



**Douglas County
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Newsletter

MARCH 2017

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



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Douglas County Courthouse
1313 Belknap Street, Room 107
Superior WI 54880
Phone: 715-395-1363



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| In this issue: | |
|---------------------------------|---|
| In this Issue | 1 |
| Upcoming Events | 1 |
| Economic & Development Educator | 2 |
| 4-H Educator | 3 |
| Agriculture/Horticulture | 4 |
| FoodWise/FitWise Coordinator | 5 |
| FoodWise Educator | 6 |
| Family Living | 7 |
| UWEX Contact Information | 8 |
| Social Media links | 8 |

| Upcoming Events | |
|---|-------------|
| 4-H | |
| 4-H Jr. Camp Staff Training, March 31 | March 31 |
| Cultural Arts Festival, April 22 | April 22 |
| FoodWise Nutrition Education | |
| Initial FY18 grant meeting Wausau | March 6-8 |
| Superior Head Start parent lesson | March 16 |
| Elementary school youth lessons | |
| FitWise at Senior Center, ongoing | |
| Brule Head Start parent lesson | April 5 |
| Family Resource Center Parenting 101 series | April 24 |
| Harbor House adult education classes | |
| Elementary school youth lessons | |
| Family Living | |
| Relationships Matter | |
| Raising a Thinking Child | |
| Tucker the Turtle Takes Time to Tuck and Think | |
| Ag/Horticulture | |
| Bayfield and Ashland County UWEXT Fruit Growers Clinic | March 13-14 |
| Aspects of Healing Horticulture | March 16 |
| Farm Succession Webinar and Estate Planning | March 23 |
| Meat Animal Quality Assurance Workshop | April |
| Beyond Pollinators: Other Beneficial Insects in the landscape | April 6 |



Community & Economic Development



32nd Superior Days

The 32nd Superior Days was held February 21 and 22 in Madison,

where 104 adults and 50 youth and chaperones represented the interests of Northwestern Wisconsin. During the Superior Days general sessions, delegates heard keynotes from Senator Tom Tiffany, who has been a political supporter of Better City Superior; Captain (Ret.) Jason Church delivered a



motivational address; and John Koskinen, State Economist, to the Department of Revenue talked about the state of the economy.



Delegates made up 29 lobby teams that attempted to meet with all 132 legislators, in both chambers. Delegates lobbied for four key legislative issues: expansion of exposition districts for small and mid-market communities for Better City Superior, a local option sales tax for roads pilot program in Douglas County, support for

UW-System and Wisconsin Technical Colleges biennial budget request, and a request for an increase in payment in lieu of taxes (PILT) from 30-cents per acre to \$1.

In addition, there were three additional legislative issues: modernizing 9-1-1, request to allow counties to re-enact shore land zoning standards, and giving counties more ability to enact water quality standards.

In addition to the traditional lobbying and speakers, the Superior Days delegation hosted their annual reception and Best of Wisconsin's Northwest Showcase at the Madison Concourse Hotel.

This year 25 local businesses, non-profits, and educational institutions displayed in the showcase.



The youth held their annual Superior Days banquet as well, with a keynote from Wisconsin Supreme Court, Justice Shirley Abrahamson.



Supreme Court Justice Shirley Abrahamson



James Anderson
Community & Economic Development Educator

Tapping into the Entrepreneurial Spirit

In January, UW-Extension and Wisconsin SBDC at UW-Superior started a new speaking series, Superior Entrepreneurs On Tap (www.SuperiorEntrepreneursOnTap.com). The purpose of this series is to connect current and aspiring entrepreneurs with successful entrepreneurs and resources, and to create a "community" where like-minded entrepreneurs can network and learn from each other.

The January session featured Elissa Hansen who spoke on crowdfunding strategies for businesses and creatives. February featured Aimee Glonek & Andrea Ploeger the owners of Blue Arrow Boutique. In March, Dan Klarnar will talk about his destination retail business, Sweeden Sweets. All of the sessions in the Winter/Spring 2017 series will be held at the newly restored Cedar Lounge.



Photo: Elissa Hansen speaks on crowdfunding

Family Living

Northwestern Elementary School

Northwestern Elementary parent-teacher conference nights, which were held in February, provided the perfect opportunity to help parents, caretakers and academic staff learn techniques to use to prepare young children to process and manage strong emotions in a positive healthy manner that lead to strong self-regulation skills.



Tucker the Turtle puppet

UW-Extension Family Living Educator, Araceli Whitwam provided a free class where participants were invited 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 children as they learn the technique.



