

Positive Youth Development



Mary Johnson-Garay
Positive Youth Development

Hello, my name is Mary Johnson-Garay and I recently retired from the School District of Superior after 27 years of teaching early childhood and elementary education. My experiences while working for the school district included the development of the Early Childhood Family Enrichment parenting and early childhood program and several years later transitioning into the classroom as an elementary teacher. My classroom experiences included all grade levels from PreK- 6. The only grade missed was 4th. I have a degree in Elementary Education with an emphasis in Early Childhood Education and Business from UW-Superior and an M.Ed. from the University of St. Mary's in Minneapolis. My research for my M.Ed. was on brain development and how it affects learning. My other passion is personal fitness. I have been teaching a variety of fitness classes for over 30 years. Currently I am teaching the following fitness classes

as an independent contractor: Cardio and Strength, Senior Stretch and Chair Yoga. I am certified as a Personal Trainer, Wellness Coach, Group Fitness, Silver Sneakers and Silver and Fit instructor. My husband and I have four sons in a combined marriage, along with 3 wonderful grandchildren. Our sons are on each end of the country with one being in Washington DC managing the Watergate Building, another son in Bellingham, Washington is an independent film maker that travels all over the country capturing video, the oldest son has three children and has chosen to build his career as a carpenter and Foreman for a local company here in Superior (lucky me!) and the fourth guy is working in Minneapolis and a mechanical engineer for an Aerospace company. We are very proud of their hard work and leadership as young men in our society. I am very excited to be a part of University of Madison Extension program and look forward to working with the young people who live in Douglas County along with the agencies that serve our youth. I am passionate about developing healthy programs within our community that encourage positive youth development.

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UW-MADISON EXTENSION NEWSLETTER JUNE 2019



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

Upcoming Events

Agriculture/Horticulture

- Tuesday Evenings, 4:30-6:00 pm. June-September; "Ask a Master Gardener", Solid Rock Garden, 6th and Weeks, Superior.

FoodWise

- Month of June T & TH @ 4:30pm or W & F @ 12noon: Strong Bodies 8 week series classes Government Center room 270
- June 20th Nutrition Advisory Council meeting @ Kro-Bar, Brule senior meal site 10:30 am
- June 25, July 9, 9:30-11:00am: Little Gardeners partnership with Ag/Hort. Ed., Master Gardeners & Superior School District Northern Lights Family Resource Center
- June 24-27 and July 8-11, noon to 2:30 pm: Teen Cuisine 8 week series Monday thru Thursday @ Superior Middle School in the Family & Consumer Ed. classroom.
- Mid-June thru August: Summer Meal site lessons with youth and families in partnership with Superior School District Food Service
- June-September day & early evening lessons: Harbor House Crisis Shelter
- June-September Thursday's 1pm: Faith United Transitional Housing adult head of HH series lessons.
- Mid-July thru September: Tuesday's 3:30-7pm Food Pantry lessons including Faith United Food Pantry garden
- July 31st 2pm: Northern Campus Food Shelf Network meeting @ College of St. Scholastica, Duluth, MN (Twin Ports campus food shelf coordinators, U of MN Extension SNAP-Ed, Second Harvest-Northern Lakes Food Bank and FoodWise Douglas County)

Human Development & Relationships

- May 29 & June 6 – **Make It OK** presentations to YMCA & Noon Rotary
- May 31st & June 7th – Youth Mental Health First Aid
- June 3-5 – Mental Health First Aid Facilitator Training
- June 10 – 6-week Love & Logic parenting classes begin
- June 12-13 – Nurturing the Northland Conference
- July 29 – 6-week Trauma-informed Love & Logic parenting classes begin

4-H Programs

- June 10 - 4-H Leaders meeting at the Fairgrounds 6:00 pm, youth building
- June 24-27 - 4-H Youth Conference in Madison as a chaperone
- July 15-21 - Head of the Lakes Fair
- July 15 - Leader's meeting

