



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

- Sue Hendrickson
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**UW-EXTENSION NEWSLETTER ~ MAY 2018**

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



**Upcoming Events**

**FoodWise**

- Family Resource Center— Parent Programming
- Food pantry visits

**4-H**

- May 18<sup>th</sup> - Youth in Governance applications due
- June 18 – 22 - Inventgenuity Camp
- July 10 – 15 - Head of the Lakes Fair
- June 21 – United Way Day of Caring: Fairgrounds improvement
- July 27 – 29 - Junior Camp

**Community & Economic Development**

- Broadband in Douglas County open forum, May 7 at 1:30 PM in 1007 Swenson Hall.
- County Officials Workshop, Cable, May 8, all day (pre-registration and fee required).
- Douglas County Workforce Roundtable, 2PM on May 15 at Chamber of Commerce.
- Local career opportunities at Superior High School, different business each Wednesday through remainder of school year.
- Development Association Annual Meeting, Barker’s Island Inn on May 18.

**Agriculture/Horticulture**

- June Dairy Day, Saturday, June 30th, Tepoel Dairy Farm, 11652 E. Tepoel Rd., Maple, WI

UW-Extension is hiring! As we have planned our nEXT Generation reorganization process, most hiring was put on hold. Over the past several months, Area Extension Directors have been hiring more than 40 county positions across the state. Several of those are filled, and others are in process. (In the coming weeks, Douglas County UWEX will be able to announce a new Human Development & Relationships Extension Educator!) In addition, statewide leadership positions are being hired. Our new organizational model breaks our programs into six Institutes, and each Institute will have a Director to lead program efforts across Wisconsin. The Institutes are: Agriculture, Natural Resources, Community Development, Health & Well-Being, Human Development & Relationships, and Positive Youth Development. Each Institute will be staffed with county educators, state specialists and other local or regional program colleagues, including our UW-Extension staff members located in the Douglas County office and at the Lake Superior National Estuarine Research Reserve.

For current openings, see: <https://www.uwex.edu/about/careers/jobs>

Submitted by, Mary Pardee,  
Area Extension Director (Douglas, Bayfield, Ashland & Iron Counties)

**UW Extension Staff**



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

**Community & Natural Resource Development**

**James Anderson**  
Email: [james.anderson@ces.uwex.edu](mailto:james.anderson@ces.uwex.edu)

**4-H & Youth Development**

**Sharon Krause, Educator**  
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**Agriculture & Horticulture**

**Jane Anklam, Educator**  
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**FoodWise**

**Julie Montgomery, Coordinator**  
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**Tarah Nichols, Educator**

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**Administrative Support Staff**

**Cheryl Shockley, Program Assistant**  
Email: [cheryl.shockley@ces.uwex.edu](mailto:cheryl.shockley@ces.uwex.edu)

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

Any person requiring special accommodations for attending Douglas County UW-Extension programs should contact

715-395-1363 in advance of scheduled programs so that appropriate arrangements can be made.

In April, I had the privilege to be invited to return to Bangladesh to continue work I started in the spring of 2017. In May 2017, I visited Bangladesh on an USAID Farmer-to-Farmer trip to consult with the Department of Youth Development on an entrepreneurship curriculum. This year, I returned to help them implement this curriculum and work with young entrepreneurs.

In April 2018, I returned to the Department of Youth Development (DYD), a department of the People’s Republic of Bangladesh, Ministry of Youth and Sports to help implement entrepreneurial training as part of their occupational skills training program. DYD trains young Bengali’s on a variety of agriculture related occupations, as well as: technology, office operations, fashion design, and textiles manufacturing. Since the Bengali economy struggles to keep up with job creation for its citizens, the department encourages micro-entrepreneurship by its trainees. This year I had an opportunity to work with 40 deputy directors and trainers for DYD on how to deliver entrepreneurship training, and how to use modern pedagogy that is more participatory and action learning oriented.

Starting later this year, DYD will invest over \$100 million (USD) in entrepreneurship development across Bangladesh, including implementing the curriculum I developed for them. This project was organized through Winrock International, an NGO that facilitates USAID, Farmer-to-Farmer program in Bangladesh. In addition to training DYD staff, the department also requested that I facilitate two training sessions for young entrepreneurs who have already started businesses, based on their DYD occupational training.

In Dhaka, the capital city for Bangladesh, I facilitated two two-day workshops for young entrepreneurs, mostly young women. These



Two entrepreneurs developing a Business Model Canvas, lean business plan for their business

entrepreneurs had varied businesses that included: textiles making, fashion design, handicrafts, catering, value added food production, ecommerce, and training centers to train others. These entrepreneurs also varied in experier with some being in business just a few months, while others have been in business for years.

