



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

FEBRUARY 2018

- 3 - 4-H Dairy Quiz Bowl Contest, UW-Madison
- 6 - Pest Management Meeting: Insects, 9-11 am, Peninsula Rm, Gov't Ctr (*please RSVP to 746-2260*)
- 10 - Valentine Tea Party, 1:00 or 3:00 p.m., A Little Bit of Coffee @ Square Rigger Lodge, Jacksonport (*sponsored by Harbor-Ettes HCE Club, profits go to Wisconsin Bookworms™, reservations due Feb. 5*)
- 13 - StrongWomen Spring 2018 Program starts, 8:30-9:30 am, Door County Community Center (*Feb. 13-April 13, Tuesdays & Fridays*)
- 15 - Pesticide Applicator Training Class, 9 am-3 pm, Peninsula Rm, Gov't Ctr (*pre-register by Feb. 8*)
- 15 - Summer Camp Counselor Interviews, 6:30 p.m., Kewaunee Co. Fairgrounds, Luxemburg
- 20 - Pest Management Meeting: Weeds, 9-11 am, Peninsula Rm, Gov't Ctr (*please RSVP to 746-2260*)

MARCH 2018

- Ongoing - through April 13 - StrongWomen Spring 2018 Program, 8:30-9:30 am, Door County Community Center (*Tuesdays & Fridays*)
- 1 - Program sponsored by HCE: "Rotary Exchange Students", 3-5 pm, Peninsula Room (*pre-register by Feb. 22*)
- 3 - 4-H Sewing Workshop, 10:00 a.m., Barn Door Quilts, Sturgeon Bay
- 6 - Pest Management Meeting: Soil and Diseases, 9-11 am, Peninsula Rm, Gov't Ctr (*please RSVP to 746-2260*)
- 10 - 4-H Sewing Workshop, 10:00 a.m., Barn Door Quilts, Sturgeon Bay
- 14 - Program sponsored by HCE: "Door County Partnership for Children & Families", 10-11 am, Peninsula Room (*pre-register by March 7*)
- 15 - 4-H Foods Revue, 6:30 p.m., Peninsula Room, Gov't Ctr, Sturgeon Bay (*pre-register by April 8*)

FEBRUARY 2018 COUNTY BOARD NEWSLETTER



Mesabi Miner arrival 1/20/18

Photo by Annie Deutsch



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

Crucial Conversations Are Crucial to Supervisors

Most of us as supervisors have an inner voice that tells us when we need to have a difficult conversation with someone—a conversation that, if it took place, would improve life at the office for ourselves and for everyone else on our team. But fear drowns that inner voice—and we put the conversation off. Meanwhile the offending individual continues to provide substandard performance, miss deadlines, engage in interpersonal conflicts and exhibit toxic behavior. Handling the difficult conversation requires skill and empathy, but ultimately, it requires the courage to go ahead and do it. The more you get into the habit of facing these issues squarely, the more adept you will become at it. If you're unsure of how to best approach a crucial conversation, here are some tips to guide you: 1) Be clear about the issue. 2) Know your objective. 3) Manage the emotions. 4) Be comfortable with silence. 5) Preserve the relationship. 6) Be consistent.

Full article with more tips, more details and information: <https://www.americanexpress.com/us/small-business/openforum/articles/top-ten-tips-for-handling-the-difficult-conversation/> (or contact the UW-Extension Office)



Annie Deutsch
Agriculture Agent

Pest management is something that most farmers will face in order to produce a profitable, high-quality crop. In 2016, I performed a large needs assessment survey of agricultural producers in the region to get a sense of farmers' educational needs, and pest management clearly rose to the top. Of 36 potential topics, weed management was number one and insect and disease management were both in the top ten. Responding to this need, this winter I am holding three pest management meetings specifically for grain crop producers. Each meeting will be held in the Peninsula Room of the Door County Government Center from 9:00-11:00 am. The programs are free and CCA credits are applied for. Please RSVP the Friday before each program to adeutsch@co.door.wi.us or 920-746-2263.

FEBRUARY 6 – INSECTS — Insect pest identification using mounted specimens, Scouting and IPM tools. Bryan Jensen, UW-Extension Field Crop Entomology Specialist; Annie Deutsch, UW-Extension Door County Agriculture Agent

FEBRUARY 20 – WEEDS — Herbicide resistance management, Dicamba updates, Hands-on weed ID. Dan Heider, IPM Outreach Specialist, UW Dept. of Weed Science; Nathen Nysse, Tilth Agronomy

MARCH 6 – SOIL AND DISEASES — Soil health and IPM, White mold, Local field crop disease reports. Jamie Patton, Senior Outreach Specialist, UW NPM Program; Zach Sutter and Hayley Doell, Rio Creek Feed Mill



Dawn VandeVoort
4-H Youth Development

Providing youth opportunities to learn and practice life skills is part of the Four Essential Elements of Positive Youth Development. These Essential Elements are critical to ensuring youth will grow to be caring, confident and competent adults in their future. Providing these opportunities leads to mastery—where youth learn and practice skills to build their confidence and competence. Mastery also allows youth to explore different topics that may become a career or hobby. 4-H Youth Development focuses on making those mastery experiences hands-on, encourages career exploration, and including caring adult mentors through the process. During the spring months, our 4-H members will be engaged in many opportunities for mastery. They will be able to participate in project meetings, special project-focused workshops, and even some educational contests, like the 4-H Communications Contest or 4-H Foods Revue where they can demonstrate their learning and receive constructive feedback. Mastery is present in many aspects of our 4-H Youth Development program and is helping us grow future leaders!



Tenley Koehler
Family Living

When we think about health and wellness, we often consider our diet, exercise plan, or maybe even our family's medical history. But recent research has discovered that perhaps the greatest predictor of future health and longevity may be held within our childhood experiences. When children experience adversity (*sometimes referred to as ACEs*) early on, it can impact their entire life trajectory. Dr. Nadine Burke Harris, CEO of the Center for Youth Wellness, reports that people with an ACE score of 4 or more (meaning they have experienced 4 or more adversities during their childhood), "were twice as likely to develop heart disease and cancer and three and a half times as likely to develop chronic obstructive pulmonary disease (COPD) as a person with zero ACEs." What may be surprising is that this remains true across all demographics and socioeconomic statuses. So, what can we do to break this cycle and provide a brighter future for children and adults alike? One of the first steps is to implement Trauma-Informed Care practices that include realizing the impact of trauma, recognizing the signs, and responding effectively (*Substance Abuse and Mental Health Administration*). Next week, I will be attending a four-day training of trainers with SaintA in Milwaukee to learn more about the Seven Essential Ingredients of Trauma-Informed Care, as well as to gain skills in training providers within our community. Science tells us that hope can be a powerful protective factor when faced with toxic stress and I am hopeful, that through this training I will be better equipped to support Door County's children, families, and providers in facing this public health crisis.