

Human Development & Relationships

Poverty Simulation

In partnership with the Douglas County Fostering Futures Initiative, over 200 professionals and community members were given the opportunity to experience, through live interactive role play, the challenges, barriers, stressors and discouragement of life in poverty. Participants, who represent stakeholders from every sector of our community from education to business to nonprofits, etc., walked away with a greater compassion and a desire to make a difference for the families in our community.



“The stress affects the whole family. I will be more empathetic with students.”

“Poverty affects the majority of the population. I want to bring more awareness to my school.”

“The actual emotions you feel while in poverty... Poor people aren’t lazy, in fact they’re working harder than we are. It’s helped me understand what some people can be going through.”

“They don’t have time to think about planning for the future or ‘investing.’ They literally have today. I have no excuse not to know what resources are out there. I’m not an island. Agencies should not be islands. We need to work together. It’s important to stay in our lanes, yes, and do our work well, but we must be open and AVAILABLE.”

A huge thank you to Lynn Tracy at Catholic Charities for her tireless work helping to coordinate this event, as well as all the other Fostering Futures partners and community volunteers who made this happen! This event truly wouldn’t have been possible without such broad community engagement.

Tracy Henegar  
Human Development & Relationships Educator



UW-Extension Staff

Community & Natural Resource Development

James Anderson  
Email: james.anderson@ces.uwex.edu

4-H & Youth Development

Not filled

Agriculture & Horticulture

Jane Anklam, Educator  
Email: jane.anklam@ces.uwex.edu

Human Development & Relationships

Tracy Henegar, Educator  
Email: tracy.henegar@ces.uwex.edu

FoodWise

Julie Montgomery, Coordinator  
Email: julie.montgomery@ces.uwex.edu

Tarah Nichols, Educator

Email: tarah.nichols@ces.uwex.edu

Administrative Support Staff & Editor

Cheryl Shockley, Program Assistant  
Email: cheryl.shockley@ces.uwex.edu



VISIT US ON SOCIAL MEDIA

Website

<https://douglas.uwex.edu>

Twitter

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

Facebook

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

Google+

<https://plus.google.com>

Douglas County Courthouse

1313 Belknap Street, Room 107

Superior WI 54880

Phone: 715-395-1363



Douglas County  
Extension Education &  
Recycling Committee:  
Sue Hendrickson  
Doug Finn  
Mary Stone-McConnell  
Mike Raunio  
Charlie Glazman



UW-EXTENSION NEWSLETTER ~ November 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 classes  
3rd Grade classrooms  
Smarter Lunchrooms  
HeadStart programs

Community & Economic Development

Nov. 5th: Superior Days Planning Meeting  
Nov. 14th: Superior Days Issues Identification Meeting

Agriculture/Horticulture

December 1-15: Sharpen, clean and oil your gardening tools and store for the winter.  
November 15-December 15: Collect Forage Samples from your stored bales Stop by UW Extension, Douglas County to borrow a forage probe

Human Development & Relationships

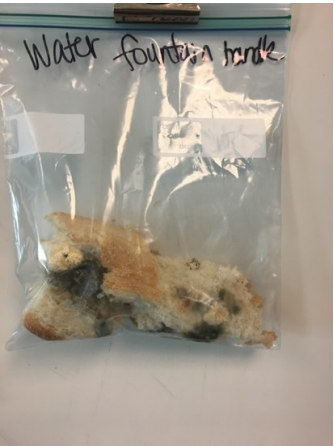
Nov. 5<sup>th</sup>: Raising a Thinking Child – Facilitator Training  
Nov. 6<sup>th</sup>: Session 2 - Early Childhood Parenting Education Classes at FRC begin  
Nov. 7<sup>th</sup> & 21<sup>st</sup>: Grandparents Raising Grandchildren - Parent Education at Head Start 2  
Nov. 26<sup>th</sup>: Presentation for Anti-Poverty Awareness Coalition  
Dec. 4<sup>th</sup>: YMHFA at State All Program Meeting  
Jan. 7<sup>th</sup>: Session 3 - Early Childhood Parenting Education Classes at FRC begin  
**Coming Soon:** Love & Logic Adults Supporting Youth with Challenging Past™ for Court Mandated Parents  
**Coming Soon:** Raising a Thinking Child Parent Education Classes  
**Coming Soon:** Raising Caring Kids Parent Education - Online and ‘Lunch & Learn’ at Northern Lights

