



MAY 2017

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



Upcoming Events

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4-H
Inventgenuity & LittleBits Camp, June 2017
4-H Junior Camp, July 2017
Afterschool Programs
United Way Day of Caring; Help Fix the Fairgrounds, June 21
Horse Clinic, June
Head of the Lakes Fair, July
Community Development
Small Business Talk, May
Agriculture/Horticulture
"Ask a Master Gardener" series, Spring 2017
WI Nutrition Education Program - WNEP
School youth programming, May
Family Forum Inc.- Project Head Start Nutrition Education series
Family Forum Inc.- Project Head Start, May-August
Cooking Matters, May 18
FoodWise Educators & Ag/Hort. to do garden programming with residents of Superior Housing Authority, May 31 & June 4th
Food Pantry, Transitional Housing & Harbor House Shelter programming with NW Community Services Agency & Faith United Methodist, May-August
Summer School youth series, May-August
FoodWise Grants
3rd grade programming at Great Lakes Elementary
Family Living
Tucker the Turtle
Relationships Matter
HeadStart Parenting Classes

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James Anderson
Community & Economic
Development Educator

Organization Development and Employee Training

This winter UW-Extension facilitated several Douglas County Department of Health and Human Services (DHHS) staff retreats. Our programming for DHHS has included team building activities, Real Colors (a personality assessment tool and training to help teams work more effectively with different personality types),



and Generations (multiple generation awareness training).

A Third Place for Entrepreneurs

In January, the Wisconsin Small Business Development Center (SBDC) and UW-Extension in Douglas County launched Superior Entrepreneurs On Tap. We started this effort as a new approach to the Inventors and Entrepreneur group that met since 2007. We sought to foster a more social environment for current and aspiring business owners to meet and learn from one another.

Since our first meeting at the Cedar Lounge in January, we have heard from four successful entrepreneurs in the Twin Ports, and welcomed nearly 100 guests. The Winter/Spring series will wrap-up in May with The Nuts and Bolt on How to Start a Business, which will feature experts from the Wisconsin and Minnesota SBDC and The Entrepreneur Fund.

Please join us for the last session this season on May 9th, 6:30 PM at the Cedar Lounge. Registration is free and available here: www.bit.ly/seot050417.



Araceli Whitwam-Sell
Family Living Educator

Setting Our Children up for Success Through Emotion Regulation

A child's ability to express his/her feelings in constructive rather than impulsive ways (emotion regulation) has gained recognition as a critical factor in children's psychological health and well-being. Recent research demonstrates that emotion regulation leads to benefits in all areas of a child's life. For example, children who have strong emotion regulation skills have stronger attention spans, work harder, and achieve more in school. Additionally, they are able to resolve conflicts with their peers more effectively, show lower levels of physiological stress and are better behaved and more empathetic towards others.

It is important to note that emotion regulation does not mean that children should suppress their feelings. All feelings are valid and should not be discounted. Instead, emotion regulation means that we are able to think constructively so as to successfully navigate our feelings, especially strong feelings such as anger, frustration and sadness without being overwhelmed by them.

In an effort to promote the topic of healthy emotion regulation among parents of young children, Family Living Educator, Araceli Whitwam-Sell, partnered with Family Forum Head Start-Parent Coach, Heather Kerola to discuss the importance of the topic as well as to provide the opportunity for parents, caregivers and three year olds to create three separate crafts that can be used to increase and reinforce healthy emotion regulation with young children. Over twenty adults and children collaboratively created calm jars, Tucker the Turtle hand puppets, and emotion gauges.



How to help your child understand and cope with their emotions

Our children learn about emotions primarily through observation. Parents, caregivers, siblings, friends, and media play a big part in how children learn skills for managing their emotions. Some children find it easier than others to learn these skills and often times pick up some useful and some less useful ways to handle their feelings. Our role as parents or caregivers is to encourage our children to practice the coping methods that work best.

