



**Extension** —————  
UNIVERSITY OF WISCONSIN-MADISON  
ASHLAND COUNTY





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## Office Hours:

Monday – Friday  
8:00 am – 4:00 pm





# Extension

January 1, 2021 - December 31, 2021

Dear Ashland County Board of Supervisors, Community Partners & Interested Readers,

In this 2021 annual report you'll find that at the UW-Madison Division of Extension Ashland County, our resourceful and resilient educators and staff are focused on helping the community members of Ashland County to meet community challenges, protect natural resources, strengthen families and support young people. Despite the challenges posed by the worldwide pandemic, we had another year of great Extension programming in Ashland County and all of Wisconsin! We worked to continue connecting local people with the knowledge and research of the University of Wisconsin. We utilized our local, regional and statewide networks to support communities in responding to emerging issues and we brought new ideas and great resources to Ashland County.

Extension services are a result of a contracted partnership between the county and the state. As a department of Ashland County, we use county resources efficiently and responsibly. As you can see on the budget page of this report, our local work is financed not only by Ashland County, but also by the UW system (using state and federal resources).

We developed this report with data and stories from 2021. We highlight positive outcomes from all of our major educational programs. Our staff works to address high priority local needs through our educational programming and our collaborations with community groups, volunteers and program partners. We could not be effective in our work without the valuable contributions of our various partners. Strong partnerships are at the heart of our programs -- we can achieve more together!

THANK YOU to the Ashland County Board of Supervisors and the Agriculture & Extension Education Committee for your continued support of Extension Ashland County during 2021. We appreciate the opportunity to serve Ashland County residents and local efforts to strengthen our people, our communities, and our economy.

On behalf of the Extension Ashland County staff,

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

## 2021 Ashland County Agriculture & Extension Education Committee

Charles Ortman  
Philomena Kebec  
Pat Kinney  
George Mika  
Kathy L. Schutte

## 2021 Extension Staff

Doug Liphart, 4-H Youth  
Development Educator

Lissa Radke, Community  
Development Educator

Heidi Ungrodt, Human Development  
& Relationships Educator

Joy Schelble, FRTEP Youth  
Development Educator

Stephanie Bakker, FoodWise  
Coordinator

Marisa Perlberg, FoodWise Educator  
(starting in July)

Jason Fischbach, Agriculture  
Educator (January - July)

Sarah DeGraff, Agriculture  
Educator (January -August)

Brenda Brouder, Office Assistant  
(January - August)

Gina Nagro, Office Manager  
(January – April)

Blake Frost, Office Manager  
(Starting in June)

Mary Pardee, Area Extension  
Director



# Community Development

*Lissa Radke, Community Development Educator*



Lissa graduated from the University of Illinois with a degree in environmental management and education. She applied her knowledge throughout a variety of positions that helped communities engage in programs and strategies that improved their quality of life. These included initiating curbside and commercial recycling programs at an award-winning waste management and recycling company; working with local governments to establish and sustain town recycling programs with the WI Department of Natural Resources; directing a binational stakeholder group based at Northland College to find ways to protect the natural resources of the Lake Superior basin; and managing program responses to diverse environmental challenges at the Bad River Band's natural resources department.

Lissa loves her job with Extension because it's satisfying to work with diverse groups and the broader community to find practical solutions to local problems, and to help bring about positive change at the grassroots level. It's also exciting to connect scientists and researchers working throughout the university to help address real-life issues on the ground. Every day is different!

## Activity Highlights

- **Two webinars** for individuals and **how to safeguard vulnerable information** in order to strengthen personal and business data business/local governments about systems. The goal was to help them protect their financial and other confidential information from identity theft and fraud.
- **A series of community engagement activities** where Extension Educators from 4 institutes engaged community partners on **best practices for Children's Savings Activities** to increase investment in youth and families in their communities.
- **An educational program** (Civil Leadership for Vibrant Communities) for community leaders across Wisconsin where **participants learn about civil leadership**. This effort is designed to build civil leadership skills and community leadership networks across Wisconsin.
- **An event** for farmers and marina managers/customers where they learned about **options for recycling agricultural and marine plastics**, and were able to recycle plastic wrap with a vendor. The purpose of this effort is to provide recycling opportunities for local partners.
- **Seven presentations hosted virtually during Wisconsin Water Week** for state residents and conservation professionals interested in Lake Superior watershed issues, where they learned about ma'iingan(wolf) culture and ecology, sustainable agriculture and natural flood management, citizen-led watershed groups, and other water protection & resilience topics.





