

Sue Hendrickson

Scott Luostari

Charlie Glazman

Mary Lou Bergman

Mary Stone-McConnell

November 2016



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

Community and Economic Development

32nd Superior Days, Community Comes Together to Identify Issues

While the 32nd Superior Days is still nearly four months away, planning is well underway. In September, 26 community members participated in the kick-off meeting. On Wednesday, October 26th about 40 people attended the community wide issues identification meeting. This meeting sought out potential issues for Superior Days from a wide range of community stakeholders. Bayfield County and community members from the City of Ashland conducted a session earlier in October, and sent their suggestions for consideration.

Some of the issues that the community helped to identify include:

- Support Better City Superior, if the November referendum is successful
- Request additional funding for roads
- Address access to treatment for persons with drug and alcohol addictions
- Address access to mental health services for citizens of NW Wisconsin
- Express support for a strong UW-Extension presence in NW Wisconsin

In November and December, the Superior Days Issues Committee will review the identified issues, and will select a final slate of issues for the 32nd Superior Days to be held February 21 and 22 in Madison. More information about Superior Days and registration information may be found at www.SuperiorDays.com, or call UW-Extension Douglas County at (715) 395-1363.



Parade of Products Rebranded: Best of the Northwest Showcase

Following a one-year hiatus, the Parade of Products is returning to Superior Days. In an effort to recognize the wide variety of products, services, and organizations that display at Superior Days... this event is being rebranded as the **Best of the Northwest Showcase**. Warren Bender will again be organizing the **Best of the Northwest Showcase**. If you would like to enter a display, please contact James at UW-Extension (James.Anderson@ces.uwex.edu) or (715) 395-1547.

UW-Extension Leadership Changes, and nEXT Generation Update

On November 1, Dean Rick Klemme will be stepping down from his leadership role with Cooperative Extension. Assuming the new interim role for up to three years is Karl Martin, the program director for Community, Economic Development, and Natural Resources department of Cooperative Extension. Prior to assuming the program director position in Cooperative Extension, Martin served as the chief of the Wildlife and Forestry Research Section in the Wisconsin Department of Natural Resources.

As many of our stakeholders are aware, UW-Extension has been working on a reorganization plan to absorb and address a reduction in the current two-year state budget, which cut \$250 million from the UW-System. Currently, a number of committees are working to conduct a needs analysis, and gap analysis for Cooperative Extension. By February these committees will forward their findings to an Integration Committee. The Integration Committee will be charged with designing options for UW-Extension moving forward, and to present those options to the Chancellor. With those options in-hand, Extension will be seeking feedback from counties, and other partners to select the nEXT Generation options. Implementation is scheduled to begin in late June 2017.



Sharon Krause
4-H & Youth
Development Educator

Fall Offerings

There are many facets to my role as a 4-H Youth Development Educator. First and foremost is my work with Douglas County community clubs, which includes camps, community events, and training and equipping volunteers to help lead all of them. Outside of 4-H there is the Youth in Governance program, Superior Days, school enhancement activities, and partnerships with other youth organizations. These roles often overlap and never more so than during the fall, one of the busiest times of the year.



Nadia Henegar & Lora Randa
Swearing in Ceremony

In September the **Youth in Governance** program welcomed four new high school students who will serve 2-year terms. Adam Lavine and Madison Hale attend Superior City Council meetings twice a month. The County Board of Supervisors has Lora Randa from Superior High School and Nadia Henegar from Northwestern High School. All of these students are excited to learn about local

4-H Youth Development



government and offer their insights to elected officials. They are also entitled to participate in the youth delegation of Superior Days 2017.