Help your child recognize their emotions The first step in helping your child manage emotions is to help your child identify them. One useful tool is a "feelings list". This is a set of words or phrases that you can use with a child to talk about their emotions and any physical sensations. For difficult emotions, the list can include words such as "sad", "scared", "angry" or "confused" and words to identify sensations in different parts of the body such as "tight", "shaky", "pain", "sweaty" and "heart", "stomach" or "hands".

Younger children might find it easier to talk about their heart beating very fast or having tight fists, for example, instead of what they are thinking or feeling. You can choose whatever words work best for your own feelings list. Don't forget to include some positive feelings in the list, such as "excited", "happy" or "proud" so that you and your child can also acknowledge times when things are going well. Remember, no matter what a child says, it is important to always listen and keep the lines of communication open.

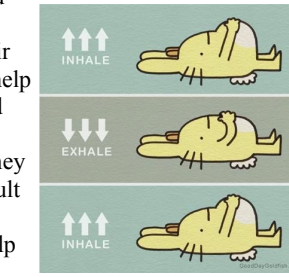
Help your child identify the cause (trigger) for difficult emotions

Once your child tells you what they are feeling, you can then help them understand why they feel this way. Identifying the cause, of an emotion can be difficult for a child, but you can make it easier by encouraging them to be honest with you and themselves.

Remember that each child is unique and that something that does not bother one child could be a very real trigger for another. If your child feels upset or scared, assure them that this is normal.

Help your child cope with their emotions

When your child can name their feelings and their cause, you can help them understand that they have a choice in how they cope with difficult emotions. You can also help your child share



their feelings by talking openly about your own emotions and how you deal with them. When a child can make the link between their thoughts, their emotions and their behavior, they are less likely to struggle when difficult emotions occur.

Teaching Your Child Deep Breathing

Bubble Breaths or Pinwheel: Have your child breathe in through their nose and then slowly blow the biggest bubble they can. Highlight how if they blow too hard and fast then the bubble will be small and burst right away. You could also have them do deep breathing with a pinwheel.

Balloon Breaths: Ask your child to breathe in through their nose and then try to blow up the balloon in as few breaths as possible. You can have them try it with a lot of little breaths and then discuss the difference in how it felt. Use caution with small children as balloons can pose a choking hazard.

Cooling Cocoa: Have your child pretend they are drinking hot cocoa. Tell them to smell the delicious cocoa and then blow on it to cool it down.

Belly Breathing: Belly breathing is more advanced. First your child place their hand on their belly and feel it go up and down. Then have them lie on the floor with a stuffed animal balanced on their belly and tell them to watch it move up and down slowly.



Ways to Use a Glitter Globe Calming

Kids and adults. Try it for yourself, if you are feeling agitated. Shaking the bottle feels just as good as watching the last few specks of glitter fall to the bottom of the bottle. The swirling glitter is very calming as it falls to the bottom of the bottle, for both.

Relaxation

In the same way it can calm you when you are agitated, shaking the bottle and watching the glitter settle can provide you further relaxation when you're already calm. Perhaps your and your child can use it as part of their getting ready to sleep routine.

Mindful Communication

The whole family can use a glitter globe as a reminder for calm communication in the heat of the moment. For example, "We are all upset with lots of thoughts and feelings right now. So let's all take a break until the glitter in the calm-down glob has settled and then start talking again."



Tarah Nichols
Nutrition Program
Educator

Brule Head Start Visit

In early April, Tarah Nichols, FoodWise Educator, visited the Brule Head Start site to speak at their parent meeting about added sugars in foods and drinks. Participants were reminded to read food labels paying particular attention to serving size vs what is actually consumed. They were taught how to determine how many teaspoons or “sugar packets” were in soda and other high sugar foods. They were also reminded to look for other words that indicate sugar in the ingredient list; maltose, dextrose, invert sugar, molasses, fructose and sucrose to name a few.



According to the Dietary Guidelines 2015, the recommendation to limit added sugars to no more than 10 percent of calories is a target that applies to all calorie levels to help individuals move toward healthy eating patterns within calorie limits.

The two main sources of added sugars in U.S. diets are sugar-sweetened beverages and snacks and sweets. Many foods high in calories from added sugars provide few or no essential nutrients or dietary fiber and, therefore, may contribute to excess calorie intake without contributing to diet quality.



