



EXTENSION ASHLAND COUNTY

2019 Annual Report



Extension

UNIVERSITY OF WISCONSIN-MADISON
ASHLAND COUNTY

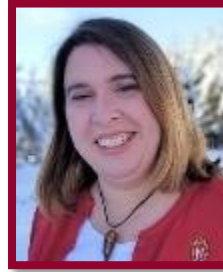


2019 Staff

Extension Ashland County



Doug Liphart: 4-H & Youth Development Educator



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



Lissa Radke: Community Development Educator



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



Heidi Ungrodt: Human Development & Relationships Educator



Jason Fischbach: Agriculture Educator, Ashland & Bayfield Counties



Stephanie LaPointe Bakker: FoodWise Nutrition Coordinator Ashland, Bayfield & Iron Counties



Amy Tromberg: County Office Assistant

Tia Smith: Part-Time County Office Assistant, Jan-August 2019

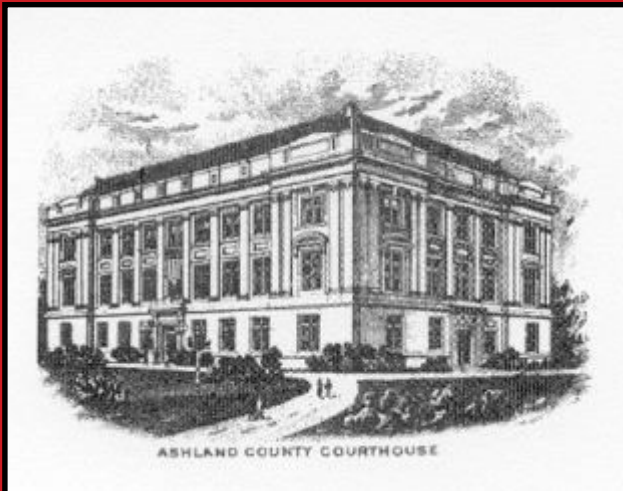
Taylor Hansen: 4-H & Youth Development Intern & Fellow, Jan-August 2019

Miranda Boyd: 4-H & Youth Development Intern, Jan-April 2019

Melissa Kummerow: Part-Time Literacy Link Assistant, Oct-Dec 2019

Brenda Brouder: Part-Time County Office Assistant, Oct-Dec 2019

Joey Eldridge: 4-H & Youth Development Intern, Nov-Dec 2019



EXTENSION ASHLAND COUNTY

Extension's mission is to connect people with the University of Wisconsin. 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.



Greetings,

We would like to share with you our **Extension Ashland County 2019 Annual Report** which showcases some of the accomplishments of our Extension Ashland County Educators through photos and captions.

We hope you will look through this report to discover the broad range of programs in which we provided education and services and how they have made a positive impact in peoples' lives. Our annual report is also available on our website, <https://ashland.extension.wisc.edu/>, along with ongoing projects and upcoming Extension Ashland County educational activities.

In 2019, "UW-Extension" completed the transition to become the "University of Wisconsin-Madison Division of Extension" as a result of several changes to the UW System. Although we will now be using the red logo and "wisc.edu" email addresses, our local programming and commitment to work alongside the people of Ashland County does not change.

On behalf of all of us at the Extension Ashland County Office – Thank you.

Extension Ashland County

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Extension
UNIVERSITY OF WISCONSIN-MADISON

Positive Youth Development



4-H CANSKI Elementary Cross County Skiing - Youth at Play on Snow

4-H CANSKI (Chequamegon Area Nordic Ski Club) puts 140 children and family members on cross country skis each year in Ashland and Bayfield Counties under the guidance of 22 adult 4-H volunteer coaches. The program gets kids out and active in the best season of the year and builds the four Essential Elements of Positive Youth Development (PYD): *Belonging*, *Mastery*, *Independence*, and *Generosity* into each program. The club has both recreational and racing programs, works with three school districts, and expanded to include a branch program at Bad River in 2019 at the request of Tribal Elders. A CANSKI Alumnus recently commented, "4-H CANSKI allowed me to reach my potential as a person . . . CANSKI taught me to be the best version of myself, and to help others achieve their best."