Superior Days provides a fantastic civic engagement opportunity for students in grades 10 – 12. Youth delegation members increase their knowledge of local and regional issues; become aware of how local and state governments operate; develop leadership skills; help facilitate change; and network with adults from area businesses, non-profits, higher education and government. They do so by researching issues important to the area they live in and then lobbying for them in Madison. Lobby teams are made up of adults and youth, and often times the youth are the ones who elected officials interact with the most! They appreciate the students' authenticity and listen closely to what they have to say. Last year a student explained an issue well enough to change the way someone would vote! Youth also have some time to explore Madison's museums and the UW campus. The first training session is Monday November 7th at 6:00pm. To register, students should contact their school's Superior Days advisor and then go to our website, www.superiordays.com. Superior High School's coordinator is Jim Hogan; Northwestern's is David Crail; and Solon Springs' is Bruce Meyers. Homeschool students may also participate.

The registration deadline for the Youth Delegation is October 31st.

Registration is also open for **Afterschool Clubs**. All of the elementary schools in Superior and Maple are offering them for K – 5th graders. Clubs start right after school, last one hour, and latchkey students may come and then return



Building a Ski Jump for Marbles

to their program. Afterschool clubs meet once a month, are free, and include a snack. Activities this year will feature an animal lesson (rabbits or poultry); building ski jumps for marbles; aerospace; LittleBits (essentially electronic Legos); and more. Register online at 4honline.com and when asked for the club you want to join, select the name of your school followed by Afterschool (e.g., Cooper Afterschool). *Registration deadlines for afterschool clubs: October 28th for all Superior schools and November 4th for Northwestern.*

S.T.E.M. activities are also ramping up. Currently, 7th graders in an outdoor education class in Solon Springs are using D.O.T.S. kits – a set of high tech tools – to study their school forest. Also, Special Interest (SPIN) clubs featuring LittleBits will be starting soon at various elementary and middle schools. Please contact me if you are interested in using this equipment or to volunteer to help lead a



Nutrition education program changes to meet needs of new audiences

FoodWise is new name of Wisconsin Nutrition Education Program

FoodWise, formerly known as the Wisconsin Nutrition Education Program, or WNEP, has a long legacy of providing nutrition education to Wisconsin families and individuals with limited incomes.

FoodWise is a federally funded effort that seeks to empower Wisconsin residents with limited incomes to make healthy choices to achieve healthy lives and reduce health disparities. Program funders include the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

FoodWise nutrition educators work out of county Cooperative Extension offices and in collaboration with state and local partners.

WNEP began as a food safety program in 2003 to prevent the spread of food borne illness. To meet the needs of the American people, FoodWise became an obesity prevention program in 2016,

Learners by Age Groups	Number Served
Youth age 6-11	5128
Parents of Infants, Children	766
Senior Adults	246
Adults w/o Children	76
Total	6216

promoting healthy eating and active lifestyles in 66 of 72 Wisconsin counties.

Join our efforts:

- Share your ideas with us as to how we can work to make our community a healthier place to live.
- Join our planning group for bike pathways promoting physical activity to access work, food or play.

FoodWise News in Douglas County

Make water your beverage of choice for a healthier you!



Refill your water bottle at a water bottle filling station in one of two schools in the Superior School District.

FoodWise educators, as members of the Superior School District Wellness Committee, provided five water bottle filling stations in two schools with a grant from the Alliance for a Healthier Generation.

This project has provided 286,339 refilled bottles to date (in 1.5 years) eliminating plastic disposable waste and hydrating our staff and students @ Lake Superior Elementary and Superior High Schools.

FoodWise provided education to:

- Youth at income eligible elementary and summer school,
- Parents enrolled in the Superior School District Family Resource Center Little Learners and Bright Beginners programs,



Julie Montgomery
FoodWise Coordinator

- Parents of infants and children through the Women Infant Children (WIC) program providing Share Our Strength Shopping Matters Grocery Tours grocery shopping tours,
- Family Forum, Inc.-Project Head Start Center based and Early Head Start serving families in the city of Superior, Lake Nebagamon, Solon Springs, Wascott and Gordon,
- Northwest Community Services Agency's Transitional Housing and food pantries (including the new food pantry for seniors occurring once per month at NWCSA's Sr. Center),
- Faith United Methodist Church's Transitional Housing program, food pantry and Harbor House Crisis Shelters.

