

Douglas County Extension Newsletter January 2016



Newsletter January 2016

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



Douglas County Extension Education & Recycling Committee

Sue Hendrickson
Kay Johnson
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Rae Ann Anderson
Mary Stone-McConnell

PROGRAM NEWS

- [Newsletter January 2016](#)
- [CNRED](#)
- [4-H Youth Development](#)

- [WI Nutrition Education Program - WNEP](#)
- [Family Living](#)
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UPCOMING EVENTS

4-H

January 15-17: Winter Camp

January 18: Project Night at Northwestern High School

February 4: Superior Days Training Meeting

Community Development

January 5th: How to do Business with the Federal Government Workshop

January 25th: How to Start a Food Truck in NW Wisconsin Workshop

January 11th: Superior Days Planning Meeting in Brule

February 4th: Superior Days Training Meeting

February 16-17: Superior Days

Agriculture/Horticulture

January 14-15: Wisconsin Local Food Summit

January 26: Farm to Table Tasty Vegetables Presentation, part of the Fairlawn Garden Series

WNEP

January: Shopping Matters Grocery Tours at Super One Oakes Avenue
(dependent on registrations)

February: Shopping Matters Grocery Tours at Super One Harborview



James Anderson
CNRED

Changes are Coming

"The line it is drawn
The curse it is cast
The slow one now
Will later be fast
As the present now
Will later be past
The order is
Rapidly fadin'.
And the first one now
Will later be last
For the times they are a-changin'."

Bob Dylan wrote and sung in 1964 about the call for and need for change, and to be active in change in *The Times They Are A-Changin'*. Well at UW Extension, times are changing. For some these changes are happening too fast, for others not fast enough; change impacts people in different ways. For Douglas County, the County Board of Supervisors Extension Committee, county administrator, and UW Extension team will have an opportunity to learn more about proposed nEXT Generation proposed changes when the UW Extension Northwest Regional Director visits mid-January.

While there will be changes, UW Extension Dean Rick Klemme has made a commitment that UW Extension will continue to have a county and tribal local component, and will carry the torch for the *Wisconsin Idea* to all of Wisconsin's 72 counties. Further, at the UW Extension All Colleague Conference in November, Dean Klemme spoke about extending the *Extension Space*. The Extension Space is the intersection of campus based research, local Extension educators, and the community. Strengthening the Extension Space will help to strengthen the idea of bringing research and best practices to communities in the core education areas of UW Extension including: Agriculture, Natural Resources, 4-H, Family Living, and Community and Economic Development.



Sharon Krause

4-H Youth Development

A Sense of Place

A Sense of Place. This phrase is used in many different fields: psychology, geography, social work, engineering, environmental education, etc. Its exact definition depends on its context, but inherently it always includes physical space.

This attachment can occur after a brief, memorable experience such as watching a spectacular sunset on a mountain or from a feeling of rootedness from living on ancestral land. It can also involve learning local knowledge and/or bonding with other people.

Plans are underway to offer outdoor educational programs for families in Douglas County. The hope is that learning about our local environment while in the presence of family and familiar places will help foster a sense of place in our youth. Using technology while we do so will also help increase critical thinking skills. We have reserved a Digital Observation Technology Skills kit (D.O.T.S.) for the month of March. It has a camera, mini weather station, thermal imager, infrared thermometer, handheld GPS and a microscope that feeds live video and pictures to any smart phone! Specific sites and times will be announced soon on our website and via social media, so stay tuned! Get a preview of the kit at...[DOTS](#) in Outdoor Education



photo credit Sharon Krause

4-H Project Night!

4H is very learner-centered. Members choose a skill they would like to learn more about by doing a project. 4H has a strong connection to county fairs because youth can present what they have learned to a judge and the general public.

Each county's list of projects is different because volunteer leaders are needed to help guide the kids as they learn. If you have or someone you know has a favorite hobby, or would like to learn one alongside a child, please contact me! Our list of projects can be found on [4-H Online](#).

On January 18, 2016 there will be a Project Night at Northwestern High School at

6:30 pm. Both kids and adults will have the opportunity to try projects hands-on for themselves! Please join us for a free night of family fun. Projects include art, crafts, science, animals, and the D.O.T.S. kit.