During our two days together, I introduced the entrepreneurs to two tools to help them focus on growth for their business. First was the Business Model Canvas, which is a lean business planning tool. Each participant created two iterations of the canvas. The first represented their current state, and the second created a vision for where they wanted their business to be in 3 to 5 years. The Business Model Canvas sets a vision but lacks steps to get a business to the desired state. The second tool introduced to the participants included select parts of the Entrepreneur Operating System or EOS™ from the book Traction.

EOS helps businesses focus on core values, core business processes, and data to help drive business growth. We spent time discussing topics like: What are the key processes that each business offers; What is the unique value proposition for each business; What metrics does each business have, and can be monitored to measure progress towards achieving business goals; What goals need to be attained now and in the future to achieve the desired growth goal?



The second of two groups of entrepreneurs that I provided training, and Anower Hossain, Director General, Department of Youth Development (seated center in white shirt).

This two-day workshop left each of these highly motivated entrepreneurs with a vision for growth, and a tangible plan to work towards that goal. In addition, we had time to discuss “roundtable” issues that were of interest to participants. As I spent time with these young entrepreneurs, I was constantly reminded that their struggles and passions are more alike the struggles and passions of entrepreneurs in the USA than different.

I’d like to thank USAID, Winrock International, Department of Youth Development in Bangladesh, University of Wisconsin – Extension, and Douglas County for allowing me the opportunity to volunteer in Bangladesh on this project.



James Anderson, III  
Community &  
Economic Development

**Germs, Germs Everywhere...**

April marked the end of Nutrition Education in the classroom for the 17/18 school year. I had an amazing time teaching fourteen 1<sup>st</sup> grade classrooms (244 students) at Cooper, Bryant, Northern Lights, and Lake Superior over the past couple of months. Students are always excited for nutrition class to begin and especially for the food samples provided after the lesson. Each visit focused on a different food group over the five- week span. Handwashing and physical activity were incorporated throughout the lessons.



One of the most fun and memorable lessons is the germ activity. Prior to the lesson, invisible ink is sprayed on small sheets of paper. When the students are at their tables, everyone receives one paper to draw on - some that have



“ink”. The students then draw a sketch of a germ (pictures were in a book that was just read). After 20 seconds, the students then pass the paper to a neighbor and draw another germ on this new paper. Students switch enough times so everyone has touched the “invisible ink”. Students are then told about the papers and that some have this ink. We talked about how germs like this ink are invisible to our eyes alone but we know they are there. With the lights turned off students look at their hands under a black light. The student’s fingers glow where they had touched the ink. The students are able to see where germs like to hide and where they need to pay attention to washing.



Julie Montgomery  
FoodWise Coordinator



Tarah Nichols  
FoodWise Educator

Spring has finally arrived, which means summer is right around the corner! Douglas County 4-H & Youth Development is busy preparing, not only for the summer, but for an exciting new project that will start in the fall:

**Youth in Governance:**

For those of you who don't know, my role is a blend of traditional 4-H and youth development, which can take many forms. Most of my youth development work centers on our Youth in Governance programs, and we are currently recruiting high school students for seats on the Superior City Council and the Douglas County Board of Supervisors. The two-year terms start in September and require year-round attendance. Any student interested in learning how local government functions is encouraged to apply. The application deadline is May 18th, 2018.



**Inventgeniuty Camp:** This hands-on camp gives 8-11 year olds time to create, build and learn the engineering process. Activities include building circuits, making roller coasters for marbles and creating machines with LittleBits electronics. It will be held at the fairgrounds June 18-22 from 1:30 – 4:30 and the cost is only \$15 for 4-H members and \$25 for non-members!



**Head of the Lakes Fair:** Come help us fill the display cases at the county fair! Many people forget that adults can enter items in Open Class. Do you collect something? Have some cool antiques around the house? Like to garden, build, paint, or take photographs? All of these items can be fair entries! Every item you enter will receive a premium of \$1, \$2 or \$3 depending on how well it scores with the judges. The Head of the Lakes Fair is July 10-16 and you can sign up in June. For more details go to [www.holfair.com](http://www.holfair.com).

**Junior Camp 2018: Be a Hero!** Our weekend-long summer camp will be held at rustic Leisure Lake Youth Camp in Trego, WI from July 27-29, 2018. This year's theme is superheroes, and it's going to be a blast! Campers should be 8 to 13 years old as of July 27th.



Cost is \$35 for 4-H members, \$45 for non-members, and includes a camp T-shirt! We could use a few heroes to help run the camp, so please contact the Extension Office if you know of any teens looking for service hours. They do not need to be 4-H members to be cabin counselors.

