

UW-Extension Ashland County



2017 Annual Report

A Time of Transition

UW
Extension
University of Wisconsin-Extension

2017 Ashland County UW-Extension Staff



From left to right: Doug Liphart, 4-H and Youth Development Educator; Jazzy DiMeglio, LTE Office Assistant; Heidi Ungrodt, Family Living Educator; Stephanie Bakker, FoodWise Nutrition Educator; Gina Monroe, FoodWise Nutrition Coordinator; Amy Tromberg, Office Assistant; and Tom Wojciechowski, Community, Natural Resource, and Economic Development Educator.



Mary Pardee, Area Extension Director



Joy Schelble, Bad River FRTEP 4-H Coordinator



Jason Fischbach, Agricultural Educator Ashland & Bayfield



Matt Cogger, Horticulture Educator Ashland & Bayfield



Kathy Beeksma, Family Living Educator



Donna Ganson, FoodWise Nutrition Educator Ashland & Bayfield



Heather Laakso, FoodWise Nutrition Educator Ashland & Bayfield



Rebecca Butterworth, FoodWise & LTE Support Staff

Dear Partners and Friends,

We have organized this annual report by the 2017 Program Areas in Ashland County UWEX which consisted of 4-H & Youth Development which includes Bad River Federally Recognized Tribal Extension Program (FRTEP), Family Living which includes the FoodWise Nutrition Program, Agriculture and Natural Resources which includes Horticulture, and Community, Natural Resources & Economic Development (CNRED). Please take a couple of minutes to enjoy a snapshot of our work in 2017.

Your Ashland County UW-Extension Office
201 Main Street West, Courthouse Room 107, Ashland, WI 54806
Phone: 715-682-7017, 711 for WI Relay, Fax: 715-682-7922

Supporting UW-Extension's (UWEX) larger mission, Cooperative Extension works alongside the people of Wisconsin to improve lives and communities. Our educators don't lecture or give grades in a typical classroom. Instead, we deliver education where people live and work – on the farm, in schools and community centers. Cooperative Extension educators also speak to civic groups and county boards, write newspaper columns, do radio and TV programs, facilitate meetings and build coalitions to solve community problems.

With an office in each Wisconsin county and faculty on UW Campuses, Cooperative Extension develops practical educational programs tailored to local needs and based on university knowledge and research. Source: <http://www.uwex.edu/cooperative-extension>

Administrative & Support Staff

Ashland County UWEX office staff are the first point of contact with the public on a daily basis. In 2017, the front office answered at least 2,188 phone calls and assisted over 919 visitors. We are the hub for the 57 adult 4-H volunteers and 185 youth enrolled in 4-H Clubs. Jazzy DiMeglio and Amy Tromberg juggle multiple and varied tasks from all program areas, follow UWEX branding in all PR & marketing for programs, and prepare and distribute educational and informational materials.



Ashland County

Amy Tromberg processes all invoices and payments for the office budget and is the acting Secretary for the Ashland County Agricultural Ordinance Workgroup and the Ashland County Board Ag & Extension Committee. She manages the Ashland County webpages (co.ashland.wi.us), the Facebook Pages, and the Ashland County UWEX website (ashland.uwex.edu). In 2017, our UWEX website had 4,691 sessions (engaged users on site) and 8,582 page views (total number of pages viewed).



nEXT Generation of Cooperative Extension

Introducing Mary Pardee, Area 1 AED

I am happy to be the first Area Extension Director (AED) for Area 1! Since I started with UW-Extension in 2000, I have held several positions including state specialist in lakes and water education, 4-H Youth Development Educator in Burnett and Barron Counties, and Community Resource Development Educator in Polk County. I served as co-department head in a couple of those counties, and spent some time as a Regional Associate for the North Central Region. I can draw on all of these experiences to help me understand the unique issues of Ashland, Bayfield, Iron, and Douglas Counties and provide assistance to the Extension staff in creating relevant and exciting educational opportunities. I am continually impressed by the programming offered by the dedicated education professionals in UW-Extension offices across Area 1.



