

## UW-EXTENSION STAFF

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# UW EXTENSION

University of Wisconsin-Extension

Douglas County

## Newsletter

### January 2015

Douglas County  
Extension Education &  
Recycling Committee:

Sue Hendrickson

Kay Johnson

Charlie Glazman

Rae Ann Anderson

Mary Stone-McConnell

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



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## Family & Community Support

Sue DeNio

### Superior Days 2015

*Issues identification for the 30th  
Superior Days is nearly completed.*

Involving citizens from Douglas County in a public forum at WITC and then later at the Chamber of Commerce, a variety of issues were submitted.

Superior  
Days  
2015  
THIRTY YEARS

Legislative issues for 2015:

- Enabling counties with the option of a .5% local sales tax to fund county highway projects
- Support for ongoing funding mechanisms to deliver 9-1-1 calls
- Support expansion of Highway 2 to four lanes between Superior and Hurley
- Increase number of providers for mental health services by increasing Medical Assistance reimbursement

Agencies to be lobbied include the Departments of: Revenue, Administration, Transportation, Health Services, Children and Families, Tourism, and Public Instruction, as well as the Public Safety Commission, and the Wisconsin Economic Development Corporation.

## Horticulture & Agriculture

Jane Anklam

**AGRICULTURE:** With support of the Douglas County Grazing Initiative, UW-Extension has been offering free soil and forage tests this fall for our farmers. We have had a great response! By **KNOWING** the quality of the forage that is fed to their livestock, farmers can understand how to adjust feed to have a healthy and productive outcome for the animal and the consumer. Some are comparing last year's management changes to this year's outcome. They are adjusting what they plant, when they harvest, and how they store their forage. By completing the soil test in the fall, landowners have a jump start on fertilizer orders and deciding what to plant where. The more we know, the more sustainable decisions we can make for Agriculture.

**LOCAL FOOD:** Meat Quality Assurance training is important for all of our livestock farmers. It is the transfer of excellent animal husbandry practices to the animal care and then to the consumer. Three of our farmers are working to develop a local Meat Quality Class for our youth. We will be following the UW-Extension guidelines. Good for the local food market.

**HORTICULTURE:** A new class of Master Gardeners are hitting the streets! Projects range from community gardens, pruning demonstration day for fruit production and teaching a class on attracting and controlling wildlife in your gardens. Look forward to an exciting project: Native American gardening culture in our community Giikinoo-amaage gidiwin Gitigaan...this winter-summer.

## 4-H YOUTH DEVELOPMENT

Joan Wimme

### 4-HYD Youth Feedback: 2014

“The progress I have made toward my leadership goals was that I was a camp counselor and getting better at speaking to an audience. Others in 4-H can benefit from my leadership because I was a shy and quiet person, and even those kinds of people can rise up to become an outspoken leader. That could show those nervous people that there is a way to come out of their cocoon of comfort and into the unknown world with success.”

“I believe that if everyone were able to meet other people in 4-H, and see all the good things we’ve done they’d want to join. And if we got more people, we could maybe change the nation.”

“By helping others, I learn more about myself as a person. I want to make the best better. When I’m helping others I feel more alive, I see things changing because of what I’m doing. I don’t need people to know what I’m doing to make me feel happy. I just need to see my work done the best way to help others the most.”

“4-H leadership experiences have impacted my life because it helped me go beyond my social limits in order to become a leader. I’m starting to lead activities and talk out my ideas with others at school. I have gained better communication skills and became a better listener through my 4-H leadership experiences.”



## WI Nutrition Education Program

Tarah Nichols

According to the CDC, “Establishing healthy behaviors during childhood is easier and more effective than trying to change unhealthy behaviors during adulthood.” The Nutrition Education Program serviced four income-eligible schools in the Superior School district in 2014 for the students in first to fifth grade. Lessons centered around MyPlate and increasing students’ intake of fruits and vegetable consumption at meals through food samples and talking about different ways to eat/prepare them. Food safety, label reading and ways to increase physical activity were also taught. Emphasis was given to all grades as to “why” we eat each of the food groups and what they do for our body.

Nichols taught five –60 minute lessons to 3rd grade students. Lessons focused on proper hand washing, food safety tips to prevent food borne illness. The MyPlate tip on “making half of your plate fruit and vegetables” was repeated throughout the lessons to help increase fruit and vegetable consumption. Students were encouraged to meet their goal of 60 minutes of exercise daily. We also discussed how advertising can affect our food choices and that these foods may not always be the healthiest and best choice as they are often high in fat, sugar and salt.

At the end of the five lessons, students were given a short quiz based on the information they had learned. 179 students took the 13 question quiz. 31% (56) got all questions correct, 27% (49) got one wrong, 22% (41) got two wrong; 9% (16) got three wrong.

## WI Nutrition Education Program

Julie Montgomery

### WNEP Nutrition Education in 2014

In collaboration with eight community partners, WNEP made 4,964 direct teaching contacts with 1,590 unduplicated learners the 2014 grant year. Of our learners, 831 (52%) were female and 759 (48% were male). They identified as 1,410 (89%) white, 81 (5%) black/African American, 69 (4%) American Indian/Native American, 24 (1.5%) Asian/Asian American, 4 (0.3%) no race reported, 1 (0.1%) American Indian/native American & White, 1(.01%) Black & White. 1575 (99%) not Hispanic/Latino, 15 (0.1%) Hispanic/Latino.

**Youth Programming:** 4,869 (98%) of our direct teaching events occurred with youth.

**In School:** 4,706 children in grades 1-5 completed a series of nutrition lessons in four eligible schools in the Superior School District. Learners in grades 1-2 received three 60 minute lessons and grades 3-5 received 5:60 minutes lessons.

**After School/Summer Programs:** 163 teaching events were with school aged children & youth through a series of lessons in after school or summer school settings. Programming took place in schools and at the City of Superior Public Library in collaborations with 4-H.

## WI Nutrition Education Program

(Cont.)

**Parent Groups or Meetings:** 95 teaching events were with parents at Head Start, NWCSA Transitional Housing, and the Salvation Army. 2 Shopping Matters grocery tours were held this fall @ the Oakes Avenue Super One store through a joint effort with WIC, Head Start & Transitional Housing participants. Upon completion of the training, participants who were “up to the challenge”, received a gift card to purchase one healthy item from each food group. Everyone received a free reusable shopping bag and calculator provided by Share Our Strength, Shopping Matters, No Kid Hungry Program.

**Food Pantries.** 108 teaching events occurred with adults at NWCSA Food Pantry.

**Direct teaching** occurred as (75%) multi-session group education with (38%) as a short series group of 2-4 lessons, (37%) longer series group of 5 or more lessons and (25%) as one time group single lessons. Our teaching content areas were (98%) Nutrition/Dietary Quality and (2%) Food Resource Management. 9,893 **indirect contacts** were made through newsletters to community partner clients and walk-by display opportunities. Newsletter recipients included the School District of Superior, Family Resource Center, Family Forum, Inc., Project Head Start, Northwest Community Services Agency, Senior Connections and Catholic Charities RSVP. Displays also promoted WNEP at Meet & Greet and parent orientation @ Superior School District and Maple School District Winterfest family night.