EXTENSION EDUCATION & RECYCLING COMMITTEE
Douglas County Board of Supervisors
Wednesday, January 16, 2019, 3:15 p.m., UW-Extension, Conference Room 107
Courthouse, 1313 Belknap Street, Superior, Wisconsin

Please call the County Clerk’s Office (395-1483) if you will not be able to attend.

MEMBERS: Sue Hendrickson, Chair Charlie Glazman Michael Raunio
Wendy Bong Mary Stone-McConnell

A G E N D A

(Committee to maintain a two-hour meeting limit or take action to continue meeting beyond that time.)

1. Roll call.
2. Approval of November 21, 2018, meeting minutes (attached).
3. Reports:
   b. Extension Department (UW-Extension May 2018, newsletter - attached):
      (1) Community Development - J. Anderson;
      (2) Agriculture and Horticulture - J. Anklam;
      (3) FoodWise Program - J. Montgomery/T. Nichols;
      (4) Human Development and Relationships – T. Henegar; and
      (5) Area Extension Director – M. Pardee:
         (a) 4-H and Youth Development positions update; and
         (b) Extension programs presentation to County Board (to be distributed at meeting).
4. Future agenda items.
5. Adjournment.

ec: S. Nelson (Telegram) UW-Extension Staff Jennifer Barton (Recycling) Sheldon Johnson
   County Board Ann Doucette Sue Sandvick Kaci Lundgren

NOTE: Attachments to agenda available in County Clerk’s Office for viewing or copying, or on county’s website www.douglascountywi.org. Action may be taken on items on the agenda. The County of Douglas complies with the Americans with Disabilities Act of 1990. If you are in need of an accommodation to participate in the public meeting process, please contact the Douglas County Clerk’s Office at (715) 395-1341 by 4:00 p.m. on the day prior to the scheduled meeting. Douglas County will attempt to accommodate any request depending on the amount of notice we receive. TOO (715)395-7521.

Posted: Courthouse, Government Center, www.douglascountywi.org

Pamela A. Tafelski January 9, 2019
Meeting called to order by Chair Sue Hendrickson


APPROVAL OF MINUTES: Motion by Glazman, second Bong, to approve August 29, 2018, meeting minutes. Motion carried.

REPORTS:
Recycling Department Update: Johnson reported winterizing and downsizing site container numbers to save money; Douglas County grant funding application submitted to state – allocation amount determined in the spring; Towns of Gordon and Wascott requested tax insert statement be prepared for public recycling education outreach.

SUSPEND THE RULES: Motion by Glazman, second Raunio, to take up item 4.a. Motion carried.

Responsible Unit 2019 Contract between Northwest Regional Planning Commission and Douglas County: Reviewed - same as 2018 contract with revised dates.

ACTION: Motion by Glazman, second Raunio, to approve Responsible Unit 2019 Contract between Northwest Regional Planning Commission and Douglas County. Motion carried.

Extension Department: UW-Extension May 2018, newsletter attached for review.

Community Development - J. Anderson; Superior Days February 12-13 with three legislative issues; Leadership Program for county and city beginning in February; and partnering with Development Association on a how to start a business boot-camp.

Agriculture & Horticulture - J. Anklam; Farmland Preservation Plan – spoke at Superior Leadership event; working to find a replacement lime source for local farmers; Master Gardener class almost completed - carrot tasting went well (photos displayed), carrots are from garden at Solid Rock from Master Gardeners.

FoodWise Program - J. Montgomery/T. Nichols; Foodwise program is a three year grant, with grant for 2019-2021 already started as of October 1st; new Strong Bodies class starting December 5th (twice weekly for an hour); Teen cuisine upcoming – planning to teach teenagers food safety and food preparation.
Tracy Henegar: Advised programming is up and running; great partnerships in the community, including Family Resources Center. Headstart is a new group providing grandparent education. Youth mental health training received; poverty simulation attended; worked with new superintendent of Superior to bring ACE training to school system staff.

Area Extension Director - 4-H and Youth Development Positions Update: Discussion on handout relating to providing county with the right information as to common questions that county board supervisors and other county departments have about Extension. County Board presentation suggested at a future date. State will co-fund with the county for two 50% positions: 4H Program Coordinator and Positive Youth Development Education; to be filled by one or two persons; January 15th applications due date, with March hiring date estimated.

ACTION ITEMS/REFERRALS:
UW-Extension 2019 Contract between Board of Regents of the University of Wisconsin System and Douglas County: Addendum to contract will be needed upon hiring of new staff person(s) in 2019 to fill open positions.