Photo by Demeri Mullikin

Archery at 4-H Summer Camp

4-H Summer Camp builds each of the Essential Elements of PYD in campers and provides older youth an opportunity to build leadership skills as counselors. Recreation, Shooting Sports, Arts & Crafts, and Nature Space rotations build the element of *Mastery*. Cabin groups build *Generosity* and *Belonging*. Sleep-away camp and leadership opportunities within the camp experience build the element of *Independence*. Youth had opportunities throughout the year to participate in archery at Mid-Winter Getaway, Summer Camp, a summer series and/or a winter series.



Leadership in the Schools

Extension Leadership Programs work with over 200 students in the local schools to provide workshops that focus on hands-on learning and include opportunities for participants to be physically active, to think about leadership skills, and provide a chance to use skills learned on practical problems presented to them. Ninety-eight percent of participants surveyed said that they use the leadership skills that they are learning outside of the workshop setting. Leadership is closely associated with the PYD element of *Independence*.



Student Pathways to Adventure, Recreation & Knowledge (SPARK)

In 2019, the SPARK after school program opened as a collaboration between Ashland County Health & Human Services, Extension Ashland County, Ashland Parks & Rec, and Northland College with support from the Ashland School District.

The program builds prevention and resilience in our area youth by helping them discover exciting activities including high adventure, arts, cooking, and music that “light them up” and get them excited about life. Research has shown that teens who develop healthy relationships with positive adults, and who find activities and pursuits that they are passionate about are less likely to engage with drugs, alcohol, smoking and other risky behaviors.



Pictured is the Summer 2019 Elementary Adventure Day Hike at Saxon Falls for elementary aged children led by Extension Intern Taylor Hanson and 4-H Teen Ambassadors Nadia, Louis and Matthew.

Outdoor Adventures

4-H Elementary Adventure Days and 4-H Outdoor Adventure Leadership programs get kids in grades K-12 outdoors and engaged in our local natural environment through activities like hiking, rock climbing, and paddling. 4-H Teenage Ambassadors, Extension Interns, and local 4-H adult volunteer leaders make these programs a success and help local kids fall in love with their own backyard, while building life skills and engaging in healthy outdoor active lifestyles. Activities build the PYD elements of *Mastery* and *Independence* and increase confidence. The group setting builds teamwork and communication skills associated with the PYD elements of *Belonging* and *Generosity*. Programs are fun and exciting, help kids connect with lifelong passions, and provide many opportunities to work on and practice leadership skills.



Ashland County Fair

State Senator Janet Bewley at the 4-H Dairy Bar with three generations of 4-H'ers. The Ashland County Fair provides an opportunity for 4-H members to show their work, promoting the PYD element of *Mastery*. It also serves as a community celebration and a place for community members to gather and share stories. The 4-H Dairy Bar builds life skills in youth and funding for Ashland County 4-H programs.



FRTEP

The goal of the Extension Ashland County Bad River Federally Recognized Tribal Extension Program (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.

Yazzie the Chef

The FRTEP educator, Joy Schelble, in partnership with the Bad River Food Sovereignty Program, the Mashkisibi Boys and Girls Club, and the Bad River Elder dining program hosted Yazzie the Chef, former member of the Sioux Chef team, for several days of food harvest, preparation, and demonstrations across the community.



Pictured is Brian Yazzie teaching the kids how to make mandaamin bakwezhigan, corn flour, at Mashkisibi Boys and Girls Club in Odanah, WI.



Traditional Ojibwe Lacrosse

The FRTEP educator facilitates a weekly baaga'adowewin game, traditional Ojibwe lacrosse, to promote physical health and to align with the Bad River Tribal Strategic Plan to provide cultural and Ojibwe language learning opportunities for youth. The game has been supported by the Ashland County Health & Human Services Brighter Futures Initiative (BFI) Grant that provided resources to acquire the traditional equipment for these games.