I am a kayaker and love to be out on Lake Superior as long as she is being nice to me. I also like to hike and get out in the woods. My degrees are in environmental science and environmental education, so I feel as though I am a good fit for an AED role in the northwoods of Wisconsin. As I travel among the four counties of Area 1, email is the best way to contact me, at mary.pardee@ces.uwex.edu.

- Mary

nEXT Generation of Cooperative Extension

2017 was a big year for UW-Extension! We are moving over to new ways of operating that will help us address current challenges and issues all over the state. Changes that were implemented include a different way that partnering counties pay for Extension services and a new system of organizing our administrative and educational programming functions. We combined counties into “Areas,” each with an Area Extension Director, to allow staff members to focus on local programming and reduce the amount of administrative work needed to run each office.

Ashland County is in Area 1 along with Douglas, Bayfield and Iron Counties. Mary Pardee was hired in July of 2017 as the first Area Extension Director (AED) for Area 1. Tom Wojciechowski and Doug Liphart transitioned out of their Co-Department Head roles in the second half of 2017 as administrative tasks moved to the AED’s plate, freeing up Tom and Doug’s time to devote to their excellent programming. The AED for Area 1 provides guidance to programs offered in the four counties, develops contracts with county government, manages the hiring and supervision of staff, manages budgets, and works with Extension partners to help us deliver programming that meets the priorities of our communities.

The changes for UW-Extension keep coming, as in 2018 we are moving under the umbrella of UW-Madison. Although you might see a few changes in the next year the great Extension programming that our educators do to meet the needs of the people of Ashland County will continue!

Community, Natural Resources & Economic Development (CNRED)

CNRED is Wisconsin's educational network serving people and their communities in seeking positive change.



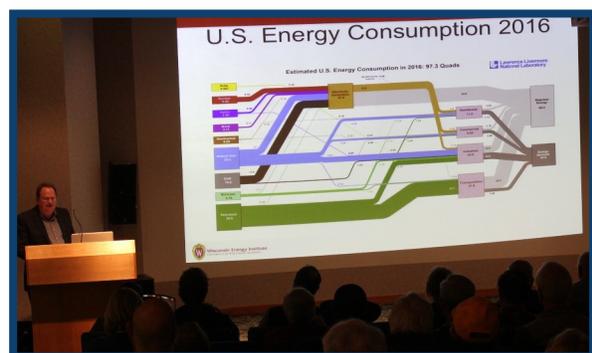
Starting in the winter of 2017, Tom Wojciechowski made the icy journey to meet with two groups on Madeline Island to facilitate strategic plans. One plan was for the Madeline Island Public Library and the other was for the Madeline Island Community Garden. Working around a limited ferry schedule (dock pictured above) Tom would meet with one group in the morning and the other in the afternoon before catching the last ferry to the mainland. The library (photo below) implemented its plan almost immediately to guide the recruitment and selection of a new director, which was successfully completed in October 2017.



Sixteen area leaders and aspiring leaders participated in our four-month Ashland & Bayfield County Leadership training program in 2017. During the five years Tom Wojciechowski and Tim Kane, Bayfield County CNRED, have offered this program a total of 82 area citizens have completed it. Our 'graduates' include one state legislator, several county board supervisors, business and education leaders, city council representatives, town board supervisors, tribal council members, a tribal chair, and a host of people who are leaders of area non-profits.



The 2017 Leadership Program, a great group of people from both counties with a nice mix of experienced leaders looking to sharpen their skills and younger people looking to acquire skills to make a difference in our communities.



During the fall Tom Wojciechowski partnered with colleagues from Bayfield County, the City of Ashland, and Bill Bailey of CheqBay Renewables to plan a renewable energy series. The result was an eight-part series which started with a presentation on the electric grid that was attended by around 80 people.