ACTION: Motion by Glazman, second Raunio, to approve UW-Extension 2019 Contract between Board of Regents of the University of Wisconsin System and Douglas County. Motion carried.

Budgetary Transfer – UW-Extension. Budgetary transfer is for purchase of a copier/printer.

ACTION (REFERRAL): Motion by Glazman, second Raunio, to approve budgetary transfer in the amount of $2,500.00, and forward to Administration Committee. Motion carried.

FUTURE AGENDA ITEMS: Presentation to County Board; 4H Program Coordinator and Positive Youth Development Education positions update.

ADJOURNMENT: Motion by Glazman, second Raunio, to adjourn. Motion carried. Adjourned at 4:46 p.m. Next meeting – Wednesday, January 16, 2019 (invite Ann Doucette and Mark Liebaert).

Submitted by,

Cheryl L. Westman, Committee Clerk
## Upcoming Events

### FoodWise
- **Northern Lights Family Resource Center parent group**
  Tuesdays and Thursday thru May
- **Family Forum, Inc.-Project Head Start grandparents group**
  Wednesday’s thru May
- **Strong Bodies class Wed. & Fri. thru February**
- **Smarter Lunchroom Movement**
- **Youth In School classes**

### Community & Economic Development
- **Monday, January 14** — First Steps to Starting a Food Products Business, 8:30 – noon at Superior Business Center
- **Monday, January 14** — Superior Entrepreneurs On Tap — U-Roast-Em, 6 – 7 PM at Empire Coffee
- **Tuesday, January 15** — First Steps to Starting a Business, 6 – 9 PM at Superior Business Center
- **Monday, January 21** — Superior Days Community Planning Meeting, Noon – 1 PM at WITC Superior and Ashland

### Human Development & Relationships
- **Northern Lights Family Resource Center Parent Groups**
- **Family Forum Head Start Grandparent Support Groups**
- **Raising Caring Kids — eParenting & parent groups at Northern Lights**
- **eParenting® High-Tech Kids**
- **Parenting the Love & Logic Way®**
- **Love and Logic: Adults Supporting Youth with Challenging Pasts™**

### Agriculture/Horticulture
- **Food Safety Modernization Act Grower Training**
  February 7, 2019 — Baldwin, WI

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**Douglas County Extension Positions Open**

Douglas County Extension is searching for two enthusiastic people to hire for our youth development positions. This past summer, Sharon Krause left our staff to join Vilas County Extension. At the statewide level, Extension has been going through several changes, including a decision to separate 4-H management and specific 4-H-related youth development duties from other community youth development duties. (This is similar to how 4-H and youth development operated in Douglas County several years ago.)

Therefore, we are in the process of hiring two 50% positions:
- **4-H Program Coordinator**
- **Positive Youth Development Educator**

Both of these positions are posted at: [https://www.uwex.edu/about/careers/jobs](https://www.uwex.edu/about/careers/jobs).

The application **deadline is January 18**. The funding for both of these positions will be shared by Douglas County and the University.

The **4-H Program Coordinator** will be charged with expanding the 4-H program and offerings in the county, volunteer training and management, overseeing community clubs and 4-H committees, organizing camps and afterschool clubs, and helping 4-H volunteers continue to be successful.

The **Positive Youth Development Educator** will work to support youth in their family and community environments by leading programs and collaborating with organizations and coalitions. The Educator will work with youth leadership, civic engagement, pathways to workforce development, and other needs that affect youth and families.

Mary Pardee
Area Extension Director (Douglas, Bayfield, Ashland & Iron)
Community and Economic Development

James Anderson, III
Community &
Economic Development

34th Superior Days

We are just a month away from the 34th Superior Days! In past years, much of the schedule for Superior Days would be complete by now. A change in the Wisconsin executive branch of government has definitely slowed some of our planning. Delegates can rest assured though that by the time they arrive in Madison, even by their training meeting on January 31, everything will be scheduled.

What has been established, since the November issues identification meeting is the legislative lobbying agenda. There are four legislative issues, although we are presenting them as three:

- Medicaid funding for youth and adults. This issue is a three-legged stool that encompasses: behavioral health reimbursement rates, nursing home reimbursement rates, and personal caregiver reimbursement rates and the resulting extremely low wages.
- Joint economic development tools issue:
  - Better City Superior, support placing authorizing language in the new biennial budget.
  - ¾% local option sales tax for roads.
- Funding for higher education. Support UW-System request, which provides an additional $2.68 million for UW-Superior.

