

Positive Youth Development



Mary Johnson-Garay
Positive Youth Development

Book Worms

What do you get when you offer a book club to kids? A whole lot of fun and great discussions! Kelly Wiisanen of the Superior Public Library and I have been offering a youth book club once a month at the public library.

Kids take home a book, read it and plan on meeting the second Friday of the month to discuss how they felt about the story. While snacking on story related treats and participating in thematic activities we discuss the story. Our reading list includes *Charlotte's Web*, *The Little House on the Prairie*, *The One and Only Ivan* and *Bunnicula!* The book club is open to any youth between 7 and 11 years of age.



Rockets!

Learning about rockets, listening to a story about Margret Hamilton and how she helped NASA put a man on the moon! Margaret handwrote a computer code that would allow the spacecraft's computer to solve any problems it might encounter. *Apollo 8. Apollo 9. Apollo 10. Apollo*

11. Without her code, none of those missions could have been completed! (Margaret and the Moon By: Dean Robbins) About 90 young people from Solon Springs and Superior participated in our program about rockets that we held at the Solon Springs and Superior Public Library.

Youth Engagement, what does that look like?

As I go along in my position as Positive Youth Development Educator, I am going to focus my energy on building a team of youth throughout our county that is interested in becoming engaged in making positive changes in their lives and the lives of their peers. By developing committees of youth who are focused on issues or ideas, real leadership begins to bloom. My role as a facilitator is to guide them to success. Youth are more than passive individuals; they can be active members in shaping their own development. The young people of today have great ideas and skillsets that I believe can change the world for the better. We need to start small and build the changes as we navigate our way through different opportunities. If you know of any youth ages 8 and up that might be interested in being a part of this team, please have them contact me!



Douglas County Extension Education

& Recycling Committee:

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

UW-MADISON EXTENSION NEWSLETTER OCTOBER 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

Human Development & Relationships

9/26 – Family Forum Head Start Grandparents/ Caregivers Support Group begins
10/1 – UWS Psychology Student's **Make It OK** Ambassador Training
10/9 – FREE Wrestling Ghosts Documentary Screening, Panel Discussion & Resource Fair
10/12 – Mental Health First Aid at Essentia Superior (Register through UWS Continuing Education)
10/17 – Cooper Elementary Strengthening Families "Brain Architecture Game" (open to the public)
10/18 – Youth Mental Health First Aid at Superior Senior High School – (Register through UWS Continuing Education)
10/25 – Prenatal to Five (P25) Listening Session at WITC Superior

4-H Programs

National 4-H Week: October 6-12
4-H Achievement Night: October 13
4-H JR Leader's Kickoff event: October 20
WI 4-H Fall Forum: November 1-3 in Green Lake, WI
Douglas County 4-H Annual Leader's Association Meeting, November 11th, 6:00

WI 4-H Horse Leaders Conference, November 15-17, UW Oshkosh

Agriculture/Horticulture

Remembering Native Foods, October 18th
Beef Quality Assurance Workshop, October 19th
Dairy Roundtable, November 6th

Positive Youth Development

Book Worms at the library on October 11th @ 4:15

FoodWise

Youth in-school nutrition education 3rd grade
Grandparent's and other caregivers support group
New Strong Bodies class starting October
Cooking Matters Family Cooking pilot with Head Start families
Transitional Housing Residents programming
Superior Community Garden-Growing Together WI Harvest event
Family Resource Center parents at Cooper Elementary
3rd grade classrooms
Senior meal site visits, Nov. 7, Holy Assumption

UW-Extension Staff

4-H Programs

Katelin Stenroos, Coordinator
katelin.stenroos@wisc.edu

Positive Youth Development

Mary Johnson-Garay, Educator
mary.johnsongaray@wisc.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



FoodWise



Julie Montgomery
FoodWise Coordinator



Tarah Nichols
FoodWise Educator



In addition to involvement in the Sr. Nutrition Advisory Council, FoodWise provides nutrition education lessons at senior meal sites and nutrition information articles for the Senior Connections newsletter.