Positive Youth Development

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FoodWise



Julie Montgomery
FoodWise Coordinator



Tarah Nichols
FoodWise Educator

visits 1st, 3rd and 5th grade youth for a five-week series teaching the benefits of making good food and beverage choices and leading an active lifestyle in four of the six elementary schools in the Superior School District. Coordinator Julie Montgomery meets with parents of young children



thru the SSD Northern Lights Family Resource Center for five 4-6-week series of Feeding for Healthy Eating. Meeting families at planned school events, summer food program meal sites and in the community strengthens health promotion and obesity prevention efforts.

This summer FoodWise will partner with Master Gardeners and the Family Resource Center to provide Little Gardeners classes for preschoolers and their families. In our second year, we will be engaging families in learning garden upkeep, planting vegetables and the benefits of eating garden produce. Stop by the small garden plot on the southwest side of Northern Lights Elementary School to check out the traditional soil and straw bale gardens!

Speaking of gardens, two additional gardens will be keeping FoodWise busy this summer. We teach in the Faith United Food Pantry garden behind Hardees in addition to the pantry. This summer we are recipients of a Growing Together WI - FoodWise grant providing funding, education, and support to the Superior Community Garden Associations new community garden at 24th and Oakes Avenue. Stop by the SCGA community garden next to Golden Living Sr. apartments to see the progress being made transforming the neighborhood environment with fruit bearing trees and garden veggies!

Tarah Nichols FoodWise Educator and participants



FoodWise Engages Families to Spend Food Dollars Wisely, Eating Healthy, Be Active



In April, Julie Montgomery and Tarah Nichols attended a carnival fun night at Northern Lights Elementary School. Many families stopped by the FoodWise table to test their shopping skills. Unit pricing was the name of the game. There were 3 food packages set up on the table along with the prices of each item: A 12.4 oz (regular size) box of Cheez its crackers, a 12.1 oz. multi-pack and a 3 oz. single serve bag. Participants first guessed which item they believed to be the better buy. They then used a calculator to determine price per unit/ounce of each item.

Many participants surprisingly said they do not use unit pricing when shopping but usually buy the least expensive item. Others said they used unit pricing often and could easily tell where the unit price was located on the tags on the shelf at grocery stores. Many ideas were shared with participants about



saving time and money by buying the larger box (in this case) and pre portioning single serve containers for convenience and portion control. Everyone loves to save money at the grocery store and unit pricing is one way to do that. During the school year, Tarah Nichols, Educator

Human Development & Relationships

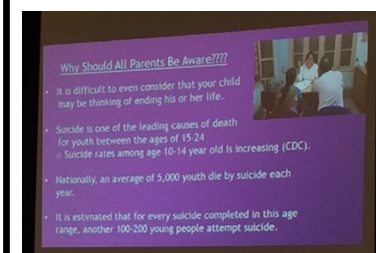


Tracy Henegar
Human Development & Relationships Educator

Mental Health Awareness Month – May 2019

May has been a very busy month, as area professionals came together to participate in Mental Health Awareness Month. When we realize that 1 in 4 adults and 1 in 5 youth experience mental health symptoms that impact their daily lives, and that the average amount of time that it takes for someone to seek help is 10 years, it becomes quite clear why mental illness is a growing crisis in our community.

Through the work of the Northland Healthy Minds coalition, the 2019 **Make It OK** campaign was launched. This included not only a wide variety of community events through the Twin Ports region, but also an employee mental wellness campaign that delivered educational content via email through employer human resource departments. This free educational campaign is extremely user friendly, and with a click of a button on the Northland Healthy Minds website, an employer can download the full Employer Implementation Plan, complete with scheduled email suggestions that include links to articles and videos. Additionally, employers can access a free community training to help educate and reduce the stigma of mental health. One will be held at the Superior/Douglas County YMCA, and one was provided to the Noon Rotary, with approximately 50 people in attendance. Additional trainings are being planned for later this fall, as well. Together, we can **Make It OK** to have a mental illness, as many of us do. We can **Make It OK** to talk about mental illness, because talking makes us feel less alone. And we can **Make It OK** get help for a mental illness, as recovery is possible and life can get better!