The FRTEP educator partners with the Ashland High School, the Ashland Middle School, Great Lakes Indian Fish & Wildlife Commission (GLIFWC), Indigenous Arts and Sciences, Bad River Healthy Lifestyles Program, Ashland County 4-H program, Ashland County SPARK program, and the Bad River Food Sovereignty Program to provide opportunities for tribal youth to use their off reservation treaty rights to harvest manoomin, wild rice, during the harvest season. These children are offered cultural teachings, water safety education, harvest techniques to preserve and protect the rice, and post-harvest processing and preparation of this nutritious and culturally significant food.

FRTEP partners closely with the Bad River Food Sovereignty program to produce food in high tunnel greenhouses and several conventional gardens, as well as the wild harvest of traditional Ojibwe plants and



medicines. This community food system also serves as an educational program bringing community members into all aspects of production, harvest, preparation, and preservation of foods and traditional medicines. This is done through programs specifically designed for



youth and other adult groups such as Head Start parents, and through the very successful Dine-N-Learn educational events open to all Bad River community members. This year we expanded our access component by having a farmers market at the food sovereignty facility and selling produce at the local grocery store.



Health & Well-Being



FoodWise—Nutrition Education Program

FoodWise is present in every school district in Ashland County, providing a series of lessons to youth and in some districts to parents and guardians as well. Stephanie Bakker, who took over the Ashland, Bayfield, & Iron County FoodWise Coordinator position in 2019, did a series of six lessons with 1st, 3rd, and 5th grade classrooms at Marengo Valley School. Students learned about different topics, such as My Plate, handwashing, being active, and making healthy choices.

Healthy Choices, Healthy Lives

In Ashland County, FoodWise partners with Ashland County Aging Unit, income-eligible elementary schools, Head Starts, WIC, and Bad River youth programs to help make the healthy choice the easy choice in our communities. During the past year, FoodWise taught 393 Ashland County residents. Our FoodWise program provided a series of lessons at five elementary schools: Lake Superior Intermediate, Mellen, Butternut, Marengo Valley, and Glidden.



393

Direct Educational Contacts

Food and Culture

The Ashland, Bayfield, & Iron County FoodWise Program provides education and partners with many different tribal programs. Our staff participates in the Tribal Nutrition Educator's Group. This group is a collaboration between the Great Lakes Inter-Tribal Council and FoodWise. The purpose of this group is to bring together people, energy and resources to those that work in Tribal areas in Wisconsin. FoodWise has incorporated information into our programming to be more culturally inclusive. Some examples include using the Ojibwe language in recipe cards and during lessons, and using traditional foods in food samples. By including culture in our lessons, our mission becomes more relevant to our learners.

Giziibiigininjiin (Wash Your Hands)



The 2019 FoodWise Golden Community Engagement Award was presented to Deborah Leonard, FoodWise Educator based in Iron County. This was for her outstanding commitment to building, strengthening, and sustaining relationships between FoodWise and our communities. Congrats Deb and thank you for your commitment to our communities!



Pictured L to R: Kathryn Boryc Smock (FoodWise State Program Manager), Deborah Leonard (Ashland, Bayfield, Iron County FoodWise Educator), Stephanie Bakker (Ashland, Bayfield, Iron County FoodWise Coordinator), Jill Sanders (FoodWise Regional Program Manager).



The FoodWise program encourages making healthy food choices. In most of the lessons with school-aged youth, students get to explore and try different food samples, such as carrots and hummus and yogurt parfaits.



Great Apple Crunch

On October 10, 2019, the Ashland, Bayfield, and Iron County FoodWise program partnered with the Bayfield School District Farm-to-School program to help celebrate the Great Lakes Great Apple Crunch with Bayfield School elementary students and teachers.

The Great Lakes Great Apple Crunch is a celebratory event that supports farm-to-cafeteria efforts across Minnesota, Wisconsin, Illinois, Indiana, Ohio, and Michigan. This event promotes regional apple orchards, healthy eating, and connects rural and urban areas together. This past year the event was held at the school garden and students were able to participate in several different apple-centered activities and even got to crunch into some locally-grown apples! The school garden has one of the best views with Lake Superior in the background.




