



Annual Report 2017

Presented in May 2018





What can your county extension office do for you?

UW-Extension Washington County

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The UW-Extension Washington County Office brings the knowledge and resources of the University of Wisconsin to residents where they need them most – where they live and work. We take pride in being engaged throughout Washington County in responding to local needs and concerns. From Kewaskum to Hartford and Germantown to Farmington, we strive to help improve and transform families, organizations, communities, and quality of life.

We offer educational outreach through four core program areas: Agriculture and Farm Business; Community Development; Family Living and Nutrition Education; and 4-H Youth Development.

We listen to citizen input to design local educational programs and include delivery to diverse audiences. Here is a list of the ways we impact Washington County:

- **Improving the Quality of Life for Washington County Residents**
In 2017, UW-Extension conducted over 840 educational programs, making over 7900 educational contacts to residents of Washington County.
- **Educating and Empowering Citizen Volunteers**
UW-Extension partnered with ~950 youth and adult volunteers who donated approximately 20,000 hours to Washington County in 2017. At \$13.00 per hour, the dollar value of the donated time amounts to \$260,000.
- **Addressing Community Issues and Responding to Community Needs through Unbiased Research and Education**
UW-Extension Educators worked with over 200 partners during the past year.
 - ◇ Addressed community needs through strategic partnerships
 - ◇ Reached diverse audiences through outreach efforts
 - ◇ Extended nutrition education for underserved families
 - ◇ Strengthened organizations through strategic planning
 - ◇ Improved financial literacy and building community strengths
 - ◇ Expanded access to the resources of the University of Wisconsin

UW-Extension Washington County *Your county extension office*

Your county extension office...

Increases Access to Knowledge

No matter what topics, we always learn something new. It's important to get together with other farm women and educate ourselves.

Heart of the Farm
Women's Conference
participant

Agriculture- Farm Business

**Educator:
Steph Plaster**



Dairy farmers consult with UWEX staff on facilities improvements

In 2017, Stephanie Plaster continued her role in Washington County Extension as the interim Agriculture Educator. Her position is shared with Ozaukee County with dairy, livestock, farm business, and facilities responsibilities in Sheboygan County. Accomplishments in this report include the work of the AG Educator, the work of volunteers throughout the year and programs delivered through the Tri-County AG partnership with Sheboygan and Ozaukee Counties.

Agriculture Education

Consultations and farm management team meetings occurred with farmers on business feasibility, marketing, lease development, crop agreements, risk management, and farm transition and succession issues. Farm visits were conducted on multiple farms relating to facilities design, modernization, safety and production issues.

Additionally, educational workshops were held on topics ranging from human resource management, cover crops, manure management, beef feeder cattle production, youth tractor and machinery safety, agricultural engineering, integrated pest management, commodity markets, water quality, and dairy production.

Youth Livestock Education

Programs were facilitated and coordinated, which resulted in several organizations and 70+ volunteers educating 160 youth on their dairy, beef, sheep, and swine projects involving roughly 350 project animals.

Master Gardeners

In 2017, 48 Washington County Master Gardeners Volunteers reported 4,418 hours of volunteer time. Over three hundred and fifty of these hours related to directly educating the community while over 4,000 hours went to community service. This is almost double the hours served in 2016. The volunteers also reported 1,327 hours of continuing education to improve their horticultural knowledge.

Tri-County Agriculture Programs

Through the partnership with Sheboygan and Ozaukee Counties, the following programs were offered and attended by Washington County participants:

- 2017 Agronomy Day
- 2017 Landscape and Grounds Maintenance Short Course
- Forage and Feeding Update

Pesticide Applicator Training was also provided in Washington County for applicators who use restricted-use pesticides in Wisconsin.

Your county extension office...

Supports Family Well-Being

"It's really hard to teach the concept of money to kids, thanks for doing this and helping us get started."

~Money Smart Week
The Big Read parent
participant

Family Living

Educator:
Carol Bralich



"Do It Yourself" session at 2017 Money Smart Week Women's Financial Conference

Increase Financial Knowledge

Washington County organizations continue to identify financial security as a significant challenge for families they serve. To address these issues, Family Living programs implemented direct teaching efforts with the following audiences:

- Provided 112 Head Start families the second series of 8 monthly financial newsletters
- Provided financial education for 47 Huber inmates who are transitioning back into employment
- Provided financial education and resources for families served by Casa Guadalupe

Financial Awareness Outreach

Family Living programs collaborated with financial community partners to provide Money Smart Week financial education opportunities for adults and children. Events included "The Big Read" library story time for 137 young children, skill building activities, and resources for parents.

