

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

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UW-EXTENSION NEWSLETTER ~ NOVEMBER 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

4-H & Youth Development

Transitions

Fall is the time of year when the transition from one season to another seems to happen quickly. One week the weather is warm, the next there's frost in the morning; shortly after that we're treated to spectacular colors, and we know snow will be in the forecast soon. Summer wasn't that long ago, and yet it feels further away because of the drastic differences.

The same type of transition happens in 4-H: Not long ago teachers and 4-H colleagues were notified that students could begin registering for Superior Days 2018, and our first training session is November 6th! Just a few weeks ago I promoted our afterschool clubs during open houses, and now they're starting the first week of November! For more information and/or to register for Superior Days, go to www.superiordays.com. To learn more about afterschool clubs, keep reading!

Afterschool & Community Clubs

Afterschool Clubs meet once a month from November through May and are a great way to introduce families to 4-H. I am again leading them this year at Bryant, Four Corners, Great Lakes and Northwestern Elementary schools. Students from K-5th can join for free by registering online at www.4hOnline.com.

One of the goals of an Afterschool Club is for its members to transition into Community Clubs, which are the backbone of 4-H. These clubs are led by volunteers and promote our four essential elements of Belonging, Mastery, Independence and Generosity. Belonging comes from the fact they are open to any youth in grades K-13 and we are intentionally welcoming to new members. Mastery comes as youth learn about topics they are interested in, choosing up to 10 each year which are evaluated by judges during the county fair. Projects build over the years so they're always improving their knowledge and skill. While learning, youth are encouraged to make their own decisions and to share their knowledge with younger members, promoting Independence. And all our clubs are

Upcoming Events

Community & Economic Development

- November 13: Superior Entrepreneurs on Tap
- November 20: Superior Days Planning Meeting
- November 21: Workforce Roundtable

Agriculture/Horticulture

- November 9: Superior Community Garden Assoc. Planning Meeting
- November 10: Badger Swine Symposium
- November 14: Beef Association Meeting

FoodWise

- Mid-November: FitWise classes
- November 7: High Quality Evaluation, DC FoodWise providing direction to the State
- November 14: FoodWise education at WITC

4-H & Youth Development

- November 1: 4-H Afterschool Clubs begin
- November 6: Superior Days Youth Delegation Training #1, 6:00 pm
- November 12 – 17: National 4-H Conference in Indianapolis. Sharon co-presenting a seminar.
- November 27: Registration closes for Superior Days youth delegation.

asked to practice Generosity both within and outside of their group. Our youth and mentors donate hundreds of dollars and volunteer hours to their communities by helping in food pantries, the Relay for Life, visiting nursing homes, donating materials and funds to other non-profits, etc.

(Cont'd on page 2)



To begin, a club must consist of at least 5 youth from three different families. We are pleased to announce a new club: 4-H Discovery Club started in September and already has 30 members! One of the reasons for the strong start is its emphasis on STEM (Science, Technology, Engineering and Math). STEM activities are extremely popular. If you are a regular reader of this newsletter you know we have been using them as part of an outreach effort to promote 4-H to new families. It is thrilling to have volunteers excited about bringing these projects to youth in our county. The 4-H Discovery Club meets on the 2nd and 4th Tuesdays of the month at Cooper Elementary from 6:00 – 7:15.



Other highlights of Achievement Night included special honors for Family of the Year – The Krolls;

and the Key Award to an outstanding older youth member, Kevin Garland.



Moving Forward

A transition requires movement. As 4-H begins its new year we will be putting new events on our calendar and improving ones we already have. One tool I hope will help is a resource binder for club leaders. This is a project I started last year but had to put on hold when the state program changed a number of items. The state has great resources online for volunteers and members to use, but many of our families don't have good wi-fi at home. Needless to say, I am happy to get it into the hands of our great volunteers! Another tool we're making available is a new project book for our youngest members, Cloverbuds (K-2nd graders). Cloverbuds do not sign up for projects like older kids; instead, they are encouraged to try a bunch of different activities to see what 4-H offers and what they like best. The new books spread out these activities over three years so they can try everything!

This fall we have been transitioning into our school year and winter events. Please contact us for more information about afterschool clubs, community clubs, Superior Days or other events.



Sharon Krause
4-H & Youth Development Educator

Volunteers & Achievement Night

Volunteers are the engine of 4-H. Here in Douglas County welcomed 8 new adults to Douglas County 4-H after they completed the required 90-minute orientation. Please contact me if you are interested in becoming a volunteer at 715.395.1365 or sharon.krause@ces.uwex.edu.

These new volunteers join the 60 veterans who were honored during Achievement Night on October 15th. This annual event celebrates the work volunteers do and also recognizes more than 70 businesses and organizations who supported our programs during the past year. This year we were treated to something new for the event, a skit put on by the Northern Lights community club from Superior. Their play was a 4-H spin-off on the Wizard of Oz, complete with great costumes and props! Kudos to the cast and crew for a great job!