FoodWise in the Classroom

The FoodWise nutrition education program is back in the classrooms for the start of the 2019 grant year. Following are highlights of the education completed in third grade classrooms at Northern Lights, Lake Superior, Cooper and Bryant schools. Students learned about the MyPlate food groups and what each food family does for our body. They learned why it is important to choose whole grains whenever possible and what clues to look for on food packages (whole grain stamp and ingredient list). Students also were taught how germs can make us sick and the importance of washing hands as to not spread germs. Students also learned about how fruits and vegetables help keep our bodies healthy. Students



Taste testing sweet peppers



learn through interactive games, books and lessons. Each student also had the opportunity to taste a different fruit or vegetable each week. Spinach, sweet pepper, red cabbage, grapefruit and bean dip were offered as samples.

Left: A picture of a mold experiment. In each class, we rubbed the bread on common places in the classroom picking up germs and watched them grow over the weeks.



Tarah Nichols  
FoodWise Educator



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.

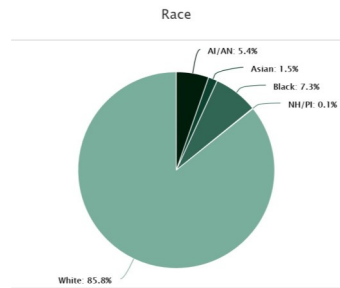


OVERVIEW OF SNAP-ED/FoodWise NUTRITION EDUCATION EFFORTS IN DOUGLAS COUNTY DURING FY18

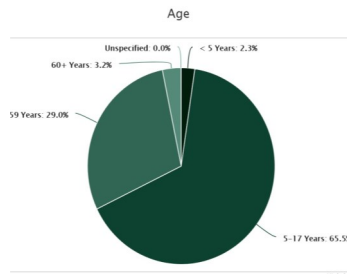
FoodWise promotes policy, system and environmental change efforts to make the healthy choice the easy choice and provides direct education that complements work with partners to improve the nutrition and overall health choices within our community where people live, learn, work and play. FoodWise provides nutrition education to youth, parents of young children and adults to make positive change for better health. We develop and deliver research-based nutrition education and obesity prevention through partnerships with agencies and schools with a fifty percent or greater population of low-income county residents.

Douglas County FoodWise collaborated with seven community partners in seventeen diverse settings, making 4987 direct teaching contacts with 1224 unduplicated learners. 716 (58%) were female and 508 (42%) male. Of the unduplicated learners, 23 (2%) of participants identified as Hispanic or Latino.

FoodWise participants identified race as:



FoodWise taught the following age groups:



Programming occurred at forty-seven different series events in which the same participants met building upon learning over time. Of the 47 series which occurred 82% met for 5-9 classes, 15% met for 2-4 classes and 6% met for ten or more classes. Twenty-two lessons were delivered with participants meeting just once- such as a food pantry or single class event.

Douglas County FoodWise taught from four content areas in 2018. General nutrition made up 1,634 (67%) of our lessons. The importance of physical activity included 456 (19%) of our education. We taught 317 (13%) food resource management classes and 29 (01%) of our teaching was food safety.

Contacts were made to county residents through newsletters emailed electronically to partners for distribution and educational information provided to participants totaling 17,933 indirect contacts for the program year.



Reflecting on the fun we’ve had with county participants this program year, the Little Gardeners program stands out as one that provided lasting memories for families. Expanding our partnership with

the Superior School Districts Family Resource Center, FoodWise provided nutrition education alongside gardening with families enrolled in a new program we developed with Agriculture Educator Jane Anklam. The Little Gardeners program included eight parents and eleven children meeting throughout the summer months planting an edible garden in soil and in a straw bale on site at Northern Lights Elementary School. Families planted beans in clear cups to view and learn about germination. They planted food they could eat right from the garden and learned ways to engage their preschoolers to help with food prep at home.

