June 5, 2019

EXTENSION EDUCATION & RECYCLING COMMITTEE
Douglas County Board of Supervisors
Wednesday, June 12, 2019, 3:15 p.m., Extension Conference Room
Courthouse Room 107, 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 Mike Streveler

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 April 17, 2019, meeting minutes (attached).
3. Reports:
   b. Extension Department (UW-Extension June 2018, newsletter - attached):
      (1) Area Extension Director – M. Pardee:
          (a) Introduction of Mary Johnson-Garay, Positive Youth Development Educator;
          (b) Update on staffing; and
          (c) 2020 county fees for Extension services.
      (2) Community Development – J. Anderson;
      (3) Agriculture & Horticulture – J. Anklam;
      (4) FoodWIse – J. Montgomery/T. Nichols;
      (5) Human Development & Relationships – T. Henegar;
      (6) 4-H Program – K. Stenroos; and
      (7) Youth Development – M. Johnson-Garay.
   c. WACEC change to WEXA (Wisconsin Extension Association) (attached).
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  June 5, 2019
Meeting called to order by Chair Sue Hendrickson.


APPROVAL OF MINUTES: Motion by Raunio, second Bong, to approve January 16, 2019, meeting minutes. Motion carried.

REPORTS:

RECYCLING DEPARTMENT: Johnson presented update on plans for additional containers during summer. Disposal costs will be increasing significantly due to new regulations. Spring newsletter distributed/reviewed. Waste Management annual report due April 30th. Annual tonnage totals report (2007-2018) distributed. Tonnage dropped in 2018 because weight is now measured in metrics by yards per load. Presentation on restrictions for contaminated recycling materials and use of burn barrels will be made to municipalities.

EXTENSION DEPARTMENT: UW-Extension May 2018, newsletter attached/reviewed. Area Extension Director – Good feedback from County Board presentation. 2018 annual staff reviews completed. Transition to UW-Madison from UW-Extension system continues; July 1, 2019, Extension staff will be UW-Madison employees. Farmer’s Union requested tractor safety certification workshop; Anklam and Stenroos to work on this. Introduction of Katie Stenroos – Began April 1 as the 4-H Program Coordinator. Update on Positive Youth Development Position – Candidate is recently retired teacher, under WRS rule can work up to 40% without affecting retirement; 10% of the half-time position will be assigned to Stenroos with appropriate program division. Community Development - Written report submitted/reviewed. Agriculture and Horticulture – Met with farmers regarding clean agriculture plastic s collections and need for central drop-off site. No registrations for farm business plan/succession planning workshops. Master Gardeners gearing up for summer. FoodWise – Completed first half of 2019 grant year; programs for second half of grant year enumerated. Montgomery and Nichols active in area Campus Food Shelf programs. Human Development and Relationships – Love and Logic curriculum introduced to community groups through mental health coordinating team; full registrations for the UW-S mental health class. Essentia Health requested a 2-hour trauma health session. Extension looking for evidence-based jail programs. 4-H Program – Stenroos met with local 4-H Leaders and community partners. Suggestion to develop Cultural Arts Festival at Northwestern. Summer camp in July cancelled due to lack of volunteers.

ADJOURNMENT: Motion by Raunio, second Bong, to adjourn. Motion carried. Adjourned at 4:21 p.m. Committee agreed to move meetings to second Wednesday of scheduled month.

Submitted by,
Pamela A. Tafelski
Committee Clerk
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SPECIAL POINTS OF INTEREST

- Hazardous Waste Collections to be held during the week in 2019—Not on Saturdays!
- Please Don’t Burn—it pollutes our air and our lake! More info inside, as well as how you can get your own informational video for FREE.
- Preparation gets stricter due to drastic changes in recycling markets. Do your part by Combating Contamination!

DID YOU KNOW?

- 94 % of Wisconsin households recycle and feel it is worthwhile.
- You can recycle clean and dry plastic grocery bags at Walmart and Super One Foods.
- Electronic waste has been banned from Wisconsin landfills since 2010.