Sharon Krause
4-H & Youth
Development Educator

Spring/Summer 2017

Spring is a season of transition. Beautiful sunny days with temperatures in the 60’s are followed by a week of slush before we climb back up to the 50’s! The same is true for Douglas County 4-H. It is not uncommon for me to work on summer programming before going to an After-school Club. This year the summer calendar is tighter because the Head of the Lakes Fair is much earlier than in the past, so switching back and forth is happening more frequently. Here’s how our school year is ending and what’s in store for the summer:

Afterschool Activities

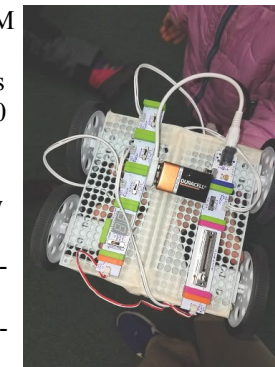
May is our final month of 4-H Afterschool Clubs at five elementary schools in the county and we will also wrap up our first afterschool STEM club, which has focused on electronic building blocks called LittleBits©.

Meanwhile, we are recruiting new high school representatives for our Youth in Governance program to replace graduating seniors. The Superior City Council needs another full delegate and would like to add two alternates, and Douglas County’s Board of Supervisors is looking for students to represent Northwestern and Solon Springs High Schools. These are unique opportunities for youth to learn how local government works, knowledge that gives them a head start on future roles in public service, government, or business. Applications can be found on our website: <http://douglas.uwex.edu/4h/yig-forms/>

Summer STEM & STEAM

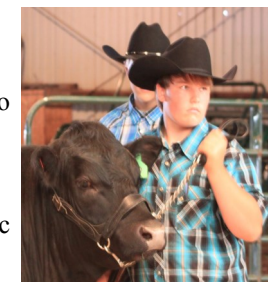
Last year we held our first Inventgenuity Camp, a week of hands-on STEM activities that gives 9 – 11 year olds a chance to build towers with Funny Gears, explore the outdoors with high tech gear, create roller coasters for marbles, and figure out how to build basic circuits. The campers had a wonderful

time and showed great teamwork skills. Inventgenuity Camp is back this year, from June 12 – 16 at the Youth Building on the Head of the Lakes Fairgrounds from 9:00 am – 12:00 p.m. New this year, there will be a STEAM LittleBits camp in the afternoons from 2:00 – 5:00 p.m. for 10 – 12 year olds. A STEAM activity includes Art, so it’s a STEM project with a creative side. Campers will start the week learning about how different parts work and building specific machines, then spend the last several days inventing fun devices from their own imaginations. The deadline to register is May 26 and the cost for each camp is \$15 for 4-H members and \$25 for non-members. (By the way, kids can join 4-H at any time for \$5/year!) Space is limited. Special note: Campers who register for both camps will NOT be supervised from 12:00 – 2:00. Parents/guardians must make arrangements for this time period. <http://douglas.uwex.edu/4h/special-events-and-camp-registration-and-info/>



4-H State Youth Conference

Wisconsin’s 4-H State Youth Conference is held every year in June on the UW-Madison campus. Hundreds of youth in grades 7 – 10 make new friends while learning new skills such as sailing, robotics, computer programming, photography, drama, art, etc. This year I will be leading a seminar entitled “4-H: A Bridge to Your Future” which helps members identify the technical and life skills they learn through 4-H projects and events. We will also practice communicating those skills to potential employers by writing “WOW” statements for resumes. Studies show 4-H alumni typically are strong in the “soft skills” employers are looking for, so youth



leave the seminar feeling excited about their 4-H experiences and more confident about their futures.

Head of the Lakes Fair: July 11 - 16

The Head of the Lakes Fair is much earlier this year, a change many 4-H’ers are applauding because they’re not competing with fall sports or the start of college. We are planning on having more volunteers available and larger exhibits as well! Anyone can enter projects either as 4-H youth in Junior Class, or any age in Open class. For more information go to <http://hofair.com/> or call the Fair Secretary at 715.374.2572.

