



Extension
UNIVERSITY OF WISCONSIN-MADISON
ASHLAND COUNTY





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Extension

UNIVERSITY OF WISCONSIN-MADISON
ASHLAND COUNTY

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Extension
UNIVERSITY OF WISCONSIN-MADISON
ASHLAND COUNTY

January 1, 2022 - December 31, 2022

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

In this 2022 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, strengthen families and individuals, protect natural resources and support young people. 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 2022. 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!

In 2022, we celebrated with our longtime (17 years!) 4-H Youth Development Educator, Doug Liphart, as he retired from Extension service. Doug's impact on youth development programming in Ashland County leaves a lasting legacy which includes outdoor adventures, leadership, and youth/adult partnerships. After a nationwide search, Kate Wallner joined our team as the 4-H Program Educator late in the year.

THANK YOU to the Ashland County Board of Supervisors and the Agriculture & Extension Education Committee for your continued support of Extension Ashland County during 2022. 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)

**2022 Ashland County
Agriculture & Extension
Education Committee**

Charles Ortman

Philomena Kebec

Pat Kinney

George Mika

Kathy L. Schutte

Matt Mackenzie
(Welcomed June 2022)

George Bussey
(Welcomed June 2022)

2022 Extension Staff

Lissa Radke, Community
Development Educator

Heidi Ungrodt, Families
& Finance Educator

Joy Schelble, FRTEP
Youth
Development Educator

Stephanie Bakker,
FoodWise Coordinator

Marisa Perlberg,
FoodWise Educator

Doug Liphart, 4-H Youth
Development Educator
(Retired in July)

Kate Wallner, 4-H Youth
Development Educator
(Starting in October)

Blake Frost, Office
Manager

Mary Pardee, Area
Extension Director



Community Development

Lissa Radke, Community Development Educator



Lissa's work with UW Madison Extension focuses on building relationships between individuals, organizations, and University resources to further the goals of the Ashland County Community. Her programming reaches across Ashland County and some participants include: local farmers, business owners, government employees, outdoor professionals, and passionate community members with big ideas. Lissa loves her Extension job! "It's satisfying to work with diverse groups, local governments, and the broader community to find practical solutions to local challenges, and to bring positive change at the grassroots level. It's also exciting to connect the UW's scientists, researchers, and faculty to local people and groups. To help Ashland County address our real-world issues. Every work day is different and brings new ideas and solutions!"

Activity Highlights: Community Health and Economic Development

◆ **Developed and conducted a new three-part virtual series called "Living with Ticks: Ticks and Tick-borne Disease in Wisconsin"** to help regional natural resource managers, visitors, outdoors guides, loggers, farmers, and residents avoid tick bites and identify tick infections. Recordings of this series are available on the website.

1) Ticks & Tick-Borne Diseases in Wisconsin

Guest speakers included the director of the Midwest Center of Excellence for Vector-Borne Disease and assistant researchers working on identifying and preventing ticks in rural and urban areas. (276 participants registered)



Midwest Center of Excellence
VECTOR-BORNE DISEASE

2) Tick-Borne Diseases & Your Pets

With a guest speaker from UW-Madison's School of Veterinary Medicine. (102 registered)

3) Tick-Borne Diseases: How to Prevent, Diagnose, and Treat Them

With a guest speaker from the Wisconsin Department of Health Services. (112 registered)



WISCONSIN DEPARTMENT of HEALTH SERVICES

◆ **"Extreme Heat and Human Health Impacts" program;** with virtual presentations from the Ashland County Public Health Director and a Wisconsin Department of Health Services medical professional talking about how climate changes are causing increasingly hotter days and nights, and how to stay safe. (28 registered)

◆ **Developed a new partnership group that will explore county-wide vulnerabilities to extreme storms** and write a climate readiness action plan to prevent or minimize extreme weather impacts throughout Ashland County. The group will meet throughout 2023.





Community Development

Economic and Community Development Initiatives

- ◆ Collaborated with the Town of Morse and the City of Mellen to write a proposal to receive technical assistance from UW Extension-Madison economic specialists and the Wisconsin Economic Development Corporation. The proposal was one of only five rural Wisconsin communities chosen to receive assistance in writing the communities' first joint strategic plan for community and economic enhancements.
- ◆ Developed a new multi-stakeholder partnership group to develop a strategic plan for building clean energy infrastructure for electric vehicles and charging stations. This group will meet throughout 2023 to accomplish four goals related to building an EV economy.



