

Positive Youth Development



Mary Johnson-Garay Positive Youth Development

As I become more familiar with my role as the Positive Youth Development Educator, I am often asked what exactly do you do? One must understand the meaning of Positive Youth Development in order to appreciate the importance and need of such programs in our area. I

in an appropriate and fun setting. I also have appreciated working with Kelly Wiisanen, of the Superior Public Library, offering a children's book club and developing curriculum for upcoming classes about rockets to be held in Solon Springs and Superior.

This Fall I look forward to breathing life back into the Youth in Governance program and hoping to work with local partners to get a FLASH program into some of the schools. Keep your fingers crossed!



explain Positive Youth Development as a comprehensive framework outlining the supports all young people need to be successful. Positive Youth Development views young people as "resources" that have much to offer rather than as "problems" that need to be treated or fixed. When approached with a positive manner, we can provide programs and experiences to young people that will foster healthy development in a well-rounded way that is fun, engaging, challenging and authentic. I also believe by partnering with parents and guardians we create success within families that will hopefully encourage healthy habits the family will adopt and value.

Keeping the above in mind, I have created the acronym FLASH to help me focus on upcoming programming that I believe will support positive growth in young people. FLASH stands for Financial Literacy, Arts, Service learning, and Healthy habits. Developing programs that fall into these categories or encompass all of these categories provides a direction for curriculum development and partnerships with local agencies that are currently working with young people.

The past month I had the great pleasure of joining with the Little Gardeners program. I enjoyed spending time with the children, teachers and parents. Children were able to discover a little bit about gardening, socialize and learn about fruits and vegetables

UW-Extension Staff

4-H Programs

Katelin Stenroos, Coordinator
katelin.stenroos@wisc.edu

Positive Youth Development

Mary Johnson-Garay Educator
mary.johnsongaray@ces.uwex.edu

Agriculture & Horticulture

Jane Anklam, Educator
jane.anklam@wisc.edu

Human Development & Relationships

Tracy Henegar, Educator
tracy.henegar@wisc.edu

FoodWise

Julie Montgomery, Coordinator
julie.montgomery@wisc.edu

Tarah Nichols, Educator
tarah.nichols@wisc.edu

Administrative Support

Cheryl Shockley, Editor
cheryl.shockley@wisc.edu

VISIT US ON SOCIAL MEDIA

Website <https://douglas.uwex.edu>

Twitter https://twitter.com/UWEX_Douglas

Facebook 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 & Recycling Committee:

Sue Hendrickson, Chair
Charlie Glazman, Vice
Wendy Bong
Mike Raunio
Mike Strevler

UW-MADISON EXTENSION NEWSLETTER AUGUST 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.
- Horticulture Therapy, July

FoodWise

- June-September Thursday's 1pm: Faith United Transitional Housing adult head of HH series lessons.
- August-September: Tuesday's 3:30-7pm Food Pantry lessons including Faith United Food Pantry garden

Human Development & Relationships

- Session 5 & 6 of *Parenting the Love and Logic Way*® - Aug. 6th & 13th
- WI Trauma Project "Strengthening Families & Systems" Trauma-Informed Parenting Train the Trainer – Aug. 14th & 15th and Sept 17th & 18th
- Mental Health First Aid – Ashland – Aug. 26th
- Back to School family events – Sept. 3rd

- Enbridge Safety Fair – Sept. 10th
- Fall *Parenting the Love and Logic Way*® - Monday evenings, Sept. 16th – Oct. 21st
- Superior School District's Strengthening Families Series begins – Sept. 19th
- UW-Madison Prenatal to Five (P25) Northern Region Network Meeting – Sept. 25th (tentative)
- Mental Health Awareness Week – Oct. 6th-12th
- Wrestling Ghosts Documentary Screening - UWS – Oct 9th
- Mental Health First Aid - Essentia Health Superior – Oct. 12th

4-H Programs

- Day Camp- August 6th
- Mighty Machines Aug. 6 – Doing rockets
- "Space" Aug. 1
- Volunteer Training Aug. 27

Positive Youth Development

- Rockets, Solon Springs, August 1st and in Superior August 20th
- Children's book club at the library August 9th