# Community Development

## 2021 Cleansweep Hazardous Waste Collection



With the support of Ashland County government and in partnership with the Northwest Regional Planning Commission, the Extension Ashland County office coordinates an annual hazardous waste collection called 'Clean Sweep.'

- **104 participants from 5 counties brought materials to the Ashland County Cleansweeps in 2021.**
- **Almost 6,000 pounds of toxic materials were kept out of landfills, or spilled on land and in waters.**

The Ashland County Extension office partnered with numerous community organizations to help run the 26th annual Cleansweep hazardous materials collection, including (L to R) the Ashland Police Department, NorthLakes Community Clinic, Ashland County Emergency Management Department, North Wood Technical College, and community volunteers.

## Statewide Network

*Extension has deep local ties; Local educators are part of a statewide network that supplies programming support, topic expertise, professional development and funding. Working in and with communities allows Extension to connect research and resources directly to affected populations and areas. Ashland County benefits from the expertise of statewide Extension specialists on topics such as economic development, agriculture and climate change.*





# Human Development & Relationships

*Heidi Ungrodt, Human Development & Relationships Educator*



Heidi Ungrodt is a Human Development and Relationships Educator in Ashland County. Her work focuses on building individual and family wellbeing through programs that strengthen social emotional skills and healthy family relationships. Her outreach and programs reach families in times of stress and transition, and participants include co-parents, grandparents raising grandchildren, and justice-involved individuals and their families. Heidi is dedicated to the Wisconsin Idea and Extension's mission of promoting lifelong learning through relevant, engaging and innovative programming.

## Activity Highlights

- **Strengthening Families and Systems:** an 8-week program where parents, caregivers and child-serving professionals learn trauma-informed practices to **build healthy relationships with children who have experienced trauma**. With three rounds in 2021, 49 people participated between Ashland, Douglas, and Bayfield Counties. 97% of respondents agreed that the information will help them in their parenting and/or their work and were able to cite specific tools or strategies they plan to use to help children who have experienced trauma.
- **Triple P:** an evidence-based parenting program that teaches **simple and practical strategies for helping parents raise happy, confident children**; set family rules and routines; and confidently manage children's behavior. In 2021 Ungrodt attended Triple P facilitator trainings and formed partnerships with Extension colleagues to begin offering ongoing virtual Triple P classes year-round.
- **Families and Technology:** a workgroup formed to help develop resources and programs for parents around children and technology. Ungrodt helped create and present a 2-hour **workshop to help parents understand the impacts of technology use**, learn strategies for managing screens and create a family media plan.
- **Coffee Talks** offer parents of children enrolled in Head Start an opportunity **to gather for skills-based education and parent-to-parent support**. The goal is to strengthen family relationships and reduce family stress, reducing the likelihood of child neglect or abuse. In 2021, Ungrodt and the Douglas/Bayfield County educator worked to develop and begin offering Coffee Talks monthly.

## CoParenting – New Look, New Reach

**Parents Forever** is an evidence-based program where co-parents learn skills to improve communication and problem-solving, support children emotionally and keep kids out of the middle of conflict.

In 2021, Ungrodt worked with a small team of Extension Educators to develop an updated version of the Parents Forever curriculum, which effectively teaches the original class material in a virtual classroom setting. As part of this effort, the **team created appealing visuals, engaging activities for learners, and clear scripts for educators**. This updated version was shared statewide and is now used by Extension Educators across the state.

In Ashland and Bayfield Counties, Extension educators collaborate to regularly offer Parents Forever virtually for divorcing parents with minor children. In 2021, 58 parents participated. 96% of respondents to a post-survey said that as a result of the program, they learned new ways to avoid arguing with the other parent in front of the children and that they were more confident in their ability to communicate effectively. When asked what they plan to do differently, responses included, "be more aware of how the kids are doing and take time to spend time with each of them individually", and "not discuss the other parent in front of my children".



