Upcoming Programs

MARCH 2015

5 Private Pesticide Applicator Training Class, Peninsula Room, 9 am
5, 12, 19 Sawyer School, 1st Grade-Chris Maas (WNEP)
4, 11, 18 Sawyer School, 1st Grade-Alicia Burris (WNEP)
18 “Energize Your Life”, Prince of Peace, 10:30-11:30am (WNEP)
19 4-H Foods Revue, Government Center, 6 p.m.
19 4-H Speaking Contest, Government Center, 7 p.m.
21 New 4-H Volunteer Orientation, Library, 10:00 am
23 WDOR Talk Show, Topic: The Community’s Garden (WNEP)
25 Door County Community Programs – Community Supported Living Team, Money for Food, 10 am-12 noon, NWTC (WNEP)
26 Barn Quilt Presentation, Trillium Quilt Guild, Sister Bay
26 4-H Camp Counselor Interviews, Luxemburg, 6:30 p.m.
28 4-H Project Learning Day, 9:30 am-2:30 pm
28 4-H Scrap Metal Fundraising Drive, Little Hoppers Recycling Center

APRIL 2015

15-16 Door/Kewaunee Legislative Days, Madison
18 4-H Small Animal Swap, DC Cooperative, 7 a.m.
20 4-H Robotics Project Meeting, Gov’t Center, 6:30 p.m.
On Tuesday, February 3, 2015 at the WCA Legislative Exchange in Madison, the Wisconsin Counties Association launched a new toolkit for county officials and interested parties to help educate people on the role of counties in their lives.

This new campaign, “What are Counties,” came about because of conversations with our county officials desiring a brochure on county government services to hand out when they spoke to civic groups, students and other entities. Videos, brochures and other information are available on the WCA website, [www.wicounties.org](http://www.wicounties.org) (look for the “What are Counties Tool Kit” page.) Here are some excerpts:

- Counties are a local unit of government, similar to the local city or town that you live in.
- Counties serve as the administrative arm of the state. That means that counties provide a number of services on behalf of state government at the local level.
- Several county governments were formed in Wisconsin prior to statehood in 1848.
- Counties performed administrative services for the territorial government.
- The first three Wisconsin counties were created in 1818: Brown (east), Crawford (west), and Michilimackinac (north – included the U.P.).
- As Wisconsin’s population increased, the number of counties in Wisconsin grew. By 1901, Wisconsin had 71 counties.
- Our last county was created in 1961 when the reservation of the Menominee Indians of Wisconsin, located in Oconto and Shawano Counties, became Wisconsin’s 72nd county: Menominee.

4-H Youth Development programs continue their strong traditions of helping youth build and practice life skills! During March, 4-H youth will be able to participate in many life skill building opportunities. The annual 4-H Speaking Contest will provide a chance to practice and strengthen public speaking, communication and presentation skills. The 4-H Foods Revue is a project-focused opportunity for the 4-H members to share a favorite food/meal item and talk with a judge about their culinary creation. They learn communication skills, organization, healthy living and self-determination skills. And we wrap up the month of March with the annual 4-H Super Saturday Project Learning Day. Youth from all 4-H clubs are encouraged to attend and learn about a variety of projects and topics to boost their skills! March is a very busy 4-H month, filled with lots of opportunities for youth to learn new life skills!

WNEP teaches nutrition in classrooms and in the lunch room at Sturgeon Bay’s Sawyer Elementary School. Sawyer Elementary is one school that qualifies for the National School Lunch Program’s Community Eligibility Provision (CEP). This provision can be granted when a threshold percentage of students are “low income enough” (based on a number of qualifying indicators). This provision allows for all students to receive free school meals. Many elementary-aged youth eat two meals a day at school. School meals require ¾-1+ c vegetable and ½-1 c fruit for each lunch tray. Studies show educating youth about fruits/vegetables and encouraging them to taste these foods can increase the amount they consume. In the fall of 2015, we will be administering a pre/post school year survey of all 3rd graders at Gibraltar, Sevastopol, Sturgeon Bay, Southern Door and Algoma to assess their willingness to eat a nutrient rich fruit or vegetable, as well as determine how education played a role in their willingness. Children who eat more fruits and vegetables will displace other calorically rich foods, eating fewer calories of more nutrient dense food, increasing the potential for good health.

Comparison of the Current and New Elementary School Lunch Menus:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Hot dog on bun (3 oz) with ketchup (4 T)</td>
<td>Whole wheat spaghetti w/meat sauce (1/2 cup)</td>
<td></td>
</tr>
<tr>
<td>Canned pears (1/4 cup)</td>
<td>Whole wheat roll</td>
<td></td>
</tr>
<tr>
<td>Raw celery and carrots (1/8 cup each) with ranch dressing (1.75 T)</td>
<td>Green beans, cooked (1/2 cup)</td>
<td></td>
</tr>
<tr>
<td>Low-fat (1%) chocolate milk (8 oz)</td>
<td>Broccoli (1/2 cup)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cauliflower (1/2 cup)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kiwi halves (1/2 cup)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Low-fat (1%) milk (8 oz)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Low-fat ranch dip (1 oz)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soft margarine (5 g)</td>
<td></td>
</tr>
</tbody>
</table>