About 160 adults and youth from across Northwestern Wisconsin (Douglas, Bayfield, Ashland, and Iron Counties) will converge on Madison for 34th Superior Days on February 12 and 13, 2019. On the afternoon of the 12th, delegates will work in teams of 3-5 people, and will make personal visits to every legislator in both chambers. Also, during Superior Days, delegates will meet with agency secretaries and staff to discuss issues that might be resolved or addressed without legislative changes. A variety of agency issues will be discussed, including:

- Costs relation to child protective services (CPS), which is having an adverse impact on county budgets across the State of Wisconsin.
- A variety of issues around transportation with the Department of Transportation.

- Department of Natural Resources will be engaged on hunting, campground reservation systems, and other public policy issues.

Superior Days is also a time for delegates, adult and youth to network in a less formal setting. Superior Days Reception and Best of Wisconsin’s Northwest will be held on Tuesday night at the Madison Concourse Hotel. The reception will feature about 25 area businesses and organizations with displays, a Wisconsin style dinner, and an opportunity to mingle between delegates, elected officials, and staff from agencies and the legislature.

Meanwhile, the youth delegation will be holding a banquet of their own, which will feature a prominent speaker from Madison.

If you are interested in learning more about Superior Days, or maybe even attending, visit www.SuperiorDays.com or call UW-Extension at (715) 395-1363.

Upcoming Superior Days dates:

- January 21 – Community Planning Meeting @ WITC Superior & Ashland, Noon – 1:30 PM; repeats at 6PM, Douglas County Government Center, room 270
- January 31 – Delegate Issues Training @ Yellow Jacket Union, UW-Superior, 5 PM – 8 PM.
- February 12 & 13 – 34th Superior Days

First Steps to Starting a Small Business

UW-Extension, Small Business Development Center at UW-Superior, and the Business Improvement District are partnering on a boot camp style workshop on how to start a business. Two versions are available – First Steps to Starting a Food Products Business and First Steps to Starting a Business. Arlene Coco is the lead facilitator for the food products workshop. Arlene brings the experience of being a professional chef and caterer, and food product development. James Anderson and Andy Donahue co-facilitate the general business workshop.

Both workshops are offered free of charge to participants, with the Development Association being the lead financial sponsor for each session. Both workshops are held at the Superior Business Center, 1428 N. 8th Street in Superior. To learn more or to register visit http://bit.ly/dctstartupworkshop, or call UW-Extension at (715)395-1363.

Next session:

- First Steps to Starting a Food Products Business, January 14th, 8:30 – Noon
- First Steps to Starting a Business, January 15th, 6-9 PM
Agriculture, Horticulture and Local Food 2019
New Year’s Resolutions
As leaders, community members, elected officials, and consumers in Douglas County, we all play a role in a sustainable rural economy and healthy quality of life. Here are some resolutions offered by your Friendly Agriculture and Horticulture Agent to encourage you!

Agriculture:

✓ Attend a winter “Agriculture Safari” Program this winter to learn about current topics in northern Agriculture. Watch for program schedule. Meet your local farmers!

✓ Learn how our Dairy Farms are impacted by the 2019 Milk Market Outlook. We currently have 2 milk haulers in Douglas County: Burnett Dairy and Organic Valley. Our local dairy sustainability is connected to Canada, California and China. [link]

✓ Read your Douglas County Farmland Preservation Plan and to learn your role in conserving local farmland. It is an inspiring read! [link]

Horticulture:

Learn how to identify Japanese Knotweed, a rapidly expanding invasive plant in Douglas County. [link]

Take a critical look at your apple tree to determine if it is in need of pruning this winter. [link]

Plant a tree or shrub to provide shade, water management, habitat, beauty and quality of life for your place in the world. Choose the right species, right time, and right place! [link]
The new year brings exciting new UW-Extension programming for families in Douglas County! We have five new offerings currently planned for early 2019 (as well as some other possibilities in the works for later in the year.) Three of these new programs are being offered in partnership with the local schools, two of which are in an eParenting format using electronic media to reach families. The other two offerings are through a partnership with Douglas County Health & Human Services and the Superior Housing Authority and will be open to anyone in the community who is interested in adding to their parenting toolbox.

*eParenting® High-Tech Kids* is a school blog curriculum designed to be used as an email sent to middle school families on how to parent effectively in the digital age. Each article highlights how and why kids do what they do, along with some practical parenting tips and resources. A recent statewide evaluation of over 34,000 families who’ve been reached through this program showed that 76% of respondents learned a new way to use technology in parenting, 88% used or intend to use one new parenting skill and 92% now talk often to their teen about technology. I am excited to bring this outstanding new parenting resource to Douglas County!