# Human Development & Relationships

The Literacy Link works with local partners to foster positive, literacy-focused interactions between children and their justice-involved parents.

## THE LITERACY LINK



- encourage child-parent engagement
- increase literacy competence to support stronger family relationships
- improve literacy development and positive child outcomes
- support successful family reunification and community reentry.

**Read & Connect workshops** are offered to parents in jail to learn the importance of reading aloud to children and ways to engage their child through books. The goal of this program is to help parents strengthen the parent-child bond and build children's early literacy skills, which are an important foundation for success in school and life.

**Making Reading Memories** is a program for justice-involved families where parents in jail are video recorded reading storybooks, which are then shared with their children at home. The goal is to reduce the trauma of separation, strengthen family relationships and at the same time increase children's exposure to books and reading.

**Family Literacy Kits** provide connection, support and education for justice-involved families. Each month, parents in jail have an opportunity to select books and write letters for their children. Kits are then mailed to families, which include the books and letters, along with parenting and self-care information for caregivers at home. The goal is to reduce learning disparities, increase connection and support family resilience during a highly stressful period. In 2021, 67 kits were mailed, containing more than 130 books for 64 children and their families in Ashland County.

## Supporting Children with Incarcerated Parents

When parents are incarcerated, the separation can be traumatic for children and can disrupt learning and development. Their caregivers at home often struggle with maintaining parent/child contact, supporting their child academically and with questions about how to talk with children about incarceration. To support caregivers and children in justice-involved families, Ungrodt worked with Literacy Link colleagues to develop and offer a two-part online program titled *Supporting Children with Incarcerated Parents*.

Through this program, caregivers and professionals working with justice-involved families learn the importance of strong relationships to offset stress for children. The program highlights reading together as a way to bond and build literacy skills for children. In addition, caregivers receive support and strategies for talking with children about incarceration and supporting children emotionally in difficult times. Participants practice recognizing children's emotions, empathizing and teaching problem solving skills.

*Supporting Children with Incarcerated Parents* was held in Summer and Fall 2021 and will continue to be offered in 2022. Based on post-program surveys, 95% of respondents agreed that they learned new ways to help their child understand and manage their feelings.



A number of printed resources are shared with caregivers participating *Supporting Children with Incarcerated Parents*. Topics include: What Should I Tell the Kids?; Should I Encourage My Child's Relationship with their Parent in Jail?; Video Visits with Children.

**One participant stated, "I learned the value and importance of supporting children in labeling their feelings. This workshop also provided me with a great refresher of the effectiveness of remaining calm in helping children work through their feelings".**





# Positive Youth Development

*Doug Liphart, 4-H Youth Development Educator*



Doug Liphart has been with Ashland County Extension since 2005 as a 4-H & Youth Development Educator. He earned his Master's Degree from Minnesota State University at Mankato in Experiential Education, and gained faculty status with the UW system in 2010. Liphart is passionate about working with volunteers to make the community a better place for our young people to grow and live. He gets excited about working with young people and helping to discover what sparks them, build leadership skills, and get them engaged in our community and community governance.

## Activity Highlights

In 2021, Doug worked with 107 4-H youth members, 113 youth in non 4-H Positive Youth Development programs, and 30+ adult volunteers.

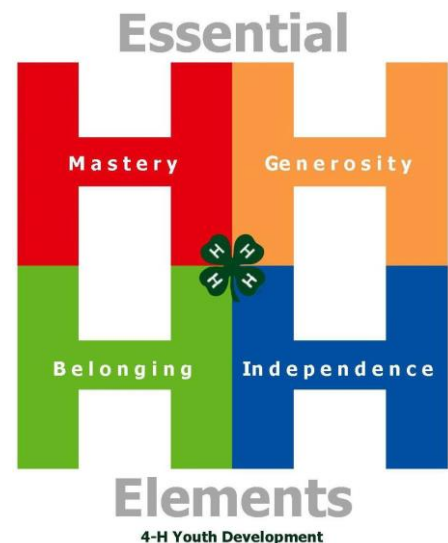
- **A series of canoe safety programs** for Bad River youth partnering with Joy Schelble (basic strokes, rescues, and hazard recognition) to prepare them to **safely go wild ricing in the fall** as part of an ongoing program. 38 youth participated and approximately 80% of those youth later participated in traditionally harvesting over 30 pounds of rice, which they processed and distributed at a feast (as is culturally appropriate).
- **4-H summer camp 2021**: just under 50 area youth participated with the help of 17 high school aged volunteer counselors from Ashland and Bayfield Counties. This is **the highlight of summer** for many participating youth, an outstanding opportunity to learn leadership skills for youth counselors, and builds on all four of the essential elements of Positive Youth Development for the youth involved.