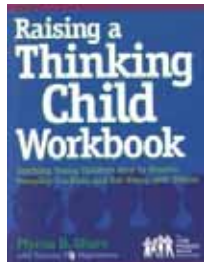
Speaking of Projects...

photo credit: appleinsider.com

Our Phantom drone with camera and iPad are on their way! Thanks to a Wal-Mart Foundation grant we will soon have another STEM tool. I am currently in discussions with several area partners to use it in summer science camps, research projects, or schools.



Other Happenings



I have found a possible partner that will offer child care services while I lead a class that helps parents train their children in critical thinking skills. Raising a Thinking Child has been well researched and proven to help children's socialization and problem solving skills. Contact the office if you are interested in having a class for 5 – 10 people.

Superior Days is up and running! Youth from Douglas, Ashland, Bayfield and Iron counties are getting equipped to join adults in Madison February 16 – 17. Adults, you can still register at superiordays.com





Julie Montgomery

WI Nutrition Education Program - WNEP

SHOPPING MATTERS

Grocery Tours

Save \$
Buy Healthy
Free Recipes

Join us for a Grocery Tour!

Super One Oakes Ave January, April, July	2
Super One Harborview February, May, August	0
Walmart Superior March, June, September	1
	6

1st Thurs. of the month 9 am
3rd Thurs. of the month 1pm
(additional times/days available)



WNEP in Douglas County maintains a strong relationship with our partners, Northwest Community Services Agency (NWCSA) and Faith United Methodist Church as the largest providers of services for low income county residents. WNEP provides a series of nutrition education programming to both agencies transitional housing participants and nutrition education at their food pantries. NWCSA is the grantee for the Women Infant & Children (WIC) program which supports WNEP's Grocery Tours: Shopping Matters @ the Store promoting tour participation at WIC visits and to Douglas County WIC program Fit Family participants.

Shopping Matters Grocery Tour Flyer

The Food Pantry at Faith United Methodist Church (FUMC) continues to provide a very successful venue for WNEP lessons as pantry clients arrive up to two hours before pantry numbers are given out. The pantry provides classroom and kitchen space for WNEP use. Food Pantry volunteer staff help educators invite participants to our nutrition lesson as they are unpacking fresh fruit & vegetable donations received from Second Harvest Food Bank in the Fellowship Hall. Clients arriving early, who choose to take part in our one hour lesson prior to pantry, are given the first numbers for pantry! The Pantry Director introduces WNEP staff and offers our availability for lessons and assistance to participants (use of unfamiliar food items or methods of preparation and healthy eating). In addition to Food Pantry, FUMC hosts the monthly meeting of the Anti-poverty Action Coalition (APAC) in which Douglas County WNEP has been active since its inception some ten years ago. At minimum, the APAC provides an hour meeting monthly in which members from all county agencies serving the low income/ homeless, transient populations in our area a place

to share and openly brainstorm how best to collaboratively meet the needs of our community.

We begin the New Year with new curriculum for use at the food pantry. The Healthy Weighs For Less food pantry curriculum is based on the social cognitive theory which addresses both individual and environmental influences on behavior. We are preparing to use twelve new mini- lessons providing visuals, flipchart messages, recipes and goal setting activities at food pantries in 2016.