Douglas County Recycling Newsletter

2019 NW Cleansweep Hazardous Waste Collection Schedule

<table>
<thead>
<tr>
<th>Date:</th>
<th>Time:</th>
<th>Location:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, May 22nd</td>
<td>3:00 pm - 7:00 pm</td>
<td>Bayfield County- City of Washburn County Hwy Garage, 311 South 1st Ave.</td>
</tr>
<tr>
<td>Wednesday, July 10th</td>
<td>3:00 pm - 7:00 pm</td>
<td>Douglas County- Solon Springs Solid Waste/Recycling Facility, 11903 S. Holly Lucius Rd.</td>
</tr>
<tr>
<td>Monday, July 29th</td>
<td>3:00 pm - 7:00 pm</td>
<td>Burnett County- Siren Burnett County Highway Shop, 8150 State Road 70</td>
</tr>
<tr>
<td>Wednesday, July 31st</td>
<td>3:00 pm - 7:00 pm</td>
<td>Washburn County- Minong Area Disposal, Transfer Station Dr.</td>
</tr>
</tbody>
</table>

All 2019, household hazardous waste collection events will be held during the week instead of Saturday. No more wasting away your Saturday; get it done during the week! All events are open to NW Wisconsin residents no matter if they reside in that host county or not. Questions about hazardous waste can be answered by contacting the Recycling Coordinator.

Combating Contamination

Among the most pressing priorities in recycling today is the need to reduce the amount of contamination — or the unacceptable items mixed with recyclables — in the recycling stream that we collect for processing. Reducing contamination means reducing unacceptable materials in the inbound stream, which directly impacts the quality of what can ultimately be sold and recycled. It’s a difficult challenge, and we all play a significant role when it comes to recycling well. Over the years, the changing mix of materials in the waste stream combined with a shift to cart-based, single-stream recycling has contributed to an increase in the average contamination rate for materials collected to 25 percent. Continue on pg. 3
1.) Recycle all Bottles, Cans and Paper.
2.) Keep items Clean and Dry.
3.) No Plastic Bags.

Plastics are effectively being recycled at a rate of 2.4 billion pounds per year in the U.S. Doing so helps conserve fossil resources and saves landfill space. Plastic bottles are shredded into flakes used for filling in sleeping bags, fleece jackets, carpets and insulation, while jugs and tubs are readily recyclable into new laundry detergent bottles, pens, picnic tables, fencing, and recycling containers.

WHAT PLASTICS TO RECYCLE:
The code number on the bottom of plastics and bottles is commonly mistaken as an indicator of a product's ability to be recycled. In actuality, this number only indicates the chemical make-up or type of plastic used in the product. Not all types of plastics can be recycled. Today, it is best to recycle by shape: all bottles, jars, jugs and tubs, as those materials are most likely to be made of plastics that truly can be recycled.

Approximately half of all soda cans, food cans and other aluminum products are recycled each year in the U.S. The environmental and economic impacts of these actions are enormous.

RECYCLES INTO:
Shredded cans are melted down, poured into cases, chilled, rolled out and eventually made into new cans. Recycled metals can also become part of a new automobile, airplane or bicycle.

METALS
- Tin cans
- Aluminum Cans
- Steel Cans

Paper products make up 71 million tons of the municipal waste stream in the U.S. Of that amount, upwards of 63 percent (45 million tons) is recycled annually.

PAPER / CARDBOARD
- Office paper
- Magazines
- Flattened cardboard
- Newspaper
- Phonebooks
- Flattened cereal boxes
- Junk mail
- Paperboard
- Flattened Snack Boxes

Glass makes up a large component of household waste due to its weight and density. Every metric ton of glass recycled saves nearly 700 pounds of carbon dioxide from being released into the atmosphere.

GLASS
- Food containers and jars
- Soft drink and beer bottles
- Wine and Liquor Bottles

RECYCLES INTO:
Glass is virtually infinitely recyclable and can become a new glass container with no loss in quality – conserving raw materials, reducing energy consumption and reducing waste sent to landfills.

