

UW Extension Staff

4-H Youth Development

Sharon Krause, Educator

Agriculture & Horticulture

Jane Anklam, Educator

Email: jane.anklam@ces.uwex.edu

Community Resource Development

Director

James Anderson

Family & Community Support

Araceli Whitwam-Sell

Administrative Staff

Cheryl Shockley, Program Assistant

Email: cheryl.shockley@ces.uwex.edu

Jeannie Ward, Program Assistant

Email: jeannie.ward@ces.uwex.edu

WI Nutrition Education Program

Julie Montgomery, Coordinator

Email: julie.montgomery@ces.uwex.edu

Tarah Nichols, Educator

Email: tarah.nichols@ces.uwex.edu

Virginia Leith, WNEP Program Assistant

Email: virginia.leith@ces.uwex.edu

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Douglas County

Newsletter

April 2015

Douglas County
Extension Education &
Recycling Committee:

Sue Hendrickson
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engaging with them
in transforming lives
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Family & Community Support
Araceli Whitwam-Sell

Welcome Araceli!

Araceli Whitwam-Sell is our new Family & Community Support Educator. Her background in advocacy and social work make her an asset to UW Extension.

With a Bachelor of Arts Degree in Latin American Studies and a Master of Social Work Degree from the University of Michigan, Araceli is well-prepared for the Family & Community Support role. Her past experience includes advocacy, interpreting and planning and teaching educational programs.

Araceli is from Ypsilanti, MI and is relocating to the Superior area.

4-H Youth Development
Sharon Krause

Welcome Sharon!

Please help us welcome our new 4-H Youth Development Educator, Sharon Krause. Sharon comes to us with a multitude of experience and education and we look forward to working with her.

Sharon has a BAS from the University of MN Duluth in Teaching General Science and Life Science with a concentration in Outdoor Education. Her Master's of Education is also from UMD and has an emphasis in Environmental Education.

Sharon previously worked with Hartley Nature Center and the Center for Environmental Education. She currently lives in Duluth.

Agriculture/Horticulture Educator
Jane Anklam

HORTICULTURE: UW-Extension's role in Horticulture is to apply university research to the art and practice of Horticulture. In our county, we focus on growing food, managing pests with the knowledge of Integrated Pest Management, informing how appropriate landscaping can solve water quality problems, create livable neighborhoods, and support a thriving market place. This spring we will be offering garden preparation programs, native plant demonstration garden care, square bale gardening trials, and composting workshops. The master Gardeners will be kicking off many projects in Douglas County. Please join us at an upcoming program!

LOCAL FOOD: In the summer local food is tangible in the form of gardens, farmers markets, and Community Supported Agriculture. How do these function in Douglas County? We will continue to learn how our citizens utilize local food. This is important to understand for sustainability: both economic and social. In addition we will consider what organizations market local food for sale. The UW-Extension Community Food Systems Team will help us develop our data collection tool.

AGRICULTURE: This winter's Dairy for Profit session and the Crop Management Decisions classes raised the bar on our expectations for dairy and crop management systems in Douglas County. It is very important for those farming in the northern tier of counties to know their production budgets along side their markets and yields. Bigger may not always be better if more inputs are required to manage for risk. With new hybrids and genetics, we can be cut losses without raising capital investments. This season to test your soil...start a rotation to test the entire farm over a 4 year period.. Manage forage to increase milk production /acre: SUSTAINABILITY!

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.

Douglas County UW-Extension Office
1313 Belknap Street, Courthouse Room 107
Superior, WI 54880-2781
Telephone: (715) 395-1363 711 for WI Relay
Website: <http://douglas.uwex.edu>

WI Nutrition Education Program Julie Montgomery

January thru March encompasses the 2nd quarter of our grant and requires the reporting of our quarterly program data to our liaisons at the state level. Some highlights include piloting a nutrition education curriculum developed by my Madison advisor. Sixteen parents of preschool children at the Superior School Districts Family Resource Center were active participants in a series of four or five session groups who explored parents as role models, involving children in preparing meals, eating together (minus all electronics) and research based methods of introducing new foods to children. Did you know that children may have to eat a food 15 times before they like it and eat it every time you give it to them? Have you considered keeping your dislike of some healthy foods to yourself? The little people in your life are listening and want to be just like you!

March includes our annual coordinators meeting, in which all county coordinators in the state are presented with the guidelines for our new grant proposals. Eight county WNEP programs will receive an increase in funding for 2016-18 to bring their programs budgets in line with their low income population. Seven county program budgets have been cut and will be facing staff layoffs. Our good news is that Douglas County WNEP funding will remain the same thru 2018! I am thankful to have joined a county program that is already ahead of the rest of our state, the new rules and restrictions will not require us to make any major grant program proposal changes for our 2016 grant due April 23rd!

WI Nutrition Education Program Tarah Nichols

The Nutrition Education Program just finished with fifth grade classes at Lake Superior, Great Lakes, Northern Lights, Cooper and Bryant Schools. A total of 218 Students were taught 5- one hour lessons on topics such as My Plate, how to increase fruits and vegetables in our daily life, what each food group does for our body, how to read food labels, and how to use the 5/20 Rule. Students also learned about what to look for on an ingredient list, how not to be swayed by commercials or advertisements, and how to choose foods based on what the nutrition facts tell you. Students were taught how to determine how much sugar and fat was in the foods they eat and drink. Many examples of their favorite snacks and beverages were brought in for a "show and tell". Sugar cubes were counted out for students to see how much sugar they were drinking and teaspoons of Crisco were counted out to show the amount of fat in some of their choices.

We also talked about the importance of calcium and how to ensure students were getting their 3 cups of dairy a day and alternative suggestions for those who are lactose intolerant.

Many students commented that they really did not realize how much sugar was in pop and sport drinks. Water was suggested as a great alternative. Fruits, vegetables and whole grain items were suggested as good snacks to choose.

Community Resource Development James Anderson



➔ **Welcome James!**

UW Extension, Douglas County would like to introduce James Anderson, the new Community, Natural Resource, and Economic Development (CNRED) Educator. James will be starting with UW Extension on Monday, April 13th. James comes from Escanaba, Michigan where he has been teaching for Bay College in Escanaba and Iron Mountain, Michigan. He is a life-long Upper Peninsula resident and is looking forward to moving to Superior in the coming weeks.

James will bring with him nearly 20-years of experience in community, economic, and workforce development. He worked as a county economic development director in Schoolcraft County. While there he was a founding member of the Upper Peninsula Economic Development Alliance, which promoted a regional economic development strategy.

He also worked for a regional workforce development board, where he implemented a number of talent management and workforce development strategies for individual businesses as well as industry clusters.

"I'm excited about this new opportunity in Wisconsin. Douglas County is very similar economically to some of the counties that I worked with in the Upper Peninsula. I think I will be able to both share some best practices, as well as learn about what is being done with in Douglas County," James said. One of his first priorities will be to connect with community, economic, workforce, education, and political leadership... so expect a call or email from James soon, in an attempt to set-up a "get to know you" meeting.

James earned his BS from Northern Michigan University in business administration, and a Master of Science in training and development. He has continued his education with a PhD in training and performance improvement from Capella University. James is an avid college and professional hockey fan, and enjoys traveling on his free time.

Welcome to all our New Staff!
Araceli, Sharon and
James!