



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

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

## June 2016

*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

#### Leadership Students Learn About Business Development, and a Core Regional Industry – The Ports



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

In May, I had an opportunity to spend the day with the 2015-16 cohort of Leadership Superior/Douglas.

First, let's take a moment to review what is Leadership Superior/Douglas? This leadership

program run by UW-Superior, was started in 1991 and trains a new cohort annually. Geoffrey Wendorf, former Agriculture and Community Resource educator with UW-Extension is the facilitator. This is also the last cohort that will be led by Geof, as he retires *again*. The leadership program will continue to be in good hands as Tracy Henegar takes over as the lead facilitator.

Leadership Superior/Douglas is designed to help participants understand who the community leaders are, and start to building a network with these public and private sector leaders. Participants also learn how things happen in Douglas

County. Each month the program focuses on different topics, including: education, environment and sustainable development, economic development, government, non-profits, health and human services, and the history of the area. Throughout the year groups form that work on leadership projects. The projects run from business plans for potential community projects & developments, to plans that become fully implemented. In my experience, the project based learning component differentiates this leadership program from others that I have been involved.

On the day I visited and presented the cohort was learning about economic development in Superior and Douglas County. The group heard about the Belknap reconstruction project from Wisconsin Department of Transportation. The Mayor's Development team offered a panel presentation and Q&A about economic development in the city and county. Bruce Thompson presented on Better City Superior. I presented on a business retention partnership. The group then adjourned for a tour of the

Thirsty Pagan and lunch, followed by a tour of the Port of Superior/Duluth hosted by City of Superior Ports Director Jason Serck.

The 29 participants this year will learn about aspects of their community that many people are unaware. This leadership program offers a unique opportunity to explore businesses, agencies, and leaders in a unique way that teaches participants about these resources, as well as how they are inter-connected and related.

I'd encourage you to attend the group project presentations on Tuesday, June 9<sup>th</sup> at the Elks Club in Superior starting at 4pm. Second, if you or someone you know are interested in this program, consider applying. Applications for the 2016-17 program are due by July 1. Learn more online: <https://www.uwsuper.edu/cee/community/lfdc>.

Photos: byline photo, Fraser Shipyard and Lake Assault Boats

## 4-H Youth Development

### **GROWTH SPURTS, GROWING PAINS: GOOD NEWS!**



**Sharon Krause**

**4-H & Youth**

**Development Educator**

4-H Youth Development's roots go back over 100 years. Back then the majority of Americans lived in rural areas and many farmed. 4-H clubs started as a way for rural youth to learn more about farming, practice



other skills such as sewing, and receive vocational training to help them understand business and economics. The USDA played a large role by providing standards for livestock and crops, and the products youth made and grew were judged at county fairs.

Agricultural pursuits remain part of our foundation to this day, so it is no surprise that 4-H's reputation is associated with rural life. What many people do not realize is that 4-H offers much more.

During the month of March I did outreach events at several schools to showcase 4-H's STEM side (Science, Technology, Engineering and Math). I focused on elementary school classrooms because our current resources are geared more towards those grade levels. My calling card was a Digital Observation Technology Skills kit (D.O.T.S.) I borrowed from Upham Woods, UW-Extension's youth camp. The goal was to make students, teachers, administrators and parents aware of 4-H's presence in Douglas County and a broader picture of what we offer.

Most of my outreach was done in classrooms during normal school hours. When starting the presentation, my first question was, "Who has heard of 4-H?" Only 12% of the students had. Notice, this was not an indication of who was involved in 4-H; it was only who had *heard* of it. This was discouraging, to say the least. Fortunately, the D.O.T.S. kit changed that. Students were put into groups and rotated through stations, giving them all a chance to use the thermal imager, mini weather station, laser thermometer, and digital microscopes. They were then asked to fill in a survey, and the results are promising:

- 93% of students are more aware of what 4-H offers

- 73% are interested in Using technology during 4-H activities after school
- 62% are interested in using technology during 4-H summer science camps

The excitement the students had was shared by the teachers. All of the schools I visited have staff members urging me to do afterschool programs next year, and they will also help make that happen.

Capitalizing on this momentum, we are offering a summer science camp for ages 9 – 11.