DO NOT RECYCLE:

LOOSE PLASTIC BAGS AND FILM
- Plastic shopping bags
- Bagged recyclables
- Plastic storage bags
- Plastic stretch wrap and film

FOOD WASTE
- Food scraps
- Food-soiled containers
- Soiled paper products

POLYSTYRENE FOAM CUPS/CONTAINERS
- Egg cartons
- Packing popcorn
- Take-out containers
- Drinking cups

ALSO, DO NOT INCLUDE...
- Motor oil/petroleum bottles
- Needles or medical waste
- Plastic utensils
- Fast food packaging
- Shredded paper
- Broken / sharp glass
- Shower curtains/tarps
- Hoses
- Ceramic materials
- Cloth / clothing
- Hazardous items e.g. paints, oil, batteries, fluorescent bulbs
- Used tires

Recycling centers are operating more efficiently than ever. However, certain “offenders” can slow down the process or contaminate the load. You can help by keeping these items out of your bin.
The Truth About Burn Barrels!

Air pollution from factories and power plants and from other individual sources such as burn barrels affect lakes, even from hundreds of miles away. This combination of pollutants directly and indirectly affects the wildlife and humans who use the area.

Many people don’t realize that they add to pollution of Wisconsin if they burn their trash. More than 13 million pounds of pollutants are emitted each year from approximately 20 million burn barrels (EPA 1998). There are an estimated 500,000 burn barrels in the State of Wisconsin alone. Reducing the use of burn barrels or better, eliminating them altogether is one way that the average person may help make a difference.

In the past, burn barrels used by households were the common way to eliminate trash. Residents would burn their trash because it was convenient and because there were few other disposal alternatives. Today however, there are healthier and better methods. Burn barrels are a real health hazard to barrel owners, their neighbors, and to the environment of the area. Perhaps you or someone you know has made a choice to burn trash, but do you know what is created and released as a result?

According to a recent Environmental Protection Agency study, burning one barrel of household waste (which typically contains mainly treated cardboard and plastics), can release the same amount of ash, smoke, dioxin and furan into the air as a well-controlled 200-ton per day municipal incinerator - servicing 20,000 residents.

Burned trash in barrels can release other toxins and heavy metals such as lead, mercury, arsenic, cadmium, barium, and chromium. Lead accumulates in the blood, bones and soft body tissue where it eventually affects the kidneys, central nervous system and all blood forming organs. Lead build-up may eventually cause brain damage, mental retardation, seizures, and other behavior disorders in people that have absorbed large amounts of this mineral. The long-term effect of exposure to these poisons is damage to your heart, brain, liver, kidneys, lungs, and central nervous system. Various forms of cancer, asthma and allergies, chronic fatigue, reproductive and birth defects, muscle dysfunction, skin diseases, hormone abnormalities, learning disorders and immune system changes also can result from continuous exposure.

Why do burn barrels do so much damage? Many of the air pollution problems caused by burn barrels are a result of trash not being completely burned or in other words, “incomplete combustion.”

Burn barrels aren’t designed to allow for complete combustion. The temperature in burn barrels rarely exceeds 500 degrees Fahrenheit and so the burning process does not generate nearly enough heat to dispose or oxidize all materials. Since burn barrels do not have emission controls, toxics are released into the air and the ash is a potential health hazard because residual chemicals remain in the soil or get carried by wind.

Beyond the negative impact that burn barrels have on health, there is another risk — forest or wild land fires. Burning debris is the number one cause of fires in Wisconsin (Wisconsin DNR Website). In many cases, burn barrels don’t have a lid. This allows burning embers to escape landing in nearby fields and forests. And many burn barrels have rusted to the point where they are unable to contain a large fire.
What to do with......

- **Electronic waste (limited amount)** is accepted at the Superior Landfill. Please call them @ 715-398-7222 for further information. Afterlife Electronics Graveyard @ 915 John Avenue is another option for electronics disposal. Phone: 218-940-9274.

- **Demo & Building Material** can be brought to AA Roll-Off @ 1021 Garfield Ave 715-394-4285

- **Yard Waste-Leaves and grass clippings** (no charge) is accepted at the Superior Landfill. Customer must dump debris into compost pile and place empty bags in the trash receptacle.

- **Brush** (no commercial) - is also accepted at the Superior Landfill $8 a pickup load / $16 for pickup and trailer.

- **Tires** - accepted at the Superior Landfill for a charge.

- **Appliances** are accepted at AA Roll-Off, Afterlife Electronics, and the Solon Springs Solid Waste/Recycling Facility.

- **Fluorescent Bulbs** are accepted at the Solon Springs Solid Waste/Recycling Facility for a fee.

