

# 2018 Annual Report

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## UW-Extension Ashland County



# 2018 Ashland County UW-Extension Staff



Doug Liphart: 4-H & Youth Development Educator



Mary Pardee: Area Extension Director (AED) for Area 1, Douglas, Bayfield, Ashland & Iron Counties



Joy Schelble: Bad River FRTEP (Federally Recognized Tribal Extension Program) 4-H Coordinator



Jason Fischbach: Agriculture Educator, Ashland & Bayfield Counties



Heidi Ungrodt: 50% Family Living Educator



Matt Cogger: Horticulture Educator 80%, Ashland & Bayfield Counties



Lissa Radke: 80% Community Development Educator, started June 2018

Tia Smith: Part-Time County Office Assistant, started October 2018

Taylor Hansen: 4-H & Youth Development Intern, Fall Semester 2018



Stephanie LaPointe Bakker: FoodWise Nutrition Educator, Ashland & Bayfield Counties

Jazzy DiMeglio, LTE Office Assistant, January-August 2018

Gina Monroe, FoodWise Nutrition Coordinator for Ashland, Bayfield & Iron Counties, January-August 2018



Amy Tromberg: County Office Assistant

Donna Ganson: Nutrition Educator, Ashland & Bayfield Counties, January-February 2018

Tom Wojciechowski: Community, Natural Resource and Economic Development Educator, retired January 2018



We hope to share with you a few spotlights of our work to improve life in Ashland County. This year Extension went through a restructuring so we organized our report by the six departments, some with new names: Positive Youth Development, Health & Well-Being, Human Development and Relationships, Community Development, Agriculture and Natural Resources. Please take a couple of minutes to enjoy a snapshot of our work in 2018!

Thank you,

**Your Extension Ashland County Office**

## What is Extension?

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. 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, Extension develops practical educational programs tailored to local needs and based on university knowledge and research. We're making a measurable difference in three tribal nations and in all 72 counties in our state, as our neighbors put their own great ideas into practice with the essential support of our expertise, resources and research.

## Returning to UW-Madison

You may have noticed that we have changed over to the UW-Madison colors on our websites and our logos. From now on, our official name will be *the University of Wisconsin-Madison Division of Extension*, but you can continue to call us "Extension".

Our mission is not changing. We're committed to our work in local communities throughout the state. Our experts will continue to work with you every day to ensure cutting-edge research at the campus benefits the people of Wisconsin, our children and our communities.

As part of the UW System Restructuring project, Extension is returning to our historic home at UW-Madison. Thanks to joining forces with UW-Madison, we'll strengthen each other through exchanging experience and research statewide. No matter what you're trying to accomplish in Wisconsin, you'll find the support you need as we continue to bring our home state together, community by community.

The new URL for Extension's home page is: [extension.wisc.edu](http://extension.wisc.edu).

The Extension Ashland County's website is now: [ashland.extension.wisc.edu](http://ashland.extension.wisc.edu).

# Positive Youth Development



STEM: Ashland County 4-H Youth Development collaborative programming, like Science Mondays and the CESA #12 Science, Technology, Engineering and Math (STEM) Conference, for area middle schoolers build science and math competencies, and serve as both career readiness and career exploration for STEM jobs in our area and elsewhere. Our 4-H & Youth Development Educator is Doug Liphart.



Leadership: The 4-H Youth Development program supports leadership training and development in the school districts through a host of ongoing programs. Here, members of the 1 credit (year-long) Ashland High School Leadership class train in skills to lead their community. Extension serves to help plan and regularly guest teaches in the class, which includes both leadership training and opportunities to lead and serve in the community.



Prevention and Resilience: In the spring of 2018, Doug did an informal needs assessment with all of the school districts in Ashland County regarding after school program needs. During the fall of 2018, Doug facilitated an After School Program Work Group (with many community partners involved) to plan and organize an after school pilot program for middle and high school students in the Ashland School District. Through the Brighter Futures Initiative Grant, Ashland County Health & Human Services, Ashland Parks and Rec, and Extension Ashland County present S.P.A.R.K. (Student Pathways to Adventure, Recreation and Knowledge) – an after school program for students in grades 6-12 that focuses on engaging youth in fun, exciting and healthy activities and provides opportunities for learning through mentorship and tutoring.

## Youth

The Extension Institute of Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and afterschool programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.