*Practicing with Doug and Joy, youth were able to learn the skills to traditionally harvest wild rice*



*Youth having a blast at summer camp!  
Participation in 4-H Camp introduces  
new families to what 4-H has to offer!*





# Positive Youth Development

- **Co-planned and co-conducted The Wisconsin Restorative Justice Summit**; three state-wide virtual conferences for youth serving and juvenile justice professionals and concerned community members. The goal was to **learn about and discuss equitable, evidence based restorative justice and peacemaking practices** and to strengthen individuals' and organizations' use of a restorative lens in relationships and programs with young people and adjudicated youth. Over 600 professionals and community members participated in the 2021 programs. There were 3 keynote speakers and 18 diverse breakout sessions; from convicted felons, to Tribal judges, community organizers and artists.
- **Co-conducted an evaluation of the impact of the Superior Days Legislative Forum** (an annual non-partisan lobbying effort in Madison carried out by local community leaders and youth) to **measure the impact on participating youth regarding their understanding of our democracy and their role in it**, and their motivation to engage. Results of this study will help adults and organizations who work with youth better understand and implement the elements of this civic engagement program. Results of this life changing program will be published shortly in the Journal of Youth Development.
- Youth Shooting Sports Programs **Archery and Riflery** were successful in teaching 4-H youth about safety and skill. Volunteer riflery instructor David Nortunen instructed 4-H'ers on taking care of a rifle and shooting practice. 4-H volunteer archery instructor Stephanie Baker partnered up with Ashland Parks and Rec's Rowan Koester to provide lots of fun and top notch instruction.
- Youth in Ashland County were welcomed to sign up for half-day adventures with **Elementary Adventure Days**. Partnering with NGLVC, Ashland Parks and Rec, and 4-H Ambassadors. Youth played in the mud, paddled, and rock climbed their way through Summer 2021.
- Extension provided activity facilitation and support for Northland College Sigurd Olson Environmental Institute's **Outdoor Adventure Leadership Club**.
- 4-H **CANSKI (Chequamegon Area Nordic Ski Club)** put over 150 children and family members from Ashland and Bayfield Counties on cross country skis in winter 2021. Ski gear is provided and transportation can be arranged if needed and as health concerns allow. Skills and learning outcomes included leadership, winter safety, service to community, technical skiing skills, and games - bringing all four elements of positive youth development (mastery, belonging, independence, and generosity) to the Chequamegon Bay and Bad River communities.



*Riflery participants learning about safety*



*Outdoor Adventure Leadership youth practicing fire building.*



*4-H CANSKI is Nordic skiing plus a lot more!*







# Positive Youth Development

## Federally Recognized Tribal Extension Program

Joy Schelble, FRTEP Educator



A highly regarded Extension educator since 2002, Joy Schelble has served the Bad River community for the past seven years. She helps preserve the language and culture of the Bad River Tribe through community programs, especially in the areas of community gardens and youth development.

### Activity Highlights

- **A series of conversations and hands-on activities** for Bad River Tribal Youth and visiting youth, to exchange cultural insights and gain cultural confidence with the guidance from Bad River Mashkiisiibii Youth Services leadership and community elders. These types of exchanges are necessary to deconstruct racism and biased views of indigenous people and to provide indigenous youth with safe places to share about themselves and their lives
- **Cooking classes for middle school students** where students gain hands on experience of traditional food preparation and learn about the regional indigenous chef network and opportunities. This class provides needed culturally rich content for local native kids to continue healing from current and historic trauma and to restore their own cultural vitality.
- **A series of virtual and in person classes** for Bad River tribal members where they learn about food procurement, food security, food harvest, food cultivation, food preparation, food preservation, treaty rights and responsibilities and nutrition. The goal of this effort is to further tribal food sovereignty.
- **A Local Food Summit** for local vendors, customers and producers, where information has been shared on Local Food Production, Processing, Licensing and overall farming practices in similar communities. The goal is to increase the knowledge and expertise of local communities within Local Food Systems and Food Sovereignty for improved and increased local food access and production.