FoodWise



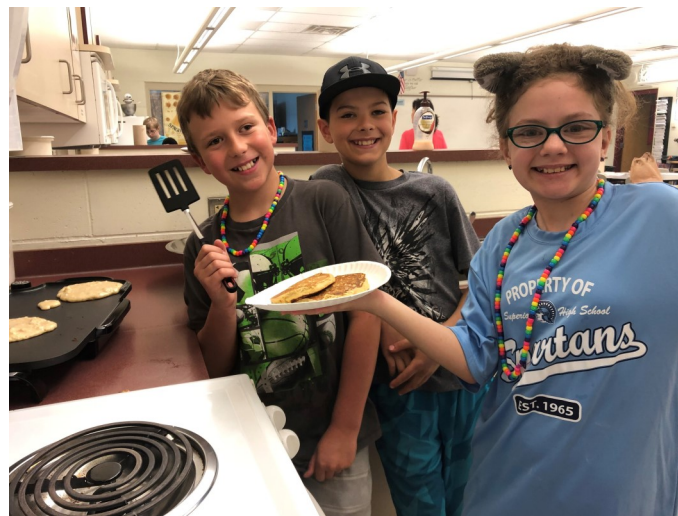
Julie Montgomery
FoodWise Coordinator



Tarah Nichols
FoodWise Educator



Coordinator Montgomery provided information about our programming prior to and throughout the interview and only a very small sampling was used. That's news. Montgomery was uncomfortable having left the classroom at the very beginning of the first day of class. On the upside, we were fortunate to have a dietetic student from Iowa State University who was completing a WIC placement, join us for this first week. This was our second year providing FW educational experiences for an Iowa State dietetic student in collaboration with our local WIC office. We enjoyed a relaxed and tiring eight sessions with a really great group of young teens who also had fun learning new skills. Many of the students were familiar with the classroom and the FACE staff gave us free reign to use any of their equipment and supplies. Putting this together reminds us to send the principal, school secretary, janitorial, FACE staff, school district and WIC Director a thank you note along with photos of this summer's first Teen Cuisine learning event. Some comments from the kids: "I like the part that we got to work with different types of things like meat, knives, and a meat thermometer. I want to try cutting and practicing with a knife. I will make chicken quesadillas and add different things in it. It was a really fun class and I hope they have it next year."



DC FW Educators Tarah Nichols and Julie Montgomery offered an eight session series of Teen Cuisine classes to middle schoolers for the first time this summer following summer meal site free lunch at the Superior Middle School. Discussions over the years with the middle school principal identified their summer school cooking class is always the first to fill and students are turned away. The principal encouraged us to pursue a class and informed us summer school scheduling is



completed prior to Thanksgiving. We, our partnering agencies, teaching staff and parents identified most kids have little to no cooking skills and many parents have not learned

to prepare food from scratch. Past years, we have squeezed in limited nutrition education classes to students in 7th grade health class, the school qualifies for our programming and we were able to carve out two, four day weeks and hold eight two hour classes (half of the four weeks of summer school).

We electronically requested use of the middle school Family and Consumer Education (FACE) classroom equipped with approximately twelve cooking stations. The two of us planned for no more than twenty students. We promoted our class thru Extension and school district websites, in-school fliers, laundromats (identified by families as a place they get information) and community partners. Our county support staff sent out a press release to local media. We enrolled twelve well behaved committed young teens who had fun learning to cut food properly, food safety and food prep.

One challenge was no response from school district curriculum staff identified by the middle school principal as those who put the summer school sessions together. We had originally thought we would offer our class as a summer school session. It worked out well holding the class in the afternoon following the free lunch provided after morning summer school because it allowed us use of the FACE room.

Another challenge was a local television station, FOX 21, having received the press release, showed up unannounced just prior to the start of the first class requesting an interview outside of the classroom.

Human Development & Relationships



Tracy Henegar
Human Development & Relationships Educator

Wandering through Walmart with my youngest, the presence of school supplies hit me like a brick wall. Summer is more than half over, and it's time to start thinking about going back to School. I'm not ready. I know my kids aren't either. But it's

time to start getting ready! There are many simple things that parents can do to ease that transition back, even while still basking in the joy of the last month of summer. Here are a few tips:

Back-To-School Conversations & School Tours – For many kids, going back to school brings normal apprehensions about experiencing many new situations – new teachers, new classrooms, new school, new classes, new classmates, etc. Talking about things well ahead of time can ease your child into these big changes. Use positive and reassuring language like, "get to" instead of "have to." Your positive, optimistic attitude, more than anything else, is very reassuring. Visiting the school and classroom ahead of time and meeting the teacher can help ease those back-to-school anxieties, as well.

Back-To-School Shopping – Shop early to ease your own stress and use school supply shopping as an opportunity to talk about all the exciting, fun, new opportunities coming up. Allow extra time for this shopping, so it's not a stress filled pressurized situation, but rather quality time. If your budget allows, allowing your child to buy a new outfit for the 1st day can also add to the positive vibe. And if the cost of supplies is causing you undue stress, consider reaching out to your local school or the Salvation Army. They often get donations to help.

