



**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

### APRIL 2019

- 4 - 4-H Communications Contest, 6 pm, Government Center
- 6 - 4-H Dairy Tour, 10 am–2 pm, Farm Wisconsin Discovery Center, Manitowoc
- 8 - HCE Spring Association Meeting, 4 pm, Peninsula Rm
- 11 - Parent Café, 5:30 pm, Hope Church
- 26-28 - Every Day is Earth Day Celebration, Kress Pavilion, Egg Harbor
- 27 - 4-H Project Day, 9:30 am-2 pm, Bay View Lutheran Church
- 29 - 4-H Robotics Club, 6-7 pm, Gov't Center

### MAY 2019

- 3 - WI Agribusiness Professionals, Kimberly
- 4 - 4-H Small Animal Sale, Door County Coop Country Store
- 11 - Kids Gardening, 9:30-11:30 am, Library, Sturgeon Bay
- 16 - HCE Spring Recognition Banquet, 6 pm, The Log Den
- 18 - Open Bass Tourney Kids Day Station, 11 am-2 pm, Wave Pointe Marina
- 18 - 4-H Horse & Pony Spring Fling Show, Fairgrounds/John Miles Park

# APRIL 2019 COUNTY BOARD NEWSLETTER



*March 28<sup>th</sup> Block Party  
 at the Door County Community Center/ADRC*



**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**

## Remote Supervision... An Evolving Skill-Set

With 50% of the 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, due to space considerations, here are three:

**Be Intentional** - Create a remote workforce atmosphere of engagement and genuine connection. Be intentional in preparing and orientating employees for the remote workforce culture. Establish clear expectations. Make each team meeting count with intentional purpose and opportunities to engage and contribute in a variety of ways. Intentionality is an essential practice, particularly when we cannot readily "see" our people.

**Create A Communication Strategy** - Managing a productive team remotely begins with a strategy for communication. First, arrange for the appropriate number of weekly formal "reports." Second, set guidelines about daily needs. Some people work better with a shopping list of questions and thoughts while others like a trickle. An understanding of what is urgent will further mitigate inefficiency, allowing ultimate productivity.

**Avoid Multi-Tasking** - Figure out how to avoid multi-tasking. Video conferences instead of phone conferences work well. Encourage people to stay in working mode and off email back-and-forth as much as is reasonable. Email trails with extensive "reply all" can be stifling on productivity. This tends to peak on Fridays as people are trying to move work off their plate. Send a note to whoever needs it, but send it early in the day!



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

The goal of our 4-H Youth Development program is to provide youth the opportunities to learn valuable life skills that they can use throughout their life span. In April, we will be hosting the annual 4-H Communications Contest, which allows 4-H members to practice their communication skills and share an interpretive reading, speech, demonstration or written communication with judges for feedback. Each year, I am incredibly impressed with the young people who participate! For many adults, public speaking is quite a stressful experience. The fear of public speaking rates right up there with other fears of heights, spiders and other potentially terrifying things. These young people practice their speaking skills and gain confidence each time they deliver their presentation in front of an audience. Through this and similar experiences, they are learning communication skills, planning and organizing skills, self-esteem, marketable skills, goal setting and many more valuable life skills. By targeting life skill development and focusing on building skills, we are setting youth up for success later in life! For more information on the 4-H Targeting Life Skills Model, you can visit <https://4h.unl.edu/documents/Targeting%20Life%20Skills.pdf>



**Annie Deutsch**  
**Agriculture**

Tarnished plant bug, *Lygus lineolaris*, is a very common pest of strawberries. Tarnished plant bug (TPB) overwinters as an adult in weedy areas. When temperatures warm in the spring, the adults become active and begin to feed on nearby weedy plants by ingesting plant juices through their piercing-sucking mouthparts. They will then migrate into strawberry patches. In strawberry, the adult feeding and subsequent nymph (immatures) feeding coincides with the time the plants are flowering. As they feed, they target plant sap within the blossom. This damage kills the developing seeds in that portion of the flower. During and after bloom, TPB also feeds on the developing seeds (achenes) and the fruit receptacle (the portion that will eventually be the fleshy fruit). As the fruit grows, the damaged areas will not expand. This results in sunken, deformed, seedy sections of the berry.

Good weed management is key for keeping TPB populations low and protecting your strawberry patch. It is also important to search for bugs in strawberries before the plants bloom by tapping the buds over a light colored tray to find ones that are dislodged. If you find large numbers of TPB in your strawberry patch BEFORE bloom then you may want to use an insecticide at that time. Do not use an insecticide during bloom to avoid killing pollinators. A few examples of insecticides available for the general public include products containing carbaryl (e.g. Sevin), permethrin, and malathion. Make sure to carefully read the entire label before purchase and before use.



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

While Door County has one of the fastest growing populations of older adults in the state, it is also situated within a "child care desert" where schools report that many young children are not socially and emotionally prepared for Kindergarten. Past surveys have also informed us that Door County parents feel disconnected and isolated. Still, science informs us that when children have an active play partner/caring adult they are more likely to be successful in school. In addition, bringing isolated parent groups together has been shown to lessen stress. And for older adults, intergenerational play also has social and health benefits, as these interactions have been found to lessen depression and increase life satisfaction. With this in mind, on March 28<sup>th</sup>, over 40 adults and children participated in an intergenerational Block Party hosted at the Door County Community Center/ADRC. While parents reported that they learned new ways to promote their child's learning, in addition to receiving valuable information and making new connections, perhaps the greatest benefit of the Block Party was for the older adults who volunteered to serve as "play assistants." Older adults (median age 72 years old) who participated in the Block Party, reported that they were able to enhance generativity, legacy building, and lifelong learning by both teaching and learning something new, creating relationships with others, sharing past stories/memories, and feeling valued in their community.