4-H Winter Camp 2018 at Camp Crosswoods near Delta – Ice Rescue. Understanding hypothermia, heat loss, and ice safety are important life skills in our area. 4-H & Youth Development Educator, Doug Liphart teaches youth what to do if they fall through (both self and group rescue). Students practice on land and then an actual water rescue.



4-H Clubs/Community: On Saturday, January 27, 2018 the Rezberries and the Brunswillow Busy Beavers 4-H Clubs checked into the



Great Lakes Aquarium for a fun and educational overnight. 25 children and 10 adults camped out in various places around the aquarium.



The Bad River Federally Recognized Tribal Extension Program (FRTEP) partners with the Bad River Food Sovereignty program and all of the Bad River youth services programming to provide hands on education in food production and wild plant harvest. Kids across the community have had lessons in high tunnel food production, perennial gardening, and permaculture as well as lessons on harvesting, storing, preserving, and preparing food.



FRTEP objectives include supporting Bad River Food Sovereignty and other community wide initiatives to restore Ojibwe culture and language including Baaga'adowewin or Ojibwe lacrosse. The FRTEP educator hosts 3 games per week in the schools and community center. The game is played by all ages of youth and with a grant award we are beginning the process of establishing a Bad River tribal team and initiating inter-tribal games.



The Sioux Chef, Brian Yazzie, is one of many guest chefs, teachers, and community experts that provide education to the Bad River community through the Bad River Food Sovereignty program. FRTEP plays an integral role in these Dine-n-Learn events that offer wellness/food education to Bad River community members across the ages. These events integrate food grown or harvested by Bad River Food Sovereignty, FRTEP and the youth programs working with us. Photo by: Hoonmana Polk.



The Bad River Federally Recognized Tribal Extension Program and The Bad River Food Sovereignty program were invited to present at a three-day festival at the Smithsonian Institute's National Museum of the American Indian. The festival was about Tribal Food Sovereignty and highlighted 7 successful projects across the country from Hawaii to Oklahoma. Our presentation included youth representatives and a youth video created as a part of the YACH program. The presentations are archived in the Smithsonian digital archives.

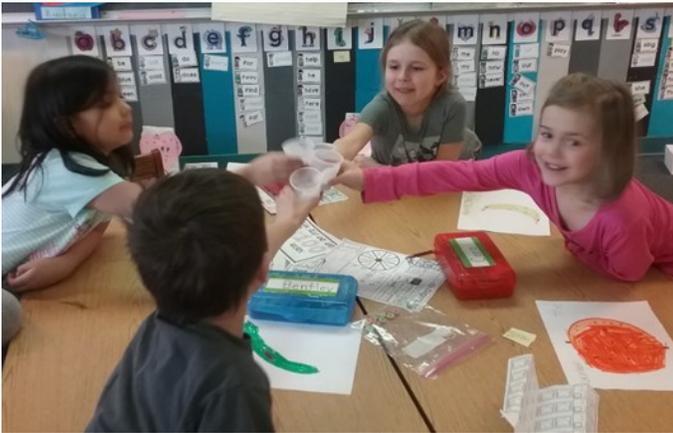


Youth Advocates for Community Health (YACH) was a collaboration project with Extension FoodWise and FRTEP to work with Bad River youth to set goals and make positive healthy changes in their community. The Bad River YACH group helped to grow, harvest, dry and process teas that were shared with Elders at a special event and were shared across the community at ceremonies, cultural teaching events, and with the youth programs. These teenagers helped to set short and long term goals for the Bad River Food Sovereignty community food system development and contributed other wonderful ideas for wellness in Bad River that were integrated into the Bad River Tribal Strategic Plan.



Nutrition Educators Deb Leonard and Stephanie Bakker taught a series of lessons with the Birch Hill Community House, for this lesson, participants learned about healthy snack options. Deb's office is in the Extension Iron County office in Hurley, WI.

# Health & Well-Being



FoodWise provides nutrition education in every school district in Ashland County. In this Lake Superior Primary 1<sup>st</sup> grade classroom, students learned about trying new foods, such as kefir.



Nutrition Educator Stephanie Bakker at an Ashland Parent's Night with a display on sugary beverages. She also talked about ways to incorporate healthier beverage options into our lives.



One of the many topics that FoodWise covers in its' program is the importance of hand washing. The "Purple Germ Machine," is a great way to show participants how well they have washed their hands.

## Health & Well-Being

The Extension Institute of Health & Well-Being works to catalyze positive change in WI families through evidence-based programs focused on nutrition, food security and safety, chronic disease prevention, mental health promotion, prevention of substance abuse and health insurance literacy. Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites live stronger, healthier lives.