Human Development & Relationships

THE LITERACY LINK

The Literacy Link is a UW-System funded pilot project that connects children and parents in justice-involved families through literacy-rich experiences and environments. The Literacy Link pilot project is showing great promise as an approach that builds the reading, speaking, and listening abilities of young children in families throughout the criminal justice system. Through these literacy experiences, positive relationships are strengthened between the children and their caregivers. Relationships are critical to helping children manage the trauma and stress of parental incarceration. Ashland and Bayfield are among six Wisconsin counties implementing the pilot through collaborations between Extension, the county jails, libraries and other local partners.



In October 2019, the UW-System Board of Regents heard a presentation from Ashland and Bayfield Counties on local Literacy Link efforts. Heidi Ungrodt presented along with Liz Lexau (Extension Bayfield County), Paul Susienka (Bayfield County Sheriff) and Mary Huser (Extension State Specialist). The presentation closed with a comment from 

UW-Systems President Ray Cross. "Our principle purpose is not just the pursuit of truth, which is critically important, but to improve the human condition for all people. What you are seeing here today is evidence of that," said Cross. "This is evidence of the Wisconsin Idea, and it just makes me proud."



The TeleStory Program gives children an opportunity to visit and read books with their incarcerated parent through video conference from welcoming spaces at the Vaughn Public Library or the Bad River Education Department. Research shows that child-friendly visiting spaces such as these can reduce stress and anxiety for children, as well as increase the frequency and quality of parent-child visits.

TeleStory began in Ashland County in February 2019. By the end of the calendar year, 27 children participated in 138 visits with a parent in jail. Most children were not visiting with their parent in jail prior to their participation in TeleStory.



Grandparents Raising Grandchildren

In September 2019, Extension partnered with Ashland County Human Services and the Bad River CST Program to host the first annual "Raising Grandkids?" event. This full-day workshop offered information and support for grandparents, relatives and kinship caregivers raising grandchildren. Speakers presented on the topics of trauma-informed care, social security benefits, legal issues and embracing change, photo below.

Successful Co-Parenting

Successful Co-Parenting teaches divorcing or separating parents skills to support themselves and their children through this time of change. Participants learn ways to communicate effectively with the other parent, avoid putting children in the middle of conflict and coach children who are dealing with difficult emotions. In 2019, 49 parents participated in Successful Co-Parenting classes held in Ashland and Bayfield Counties.

92% of

the participants report that they are more likely to cooperate with their co-parent on parenting issues as a result of this class.

"This class helped me realize the damage I was doing by not co-parenting well. It also gave me tools on how to co-parent better."

94% of

the participants report that they learned new ways to avoid arguing with their co-parent in front of their children.

87% of

the participants thought this class should be required for all divorcing or separating parents.



Community Development

In 2019, the Community Development Educator, Lissa Radke, developed several new programs to address the county's need for information about how to prepare for natural disasters such as extreme storms; building community resilience; and increasing solar and renewable energy opportunities. In addition, Radke worked on organizational development programs such as strategic planning for an organization, hosted a table at community events such as the home and garden show and Ashland County Fair, and began a feasibility study of bringing electric vehicles and charging stations to the region.

Cleansweep Household Hazardous Waste Collection Event

Just over 11,000 pounds of hazardous materials were brought to a four-hour collection event in Ashland by about 170 participants in August 2019. Technicians with Northwest Regional Planning Commission (NRPC) sorted hundreds of containers of paints and solvents, pesticide and herbicides, household cleaners, 540 light bulbs, and many other types of compounds that are dangerous if not properly disposed of or recycled.

Extension Ashland County promotes the event, works with our local community and manages traffic on site the day of the collection. In 2019,



six community volunteers made up of City of Ashland staff, city council members, and the local League of Women Voters helped Extension manage the large turnout volume.

Extension Ashland County's Tia Smith answered questions about the Cleansweep event.



Ashland-Bayfield Counties League of Women Voters President Anne Chartier volunteered to greet participants and help Extension conduct a short survey about hazardous materials.



Maria Sweetland, pharmacist at Memorial Medical Center, Ashland Police Chief Jim Gregoir, and City of Ashland Director of Planning and Development Megan McBride helped sort pharmaceuticals and greet participants to explain what items were acceptable during the collection.