Our programming occurs as series education or one time group events.

In 2016 our direct contacts with learners were presented as group lessons (1006), single lessons (190), short series lessons (114) and individual lessons (1).

Douglas County taught directly in three major content areas:

- ⇒ 1838 (90%) **Nutrition/Dietary Quality:** Educators teach county residents to choose foods from each of the five food groups when planning their meals using the USDA's MyPlate

Parent provides child decides: It is the parent/guardians job to provide healthy food and the child's to decide whether or not their bodies tell them they are hungry enough to eat. Parents of young children learn how they can feed their families healthy meals.

- ⇒ 151 (074%) of our teaching contacts were in **Food Resource Management**. FoodWise educators teach meal planning and how to use food dollars wisely, choosing healthy food at the most reasonable price. Our grocery tours teach participants about product placement and unit pricing to determine the best value. Participants learn how to plan meals and make simple healthy recipes using food pantry foods.
- ⇒ 58 (.029%) participants learned how to be **food safe**. FoodWise provides handwashing education, lessons to elementary students on how bacteria travel, cooking foods to proper temperatures, and food storage education to prevent food borne illness.

To learn more, visit the [FoodWise website](#) or contact your Douglas County Extension FoodWise program.

Julie Montgomery, Coordinator @ 715-395-1427 or email julie.montgomery@ces.uwex.edu

Tarah Nichols, Educator @ 715-395-7443 or email tarah.nichols@ces.uwex.edu



Educator, Tarah Nichols taught lessons on the importance of eating vegetables and ways to increase the amounts of vegetables students (families) eat.

The students at Lake Superior, Cooper, Northern Lights, and Bryant Elementary Schools in Douglas County were offered a variety of vegetable samples (12) as a way to taste new vegetables, increase acceptance, and encourage long term increased consumption of vegetables.

Cucumber, jicama, grape tomatoes, zucchini, red cabbage, asparagus, spinach, and sweet pepper, peapods, kohlrabi, sweet potato and bean dip were offered to various classes in grades 2-5.

A total of 2688 students were offered samples. 2666 (99%) tried the sample, 1134 (42%) tasted the vegetable for the first time, 1066 (60%) would eat the vegetable sampled again, 1623 (60%) said they would eat it again, and 396 (15%) ate the vegetable at home after tasting it at school.

The same evaluation was used for fruit samples.

Educator taught lessons on the importance of eating fruits and ways to increase the amounts of

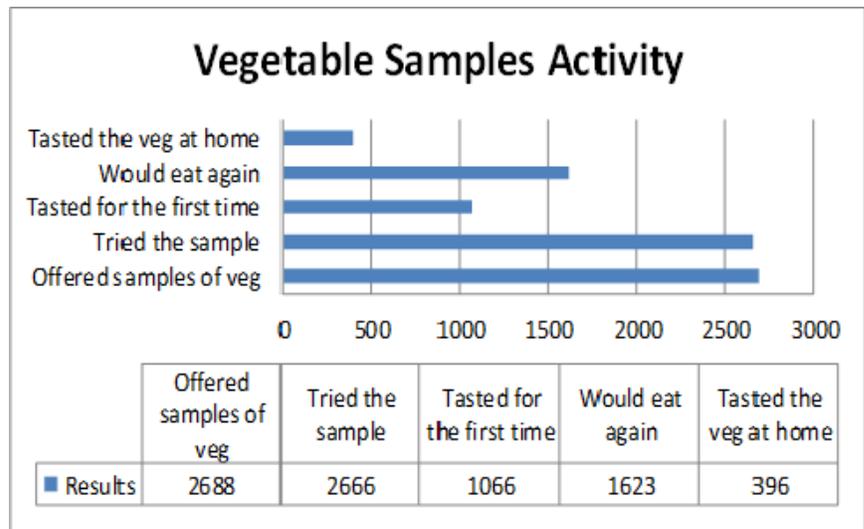


Tarah Nichols
Nutrition Program
Educator

fruits consumed.

