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Newsletter

November 2014

Douglas County
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& Recycling
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lead and serve,
connecting people
with the University
of Wisconsin and
engaging with them
in transforming lives
and communities



Family & Community Support

Sue DeNio

Staying Connected with Your Child While Incarcerated

In an effort to improve knowledge and skills for vulnerable families, I was able to facilitate two sessions on parenting in the Douglas County Jail—one for fathers and one for mothers. The materials used were provided by our University of Wisconsin-Extension Family Living staff, and centered around a Sesame Street DVD entitled “Little Children, Big Challenges: Incarceration”. In a shift from traditional parenting workshops, participants were asked to watch this from their child’s perspective, and to specifically watch for emotions of the children, actions that helped them stay connected with their parent, and how visitation is viewed from the child’s viewpoint.

After discussion and sharing, inmates made their action plan of three things they would do to help them stay more connected with their children. Items ranged from “pray for my baby tonight after lights out” to “send a kite (jail communication) to request a book where I can record myself reading to my child”. As a result of these initial classes, a men’s “art” group has been formed so they could have access to markers and colors to send drawings for their children to color (an idea in the DVD), and a parenting series has been planned by jail personnel for ongoing discussion on parenting topics. A new brochure for custodial family members is also being developed by UWEX and the Douglas County jail.

Horticulture & Agriculture

Jane Anklam

Horticulture: The Twin Ports hosted the semi-annual Upper Midwest Invasive Species Conference in October. Over 600 people gathered for presentations, field trips and posters exploring how we live with, learn about and control invasive species. I facilitated a well received field tour of the estuary along our port and Wisconsin Point, looking at Emerald Ash Borer, wild rice, and forest restoration. We are grateful for the Master Gardeners who helped with the conference. Ask them about the invasion.

Local Foods: Eat them!

Agriculture: Sometimes we need to focus on the BIG picture of agricultural so we can be effective at managing the back 40 acres. Over the past several months, farmers, natural resource managers, local leaders and businesses have worked hard to understand how watersheds function in delivering water and sediments to Lake Superior. Bridging the knowledge gap between scientist, farmer and land manager took collaboration and excellent listening skills. With expertise coordinated by the National Estuarine Research Reserve, Douglas County’s Wetland Functional Assessment Team has moved ahead in laying out a plan of wetland protection and restoration, taking advantage of wetland conservation efforts uniquely available to our landowners. Helter-skelter is NOT the way forward when we have new tools to drive the wetland development so it will control flooding and bank sloughing. As Agriculture Educator I have advised the team on how agriculture and our soils play a role in wetland function. This will in turn help us achieve our local Comprehensive plans and our Douglas County Land and Water Plan.

4-H YOUTH DEVELOPMENT

Joan Wimme

Successful Douglas County 4-H Achievement Night

Douglas County 4-H held Achievement Night on October 12th to recognize older youth, leaders, volunteers, Friends of 4-H and the 4-H Family of the Year! A cook-out, cookie contest and presentations by youth leaders were also a part of the festivities. The Family of the Year for 2014 is the Soyring family, shown here with the Garland family who was honored in 2013. Congratulations and many thanks for all you have done for 4-H!



Pictured back row, L to R: Lisa, Jim and Dustin Soyring Tony and Tricia Garland; front row L to R: Derek Soyring, Kevin and Sara Garland (not pictured are Marissa and Dylan Soyring)

Listed below are two quotes from youth who participated in the Member Evaluation (ME) process in 2014.

“I believe that if everyone were able to meet other people in 4-H, and see all the good things we’ve done they’d want to join too. And if we got more people, we could maybe change the nation.”

“Others in 4-H can benefit from my leadership because I was a shy and quiet person, and even those kinds of people can rise up to become an outspoken leader. That could show those nervous people that 4-H is a way to come out of their cocoon of comfort and into the unknown world with success.”

WI Nutrition Education Program

Tarah Nichols

Fun with Nutrition Education

Name a vegetable that’s green and rhymes with Houdini? You guessed it: Zucchini

Second grade is fun and kids are soaking up information so fast, even when it comes to nutrition. In October, the nutrition education program was back in the classrooms for the start of the 2015 grant year. Nichols taught at Northern Lights, Cooper, Bryant and Lake Superior Schools.

The students in second grade learned about the MyPlate; what makes a healthy plate, and why we eat different foods from each food group.

We also had a lesson on choosing whole grains and the process of how grains become food we eat. A challenge was given to the students to see if they could be detectives and “spy” any whole grain words or whole grain stamps on foods at home or school this week and report back the following week. The participation was great. Kids shared many examples of where they “spied” them.

We also talked about how choosing fruits and vegetables help our bodies fight germs, give us healthy skin and shiny hair, give us better eye sight and how they help our cuts and bruises heal.

Exercise is also encouraged as another key element to “be healthy”. We talked about ways to move your body that would count towards the sixty minutes recommended per day.

Nichols read books at each visit that corresponded with each lesson topic and interactive games were also used to help reinforce key ideas taught.

Food samples of a fruit, vegetable or whole grain were also offered as a reinforcement.

WI Nutrition Education Program

Julie Montgomery

The Douglas County University of Wisconsin Extension Nutrition Education Program completed their grant year September 30, 2014. In the 2014 grant year, Educators Tarah Nichols and Julie Montgomery made 5,007 direct educational contacts teaching nutrition, dietary quality and food resource management. In addition, 9,850 indirect contacts were made via electronic newsletters to community partners.

Wisconsin Nutrition Education Program (WNEP) Douglas County, is looking forward to programming with the following community partners as we begin our new grant year:

Bartley Manor/Woodland Way Housing clients

Faith United Methodist Church: Harbor House, Food Pantry & Transitional Housing programs

Family Forum, Inc.-Project Head Start
Maple School District

Northwest Community Services Agency: Food Pantry, WIC, & Transitional Housing Programs

Salvation Army

Senior Connections

Superior Housing Authority

Superior School District classroom programs at Cooper, Bryant, Lake Superior & Northern Lights Elementary Schools

Family Resource Center

Douglas County UW-Extension Office

Begins Transition Period

Change is in the air at your Douglas County Extension Office! Extension Office team members gathered to congratulate Linda Bruce, Family Living Educator, on her retirement which was effective on October 3, 2014. Joan Wimme, 4-H Youth Development Educator, will also be retiring on January 3, 2015. Fariba Pendleton, who has been on leave, is not returning as the Community, Natural Resources and Economic Development Educator.



Pictured L to R, back row: Linda Bruce, Cheryl Shockley, Julie Montgomery and Jeanne Ward; L to R, middle row: Tarah Nichols, Joan Wimme and Jane Anklan; front row: Virginia Leith

As a result, a visioning (community assessment) session is planned for November 13th with local participants, partners, state Extension staff and other community members to help determine the future direction of Douglas County UW Extension programming. In December, positions will be posted and the recruitment process will begin to fill those positions. Stay tuned for more updates as we begin a new era of Douglas County UW-Extension!