Our own Cheryl Shockley shared her successful straw bale gardening experience with families. Nutrition education



included families cooking with kids in addition to tasting vegetables both cooked and raw and voting for their favorites. Cooked cauliflower won the vote with approximately 80% of participants choosing it as their favorite. Gardens put to rest, tomatoes can be found ripening on the classroom windowsill at the Northern Lights Family Resource Center.



Julie Montgomery  
FoodWise Coordinator



Youth Mental Health First Aid

Douglas County UW-Extension now has a locally trained Youth Mental Health First Aid (YMHFA) facilitator! Local needs assessments have identified mental health and addictions as our top two biggest areas of concern in our community, and local schools have indicated this trend is reflected in our middle and high school students, as well. As the needs rise, the need for increased awareness and training on youth mental health early intervention also rises. We’re rising to help meet that need!

Youth Mental Health First Aid teaches **how to identify, understand and respond to signs of mental illnesses and substance use disorders.** This 8-hour training gives adults who work with youth the skills they need to reach out and provide initial support to adolescents (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. This workshop is ideal for anyone who has contact with youth aged 12-18, professionally and personally.

Two community training opportunities are now in the works for Mental Health Awareness Month, May 2019, as well as one for the state this December. If your organization would like to explore the possibility of hosting a training for up to 30 people, let me know!

Adverse Childhood Experiences (ACEs)/Trauma Informed Care (TIC)

The School District of Superior has been an active participant of our Douglas County Fostering Futures Initiative since its inception over five years ago, hosting ACE Interface trainings for various staff throughout the district on the science of Adverse Childhood Experiences and on how to be more trauma-sensitive. This year, the



new Superintendent, Amy Starzecki, sought to move toward becoming a Trauma-Sensitive School District by offering the ACE Interface training to her entire District of approximately 800 staff during the opening staff development day. Her desire was to be sure that all staff had a foundational understanding of the impact of ACEs on their students and on the importance of being trauma

informed in their practices, providing a common language for ongoing teaming around becoming more trauma-sensitive.

A refresher for some and new for many, this training opportunity received positive feedback from many participants. One participant embraced a new trauma informed lens stating, “I am going to try to remember to look at a student from the point of view of what has happened in their past life to bring them to the point of why their behavior is what it is today.” Another participant took it one step further, not only applying to his/her work stating he/she would, “Be more supportive of student behavior and reflective of ‘Why?’” but also applying this science beyond just the work setting, “I will help make sure my children are never exposed to these and ensure their mental health.” Some recurring themes from feedback emerged, as well. Many recognized that for some students they, as school staff, are the ‘protective factor’ in a student’s life. There was an abundant desire for more learning on how to support students with high ACEs, including skills to help students self-regulate. And, there was repeated feedback on the need to develop ways to share this information with parents. Overall, learning and growth was apparent, and the desire to integrate this information into the school and into our community was exciting! Best summed up by one participant, “As a pioneer how do we go forward as a force in this community...?”

Family Resource Center

Have you ever thought about how your family of origin impacts your parenting? We tend to parent the way we were parented, unless we have the opportunity to learn better ways. Through a partnership with the Family Resource Center, this was the heart of some great discussion among 8 families in our Early Explorers class (18mos-3yrs) and among 6 families in our Little Learners class (3-5 yrs.). As we discussed parenting styles, from unengaged to permissive to authoritative to authoritarian, we explored how we want our parenting style to be like or different from our own childhood experience. Discussion was authentic and a bit raw even at times, and it was filled with hope for their own children. I felt privileged to be a part of it. We will continue to talk further in upcoming weeks about tools for their parenting toolbox that will support their desire for healthy family life.

(cont’d on next page)



Agriculture/Horticulture

Agriculture

Our Douglas County Farmland Preservation plan is approaching a year old. UW Extension has an objective to assist the county, farmers, local businesses and the community in implementing this plan.