Senior Meal Site Visit

The Dietary Guidelines encourage increasing our daily intake of whole grains to 3 ounces per day. According to Penn University, many older Americans are not consuming the recommended 5-6 ounces of grains needed daily for good health. In August, Tarah Nichols presented a whole grain lesson to the seniors who attended lunch at the Gordon Town Hall Senior Meal Site. The lesson from the curriculum Seniors Eating Well focused on the importance of making half of our grains-whole. The lesson taught learners what whole grains are, the healthfulness of whole grains, and how to know if one is choosing a whole grain product. Nichols brought many examples of foods that were from the grain group and helped learners decide if each was a whole grain or not. Learners looked at ingredient lists for the words "whole" as the first ingredient to help them decide. Nichols showed the whole grain stamp on products as another way to tell if a product was whole grain. No one in the group had ever seen the whole grain stamp before. After the lesson 100% of the learners said they will be looking for the whole grain stamp when shopping and ninety percent of the learners said they will look for "whole grain" as the first ingredient when shopping.



FoodWise Educators are active members of Senior Connections Nutrition Advisory Council. Members include representatives from senior meal sites within the county. The council meets quarterly visiting meal sites to discuss matters related to the nutrition program.



Some members of the Nutrition Advisory Council gathered for the September meeting held at the Solon Springs Community Center.

Senior Connections makes a positive contribution to the nutritional health of senior citizens in our county. The number of Douglas County seniors participating in home delivered Meals on Wheels and senior meal site locations continues to rise.

June of 2019,
3,745 senior meals were provided.
2,996 meals were delivered to homebound seniors.
749 senior meals were served at a meal site.
In July:
4,094 senior meal were provided.
3,237 meals were delivered to homebound seniors.
857 senior meals were served at a meal site.
August saw a greater rise in senior meal participation.
4,401 meals were provided for the month!
3,336 were delivered to homebound seniors
1,065 senior meals were served at a meal site.

From June to August, nutritious meals enjoyed by seniors who ventured out to eat with their peers at one of seven meal sites increased by 316 meals! The home delivered Meals on Wheels program (which includes a communication between the delivery person and the homebound senior that they are okay) increased by 340 delivered meals in the last three months!

4-H Programs



Katelin Stenroos
4-H Program Coordinator

4-H Day Camp was successfully held on August 6th at Pattison State Park! There were 25 youth campers in attendance and five amazing youth counselors. The youth counselors were instrumental in leading and teaching activities, organizing the campers, and creating a fun welcoming environment. Activities for the day included games, rock painting, straw rockets, learning about the water cycle, nature hikes and everyone's favorite activity was making ice cream.



As the new 4-H year officially starts in October, I am working on 4-H promotion with the goal of increasing the 4-H membership. I am gearing up for 4-H Afterschool Programs at three local elementary schools starting in November. I also am holding a 4-H JR Leaders Kickoff event on Sunday, October 20, with the goal of starting a 4-H JR Leaders Organization for older 4-H members.

You are invited to the Douglas County 4-H Achievement Night on October 13th at 5:00pm at the Curling Club at the Head of the Lakes Fairgrounds. We will be celebrating the achievements of 4-H members and volunteers over the past year. There are five 4-H members who completed the Member Evaluation process and will be recognized at Achievement Night. These five members will be receiving project awards and scholarship to attend 4-H Educational Programs offered through Wisconsin and National 4-H. We will be recognizing our fearless 4-H volunteers and leaders who contribute greatly to the 4-H Program. Achievement Night includes a catered taco bar and dessert. It is free to attend. We kindly ask for your R.S.V.P to Cheryl Shockley at 715-395-1363 by October 9th. Hope to see you there!



Human Development & Relationships



Tracy Henegar
Human Development & Relationships Educator

Strength Through Community Partnerships

Are you familiar with the Wisconsin Idea? While not formally named as such until 1912, the origins of the WI Idea are attributed to a 1905 address by former UW President Charles Van

Hise, who declared, **“I shall never be content until the beneficent influence of the University reaches every family of the state.”** To me, this is the heart of my work through UW-Extension. One of the strengths of Extension programming is in the partnerships we develop with other organizations within our community that allow us to bring the knowledge of the University out into the community. We have several community partnerships happening this fall that will allow Extension to have broader impact with families in our community.