Tucker the Turtle Keyring cards with cue cards



Araceli Whitwam-Sell
Family Living Educator

Teaching Young Children the Art of Self-Control

We all experience moments when our emotions control our actions. None of us were born with the ability to manage our emotional responses in healthy and appropriate ways. But most of us, with much practice, have learned emotional self-regulation skills through our interaction with parents and caretakers.

Self-regulation-what is it?

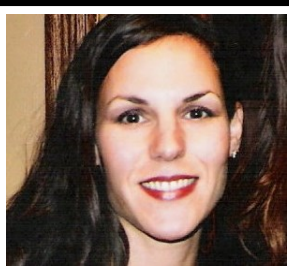
Self-regulation is being able to manage feelings so they don't negatively impact our relationships or day-to-day life. Self-regulation is not about suppressing our feelings because that would be unhealthy. Knowledge and practice of self-regulation skills allow us to recognize and express what we are feeling, without negatively affecting others and ourselves.

Why is self-regulation important?

A robust body of research has found positive benefits in children that are able to regulate their emotional responses and state the ability to self-regulate is a strong predictor of academic success. Additionally, children with strong self-regulation skills become less vulnerable to the ongoing impact of stress and are also more likely to have the emotional resources to maintain healthy friendships.

Self-regulation develops over the years but by the age of five, most children are able to regulate their emotions most of the time, however, we should always remember that children will develop at their own unique pace. Regardless of age, opportunities to strengthen the capacity for self-regulation are something that all children will benefit greatly from.

FoodWise Nutrition Education



Tarah Nichols
Nutrition Program
Educator

FoodWise

The FoodWise Nutrition Education Program just finished with fifth grade classes at Lake Superior, Cooper, Bryant and Northern Lights schools.

Students were taught five one hour lessons on topics such as MyPlate, how to increase fruits and vegetables at mealtimes/snacks, how to read food labels, and how to use the 5/20 Rule to determine if a food is high or low in a nutrient. One favorite lesson this year was the Calcium lesson. We talked about ways to ensure students were getting 3 cups or equivalent of dairy a day. Alternative suggestions were given to those students who were lactose intolerant or chose not to drink milk. The highlight was a demonstration we set up during the lesson. We took a chicken leg bone (meat removed) placed it in a jar filled with vinegar, and we left the bones for a week.

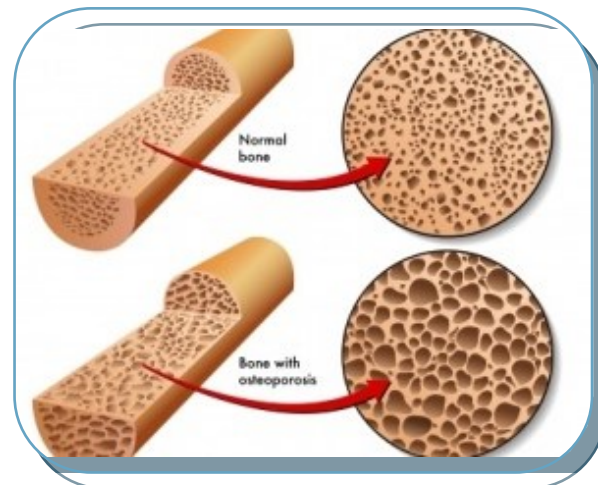


The students hypothesized what might happen. When I returned for the following lesson we checked to see what happened to the bone.

We emptied the jar and noticed the bone was rubbery and bendable.



The vinegar had sucked the calcium out of the bone. If the bone had been left to dry, it would become brittle and could break easily.



This demonstration showed us what could happen over time to our bones if we don't get the calcium we need, our body will take it from our bones and leave us with brittle bones.



4-H Youth Development



Sharon Krause
4-H & Youth
Development Educator

4-H: Partnerships

Douglas County 4-H offers over 100 projects and events for youth to participate in each year. Yet many families are unaware of what we offer. How do we extend the reach of our youth development programs? By sharing resources with schools and other non-profits. Instead of competing we are offering partnerships with other non-profits, more resources for schools, and a Cultural Arts festival.

Other Non-Profits. 4-H Afterschool Clubs are a great way for kids to learn about our program. However several schools do not have one because there weren't enough students registered; they are already involved with other programs. Instead of competing, we are finding ways to work together. Starting this spring we will work with the Superior Boys & Girls Club, bringing STEM activities to an underserved audience. By doing so we gain access to youth we would not otherwise reach, and the Boys & Girls Club gets our STEM expertise and resources.