**Cooper Elementary Community Garden:** Something new is coming to town, and it's really exciting to see how it's going to turn out! 4-H staff, volunteers and youth are working with Cooper Elementary School staff, Extension's FoodWise program, and a Master Gardener to rebuild the school's garden after it was lost during destruction of the new building. The goal is to have a garden that includes indigenous plants used by local Native Americans. Teachers will have access to lessons created by Native American educators; a Master Gardener will help plan the plots and teach about gardening; FoodWise staff will use garden produce to teach about nutrition; and the 4-H Discovery community club will help maintain the garden



during the summer months. In addition, the 4-H Discovery Club will fund raise to help pay for fencing and other materials. The hope is that the garden will become an integral part of the Billings Park community as well as the school.

This project is a great example of our Extension work meeting our overall mission: We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

For more information about any of these events, or to obtain registration/application forms, please go to our website:

<https://douglas.uwex.edu/4h/special-events-and-camp-registration-and-info/>



Sharon Krause  
4-H & Youth Development



**Local Food:**

In the northland we look forward to a new season of fresh, LOCAL food. Whether it is wild leeks and fiddle heads from our riparian woodlands, garlic chives from our awakening home gardens, tender greens from our regional famers markets, or fresh lamb from our neighbor or CSA, we are hungry! There are many ways that UW- Extension is researching, programing and measuring the economics, sustainable impact and agronomy around local food systems. In Douglas County this season UW- Extension Agriculture and Horticulture will continue to focus our local food systems work on developing home and community gardens and offering practical research based management for those considering engagment in a local food enterprise. Master Gardeners have joined the UW- Madison



The local, local Food! Community Gardens

Department of Horticulture Seed to Table Research Project this year. They will be growing organically produced new carrot varieties selected for

northern Wisconsin growing conditions, flavor, storage, and disease resistance. Other crops in the study include beets, onions, and potatoes. All are being rated in terms of their performance for a local food market. Thank you to the Master Gardeners and local growers continue to participate in this important project.

Local Food is most often realized through our home and community gardens. A new non-profit has been chartered to build the infrastructure, knowledge, outreach, and funding around community gardens and food in the City of Superior. The Superior Community Gardens Association (SCGA) was born out the local food coalition facilitated by Douglas County Extension since 2012. The founding board is of Master Gardeners, Educators, Students, business people and community who have a vison for neighborhood community gardens throughout the City. There is a lot of physical and governance infrastructure to build for the first garden at Oakes and 23<sup>rd</sup> St. UW – Extension will continue to serve as advisor to the SCGA. They are working closely with the neighborhood towards a goal of a beautiful fence, compost bin, and a good start on the beds this summer. Like us on Face Book! (Superior Community Gardens)

**Agriculture:**

“Silo” congers up a farm scape in rural Wisconsin. It also is a place where researchers and educators can become frozen in their own ideas and experiences. It is important that as we move forward considering sustainable practices for agriculture, we remember there is more than one solution

for one farmer, watershed or community. This summer UW Extension will be working with WLSSD and Douglas County farmers to incorporate research and demonstrations to show how following soil test recommendations will decrease over application of nutrients, manage yields and increase profit. In addition, we can build on what we Douglas County is learning about ground water and phosphorus movement in our rural watersheds. Watch for updates on the field study and demonstrations. By the way, such a project also applies to manure management and storage, a priority educational need noted in Douglas County's Farmland Preservation Plan. Other upcoming projects of note will be a grazing management field event in June and results of the invasive Valerian herbicide plots located south of Poplar, Wisconsin's Valerian epicenter.



Valerian in Wentworth hayfield, adjacent to pasture

**Horticulture:** Do remember that UW- Extension Horticulture and Integrated Pest Management programs have predictive models for up- coming pests and life- cycle stages. With this information growers can be proactive about pest management decisions and have an impact on decreasing the use of inorganic and organic pesticides on their trees, lawns, and gardens. Check our UW Extension Douglas County Website for updates on pests to be on the lookout for as well as management guidelines. You can also email Jane Anklam at [jane.anklam@ces.uwex.edu](mailto:jane.anklam@ces.uwex.edu) to report insects, weeds, and diseases that you find along with remedies.

We are encouraging community members to consider applying for the Master Gardener Level 1 Course offered this fall. The course is both on line and classroom based, lasting for 13 weeks. There is special need for people of a minority group, Veterans, disabled or lower income to become Master Gardeners in Douglas County. If you are someone or know someone in this demographic that would like to know more about the Master Gardener, please share with Jane Anklam, Horticulture



Jane Anklam  
Ag/Horticulture Educator