Achievement Night also recognizes older youth in grades 8 – 12 who have gone through our Member Evaluation process. During this process members complete an application telling about their 4-H experiences and interview with the 4-H Board of Directors. Come Achievement Night these youths receive project pins,

scholarships for educational trips and special awards. This year's trips will be fully funded by the Douglas County Leaders Association:

- Superior Days: Kevin Garland, Sarah Wahlquist, Sasha Achucarro (\$40 and hotel rooms)
- Winter Camp: Marissa Soyring & Armella Lane (\$80)
- Space Camp in Huntsville, Alabama: Marissa Soyring & Armella Lane (\$625 each)



Agriculture

What is a "Land Grant Institution?" University of Illinois, Iowa, Michigan, Wisconsin are all Land Grant Universities. So are the University of Vermont, Alaska, Tuskegee, Hawaii, Berkley and Puerto Rico. These institutions all have at least two things in common: Their state or territory received funding from the Federal Morrill Act (1882, 1890,) and as was required by this Act, created an institution of higher learning to teach "Agriculture and the Mechanical Arts". The goal of this legislative mandate was to extend higher education to the broad U.S. populace. What an ambition! Wisconsin has one Land Grant University at Madison. In 1887, a research component was added to the Land Grant responsibility so to provide a research and teaching avenue from the university to the farmers and rural community.

In 1965, Wisconsin's Cooperative Extension became its own "department", no longer under the UW -Madison College of Agriculture and Life Sciences. At this juncture, independent budgets were derived, prepared and negotiated for UW Extension, separate from the College of Agriculture and Life Sciences. The mission, however, remained the same: extension of University research and education to all corners of the state.

Today, the UW System welcomes the return of Cooperative Extension to the College of Agriculture and Life Sciences. Many of our neighboring Land Grant Institutions have continued to follow this model. The expectations of how we maintain our Extension role through the Morrill Act remains the same. Wisconsin has always been thoughtful of how it pursues the Wisconsin Idea through Cooperative Extension.

For Agriculture in Douglas County, it is time to take a fresh look at our needs in relation to sustainability, land use, and emerging markets. A survey instrument is being designed locally to gather information to reflect research and education needs of our community. The new Farmland Preservation plan along with the needs evaluation will serve to direct agricultural research and education over the next 5 years for Douglas County.

Three agriculture field events were held late this summer, expanding on priority topics for our farmers: Effective **pasture management** for soil health, Beef Quality practices and **business planning**, and **nutrient management** for sustainable forage and water quality.



Soil health as a component of a sustainable pasture, dairy Roundtable Field Day, Johnstad's Dairy Farm, August 2017

We will continue to refine these concepts and will join them to on farm demonstrations and trials.

Horticulture

As we end the growing season, Master Gardeners are accounting for their volunteer hours dedicated to horticulture education for Douglas County. Projects range from **growing food for the Solid Rock** meal program, hosting a **fruit tree pruning demonstration**, encouraging the art and science of horticulture by **teaching rose and orchid culture**, instruction for a **horticultural therapy workshop** for community leaders. These are just some of the valuable offerings that the Master Gardeners have accomplished this year. Consider letting your local Master Gardener know how you appreciate their work. They are preparing their plan for 2018 and love to learn of your local needs!



Master Gardeners Janet and Laura with the accessible raised bed and herb garden built and grown for community demonstration, Superior's Broadway Gardens

Local Foods

As with Agriculture and horticulture, local food research needs continue to be refined. Understanding what the grower needs to be profitable in our market has emerged as a key question. The Douglas County Farmland Preservation Plan indicates the intention to support local food production and "niche markets". What does that mean? What are we capable of? Working with the UW Madison's Community Food Systems Team along with local growers, processors, and businesses will be key in answering these questions.

Speaking of Community Food, an initiative has been launched by Master Gardener graduates to designate and prepare a community garden. In the early stages, leadership, by-laws and the initial budget is being developed. The group has met with the city to identify a location and stipulations. The shared vision is accessible space to grow food for your family and community. We will be researching good community garden practices and ground rules to achieve these intentions. Ask me about the progress on this important initiative.



Jane Anklam
Ag/Horticulture Educator



There have been numerous changes in the three and a half years that FoodWise educators have worked together building FoodWise Douglas County program.

	White Potatoes*	Sweet Potatoes*
Calories	130	180
Fiber (if skin is eaten)	3 grams	7 grams
Protein	3 grams	4 grams
Carbohydrate	30 grams	41.4 grams
Fat	Less than 1 gram	Less than 1 gram
Sugar	2 grams	12 grams
Vitamins	29% of your daily vitamin C needs	65% of your daily vitamin C needs More than 100% of your daily vitamin A needs
Minerals	21% of your daily Potassium needs 13% of your daily Manganese needs	27% of your daily Potassium needs 50% of your daily Manganese needs

*Information based on a one-cup serving including potato skin Potatoes are delicious, nutritious and low cost. The healthiest potato recipes don't add a lot of fat and calories.

