



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

APRIL 2017

- T/Th - StrongWomen Spring 2017 Program (on-going 10 wk program)
- 5-6 - Legislative Days, Madison
- 3 - Mondays through May 22 - Raising a Thinking Child Workshop for Parents, 6:30-8 pm, Boys and Girls Club
- 3 - Mondays through April 24 – Building Strong Families at the Door County Jail, 1:30-3:00 pm
- 12 - Cancer Clear and Simple, 1:00-4:00 pm, Baileys Harbor Town Hall
- 17 - 4-H Robotics Club, 6:30—8 p.m., Government Center
- 25 - HCE Program: "Volunteer Center", 1 pm, Peninsula Room, Gov't Center
- 29 - 4-H Day of Service, Hope Church, 10 am-1 pm
- 29 - 4-H Small Animal Swap, Door County Coop Country Store, 7:00 am

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
- 13 - 4-H Camp Counselor Training, Luxemburg
- 15 - 4-H Robotics Club, 6:30-8 pm, Government Center
- 20 - New 4-H Volunteer Orientation, Location TBA

JULY 2017

- 11-13 - Wisconsin Farm Technology Days, 9 am-4 pm, Ebert Enterprises, LLC

APRIL 2017 COUNTY BOARD NEWSLETTER



Tenley Koehler, Door County Family Living Educator, attended the Raising a Thinking Child Conference in Pennsylvania in March. Pictured: Tenley, Dr. Myrna Shure (author of *Raising a Thinking Child*), and Nancy Schultz (Shawano Co.)



Bringing University research to the people of Door County

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Door County UW-Extension Educational Programming



Rob Burke
Community Development & Dept. Head

For those of you who serve on boards of nonprofit organizations, financial oversight is probably one of the most important board responsibilities. With good oversight, the public image of the organization remains strong. Without it, organizations run the risk of making headlines when boards fall asleep at the financial switch. Below are some ideas that any board can use to either jumpstart their financial oversight capacity or strengthen an existing one.

Recruit Financial Expertise. Every board must have at least one superstar member who, at a minimum, knows how to read financials, develop and monitor budgets, and manage cash flow.

Active Finance Committee. This committee should do most of the heavy lifting in terms of budget development, creating financial policies, and day-to-day financial monitoring and oversight.

Financial Policies. Another important oversight tool is a financial policies document. Examples of items in a financial policies document include: who is allowed to open/close bank accounts; who can sign checks and when two signatures are required; who can take out loans; and how expenses are reimbursed.

Audit. For very small organizations, the cost of obtaining an audit may far outweigh the benefits. However, before foregoing audits altogether, it's important to remember that some funders (especially government) require audits.

Financial Statements. Usually a review of financial statements is part of every board meeting. The following financial information, at a minimum, must be included in the board packet: 1) Statement of Financial Position (Balance Sheet); 2) Statement of Activities (Income Statement); 3) Cash Flow Projection; 4) Current annual budget (with Statement of Activities).

Board Financial Training. Most likely not all board members will feel comfortable or competent interpreting financial statements or conducting a budget review. Thus, it's important that financial literacy training be provided to members in regular doses.



Dawn VandeVoort
4-H Youth Development

Youth who engage in 4-H Youth Development activities are four times more likely than their peers to participate in a community service project.

In April, we will be ensuring that all 4-H Youth Development participants have the opportunity to help their community and give back! National 4-H Council is encouraging local 4-H programs to participate in a National 4-H Day of Service on April 29, and Door County 4-H will be joining their effort!

We will be holding a 4-H Service Project Day on April 29 from 10 a.m. to 1 p.m. at Hope Church in Sturgeon Bay. During the Service Project Day, youth will be able to make items for many local non-profits and organizations. There also will be a supply drive where 4-H members will be gathering items for HELP of Door County and the Adopt-a-Soldier project. This project day isn't limited to just 4-H'ers; community members are welcome to bring items for the collection drive and help with the service projects. For more information or to sign up for the 4-H Service Project Day, contact the UW-Extension Office. Join us as we continue to Grow True Leaders in our community!



Annie Deutsch
Agriculture Agent

As the days get longer, avid gardeners are thinking about one thing: planting season. While it might be tempting to throw out seeds the second temperatures reach 60°F, there still is a lot of potentially cold weather ahead. If you just can't wait to start growing plants, the best thing to do is to start seeds inside. When starting seeds inside it is important to remember the basic needs of a plant: soil or some type of growth media, water, light and fertilizer. Reducing the likelihood of disease is also crucial for success. The recommended materials are plastic trays with multiple cells for planting (make sure to sterilize them if you are reusing them), dampened soilless potting media, seeds, and a dilute fertilizer that can be applied once a week. In our area, it is also necessary to have a supplemental light source. There are lights that are sold as "grow lights" which work well, but "cool white" florescent lights or LED lights are good too. The lights should be hung so that they are between 2-4 inches above the plants. They should be raised up as the plants grow to maintain that distance. Lastly, when planting your seeds, make sure to follow the directions on the label and not plant them too deep! If you have never attempted to start your own seeds, there is no better time than now to try it out.



Tenley Koehler
Family Living

Spring has officially begun and soon nature will start springing back to life! While the plants begin to grow outside, do you ever wonder what it's like to grow older in the Door County? Many of you may already have vast experience related to this topic, but in the season of growing, there is always room to learn more. For instance, did you know that the health choices you make (diet and exercise) are the greatest predictors of how healthy you feel throughout life and they might make you live longer! Just 30 minutes of physical activity (walking, gardening, lifting, etc.) a day can make a huge difference. You can also make small steps to eat healthier. Did you know that MyPlate for older adults recommends that half of your plate consist of fruits and vegetables? Another predictor of good health for older adults is having frequent contact with people you enjoy spending time with, and Family Living programming offers plenty of opportunities for getting together with new and old acquaintances. Also, many older adults (80-90%) are parents, and many of them (aged 65+) have an adult child living at home. In fact, 50% of them do! In the US, 20% of men and 12% of women (aged 25-29) live with their parents. Do you know a family like this? Perhaps, your family looks like this too. While this may be a change from years past, it does provide for ample opportunities within the family to be social and promote healthy living. Many things have changed over the years and many things will surely continue to evolve and grow. I look forward to seeing Door County Family Living programming grow throughout this year too.