"The (Morse and Mellen) proposal was one of only five rural Wisconsin communities chosen to receive assistance in writing the communities' first joint strategic plan for community and economic enhancements".

- ◆ Began research and program development for a new research project with UW Madison demography specialists and Northland College faculty to identify where new property owners are moving to Ashland County from and why they chose to live here. This information will help inform county decision makers about residents' needs during the upcoming Ashland County Comprehensive Plan 10-year review in 2025.



Hazardous Waste Management Outreach

- Developed a new webinar called "Green Living: Reduce Hazardous Waste and Disposal of Toxics" to inform households and businesses how to reduce their use of toxic materials. A speaker from the WI DNR addressed how to choose non-toxic alternatives, reduce energy use, and reduce water use by avoiding hazardous products. Recording is available on our website



The 27th annual Cleansweep collection event saw 152 participants from 3 counties and 24 communities!

- Exchanged free pastries for unwanted medications with Cleansweeps participants in our Donuts for Drugs campaign.
- Enlisted the help of 10 community volunteers from public and private groups and agencies to inform participants about the event on-site.



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.'





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

Triple P is an effective evidence-based parenting program backed by more than 35 years of ongoing research. Triple P gives parents simple and practical strategies to help build healthy relationships, confidently manage children’s behavior and prevent problems from developing.

In 2022, statewide collaboration expanded local access to over 50 sessions of Triple P, reaching 142 different participants. Ashland County residents attended a combined total of 37 sessions.

"Today's group was exactly what I need to work on with my stepsons. So, thank you for all the info. I will use it." —Triple P Parent



Strengthening Families & Systems continues to be a highly sought-after workshop focused on building positive relationships with children who have experienced trauma. This 8-session workshop was offered Summer 2022 and reached 24 parents, foster parents, caregivers, and youth serving professionals.



Parents Forever is an evidence-based program for co-parents to learn skills to improve communication and problem-solving, support children emotionally and keep kids out of the middle of conflict. In 2022, this class was offered 8 times and reached 70 parents. As a result of the class, participants report more confidence in their ability to communicate with the other parent.

Relationships Matter is a class series that covers basic social-emotional skills to support healthy relationships. In 2022, this class was offered at Genesis Mental Health in Ashland. In 4 sessions, participants learned about and practiced skills for effective communication, stress management, problem solving, self-control, mildfulness, and demonstrating empathy.



Coffee Talks offer monthly skills-based education and support for parents of children enrolled in Head Start. The goal is to strengthen family relationships and reduce family stress. In 2022, we developed and offered sessions on a monthly basis including topics on Happy Goodbyes, Loving Learning, Household Stress & Holiday Spending.

The Literacy Link works with local partners to foster positive, literacy focused interactions between children and their justice-involved parent. Ashland County programs include:

- ◆ Read & Connect—a workshop on the importance of reading aloud to children and ways to engage their child through books.
- ◆ Making Reading Memories—parents in jail are recorded reading storybooks, which are then shared with their children at home.
- ◆ Family Literacy Kits—parents in jail select books and write letters for their children. Kits are mailed to the family, which include the books and letters, along with information for the caregivers at home.





Positive Youth Development

Kate Wallner, 4-H Youth Development Educator starting in October 2022



Meet Kate, a new Ashland County Extension hire!

Stepping into an Extension Educator position last Fall felt energizing to Kate. Growing up in Ashland County, she was an original panelist of Teen Court, a youth restorative justice program she now leads as Adult Advisor. As an UW-Madison Humanities major, she gained insights that help bridge cultural differences between northern and southern Wisconsin. Studying in Varanasi and Jaipur, India widened her scope of global histories which prepared her to become the International Learning Community Program Coordinator, a Student Affairs role managing social and educational programs for over two hundred domestic and international undergrads, staff, and faculty. Valuing the concept of living locally while thinking globally, Kate decided to serve as a Peace Corps

Volunteer in Kosovo from Spring 2015-Fall 2019, collaborating with locals and internationals on Education and Community Youth Development with a focus in post-conflict transformation serving multiethnic communities. Kate's experiences guided her home to support local youth with opportunities for experiential growth and lifelong learning.