**Inventgenuity Camp** will be held June 13 – 17 at the county fairgrounds in the 4-H youth building. Campers will use D.O.T.S. kits, build simple circuits with a 9 volt battery, build small machines with motors, use Funny Bricks kits, and more. The initial schedule is for one session from 9:00 – 12:00, but if there is a long enough waiting list another will be offered in the afternoon – assuming I have enough



assuming I have enough help.

Obviously, one 4-H staff person cannot do much!

**Volunteers** are the backbone of 4-H, and I have the privilege of working in a county that has great ones.



But we need more to meet the demand, and adults who are comfortable with STEM activities are especially needed. Many people assume a strong background in science is needed, but this is not the case. The majority of our current undertakings are at elementary grade levels, and most of these activities involve giving youth basic tools and knowledge, then letting them explore how to use them. For example, one of our last afterschool club meetings used Funny Bricks kits (pictured). Once the students were given a couple of tips for putting things together, they were off! No further instruction necessary, just advice if they had trouble.

If you or anyone you know is interested in volunteering,



whether for one event or a series like an afterschool club or 6 – 8 week project club, please contact me. I have started offering monthly sessions for adults

who want to try some of our experiments, and assisting with Inventgenuity Camp will be a great way to see the action without having to lead.

#### Jr. CAMP 2016: COME TO Mt. OLYMPUS!

Junior camp is for 8 – 13 year olds and will be held August 2 – 4, 2016 at the Burnett County Youth Camp, about an hour south of Superior.

The theme is based on Greek mythology. Campers will stay in rustic cabins and do all sorts of fun activities such as swimming, fishing, games, archery, and arts & crafts. There will campfires, new things to learn, a chance to make new friends, and tons of fun!

## Family Living



Robust research has found that “a child’s early experience of being nurtured and developing a bond with a caring adult affects all aspects of behavior and development”.

In an effort to strengthen the parent-child relationship several special programs were offered by Douglas County University of Wisconsin-Extension.

The classes were hosted by the Superior Public Library and were taught by UW-Extension Family Living Educator, Araceli Whitwam-Sell. The target audiences for both programs were parents and caregivers of young children. The first offering, Tucker Turtle Takes Time to Tuck and Think, invited attendees to learn the Turtle Technique--a way to help children cope with anger, frustration, and disappointment. Participants were instructed on how to use the technique. The Turtle Technique provides an easy and portable method for parents and caregivers of young children to teach and model for their children an effective way to identify and process their feelings in a

healthy

manner. The program included a craft session for participants to make a paper sack puppet to use as a prop while engaging their child as they learn the technique.

The second offering, Dialogic Reading: Strengthening Oral Language Skills & Improving Child-Adult Relationships, encouraged parents, caregivers, and individuals who work or spend time with kids to learn how Dialogic Reading can help strengthen the caregiver-child relationships while also improving a child’s reading skills.

Picture book reading provides children with many of the skills that are necessary for school readiness: sound structure, vocabulary, sustained attention, meaning of print, structure of stories & language and the pleasure of learning. Moreover, it provides social interaction between parent and child, (a great relationship builder) and provides stress reduction equally for parent and child.

Participants were taught how to use dialogic reading techniques. In dialogic reading, the adult helps the child become the “teller” of the story, while the adult becomes the “listener,” the

questioner, and the child’s audience. This interactive program also included suggestions of book titles that are especially good for dialogic reading.

Both programs were well attended and well received.

Additionally, the month of May brought a relationship awareness and communication skills program for adults. The skills learned apply to all kinds of relationships: family relationships, friendships, work and more. Most importantly, Relationships Matter, teaches skills that research has shown lead to lasting, healthy relationships. Relationships Matter consists of six two hour sessions that



can be completed in any order, and uses curriculum from Within My Reach, part of the evidence-based family of relationship education programs by PREP, Inc. It is currently being taught at the Center Against Sexual & Domestic Abuse (CASDA). Participants and staff alike express positive feedback and find the program to be of great value. Relationships Matter will also be taught in the Douglas County Jail and is scheduled to begin later this



**Araceli Whitwam-Sell**  
Family Living Educator

month.

Our interpersonal relationships impact not only our own happiness, but all aspects of our life and everyone around us. Plans are currently underway to offer the Relationships Matter program along with other relationship building programs to Douglas County area residents.