Before the Fair kicks off, the grounds and buildings need to get in shape. Please join us on June 21st for United Way’s Day of Caring, a day for volunteers to give to their communities. United Way, Douglas County 4-H, and the Head of the Lakes Management team are asking for volunteers to come spruce up the facilities. If you can wield a paint brush or shovel please consider joining us. If you are willing to help or offer some sort of expertise, please call our office or “Crash” from the HOL management team (218.343.9623).



Junior Camp 2017: Mad Science!

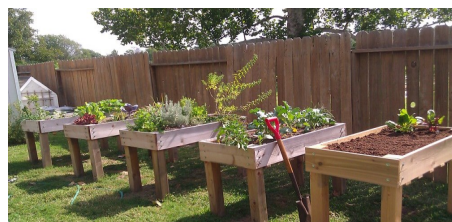
Junior Camp 2017 will be held at Leisure Lake Youth Camp near Spooner, WI the weekend of July 28-30. Older 4-H members learn leadership and teaching skills while acting as cabin counselors and activity leaders, and of course the campers (8 – 13 years old) have a ton of fun! This year the counselors decided the camp theme will be Mad Science. Lots of exciting and messy experiments are in store! Possible activities include making cardboard boats to race in the lake and really, really big volcanoes made outside. Thanks to some United Way funding, Douglas County’s Leaders Association subsidizes the cost of camp, so it’s only \$35 for members and \$40 for non-members. Everyone will go home with a camp T-shirt and lots of great memories! To register: <http://douglas.uwex.edu/files/2014/03/Jr-Camp-Registration-Flyer-2017.pdf>

Agriculture & Horticulture

Horticulture

It is spring, and horticulture is in the air. Remember that "Ask an Master Gardener" is available each Tuesday evening, 4:30-6:00 p.m. at the Solid Rock Garden located on 6th and Weeks. This is a great place to bring samples of weeds, insects, and gardening conundrums to be vetted by a local Master Gardener Volunteer. Keep an eye on your ash trees! This is the summer where we will be noticing the reality of the dead and dying ash due to the Emerald Ash Borer in Douglas County. If you do still have a healthy looking ash tree, consider treating it this summer in an attempt to salvage. <http://hort.uwex.edu/articles/homeowner-guide-emerald-ash-borer-insecticide-treatments/>.

We are excited to note that two of our recent Master Gardener interns will be hosting an accessible garden bed demonstration on June 3rd at the Broadway Gardens on Hammond and Broadway. Come and learn some new ways to design a raised bed garden and share what has worked for you. The theme of the garden will be kitchen and culinary/medicinal herbs.



Raised beds for local food and accessible gardening

Agriculture

We have heard a lot in the news lately about dairy farms throughout the state having their milk hauler contracts cancelled, with Grassland Dairy being the most often mentioned. As you can imagine, this leaves the dairy farmer in a terrible bind, especially when the market is facing a milk surplus. Where will the milk go if there is no one to haul it and nowhere to store it? Some farmers were the first to get in line with a cheese plant or other processor who can turn their milk into a dairy product with a longer "shelf life". Others are still looking, considering cutting their herd size, or taking a break for the short or perhaps long term. In Douglas County, our dairy farmers ship to Burnett Dairy or Organic Valley Dairy of La Crosse Wisconsin, south of La Crosse. They are all family farms making their business decisions based on quality of life for their family and communi-

ty. They are impacted daily by the milk market. They ARE the milk market.



Tepeol Dairy ~Grass fed Milk! (J. Anklam)

They are in business because they have established a niche with organic milk or a local dairyyes, Burnett is considered local. They are tuned into the international dairy trends and read the Dairy Situation and Outlook Report monthly as offered by UW Extension.