Students at Lake Superior, Cooper, Northern Lights, and Bryant Elementary Schools in Douglas County were offered food samples (6) of various fruits as a way to taste new fruits, increase acceptance, and encourage long term increased consumption of fruits. Cantaloupe, honey dew melon, pomegranate, grapefruit, and avocado were offered to various classes in grades 2-5. A total of 1154 students were offered samples, 1125 (97%) tried the sample, 524 (45%) tasted the sample for the first time, 753 (65%) said they would eat the sampled fruit again, 126 (11%) students ate the fruit at home after tasting it at school.

**Make the healthy choice
the easy choice**





Araceli Whitwam-Sell
Family Living Educator

All families need support and resources to develop skills at critical points in their lives. Family Living works to meet these needs through Extension educators. They reach out to diverse families to provide research-based education and resources to help improve quality of life and to help to create an environment where families have the information, skills and assets they need to improve their quality of life and contribute to their communities.

Douglas County, Family Living Educator, Araceli Whitwam-Sell's work focuses on strengthening families through parent and relationship education. Over the summer she introduced Relationships Matter, a six-week program that teaches skills that research has shown lead to lasting, healthy relationships to female inmates at the county jail. Participants voluntarily complete a program evaluation form and quantitative data is currently being gathered to ensure the efficacy of the program. Plans are currently underway to modify the evaluation to also include qualitative data. Leslie Walker, Program Coordinator with the Douglas County Jail, is glad Relationships Matter is available and reports there is typically a waiting list for the program. The fourth group is slated to begin in October.

Additionally, she has been busy initiating new collaborations. In the words of Vince Lombardi,

“Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work.”

Douglas County is fortunate to have a myriad of agencies and organizations committed to bettering the condition and lives of their community members, especially vulnerable families. All Extension educators strive towards this goal.

This fall Whitwam will be collaborating with the following:

- Harbor House Crisis Shelter to bring parenting resources that will benefit families residing in both their sites. Harbor House Crisis Shelters ministry provides a hospitable place for homeless women and families to dwell. They recently marked their 15th year of service (spring of 2016).
- Douglas County Health & Human Services (HHS) and Whitwam will be exploring ways to collaborate to provide parent education to parents referred by HHS.
- The Northern Lights Family Resource Center, the School District of Superior's comprehensive community support agency. Parent and relationship education will be offered to parents during weekly gathering times.
- Superior Public Library will collaborate with Extension to introduce the Raising A Thinking

Child Program (RTC). RTC is an evidence-based parenting program for parents and caregivers of children 4 to 7 years that was developed and researched by Dr. Myrna Shure. RTC has demonstrated effectiveness in developing interpersonal cognitive problem-solving skills in young children, improving parenting skills and parent-child communication, and in decreasing both impulsive and inhibited behaviors in young children. RTC has been listed as a model evidence-based program on the **Strengthening America's Families** and the **Office of Juvenile Justice and Delinquency Prevention** model programs websites. Dates and time are yet to be determined so stay tuned for more details!

Whitwam has joined a Family Living work group that is adapting RTC for childcare providers. Providing RTC to parents and childcare providers will further positive outcomes to children and their families.

Finally, Whitwam attended the two day Stand Against Child Abuse Conference, joined the Council on Child Protection as well as the Strengthening and Supporting Head Start Parents for Success Advisory Committee, in an effort to stay abreast of area families' most pressing needs as well as to better inform her work.



Jane Anklam
Agriculture/
Horticulture Educator

Agriculture

Douglas County has initiated its Livestock Operations Study Group. Its purpose is to evaluate the current regulations in place to administer environmental concerns stemming from potential Concentrated Animal Feeding Operations (CAFOs). The role of UW Extension Agriculture Educator will be to provide researched based information on the best management practices and state requirements for permitting CAFO's. Currently, Douglas County does not house any of these 1000 animal unit livestock operations. The county's intention is to utilize their year- long moratorium to develop an ordinance to meet the state's requirements in regulating the environmental impact of such farm businesses. The challenge for Douglas County under the current state requirements is our cool, wet soils and our shorter growing seasons that do not allow for biotic break down or nutrient uptake over a period of time. In addition, our soils of highest agronomic potential are often impervious during snow melt. This can mean sediment movement into our waterways, carrying phosphorous with it. Please contact me if you have questions about nutrient management or agricultural runoff.