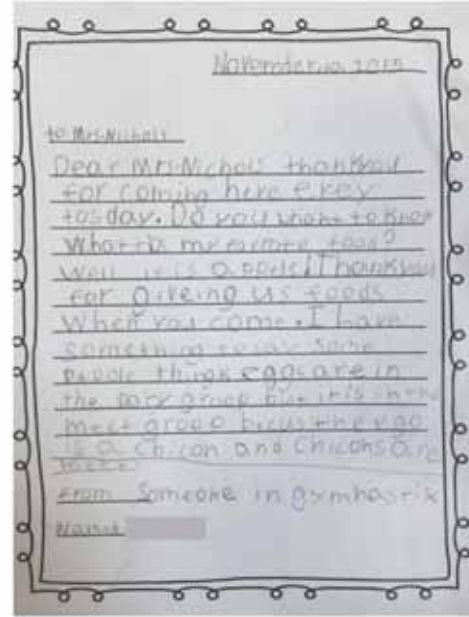


Tarah Nichols

WI Nutrition Education Program - WNEP

I had an amazing time visiting second grade classrooms at Bryant, Northern Lights, Lake Superior and Cooper Elementary Schools over the past couple months. Kids are always excited for nutrition class to start and especially for the food samples supplied after the lesson. The second graders were able to try: sugar snap peas, whole grain cereal, kohlrabi, farmer cheese and yams. Each lesson focused on one of the food groups over the five week span. Physical activity and food safety were also weaved throughout the lessons. At the end of the five lessons, I asked the students to name something they learned or enjoyed. The following are some responses: "I liked all the foods we tried", "I loved learning through the games we played", "Yams are my new favorite food", "To try something even if you don't know it", and "That camels and water buffalo produce milk for humans in other parts of the world".

The students presented me with thank you's on the last day of class, below are two examples.



Araceli Whitwam-Sell

Family Living

Smart as a Goose

Recently, I found myself desperate for something to pass the time while I waited for my turn at the post office. Lucky for me, someone had kindly left a copy of National Wild Life for my perusal. I came across an article about geese and the benefits of their V- flight formation. It didn't take long for me to come to the conclusion that my Douglas County UW-Extension colleagues and I must be part geese!

The author of the article shared that when geese fly in a V formation they can fly about 70% farther with the same amount of energy than if each goose flew alone. Additionally, when a goose drops out of the formation it uses more effort and energy to fly. It will quickly rejoin the formation to take advantage of the lifting power that comes from flying together. Additionally, I read that wildlife scientist's postulate that

the loud honking sounds geese make while flying together is an important communication tool they employ to communicate with each other during their long flight.

So, what does this have to do with UW-Extension? Geese recognize the benefits of working together and the value of optimizing their efforts. Similarly, UW-Extension Educators work together, as a team. We, like geese, recognize that we are much more efficient when we work together. Each one of us has an area in which we excel, and know that much like our feathered friends we can rely on our colleagues to step into the front of the v-formation or fall back as the situation warrants.

Additionally, similar to geese, we are dependent on good communication with each other to get us to our destination. We have worked hard to ensure that we have strong and clear communication amongst us. For example, we share a weekly overview of what is happening in our week. It includes room to note projects, events and any help our colleagues can provide us. Regular staff meetings as well as sharing our electronic calendars ensure that we work efficiently and are aware of what each team member is currently working on.



Most importantly, geese help and care for one another. For example, I learned that if a goose drops out of formation because of illness or injury, two other geese will fall out of formation so as to remain with the weakened goose. My colleagues are committed to the well being of every team member. We volunteer to help each other whenever possible and seek opportunities to collaborate to maximize our efforts and lighten the workload.

I am fortunate to work with each of my Douglas County Extension colleagues. I along with James Anderson-Community and Natural Resource Development and Sharon Krause- 4H Youth Development, joined existing staff this past spring. This could have been a stressful situation but each of my colleagues has worked diligently to become a team working towards the same goals.

A flock of geese knows its destination and so do we. Our destination, is to serve Douglas County by fulfilling the vision of UW-Extension- to teach, learn, lead and serve, connecting people with the university of Wisconsin, and engaging with them in

transforming lives and communities.



Jane Anklam

Agriculture/Horticulture

Agriculture/Horticulture Events in 2016

Farm to Table Tasty Vegetables: Julie Dawson, Department of Horticulture , UW -Madison will offer a presentation on “modern” heirloom vegetable varieties for local food markets, farm to table, and direct market sales. The discussion is part of the Fairlawn Garden Series sponsored by Superior Public Museums, January 26, 2016, 6:00 pm to 8:00 pm. Call 715-394-5712 to register.

Pesticide Applicator Training , Ashland , Bayfield , Douglas Counties, Mid March 2106. For more information on PAT visit <http://ipcm.wisc.edu/pat/>
Contact Jane Anklam (715-395-1515) to register.



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