Back-To-School Schedule – For most families, bedtime and wake-up times vary immensely for the summer months. Kids are staying up later and sleeping in. Making a sudden shift at the start of school can be very hard on their body's natural sleep & wake cycle, leading to a dysregulated a nervous system and an irritable kid. Allowing for at least a week, preferably two, to slowly adjust back to school year sleep routines will reduce emotional meltdowns significantly and allow for a positive first week back with good moods and good focus. This is also a great time to ease them back into a homework routine by encouraging nightly reading (if they're not already still doing so). This will not only help with reducing homework battles in the first weeks of school, but it will also help their brains to be ready to engage in learning again. Research has repeatedly demonstrated that

routines create a sense of calm and safety for our kids' brains, which leads to a better regulated nervous system and less behavior issues.

Back-To-School Organization – A final tip for a strong

start to the school year is to get organized ahead of time. Especially if you've never done it before, now is a great time to implement a couple of simple strategies to make mornings and homework time less stressful. To ease your morning routine, create a school landing pad. This is a designated spot for backpacks, gym shoes, papers, etc. – everything your child is responsible for in the morning. If there's a designated spot to put things the night before, there's less stress finding those items in the morning rush. Likewise, setting up a designated homework spot can simplify homework time by having everything easily accessible for a smooth study time. Having set homework time and building a routine around it can also significantly reduce homework stress.

Parent & Family Education and Support

Back-to-school time can be a time of added stress for families, but it can also be a time to embrace all the exciting new changes and opportunities. Helping your child make the start of the school year positive can help carry them through the challenges. If you are finding yourself in constant struggle with your child and need some support, UW-Extension offers parenting classes and support groups that can give you some new understanding of your child's behavior and some new tools to improve your interactions.

This fall, we will once again offer *Parenting the Love and Logic Way*® and *Love and Logic: Supporting Youth with Challenging Pasts*™. We will also be partnering with the School District of Superior to help launch a new Strengthening Families educational series, open to the public at the brand-new Cooper Elementary School. If you are a grandparent helping to raise your young grandchild and would like to join other grandparents in that journey for some support and information, reach out to

Family Forum to learn about our Grandparent group. And if you have kids in the early childhood years and would like to connect with other parents to learn and play together, come see us at the Family Resource Centers at Northern Lights Elementary or at Cooper Elementary. Parenting is hard, but it should also be filled with joy and wonderful memories. Come journey with us!



4-H Programs



Katelin Stenroos
4-H Program Coordinator



The Head of the Lakes Fair has now come and gone, and it was a great showing by 4-H members! Douglas County 4-H was represented very well in the community by 4-H members and families with all aspects of the fair. 4-H members put forward their best exhibits and animals to be judged, and to show the community. Here are some pictures showcasing the works of 4-H members.



“Get Outdoors with 4-H” Day Camp

Day camp will be held on Tuesday, August 6th at Pattison State Park. The event is free and open to all 4-H members and non 4-H friends in grades kindergarten- high school. Pre- registration is required, please contact the Extension office. We are looking forward to a fun day at Pattison State Park!

New 4-H volunteer training is scheduled to be held

on August 27th at 1:30pm-3:00pm and 6:00pm-7:30 pm at the Extension office in the Douglas County Courthouse. Any interested adult who would like to become a registered 4-H volunteer needs to attend one of the above training sessions. In addition to attending a training session, interested volunteers need to complete the 4-H enrollment process on <https://wi.4honline.com/>, pass a background check ran through the University of Wisconsin-Madison Extension, and agree to follow Volunteer Behavior Expectations. To start the process of becoming a 4-H volunteer, please contact Katie Stenroos at katelin.stenroos@wisc.edu.



Agriculture/Horticulture



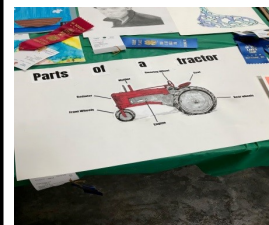
Jane Anklam
Agriculture/Horticulture Educator

Agriculture:

We are having a mix of success with our forage harvest this season. Management for excellent forage quality has had to compete with cool wet soils, susceptible to compaction. Quality hay is sacrificed for soil management. We have had some relatively good windows for drying this past month, though high humidity has been a challenge. Note that the UW Madison Extension Hay Market Report for the end of July indicates large round bales at \$113.00/ bale as state average, with a minimum of \$53.00/ bale. <https://fyi.extension.wisc.edu/forage/h-m-r/> These figures range higher for farmers who have a higher Relative Feed Quality (RFQ) for their hay lot. Farmers in Douglas County who have a goal of sustainable farming can learn their feed value and feed quality by sampling their forages and sending to the UW Forage Lab. The cost per sample for Relative Feed Quality is \$16.00. Follow the link for obtaining a sample analysis. <https://uwlab.webhosting.cals.wisc.edu/wpcontent/uploads/sites/17/2019/02/Forage-Information-Sheet-Fillable.pdf> Contact Jane to learn how to pull forage samples and/or borrow forage probe from our office. (715-395-1515)

As farmers make subsequent harvests this summer it is important to know that a **wide swath immediately after cutting is the single most important factor maximizing initial drying rate and preserving of starches and sugars.** In fact, a wide swath is more important than conditioning for drying haylage. Now is the time to have a good handle on your “feed budget” for the winter. Minimize risks to maximize a sustainable farm.

Congratulations to our youth who recently participated and became certified in the UW Madison Center for Agriculture Safety and Health, Youth Tractor Safety! The Youth Tractor Safety program meets Wisconsin law requiring youth under the age of 16 to hold a certificate of training in order to operate a tractor or self-propelled implement of husbandry on a public road. It also meets the child labor requirements in agriculture under the Fair Labor Standards Act, pertaining to the employment of youth ages 14-15 on farms not operated by their parents or guardians. We are especially grateful to our trainers, James Streveler, retired Vocational Agriculture Instructor and Darren Nyhus, Agriculture/FFA/and Science Faculty, Northwestern High School for their expertise and knowledge in the interactive session. Tractor safety is not only a practical skill for those youth considering a career in Agriculture or Horticulture, but essential to the safety of our youth and community.



Tractor parts drawing: 4-H Entry at Heart of the Lakes Fair

Local Foods:

The Community Food Systems, UW Madison, Division of Extension has recently shared a new tool kit to **help us map our Douglas County local and regional Food System Assets.** Developed by Cornell Cooperative Extension, this offers a practical way to sharpen the point on what we can expect from our local food

system, and how to realize its potential. Over the past year, farmers, business leaders, health and wellness professionals, nutrition practitioners, our tribal community and consumers have been working to define our ability to develop our local food system as a community and farmland preservation strategy. In meeting with representatives of the Superior Development Association, we have broached the idea of a community plan for local food, acknowledging the gap between the perceived market demand and our ability to supply. Research suggests that there is a strategic way to have both. Check out UW Madison, Extension’s Food System link <https://fyi.extension.wisc.edu/foodsystemstoolkit/browse/> to become engaged in the concept. Contact Jane if you wish to be a member of upcoming focus group on the topic. I recently was invited to participate in a panel of local sustainable agriculture specialist for the Farmers Union, **Women Caring for the Land** event. A regional gathering of women farmers and land conservationists, the event was important in recognizing how we learn from each other’s successes and challenges on farm, peer to peer events. Many of the participants were energetic in developing small farm

systems that were profitable and allowed for a lifestyle to match their goals of self- sufficiency and quality of life in the Northwoods. Sound Familiar? Let’s keep talking and sharing lessons learned.

Women Caring for the Land Event:
Sharing What you Know with Who you Know

Horticulture:

Horticultural diseases, insects, and weeds are plentiful and persistent this season. We are seeing mildews on our squashes, cucumbers, and ornamentals right on cue. Tree diseases such as Anthracnose is now common on our poplars. The Emerald Ash Borer mortality is becoming more obvious to homeowners throughout the city. I am starting to get calls questioning identification and management decisions for Oak Wilt, mostly from southern Douglas County. Remember, the first step for integrated pest management is proper identification. Do not apply general pesticides, or other control actions for that matter on a disease, weed, or insect that you have not properly identified. Please contact Jane if you need help identifying a pest as part of your management strategy.

Eriophyid on Plum: Native mite. No need to treat this insect that does not harm the health of the tree.



Healing through horticulture is recognized for its benefits to physical, mental, and emotional health. **Lake Superior Master Gardeners is hosting “Incorporating Horticulture Therapy into Community Wellness”**, August 21, 9:00- 4:00 at the Bong Veteran Historical Center. Mike Maddox, Director of UW Madison Master Gardener Program will lead participants through a practical hands-on workshop to support those working with a variety of audiences including youth, elders, the incarcerated, veterans, and physically and cognitively challenged. Often we get requests from organizations who would like to incorporate gardening into their programing. This session will give instruction on how to do that to reach healthy living goals. Register at 715-395-1363 or cheryl.shockley@wisc.edu. The cost is \$25.00/person for snacks and materials.