This summer, our Dairy Farmers will be participating in a dairy research projects for pasture management, forage for profit, and nutrient management. Their work in cooperation with UW Madison and Organic Valley will culminate in a Dairy Field Day this summer. Get to know your dairy farmer. They are committed to their business and community. If you are interested in being involved with the Dairy Field Day, please contact Jane Anklam, Agriculture Educator, 715-395-1515, jane.anklam@ces.uwex.edu. Douglas County is also preparing for the potential of a different farming system, the Concentrated Animal Feeding Operation (CAFO). This type of management relies on economy of scale to remain profitable. For the sake of regulation, a CAFO is defined as farms managing 1000 animal units or more. Like the smaller farms, CAFO's must deal with the market, weather, waste, and sustainability. Their scale can help them in navigating markets, but offer great environmental challenges and infrastructure needs. The Livestock Operations Team has been working together for over 6 months to thoughtfully consider how to permit CAFO's in Douglas County. Our cold wet soils are a challenge when it comes managing and storing excessive nutrients.

Part of permitting will require a realistic Nutrient Management Plan. Both the Livestock Operations Ordinance and the Manure Storage Ordinance Draft will be available to the farmers and non-farmers

alike to review this month. Do not hesitate to contact Jane Anklam with questions as you navigate these important draft ordinances.

Local Food

A sustainable local food system starts with excellent farmers. This spring, 25 youth and adults took part in the UW Extension's Meat Animal Quality Assurance training. The focus was on animal health, disease prevention, use and storage of medications, and Veterinary /Client/ Patient Relationship. Expectations of a safe food supply and separation between the farmer and the consumer by miles or generations makes it essential that our youth producers as well as our seasoned farmers keep on top of the best management practices of producing meat. Not only is this important for excellent and safe food, but it makes for a more profitable agriculture economy. Congratulations to all of our participants!

Remember, if you are growing your own local food, now is a good time to submit a soil sample to the UW Soil Testing Lab. It is not a good idea to toss in a little "10-10-10" into your vegetable garden every season. It is good to know your soil's pH and recommended nutrients. You work so hard and deserve to have a successful harvest. Pick up a soil testing kit for your garden at the UW Extension office, Rm. 107 Douglas County Courthouse, or check out the UW Soil testing website <https://uwlab.soils.wisc.edu/>. This is the year you will eat fresh and local. Do not forget to shop at the Superior Downtown Farmer's Market opening Wednesday May 31. This year your downtown local growers will be setting up at 1215 Banks in front of the World of Wheels. Shop at Barkers Island Farmers Market on Saturdays starting May 20, 9:00-12:00.



Jane Anklam
Agriculture/Horticulture
Educator

FoodWise Nutrition Education



Julie Montgomery
FoodWise Coordinator

New FitWise Program Builds Active Stronger Seniors

FoodWise Coordinator Montgomery obtained certification to teach FitWise, an evidence based strength training program based on the Strong Women Program to provide adults who are low income a free opportunity to increase their muscle strength, flexibility and balance. New to Douglas County, the Strong Women program had been offered in only one county north of Eau Claire, WI (Iron County) prior to our pilot program. Discussion with county partners identified participants of the Superior Senior Center as interested in maintaining strength and mobility as they age. Twelve participants aged 65-93 years of age attended the ten week twice weekly class at the Superior Senior Center offered January thru March 2017. Pre and post "Senior Fitness Tests" designed to measure strength and flexibility were completed by participants. Results showed all participants had improved or maintained in all or most of the six areas. Eighty-two percent of participants reported feeling physically stronger and have become more active as a result of participating in FitWise.



Nutrition education using the Healthy Weighs for Less FoodWise mini lessons was included once per week in addition to the exercise class. Seniors reported learning to rinse canned fruits and vegetables to reduce sugar and sodium content and how to identify a whole grain food. A healthy low cost recipe and food sample was provided with each lesson. Participants appreciated receiving a new healthy recipe weekly and valued the nutrition information and cost per serving information included. Of the eleven respondents four (36%) would like to re-enroll in another FitWise series, three (27%) don't know and four (36%) are not interested in an hour class twice weekly.

FitWise
Strength Training
Program Pilot



This program is based on the StrongWomen Program- a national evidence-based community exercise and nutrition program created by Dr. Miriam E. Nelson and colleagues @ Tufts University, supported by Cornell University and brought to you by the University of WI-Extension.