Leslie Meyer, Adult Programming Librarian, Superior Public Library, says: *Patrons are incredibly fortunate to have a great relationship with Douglas County UW-Extension, and have been thrilled with the programs Araceli Whitwam-Sell has brought to the library. Whether she's sharing her knowledge of how to safely preserve vegetables and fruits, or teaching a technique to parents that will help their children deal with anger and frustration, she can be counted on to provide useful, evidence-based information with enthusiasm while also engaging her audience. We receive great feedback from participants about her presentations, and know that our community benefits from her efforts. We look forward to the programs she will bring to the library in the future!*

## Agriculture & Horticulture



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

### Local Foods

We are pleased and encouraged with the response to our Douglas County Local Food and Social Media Campaign. You will find up to date local food status, research, and programming for our community food system on Facebook, Twitter, and Google +. These first 3 months we will be focusing on the *consumer connection* to local foods. What are the basics of a local food system? What local food is available to consumers, where and in what ways? What role does local food play in community health? With the ability to gauge interest through community use of the sites, we enhance our programming and response to consumer needs. Like us on Facebook and join in the conversation. You are a consumer and will learn how a local food system develops in Douglas County. We are grateful to the communication and marketing skill that Jeanne

Ward, Administrative Assistant, brings to the project.

The Local Food team has begun implementing actions to more intentionally connect the community to their local food. Community gardens have been indicated as an important place for people to grow food



intentionally for and with their family and neighbors. An inventory of gardens is being compiled along with associated support from the Master Gardeners and the Horticulture Educator. School gardens are being explored and implemented by the Solon Springs and Maple School District. Both learning how to grow food successfully and increasing access to healthy local food are the objective for the projects. Home and community gardens are a source of healthy local

foods. We are looking for photos of local gardens/local food to post on the Douglas County Local Food website. Send yours to [Jeanne.ward@ces.uwex.edu](mailto:Jeanne.ward@ces.uwex.edu) These photos will both inspire our community and give us a visual record of what we have as a community food system baseline.

growers in our community have passed the state's Pesticide Applicator Training. Master Gardeners have been partaking in continuing education classes aimed at addressing horticultural inquires on weeds, disease, and insect pests. These "train the trainer" opportunities help deliver University research based information to the community of Douglas County. We are confident that what we offer has great value and is based in scientific method and trials. Properly applied University Extension information saves time, money, is interesting, decreases use of pesticides and helps keep our surface water clean and safe.



### Horticulture

In the summer months we turn our horticultural attention to plant health and pest management. Three

Current pest activity in Douglas County include Black Knot on cherry and plum trees and the emerging emerald ash borer adults.



Learn more from UW Extension Fact Sheets:

<http://hort.uwex.edu/articles/black-knot/> and <http://hort.uwex.edu/articles/protecting-your-tree-emerald-ash-borer/>

The University of Wisconsin Extension is taking part in a regional inventory of the invasive plant, Leafy Spurge. In addition, we are looking for the occurrence of 5 other invasive plants that we have posted on our website. The better job we do at detecting these species early, the greater chance we can keep them from

harming our community infrastructure. Send a photo or sample of your find to [jane.anklam@ces.uwex.edu](mailto:jane.anklam@ces.uwex.edu).

## Agriculture

Soil Health and Forage Management continue to be our focus. Livestock health and management depend on both the soil and success in producing excellent forage. With that in mind, farmers should be planting their legumes and grasses in fields where lime and fertilizers are applied as recommended by their soil tests. There is no substitute

for this step. When farmers add soil nutrients without following test recommendations chances are they are applying too much, not taking the appropriate nitrogen credit, and sending nitrogen and phosphorous downstream. Since farmers are likely to obtain their nutrient management information from their fertilizer dealer it is important that UW-Extension work closely with the dealer to encourage soil sampling and testing as one of their services. As important is making sure

that the dealers base their sale on University recommendations which take into account return on investment and impact on our water.

We will be measuring the success of proper nutrient management in forage quality test results this summer. Let Jane know if you would like to participate as a farmer, fertilizer dealer, or crop consultant.

[jane.anklam@ces.uwex.edu](mailto:jane.anklam@ces.uwex.edu).

