

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

MARCH 2018

Ongoing- through April 13 - StrongWomen Spring 2018 Program, 8:30-9:30 am, Door County Community Center (*Tuesdays & Fridays*)

- 1 - Program hosted by HCE: "Rotary Exchange Students", 3-5 pm, Peninsula Rm
- 4 - 4-H Club Officer Training Online—contact UW-Extension office for info
- 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 am, Barn Door Quilts, Sturgeon Bay
- 11 - 4-H Club Officer Training Online - contact UW-Extension office for info
- 12 - 4-H Robotics Project, 6:30-8:00 pm, Peninsula Rm, Gov't Ctr.
- 14 - Program hosted by HCE: Door County Partnership for Children & Families "Community Connections", 10-11 am, Peninsula Room (*RSVP by March 7*)
- 15 - 4-H Foods Revue, 6:30 pm. Peninsula Room, Gov't Ctr, Sturgeon Bay (*pre-register by March 8*)
- 19 - Block Party, 5-7 pm, Sturgeon Bay Library
- 22 - Pruning Fruit Trees in a Backyard Orchard, 9:30 am-12 pm, Emerald Acres Farm

APRIL 2018

Ongoing - through April 13 - StrongWomen Spring 2018 Program, 8:30-9:30 am, Door County Community Center (*Tuesdays & Fridays*)

- 13 - 4-H Communications Contest, 6:30 pm, place TBA
- 21 - 4-H Small Animal Sale & Swap, 7 am, Door County Cooperative Country Store

MARCH 2018 COUNTY BOARD NEWSLETTER



*2018 Door County 4-H Dairy Quiz Bowl Team
 2nd Place—Senior Division
 Wisconsin 4-H Dairy Quiz Bowl Contest*



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

Implementing Your Reorganization Plan

Implementing effective organizational design is one of those areas of business planning where the bias should always be towards communication. Communicate, communicate, communicate! Engage with stakeholders. Listen more often than you speak. Strive to be as timely and transparent in the information flow as the situation and circumstances permit.

Some of the following tips may be helpful:

- Provide regular and frequent feedback to employees regarding change status throughout the design process....and especially during the first 90 days of implementation.
- Dispel any untrue rumors.
- Don't make any guarantees of future employment.
- Don't rush to judgment with plans for employee lay-offs or downsizing.
- Ensure that the organization is providing training and knowledge transfer to employees for any new equipment or processes.
- Be flexible. Ensure you are able to continuously adapt to your internal and external environment.



Dawn VandeVoort
4-H Youth Development

Learning life skills and knowledge for the future is one of the guiding principles of 4-H Youth Development programs. The youth who participate in 4-H programs can select projects or areas of emphasis that they want to learn more about. One of the projects that our youth can explore is the Dairy project. Youth who enter in the Dairy project learn a lot about raising animals, quality care of animals, health, nutrition, genetics and more. One unique opportunity the 4-H Dairy project members have is the opportunity to compete in the Wisconsin 4-H Dairy Quiz Bowl Contest. This is a chance for the project members to study many aspects of the dairy industry and demonstrate their knowledge in this state contest.

The 2018 Door County 4-H Dairy Quiz Bowl team included members Chloe LaCrosse, Jared Baudhuin, Zach Olson and Austin Vandertie and is coached by Rich Olson. They competed at the State Contest at the beginning of February and placed 2nd in the Senior Division. Their outstanding finish qualifies them to compete at the All American Dairy Show in Harrisburg, Pennsylvania in the fall representing Wisconsin. Congratulations to these amazing youth!

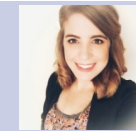


Annie Deutsch
Agriculture Agent

One of the most critical management practices when growing a fruit tree is pruning. In Wisconsin, March and April are the best months to prune fruit trees. Pruning should begin from the moment the tree is planted and continue throughout the lifetime of the tree. Along with structural benefits, pruning helps increase air flow through the tree canopy, making the environment less favorable for insects and diseases. Also, pruning increases light penetration through the tree resulting in higher quality fruit. Basic pruning steps for dormant trees include:

- Remove any dead, dying, damaged or diseased branches.
- Remove any branch that is growing downward, crossing another branch, or a weak branch that is parallel to another.
- If the canopy needs additional thinning, remove spindly branches first, then remove branches that are shading lower limbs or are in the center of dense areas of the tree.

Water sprouts (vertical shoots coming out of the trunk or older branches) and suckers (sprouts coming up from the base of the tree) should be removed in early summer. Damaged and diseased branches can be removed at any time throughout the summer. When pruning, make sure all tools area sharp and clean. Rinse pruning shears in a 10% bleach solution or a 70% alcohol solution to reduce the likelihood of spreading disease between cuts. All cuts should be smooth and close: leave the branch collar, but not a stub because it will results in new growth at the cut site. If you are interested in learning more about pruning fruit trees, visit the Wisconsin Fruit Website, <http://fruit.wisc.edu>



Tenley Koehler
Family Living

We are getting very excited to host our first Block Party this month!

What's a Block Party? A Block Party is a fun interactive way for families to learn and play together. We will have 10 different stations of blocks (from GIANT waffle blocks, to magnetic blocks, to classic wooden blocks and more) set up for children and caregivers to explore together. Each station provides children the opportunity to enhance different developmental skills.

What skills? Researchers have found that children develop a variety of skills through block play, including: math, physics, early engineering, creativity, social skills, physical skills, and more! And best of all, the parents are learning too. Caregivers who participate will be teamed up with a variety of trained play assistants who will guide them through the evening and encourage parents to interact and engage with their child(ren) in fun new ways. For example, a play assistant may say to a parent "Wow. Look at how your child is lining those blocks up by size. What else do you think they might do with blocks?" This kind of interaction with a play assistant offers a friendly way for families to learn how to positively encourage their child in stretching their play and learning experience. It may seem simple, but science tells us that children who spend intentional time in play with a caring adult are more likely to be successful in school and throughout life. The first block party will be hosted in collaboration with the Partnership for Children and Families at the Sturgeon Bay Library on March 19th from 5:30-7:00 pm.