



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

DECEMBER 2017

- 6 - Learning In Retirement program on Super Foods, Crossroads
- 11 - 4-H Robotics Project, 6:30-8:00 pm, Peninsula Rm, Gov't Ctr
- 28 - New 4-H Volunteer Orientation, 10-11:30 am, Gov't Ctr
- 28 - New 4-H Volunteer Orientation, 6:30-8:00 pm, Gov't Ctr

JANUARY 2018

- 4 - Door County 4-H 100th Birthday Planning Meeting, 7 pm, Peninsula Rm, Gov't Ctr
- 15 - 4-H Robotics Project, 6:30-8:00 pm, Peninsula Rm, Gov't Ctr
- 28 - New 4-H Volunteer Orientation, 6:30-8:00 pm, Gov't Ctr

FEBRUARY 2018

- 15 - Pesticide Applicator Training Class, 9 am-3 pm, Peninsula Rm, Gov't Ctr (*pre-register by Feb. 8*)

DECEMBER 2017 COUNTY BOARD NEWSLETTER



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
UW-Extension Area Extension Director & Dept. Head

Best Way to Communicate the Values, Mission, Vision of an Organization

Too many companies rely on a vague, generic statement to articulate what matters to it. If you want employees to embrace and express your organization's values, use stories instead of a mission. Look for stories about coworkers supporting one another, representatives providing excellent customer service, and customers being delighted by your products. Then find unique ways to spread those stories.

You could invite a customer to share their stand-out experience at an all-staff meeting. Or you could play a video of one of your best stories at employee orientation. Storytelling teaches your employees to pay attention to the experiences of real people and helps employees feel good about the values your organization stands for.

Source: *Harvard Business Review*, 11/29/17



Dawn VandeVoort
4-H Youth Development

The holidays are a time for giving, and our 4-H members are definitely in the giving spirit! During the winter months, you will find our Door County 4-H members ringing bells, shopping for families that they have "adopted" for the holidays, hosting special events for families and participating in community parades or celebrations. We are proud of our 4-H members for pledging their "Hands to Larger Service" this holiday season and beyond!

Giving back and being generous is one of the 4 Essential Elements of Positive Youth Development. By participating in community events and providing service and support, our youth are learning positive life skills and developing into caring and compassionate adults. During the 2016-17 4-H year, the Door County 4-H members provided over 5,000 hours of service in their local communities! That is certainly a number to celebrate and be thankful for!



Annie Deutsch
Agriculture Agent

As the leaves fall off trees, one very common disease that becomes apparent is black knot. Black knot is a disease caused by the fungus *Apiosporina morbosa* which forms characteristic black, knobby swellings on tree branches. The fungus only attacks trees and shrubs in the genus *Prunus* which includes wild, ornamental, and culinary cherries, plums, apricots and peaches. Black knot fungal spores overwinter in the black galls and are released when temperatures warm in the spring. The spores will blow onto and infect damaged branches or new tree growth. As the tumor-like black knot gall develops, it encircles the branch eventually cutting it off from water and nutrients. At that point the branch is girdled and will die. Trees with minor infestations may have limited overall damage, but trees overrun with galls can be killed. Preventing the disease from becoming a problem is ideal. When shopping, select tree species that are more resistant to black knot and only purchase plants that do not have any sign of disease. If black knot is already present in your yard, the best treatment is to prune out the galls in the late winter. The fungus only infects tissue around the gall, so cutting the branch approximately 6-8 inches below the gall will remove the infection from that branch. Pruning tools should be sterilized between each pruning cut. Pruned out galls should be burned or buried. There are some fungicides labeled for use against black knot, but they are not effective enough to be worth using. Black knot galls discovered during the growing season can be pruned out at that time, but it is even more important to sterilize pruning equipment between each cut and destroy the galls after they have been removed.



Tenley Koehler
Family Living

The holidays are here and that is super! Do you know what else is super? Eating healthy all year long! This December UW Extension will lead a presentation, entitled Super Foods, focused on healthy eating, physical activity, self-care, chronic disease prevention, and the science of food. Want some tips right away? Start by eating a "rainbow" of fruits and vegetables to help prevent your risk of cancer by 30%.

- **Red foods** may help reduce risk of several types of cancer and keep our hearts healthy.
- **Orange foods** can help reduce risk of cancer, heart disease/heart attack, and improves the immune system function.
- **Yellow foods** rich in carotenoid can reduce your risk of heart attack.
- **Green foods**, such as celery, peas, leafy greens, peppers, & cucumbers contain lutein which may help reduce macular degeneration.
- **Blue and Purple Foods** may help reduce risk of cancer, stroke, and heart disease. And did you know that blueberries may improve memory function!
- **White and Tan foods** may contain allicin which may help lower cholesterol and lower blood pressure, and reduce stomach cancer and heart disease!

For super health over the holidays and beyond, work to include fruits and vegetables from each color group over several days and exercise 30 minutes a day!