Here are a few from the website that we particularly enjoy.
[Healthy Hash Browns](#) – a healthy twist on an old favorite.
[Sweet Potato Fries](#) – this recipe works with sweet or white potatoes and tastes great when you mix the two together.
[Best Baked Potatoes](#) – this method works well for both sweet and white potatoes.
[Mashed Sweet Potatoes](#) – plan to include these on your holiday table.

Add some potatoes to your grocery list today!



Julie Montgomery
FoodWise Coordinator



Tarah Nichols
FoodWise Educator



The last day of our 2017 program year was also the last day of work for the very knowledgeable Program Assistant, Virginia Leith. Virginia devoted herself to entering program and evaluation data, updating budget sheets, scheduling in school teaching, designing pamphlets, fliers and newsletters, electronically mailing/printing programming information, putting FoodWise educators annual grant together, anticipating needs, and reminding us of what was coming next for more than fifteen years! We wish her the best in what is her second retirement!

The statewide use of Kansas State University's Program Evaluation and Recording System (PEARS) is designed for educator input of program data, evaluations, policy system and environmental (PSE) change efforts, program partnerships and indirect program activities. Positions have evolved to include educator planning, carrying out and reporting efforts which has eliminated additional support staff positions.

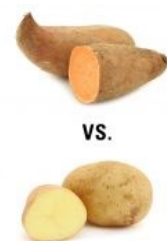
The changes continue as educators learn to adapt to the beginning of our 2018 program/grant year which began October first. Tarah has set-up her schedule and begun to teach and evaluate her programming with youth in grades 1, 3 & 5 in the four elementary schools which meet our 50% free & reduced meal status requirement for SNAP-Ed (nationally) FoodShare (WI). Julie is working on completion of county end of the year narrative report, planning for a new FitWise class at Faith United Methodist Fellowship Hall (November start) and meeting with adults in transitional housing programs. It is good that they both love to be busy!

In addition to the change in job duties the statewide FoodSense newsletter is evolving to a two paged circular coming soon. Much more is required of educators and the hours of the day remain the same as we look forward to lighter evenings ahead.

Enjoy the potato information from our colleagues at Iowa State University Extension and Outreach. White potatoes have gotten a bad rap. Read on to gain clarification and enjoy the recipes!

Which is better, sweet potatoes or white potatoes?

The honest answer is they are both delicious and nutritious.



There is certainly room for all types of potatoes in a healthy diet. Potatoes of all kinds can be prepared simply and in a wide variety of ways. They both provide nutrients that are important for good health and they taste great when mixed together in recipes. Here is a snapshot of what white and sweet potatoes have to offer.

Retail and Service Study Demonstrates Superior as a Draw for Minnesota Consumers

In the spring of 2017, UW-Extension and the Development Association completed a market analysis study for service and retail businesses in Superior. The purpose of the study was to measure the impact that Minnesota consumers have on the retail and services market in Superior. The Development Association and City of Superior used the study while recruiting businesses at the RECon: The Global Retail Real Estate Convention.

The study examined eight businesses located in the City of Superior. The participating businesses captured customer residential information as part of their sales transactions. The study preserved customer confidentiality and proprietary business information. Customers zip codes per transactions were analyzed to determine the market area for participating businesses.

The study, led by Bill Ryan, UW-Extension Community Business Development Specialist with the Center for Community & Economic Development found that customers from Minnesota offered the following significant impacts:

- All eight of the businesses providing information experienced significant sales from Minnesota residents;
- Three of the eight businesses experienced more sales activity from Minnesota based customers than Wisconsin residents;
- 15 zip codes comprise the primary market area for participating businesses, accounting for 75% of customers, which expands the traditional market area for the City of Superior;
- The expanded market area includes an expanded demographic that makes Superior more attractive to some businesses; and
- The net daily commuting patterns demonstrate that over 700 more people commute from Minnesota to Wisconsin for employment than Wisconsin to Minnesota, which grows the consumer market in Superior.

What is next? Dr. Steve Deller with the Center for Community & Economic Development has just released a report analyzing sales tax data for all 62-counties in Wisconsin that charge a local sales tax. UW-Extension Douglas County is analyzing this data now, as it pertains to Douglas County.

Superior Days

The 33rd Superior Days is rapidly approaching on February 20 and 21, 2018. On October 25th the Issues Identification meeting was held. Results were not available as of this newsletter printing, but you may find an update on www.SuperiorDays.com. If you have an interest, please join us for the community planning meeting on Monday, November 20th, noon at WITC-Superior and WITC-Ashland; and the session will repeat at 6PM at the Douglas County Government Center in room 270. Finally delegate registration and host hotel information may also be found on the Superior Days website. Please call me at (715) 395-1547, if you have any questions.



Terese Wentworth (right), with UW-Stout Center for Innovation presents at a recent Superior Entrepreneurs on Tap about their services that can assist entrepreneurs and inventors with bringing a new product to market.



Monica Wahlberg with WEDC opening up the Export Finance Assistance Roadshow. Area manufacturers and economic development officials are learning about export assistance available through WEDC, SBA, and other partners.



James Anderson
Community & Economic Development