4-H & Youth Development

4-H uses fun, hands-on activities to teach leadership, citizenship, communication, teamwork and critical thinking that prepares young people for successful futures.



Youth learn and experience independence, belonging and mastery at 4-H Summer Camp. These three essential elements of positive youth development underlie all camp activities, along with a king sized helping of summer fun!

Ashland County 4-H Clubs do many service projects and activities including the Brunswillow Busy Beavers 4-H Club youth pictured here helping out at the Fat Tire Race.



At the Regional 4-H Winter Camp, Bad River Tribal Council Member Dylan Jennings was able to share traditional Ojibwe winter stories and help the 4-H kids understand the cultural history of this place we call home.



High Schoolers (including 4-H Ambassadors) teach younger youth in science, technology, engineering and math (STEM) at a community event organized by Ashland County 4-H.

Shooting sports teach life skills, discipline, excellence, and safety through lifetime sporting activities under the tutelage of certified instructors.





Youth from the Bad River 4-H Rezberries Club show their carefully and lovingly trained pets at the Fair.

County Fair



Ashland County 4-H Market Sale Club youth learn to be responsible for raising healthy animals, learn business skills, and raise money for college and tech school with the guidance of skilled certified volunteer leaders.



4-H CANSKI works with community partners to get 150 kids outside, moving, and loving the winter season. Twenty plus volunteers teach safety, service to community, and instill a sense of fun at every ski practice. Intergenerational activities build community and healthy active lifestyles.



Youth learn leadership, teamwork and local history by paddling a voyageur canoe together on Chequamegon Bay through the 4-H Outdoor Adventure Leadership program.



FRTEP

The 4-H Youth Development Coordinator for the Bad River Band of Lake Superior Chippewa is a part of the network of Federally Recognized Tribal Extension Programs (FRTEP). The goal of Bad River FRTEP is to support youth by encouraging healthy living through promoting and using traditional Ojibwe foodways knowledge and by forming and nurturing community partnerships to further tribal food sovereignty for this and future generations.



Bad River summer youth programs and FRTEP further the community goals of restoring the vitality of Ojibwe culture through the traditional game baaga'adowewin, or lacrosse. This game is played across the region and FRTEP, along with several partners, contribute with direct education and resources to support this healthy, culturally important game.



Native youth from several regional tribal communities, Joy Schelble the FRTEP educator, and the Sioux Chef team joined to harvest food and tea to assist the indigenous chefs in the preparation of a community meal. 80 Bad River community members attended the presentation by Chef Sean Sherman and enjoyed a delicious meal made with only food from the land.



Bad River Community House staff, kids, and Joy Schelble, FRTEP educator, harvest miinaanan, blueberries, from ceded territory (left) to add to their after school snack program. Young tribal members can use their treaty rights and learn the skills to harvest the delicious and nutritious food on these outings, therefore, improving their personal and family health and restoring an Ojibwe food tradition. FRTEP hosts several youth programs during the summer in the barrens providing plant id and other education including Take a Hike pictured above.





Family Living

Through resources and education, Family Living Programs provide an environment where families can gain the information, skills, and assets they need to improve their quality of life and contribute to their communities.

WITHIN My Reach PREP, Inc.

Relationships Matter Class

Tuesdays, 5:00-7:00 pm • Bad River Health and Wellness Center
Six Sessions • April 4—May 16 • For Individuals or Couples



Summer food preservation workshops demonstrate hot water bath and pressure canning methods. Through hands-on experience, participants learn how to properly and safely preserve foods at home by canning salsa, green beans, and carrots.

Relationships Matter is a 6-week relationship awareness and communication skills series. This class was presented by Heidi Ungrodt in collaboration with the Bad River Health and Wellness Center, which provided childcare, meals and meeting space. Class participants explored ways to build and maintain healthy, successful relationships. Kathy Beeksma provided Relationships Matter for Helping Professionals training for Bad River Social Services staff in 2017.