Enjoy a “pest free, warm, rain when you need it, sun when you don’t” summer.

**UW Extension**  
Douglas County

**MASTER GARDENER**

## UW-Extension Summer Extravaganza and LSMGA Plant Sale

THURSDAY, JUNE 16TH  
4 PM - 6 PM

DOUGLAS COUNTY COURTHOUSE ATRIUM  
1313 BELKNAP STREET  
SUPERIOR WISCONSIN

PERENNIALS AND GARDEN ITEMS  
HORTICULTURE AND LOCAL FOOD INFO  
DEMONSTRATIONS ON UW-EXTENSION PROGRAMS  
DOOR PRIZES

[HTTP://LSMGA.WEBLY.COM](http://LSMGA.WEBLY.COM)  
OR  
[HTTP://DOUGLAS.UWEX.EDU](http://DOUGLAS.UWEX.EDU)

*PARKING IN THE BACK OR ON CUMMINGS OR BELKNAP STREET*

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming Title IV and American with Disabilities (ADA) requirements.



### There's still time to do a soil test!

Bring 2 cups of soil per area that you want tested and we will send it in to the Soil and Forage Analysis Lab for \$20.

Bags and instructions are available at the UW-Extension, Douglas County office.

Contact Jane Anklam at 715-395-1515 or [jane.anklam@ces.uwex.edu](mailto:jane.anklam@ces.uwex.edu) with your questions.

## WI Nutrition Education- WNEP

# What on Earth is a Legume?

The new Dietary Guidelines for Americans encourage us to eat a variety of protein foods including seafood, meat, eggs, nuts, seeds and legumes. You might wonder, 'where in the grocery store would I find the legumes?'

These are actually common foods that you are probably already familiar with. Legumes include beans like kidney beans, lima beans, or pinto beans. They also include peas, lentils and chickpeas.

It is a good idea to eat both animal and plant based proteins. Legumes are nutritious, low cost plant-based protein food. They are typically high in protein and fiber and they're simple to cook. If your family isn't sure about trying legumes, you can mix them with meat in dishes they like. This is a good way to stretch your dollar while introducing new foods gradually. Check out the slow cooker pork chili below, it's a winner!

Here are some of my favorite **Spend Smart. Eat Smart.** recipes that call for legumes:

### [Fiesta Skillet Dinner](#)

<http://bit.ly/1WEnIRe>

### [Slow Cooker Pork Chili](#)

<http://bit.ly/1W2Si7e>

### [Butternut Squash](#)

### [Enchiladas](#)

<http://bit.ly/1TZQCaZ>

MORE RECIPES AVAILABLE

AT:

[WWW.EXTENSION.IASTATE.EDU/](http://WWW.EXTENSION.IASTATE.EDU/)

FOODSAVINGS

Enjoy!



**Julie Montgomery**  
WNEP Coordinator

## SLOW COOKER PORK CHILI

### INGREDIENTS

- 2 pounds boneless pork butt, roast, or shoulder
- 1 cup bell pepper, diced (1 medium pepper)
- 1 cup onion, diced (1 medium onion)
- 1 1/2 cups salsa
- 1 can (15 ounces) low sodium pinto beans
- 1 can (14.5 ounces) low sodium diced tomatoes

1. Trim visible fat from the pork. Cut into 2" chunks. Place in slow cooker.
2. Add pepper, onion, and salsa.
3. Cook on a low setting for 6 hours or a high setting for 3 hours.
4. Pull the meat apart into shreds with a fork. (You should have about 4 cups.)

### INSTRUCTIONS

Put half (2 cups) of the shredded pork in the refrigerator or freezer (This could be used for the [pork sandwiches](#).) Freeze pork if it will not be used within 4 days.

Return the rest of the pork to the slow cooker. Add pinto beans and diced tomatoes. Cook another 30 minutes until hot.

### TIPS

- Pork chops, boneless pork rib, or pork loin can be used. They will be more expensive but have less fat.
- Trim fat from pork with a clean knife on a clean cutting board.

## WI Nutrition Education - WNEP

### Happenings in Nutrition Education

#### Head Start

In April I traveled to Brule Head Start for their parent meeting where we focused on learning and fun. Parents learned how to model healthy eating for their children. Topics of discussion included: **choosing** healthy foods when you are with your children, eating a **variety** of healthy foods and **talking** to your children about the healthy choices you make.