Grandparents & Other Caregivers Support Group (Birth to 5)

In partnering with Family Forum Head Start, we will be expanding our educational support of Grandparents and other non-traditional caregivers as they navigate the challenges of raising young children 0-5

years old. These support groups will be offered twice monthly, once midday and once in the evening, to provide access to as many families/caregivers as possible. Topics of discussion will be developed based upon the needs/interests of the group and will include nutrition, mental health, parenting and more. You can learn more about [Family Forum’s Grandparents/Caregivers group](#) on their website.

We are continuing our partnership with the Superior Family Resource Center to provide parent education and support to families with children 2-5 years old. Meeting weekly for 6 weeks, we’ll start our class with parent/child together time, to nurture positive family relationships, then allow the kids to stay with a highly trained early childhood teacher for additional social learning while the adults have an hour to learn more about child development and expand their parenting tool box. This first session will be focusing on social/emotional learning, helping parents to get a better understanding of their parenting styles and how to help their little ones understand their big feelings and manage sometimes big behaviors. You can learn more about the [School District of Superior’s Family Resource Center](#) offerings on their school webpage.

Through an exciting new partnership this fall with the Superior School District, we are bringing education about Adverse Childhood Experiences (ACEs) and brain development, as well as sharing tools for building Protective Factors. Together, we’ll be “building brains” through the Brain Architecture Game, exploring the types of experiences that have the potential to

weaken or to strengthen brain architecture, then we’ll dig deeper into what families can do to strengthen their child’s developing brain. Additional topics on family health and wellness will be offered throughout the school year. You can learn more about this Strengthening Families program on the [Cooper Elementary Strengthening Families Facebook page!](#)



In partnership with the Douglas County Mental Health Coordinated Community Response and the Douglas County Fostering Futures, UWS will be hosting and UW-Extension will be helping to facilitate a FREE community screening and panel discussion of [Wrestling Ghosts](#), a documentary that follows one family as they explore the impact of Mom’s own Adverse Childhood Experiences on their marriage and on her parenting, allowing a glimpse into their healing and growth. This is a story that is real and raw and ends with hope. Additionally, a community resource fair will provide families with information on how to get the supports they need. Please, join us on Wednesday, October 9th at 6pm in the Swenson Auditorium. Everyone is welcome!

AVERAGE TEEN OR WARNING SIGN? Symptoms of mental illness can often appear similar to average teen development.

AVERAGE ADOLESCENCE	POTENTIAL WARNING SIGN
Withdrawing from family to spend more time with friends	Withdrawing from friends, family and social activity
Wanting more privacy	Becoming secretive; Seems to be hiding something
Moving from childhood likes to teen pursuits	Losing interest in favorite activities and not replacing with other pursuits

Learn how to help a young person who may need help. Get trained in Mental Health First Aid. www.mentalhealthfirstaid.org

One final opportunity that I will share is a partnership with Essentia Health to bring the 8-hour Youth Mental Health First Aid back to Douglas County. This course trains adults who interact with youth aged 12-19 on how to recognize early warning signs of a mental health or addiction crisis and how to provide immediate support until the crisis resolves or until professional supports are available. Our first course will be offered through the School District of Superior on Friday, October 18th at the Superior High School. Additional offerings will be held in Solon Springs and in Maple. To learn more &/or register for upcoming trainings, go to the [UW-Superior Center for Continuing Education Youth Mental Health First Aid website.](#)

Agriculture/Horticulture



Jane Anklam
Agriculture/Horticulture Educator

Agriculture

With the September rains, attention is turning from drying hay and filling silage bags to moving bales to storage and taking stock in the condition of the hayfields as we move into the winter. I have had the opportunity to work with farmers who are accessing the standing quality of their hay this summer. We have sampled standing alfalfa hay to determine sulfur deficiencies via tissue analysis. Sulfur is an important nutrient for alfalfa. Lack of sulfur can show up in a yellowing of the entire alfalfa plant. Our Douglas County soils are potentially susceptible to sulfur deficiencies as we no longer receive the fallout of sulfur from acid rain. Sulfur uptake can be determined by a tissue test sent to a UW Madison certified lab. This tissue analysis also includes a soil test so the farmer can compare the nutrients available in the field to the nutrients taken up into the plant. Those that use manure as part of their nutrient management system, will be less likely to have sulfur deficiencies. More likely they may experience potassium needs, showing up as a less sustainable crop along with the inability to compete with weeds in the hay fields, crowding out the more nutritious grasses and legumes.