#### HIGHLIGHT

Schelbe helped facilitate a series of traditional Ojibwe lacrosse games for Ashland Middle School Students to increase the frequency of culturally rich activities in accordance with State of Wisconsin Act 31.

## Helping Youth Live Healthier and Culturally Vibrant Lives

The Federally Recognized Tribal Extension Program (FRTEP), an Extension Positive Youth Development program, strengthens the health and resiliency of Bad River youth through linked educational programs that engage youth in producing and consuming seasonal food, building knowledge of traditional Ojibwe foodways, and strengthening knowledge of language and culture.

This education is provided through demonstrations, public events, and in school and after school programming. The focus is on youth skill development, improving nutrition and reducing health disparities, preserving culture and language, and providing natural resources education in partnership with tribal partners working with youth and families.

FRTEP works to further the Bad River community goals to help youth live healthier, more culturally vibrant lives and build skills that contribute to the greater food sovereignty of the Bad River Tribal Nation.





## Extension

UNIVERSITY OF WISCONSIN-MADISON  
ASHLAND COUNTY



## Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

## The Challenge

In response to the ongoing challenges in reaching SNAP-Ed audiences with direct education during the pandemic, FoodWise increased the delivery of indirect education. This included an expanded social media and website presence, local online and print resources, electronic materials and handouts, and pre-recorded videos; all with the overall goal to continue to reach audiences with helpful nutrition information and resources empowering participants to live healthier lives.

**Ashland County** continued to deliver nutrition education **reaching 1,592 participants** through the use of electronic and hard copy materials, such as our monthly newsletters.



## Community IMPACTS



- Our program assisted with several different food box distributions throughout the community in response to the COVID-19 pandemic.
- We continued to distribute our monthly Ashland/Bayfield/Iron County FoodWise newsletter.
- We started offering a virtual StrongBodies strength training program in collaboration with Douglas County FoodWise – filling a need for strength training opportunities in the area.
- Our team completed a Mapping Workshop Series where we learned more about the needs of our community.
- Welcomed a new Educator to our team, Marisa Perlberg! Marisa is from the area and comes to us with a background as a social worker.

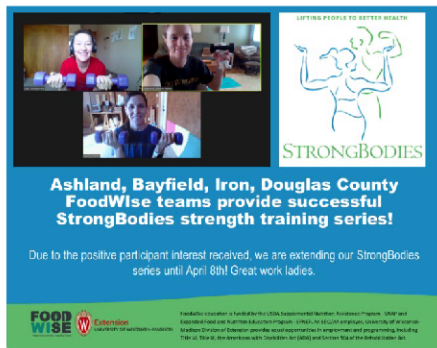
## ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Ashland County, FoodWise partners with schools, after-school programs, Head Start programs, senior meal programs, and food pantries to help make the healthy choice the easy choice in our communities.

# Virtual StrongBodies Strength Training Program a Success!

What is StrongBodies? The Extension StrongBodies Program is based on the StrongWomen Program that was created by Professors, Miriam E. Nelson and Rebecca Seguin. StrongBodies catalyzes positive changes in people of all ages to live stronger, healthier lives by providing knowledge, inspiration, access to programs, and ongoing support.



The Ashland/Bayfield/Iron County FoodWise team initiated its first StrongBodies series in January 2021 and since then, has had two more series and is beginning a third. This programming is in collaboration with the Douglas County FoodWise team. It has been great to have their many years of experience and expertise with this program to start implementing it in our counties.

With limited opportunities to participate in strength training programs in our rural counties, StrongBodies helps to fill part of that need. This program is for anyone 18 years or older and includes a nutrition education portion as well. Let's continue to get STRONG for years to come!

## Newsletter....News!

Our team continued with providing an Ashland/Bayfield/Iron County FoodWise monthly newsletter as a way to reach all of our partners throughout the pandemic. Our newsletters typically include contact information for our FoodWise team, a food resource story, recipes, wellness topics, programming that our team has been involved with, and a Harvest of the Month section. Thank you to Rebecca Holm (Extension Iron County Office Manager) for the work she does in putting together these newsletters each month!