Being Prepared for Natural Disasters

Extension collaborated for the first time with Ashland and Bayfield Counties' emergency management and sheriff department staff to offer a new community outreach program about how to use 9-1-1 services effectively, as well as how to prepare for an extreme weather event. These two new events were developed and conducted during National Preparedness Month (September).



L to R: Dave McGuire, Director of Public Safety Communications, Ashland County Sheriff's Office; Meagan Quaderer, Civilian Communications, Bayfield County Sheriff's Office; Jan Victorson, Emergency Government Coordinator, Emergency Management Department, Bayfield County; and Dorothy Tank, Emergency Management Coordinator, Emergency Management Department, Ashland County.



Extension Week – October 7-11, 2019

Lissa developed and offered two new programs to continue outreach about the importance of being prepared for and responding to extreme weather events. "Red Cross to the Rescue" included agency personnel who described how the Red Cross helps many people during personal disasters, such as a home fire, to large regional disasters, such as community flooding. A second program allowed us to partner with Cheq Bay Renewables and the local chapter of Citizen Climate Lobby to show a PBS documentary about the increase in the severity and frequency of superstorms followed by a community discussion.

Solar Site Tours

Extension Ashland County collaborated with the award-winning non-profit organization Cheq Bay Renewables to offer tours for the first time of six public and private solar energy sites in Ashland County on Saturday, September 28th. This was the 4th annual solar tour hosted by Cheq Bay Renewables in Bayfield County, so it was exciting to expand to two days of site tours.



Toby and Pam Griggs, owners of Griggs Cattle Company, cooked their hot dogs using only the sun and a solar cooker during the solar tour site visit on their ranch. Pictured: Pam Griggs & Lissa Radke.



Ashland Mayor Deb Lewis and her husband Jeff Lewis shared their solar panels as part of the solar site tour in Ashland County.

Agriculture



Adapting to Climate Change By Exploring Different Cropping Systems

The increasing precipitation in the region is resulting in wetter soils in the spring and fall. This is making it increasingly challenging for crops such as corn silage that rely on dry soils in the spring for planting and a dry window in the fall for harvesting and spreading manure. The high yields and energy content of corn silage are hard to replace, but new and improved varieties of grasses have potential to at least limit the amount of corn that's needed for dairy cow rations. To test these new varieties Ag Educator, Jason Fischbach, is working with producers in Ashland County to evaluate the persistence, yield, and quality of these new varieties.



Vegetable Variety Trials For Freezing

The growing season for vegetables in our region is very short, which makes cash flow a challenge for producers. Having something to sell in the winter helps provide revenue during the lean months and helps retain customers. In cooperation with area growers and Northland College, Jason Fischbach has been implementing vegetable variety trials to find varieties of carrots, broccoli, potatoes, and green beans that produce well in the field and taste great after freezing. Having such varieties would allow producers to chop and freeze veggies in the summer and sell them in the winter in frozen packs. Results from the 3-year project are due in 2020.



Harnessing the Region's High Tunnels

There are more than 70 high tunnel greenhouses in Ashland and Bayfield Counties. To help growers make the most of these greenhouses, Jason Fischbach has been working to find new crops and opportunities. Winter spinach production was the focus of trials in 2015-2017 and now he's working with fruit crops. Above are red currants grown in a high tunnel greenhouse, left cluster, and red currants grown outdoors, right cluster. Additional vegetable trials are in the works for the 2020 season with a focus on green-top bunching carrots and small lunchbox bell peppers.

Administrative

The University of Wisconsin-Madison Division of Extension Ashland County office staff are the first point of contact with the public on a daily basis. In 2019, the front office answered at least 1,896 phone calls and assisted over 1,090 visitors. We



are the hub for the 42 adult 4-H volunteers and 157 youth enrolled in 4-H Clubs.

Amy Tromberg and our part time office assistant position, held by Tia Smith and then

Brenda Brouder in 2019, juggle multiple and varied tasks from all program areas and prepare and distribute educational and informational materials. In 2019, we transitioned email addresses, web address, and logo with the merge to UW-Madison. This resulted in updating Extension branding and contact information in all PR materials and marketing for all programs.