Kathy Beeksma presented on Understanding Adverse Childhood Experiences (ACEs) to community professionals working with families. Childhood adversity and trauma have been shown to have negative effects on mental health, brain development, physical health and economic development. The workshop covered these impacts, as well as, ways to build resilience and protect families and children from the damaging effects of ACEs.

Building Strong Families

A Newsletter for the Family Members of Ashland County Inmates

Issue 1 of 4

UW Extension
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Courthouse Room 107 • Ashland, WI 54806 • Phone (715) 682-7017

Several classes are offered for Ashland County inmates, including Building Strong Families, a 4-week course focused on strengthening family resilience in times of stress.

A newsletter series which provides tips, summarizes lessons, and generates discussion is mailed to specific family members that will provide support upon release.



Family Living Educators in Ashland and Bayfield Counties collaborate to offer Money Management Coach Trainings to area professionals, pictured is Heidi Ungrodt presenting. This full day workshop teaches participants how to communicate effectively and build financial capability with their clients.

FoodWise

FoodWise employs a combination of evidence-based educational strategies, accompanied by environmental supports, designed to facilitate voluntary adoption of healthy food choices and active lifestyles.



Nutrition Educator Heather Laakso taught a series of lessons with the Mashkisibi Boys and Girls Club in Bad River. For this event the participants sampled some strawberry (or in Ojibwe, ode'imín) smoothies and learned about the importance of eating fruit daily.

**Pre-Portion snacks
into small plastic
bags to grab on
the go!**



Whether teaching a lesson or providing displays, our FoodWise team is always up on the most current and applicable information for our Ashland County participants.



FoodWise Educators, Stephanie Bakker and Donna Ganson provide important information on the availability of fresh locally grown foods.



FoodWise Nutrition Educator, Stephanie Bakker taught a series of lessons at the Bay Area WIC clinic. During this lesson, participants got to sample strawberry banana smoothies and learned about extending the life of leftover fruit with popsicle molds.



FoodWise Educators, Heather Laakso and Stephanie Bakker, attended county mapping workshops to better understand the demographics of Ashland County.





Nutrition Educator Stephanie Bakker works with the Ashland 1st grade to reinforce healthy lifestyle habits. FoodWise does a series of lessons with 1st grade classrooms covering topics such as trying new foods, physical activity, fruits, veggies, and whole grains.



The Ashland, Bayfield, and Iron Counties FoodWise team provides nutrition education in the majority of school districts across these counties. They provide a series of lessons that involve different topics such as the importance of healthy eating habits and active lifestyles. For this lesson, on how to get enough calcium, a class from the Mellen 3rd grade got to try kefir as a food sample.



FoodWise works with learners from all generations. For this lesson, seniors learned how to prepare healthy meals for 1 or 2 people. Partnering with the Ashland County Aging Unit seniors also receive "Nutrition Nibbles," a senior nutrition newsletter every other month.



Stephanie Bakker and Heather Laakso, FoodWise Nutrition Educators, and Gina Monroe, FoodWise Coordinator, prepare to greet Ashland Elementary School children at a Welcome Back to School Event.



Agriculture



Photo credits: Sara Chase, Reporter for The Ashland Daily Press, Summer 2017.

Managing Impacts of Livestock Operations

July 27, 2017
Ashland County Agricultural Ordinance Advisory Group

Jason Fischbach
Agriculture Agent
UW-Extension, Ashland/Bayfield

In 2017, Ashland County UW-Extension partnered with the Ashland County Land and Water Conservation Department to advise and support the Ashland County Agricultural Ordinance (ACAO) Advisory Group by giving presentations and background information. Jason Fischbach, Agricultural Educator, is shown presenting on ATCP 51 Standards (left) and manure irrigation (right). Amy Tromberg, Office Assistant, took meeting minutes and assisted with the county website.