Similarly, *Raising Caring Kids* is an electronically delivered resource for schools to send via email to parents and caregivers of 1st-5th graders using short articles and videos to teach different social and emotional skills to parents. We briefly describe research behind these skills, provide ideas for practicing social and emotional skills at home, and links to additional family-friendly resources. This program will be offered in two formats here in Douglas County. It will be sent electronically, as well as offered in parent conversation groups for those families who do not have access to electronic delivery or for those who want the deeper discussion. Utilizing two formats will allow us to have the greatest reach for the greatest impact.

Our fourth new offering will be *Parenting the Love & Logic Way®*. This 6-week parenting group will teach parents how to, “avoid un-winnable power-struggles and arguments, stay calm when their kids do incredibly upsetting things, set enforceable limits, avoid enabling and begin empowering, help their kids learn from mistakes rather than repeating them, raise kids who are family members rather than dictators, and much more!” A follow up 6-week trauma-informed parenting course will also be offered, *Love and Logic: Adults Supporting Youth with Challenging Past*, that will help parents, “cut through the complexity of working with youth with challenging pasts and provide real solutions that can be applied immediately!” Both of these courses, offered through a partnership with Douglas County Health & Human Services and the Superior Housing Authority, will be open to any families in the community that are interested.

More exciting things are in the works for later in 2019, so keep an eye out! Good things are happening in Douglas County!!
“A Good Rule: You decide what, when and where foods are offered and let your child decide whether and how much to eat.” by Ellyn Satter, the go-to authority on raising healthy children who are a joy to feed.

FoodWise Coordinator, Julie Montgomery, met with seventeen parents of preschoolers enrolled in the Northern Lights Family Resource Center from September thru December for twelve lively discussions about feeding young children. Meeting with parents at the Family Resource Center for more than four years has worked very well as parent child separation is included in the FRC’s preschool program.

Every session included lively discussions and a food prep activity. We talked about the parent’s role as a healthy food role model for their young children. Parents were encouraged to describe the traits of fruits and vegetables rather than their personal preferences, so children can form their own opinions about eating. Parents learned the importance of including young children in food preparation: kids like to eat food they help prepare, they feel good about doing something “grown-up”, they learn skills they can use for life and cooking together means you spend more time with your children. This is great on busy days.

Many parents shared they choose to do mealtimes different than they experienced growing up. For some, meals are not eaten together as often. As recommended, parents try to eat together as a family at least four times per week, any meal that works, turning off the television and phones, talking about positive things and
courage trying new foods. We learned how family’s meals differ. One parent shared she makes fresh bread for every meal as a part of her culture. Parents asked her to share her bread making which included a cooking demo and food sampling on how to make paratha, an Indian flatbread made with whole grain flour and water and filled with vegetables.

FoodWise provided food demonstrations and food preparation activities with parents each session.

Following each forty-five-minute class with parents, food samples were shared with preschoolers. Parents enjoyed learning to make and taste paratha, an Indian flatbread, using simple ingredients, a few spices, onion, fresh spinach and potato.

Our one dish meal of Skillet Lasagna was also a hit. After preparing and tasting the one dish meal in class, parents stated they would be making Skillet Lasagna for dinner that very night!

Above: Preschoolers made pumpkin pudding in a Ziploc bag.
In December, Nutrition Educator Tarah Nichols had the opportunity to visit the Superior Middle School to teach the 7th grade. Teachers recognized the excessive amounts of added sugar students were consuming in sweetened beverages and snacks.

"MyPlate recommends limiting added sugars to 10% of total daily calories. American teens on average get almost half of their added sugars just from sugar sweetened beverages."

Students were taught how to find out how many teaspoons of sugar are in the foods they are eating and drinking by looking at the grams of sugar on the food label and dividing by 4. In the classroom, "stations" were set up so students could explore various food labels of things commonly eaten by teens. The stations included: breakfast, drinks, sweet snacks and sugar measuring. After students visited all stations, there was a time of debriefing. We talked about consequences of eating too much sugar and ways to reduce sugar consumption. It was agreed that eating NO sugar at all was not reasonable. Instead, a "top 10 ways to reduce sugar" chart was formed by student's comments. At the end of the lesson, students were given the opportunity to place a sticker on the chart next to a way they could personally reduce sugar.

Students overwhelmingly said they would choose water instead of energy drinks or pop. Other top choices were: when dining out choose water instead of pop, eating fruit with breakfast, read food labels to make better choices, and when eating sugary snacks to only eat half.

One way to change a habit is to replace it with another one. Students were offered cucumber, lemon and orange infused flavored water. It was discussed that this could be used as an alternative to drinking sugar sweetened beverages thus helping to reduce the overall amount of sugar consumed by our teens.