Schools. Research has shown that older students are more likely to enjoy and pursue STEM classes when they participate in activities while in elementary school. In March we are starting a pilot program at Cooper Elementary, a biweekly LittleBits club for 4th and

5th graders enrolled in the latchkey program. Students will be able to build various machines with pre-made circuits, an experiential learning activity rarely found during normal school hours.

Another resource for schools and non-profits is the Digital Observation Technology Skills kits program. The D.O.T.S. kits are a collection of tools used to study the environment. Once Douglas County 4-H Youth Development Educator Sharon Krause has trained teachers and/or students how to use the tools, teachers can check out the kits for free, much like a library system.

Superior Days

Superior Days offers high school juniors and seniors an opportunity to not just explore important local issues but to lobby for them in Madison. While doing so they study how local and state governments work by learning the difference between agency and legislative issues; the process counties must go through to get permission to institute new taxes; how a bill becomes a law; and other facets of government and politics.

The Superior Days experience is a window into the democratic process that educates not only our own youth but those from surrounding counties and areas outside of them. Very outside! This year foreign exchange students from Finland, Germany, Kenya, Malaysia, Kosovo and Japan will participate. The youth delegation's schedule in Madison includes their own Keynote Speaker, Supreme Court Justice Shirley Abrahamson, and a special seminar by UW-Madison Associate Professor Michael Wagner on the intersection between media and politics.

Cultural Arts Festival

New this year, 4-H's annual Cultural Arts Festival will be open to all Douglas County students in grades K-13. The event, held at Northwestern Elementary School on April 22nd, is a great tune-up for the Head of the Lakes Fair (coming July 11 – 16, 2017). Students can enter the same project in both events, and receive awards for both!



The Cultural Arts categories are:



Computer Art; Writing; Literature; 4-H Posters; Photography; Arts & Crafts; Speech; Solo Acting; Group Drama; Demonstration; and

Music (individual and group).

Projects and performances will be evaluated by 4-H judges and each entry will be awarded a first, second or third place.



Each entry will also receive a premium of \$1, \$2 or \$3. All projects must have been completed during this school year, and school projects are eligible.

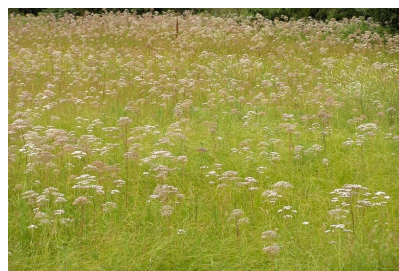
The Douglas County 4-H Cultural Arts Festival is a wonderful way to celebrate the creativity and artistry of our youth. For more information please contact our office or go to our website. The deadline to register is April 7th.



Agriculture & Horticulture

Agriculture

Spring of 2017 will see the light of a new Farmland Preservation Plan, development of a Confined Animal Feeding Operations Ordinance, and steps forward in nutrient management planning and implementation for Douglas County. Townships throughout the county are able to use the Douglas County Farmland Preservation Plan to guide the implementation of prime farmland conservation and development as reflected in their comprehensive plans. As noted, Douglas County is not at a loss for open space, but it does have challenges when it comes to sustainable farmland soils. Those areas of the county that are managed for agriculture respond economically and environmentally to nutrient management plans, cover crops, wetland conservation, crop rotation, and sustainable forage practices. This summer, UW-Extension Douglas County is participating in agronomic research proposals for *nutrient management of biosolids, organic dairy pasture management, invasive Valerian management* in hay fields and comparing *forage loss for varying harvest techniques*. All will add to the body of knowledge of how agriculture “works” on the soils and climate of Douglas County. Thanks to our farmers who participate in these research projects!



Invasive Valerian, Douglas County/ Bayfield

Local Food

A kick off meeting of local market vegetable growers and local chefs starts us on Season 2 of UW Extension Seed to Kitchen project. The intent of the project is to have a local stake in market vegetable varieties that thrive in our region and hold up to our local food demand for flavor and versatility.