- **Televisions** are accepted for a fee at AA Roll-Off and Afterlife Electronics.

- **Sharps/Needles, Syringes, Lancets** are accepted at Essentia Health-Superior Pharmacy from residents. Their address is: 3500 Tower Ave, STE A, Superior. Phone General: 715-817-7880, or 855-223-5162.

- **Waste Oil** is accepted at AA Roll-Off, Solon Springs Solid Waste/Recycling Facility, Walmart Tire & Lube Express, Tires Plus, O’Reilly Auto Parts, and AutoZone.

- **Alkaline Batteries** are garbage and should be placed in your regular garbage container.

- **Latex Paint** is garbage and NOT ACCEPTED at the HHW events. Dry out and place in regular garbage. Questions about this can be answered by contacting Jen.
Upcoming Events

Agriculture/Horticulture
- Tuesday Evenings, 4:30-6:00 pm. June-September; “Ask a Master Gardener”, Solid Rock Garden, 6th and Weeks, Superior.

FoodWIse
- Month of June T & TH @ 4:30pm or W & F @ 12noon: Strong Bodies 8 week series classes Government Center room 270
- June 20th Nutrition Advisory Council meeting @ Kro-Bar, Brule senior meal site 10:30 am
- June 25, July 9, 9:30-11:00am: Little Gardeners partnership with Ag/Hort. Ed., Master Gardeners & Superior School District Northern Lights Family Resource Center
- June 24-27 and July 8-11, noon to 2:30 pm: Teen Cuisine 8 week series Monday thru Thursday @ Superior Middle School in the Family & Consumer Ed. classroom.
- Mid-June thru August: Summer Meal site lessons with youth and families in partnership with Superior School District Food Service
- June-September day & early evening lessons: Harbor House Crisis Shelter
- June-September Thursday’s 1pm: Faith United Transitional Housing adult head of HH series lessons.
- Mid-July thru September: Tuesday’s 3:30-7pm Food Pantry lessons including Faith United Food Pantry garden
- July 31st 2pm: Northern Campus Food Shelf Network meeting @ College of St. Scholastica, Duluth, MN (Twin Ports campus food shelf coordinators, U of MN Extension SNAP-Ed, Second Harvest-Northern Lakes Food Bank and FoodWIse Douglas County)

Human Development & Relationships
- May 29 & June 6 – Make It OK presentations to YMCA & Noon Rotary
- May 31st & June 7th – Youth Mental Health First Aid
- June 3-5 – Mental Health First Aid Facilitator Training
- June 10 – 6-week Love & Logic parenting classes begin
- June 12-13 – Nurturing the Northland Conference
- July 29 – 6-week Trauma-informed Love & Logic parenting classes begin

4-H Programs
- June 10 - 4-H Leaders meeting at the Fairgrounds 6:00 pm, youth building
- June 24-27 - 4-H Youth Conference in Madison as a chaperone
- July 15-21 - Head of the Lakes Fair
- July 15 - Leader’s meeting

Positive Youth Development
- May 29 & June 6 – Make It OK presentations to YMCA & Noon Rotary
- May 31st & June 7th – Youth Mental Health First Aid
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FoodWise Engages Families to Spend Food Dollars Wisely, Eating Healthy, Be Active

In April, Julie Montgomery and Tarah Nichols attended a carnival fun night at Northern Lights Elementary School. Many families stopped by the FoodWise table to test their shopping skills. Unit pricing was the name of the game. There were 3 food packages set up on the table along with the prices of each item: A 12.4 oz (regular size) box of Cheez its crackers, a 12.1 oz. multi-pack and a 3 oz. single serve bag. Participants first guessed which item they believed to be the better buy. They then used a calculator to determine price per unit/ounce of each item.

Many participants surprisingly said they do not use unit pricing when shopping but usually buy the least expensive item. Others said they used unit pricing often and could easily tell where the unit price was located on the tags on the shelf at grocery stores. Many ideas were shared with participants about saving time and money by buying the larger box (in this case) and pre portioning single serve containers for convenience and portion control. Everyone loves to save money at the grocery store and unit pricing is one way to do that.