FoodWise Coordinator Gina Monroe with the famous blender bike. This is a popular activity at many of the events that FoodWise attends. Participants get to learn about healthy foods such as fruit smoothies and how physical activity is good for our bodies.



The FoodWise program provides education for people across all ages. At an event with the Butternut Pre-K class, parents and their children got to sample pumpkin in a pumpkin dip, a new food for many of the participants that was well received.



A primary focus for FoodWise Programs are parents of young children. The picture on the right is from a family event that took place at the Ashland School District with a fun activity about fruits and veggies.



## ▼ Human Development and Relationships ▼



**THE LITERACY LINK**

Literacy Link is a grant funded project UWEX is piloting to connect children of inmates with literacy resources. As part of this project, Ashland County created TeleStory, a free reading and visiting program via video from a local library for children with a parent in the Ashland County Jail. The program was created in collaboration with the Ashland County Jail, Vaughn Library and Bad River Education Department. In 2019, children and their jailed parent will have an opportunity to connect using the same books, games and toys.



[Course Home](#) [Contact an Instructor](#) [Certificate of Completion](#)

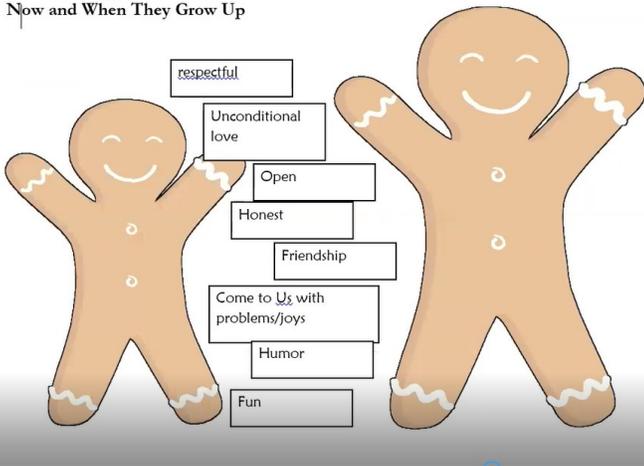
### Welcome to Money Matters

In these online modules, you can learn about your financial strengths, gain new money management skills and build knowledge you can share with others—your kids, your spouse, friends, co-workers, and more. Start with the **Financial Strengths** module below. Then choose another topic you'd like to learn more about...

 <b>Your Financial Strengths</b>	 <b>Explore Credit Scores and Credit Reports</b>	 <b>When You Can't Pay Your Bills</b>
 <b>Making a Spending Plan</b>	 <b>Staying Organized</b>	 <b>Retirement Planning Basics</b>
 <b>Health Insurance Options for WI Residents</b>	 <b>How Health Insurance Works</b>	 <b>How to Use Health Insurance COMING SOON</b>

Money Matters was developed in Ashland, Bayfield and Sawyer Counties to offer access to financial education in situations where transportation, medical issues or schedule conflicts present obstacles. Extension Ashland County continues to update and promote the online materials, as well as offer financial coaching to users of the online modules.

Qualities I Want to see in Our Relationship—  
Now and When They Grow Up

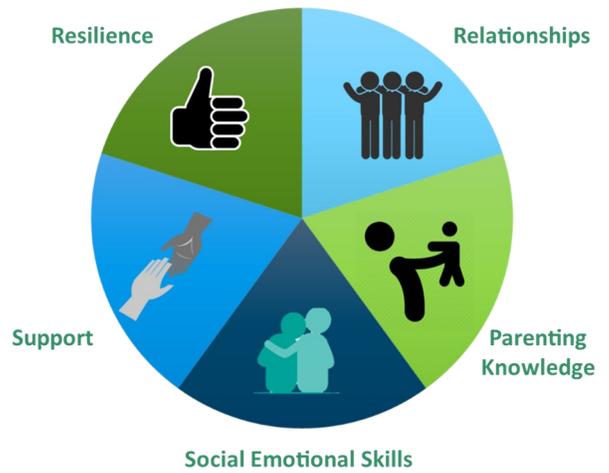


## [ Families & Finances ]

The Extension Institute of Human Development and Relationships provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.

In an effort to make parent programs more accessible, the Ashland and Bayfield County Human Development and Relationship Educators, Heidi Ungrodt and Liz Lexau, teamed up to create Parents Connect, an online parenting class series offered in the Spring and Fall of 2018. The program used Zoom video conferencing to bring parents together to learn strategies for managing household stress, improving communication, diffusing power struggles and building strong relationships.