Agriculture in Douglas County is generally managed as low input marginally profitable business. Because land is cheap it is not unusual for farmers to purchase or rent additional land to raise hay rather than to profitably manage the land they already own. This adds the burden of wear and tear on machinery, distance travelled away from the home operation, increase in labor, decrease in the ability to manage in a timely manner and lower yields, quality forage, herd healthy, and profitability. Sustainable farming in Douglas County is a key to achieving the Farmland Preservation Plan. The UW Extension Agriculture Program exists in the county to:

Enhance farmers’ confidence in soil testing and nutrient management so they can sustain their crop and their soils for profit, health, and the environment. Evaluate forage harvesting and storage practices to cut the losses of yield and quality for the family farm operation. Develop with the farmer rotational managed grazing systems that will increase quality meat and milk, decrease animal health problems, eliminate wear and tear on equipment, raise profitability and maintain our water and soil quality in Douglas County.

Encourage thoughtful and excellent business planning that allows the farmer to measure success and sleep at night. Provide for the future of Douglas County Agriculture by extending University of Wisconsin programs and research to all the citizens of Douglas County. We are seeing an increase in farmers relying on evidence based agronomic research in Douglas County. More soil testing, more forage sampling, higher expectations, thinking about how to cut costs, evaluate management, explore markets and plan for succession of their farmland. We have so much more to do.



Thanks to all the collective energy, idea, and experience of your agriculture community.

Liming material is essential for managing soil fertility. It is hard to come by in Douglas County

Horticulture

UW- Extension Douglas County Master Gardeners ...the gift that keeps on giving. Do you know that we have several garden clubs in Douglas County? Do you know that Master Gardeners is NOT one of them? The Master Gardener Volunteer Program in Douglas County exists solely for the purpose of extending University researched based information to Douglas County. Douglas County chooses to use this program to:

- Create pollinator habitat to sustain our community food system.

- Coordinate 3 community gardens in the County to provide food access, fresh food, healthy lifestyle, and adequate space to grow fruits and vegetables.
- Teach composting and vermi-posting to decrease our waste handling costs in our schools and communities.
- Design 4 perennial gardens for the City of Superior to raising sense of place, calm, safety, community, and advancing the concept of a livable community.
- Demonstrate Garden Preparation and End of Season Care for healthy, successful and pest free gardens while decreasing use of pesticides, increasing the yields of local food.
- Grow food for the Solid Rock kitchen, a community supported effort to feed our hungry.
- Keep our storm water clean by developing rain gardens and healthy, living soils.
- Decrease our community dependence on pesticides.
- Challenge our residents to stop the introduction and spread of costly, invasive plants.
- Develop a quality of life in our community that gives us pride, raises our property values, keeps us healthy, and makes us strong.

Horticulture is a science, and can be a hobby. It is also a solution to many of the hurdles we face in achieving our quality of life and health goals in Douglas County.



Local Food

Is it Sustainable? How shall we move forward with local food in Douglas County as a profitable agricultural system, a desired boost in our local food supply, and an economic driver for your local businesses? We have some excellent success stories from those who have achieved a place in our local food system. Yet, we have far more questions about how to establish a local food economy. What is needed to make it work? What are the biggest hurdles? As this is an important component of the Farmland Preservation Plan, UW Extension Douglas County will continue to develop the possibilities and realities of a local food system. Please share your interest and ideas on what this will mean to your daily life.



Jane Anklam  
Ag/Horticulture Educator

Community and Economic Development

In the 1980’s, Lee Atwater coined the phrase, “Perception is reality.” In 1961’s *Mother Night*, Kurt Vonnegut wrote, “We are what we pretend to be... so we must be careful about what we pretend to be.” I think of phrases like this when I think about my experience in Superior.

Maybe it is my recent 3 (1/2) year University of Wisconsin - Extension department review, but I have been reflecting on my work and the work of economic development and government partners whom I work daily. In my short time living here, I have witnessed incredibly good things happening in our community – Superior and greater Douglas County.

However, often when I engage with my neighbors and the community, or dare to look at what is being said online... the perception is often much worse. The perception is that Superior is on the decline.