Amy Tromberg processes all invoices and payments for the office budget and is the acting Secretary for the Ashland County Board Ag & Extension



Committee. She manages the Ashland County webpages relevant to Extension (co.ashland.wi.us), the Facebook Pages, and →

the Extension Ashland County website (<https://ashland.extension.wisc.edu/>). In 2019, our Extension Ashland County website had 4,301 sessions (engaged users on site) and 9,866 page views (total number of pages viewed).

Mary Pardee is the Area Extension Director for the counties of Douglas, Bayfield, Ashland and Iron (Area 1). As an Area Extension Director (AED), she focuses on program coordination, staff development, financial management and partnership management across Area 1.



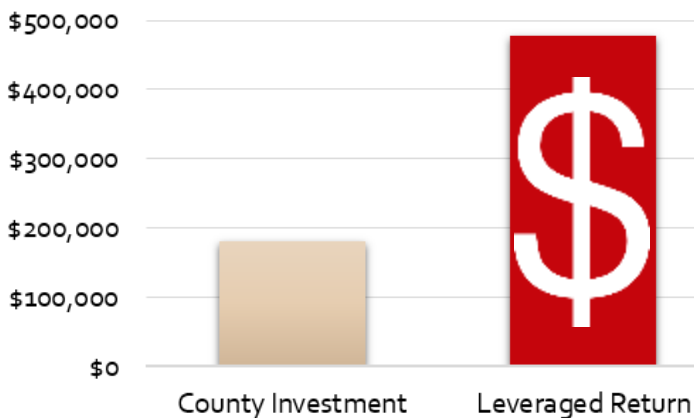
The Extension office won an Honorable Mention in the December 2019 Ashland County Courthouse Holiday Door Decorating Contest!

Investing in Extension

University of Wisconsin-Madison Division of Extension offices are located in all 72 counties in the state, on five 4-year campuses and within three tribal nations. 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 Extension Ashland County in 2019

Cost and Return in 2019



County Investment: \$180,508

Leveraged Return: \$477,517



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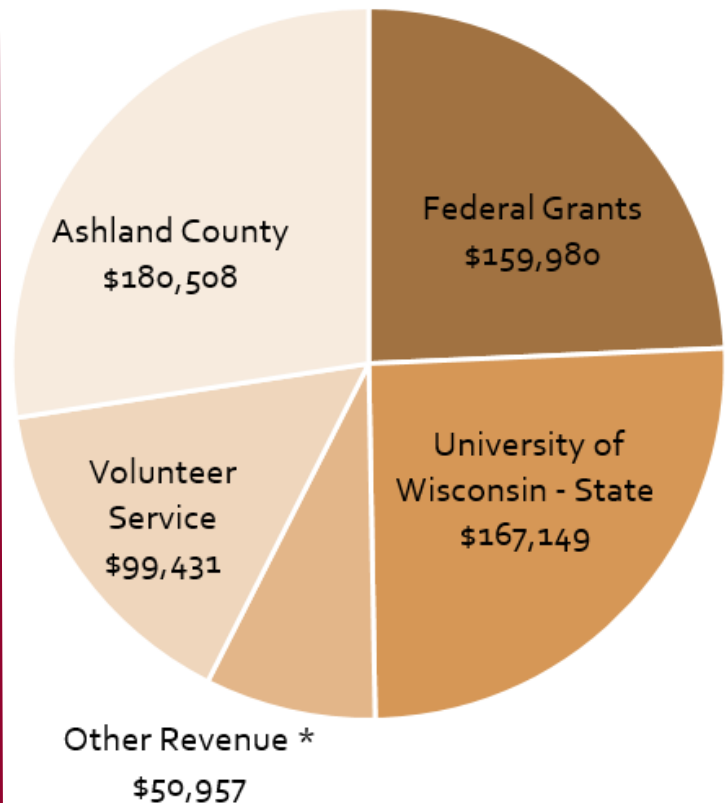
Ashland County: \$180,508

University of Wisconsin - State: \$167,149

Federal Grants: \$159,980

Volunteer Service: \$99,431

Other Revenue (Fundraised, Other Grants,
Donations, and Program Revenue): \$50,957



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.