During the school year, Tarah Nichols, Educator visits 1st, 3rd and 5th grade youth for a five-week series teaching the benefits of making good food and beverage choices and leading an active lifestyle in four of the six elementary schools in the Superior School District. Coordinator Julie Montgomery meets with parents of young children thru the SSD Northern Lights Family Resource Center for five 4-6-week series of Feeding for Healthy Eating. Meeting families at planned school events, summer food program meal sites and in the community strengthens health promotion and obesity prevention efforts.

This summer FoodWise will partner with Master Gardeners and the Family Resource Center to provide Little Gardeners classes for preschoolers and their families. In our second year, we will be engaging families in learning garden upkeep, planting vegetables and the benefits of eating garden produce. Stop by the small garden plot on the southwest side of Northern Lights Elementary School to check out the traditional soil and straw bale gardens!

Speaking of gardens, two additional gardens will be keeping FoodWise busy this summer. We teach in the Faith United Food Pantry garden behind Hardees in addition to the pantry. This summer we are recipients of a Growing Together WI - FoodWise grant providing funding, education, and support to the Superior Community Garden Associations new community garden at 24th and Oakes Avenue. Stop by the SCGA community garden next to Golden Living Sr. apartments to see the progress being made transforming the neighborhood environment with fruit bearing trees and garden veggies!

Julie Montgomery
FoodWise Coordinator

Tarah Nichols
FoodWise Educator

FoodWise
Healthy choices, healthy lives.

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FoodWise Coordinator

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Agriculture
We have started the growing season with a cool, wet spring. The Big Lake is still very cold for this time of year. Not so unusual, but it will affect our ability to get into the field without causing soil compaction and will result in slower drying time for the hay crop. But there will be good, dry days with warm breezes that will make all the difference.

We are pleased to welcome our new County Land and Water Conservationist to Douglas County. Ashley Vande Voort will provide a bridge to technical assistance via the County Cost Share programs to advance soil and water management, with particular emphasis on agriculture. This will include rotational grazing management, gully erosion stabilization and nutrient management planning...all part of a sustainable agriculture system.

We recently attended a Nutrient Management Planning workshop in Spooner which offered us new tools to assist the farmer in achieving sustainable nutrient levels for their crop rotations. If you farm by producing livestock, hay, or crops, you will benefit by knowing your soil nutrient levels. This is a basis of a sustainable farm.

Remember, Douglas County has new ordinances in place that require a nutrient management plan for manure storage on livestock operations. START WITH SOIL SAMPLES! Select a couple fields a year. Those will be your bench mark. Your soils, your yield and your pocket book will thank you.

Offering heartfelt gratitude to farmers who manage so much of our private land in Douglas County. It is a commitment and an honor that greet each day. There is much being asked of you. Please contact me to discuss your needs, achievements and concerns for the future of your farm.

Local Food
The UW Madison Community Food Systems Team has been doing marvelous research and outreach to understand food equity, access, and local food economy throughout the state. Recently, Dr. Greg Lawless, UW Madison, reached out to Douglas County to learn of our local food needs, as a northern “zone 3 market”, located between Bayfield and Duluth. We will engage our local food systems team to explore the paths most efficient for us to address this question. Think “Farm to School”, local branding, cooperative development, indigenous food sovereignty. It takes a community to establish a commitment to local food. It is not all about high end restaurants, though they have a role as well. Let me know how you imagine Douglas County Local Food Systems.

Horticulture
Please note that Garlic Mustard has reached Douglas County. This invasive plant of woodlands is a biennial and has been found in the City of Superior and on the Pokegama River uplands. It has tiny seeds that are very prolific. For identification and control: [http://learningstore.uwex.edu/Assets/pdfs/A3924-07.pdf](http://learningstore.uwex.edu/Assets/pdfs/A3924-07.pdf) This plant has a negative impact on water quality and health of our forest floor. Pulling the weed upon first site is the most effective way to control.

Three cheers to our home and community gardeners for patiently waiting for spring and warm soils. Remember to wear gloves when you work in our garden soils. Keep your garden shoes and clothing stored outside of the house. These are important good gardening practice. The health of home-grown foods and being outdoors is a staple to a healthy lifestyle.

June is DAIRY MONTH
In April, the 4-H Cultural Arts Festival was held on April 27, at Northwestern Elementary School. This was the first county wide Cultural Arts Festival in a couple of years and had good attendance of 4-H members participating. 4-H members showcased their arts and crafts, photography, posters, computer art, and music performances, and literature.

