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**Extending the knowledge,
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University of Wisconsin to people
where they live and work.**

January 2009 Edition

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

Lew Martin, Chair
Kay Johnson, Vice Chair
Sue Hendrickson
Bob Browne
Pat Ryan
Kaye Tenerelli
Patty Cosgrove

4-H YOUTH DEVELOPMENT

Sarah Wilcox



4-H Members Learn Leadership Skills

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 a "Club Officer Training" taught by Wilcox. During this hands-on workshop, youth identify characteristics of good leadership and learn more about their roles and responsibilities as officers. A favorite activity is practicing parliamentary procedure by making trail mix. With one officer 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! Year after year, the motion ultimately fails. After eating their creation, Wilcox teaches participants how to organize their club meetings by creating agendas and yearly calendars and discusses the importance of creating by-laws. At the end of the training everyone enjoys a round of Club Officer Jeopardy. This year, seven officers and four 4-H leaders participated in the training. All participants gave positive evaluations of the workshop. When asked what they learned that they intend to use in their clubs, responses included:

- Parliamentary procedure
- To let others volunteer to do things, like lead the pledges, give news, etc.
- Be inviting to visitors
- Take care of the money

COMMUNITY RESOURCE DEVELOPMENT

Fariba Pendleton

The Superior market analysis was developed with a strong partnership between the Business Improvement District (BID) and UW-Extension with the intent of providing a market-based plan for the BID and a foundation to support business retention, expansion, and recruitment efforts. Conclusions and recommendations included:

- Determining the size and shape of the Superior BID's trade areas;
- Examining the trade area's resident demographic and lifestyle characteristics;
- Understanding the regional economic position of the Superior BID;
- Exploring the needs and perspectives of business operators;
- Exploring the needs and perspectives of trade area consumers;
- Analyzing success factors of comparable city downtowns;
- Studying the business and real estate opportunities; and
- Developing recommendations for the analysis to enhance and guide the BID's economic future.

In an attempt to increase public knowledge related to the study findings, several presentations are being planned by Pendleton and Tenerelli for key stakeholder groups. A great outcome includes engaging the BID board in developing series of goals and action plans in addressing recommendations and areas of need. *The full study report is available at:* <http://www.uwex.edu/CES/cced/downtowns/SuperiorDowntown.cfm>

WI NUTRITION EDUCATION PROGRAM *Grace Gee and Toni Britton*

The Douglas County Nutrition Education Program participated at Family Forum's "Celebration Day" for families in the Early Head Start and Home-Based Head Start Programs. Toni Britton, the educator, provided a session on high fiber foods for parents and a parent-child activity of making a Calico Bean Soup mix.

Approximately twenty-five families, including 60 men, women, and children took part in the session. Parents and children measured dry beans and spices into a Ziploc bag with the recipe attached. The families took the soup mix home to make at a later date. Head Start supplied a sample of the soup for the families to taste. The families had a lot of fun measuring all the ingredients.

The parents completed a fiber facts sheet. They chose the higher fiber food in fourteen matched pairs. Each parent was provided the answers and the educator was available to answer any questions. A handout on selecting high fiber foods and high fiber recipes were available to all participants.

Seventeen of the participating families completed an evaluation about fiber intake in their families. Before the session, twelve families (71%) reported eating good sources of fiber "often" and five families (29%) reported eating good sources "sometimes". After the education session, sixteen families (94%) indicated they will eat good sources of fiber "often" and one family (6%) indicated they will good sources "sometimes". Some comments from the participants included: "Wonderful program" and "Loved the soup".

EXTENSION & INTERNATIONAL LIAISON AGENT *Tom Syverud*

This winter marks the 25th year of the Northern Safari, the series of agricultural and rural landowner topics presented in several northern Wisconsin counties by the UW-Extension offices. This year the topics are again designed to help people save money, maintain the environment, and bring innovative ideas to the discussion table. Several speakers are from Madison; one is an agricultural agent/dairy farmer, and another is Christine Ostern from the Douglas County Land Conservation Department. Ostern will lead a discussion about government programs available to area landowners. Other topics include: Managing Fertilizers in a High Cost Environment, Use of Strip Tillage in Cropping Systems, and Low Cost Parlors and Small Scale Bio-Digesters. All sessions are free and open to the public. They will be held weekly at the Northwestern High School in Maple starting Thursday, January 22 at 8:00 pm.

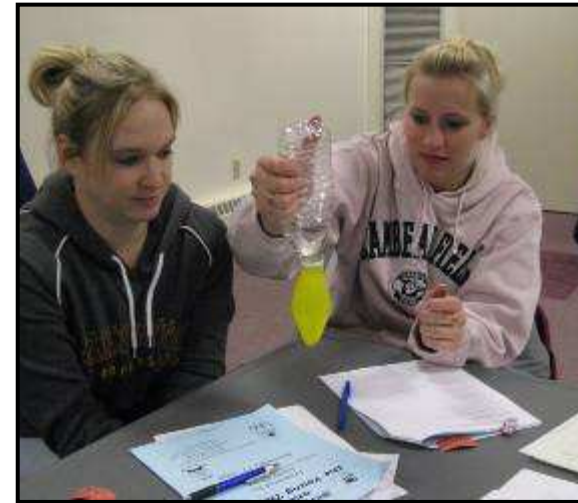
This is my last newsletter for Douglas County UW-Extension. I will be retiring January 31st after 31 years working for UW-Madison in the north. For 16 years, I was Superintendent of the Ashland Ag Station before joining Extension in 1994. The last 10 years have been with Douglas County. It has been a great experience to work for a highly regarded educational institution like the University. I have learned much in that time, and hope I have given some of that back. I have sincerely enjoyed the time working with the staff of Douglas County Extension Office. The country enters the New Year facing many challenges, but with great hope for the future. I wish you all the best in the new year.

FAMILY LIVING PROGRAM *Linda Bruce*

Science and the Young Thinker

In November, Bruce provided an evening training for daycare providers in Douglas County at the request of Northwest Connection Family Resources. Other family living educators in surrounding counties provided similar material as part a larger coordinated effort to assist providers with on-going professional development.

The workshop was designed to encourage providers to think about how they can offer science exploration to children every day, stressing the importance of hands-on learning vs. watching an adult demonstrate.



As a result of the workshop, all of the participants reported learning new information that was relevant to them. In addition, all planned on using the activities they tried and the information they learned with the children in their care. The training was a great success, and the providers have asked for similar trainings in the future.

COMMUNITY YOUTH DEVELOPMENT *Joan Wimpe*

This past summer I partnered with three UW-Superior students on a Youth In Governance (YIG) research project. The students utilized pre- and post-test surveys for Youth Representatives as well as focus groups for Youth Representatives, County Board Supervisors, and Superior City Counselors. Because of smaller numbers of youth, the data collected will be combined with data from other counties so we can better assess the impact of YIG programs. Here is a brief sampling of qualitative data from youth:

- Important things learned included having a voice and speaking up.
- They believed that their opinions actually did matter.
- Youth wanted to see how their local government worked.
- Youth felt that the mentors they had throughout the program helped them greatly.
- Youth felt nervous about talking in front of adult Board members...they didn't want to have the adults feel that they were stupid.
- Adult Board members were always willing to listen to their opinions, and hoped they made a difference of the adult members with their opinions.
- Youth felt that being a part of a government meeting was a huge thing, and felt that their issues were at times the same as adult members and at times different.
- Youth Representatives felt that more youth need to step up and state their opinions about what's going on in government.
- Youth felt they would be able to go through the entire government process if they found a problem in their community that needed to be fixed.
- The data also showed that they would be active in their community involving government actions after high school.