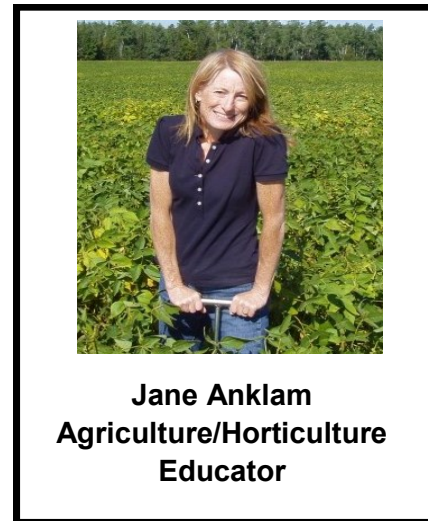


Photo: Seed to Kitchen vegetable trail tasting (beets) Local growers Dave and Rachel Grapentine

“I really enjoyed getting to talk to everyone, and it was definitely worth the drive,” reported Dr. Julie Dawson, Department of Horticulture, UW Madison. “I appreciate all your help to promote this project in the North Country, it’s exciting to see it expand and I hope it will continue to be relevant to folks up there.” As a matter of fact, this research and application is being pursued to meet the local food objectives of Douglas County’s Comprehensive Plan and County Board Priorities and fits within the objectives of the Local Food Coalition facilitated by UW-Extension Douglas County. Several local growers will participate in the variety trials which will include winter squash, onions, beets, carrots, tomatoes, and peppers. A taste testing will take place at the end of the season. Bon Appetit!

Horticulture

UW-Extension is partnering with City of Superior Public Museums, Fairlawn Garden Club, and the



Jane Anklam
Agriculture/Horticulture
Educator

Lake Superior Master Gardeners to offer an excellent community horticulture lecture series. It is important to understand active horticulture is an attribute of a sustainable community. The University of Wisconsin Extension has a responsibility in providing support for sound horticultural practice. To that end, we have arranged for 3 of our top UW Horticulture specialists to present as part of the series: Dr. Mark Renz, Invasive Plants of the Northwoods (March 9), Dr. Mike Maddox, Aspects of Healing Horticulture/Therapy (March 16), and Dr. Patrick Liesch, Beyond Pollinators: Other Beneficial Insects of the Landscape (April 6). Each of these researchers are frequent guests on the WPR’s Larry Meiller’s Garden Talk. In addition presentations on Roses and Orchids are also part of the program. Horticulture is an art and a science and a very important hobby for many. Equally important, it is a mortar for the social and economic infrastructure of a community.



Master Gardeners developing the horticultural landscape for Imogene McGrath Memorial Library, Lake Nebagamon



Julie Montgomery
FoodWise Coordinator

The FoodWise FitWise Pilot Program

“Staying physically active and being properly nourished is one of the most important things we can do to stay healthy for life,” according to Tufts

University research. For more than twenty years Tuft’s University and scientists around the world have gained valuable knowledge about the aging process and how we can maintain strength, independence and dignity throughout the aging process. Participation in regular strength exercises prevents osteoporosis and frailty by stimulating the growth of bone and muscle.



Tufts’ research indicates that feeling physically strong also promotes mental and emotional health. Tufts’ University points out that “No group in our society can benefit more from regularly performed

FoodWise Nutrition Education

exercise than middle aged and older adults.” Research has indicated that exercise with weights (strength training) will increase strength, muscle mass, and bone density in middle aged and older women. Strengthening exercises reduce the risk of numerous chronic diseases such as diabetes, heart disease, osteoporosis and arthritis. Strength training has been shown to reduce depression, improve sleep and contribute to a sense of well-being among older adults. These are just some of the reasons that UW-Extension FoodWise programs are pilot testing the Strong Women/Strong Bones strength training program renaming it FitWise for piloting.



Douglas County FoodWise is one of eight counties piloting the 12 week FitWise exercise program for adults age 18 years and older which includes initial participant screening, a pre- test, post- test, and pre and post evaluation. Initial paper work meetings were held in December with classes beginning in early January.

The FitWise class has been meeting every Wednesday and Friday at the Superior Senior Center for one hour of strength training exercise twice per week. Attendance includes as many as 19 total participants with a group of nine or ten attending regularly. The second week of January’s below zero extreme temperatures and icy conditions did not keep many a senior from attending. Superior

seniors are a dedicated group of individuals!

Participants use dumbbell hand weights ranging from one pound to ten pounds each. Adjustable leg weights are used for leg exercises with weights ranging from 2.5 to 10 pounds. Every exercise is completed with two sets of ten repetitions each in a controlled lift and return. Classes must have at least one day in between in order for muscle groups to recover.



Exclusive to FitWise the nutrition education program pilot includes a nutrition lesson and healthy food tasting once per week. Using the research based Extension curriculum Healthy Weighs for Less, participants are learning the MY Plate method of healthy eating and have enjoyed tasting squash soup, quinoa apple spinach salad, mango smoothies, homemade crispy granola, Hurry-up Baked Apples, warm bean dip, and yogurt with fresh strawberry parfaits.

This spring the results of our FitWise pilot program will be collected and analyzed. It is our hope to expand the FitWise program within our county in the future.