A regional CAFO workshop is being offered in Rice Lake on February

Agriculture & Horticulture

15, 2017. This is a great way to learn about CAFO management expectations and practices.

Horticulture

We have been extending our University Horticulture information through various fall garden events. Master Gardeners brought their "Ask a Master Gardener" booth to the Solon Springs Equinox Fest in September. With a focus on proper fall pest management , local gardeners are prepared to manage using cultural and mechanical methods with a nod to pollinators over chemical management.

Invasive plant monitoring has received a high tech boost through a cell phone application developed by the Great Lakes Early Detection Network (GLEDN). Jane offered a presentation at the Great Lakes Visitors Center for the Regional Invasive Plants workshop hosted by Northwoods Weed Cooperative. Monitoring the arrival of some of these early invaders is crucial to us avoiding the use of chemical methods for control. Let Jane know



Small space growing in Douglas County

if you would like to install the **GLEDN** app on your phone!



Recently , **garlic mustard** has been found in the City of Superior along the St. Louis River and in our community gardens.

Local Foods

The local food coalition along with local businesses and UW Department of Horticulture sponsored a local vegetable tasting event culminating the first year of **local vegetable trials** in Douglas County.

Chefs and growers conducted the sampling and ranking process at the incubator kitchen of the Superior Development Association. The data was collected for each vegetable and placed in a table that sorted out best flavor, quality , and growing character. This now informs the growing line for next season. We are proud to be a part of this research and methodology for making local food accessible in Douglas County.

Part of educating about local food is making sure we celebrate what we have. Jeanne spear-headed a local food and agriculture photo contest that was supported by local food farmers and businesses. These winners are posted on the UW-Extension, Douglas County website



Local Vegetable Trials 2016

best flavor, quality, and growing character. This now informs the growing line for next season. We are proud to be a part of this research and methodology for making local food accessible in Douglas County.

Part of educating about local food is making sure we celebrate what we have. Jeanne spear-headed a local food and agriculture photo contest that was supported by local food farmers and businesses. These winners are posted on the

UW-Extension, Douglas County website and will be used on our social media sites... raising the discussion about local food.



UW-Extension, Douglas County Staff

4-H Youth Development

Sharon Krause, Educator

Email: sharon.krause@ces.uwex.edu

Agriculture & Horticulture

Jane Anklam, Educator

Email: jane.anklam@ces.uwex.edu

Community Resource Development

James Anderson

Email: james.anderson@ces.uwex.edu

Family & Community Support

Araceli Whitwam-Sell

Email: araceli.witwamsell@ces.uwex.edu

Douglas County Courthouse

1313 Belknap Street, Room 107

Superior WI 54880

Phone: 715-395-1363

Administrative Staff

Cheryl Shockley, Program Assistant

Email: cheryl.shockley@ces.uwex.edu

Jeanne Ward, Program Assistant

Email: jeanne.ward@ces.uwex.edu

FoodWise

Julie Montgomery, Coordinator

Email: julie.montgomery@ces.uwex.edu

Tarah Nichols, Educator

Email: tarah.nichols@ces.uwex.edu

Virginia Leith, FoodWise Program Assistant

Email: virginia.leith@ces.uwex.edu



VISIT US ON SOCIAL MEDIA

Website

<http://douglas.uwex.edu>

Twitter

https://twitter.com/UWEX_Douglas

Facebook

www.facebook.com/UWEXDouglas

Google+

<https://plus.google.com>

+UWExtensionDouglasCountySuperior

Instagram

<https://www.instagram.com/uwexdouglas>

uwexdouglas

Pinterest

<https://www.pinterest.com/UWEXdouglas>

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.