Kate's Start

As a newcomer to 4-H, Kate's main focus was to better understand Ashland County 4-H, area partnerships, UW-Madison Extension system, and networks of national Extension and global 4-H. A week after officially starting, Kate attended the 2022 National 4-H Extension Conference held in Madison to connect with Educators from Wisconsin and around the USA. Then came time for one of the busiest seasons of the 4-H year - CANSKI! Alongside Bayfield County 4-H, Kate jumped into administrative work to promote club activities, register youth participants, organize volunteers, and take stock of gear needed to supply over 100 youth and families with cross country ski fun! Specifically in Ashland County, Kate collaborated with the Leaders Association and Extension colleagues to facilitate the Member Evaluation process: this allows 4-H youth to practice communication skills with written records and interview etiquette to receive funding for special events. Out of six applicants, six were awarded funds thanks to the efforts of our local leaders!



October 2022 National 4-H and Extension Conference in Madison, WI



Assisting with CANSKI gear checkout in the Winter 22-23 Season

Two of the fantastic Ashland County Leaders Association Board Members (left to right): Liz Arbuckle (Vice President) and Jennifer Nortunen (President)



Each Fall, 4-H youth apply for merit-based funding to participate in special 4-H programs! Two of six 2022 recipients are above: Jordan Thunder (Space Camp), and Viddy Wabindato (Exchange to Japan)!

Besides 4-H, Kate renewed the Ashland County Teen Court in December 2022, continuing with trainings and hearings in the next year. Kate looks forward to ongoing work with community youth, families, and volunteers!



Positive Youth Development

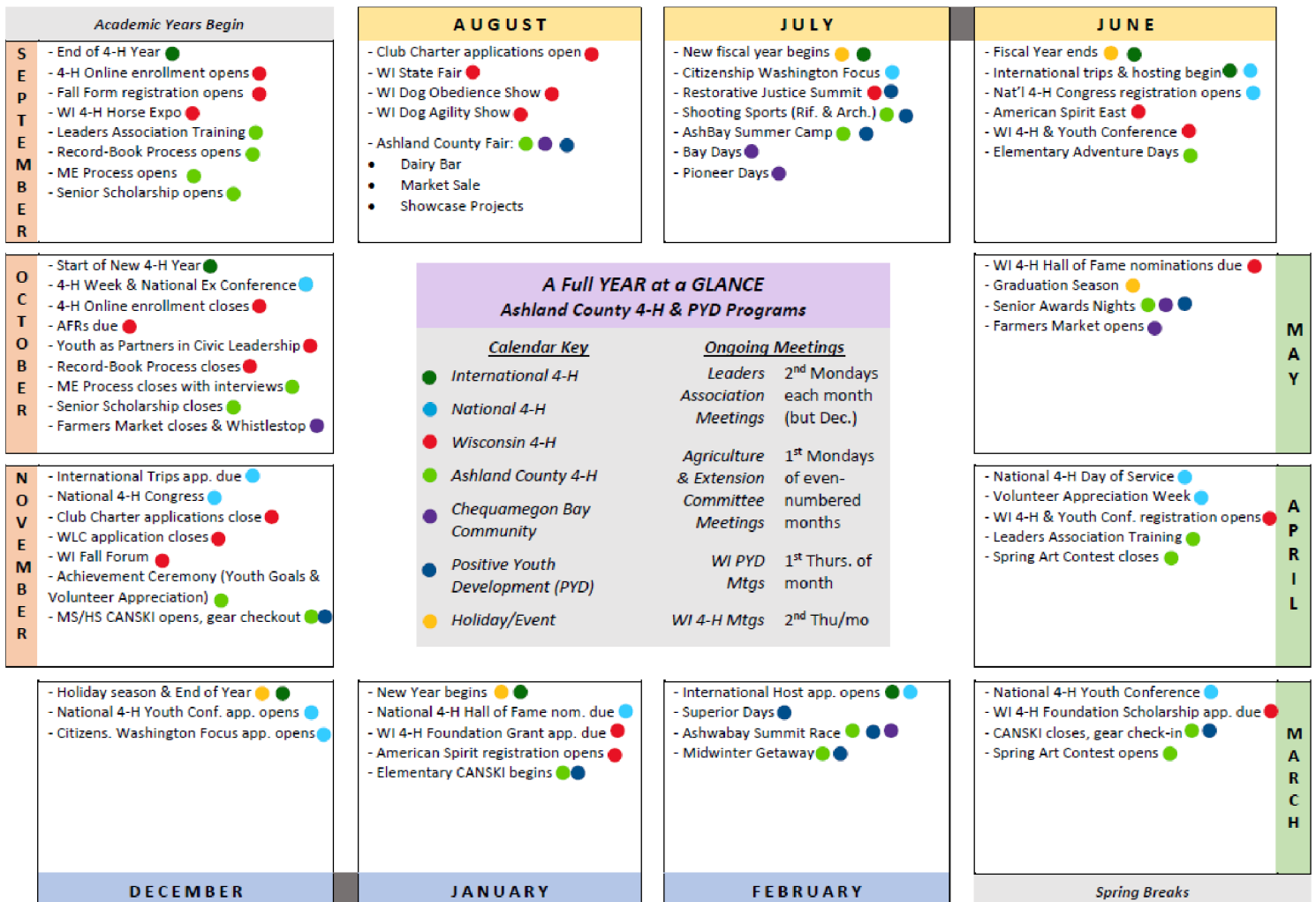
Kate Wallner, 4-H Youth Development Educator starting in October 2022