4-H Community Service Projects
Two 4-H clubs are completing service project at the Head of the Lakes Fairgrounds this month, more details are below, including a special invite to join. The Northern Lights 4-H Club is having a 4-H Service Project afternoon at the Head of the Lakes Fairgrounds on June 9th, from 1pm-3:30 pm. The afternoon will consist of painting picnic tables and benches and performing general fair clean-up and beautification. Northern Lights 4-H Club is extending the invite to the Douglas County Extension committee and any community members that are interested in volunteering. For more information contact Katie Stenroos at katelin.stenroos@wisc.edu or at 715-369-1365. The 4-H Discovery Club is also holding a service project at the Head of the Lakes Fairgrounds on June 2nd. The 4-H members and volunteers will be fixing and painting display cases and building a wheelchair ramp for the curling club.

Head of the Lakes Fair
Come join us at the Head of the Lakes Fair, July 16-21st, and come see the 4-H members showcasing their projects and exhibits. 4-H members work hard all year to learn and complete new projects, work with their animals and livestock to get ready for the fair. 4-H exhibits will be open to the public on Wednesday July 17. Also, on Wednesday is the 4-H Livestock show including beef, dairy, sheep, swine and goats. The 4-H poultry and rabbit show is on Thursday, and the 4-H horse shows are on Friday and Saturday. Don’t forget to stop at the Dairy Bar in the Youth Building to enjoy a handmade malt and food to support the 4-H program. Douglas County 4-H is also seeking volunteers to assist with project entry day, judging and setting exhibits up in the Youth Building. The majority of volunteers are needed on Tuesday, July 16, but volunteers are also needed on Wednesday, July 17th. For more information or to sign up to volunteering contact Katie Stenroos at katelin.stenroos@wisc.edu or at 715-398-1365.
Mental Health Awareness Month – May 2019

May has been a very busy month, as area professionals came together to participate in Mental Health Awareness Month. When we realize that 1 in 4 adults and 1 in 5 youth experience mental health symptoms that impact their daily lives, and that the average amount of time that it takes for someone to seek help is 10 years, it becomes quite clear why mental illness is a growing crisis in our community.

Through the work of the Northland Healthy Minds coalition, the 2019 Make It OK campaign was launched. This included not only a wide variety of community events through the Twin Ports region, but also an employee mental wellness campaign that delivered educational content via email through employer human resource departments. This free educational campaign is extremely user friendly, and with a click of a button on the Northland Healthy Minds website, an employer can download the full Employer Implementation Plan, complete with scheduled email suggestions that include links to articles and videos. Additionally, employers can access a free community training to help educate and reduce the stigma of mental health. One will be held at the Superior/Douglas County YMCA, and one was provided to the Noon Rotary, with approximately 50 people in attendance. Additional trainings are being planned for later this fall, as well. Together, we can Make It OK to have a mental illness, as many of us do. We can Make It OK to talk about mental illness, because talking makes us feel less alone. And we can Make It OK get help for a mental illness, as recovery is possible and life can get better!

For Mental Health Awareness Month, as part of the work of the Douglas County Mental Health Coordinated Community Response committee, three community events were held throughout rural Douglas County – one in Lake Nebagamon, one in Summit, and one in Solon Springs. Each of these events had the same focus on youth mental health and included presentations on Social Media Bullying by Sherry Boock from CASDA, Youth Suicide Prevention by Ryan Burkhart from the VA, and DBT skills taught by Lori Thrun from Amberwing. Each event also provided a resource fair with area youth serving providers available to share with families about the services they provide, including opportunities such as Mentor Superior and the YMCA, as well as mental health providers. Presentations elicited some excellent discussions and feedback points to a growing desire for more information on supporting the social/emotional development of our youth!

Our month of activities wrapped up with an 8-hour Youth Mental Health First Aid training open to the community. Mental Health First Aid teaches community members how to recognize signs and offer immediate care when someone is having a mental health problem, as well as when and how to connect them to professional supports. This event has a maximum capacity of 30 and filled in under a week. With over a dozen people on the waitlist, another Youth Mental Health First Aid training is in the works. Additionally, we are now able to offer the adult Mental Health First Aid Training to our community! This training can be brought to your organization or keep an eye out for upcoming community events. Just as medical first aid is offered to everyone, everyone should be trained in Mental Health First Aid!

