



**Imelda Delchambre**  
**FoodWise Nutrition Education**



The FoodWise Nutrition Education program, is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP) and serves Wisconsin residents with limited incomes. Education is offered in the following areas: nutrition, physical activity, family meals, preparing foods, safe food handling, preparation and storage practices, managing food resources, and thrifty shopping practices. Programming places include Boys and Girls Club, HeadStart, Senior Centers and Food Pantries.

## Upcoming Programs

### MAY 2017

- T/Th - StrongWomen Spring 2017 Program (on-going 10 wk program)
- Mondays - Through May 22 - Raising a Thinking Child Workshop for Parents, 6:30-8 pm, Boys and Girls Club
- Tuesdays - Caretalks, Door County Senior Center 12-2:00 pm
- 1 - 4-H Robotics Club, 6:30-8 pm, Government Center
- 5 - New 4-H Volunteer Orientation, 6:30-8 pm, Government Center
- 7 - 4-H Camp Counselor Training, Noon-6 pm, Luxemburg
- 15 - 4-H Robotics Club, 6:30-8 pm, Government Center
- 20 - New 4-H Volunteer Orientation, Location TBA
- 30 - Grain Crop Field Day, Olson-ARE Farm, 1-4 pm
- 30 - Plant Health Advisors begin

### JUNE 2017

- 14-17 - 4-H Summer Camp, Camp Bird, Crivitz

### JULY 2017

- 1 - Jr. Fair/4-H Fair Entries Due
- 11-13 - **WISCONSIN FARM TECHNOLOGY DAYS**, 9 am-4 pm, Ebert Enterprises, LLC (Kewaunee County)
- 18 - Open Class Fair Entries Due

### AUGUST 2017

- 2-6 - **DOOR COUNTY FAIR**

# MAY 2017 COUNTY BOARD NEWSLETTER



A 4-H member creates a card at the 4-H Service Project Day that will be given to the Adopt-a-Soldier program



Door County

*Bringing University research to the people of Door County*

**Door County University of Wisconsin-Extension**  
 421 Nebraska Street, Sturgeon Bay, WI 54235  
 Phone: (920) 746-2260 w Fax: (920) 746-2531  
 8:00 am - 4:30 pm, M-F  
<http://door.uwex.edu>

# Door County UW-Extension Educational Programming



**Rob Burke**  
**Community Development & Dept. Head**

**Town Officials Workshops – Training for New and Learning Town Officials**  
**Tuesday, May 16; Green Bay, WI**  
**The Meadows Conference Center; 850 Kepler Drive**  
**8:00 a.m.-3:15 p.m.**

Cost: \$65 (payment must be received by May 9); late registrations \$75. Includes lunch.

Topics for new officials include: Powers and Duties of Town Officials; Fundamentals of Town Road Funding and Operations; Open Meetings Law and Effective Meetings; Budget and Finance Basics; and Ethics and Conflicts of Interest.

Topics for continuing officials include: Town Road Operations; Succession Planning: Finding the Next Generation of Town Government Leaders; Enforcement of Ordinances; Closed Sessions and Advanced Open Meetings Law Questions.

Presenters: Carol Nawrocki, Rick Manthe, Ben Jordan, Steve Pudloski, Philip Freeburg, Dan Hill, Yunji Kim, Chuck Law. View program brochure and registration form at <http://lqc.uwex.edu/>. Send registration by U.S. mail to Wisconsin Towns Association.

**Sponsored by UW-Extension and the Wisconsin Towns Association**



**Dawn VandeVoort**  
**4-H Youth Development**

National 4-H celebrated a “Day of Service” for 4-H members on Saturday, April 29<sup>th</sup>. Giving back to the community is part of the Essential Elements of Youth Development and a key concept in the 4-H Youth Development program. Youth and parents gathered to participate in the local Day of Service which included making projects for Habitat for Humanity, Write On, Door County, Sunshine House, Adopt a Soldier and the Door County Humane Society. In addition, 4-H clubs were encourage to participate in a supply drive for HELP of Door County and Adopt a Soldier. After the service day was completed, participants were asked to reflect on the projects they made. One participant noted that as a result of participating in the service day, they “would seek out where to help.” Another participant responded that they “felt proud of the things they made” during the service day and one young person stated they “were very thankful to participate and help others.” The day was a very successful event and will benefit many Door County non-profits and organizations.



**Annie Deutsch**  
**Agriculture Agent**

Integrated Pest Management (IPM) is a common form of pest control for both the large scale and backyard grower. IPM is founded on the concept of a justified use of pesticides (spraying with either natural or synthetic products only when it's necessary) and combining those methods with other forms of pest control. Before implementing any type of plan for managing pests, it is critical to know exactly what pest(s) you are dealing with. UW-Extension offers free insect and weed identification and a plant disease diagnostic clinic that charges a fee depending on the type of test that needs to be done. Once the pest is identified, it is important to note how many/how much of the pest is there. Plants can tolerate a certain amount of damage, so it isn't always worth the time or money to treat for everything. Lastly, if a treatment is warranted, research will reveal when the pest is most susceptible to a treatment. The right product applied at the wrong time could have no effect. BEFORE acting, consider physical/mechanical controls, biological controls, cultural controls or chemical controls that would be most effective to deal with the pest at hand. Obviously depending on the pest some of these methods will work better than others. Also, sometimes there is nothing to do but rip out the plants, support farmers at your local farmers market and plan for next year. But knowing what pest you are dealing with and the most effective way to treat for it can help save you time and money and hopefully allow for a bountiful harvest.



**Tenley Koehler**  
**Family Living**

The ability to solve problems and get along well with others is a skill desired by many employers when looking for successful workers. The good news is, these skills can be taught as early as age 4! Over the 8 week *Raising a Thinking Child* series, parents are learning how to help their children learn HOW not WHAT to think and foster these important problem solving skills. Following the 3rd session of the 8 week program, participants (8 total) were asked to respond to the following prompt: *One key thing I've learned so far, is...*

Participants reported the following:

- Good thinking vs. Good idea (praising the thought process not the content)
- Not (thinking for my child) but allowing my child to think about solving problems
- I have learned that the consequences need to have input from the child based on their age
- How to better understand the needs of (child)
- Taking a breath prior to reacting to a problem
- How to steer away from commands in order to get my kids thinking more on their own
- I've learned to think about the words I will use from now on and to steer away from commands
- We want our children to feel powerful, in control, and confident.