Great conversations came after parents realized that yes their children do “copy” them in everyday activities such as in the way they brush their hair and even how dad takes off his shirt after work and realizing “of course” they copy them in eating patterns too. The parents then joined the children and they were invited to make MyPlate yogurt sundaes and peanut butter and banana roll ups.

We ended our night as a group playing a physical activity dice game. Some comments from the group: “Wow! I didn’t realize how much my child imitates me until just now”, “I am going to ask my child to pick a new fruit at the store and we will try together”, “I am going to try to talk about fruits and

vegetable more often”, ““We are going to try to eat together more often”.

<http://1.usa.gov/1TUG7Dq>



#### Schools

May marked the end of the nutrition education classes in the schools for this school year. I am so pleased with what the kids have learned new this year, what they have retained from past years (lessons building upon one another), and their excitement to share with me something they have seen at home or the grocery store pertaining to things previously taught. It warms my soul to see children smile and genuinely want to tell me they told their parents about the fruit/vegetable they tried and that they bought it at the store and tried it as a family. Or the child bringing in a whole grain stamp they have found on a bread bag at home after teaching a whole grain lesson.

I just finished teaching in the 3<sup>rd</sup> grade. Students learned about listening to our body cues to tell us when we are hungry, full, and stuffed; food safety, digestion, and how advertising affects our food choices. We spent a little time talking about the commercials advertised to children and that most foods on Saturday morning cartoons or after school are foods that have a lot of sugar, fat or salt. We also talked about why this is so and that the bottom line wasn’t for health but for money.

The students had 10 minutes to draw a sketch of a” healthy food “they might like to see on a TV commercial in place of sugary foods.



**Tarah Nichols**  
Nutrition Program  
Educator

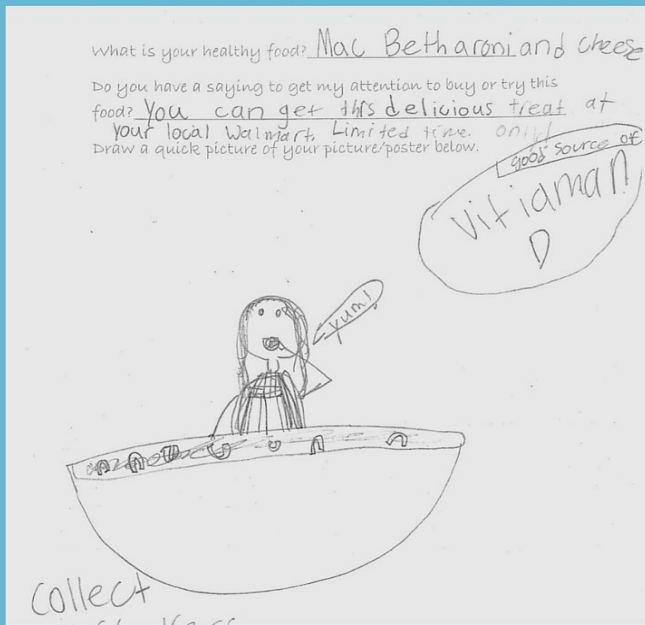
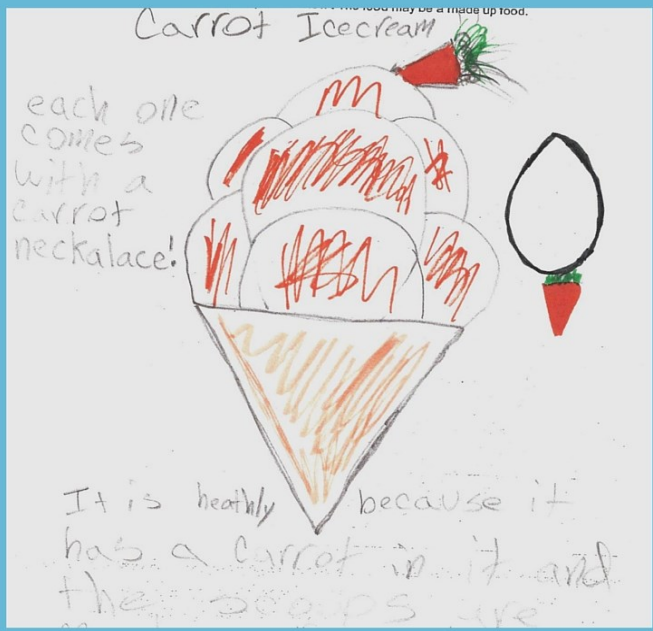
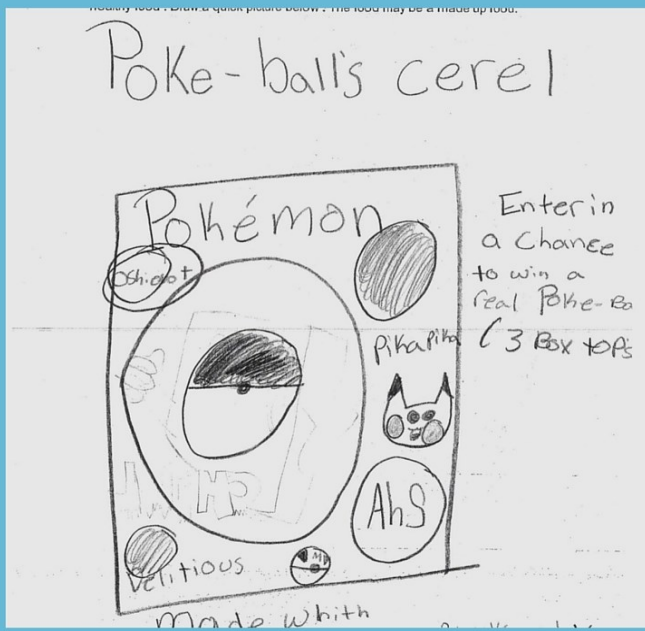
The directions were