## Trauma-Informed Training Opportunity

Our team completed a training this past summer called Leah's Pantry. Through this training our team:

- Learned how to implement the Around the Table curricula.
- Explored the relationship between positive and adverse experiences and nourishment.
- Developed compassionate facilitation strategies.
- Engaged in personal and group reflection.



Our team plans to apply what we learned in this training into the programming that we do in our communities.



**Stephanie Bakker**  
FoodWise Coordinator  
Ashland/Bayfield/Iron  
Counties



**Deborah Leonard**  
FoodWise Nutrition Educator  
Ashland/Bayfield/Iron  
Counties



**Marisa Perlberg**  
FoodWise Nutrition Educator  
Ashland/Bayfield/Iron  
Counties

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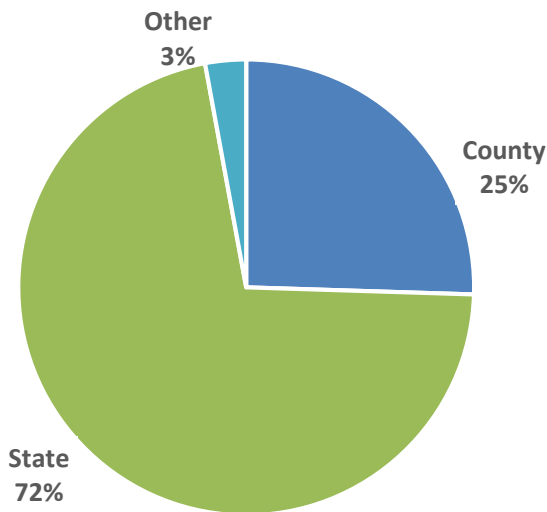
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# 2021 Budget

**For every \$1 that Ashland County put into Extension in 2021, an additional \$3.00 came from another source.**



In 2021, the work of the Ashland County Extension office was completed by 7 educators, 1 full-time office manager and a part-time clerk. Not all those folks were on staff at once - needs change with the time of year, funding availability, vacancies, and special opportunities. Over the course of a year, Extension touches a lot of community needs!

The success of Ashland County Extension programming relies on 4 aspects:

- County funding
- State funding
- Donations, Grants & Fees
- Volunteers

In Extension, educators are co-funded by the county and state. Through August 2021, Ashland County shared a co-funding fee with Bayfield County towards the agriculture program. In addition, county funds help to outfit Extension with office supplies, technology, program and travel costs, as well as excellent office staff to support the programs.

FoodWise, our nutrition education program, is paid for by federal SNAP-Ed (Supplemental Nutrition Assistance Program Education) funds that come through UW-Madison Division of Extension. Ashland County FoodWise is part of a three-county project which also includes Bayfield and Iron Counties. Ashland County and the Bad River Band of Lake Superior Chippewa also host our FRTEP Educator, which is a federal grant. County funds are not involved in the salaries of the FoodWise Coordinator, FoodWise Educator, FRTEP Educator or Area Extension Director.

The charts show the basics of where our funding comes from. *Due to travel and programming restrictions resulting from the COVID-19 pandemic, as well as staffing vacancies, the 2021 budget is atypical.*

**Extension Trained Volunteers** contributed another \$46,663 in value that is not included on this chart. (Using the 2021 standard "Independent Sector" rate of \$28.54)



<b>County</b>	Co Funded Staff Fee (4)	92,033
	Support Staff	31,696
	Office & Technology	1,813
	Educational Program Support	<u>2,401</u>
	<b>TOTAL COUNTY</b>	<b>\$127,943</b>
<b>State</b>	Co Funded Staff Salary/Fringe	187,206
	FoodWise Staff & Program	55,565
	FRTEP Staff & Program	84,000
	Program Support	1,686
	Professional Development	161
	Director Salary/Fringe	<u>30,678</u>
	<b>TOTAL STATE</b>	<b>\$359,350</b>
<b>Other</b>	Donations, Grants, Fees	<u>14,523</u>
	<b>TOTAL OTHER</b>	<b>\$14,523</b>
<b>TOTAL 2021</b>		<b>\$501,816</b>