

## University of WI-Extension

### Community Resource Development

**Fariba Pendleton, Educator**

Email: fariba.pendleton@ces.uwex.edu

### Family Living Program

**Linda Bruce, Educator**

Email: linda.bruce@ces.uwex.edu

### Community Youth Development

**Joan Wimme, Educator**

Email: joan.wimme@ces.uwex.edu

### 4-H Youth Development

**Sarah Wilcox, Educator**

Email: sarah.wilcox@ces.uwex.edu

### WI Nutrition Education Program

**Grace Gee, Coordinator**

Email: grace.gee@ces.uwex.edu

**Toni Britton, Educator**

Email: toni.britton@ces.uwex.edu

**Virginia Leith, Program Assistant**

Email: virginia.leith@ces.uwex.edu

### Agriculture & Horticulture

**Nancy Gallagher, Summer Horticulturist**

### Administrative Staff

**Rena Driscoll, Program Assistant**

Email: rena.driscoll@ces.uwex.edu

**Renée Middleton, Program Assistant**

Email: renee.middleton@ces.uwex.edu

**Sheila Fillmore, AmeriCorps\*VISTA**

Email: sheila.fillmore@ces.uwex.edu

### Douglas County UW-Extension Office

1313 Belknap Street, Room 107

Superior, WI 54880-2781

Telephone: (715) 395-1363 711 for WI Relay

Fax: (715) 395-1399

Website: <http://douglas.uwex.edu>

An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.

**UW  
Extension**

Learning for life



*What's new in Extension?*



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

**May 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**

## FAMILY LIVING PROGRAM

*Linda Bruce*

### DOUGLAS COUNTY HCE QUILTATHON

In March, 35 volunteers associated with Douglas County Home and Community Educators (HCE) spent a day at the Mariner Mall working on quilts as part of their annual Quiltathon event. In past years their efforts have generated approximately 100 completed quilts. This year, however, they broke their own record with the women completing 190 beautiful quilts.

These colorful smaller-sized quilts are made for children in crisis throughout Douglas County, and are distributed through a variety of local sources, including fire departments, hospitals, police and sheriff departments, ambulance services, and the WIC program (Women, Infants and Children). The Quiltathon is just one excellent example of how HCE volunteers provide a valuable service to their communities.

There are currently four HCE clubs in Douglas County and a total of approximately 75 members. Bruce serves as the UW-Extension advisor for HCE. She provides educational and leadership resources and guidance to the groups as needed.



## COMMUNITY RESOURCE DEVELOPMENT

*Fariba Pendleton*

As a public institution, we are regularly challenged to demonstrate the value and relevance of our educational programs. We are asked to illustrate how we address the needs of citizens. Taxpayers and elected officials demand greater accountability for their tax dollar investments in Cooperative Extension programming. Being politically effective is necessary for us to make sure that we are viewed as an indispensable Wisconsin resource.

Strong relationships and effective communications with our partners are the cornerstones of our ability to continue our work within Cooperative Extension. Although being politically effective is more of an art form than a checklist, core fundamental principles can help us simplify the process.

To ensure the long-term viability of our organization, it is imperative that we work to improve our political effectiveness, focusing on four vital areas:

- ❖ Strong educational programs
- ❖ Relationships with key decision makers
- ❖ Effective communications
- ❖ Fiscal awareness and political sensitivity

Pendleton has been playing a key role in a statewide team to address issues related to political effectiveness. Results so far include the development of the above set of principles and guidelines along with well received workshops and learning opportunities at the recent Extension Department Head Conference.

## COMMUNITY YOUTH DEVELOPMENT

Joan Wimme

Recruiting is underway for youth to serve on various agency and community boards in Douglas County. We're recruiting Youth Representatives for the Douglas County Board of Supervisors, the Superior-Douglas County United Way Board of Directors, the Superior City Council, and the Murphy Oil Community Advisory Panel.

Data and comments collected from Youth Representatives last spring and summer revealed:

- ❖ Youth felt that having a voice and speaking up are important things to learn.
- ❖ Youth believed their opinions actually did matter.
- ❖ Youth want to see how local government works.
- ❖ Youth felt nervous about talking in front of adult members...they didn't want to have the adults feel that they were stupid.
- ❖ 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 felt they would be able to go through the 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.

If you know of a young person in grades 9-12 who might be interested in serving, please encourage them to apply. Application materials are available by calling (715) 395-1363 and also online at <http://douglas.uwex.edu/4h/CYD.html>.

One and two year terms are available, and the application deadline date is June 1<sup>st</sup>.

## WI NUTRITION EDUCATION PROGRAM

Grace Gee and Toni Britton

The Douglas County Nutrition Education program partnered with Family Forum Head Start at Center One to provide education for their families in the Early Head Start and Home Based programs. Toni Britton, nutrition educator, provided education on options for healthy breakfasts. Families made a homemade oatmeal mix to take home. The families learned about the significant cost savings of the homemade mix over store bought packets.

Families completed a questionnaire about eating breakfast and using the oatmeal mix. Twenty-two families completed the questionnaire. Seventeen (77%) families indicated they often eat breakfast at least five days per week, four (18%) families indicated they sometimes eat breakfast and one (5%) indicated they do not eat breakfast. After the education, the responses were as follows: 18 (82%) families will eat often, 4 (18%) will eat sometimes and zero for not at all. All twenty-two (100%) families indicated they would make the mix at home.



Making Spiced Oatmeal Mix

## 4-H YOUTH DEVELOPMENT

Sarah Wilcox

### Increased Participation in 4-H Afterschool Clubs

Regular participation in after school programs can benefit youth in many ways. Research shows that when programs or activities appeal to children, there's a positive association with attendance. Douglas County 4-H Afterschool Clubs have seen a high level of program attendance and participant retention during the past year. Participation in the following two clubs is completely voluntary and no transportation is provided.

In 2007-2008:

- ❖ 80% of youth attended at least 5 of the 7 Four Corners 4-H Afterschool Club meetings
- ❖ 70% of youth attended at least 4 of the 6 Great Lakes 4-H Afterschool Club meetings

In 2008-2009:

- ❖ 94% re-enrolled and 20 new members joined the Four Corners 4-H Afterschool Club
- ❖ 53% re-enrolled and 34 new members joined the Great Lakes 4-H Afterschool Club

This year Wilcox has developed and delivered introductory SET (science, engineering, and technology) activities in an effort to motivate children to continue their 4-H Afterschool Club participation, as well as improve their science and engineering knowledge, skills, and attitudes. Part of this program plan includes opportunities for older youth to teach SET activities to younger youth. Middle school students recently taught 2nd grade students how to design and build parachutes. Northern Lights 4th and 5th grade students are planning to lead hands-on science and engineering activities during a 4-H Family Night at the school in May.



Middle school students teach 2<sup>nd</sup> grade students in the Northern Lights Elementary After School Program how to design and build parachutes.



After School Program participants at the Peter Rich Community Center line up to test the "droppy-copters" that they built.