Douglas County members. Recently, she became a Real Colors Certified Facilitator through training provided by the National Curriculum Training Institute (NCTI). Since 1981, NCTI has focused on understanding human behavior and the motivations behind it. Using that knowledge, they created innovative workshops based on their exclusive Real Colors® Personality Instrument.

As a Real Colors® Certified Facilitator, Whitwam-Sell will provide the community of Douglas County with a dynamic and exciting Real Colors®



workshop experience. The basis of the workshop is the Real Colors® Personality Type Test: a user-friendly, intuitive tool that identifies four personality types common to all people—Gold, Green, Blue, and Orange.

Each participant will:

- Gain an understanding of the four colors (each corresponding to a personality type)
- Discover where they fall as an individual on the Real Colors® spectrum
- Learn to recognize characteristics of each of the four colors
- Discuss with fellow workshop participants what it's like to be each color



**Araceli Whitwam-Sell**  
Family Living Educator



**Real Colors®**

From the very beginning, participants will begin to see the world from a new perspective...and have fun doing it! After completing the fundamentals workshop, individuals will be able to participate in advanced workshops designed to address common organizational topics such as stress, workplace issues, teams, and leadership.

Whitwam-Sell's certification training enables her to tailor delivery of each workshop to fit each audience's unique needs. Real Colors® is not just for the workplace, but rather it is for all individuals and youth over the age of 12, both adults and youth have their own personality test, and the program is available in several languages other than English.

Identifying your color is an innovative way of building self-awareness so we can understand and change, if one chooses, how we act and react towards harmony or conflict with others in our relationships both in and out of the workplace. Through the delivery of Real Colors® workshops, Whitwam-Sell continues her goal to support individuals in their efforts to have stronger and more rewarding experience in all their relationships.

## Jane Anklam Recognized

Jane Anklam, UW-Extension Agriculture and Natural Resources Educator was recognized at the 2016 State of Stopover Symposium. Jane received the Centennial Stopover Award, which recognized her work that has benefited migratory birds. Jane through her work with the West Wisconsin Land Trust, has helped to preserve thousands of acres of habitat.



Pictured (left to right): Kim Grveles, Wisconsin DNR; Jane Anklam, West Wisconsin Land Trust; and Sumner Matteson, Wisconsin DNR.

## Welcome to the New Master Gardeners



From left to right, back row: Elisa Barnick-Snyder, Barb Durst, Becky Stuart, Laura Birnbaum, Margaret Anderson Janet Quaderer

Front row: Bonnie Summers, Shawna Anderson, Sandy Smith

Not pictured: Jeanne Ward

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Go to [UWCX.ORG](http://UWCX.ORG) to share how UW Colleges and Extension affected your life!



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