

**Family & Community Support**  
**Sue DeNio**

**Meeting Our New Staff Member**

As the new half-time Family and Community Support Educator, I am pleased to be part of your Douglas County Extension staff. My main responsibilities will be working with families and individuals in strengthening their financial capability, family support systems, and community development, particularly helping groups with strategic planning and organizational evaluation.

I have a varied background — early childhood family education, camp administrator, leadership development director, state Knowledge Bowl coordinator, and teaching social studies and gifted and talented students. I hold two master's degrees, and certainly am continuing to learn new things in the field of financial capability! All of these experiences support my position with the Extension service, and I look forward to working with you to make Douglas County stronger.

At a recent conference, Justin Sydnor, PhD. from the University of Wisconsin Madison talked with us about Behavioral Economics. Most of us would agree that planning ahead, goal setting, and living within your means are benchmarks of financial stability. He cited two experiments that showed that scarcity—whether of money or time—often led people into behaviors that worked against these benchmarks. It was very thought-provoking, and I will be sharing details with various groups.



**Douglas County**

**January 2014 Edition**

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

**Sue Hendrickson  
Kay Johnson  
Charlie Glazman  
Patty Cosgrove  
Chip Beal**

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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 and Community Development**

**Linda Bruce**

**Home and Community Education (HCE)**

2013 was another busy year for the Douglas County Home and Community Educators, or HCE. Linda Bruce serves as the UW-Extension liaison, assisting with guidance and access to resources. Some of this year's highlights included: **Quiltathon** (over 130 children's quilts made and distributed to local service agencies), **Craft day/cultural arts** (with 8 projects advancing to win state awards), **Educational tours** (varies), **Craft sale** (their biggest fund raiser annually with \$2,188 net raised in 2013—over 70 local small-scale crafters presented their items to the community at a modest price without competing with commercial vendors; food pantry items were also collected and distributed), planning for **2014 State HCE Conference** (to be held in Cable), **Wisconsin Bookworms™** (reading for over 10 years to now include nearly 250 HeadStart students in every center in the county), **Diversity learning** (Golden Inn history program), **Water for the World** (\$150 collected to assist in Africa), **Pennies for Friendship** (\$150 raised for state international projects), **On the Move and in the Groove** (over 2,200 miles walked collectively by members), **50-year awards** presented to three members, and **Higher education scholarships** (\$500 given to WITC student; this has alternated with UWS student annually for the past 25 years).

HCE—caring to make a difference in their homes, communities, and the world.

## 4-H YOUTH DEVELOPMENT

Joan Wimme

### 4-HYD Youth Feedback: 2013

- “My 4-H leadership experiences have impacted my life by helping me become more confident in myself. They’ve encouraged me to share my opinions and believe in my choices.”
- “By watching all the joy and skills the adult leaders of 4-H handed out by leading great programs, I think that some job I want in the future will have to do with helping people. If that job doesn’t work out so well for me, at 4-H camp I learned how to make a grilled cheese on a Hobo stove, so I’m set to handle what the world throws at me.”
- “I learned how to better understand how ideas and small plans can become big issues and plans to make Wisconsin better.”
- “I learned that I can help to change things if I want to. I also didn’t know what lobbying was before I came here. I also learned a lot more about government and mining legislation.”
- “If I was never in 4-H my life would be very different. In 4-H I learned how to interact with others more, I was taught to talk to others and ask them questions. I’m not a shy kid anymore because I learned how to communicate better. Being a leader through 4-H has helped me decide what I want to do for the rest of my life.”

The Power of the Clover



## Agriculture/Horticulture

Jane Anklam

**Agriculture:** Where are we going with Agriculture in Douglas County? In this new year we consider the changes we face in an expanding market, land use, and our producers. Last month’s county board meeting offered a description of an increasingly popular soil amendment made available to our Douglas County producers. **Bio solids** are a by product of community waste that has been treated. It is available for use as a soil fertilizer. In Wisconsin, such products are regulated by WDNR. Unlike manure application or commercial fertilizer available at local coops, bio solids are permitted on a field by field basis. They provide slow release nutrients to the soil at a very low out of pocket cost to the producer. The substance is applied to the field based on a current soil test. This soil test is required as part of the permit. For our clay soils, it is most important that the material is not spread in waterways or near streams. This is true of all of our soil additives. Aside from land spreading, in which the soil provides additional treatment, the material can be land filled or burned. Something to consider as we manage our wastes.

Another topic to consider is **Climate Change** for agriculture in the north. On January 22nd, we will host a forum to discuss climate change adaptation for farmers. It may be that farmers will be the first impacted by such changes on a business management scale. We are lucky to have new farmer based research to help us understand the choices we can make as we manage our farms and rural land.

We are hosting our 4th Farm for Profit Series this winter. The topic?

**Growing commercial fruit for profit.** The course is meant to expand on the success of those producers to grow and sell grapes, apples, and berries in the most northwest counties in Wisconsin. This can add a stronger dimension to our locally grown food market thanks to our great Lake Superior.

As we consider how our rural land has changed these past 50 years, we are wise to understand where it is going as we **transfer the farm to the next generation.** Last month’s Farm Transition program allowed producers to take away meaningful tax information, estate and business planning guides as they begin to work towards a successful change for their farm business and family. Indeed these changes are personal, but impact the prosperity of Douglas County. Specialists from the Center for Dairy Profitability and the Wisconsin Farm Center offer personal farm planning visits for such transfers at no cost to the farmer. What a great 2014 resolution!

**Horticulture:** Our 2013 report for Master Gardeners is hot off the press. Douglas County shines with great volunteer projects and extension of the art and science of horticulture. **Notice the Hops** demonstration garden at the Broadway Community Gardens. **Three cheers for the 12 of our Master Gardeners who taught** sessions for the Master Gardener course covering soil fertility, pesticide safety and community gardening. **Congratulations to Bennett Township** as they implemented a piece of their comprehensive plan, offering a class on successful home gardening. What an inspiration to watch Master Gardeners, Leadership Superior, **Boys and Girls Club grow food at Catlin Garden!**

## WI Nutrition Education Program

Tarah Nichols

### Goal Setting

One of the top 10 suggestions from MyPlate.gov is to make half of your plate fruits and vegetables. One way the nutrition program seeks to help teach this to students is by partnering with the Superior School District in providing lessons and food samples of possible new fruits and vegetables to try.

During the 2012-2013 school year, lessons in fourth grade centered around MyPlate, how to read food labels, increasing physical activity and increasing students’ intake of fruits and vegetables. Fourth graders at two schools were asked to participate in setting a goal for themselves for one week. Students were asked to pick either lunch or dinner and choose a number one to seven as to how many days they wanted to try to meet their goal.

A total of 66 fourth graders took the goal choice challenge and set a goal for themselves. 56 students (85%) achieved their goal.

Many good conversations came from the students as to why this was helpful for them. Many shared insights about barriers to eating vegetables if they had chosen the “dinner” option. Oftentimes, parents didn’t provide a vegetable or none were available. Most students agreed it was much easier to choose vegetables at lunch because they were offered every day with hot lunch.

Overall the students enjoyed the lessons and what they had learned. Many shared they didn’t realize how many servings of vegetables they were supposed to be eating each day and are now more aware of vegetable options at meal times.