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What's New in Extension?



Douglas County

August 2011 Edition

**Douglas County
Extension
Education &
Recycling
Committee:**

**Lew Martin, Chair
Kay Johnson,
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Sue Hendrickson
Kathy Schulties
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Kaye Tenerelli
Patty Cosgrove**



**We teach, learn,
lead and serve,
connecting
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University of
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engaging with
them in
transforming
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communities**

COMMUNITY RESOURCE DEVELOPMENT

Fariba Pendleton

Superior Young Professionals (SYP)

Pendleton has been working with a Superior team on launching a Young Professionals group. A governing board has been formed and the organization's mission and vision has been developed.

Mission: Connecting young professionals to strengthen the Superior community.

Vision: SYP connects young professionals living or working in our community through education, information, and networking to ensure long-term health and future growth in Superior.

In addition, marketing, education, event sponsorship, and kick-off planning subcommittees have been formed.

The SYP current activities include bi-monthly meetings, event planning, corporate sponsorship searches, recruiting members and networking. They will have an inaugural event in September with the goal of increasing the community's awareness about the group and generating new members.

Through networking and education, SYP hopes to bring a high level of young professional's involvement to improve the economic well-being of the community.



4-H YOUTH DEVELOPMENT

Sarah Wilcox

Annual 4-H Leader Training

Wilcox provides 4-H club leaders with training, advice, and support to assist them in their roles. In turn, leaders mentor youth in their leadership and educational experiences at club meetings. At this year's Douglas County 4-H Leader Training, Wilcox taught volunteers how to strengthen youth-adult partnerships, build effective club officer teams, and create leadership teams to support their clubs. Fifteen 4-H leaders explored these topics through small group activities, discussions, and handouts.

After the workshop, participants reported learning:

"How to expand our leadership team to include more adults and youth leaders."

"Thinking of how differently everyone sees an issue, the dynamics that creates in a group, and how to deal with that."

"The need for communication to be open and ongoing."

"That everyone has an idea but not every idea works."

"That organization is key to success."

WI NUTRITION EDUCATION PROGRAM

Grace Gee and Tarah Nichols

Summer School Experiences

Mid-July marked the end of another fun and exciting year for the students of the summer school program in Superior. We visited Northern Lights and Lake Superior Elementary schools with a total of 91 children who participated.

Children were busy reviewing the My Pyramid, focusing on getting out and getting your body moving. They made fruit kabobs and exercised their way through a relay race.

An emphasis with the 4th/5th graders was Portion Distortion where they compared today's "super-sized" cheeseburgers, fries and a bottle of pop with what the sizes looked like 20 years ago.

They also took turns pouring the amount of cereal into a bowl they would typically eat in the morning. They measured it out in cups, and then compared with the food label on the side of the box. MANY children were amazed that they were "actually" eating 2 to 3 and sometimes 4 servings of their breakfast cereal – much more than they thought. One child said to me "Wow, I need to be more careful, I just keep eating while I watch T.V."

We ended the year making sherbet shakes and having the kids scurry though a scavenger hunt finding the letters to a puzzle that spelled out...

BE ACTIVE



COMMUNITY YOUTH DEVELOPMENT

Joan Wimme

Camp Events and Observations

4-H Camp is one component of a busy 4-H summer! Youth from Douglas and Washburn counties participated in the 3-day camp held near Trego, WI.

- 46 youth participated in camp, along with 13 high school age counselors and six adults.

- Wimme served as the Douglas County Director.

Camp programs included environmental education, swimming and canoeing, art activities, hiking and fishing.

Data from camper and counselor evaluations indicated:

- 98% of campers felt their counselors were excellent (friendly, felt safe with them, helped camper, etc).

When asked what they took away from their camp experience, one camper commented: "I learned to have more patience with my team members".

Counselor comments included:

- "As a counselor, I learned how to be more responsible and understand my role here."

- "How to be patient and how important it is to sleep!"

- "How to be a good role model because they (campers) look up to you."

- "I learned I could step up when I needed to."

HORTICULTURE and AGRICULTURE

Jane Anklam

Water, Water, Everywhere

Douglas County cares about our water. We experienced its social and economic impact as we watched our swollen rivers empty into Lake Superior and the St. Croix River this month. UW-Extension Horticulture and Agriculture Programs engage the community in managing the flow and threats to our water.

- Master Gardener Tree Tour/Planting Demo. Trees create a positive impact on our storm water. "People realize trees offer habitat, shade and beauty," explained tour guide Terri Atkin, "but how many know trees slow the tide of rushing storm water and nutrients to our city's infrastructure?" A second tour will be offered this fall.

- Compost/Rain Garden Workshop. Held with the city's compost bin sale, Master Gardener Phil Kern taught 'kitchen' composting to reduce the household waste stream. A bonus: organic fertilizer to grow local, fresh, healthy food.

- Farmers look at ways to recycle wastes and sustain soil fertility and water quality. As biosolids become an option for Douglas County farmers, nutrient and agronomic questions increase. At a recent biosolids field day, Anklam offered research-based soil and plant nutrient information stating, "Sound choices can be made by farmers considering the use of biosolids, recognizing our water resource is key."

FAMILY LIVING PROGRAM

Linda Bruce

Master Food Preserver Volunteers Trained

During a three-day program at the Superior Middle School 21 volunteers from eight counties across northwest Wisconsin were trained to support the work UW-Extension provides in the areas of food preservation and food safety. The program was facilitated by Linda Bruce and Dr. Barb Ingham, a food safety specialist from Madison. Nearly 300 jars of canned goods and over 100 bags of dried foods were completed.

Master Food Preserver (MFP) volunteers are each required to provide at least 20 hours of volunteer service annually to UW-Extension in their home county, offering training to others and helping to respond to questions. Seven of these new volunteers will now assist in Douglas County, contributing over 420 hours of quality volunteer time every year.

The science of food preservation has changed and expanded, and with a renewed interest in home food preservation it is critical that the general public is taught the proper methods to ensure safe products. The MFP training is not available through any other source in the state. This hands-on program gave volunteers the training, knowledge, experience and confidence needed to assist others.