Resources And Benefits

Kate arrived shortly after the 4-H New Year and spent much of 2022 organizing how state and national 4-H timelines relate to Ashland County 4-H annual events, school districts' calendars, and happenings across the Chequamegon Bay. As a result, Kate is developing tools to clearly communicate the bigger picture and plans in local youth development so youth, families, and volunteers can be updated and informed effectively. The Year at a Glance image below shows the general flow of 4-H activities to help youth and families participate and partner organizations team up to build capacity.

Being new to 4-H offers fresh perspective! Some of the many benefits 4-H clearly provides youth and adult volunteers are:

- opportunities to learn and teach unique skillsets in diverse environments
- membership in the global 4-H network connecting citizens of over 80 countries
- intergenerational mentorship bonding all ages and identities around shared interests
- special tools and resources accessible for enhanced growth and support



The Full Year at a Glance Calendar for Ashland County 4-H and Positive Youth Development activities for interested parties to keep on their radar. Dates not included. Developed late 2022 into 2023 and will be continuously updated to reflect additions to the program.

Federally Recognized Tribal Extension Program

Joy Schelble, FRTEP Educator



A highly valued and recognized Extension Educator, Joy Schelble received UW-Madison's Award of Excellence as the recipient of the 2022 Robert and Carroll Heideman Award for Exceptional Public Service and Outreach. Joy has served the Bad River Band of Lake Superior Ojibwe for the past 8 years. Joy helps further the goals of tribal food sovereignty, community health, and youth education for the Bad River Tribe through community programs, programmatic resource support, and strategic planning services.

Activity Highlights

In 2022, Joy coordinated and facilitated many important aspects of Ojibwe treaty rights harvest events for tribal youth attending the Ashland School District. Youth from the Ashland high school and middle school participated in wild rice harvest events on ceded territory as part of the Act 31 educational mandate and the tribal treaty rights and responsibilities educational programming. The FRTEP educator collaborated with the Mashkiizibii Youth Services Department, SPARK after school program, and the Ashland School District to provide youth with supports needed to harvest wild rice and attend events at the youth maple sugar bush on the reservation. The FRTEP educator provided resources and much of the on-site education for youth at these events.

Helping Youth Live Healthier and More 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 program is on a four-year grant cycle and was just awarded another competitive grant to continue this excellent programming for another cycle.

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 Tribe.

The success of these events has drawn attention to the success of experiential learning for many native students as well as the academic standards met with ACT 31 activities. This has led to more meaningful conversations about culturally rooted education and more plans for this type of programming for the 2023/2024 school year.



Youth in the maple sugar bush.

Federally Recognized Tribal Extension Program

Joy Schelble, FRTEP Educator

Joy helped expand the baaga'adowewin (traditional Ojibwe lacrosse) program to further leadership development, teaching skills, and cultural education skills & experiences for high school youth participants.

- ◆ Baaga'adowewin has been a popular program in the schools and after school settings for native and non-native youth. The FRTEP educator facilitates the program and works with school and community partners to align school standards with aspects of this program to help indigenous youth receive credit and acknowledgement for teaching, leading, and sharing cultural aspects of the game with youth from other schools across the region. Adults are also able to use these experiences to aid in cultural education services at Northwoods Technical College. The youth have been invited to teach and lead a game for incoming Indigenous freshman on the UW-Madison campus this fall 2023.

"The youth have been invited to teach and lead a game for incoming Indigenous freshman on the UW-Madison campus in fall of 2023"



A youth game of Baaga'adowewin

- ◆ Joy has offered support, strategic planning, training, and educational services to the new Bad River Food Sovereignty Coordinator and staff. FRTEP was part of the statewide team that was awarded the UW Division of Extension Innovations Grant to expand professional development for new and interested tribal food sovereignty staff and interns across several tribal communities.
- ◆ In 2022, Joy has provided quality programming that has been celebrated and formally recognized. This included a cover story article in the Growing Wisconsin Publication (Wisconsin's state agricultural department magazine) and was interviewed for a contribution to the Academic Staff Oral History Project which will be permanently housed in the UW-Madison historic archives.

