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What's New in Extension?



Douglas County

March 2011 Edition

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

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Sue Hendrickson
Kathy Schulties
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Kaye Tenerelli
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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**

4-H YOUTH DEVELOPMENT

Sarah Wilcox

4-H Members Learn to Conduct Meetings. 4-H members seeking leadership roles are elected as officers of their 4-H clubs in the fall. These Presidents, Vice Presidents, Treasurers, and Secretaries are then invited to participate in "Club Officer Training" taught by Wilcox.

Through hands-on activities, youth learn about their roles and responsibilities as officers and how to conduct productive meetings. A favorite activity is practicing parliamentary procedure by making trail mix. With one youth acting as President, others make motions to add ingredients (peanuts, raisins, M&Ms, etc.) to the trail mix one at a time and take a vote. Laughter and a lively discussion ensue when someone moves that canned mushrooms be added to the trail mix! Every year, the motion ultimately fails.

After eating their creation, Wilcox teaches participants how to organize their club meetings by using agendas and gives everyone a role in a mock meeting script. Participants also share ideas about how to make 4-H meetings fun and engaging so that other youth don't get bored.

This year, six youth officers and three 4-H adult volunteers participated in the workshop and all of them gave positive feedback on the evaluation. When asked what they learned that they intend to use in their clubs, responses included:

- Make it fun
- Use parliamentary procedure
- Job delegation

COMMUNITY RESOURCE

DEVELOPMENT

Fariba Pendleton

The 26th Superior Days (February 22-23, 2011) event was a success, despite the challenging time the delegation was in Madison. About 230 diverse citizens from Superior/Douglas County and seven northern counties traveled to Madison during this WI state legislative session. Legislative visits included issues such as the importance of continued support for Pre-K-16 educational systems, study of Hwy 2 expansion, and WI/MN Tax Reciprocity. Through a series of agency meetings, the delegation addressed key concerns/issues with many of state agencies, including but not limited to: Dept. of Administration, Commerce, Natural Resources, Corrections, Transportation, Veterans Affairs, Workforce Development, Office of Energy, Public Service Commission, Health & Family Services, Tourism, and UW-Extension. Keynote speakers included former Governor Earl, Secretary Ross, and Secretary Klett.

The Superior Days reception provided an informal opportunity for the Superior Days delegation to visit with the legislators and key state stakeholders. The benefits of Superior Days include building capacity in our communities and facilitating the work through consensus building and shared leadership so citizens can more effectively influence public policy.



HORTICULTURE and AGRICULTURE

Jane Anklam

Agriculture in Douglas County is about its soils, climate, infrastructure, and management decisions made by its farmers. Over 60 participants attended a series of classes this winter to hone their agronomic skills. Focus was placed on growing quality forages, extending the grazing season, raising poultry, woodlot management, and understanding soil fertility unique to our glacial soils. University specialists were eager to share their research results with our producers and learn more about the agriculture infrastructure of the north.



A new group of Master Gardener Volunteers are being trained to continue important horticulture outreach in the community. Emphasis this season will be to increase the access of home and community gardeners to fresh produce. Seasonal demonstrations are being planned for community gardens around the county addressing composting, integrated pest management and end of season clean-up.

Look forward to a locally grown food directory to be available soon connecting growers and consumers!

WI NUTRITION EDUCATION PROGRAM / FAMILY LIVING PROGRAM

Grace Gee and Linda Bruce

Most people know that being obese or overweight is a top Wisconsin killer and that obesity rates are at epidemic proportions and rising. One out of three low-income Wisconsin residents aged 2-4 years old are overweight. In Douglas County 29% of residents are obese and 36% are overweight for a total of 65% above their ideal body weight.

A newly forming Healthier Douglas County coalition had a community event on January 27th to look at the issue of obesity in Douglas County co-facilitated by Grace Gee (WNEP), Linda Bruce (Family Living), Lynne Bauer (Douglas County Public Health), and Mary Mahan (WIC). At that meeting, we asked Douglas County residents in attendance if Douglas County residents think obesity is a problem and what can be done to encourage healthy eating and physical activity in our community. We had a lively discussion with 52 community members in attendance from various agencies, school personnel, businesses, elected officials, and the general public.



The forming coalition met again on March 3rd to begin the hard work of forming a coalition that addresses what our community can do about the obesity and overweight problem in Douglas County. Members of the 2010-11 UWS Leadership class helped facilitate the evening. The group in attendance looked at missing partners and began the process of setting a vision and mission for the coalition.

Douglas County has received \$7,000 for an active school grant to help establish this coalition, therefore the coalition will be focusing some of its work around increasing opportunities for physical activity for children and youth.

Any interested Douglas County residents wishing to learn more about the Healthier Douglas County Coalition can contact the Extension office or any of the participating partners.



4-H COMMUNITY YOUTH DEVELOPMENT

Wimme coordinated activities for 51 Superior Days Youth Delegates during the February 22-23, 2011 event. Here's a sampling of responses from Youth Delegates when asked to "identify skills or lessons learned that they would use when they returned home":

"Be respectful and never doubt the ability of people in numbers"

"Public speaking skills and confidence in dealing with adults and important people"

"I learned how to be more involved in my community and how to lobby for change"

"How democracy works and what we can do to participate in democracy as a teenager"

"That "politician" doesn't need to be an ugly word"

"Be confident and speak your mind"

"Public speaking – I hope to use this skill at my school to teach others"

"I learned what real democracy looks like"

"I learned how important it is to engage in lobbying and learning about state government"

When asked, "As a result of your Superior Days participation, how do you see yourself getting involved in your local community?" youth responded:

"Paying more attention to government decisions and exercising my right to vote"

"Going to more school board meetings"

"Increased passion for staying informed on legislative decisions and news"

"That I will run for office when I'm older"