



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 - 2019

JULY

- 9, 16, 23, 30 - Summer Science Club, Boys & Girls Club, 9:30-10:30 am
- 11, 18, 25 - Raising a Thinking Child, Bay View Lutheran Church, 6:00-7:30 pm
- Tues/Thursdays - StrongWomen, ADRC, 8:30-9:30 am
- 8 - Summer Library Program "Crater Exploration," Washington Island Library, 1:00 pm
- 15 - Summer Library Program "Crater Exploration," Sturgeon Bay, 1:00 pm
- 16 - Summer Library Program "Crater Exploration," Sister Bay, 10:30 am
- 18 - ACEs presentation, Emergency Food and Shelter Group, 8:15 am
- 18 - ACEs presentation, Door County Dental Clinic, 11:45 am
- 18 - Vineyard Walk, PARS, 3-5 pm (RSVP by July 16 - 746-2260)
- 25 - Summer Science Club, Boys & Girls Club, 9:30-10:30 am
- 31 - Door County Fair ... Jr. Fair Judging Day, Fairgrounds, Noon-7 pm

AUGUST

- 1-4 - Door County Fair, Fairgrounds
- Tues/Thursdays - StrongWomen, ADRC, 8:30-9:30 am
- 1, 8, 15, 22 - Raising a Thinking Child 6:00-7:30 pm
- 14 - Hope Beyond the Hurt-Trauma Informed Care Conference, Stone Harbor
- 17 - Safe Kids Door County Day, John Miles County Park/Fairgrounds, 10 am-2 pm

JULY 2019 COUNTY BOARD NEWSLETTER



Designing and building roller coasters as part of the STEM Session at the Boys & Girls Club Summer Program!



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 just three of their tips:

- 1. 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.
- 2. Create A Communication Strategy** - Managing a productive team remotely begins with a strategy for communication. First, arrange for the appropriate number of weekly formal "report-ins." 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.
- 3. 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.



Dawn VandeVoort
4-H Youth Development

One of our National 4-H Mission Mandates is STEM (science, technology, engineering and math), and we're gearing up for a summer filled with STEM activities and education!

This summer, 4-H will be partnering again with the Boys and Girls Club on the "Summer Science Club" where the 4th graders attending the Boys & Girls Club on Tuesdays will be able to participate in sessions on science-related topics. It will be a great opportunity for hands-on exploration of science and critical thinking!

We're also bringing University resources to the Summer Library Program! The theme this year is "A Universe of Stories" and is focused on space. I'll be presenting a hands-on workshop for youth at four branches during the summer months. Participants will learn about craters and how they are formed using different materials and their own hands!

By engaging youth in hands-on learning over the summer months, we'll be setting them up for school success in the fall and reducing the summer learning slide!



Annie Deutsch
Agriculture

Great progress was made for the Wisconsin Grape Industry in June, as Governor Evers signed a proclamation to declare July 14-20, 2019 as Wisconsin Vineyard Week. Door and Kewaunee County are an integral part of the industry and one excerpt of the proclamation included, "Whereas; the first licensed winery in Wisconsin was opened in Algoma, Wisconsin in 1967, by Dr. Charles Stiehl."

Along with visiting wineries throughout the County, there is no better way to celebrate Wisconsin Vineyard Week, than to attend the 2019 Vineyard Walk at the Peninsular Agricultural Research Station, 3-5pm on July 18! This free event is sponsored by the Wisconsin Grape Growers Association and UW-Madison, Division of Extension. The focus of the vineyard walk is disease management and Dr. Patty McManus, UW Fruit Crop Plant Pathologist, will be guiding attendees through disease identification and management options. I will also discuss some of the ongoing fungicide trials at the Peninsular Station, using grant money we were awarded from the 2017 Kewaunee County Farm Technology Days grant funds. Registration is free, but please RSVP by July 16 to 920-746-2260.



Tenley Koehler
Human Development and Relationships

While Trauma Informed Care (TIC), as a response to adversity, continues to gain national, state, and local attention, accessible training opportunities can be challenging to find in Door County (where between 15-20% of the population report having 4+ ACEs).

In March, I began offering introductory ACE presentations to community/coalition leaders. This led to increased interest in TIC and created a ripple effect of presentations, as well as more immersive training opportunities (including The 7 Essential Ingredients of Trauma Informed Care (7ei) of which I am trained as a trainer by SaintA).

Over the past several months, I have been able to introduce 98 individuals to TIC through education and presentations.

For the 50+ participants (schools, CPS, foster families, public health, counseling, etc.) that partook in the daylong 7ei training (in collaboration with the Partnership for Children and Families), 97% reported that their understanding of TIC had increased and 95% said the information would be useful in their work. One participant wrote, "Throughout, I was thinking about my students and how trauma has impacted them. Also thinking about what I can do/ think to help. Tenley did a great job- engaging, relatable, and understands that it's hard." Another said, "Felt engaged throughout the day. Hard to listen to (sad, etc.) but the reality is that this does exist and until we as a community come together change can't happen."