### Five Protective Factors



Grandparent Cafés are an opportunity to provide education and resources for grandparents raising grandchildren, while also giving them a space to share and support one another through the challenges and joys of parenting the second time around. The series is based on the **Five Protective Factors** (pictured above) shown to increase family strengths, enhance child development and reduce the likelihood of child maltreatment. Extension offered a five-week series of Grandparent Cafés in Fall 2019 in collaboration with the Ashland County Human Services CST Program.



The Human Development and Relationships Program in Ashland County is framed around the **Five Protective Factors** shown to help children and families thrive – even in the face of toxic stress. Programs in Parenting, Relationships, Stress Management and Financial Capability promote and build these factors. In Spring 2018, Heidi Ungrodt attended the Bad River Open House to promote these programs, and highlight one of the protective factors – Social Emotional Skills. Kids were invited to create a photo booth image showing four emotions – happy, angry, sad and silly.



## Grandparent Cafés

FOR GRANDPARENTS RAISING  
THEIR GRANDCHILDREN

# Community Development

Lissa Radke, Extension Ashland County's Community Development Educator began working in June 2018, just in time to start planning the county's annual Cleansweep collection events in Ashland and Glidden. In 2018, almost 150 cars full of participant's oil paints and finishes, lawn chemicals, medications, and other unwanted and hazardous materials lined up in a steady stream to be safely disposed of by Northwest Regional Planning Commission (NWRPC) contractors.



Ashland Police Officer Sergeant Gene Brinker and Memorial Medical Center pharmacist Patrick Miller volunteered to sort and handle almost 100 pounds of pharmaceuticals brought in for safe disposal.

Community residents brought household hazardous wastes to the annual Cleansweep collection events in August, including this customer who had 20 pounds of unwanted pesticides he wanted to dispose of safely.



In July, Kelsey Prihoda, a researcher with the Great Lakes Research Institute at UW-Superior, partnered with the Extension Ashland County office to distribute 100 free private well sampling kits to well owners to test for naturally occurring fluoride. The test results will be used to define a baseline for fluoride in groundwater in northern Wisconsin, data that's never been collected before.

## [Community Development]

The Extension Institute of Community Development provides educational programming to assist leaders, communities, and organizations to realize their fullest potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.



Researcher Kelsey Prihoda with UW-Superior's Great Lakes Research Institute, gave a presentation at the Visitor Center about how to test private wells for contaminants, and described her study of naturally occurring fluoride in wells.



Ashland County Public Health Officer Ken Zurian gave a presentation about proper private well maintenance and water testing guidelines to ensure county residents drink clean and safe well water during Extension Week in October.

In September, Lissa was accepted with three other Ashland County community members to the Think-Water School to be trained on how to use a systems approach to addressing complex water challenges in the region. As a result of the training, the Ashland ThinkWater team began organizing educational events to help address stormwater and sewage overflow problems at the city of Ashland's wastewater treatment facility. A series of programs will be offered in spring 2019 with community partners including the Ashland Bayfield Counties League of Women Voters, Citizens Climate Lobby, and others.



In December, Lissa began writing an annual work plan for 2019 that included goals and activities focused on three areas of importance to the county: developing individual and organizational leadership capacity, increasing the use of solar energy and sustainable practices, and becoming resilient in the face of extreme storms and natural hazards. Stay tuned for all kinds of new programming coming up!

## ▼ Natural Resources ▼

Ashland County does not pay for a Natural Resource Educator, hence we do not have this position in the Extension Ashland County office. However, we are lucky to have programs within the Extension Institute of Natural Resources in our neck of the woods!

Our Extension Ashland County office collaborates with the Extension Natural Resource positions that are located at the Northern Great Lakes Visitor Center. In 2018, this was Becky Sapper, Wisconsin Master Naturalist Program Director, and Valerie Damstra, Natural Resource Educator. Valerie and Lissa collaborated on a ThinkWater effort in 2018. During Extension Week, October 7-13, 2018, Becky hosted "Microplastics in our Great Lakes" at the NGLVC with presenters Dr. Lorena Rios, UW-Superior, Deanna Erickson, Lake Superior National Estuarine Research Reserve, and Hayley Bahr, National Park Service, pictured below.



