

Family & Community Support
Susan DeNio

Money Smart in Head Start

As the “gift” box was offered above their heads, moms and dads each drew out an object. Some were excited about theirs (a hot wheel car) or confused (a blank envelope). But once they knew what their assignment was, the comments grew more enthusiastic.

The parents were attending a workshop “How to Save a Dollar, When You Can’t Spare a Dime” at Head Start Center #1, and their task was to share ways they could cut expenses. As each person shared suggestions, others chimed in with tips from their own experience. Information was also shared on the importance of monitoring your expenses by keeping a spending plan. The mystery envelope is one method—keeping all receipts in an envelope and writing the amounts on the outside. The envelope could also be used as a way to keep from spending cash impulsively, by intentionally putting cash in envelopes marked for specific bills (i.e. rent, groceries).

The best line of the day? The “dog” in the box was actually a small carved lion. When talking about how much dog food costs, one participant said, “And think how much food that lion would eat!”



Douglas County

March 2014

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

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Kay Johnson
Charlie Glazman
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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

New and Improved Superior Days 2014

Shortly after Superior Days 2013 wrapped up, Bruce initiated and facilitated a series of meetings with the event co-chairs and other key stakeholders to discuss improvements to the entire process. On February 18-19, 175 delegates participated in Superior Days 2014 coordinated by Bruce. The well-received changes were put into place to focus on fewer issues for greater impact, encourage more business and individual participation, and reduce travel and time costs.

This year the counties represented were those bordering Lake Superior: Douglas, Bayfield, Ashland, and Iron. Each formed their own issues identification process. Two representatives from each county steering committee participated in a larger issues committee where final decisions were made. Youth from any county in northern Wisconsin were still encouraged to participate, and for the first time, all youth were able to visit the Parade of Products area.



The four legislative issues identified and discussed with legislators this year were:

1. Expansion of Highway 2 to a Four-Lane
 2. Local Option Sales Tax Dedicated for County Highway Projects
 3. Increased Funding for 9-1-1
 4. Job Creation and Retention Funding
- Seven additional issues were brought forward for discussion with state agency representatives.

4-H YOUTH DEVELOPMENT

Joan Wimpe

Superior Days Youth Delegates 2014



The 2014 Superior Days Youth Delegation was 51 members strong, representing Douglas, Iron, Washburn, Ashland and Bayfield counties. Our schedule in Madison was adjusted to allow for UW campus visits and State Capitol job shadowing on Tuesday. We also continued the mock lobbying session to help Youth Delegates prepare and practice their lobbying messages. On Wednesday, for the first time, Youth Delegates were able to visit the Parade of Products and the response from youth was extremely positive! The Youth Reception featured Chief Justice Shirley Abrahamson and Justices Ann Walsh Bradley and Annette Kingsland Ziegler, along with State 4-HYD Program Leader Dale A. Leidheiser.

Horticulture & Agriculture

Jane Anklam

Agriculture/Horticulture 2014

Horticulture: Winter is the time for evaluating, planning, and research for this spring's horticulture extension. We did NOT facilitate a Master Gardener class this winter. Instead we are planning great outreach, including the Catlin teaching garden and a horticultural healing project. The Master Gardeners will be helping with Emerald Ash Borer homeowner education. Yes...EAB has not gone away!

Local Foods: Another Farm for Profit class is complete. Fruit growing was the focus. It is important for our growers to exploit their micro climates and select the correct varieties! Integrated pest management gets a boost as local grower, Paul Roideran, received a Sustainable Ag. Research and Education scholarship to attend a week-long class at Michigan State. He will share what he learned with our local growers, especially how to environmentally and economically apply pest control for our local food.

Agriculture: We continue planning for our agricultural future when Joy Kirkpatrick, Center for Dairy Profitability, comes to Douglas County to help individual families develop viable farm transition plans. Encourage your farming friends to schedule a visit. Contact Jane Anklam.

Land use planning on our rural landscape should always be a work in progress. Douglas County has joined with the National Estuary Research Reserve, rural residents and leaders to look closely at our plans for water management in the Superior basin. Your Agricultural Educator informs the process both economically and environmentally. Our rural land is our strength and our future.

WI Nutrition Education Program

Julie Montgomery

Good news!

The month of February has brought much to celebrate. President Obama signed the Farm Bill providing funding to the Supplemental Nutrition Assistance Program, Nutrition Education (SNAP-Ed) for the next five years! Our Douglas County Nutrition Education program is fully funded by the Farm Bill which also provides federal funding to Cooperative Extension.

With funding in place, I am excited to begin serving Douglas County as the new Wisconsin Nutrition Education Program (WNEP) Coordinator! The first month I have enjoyed meeting many of our agency and school district grant partners who also provide services to SNAP eligible residents of our county.

I am an alumni of the University of WI-Superior and a graduate of the University of MN-Duluth having earned a Bachelor of Applied Science Degree in Community Health Education. My experience includes years of coordinating services for Head Start families across the region, retail sales, volunteering in the community and assisting students and staff within the School District of Superior.

As a lifelong resident with a professional passion for good health, I am pleased to join UW-Extension. I look forward to promoting healthy food choices and active lifestyles to residents in our county.

WI Nutrition Education Program

Tarah Nichols

Brule Head Start

On a snowy night in January, Nichols traveled to Brule Head Start for their parent meeting where much learning and fun took place.

With 8 parents in attendance, she taught them how to read food labels. Nichols brought in many food and drink label examples for the parents to look at. Each section of the label was discussed and many great conversations and questions were raised about how to tell whether a food was healthy.

Two things in particular were taught and emphasized. One being the "5/20 Rule" and the other was how to figure out the teaspoons of sugar in the foods we eat and drink. The parents seemed to be able to use this rule quite easily. Many were amazed at how many teaspoons of sugar there is in pop and certain yogurts.

When the children came back and joined the parents, they were invited to make a healthy snack: MyPlate sundaes and peanut butter and banana roll ups.

We ended the night with a physical activity game and a fruit and vegetable picture bingo.