SOIL SAMPLE BAG

University of Wisconsin
Madison & Marshfield Labs
<http://uwlab.soils.wisc.edu>

NAME _____

FIELD _____

SAMPLE NO. _____

.....
↑ fill to this line with soil ↑

- Soil Fertility Analysis – Farm, Lawn, Garden, Tree Plantation, Greenhouse
- Plant Nutrient Analysis
- Feed & Forage Quality Analysis
- Environmental Analysis
- Manure Analysis

Deliver to:

UW Soil & Forage Analysis Laboratory
2611 E. 29th Street
Marshfield, WI 54449
(715) 387-2523

Ashland County UW-Extension office offers locals a pick-up location for water tests kits for bacteria, fluoride or nitrate with instructions. We also offer Soil Sample bags and testing instructions, and samples are mailed into the Soil and Forage Analysis Lab.

WATER TEST REQUEST FORM

Check tests desired. If no test is indicated, Bacteria will be tested. There is a cost for each test. Please refer to the separate price list

Bacteria Nitrate
 Fluoride RUSH Nitrate Refer to price list.

Report/Bill to: (Please print clearly or use your address label)

Name: _____

PO Box: _____

Collection Date: ___/___/___ Time: ___:___ (am/pm)

Collected By: _____

County: _____

Horticulture

Extension aims to make Wisconsin agriculture strong and competitive while conserving and protecting natural resources – through education about agriculture, horticulture and natural resources.



Matt Cogger taught the 2017 Master Gardener Training Series.

Wisconsin Horticulture Update

Weekly reports by members of UW-Extension



Home Links Updates

We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities.

HORT.UWEX.EDU



Find the best info for your Wisconsin Garden

September 22, 2017 – End of Season Wrap-up

As the growing season winds down, the Horticulture Agents provide their final weekly report, evaluate the season and ponder the coming year. Transcript of Recording



Read More...



September 15, 2017 – Jumping Worms

The weather continues dry in many parts of the state and fall weather is showing. Bernie Williams, Conservation Biologist from the Wisconsin DNR talks about Jumping Worms. Transcribed Session Link to Bernie's PowerPoint Presentation Listen to Presentation

UNIVERSITY OF WISCONSIN-EXTENSION

the learning store

Matt Cogger, Horticulture Educator for Ashland & Bayfield Counties, edited the Weekly Wisconsin Horticulture Update during the 2017 growing season, <https://fyi.uwex.edu/wihortupdate/>. He coordinated quarterly meetings as Co-Chair of the Horticulture Team, and coordinated monthly meetings as the Chair of Academic Staff Council in Madison.

Become a Master Gardener!



2017 Training



Who is a Master Gardener?

A Master Gardener is a trained volunteer who aids University of Wisconsin Extension Staff by helping people in the community better understand horticulture and their environment.

Master Gardeners help educate local community members in applying horticultural science to manage their landscapes and gardens in a science-based, sustainable manner.



Basics of Tractor Maintenance

Thursday August 3rd and Saturday August 5th 2017



Matt Cogger coordinated and taught the Basics of Tractor Maintenance in 2017. He partnered with Lulich Implement and taught locals who were new or current owners of up to approximately 100 horsepower farm tractors.

