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What's New in Extension?



Douglas County

November 2011 Edition

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

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

COMMUNITY RESOURCE DEVELOPMENT

Fariba Pendleton

Growth Management Day

The Leadership Superior/Douglas County Growth Management seminar was organized by Pendleton and implemented on September 27, 2011. Twenty-five participants took part in sessions ranging from learning about the Superior Oil Refinery and the Enbridge pipeline economic impact and environmental issues to gaining knowledge of the St. Louis Estuary and the Forest Development Moratorium.

Participants learned:

- * How to examine community development and the challenges it presents to the maintenance of a high quality environment,
- * The need for community leaders to strike a balance between economic development and the environmental assets that contribute to the overall quality of life, and
- * An appreciation of recent situations



where local community development and environmental preservation were in conflict.

FAMILY LIVING PROGRAM

Linda Bruce

Child Care Provider Business Workshop

On Saturday, September 24 twenty-five Douglas County child care providers and administrators attended a workshop focused on a variety of business topics related to their field. The event came about following a request from a child care provider for information on how to make more informed business decisions.

The workshop, coordinated and facilitated by Bruce, was a collaborative effort between UW-Extension, Douglas County Health and Human Services, the UW-Superior Small Business Development Center, New Horizons Children's Center, and the Department of Children and Families.

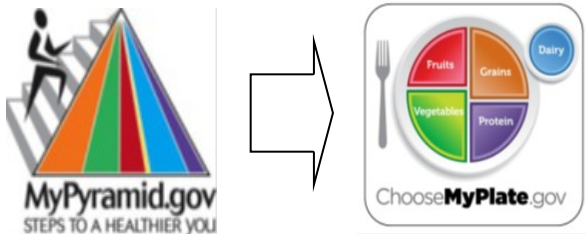
Participants learned about the Wisconsin Shares Subsidy Program (Shares) available to low-income families, the importance of



having a business plan, financial management issues, and child care certification changes and highlights.

All of the participants (100%) reported an increased knowledge of sound business practices. Most had been unfamiliar with Shares criteria and regulations, and reported a significantly increased understanding following the event. As a result of the workshop, participants plan on meeting to form a child care providers' network to continue business related discussions.

Meet My Plate



The U.S. Dept. of Agriculture has changed MyPyramid to ChooseMyPlate.

Dietitians and nutrition educators have been waiting for months for a new graphic. The new icon has a simple, but important message - **make healthy food choices.**

Make Half Your Plate Fruits & Veggies

Unlike the *MyPyramid* icon that tried to convey many specific messages, this new icon is a simple reminder about healthy eating.

There are a lot of interesting resources on the ChooseMyPlate.gov web site. You can find interactive tools to study diet and exercise, plan your diet, plan your child’s diet, and compare calories and nutrition between two foods. Lots of tips for eating healthy, balanced meals can be found there.

Including fruits and vegetables (including beans) with every meal is a smart way to choose a healthy lifestyle. Most fruits and vegetables are fiber-rich and nutrient-dense, and low in calories and fat.

Nichols taught a total of 179 fifth grade students at the Northern Lights, Cooper, and Lake Superior Elementary Schools about *My Pyramid* and making healthy food choices by reading food labels and using the food label 5/20 rule.

One hundred and fifty-seven (157) of the fifth graders provided written responses to the question, “What is one thing you learned and how you will use that to make your food and beverage choices.”

- 96% indicated learning something directly related to nutrition and *My Pyramid*
- 4% indicated learning something related to physical activity
- 35% indicated that they had learned to read nutrition facts panels (food labels) and to use the 5/20 rule when making food choices.

Some individual student responses:

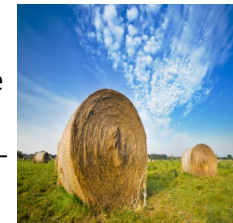
“I learned the 5/20 food label rule and I will use that to determine my food choices”, “I learned to look at the food label before eating the food”, “That broccoli is a good source of calcium”, “I learned that there are three types of exercise”, “that pop and sports drinks have A LOT of sugar”, “I will always look on the back of the food label and see if the food is good for me.”



The Harvest Is In!

We had a cool wet planting season, and a hot summer. How did we manage under these conditions? First let’s accept that every year offers us challenges. It is the goal of the grower and UW-Extension Douglas County to operate profitably and sustainably within those conditions.

So, on the farm, we did suffer some with the loss of nitrogen early in the growing season as the soil temperatures were not favorable for the microbes that help release this essential nutrient. The sun did shine, and our forages and crops did green up, but later than usual. Lots of hay to cut, but late and slow to dry. We still have a surplus from last year. Some are looking at sales in the south via Hay Auction Sites.



Local Food? Our fresh market growers too had to address the wet, cool spring and hot summer. Several community and local gardening sessions were held throughout the county to keep growers on top of pest and nutrition needs unique to the weather we saw this year. More Downy Mildew. Less white mold. Our Master Gardeners were out in force. Now we look forward to setting up our winter meetings to set the stage for continued confidence in growing the feed and food for Northwest Wisconsin.

Time for Leadership Evaluations

With Sarah Wilcox joining the Duluth Zoo staff in October, I have realigned my responsibilities and workload. The vast majority of my time will be focused on 4-H programs. I will serve as the coordinator for the Superior Days Youth Delegation and Youth in Governance programs and evaluate their time requirements every six months.



I wanted to share with you a couple of the comments from this year’s Member Evaluation process. These are youth who are applying for 4-H scholarships and leadership opportunities.

- I know that 4-H has given me the courage and the knowledge to be a better leader and do the right things, like communication and being responsible.
- Being our club president has helped me get more experience with younger kids. This has helped me determine a career choice; I’m planning to go to college for early childhood education.
- My 4-H leadership experiences have had a major impact on my life.