The phrase “perception is reality,” is a powerful sentence. When our community chooses to think the worst, and ignores all of the good things... this can stymie growth and a sense of community pride in our collective home. Individual perception makes it incredibly difficult to sway people to think differently... when the facts present a very different picture than their perceptions. For instance,

unemployment in Douglas County has ranged from 3.5 – 3.7%. Every employer I speak with indicates that they are looking for workers, and they cannot find them. Yet, I hear from my community that there are no jobs.

Discussion about the closure of big-box stores like Younkers, Kmart, and Target also still frequently dominate discussions. These discussions then

journey of changing this narrative and helping our community embrace the positive and negative changes, and an evolving economy. Earlier this year, UW-Superior Center for Community Engaged Learning conducted a series of listening sessions.

In the coming weeks this information will be released to the community, to area economic and community

development partners, and elected officials.

This information can be used to begin a dialogue that can help to rebrand Superior to external audiences. But maybe the most important thing it might be able to do is to help to engage in an internal

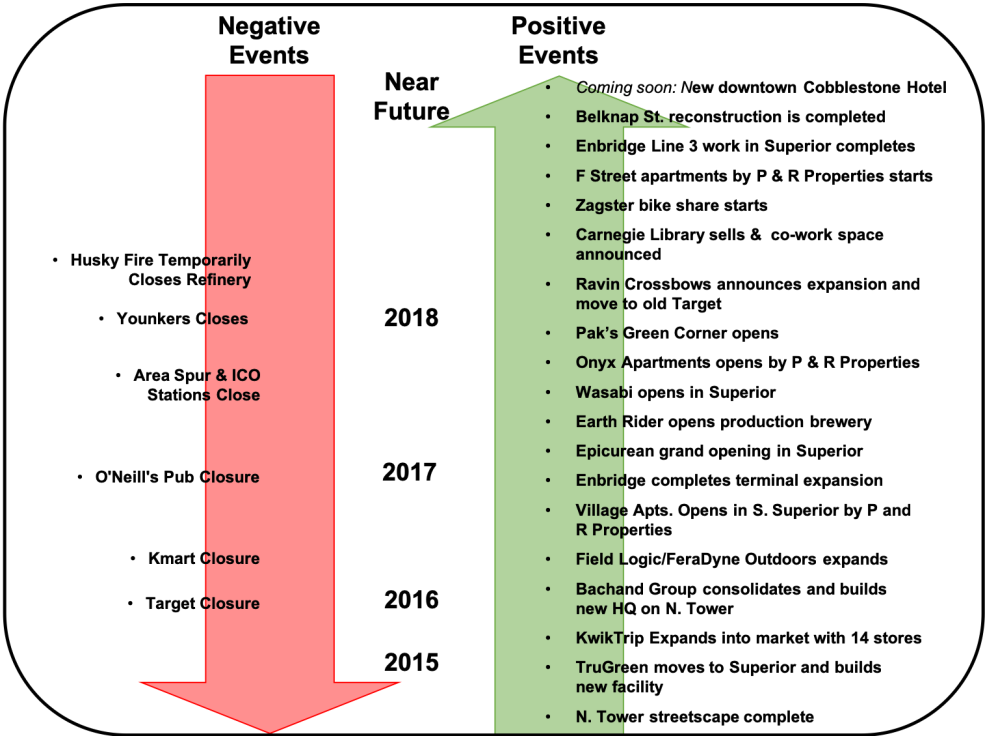
progress into sighs and resignations that Superior and Douglas County are on deaths door, and nothing new is coming here. Disregarding how stressed those companies were, and those closures were not community related.

How do I align these very real perceptions with the reality of what I have seen in my first nearly 4-years here?

Taking just a few minutes of brainstorming, I created a graphic that highlights negative and positive events in the community – that I could remember.

Fortunately, I think we can start down a

rebranding for our own residents. Helping our community to understand the unique assets that make Superior and Douglas County a great place to live... and do business in.



James Anderson, III  
Community & Economic Development

