



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

SEPTEMBER 2018

- 17 - General Leader Meeting, 7 pm, Peninsula Room, Gov't Center
- 20 - "Better Brain Health", sponsored by Door County HCE, 1:30-2:30 pm, Peninsula Room, Gov't Center (Call 746-2260 by September 17 to register)
- 27 - Grandparent-Grandchild Block Party, 10-11 am, ADRC

OCTOBER 2018

- 1-7 - NATIONAL 4-H WEEK

SEPTEMBER 2018 COUNTY BOARD NEWSLETTER



*Celebrating 100 years of Door County 4-H
 at this year's Door County Fair!*



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

While there is a general sense that retreats can be useful they are normally thought of for larger units of business. However, there are a variety of elements of retreats that can be applied to smaller units as well. Here are: "Six Essential Elements" to conducting your retreat:

1. After introductory getting started activities, you as leader need to begin with a well-planned opening presentation. In this opening session, you need to articulate a clear rationale for the retreat.
2. After the opening presentation, the retreat facilitator needs to share the goals and the agenda for the retreat.
3. Have a number of substantive discussions or interactive activities around clear topics. If the retreat group is small (below 10 or 12), these discussions can be done as one group. If the group is larger, it's important to combine small group and large group work.
4. The facilitator must guide discussions and report outs. See that things do not become "over-discussed" — make sure no one person is dominating the discussion, and help everyone who wants to participate get a chance to do so.
5. Record key agreements and decisions as the retreat proceeds. Ensure people are clear about the agreements/decisions
6. Near the end of the retreat, the retreat facilitator must review agreements/decision and — prioritize actions that might result.



Annie Deutsch
Agriculture Agent

Each year tends to have a notable pest, and so far, for 2018, the true armyworm has taken the cake. This summer, the true armyworms, *Pseudaletia unipuncta* Haworth (Lepidoptera: Noctuidae) marched across and consumed many grasses, corn, and other small grains. Armyworm caterpillars are smooth-skinned with several dark brown, white, or orange-ish stripes down the length of their body. Their overall body color can range from yellowish-green to dark gray or brown. True armyworm's head capsule is brown with a series of web-like markings, making it look like it has large, veiny eyes. Mature larvae are around 1 ½ inches long. Adult armyworm moths are tan to light brown and have a small white spot in the center of each forewing. They are 1 inch long with a 1½ inch wingspan. Armyworms pupate just below the soil surface. Around here, there are typically two to three generations per year.

Armyworms are not a problem in Wisconsin every year because they don't spend the winter here. Like many of our snowbirds, armyworm moths overwinter in the southern United States and migrate up here in storm systems throughout the spring. This means that while we had high numbers of armyworms this year, there is no indication that we will have large populations of them next year. Hopefully they'll 'choose' a different place for their summer get-away next year!



Dawn VandeVoort
4-H Youth Development

Now that the school year is upon us, it's time to think about the "Out of School" times that our youth have. There is a great deal of research that demonstrates the importance of quality out of school opportunities for youth. Youth organizations like 4-H provide the quality out of school experiences that contribute to stronger youth and stronger communities. It is the time of year when our 4-H Community Clubs are starting back up for the new 4-H year. It's a great time to check out the local 4-H Community Clubs to see what they offer for quality out of school time. Another new option for families will be the STEM Saturday programs that will be offered in the fall and winter months in the county. One Saturday each month, there will be a 4-H Youth Development STEM-focused workshop for youth and families. This will provide fun, hands-on learning beyond the school day to encourage youth to learn, develop life skills and meet others. Keep an eye on the UW-Extension website and the Door County 4-H Facebook page for more details on the STEM Saturday programs!



Tenley Koehler
Family Living

Do you have any special memories of visit with your grandparents? What about treasured times with your own grandkids? Not only are these moments fun, but they are also critical for building relationships and legacy-making for both children and grandparents. Science tells us that intergenerational interactions might also help young children perform better in school, have greater confidence, and feel a stronger sense of identity. For grandparents, the benefits are also great--- lessened rates of depression, greater sense of meaning, and better overall health! Still, finding this time to play and learn together can be challenging in today's fast-paced world of extra-curricular activities and standing commitments.

To make this intergenerational bonding easier, this September, we are partnering with the Door County ADRC and the Door County Partnership for Children and Families to host a **Grandparent-Grandchild Block Party!** During the event, families will be able to explore the world of building block toys at the ADRC. There will be 10 various "block stations" set up with a trained senior play partner at each one. During the block party, seniors and preschoolers will be able to interact and build projects together. Come join the fun on **September 27th** from **10-11 am** at the **ADRC!**