If you'd like more information on Mental Health First Aid or to learn more about how your organization can help Make It OK, contact Tracy Henegar: tracy.henegar@wisc.org
Hello, my name is Mary Johnson-Garay and I recently retired from the School District of Superior after 27 years of teaching early childhood and elementary education. My experiences while working for the school district included the development of the Early Childhood Family Enrichment parenting and early childhood program and several years later transitioning into the classroom as an elementary teacher. My classroom experiences included all grade levels from PreK-6. The only grade missed was 4th. I have a degree in Elementary Education with an emphasis in Early Childhood Education and Business from UW-Superior and an M.Ed. from the University of St. Mary’s in Minneapolis. My research for my M.Ed. was on brain development and how it affects learning. My other passion is personal fitness. I have been teaching a variety of fitness classes for over 30 years. Currently I am teaching the following fitness classes as an independent contractor: Cardio and Strength, Senior Stretch and Chair Yoga. I am certified as a Personal Trainer, Wellness Coach, Group Fitness, Silver Sneakers and Silver and Fit instructor. My husband and I have four sons in a combined marriage, along with 3 wonderful grandchildren. Our sons are on each end of the country with one being in Washington DC managing the Watergate Building, another son in Bellingham, Washington is an independent film maker that travels all over the country capturing video, the oldest son has three children and has chosen to build his career as a carpenter and Foreman for a local company here in Superior (lucky me!) and the fourth guy is working in Minneapolis and a mechanical engineer for an Aerospace company. We are very proud of their hard work and leadership as young men in our society. I am very excited to be a part of University of Madison Extension program and look forward to working with the young people who live in Douglas County along with the agencies that serve our youth. I am passionate about developing healthy programs within our community that encourage positive youth development.

Mary Johnson-Garay
Positive Youth Development

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Douglas County Courthouse
1313 Belknap Street, Room 107
Superior WI 54880
Phone: 715-395-1363
CONSENT RESOLUTION OF THE MEMBERS OF ASSOCIATED COUNTY EXTENSION COMMITTEES, INC.

The undersigned, being at least 80% of the members of Associated County Extension Committees, Inc., a Wisconsin non-stock corporation (the “Corporation”), does, pursuant to the provisions of Sections 181.0704 of the Wisconsin Statutes, hereby consent to and adopt the following recitals and resolutions:

WHEREAS, the undersigned members desire to dissolve the Corporation; and

WHEREAS, Section 181.1401 requires two-thirds of the members of a non-stock corporation to approve dissolution; and

WHEREAS, Section 181.0704 requires 80% of the members of a non-stock corporation to approve a resolution without a meeting; and

WHEREAS, the undersigned members have examined and hereby approve the attached Plan of Dissolution for the Corporation (the “Plan”).

NOW, THEREFORE, BE IT RESOLVED, that the Plan is hereby adopted and approved in all respects, and that the officers of the Corporation are authorized to perform all acts and execute all documents necessary or appropriate to execute the Plan and to carry out the intent thereof; and

BE IT FURTHER RESOLVED, that the officers of the Corporation are empowered, authorized and directed to execute and file articles of dissolution with the Wisconsin Department of Financial Institutions in accordance with the Wisconsin Statutes, and that the execution thereof by any officer shall be the act and deed of the Corporation; and

BE IT FURTHER RESOLVED, that the officers of the Corporation are empowered, authorized and directed to carry out the provisions of these resolutions that may be necessary in liquidating and dissolving the Corporation in accordance with the expressed intent of the members hereunder and under the Plan; and

BE IT FURTHER RESOLVED, that the Board of Directors is authorized to adopt any further resolutions that may be necessary in liquidating and dissolving the Corporation.

This consent resolution may be executed in separate counterparts, each of which shall be deemed to be an original, and all counterparts shall constitute one instrument. Signatures transmitted by facsimile, portable document format (“.pdf”) or other electronic means shall be deemed to be original signatures for all legal and other purposes.

[Signature page follows.]
Dated this _____ day of ________________, 2019.

Signature:_____________________________________
______________________________________________

Print:______________________________________