Other diagnostic tests for the fall include soil tests for any hay or pasture field that has not been sampled for the past 3-4 years. For relatively uniform fields that can mean one sample every 10 acres. For \$8.00 /sample, farmers cannot afford *not* to have this analysis before they apply fertilizer, including manure. For those that want to learn more about how manure can be appropriately valued as a fertilizer, plan to attend the Dairy Roundtable on November 6, at the Amnicon Town Hall, 10-12:00 noon. [For testing please contact 715-395-1363.](#)

Horticulture

Community and Master Gardeners dedicated a day to learn how to address the needs of Douglas County gardeners through Horticulture Therapy. Mike Maddox, Master Gardener Program Director and registered horticulture therapist led the participants through hands on skills to enable those with cognitive, physical, and social disabilities to engage in gardening more fully. “We know that gardening, horticulture, and being in close contact with nature is a human health need”, explained Maddox. “It is urgent that we do not miss the opportunity to engage our community in the activity of horticulture.”

The UW Master Gardener Program has asked Douglas County to show case their work in “Placemakers”. Placemaking with plants can be thought of as a way to draw people into a space. To get them to interact. To connect with plants. To learn. To build community. Think of our new downtown Superior streetscape. Our local businesses who include colorful green space outside of their establishments. Native landscaping and plantings at our parks and nature areas throughout the county. The cost of *not* including horticulture into our community infrastructure is expensive. Please let Jane know some of you most engaging horticulture “Placemaker’s” in Douglas County. We may use them for statewide Master Gardener Classrooms.

Local Food

One way to bring value to our locally produced beef is to make sure we are keeping up with the consumer demand for quality beef. In the past couple of years, meat packing and processors are demanding the beef they accept, raised on farms, are certified with Beef Quality Assurance Standards. UW Madison, Division of Extension Douglas County is offering this certification class on October 19 at the Parkland Town Hall. This session is geared toward beef producers, but those who process meat or work in the food industry are welcome to attend. Programs such as this shed a light on our entire local food infrastructure.

Finally, notice the fine local food work that is going on at the Town of Parkland Community Garden and the Superior Community Garden Association. Both gardens have been using the UW Madison, Extension “Plants and People” model to engage gardeners and grow local food. Plan to attend the Superior Community Garden Harvest Fest on October 26th to sample some of the harvest and learn more about their UW Madison “Growing Together Wisconsin” grant project that has helped them get there.

Element	Result	Soil Range	Interpretation
N	0.45	2.3 - 4.6 %	High
P	0.06	0.25 - 0.45 %	Sufficient
K	2.28	2.25 - 3.5 %	Low
Ca	1.99	0.7 - 2.5 %	Sufficient
Mg	0.47	0.25 - 0.7 %	Sufficient
S	0.08	0.25 - 0.5 %	Sufficient
Zn	22	30 - 40 ppm	Sufficient
Mn	18	30 - 100 ppm	Low
B	57	25 - 40 ppm	Sufficient
Fe	118	80 - 210 ppm	Sufficient
Cu	22	3 - 20 ppm	Sufficient

Reported on a dry matter basis
Interpretations based on:
from this plant part: leaves, whole plant

Element	Result	Target pH & S
pH	7.2	Target pH & S
S	0.4 %	Optimum
S	22 ppm	Optimum
S	108 ppm	Low

Alfalfa tissue analysis report, Douglas County Dairy Farmer.



Parkland Community Garden, notice the water system, pumpkins and scarecrow.



Superior Community Garden Container and Straw Bale Garden, 2019