### [ Natural Resources ]

The Extension Institute of Natural Resources helps individuals, communities and the state coexist with Wisconsin's rich water, mineral, land and forestry resources. Extension's Lake Superior National Estuarine Research Reserve, Master Naturalist Program, and Regional Natural Resource Educators are examples of research and programming that serve Wisconsinites living in a resource-rich state.

# Agriculture



With grant funding from the USDA-SARE program, Extension Ashland & Bayfield Counties Agriculture Educator Jason Fischbach and area farmers are evaluating 20 different vegetable varieties for both field production and flavor after freezing. The information will be used to support local grower efforts in developing chopped frozen veggie products.



Fischbach awarded \$747,000 for Hazelnut Research. With new funding from the USDA-Specialty Crop Multi-State Program, Jason Fischbach, the UW-Extension Food and Energy Woody Crops Specialist will begin scaling-up a hazelnut industry in the Upper Midwest, a project he and his collaborators have been working on for more than a decade. According to Fischbach, "Hazelnuts are a great economic opportunity for rural areas of WI and this grant award will help growers fully realize the opportunity". From a September 10, 2018 Extension Press Release.

## Agriculture

If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species. Our work supports people, communities and businesses.



UW-Extension staff from Ashland & Bayfield Counties across program areas joined CheqBay Renewables to host a series of educational Renewable Energy Workshops for homeowners, business and government during the fall of 2017 through spring of 2018. Topics also included geothermal, feasibility planning, and communities & utilities working together. In 2018, the Ashland County Courthouse was successful in installing



solar panels on the courthouse roof. In October 2018, we held a panel presentation with Renewable Energy: Updates and Next Steps.

# Extension—Area 1



In July, Heidi Ungrodt, Family Living Coordinator for Ashland County, Cooperative Extension was awarded an UW-Extension Academic Staff Council Award for Excellence in Madison. Pictured are the members of the Ashland County Ag & Extension Committee with Heidi at our July meeting, Left to Right: Norm Couture, Ella Teague, George Mika, Heidi Ungrodt, Charlie Ortman and Kathy Schutte.

New logo, same Extension! Extension is returning to University of Wisconsin-Madison and will now be called: UW-Madison Division of Extension. Look for branding to be re-aligned to this new logo set, and UW-Madison will be marketing the change. Extension also has new websites for each county office (<https://ashland.extension.wisc.edu/>) and new email addresses for staff using the format [firstname.lastname@wisc.edu](mailto:firstname.lastname@wisc.edu).



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
ASHLAND COUNTY

[ Extension Week ]

October 7-13, 2018

**Extension Week**

**Connecting the U to YOU!**

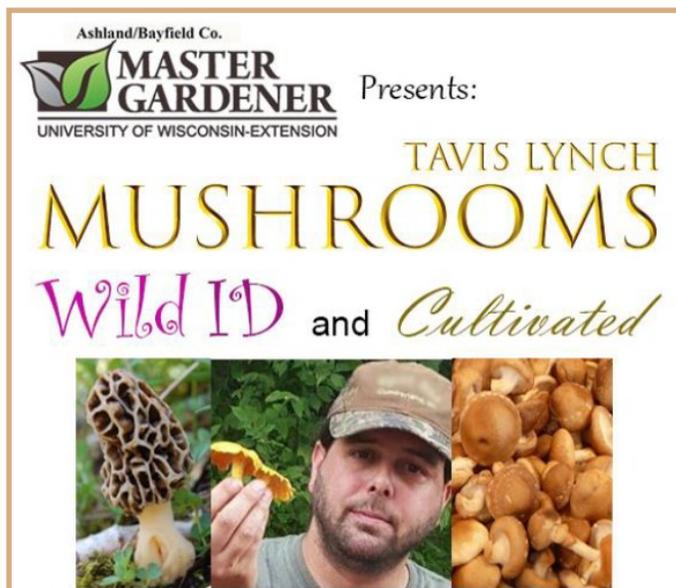
Presented by: UW-Extension Educators in Ashland & Bayfield Counties

We wanted to highlight some of the great things UW-Extension does in our community and bring awareness to the wide range of programs by hosting the first Extension Week!

During Extension Week, October 7-13, 2018, Ashland & Bayfield County UW-Extension Educators hosted over 27 educational events or workshops, with a total of 58 presenters, and reached 835 members of the public. We successfully spread the word on what Extension does and can do in our local community.