For Mental Health Awareness Month, as part of the work of the Douglas County Mental Health Coordinated Community Response committee, three



community events were held throughout rural Douglas County – one in Lake Nebagamon, one in

Summit, and one in Solon Springs. Each of these events had the same focus on youth mental health and included presentations on Social Media Bullying by Sherry Boock from CASDA, Youth Suicide Prevention by Ryan Burkhardt from the VA, and DBT skills taught by Lori Thrun from Amberwing. Each event also provided a resource fair with area youth serving providers available to share with families about the services they provide, including opportunities such as Mentor Superior and the YMCA, as well as mental health providers. Presentations elicited some excellent discussions and feedback points to a growing desire for more information on supporting the social/emotional development of our youth!

Our month of activities wrapped up with an 8-hour Youth Mental Health First Aid training open to the community. Mental Health First Aid teaches community members how to recognize signs and offer immediate care when someone is having a mental health problem, as well as when and how to connect them to professional supports. This event has a maximum capacity of 30 and filled in under a week. With over a dozen people on the waitlist, another Youth Mental Health First Aid training is in the works. Additionally, we are now able to offer the adult Mental Health First Aid Training to our community! This training can be brought to your organization or keep an eye out for upcoming community events. Just as medical first aid is offered to everyone, everyone should be trained in Mental Health First Aid!



If you'd like more information on Mental Health First Aid or to learn more about how your organization can help **Make It OK**, contact Tracy Henegar: tracy.henegar@wisc.org

4-H Programs



Katelin Stenroos
4-H Program Coordinator

4-H Community Service Projects

Two 4-H clubs are completing service project at the Head of the Lakes Fairgrounds this month, more details are below, including a special invite to join. The Northern Lights 4-H Club is having a 4-H Service Project afternoon at the Head of the Lakes Fairgrounds on June 9th, from 1pm-3:30 pm. The afternoon will consist of painting picnic tables and benches and performing general fair clean-up and beautification. Northern Lights 4-H Club is extending the invite to the Douglas County Extension committee and any community members that are interested in volunteering. For more information contact Katie Stenroos at katelin.stenroos@wisc.edu or at 715-369-1365. The 4-H Discovery Club is also holding a service project at the Head of the Lakes Fairgrounds on June 2nd. The 4-H members and volunteers will be fixing and painting display cases and building a wheelchair ramp for the curling club.

Head of the Lakes Fair

Come join us at the Head of the Lakes Fair, July 16-21st, and come see the 4-H members showcasing their projects and exhibits. 4-H members work hard all year to learn and complete new projects, work with their animals and livestock to get ready for the fair. 4-H exhibits will be open to the public on Wednesday July 17. Also, on Wednesday is the 4-H Livestock show including beef, dairy, sheep, swine and goats. The 4-H poultry and rabbit show is on Thursday, and the 4-H horse shows are on Friday and Saturday. Don't forget to stop at the Dairy Bar in the Youth Building to enjoy a handmade malt and food to support the 4-H program. Douglas County 4-H is also seeking volunteers to assist with project entry day, judging and setting exhibits up in the Youth Building. The majority of volunteers are needed on Tuesday, July 16, but volunteers are also needed on Wednesday, July 17th. For more information or to sign up to volunteering contact Katie Stenroos at katelin.stenroos@wisc.edu or at 715-398-1365.

