January-March Programs - 2020

**JANUARY**
Fridays - 4-H STEM at Southern Door Afterschool, Southern Door Elementary School
13 - 4-H Robotics Project, 6:00-7:00 p.m., Peninsula Rm, Gov’t Center
14 - 4-H Horse Committee, 6:30 p.m., Chambers Rm, Gov’t Center
15 - 4-H Volunteer Orientation (via Zoom), 6:30-8:00 p.m.
16 - 4-H Statewide Town Hall (via Zoom), 7:00 p.m.
27 - 4-H Robotics Project, 6:00-7:00 p.m., Peninsula Rm, Gov’t Center

**FEBRUARY**
3 - 4-H Robotics Project, 6:00-7:00 p.m., Peninsula Rm, Gov’t Center
7 - 4-H STEM Afterschool, Southern Door Elementary School
17 - 4-H Robotics Project, 6:00-7:00 p.m., Peninsula Rm, Gov’t Center
25 - “Growing Lavender in Door County” *(sponsored by Door County HCE)*, 1:00 p.m., Peninsula Rm, Gov’t Center *(call to register by Feb. 18 - 746-2260)*

**MARCH**
9 - 4-H Robotics Project, 6:00-7:00 p.m., Peninsula Rm, Gov’t Center

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.

---

**January - March Programs - 2020**

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.
Running Effective Meetings Is Still a Key to Productivity

Running meetings that leave employees and participants feeling energized and eager to get out there and get the job done is extremely important, whether you are a Fortune 500 company, or a local nonprofit organization. A nice set of "rules of thumb" for effective meetings comes from Neal Hartman, a senior lecturer in managerial communication at MIT Sloan School of Management. Excerpts of his article include:

1. **Make your objective clear.** A meeting must have a specific and defined purpose. Before you send that calendar invite, ask yourself: What do I seek to accomplish? Make it clear to everyone.

2. **Consider who is invited.** When you're calling a meeting, take time to think about who really needs to be there. If you're announcing a change, invite the people who are affected by the announcement. If you're trying to solve a problem, invite the people who will be good sources of information for a solution.

3. **Stick to your schedule.** Create an agenda that lays out everything you plan to cover in the meeting, along with a timeline that allocates a certain number of minutes to each item, and email it to people in advance. Once you're in the meeting, put that agenda up on a screen or whiteboard for others to see.

4. **Take no hostages.** Nothing derails a meeting faster than one person talking more than his fair share. If you notice one person monopolizing the conversation, call him out. Be public about it. Establishing ground rules early on will create a framework for how your group functions.

5. **Start on time, end on time.** Period.

With the New Year beginning, many adults set resolutions to strive for. Our resolutions are related to a variety of things—health, time management, financial or many more great topics. However, setting resolutions or goals isn't limited to adults — learning how to set goals as a young person can be a very valuable skill!

In 4-H Youth Development programs, youth are always setting goals to strive for! In their 4-H projects, members set goals for learning and accomplishments. They set an action plan and work hard throughout the year to reach their goals. All of our 4-H clubs and groups set SMART goals (Specific, Measurable, Achievable, Results-Focused, Time-bound) for their clubs to work toward during the 4-H year. By practicing setting goals and creating action plans to achieve their goals, our youth are learning a valuable life skill that will be helpful throughout life!