FRTEP



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 **Landscape**

67%

of population lives in census tracts that are low income & have low access to healthy foods



37%

of adults have obesity



14%

of individuals are food insecure



16%

of households receive SNAP benefits



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.

Community Impacts **In 2022**



Collaborated with two other FoodWise teams to provide four virtual StrongBodies strength training series over Zoom.

Implemented the Harvest of the Month campaign in different settings, with messages to promote eating Wisconsin-grown fruits & vegetables. We included this information in our monthly newsletter to partners as well.

Our team attended the Native Nutrition Conference. This conference included sessions on healing from trauma, practical knowledge to return to traditional diets, and Indigenizing nutrition and food policy.

Harvest of the Month

Northern Wisconsin Style!

It started as an 'ask' from a partner: was our team doing anything with the Extension Harvest of the Month (HOM) campaign? We decided to start small and include it in our newsletter. Now we have implemented the HOM campaign in many different ways, with many different partners, across our three counties: Ashland, Bayfield, Iron.

Wisconsin HOM is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable. Students taste, explore, and learn about the importance of eating fruits and vegetables.

Our team has shared information from the HOM campaign

- in our monthly newsletters.
- with posters in schools and postcards sent home to families.
- within our educational programming.
- by incorporating local produce into the school meal programs.
- by including HOM items into school garden plans and programming.
- through the creation of a local HOM partners group.
- by posting information on our different social media platforms.



To learn more about Harvest of the Month, visit <https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month/> or <https://www.facebook.com/FoodWiseUWEX.North>

Seniors Eating Well

Ashland County

We provided a nutrition series this past summer with the Ashland County Aging Unit at the Sanborn Senior Meal Site. Participants attended four classes and learned about being active, whole grains, seasoning and cooking with herbs, and dietary fat. Participants also were able to sample new and healthy food samples that went along with the nutrition topics. Additionally, our program shares our monthly newsletters with the Aging Unit, who then shares with seniors that are part of their program.

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program – EFNEP. 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.

Connect With Us

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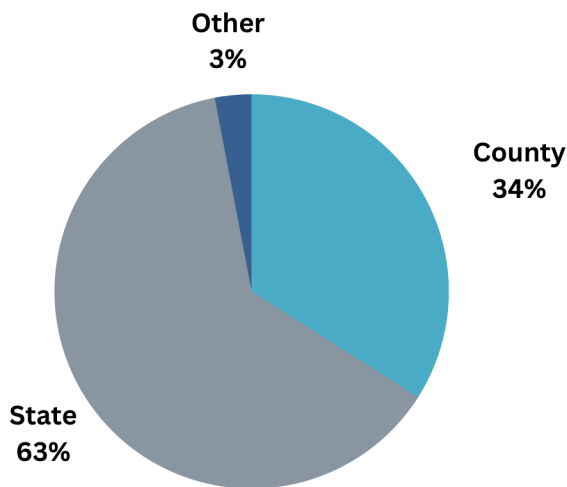


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2022 Budget

Local educators are part of a statewide network that supplies programming support, topic expertise, professional development and funding. Ashland County benefits from the expertise of statewide Extension specialists on topics such as economic development, agriculture and climate change.



In 2022, the work of the Ashland County Extension office was completed by 7 educators and 1 full-time office manager. 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 four aspects:

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

In Extension, educators are co-funded by the county and state. 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.

Extension Trained Volunteers contributed another \$48,968 in value that is not included on this chart.

(Using the 2022 standard "Independent Sector" rate of \$29.95)



County	Co-Funded Staff Fee	\$88,100
	Support Staff	\$47,255
	Office & Technology	\$2,440
	Educational Program Support	\$5,610
	TOTAL COUNTY	\$143,405
State	Co-Funded Staff Salary/Fringe	\$94,224
	FoodWise Staff & Program	\$50,485
	FRTEP Staff & Program	\$84,000
	Program Support	\$1,686
	Professional Development	\$3,489
	Director Salary/Fringe	\$30,678
	TOTAL STATE	\$264,562
Other	Donations, Grants, Fees	\$14,523
	TOTAL OTHER	\$14,523
TOTAL EXTENSION BUDGET		\$422,490