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Douglas County

Newsletter

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Douglas County
Extension Education
& Recycling
Committee:

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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



Family & Community Support

Sue DeNio

In an effort to provide quality professional development to support those who serve families in poverty and to increase awareness and capacity to better serve their clients, Sue DeNio provided these programs:

Strategic Planning: DeNio worked with several groups, including the Superior Ad Hoc Rental Property Study Committee to fine-tune their mission focus in preparation for public meetings and final stages of their assignment.

Scarcity Workshop: For agencies working with people in poverty, there is recent research to give clues about why people behave the way they do, even in self-defeating ways. Included in the workshop are tips for agencies themselves to evaluate their policies and procedures for how they can reduce the “bandwidth tax” on their clientele. Following a presentation for 2nd Harvest staff working with NW Wisconsin, that agency adapted two procedures—including pre-filling in forms when possible.

Professional’s Book Study: Using *Switch: How to Change When Change is Hard*, a selection recommended by many departments at UWEX-Madison, professionals from UWS, Superior Police Department, UWEX, and Community Health meet to discuss ways change might be successful for their program and community.

Horticulture & Agriculture

Jane Anklam

Agriculture: Douglas County growers continue to increase numbers of soil samples sent to the UW-Soils Lab in Marshfield. These test results instruct the farmer on what nutrients are or ARE NOT needed to produce a sustainable crop. This is the number one most basic and least expensive step for farmers to take in managing their yield, soil health, water quality and profit. I am happy to work with landowners in interpreting the results.

Congratulations to those Douglas County Farmers who participated in the Meat Animal Quality Assurance program class in June. This class focused on the responsibility of the farmer in handling medications, veterinarian /client relationship, and bio security on the farm. Disease management on our meat farms is more important than ever. We need our farmers to know these health management practices.

Horticulture: See how our community gardeners at Catlin Green and Broadway Community Garden are incorporating the recommended practices for weed control this season. Weeds create the most discouraging struggle for gardeners trying to produce their own food. Master Gardeners have provided demonstrations at the gardens. Stop and take a look the Solid Rock Garden for excellent examples. Hint: **Tuesday evenings** : “Ask A Master Gardener at Solid Rock.” Note too that the Master Composters are developing a demonstration at the Broadway Garden. Managing our wastes to grow food. The right change to make.

Local Food: Research is underway in partnership with UW-Superior—growing Native American medicinal /food plants in garden plots. A missing link for an important locally grown system.

Scan this code with your smartphone to view our updated website!

4-H YOUTH DEVELOPMENT

Joan Wimme

Douglas County 4-H Camp and Centennial Events



Douglas County 4-H held its summer Junior Camp in June at Leisure Lake Youth Camp near Trego. Camp was attended by 37 youth, 10 youth counselors, 5 adult volunteers and Wimme. Campers learned teamwork and leadership skills, along with gaining experience in canoeing, environmental education, archery, the arts and fitness activities. 92% of campers indicated they would come back next year if given a choice to attend.



On June 19th, 4-H hosted 4-H Centennial Day at the Courthouse. 4-H purchased a maple tree and planted it on the Courthouse lawn. 4-H also offered free ice cream sundaes and a variety of displays throughout the afternoon. More than 150 people stopped in for sundaes!

WI Nutrition Education Program

Tarah Nichols

Summer School Fun

Mid-July ended another fun and exciting year for the students who participated in the summer school program in Superior. Nutrition educator–Tarah Nichols visited 122 students at Lake Superior, Cooper, and Northern Lights Schools.

Second and third grades learned about why it's important to try new fruits and vegetables. We talked about familiarity and how we often choose foods we are familiar with and overlook those less familiar. We read *Charlie and Lola's, I Will Never Not Ever Eat A Tomato*. We learned from the book that when we try new things sometimes we end up liking the food.

Fourth and Fifth grades learned about making wise choices when eating out. Each group of students chose a "restaurant" of their choice from a deck of fast food cards. The group chose a meal that would be typical for them. They were instructed to look at the nutrition facts on the back of each food card and add up certain nutrients in which their meal consisted. Step two in their activity was to see if they could switch out a certain food or condiment for another (choosing mustard instead of mayo) in order to reduce calories/fat. Students did a great job with this and realized that making a small change wasn't that hard.

Each of the grades participated in a physical activity; the younger grades went outside to practice hula-hooping and a relay race, the older students participated in a scavenger hunt.

All students were able to make their own Red, White and Blue fruit roll up made with a whole wheat tortilla, strawberries, blueberries and vanilla yogurt. All food was provided from the School District of Superior.

WI Nutrition Education Program

Julie Montgomery

A Series over Time...

Adults who utilize local food pantries met for the first of a series of nutrition education classes to be held over the next year and a half onsite, at the Salvation Army. Participants were interested in learning how to plan, purchase and feed their families healthy homemade food utilizing food pantry resources. Discussion led to the desire to put together a food pantry list including who, what, when and where, for use by families who are experiencing food insecurity in Douglas County, particularly within the city of Superior. Morning and evening sessions were held at the Salvation Army's commercial kitchen site to meet the scheduling needs of working parents & students. Having discussed why low sodium canned, fresh and frozen vegetables are all nutritious choices, participants practiced making a basic white sauce from scratch and turned it into a one dish meal on the stove top (it was a warm day) by adding a protein, a vegetable and a grain. Participants identified that they could use this basic white sauce recipe in which everyone took part in creating, to make homemade soups, casseroles, macaroni & cheese, à la King, fettuccini, tetrazzini, chipped beef, and biscuits & gravy without a box or frozen entrée! Pleased with their creation after taste testing and cleaning up, participants identified they would like to learn how to utilize beans in cooking (both dry and canned) to increase fiber and protein in their family meals. A high priority goal of WNEP is to provide multi-session programming to families with children with strong potential for achieving behavioral change.

Family and Community Development

Linda Bruce

Retirement Announced

After nearly 20 years with UW-Extension, Linda Bruce has announced her retirement effective October 3, 2014. Over the years Bruce's work has focused primarily on Strengthening Families and Communities, Family Financial Security, Affordable Housing, Poverty Awareness, Criminal Justice, and Strategic Planning. She also served as the advisor to local Home and Community Education (HCE) groups, a Master Food Preserver, the county's Public Information Officer, and the Superior Days Coordinator.

Bruce has worked with parents, school age youth of all levels, young adults, seniors, families, jail inmates, service providers, businesses, volunteers, school districts, and others. The work she is the most proud of has been with promoting increased awareness of local poverty issues and restructuring Superior Days efforts.

Most recently Bruce assisted the Douglas County Board in identifying its Budget Priorities for 2015 and served as an advisor in developing a Performance Evaluation tool for county employees. At the state level, she served as a mentor to other Extension colleagues, assisted with Civil Rights reviews in other counties, served on Extension's Faculty Grievance Hearings Committee, was appointed by Gov. Doyle to the Wisconsin Health and Education Facilities Authority (WHEFA), and served on numerous state committees and teams.

Hired originally as an educator with the Nutrition Education Program she moved into that program's Coordinator role shortly thereafter. In 2002 she was promoted to Assistant Professor as the Family Living Educator followed by a promotion to Associate Professor with Tenure in 2007. At the end of 2012 Bruce's position changed to Family and Community Development Educator and Department Manager.