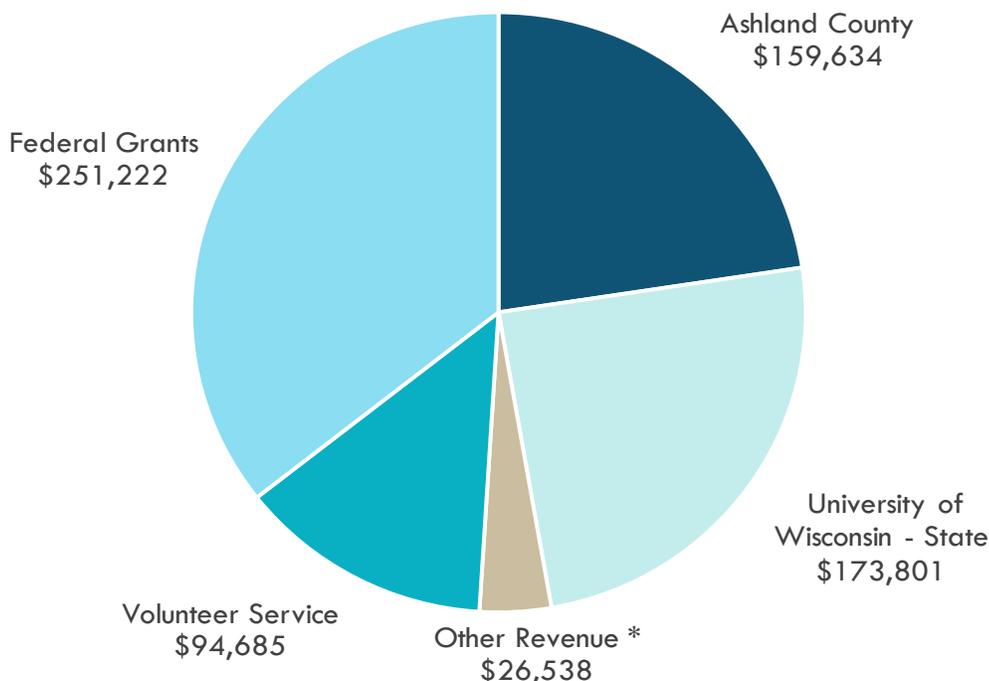
UW-Extension is a source for plant identification. Ashland County UWEX connects community members who



have questions to statewide resources. Samples in 2017 included highbush cranberry (left) and hairy nightshade (right).

Our Impact on Ashland County in 2017

Economic Impact of Ashland County UW-Extension in 2017



| | |
|--|-----------|
| Ashland County: | \$159,634 |
| University of Wisconsin - State: | \$173,801 |
| Federal Grants: | \$251,222 |
| Volunteer Service: | \$94,685 |
| Other Revenue* | \$26,538 |
| *Fundraised, Other Grants, Donations, & Program Revenue: | |

University of Wisconsin-Extension offices are located in all 72 counties in the state. Extension is funded through a combination of County, State, Federal, and program/research funds.

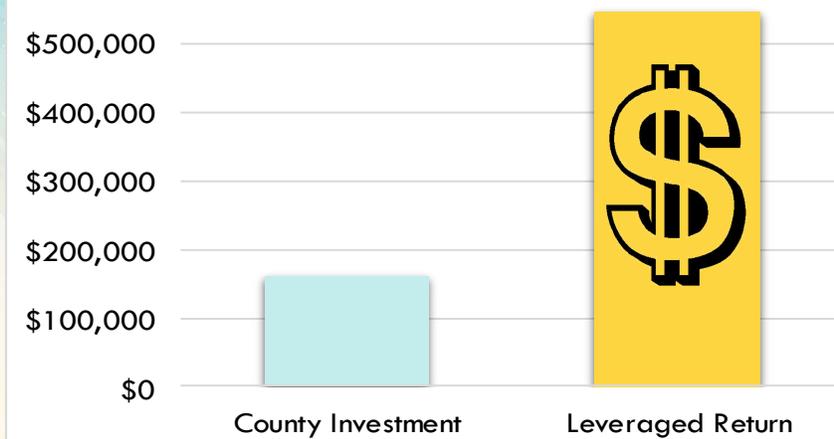
In 2017, counties supplied 40% of educator salaries plus support staff and operation costs. The state provided 60% of salaries, plus many forms of support such as state specialists who can be called upon to provide research, education or programming in our county. The FoodWise Nutrition Education Program is fully funded by federal dollars.

Ashland County Investment:
\$159,634

Leveraged Return: \$546,246



Cost and Return in 2017



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and American with Disabilities (ADA) requirements.