



**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 2019**

- 6-Mar 20 (Wednesdays) - Raising a Thinking Child series, 10:00 am, Hope Church
- 7 - "Resilience" Mental Health Film Series, 5:00 pm, Kress Pavilion, Egg Harbor
- 8-10 - 4-H Winter Leadership Camp, Camp TaPaWingo, Mishicot
- 13 - New 4-H Volunteer Orientation (online), 11:30 am-1:00 pm & 6-7:30 pm
- 13 - Door County Pesticide Applicator Training, 9 am, Peninsula Rm, Gov't Center
- 16 - New 4-H Volunteer Orientation (online), 9:30-11:00 am
- 19 - 4-H Robotics Project, 6:00-7:00 pm, Gov't Center
- 20 - Wisconsin Cover Crop Conference, Stevens Point
- 21 - 4-H Round Table Night, 6:00-7:30 pm, Gov't Center
- 25 - Industrial Hemp Educational Meeting, 1-4:30 pm, Neville Public Museum Auditorium, Green Bay
- 26 - Quality Market Animal Sale Meeting, 7:00 pm, Crossroads at Big Creek
- 26 - Parent Café, 5:30-7:00 pm, Hope Church Sturgeon Bay
- 27 - Midwest Manure Summit, Lambeau Field Atrium

### **MARCH 2019**

- Feb. 6-Mar 20 (Wednesdays) - Raising a Thinking Child series, 10:00 am, Hope Church
- 5 - 4-H Annual Leader Training, 7:00 pm, Luxemburg
- 5-6 - Landscape Professionals Conference, Appleton
- 19 - 4-H Robotics Project, 6:00-7:00 pm, Gov't Center
- 20 - Supporting Farmers During Challenging Times, 9 am-Noon, Tundra Lodge, Gr. Bay
- 21 - 4-H Foods Revue, 6:00 pm, Gov't Center
- 28 - Intergenerational Block Party, 9:30-11:30 am, ADRC

# FEBRUARY 2019 COUNTY BOARD NEWSLETTER



## Extension

UNIVERSITY OF WISCONSIN-MADISON  
DOOR COUNTY

*With the transition to UW-Madison, Extension has a new logo and a new name! Same valuable services and resources with a new logo, name and color scheme!*



### Extension

UNIVERSITY OF WISCONSIN-MADISON  
DOOR COUNTY

**UW-Madison Division of Extension Door County**  
**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.extension.wisc.edu>**

# Extension Door County Educational Programming



**Rob Burke**  
**Area Extension Director & Dept. Head**

## Part III: Remote Supervision... An Evolving Skill-Set

With 50% of the US workforce working in some sort of telecommuting role and 80% to 90% of all employees saying they would like to work remotely at least part of the time, offering remote opportunities is an attractive way to gain productive workers. While this is the ultimate work scenario for many employees, it can be difficult for many managers to come to grips with. To give managers some guidance, Forbes' Business Coaches recommend fifteen tips. Here are three:

### Filter For Mission, Values, Outcomes And Role

Remote workers are often frozen out of regular-office human interaction, so on-target over communication is critical. Help them get aligned with mission, the values that truly matter to them, as well as the outcomes they love delivering to others and their natural role in any situation.

### Have Reliable Tools First

If remote employees can't download files, struggle hearing on a conference call, and consistently receive meeting invitations for times when they are still asleep, you have failed to address the basics. Invest in reliable tools to make collaboration possible.

### Stay Focused On Goals, Not Activity

It is important to manage expectations and stay focused on goals when embracing a remote workforce. Don't worry as much about what is being done. Instead, concentrate on what is being accomplished. If we are meeting our goals, then great. If not, we need to look into the situation further. It is all about accomplishment, not activity.



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

4-H Youth Development programs are a unique youth program in that youth voice and input is a critical part of the program. Sharing those youth voices and ideas is important to meeting their needs and designing educational experiences that are valued by the youth. To help share those voices and ideas, we are inviting all 4-H families to Round Table Night on Thursday, February 21<sup>st</sup> from 6:00-7:30 p.m. at the Government Center. During the Round Table night, youth and adults will gather to share ideas for club activities, providing input on future 4-H events and more!

Volunteers are also a critical part of the success of our 4-H Youth Development programs. New 4-H Volunteers are welcome at any time and need to complete orientation. New this year, a pilot to provide orientation at a time and place that is convenient for volunteers. Anyone interested in becoming a new 4-H volunteer can participate in the online orientation on Wednesday, February 13<sup>th</sup> (11:30 am-1:00 pm or 6:00-7:30 pm) or Saturday, February 16<sup>th</sup> (9:30-11:00 am). Contact the Extension Office for details on the volunteer orientation.



**Annie Deutsch**  
**Agriculture**

With extreme cold weather, one of the first questions I get is, "how will this impact plants and insect pests this summer?" The short answer is, "I don't know." Winter survival is based on a number of different factors including temperature, wind, freeze and thaw patterns, and snow cover. Plants, especially those that are only marginally winter-hardy enough, will very likely be injured. Strong winds will dry out plants, leading to more damage. On the other hand, snow is an excellent insulator, so plants covered by snow may not be damaged at all. The condition of the plant going into winter will also play a major factor. Any minor disorders will likely be accentuated, and drought stress or stress from too much water over the last summer may also lead to further damage. Insects will fare similarly. While some insects migrate or enter buildings for the winter, many are able to survive harsh winter conditions. Like plants, if the insect was more exposed to the wind, it will likely die, but if it was underground under snow, it likely will be perfectly ok. Spring weather, including major temperature swings, will also make a difference for winter survival for both plants and insects, especially as they start to emerge from winter dormancy. Once plants start growing, we will be able to get outside and start to assess the damage.



**Tenley Koehler**  
**Human Development and Relationships**

Are you among the thousands of Wisconsin residents who didn't get around to checking their credit report last year? Turn that around by signing up for UW-Extension's "Check Your Credit Report Campaign" at [fyi.uwex.edu/creditreport](http://fyi.uwex.edu/creditreport). Email reminders are proven to help you remember to order your free credit reports.

Do you know what your credit report is saying about you right now? Find out by ordering your free annual credit reports at [annualcreditreport.com](http://annualcreditreport.com). Everyone is entitled by law to three free credit reports each year—one from each of the three credit bureaus: Equifax, Experian, and Transunion. You can order your free reports through the mail, by phone or the official website [annualcreditreport.com](http://annualcreditreport.com). UW-Extension will help you remember to order your reports through our "2/2, 6/6, 10/10" educational campaign. View one report every four months to be sure your information is up-to-date and accurate. Sign-up online through the UW-Extension to get three email reminders throughout the year.

No one will keep an eye on your credit report for you. Regular, careful reviews of your credit report will help you identify any incorrect or fraudulent information, and it can help protect you from identity theft.