



**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

### MAY 2018

- 2 - Fairy Gardens Program (*hosted by Door County HCE*), 6:30 pm, Peninsula Rm, Gov't Ctr
- 12 - Fair Entry Help Session, 9 am-Noon, Southern Door area
- 30 - Fair Entry Help Session, 6:00-8:30 pm, Peninsula Room, Gov't Center

### JUNE 2018

- 2 - Fair Entry Help Session, 9 am-Noon, Jacksonport/Sevastopol area
- 12 - Field Day at Brickner-Meikle Family Farm, 7377 Sand Bay Rd., Sturgeon Bay, 9:00 am-Noon

# MAY 2018 COUNTY BOARD NEWSLETTER



*A few of the 4-H Communications Contest Participants  
 April 13, 2018*



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*

## **Improving Your Board of Directors**

Many of us are serving on nonprofit boards, sometimes in leadership roles. The organization “NonProfit PRO” recently published ([www.nonprofitpro.org](http://www.nonprofitpro.org)) tips for improving nonprofit boards of all sizes. The article states:

A board exists to help the organization navigate toward a sustainable model. According to the National Council of Nonprofits, board members have three primary responsibilities:

- **Duty of Care:** Take care of the nonprofit by ensuring prudent use of all assets, including facility, people and good will.
- **Duty of Loyalty:** Ensure that the nonprofit's activities and transactions are, first and foremost, advancing its mission; recognize and disclose conflicts of interest; make decisions that are in the best interest of the nonprofit corporation—not in the best interest of the individual board member (or any other individual or for-profit entity).
- **Duty of Obedience:** Ensure that the nonprofit obeys applicable laws and regulations; follows its own bylaws; and that the nonprofit adheres to its stated corporate purposes/mission.



**Annie Deutsch**  
*Agriculture Agent*

Asparagus shoots emerging from the soil is an indication that spring has (finally) arrived. But as the first plants emerge, so do some of the first pests. Asparagus has two common insect pests: the common asparagus beetle, *Crioceris asparagi*, and the spotted asparagus beetle, *Crioceris duodecimpunctata*.

Both the common and spotted asparagus beetle adults are around ¼ of an inch long. The common asparagus beetle has a black head, an orange segment behind its head, and black abdomen with six off-white spots. The spotted asparagus beetle is red-orange with 12 black spots on its back. Immatures (larvae) of both species look like small slugs with wrinkle-like segmentation. Common asparagus beetle larvae have gray bodies with a dark head. Spotted asparagus beetle larvae are orange. Common asparagus beetle damage causes disfigured spears, often with eggs visually present along the spear, or larvae within the tip of the spear. Spotted asparagus beetles primarily feed on asparagus berries, so they are not necessary to control.

Options for controlling common asparagus beetles in a small garden include picking the beetles off the plant and dropping them into a bucket of soapy water and scraping off any eggs on the spears. Removing plant residue around the asparagus patch in the late fall removes overwintering sites for both species of asparagus beetle, leading to lower populations the next spring. Asparagus spears with eggs on them can be scraped off and are safe to eat. Likewise, if the tip of the spear contains beetle larvae, it can be cut off and the rest of the spear is fine.



**Dawn VandeVoort**  
*4-H Youth Development*

Learning to confidently communicate with others is a life skill that can be stressful to attain! Public speaking can be difficult and stressful for some, but if learned early and practiced throughout young adult years, youth can become calm, cool and collected public speakers. The Door County 4-H Communications Contest was a good example of an opportunity for youth to learn and practice their public speaking craft. Youth are able to enter in several categories—prepared speech, demonstration or interpretive reading. They can participate as an individual or as a team. This year, 7 youth participated in the speaking categories and 2 youth participated in the written communication categories. Each participant did a great job staying calm and poised while delivering their presentation to the audience. Two judges provided constructive feedback and helpful tips for continuing to improve. For these youth, it was a great opportunity to challenge themselves, gain confidence and continue building their public speaking skills for the future.



**Tenley Koehler**  
*Family Living*

Sometimes the world can seem like a scary place for teenagers, especially when there is frequent news about violence in the media. As a parent, talking to your teen about mass violence can feel equally terrifying. “What should I say?” “What shouldn’t I say?” “Does my teen even care?” are all common questions a parents might ask. And while not all teens will respond to trauma and violence in the same ways, common reactions to encountering scary news can include: numbness, pessimism, fear, anxiety, isolation, and even drug/alcohol use. So what steps can parents make to help their teen cope? UW Extension’s Parenthetical website offers many ideas to help parents navigate these complicated conversations. First, try active listening. Questions like “What have you heard about his event?” open up the door for clear and supportive dialogue. If your child has a question, look up the answer together. “For example, if your child asks you about conflict in a specific region of the world you are unfamiliar with, get on a computer together to do some research.” It may also be helpful to regulate media exposure if your teen is feeling especially overwhelmed or anxious about the events. Maintaining routines, like family meal time, is another way to offer your teen consistent care. By avoiding stereotypes/overgeneralizations, you are helping reduce your teens fears and misconceptions. It is normal to feel angry following a traumatic event, so having a safe space for communication, encouraging positive action, and perhaps even creating a family safety plan can all help your teen cope with big emotions. For more information and additional resources for talking about trauma with teens check out: <https://parenthetical.wisc.edu/talking-about-terrorism-and-mass-violence-with-teens-what-can-parents-do>