**Extension Ashland County**  
University of Wisconsin-Madison

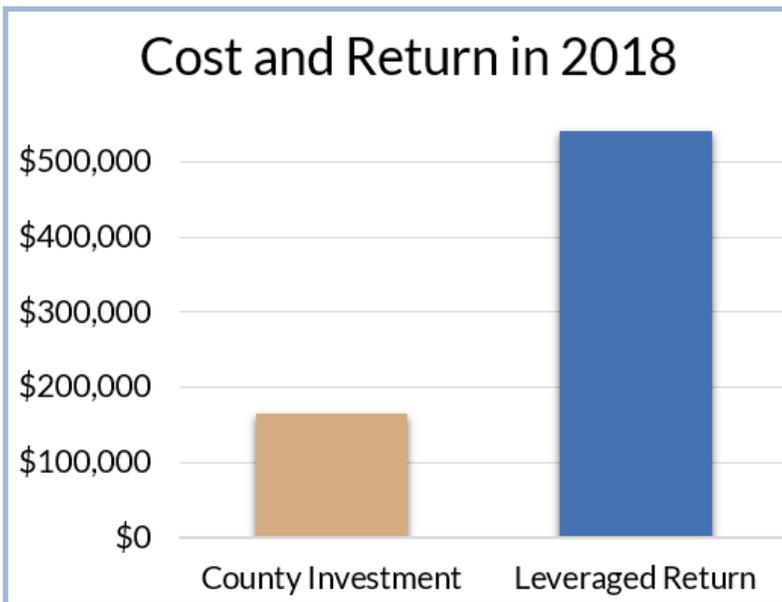


The Ashland and Bayfield Counties Master Gardeners hosted an evening presentation by Tavis Lynch on wild mushroom identification and how to raise mushrooms at home. This free and open to the public event was held on October 11th during Extension Week and there was a full house at the Northern Great Lakes Visitor Center.

# ▲ Our Impact on Ashland County in 2018 ▲

University of Wisconsin-Madison Division of 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. The FoodWise Nutrition Education Program and FRTEP (Federally Recognized Tribal Extension Program) are funded by federal dollars.

## Economic Impact of Ashland County UW-Extension in 2018



Ashland County: \$164,489

University of Wisconsin - State: \$176,554

Federal Grants: \$232,996

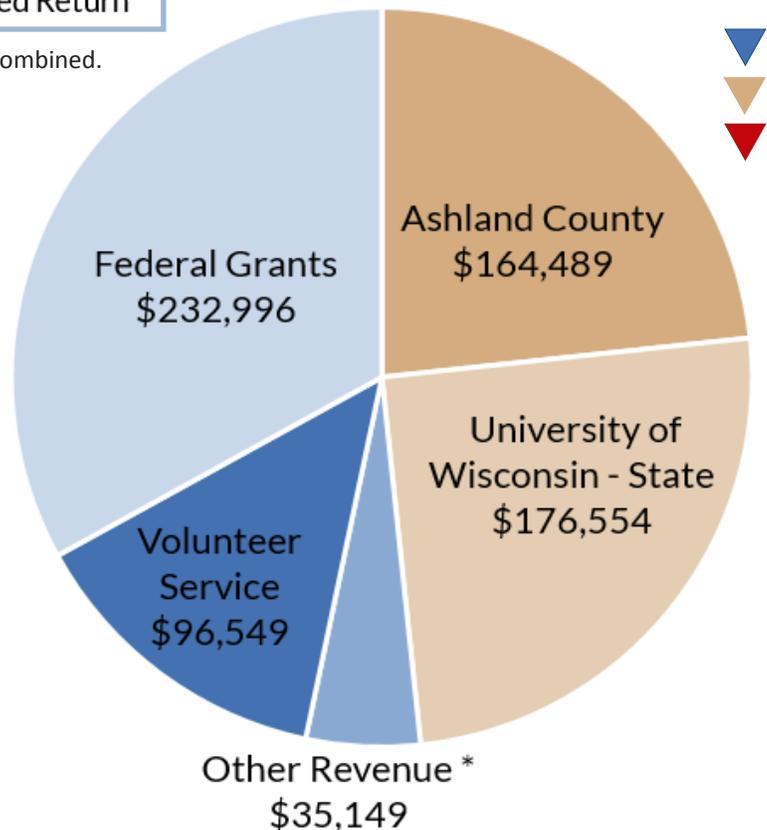
Volunteer Service: \$96,549

Other Revenue (Fundraised, Other Grants, Donations, & Program Revenue): \$35,149

Leveraged funds are state, federal, volunteer and other combined.

County Investment: \$164,489

Leveraged Return: \$541,248



### Extension Ashland County

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