1. Pick a food (real or made up)
2. Tell me why it was healthy (could be made up) and
3. How might you persuade me to buy it.

*On the next page are a couple examples.*







**WNEP**  
NUTRITION EDUCATION IN  
THE SCHOOLS

**THIRD GRADE STUDENTS HAD 10 MINUTES TO DRAW A HEALTHY FOOD, REAL OR MADE UP**

**THIS IS WHAT THEY CREATED**



## Recognitions




Congratulations to Jeanne Ward for successfully completing *Social Media Marketing* certificate program from Northwestern University and Coursera. Jeanne worked with Jane Anklam on expanding a local foods workgroup, and a website and social media presence for the group, and for the community to learn about local food resources in and around Douglas County.

Sharon Krause, James Anderson, and Jeanne Ward were recognized at the April Wisconsin Joint Council for Extension Professional conference by the Wisconsin Extension Environmental and Community Development Association for their work on a coordinated communications supporting the 31<sup>st</sup> Superior Days.



On April 27<sup>th</sup> the office recognized Cheryl Shockley, Jeanne Ward, and Virginia Leith on Administrative Professionals Day. Cheryl, Jeanne, and Virginia are often the first point of contact many of our visitors have... and we are thankful for their commitment to UW-Extension and the community.

Upcoming Events			
<b>4-H</b> Inventgenuity Camp Family Fun Day Summer Camp Mighty Machines Head of the Lakes Fair	June 13-17 July 21 Aug 2-4 Aug 11 Aug 23-28	<b>Community Development</b> UW Extension Office Hours at towns and villages: Village of Lake Nebagamon Town of Bennett Village of Poplar Village of Solon Springs Town of Brule	June 7 June 13 June 14 June 20 July 12
<b>Agriculture/Horticulture</b> Summer Extravaganza/ Plant Sale	June 16	<b>WNEP</b> Grocery Tour	June 2
<b>Community Events</b> Lake Superior Day 	July 17	UW-Extension staff will be participating at Barker's Island during Lake Superior Day	

## UW Extension Staff



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## VISIT US ON SOCIAL MEDIA

### Website

<http://douglas.uwex.edu>

### Twitter

[https://twitter.com/UWEX\\_Douglas](https://twitter.com/UWEX_Douglas)

### Facebook

[www.facebook.com/UWEXDouglas](http://www.facebook.com/UWEXDouglas)

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