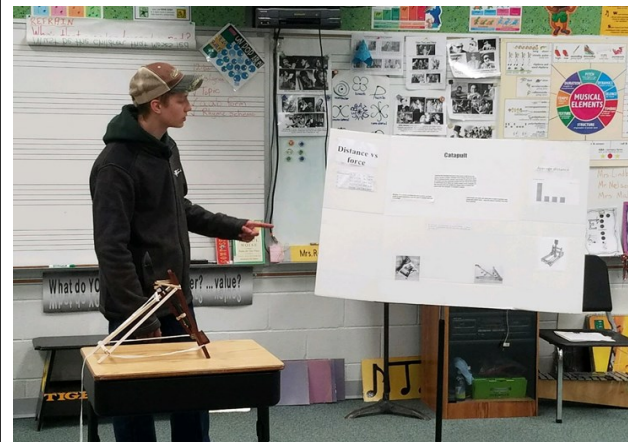


4-H Cultural Arts Festival



4-H photography being judged during the Cultural Arts Festival

In April, the 4-H Cultural Arts Festival was held on April 27, at Northwestern Elementary School. This was the first county wide Cultural Arts Festival in a couple of years and had good attendance of 4-H members participating. 4-H members showcased their arts and crafts, photography, posters, computer art, and music performances, and literature.



4-H members performing musical and demonstration pieces during the Cultural Arts Festival.



Agriculture/Horticulture



Jane Anklam
Agriculture/Horticulture
Educator

Agriculture

We have started the growing season with a cool, wet spring. The Big Lake is still very cold for this time of year. Not so unusual, but it will affect our ability to get into the field without causing soil compaction and will result in slower drying time for the hay crop. But there will be good, dry days with warm breezes that will make all the difference. We are pleased to welcome our new County Land and Water Conservationist to Douglas County. Ashley Vande Voort will provide a bridge to technical assistance via the County Cost Share programs to advance soil and water management, with particular emphasis on agriculture. This will include rotational grazing management, gully erosion stabilization and nutrient management planning...all part of a sustainable agriculture system.

We recently attended a Nutrient Management Planning workshop in Spooner which offered us new tools to assist the farmer in achieving sustainable nutrient levels for their crop rotations. If you farm by producing livestock, hay, or crops, you will benefit by knowing your soil nutrient levels. This is a basis of a sustainable farm. Remember, Douglas County has new ordinances in place that require a nutrient management plan for manure storage on livestock operations. **START WITH SOIL SAMPLES!** Select a couple fields a year. Those will be your bench mark. Your soils, your yield and your pocket book will thank you.



Offering heartfelt gratitude to farmers who manage so much of our private land in Douglas County. It is a commitment and an honor that greet each day. There is much being asked of you. Please contact me to discuss your needs, achievements and concerns for the future of your farm.

June is DAIRY MONTH

Local Food

The UW Madison Community Food Systems Team has been doing marvelous research and outreach to understand food equity, access, and local food economy throughout the state. Recently, Dr. Greg Lawless, UW Madison, reached out to Douglas County to learn of our local food needs, as a northern "zone 3 market", located between Bayfield and Duluth. We will engage our local food systems team to explore the paths most efficient for us to address this question. Think "Farm to School", local branding, cooperative development, indigenous food sovereignty. It takes a community to establish a commitment to local food. It is not all about high end restaurants, though they have a role as well. Let me know how you imagine Douglas County Local Food Systems.



Horticulture

Please note that Garlic Mustard has reached Douglas County. This invasive plant of woodlands is a biennial and has been found in the City of Superior and on the Pokegama River uplands. It has tiny seeds that are very prolific. For identification and control: <http://learningstore.uwex.edu/Assets/pdfs/A3924-07.pdf> This plant has a negative impact on water quality and health of our forest floor. Pulling the weed upon first site is the most effective way to control.



Three cheers to our home and community gardeners for patiently waiting for spring and warm soils. Remember to wear gloves when you work in our garden soils. Keep your garden shoes and clothing stored outside of the house. These are important good gardening practice. The health of home-grown foods and being outdoors is a staple to a healthy lifestyle.