The second annual Women's Financial Conference engaged 48 participants, who selected three break-out sessions that provided strategies and resources to meet their financial needs.

Building the Capacity of Child Care Professionals

Family Living programs collaborated with the early childhood community network. Its mission is to ensure a safe, high quality child care and education system in Washington County. Registry approved programs were coordinated to provide learning opportunities for child care teachers, directors and other center staff. "Child Development: A Sensory Processing Perspective" was offered in March. The keynote engaged 65 participants in sensory-based strategies to help improve children's focus, including children with sensory processing disorder. Participants shared specific future actions: use calming strategies, sensory bins and pre-teach behaviors.

In September, "Adverse Childhood Experiences (ACEs): the Impact of Trauma on Children" provided an opportunity for 54 child care professionals to learn about the effects of trauma on children and strategies to communicate with both the children and the parents. Participants indicated these applications as a result of this workshop: "look deeper into child's underlying behaviors," "be aware of behavior triggers," "make a safe zone," and "try to learn more about the families...so I can offer help if needed."

Your county extension office...

Provides Nutrition Education to Those in Need

"Since taking the FoodWise sessions, I have been bringing a salad with veggies to work for lunch every day. It's helping me to lose weight and be healthy."

~Pre-vocational Trainee
of TTI

FoodWise/SNAP-Ed

Nutrition Coordinator:
Renee Vertin

Nutrition Educators:
Sarah Faust
(partial year)



Direct Education feature story:

The partnership with TTI Industries began in 2013, and has enabled FoodWise to provide programs to Pre-vocational Trainees--people with low incomes and with disabilities who are being prepared to enter the workforce.

Five series (4-sessions each) were provided in FY17 to 45 Trainees; topics included *Nutrition Basics*, *Meal Planning*, and *Smart Shopping*, however the final topic (healthful dining out) proved to be the most popular.

Renee arranged for the sessions at McDonald's through the franchise management company. TTI provided tablets, Supervisors for oversight, and transportation for each group. Sarah and TTI assisted the Trainees in accessing online Nutrition Facts using their tablets. Each person entered his/her usual meal choice into the McDonald's online nutrition calculator. Prior to instruction: 24 (53%) of the selected meals were under 1000 calories. (Most chose meals containing well-over a 1000 calories.) From the *Healthful Foods Away from Home* session, Trainees learned strategies to reduce the fat and sugar content of their meal choices, and new skills were put into practice. The Trainees demonstrated successful application of these concepts with

meal makeovers; 80% of the Trainees (36) selected a meal less than 1000 calories. TTI finds onsite learning and interactive multimedia are effective tools with their Trainees.

Indirect education: 2,635 contacts were accomplished through FoodWise newsletter distribution at 14 locations.

Policy-Systems-Environment work: Renee and another member of the Full Shelf Food Pantry Board of Directors initiated and encouraged the Board to add two nutrient-dense foods to its regular offerings; after the items were piloted, the Board adopted the policy. This change impacts nearly 14,000 pantry guests (adults and children) per year. Renee also contributes to Well Washington County and the Community Health and Wellness Initiative.

Expanded outreach/partnerships in FY17: City View Apts., Exodus House, Albrecht Free Clinic, and Modern Woodmen of America. Complete list FoodWise Partners and full FoodWise FY17 Annual Report can be found at Washington.UWEX.edu

Your county extension office...

Develops Tomorrow's Leaders Today

"Participating in Building Welcoming Clubs was a great eye-opener for our club. With a few small, easy changes, we have made our club more welcoming."

~Julie Becker – General
Leader of Kettle Country Kids
4-H Club

4-H Youth Development

Educator:
Amy Mangan-Fisher
Program & Volunteer
Coordinator:
Megan Buehler



Emily Schmidt and Katie Dutcher
participating in an inclusion activity

Building Welcoming

Environments in 4-H: Wisconsin 4-H is guided by four essential elements of positive youth development: belonging, mastery, independence, and generosity. Throughout 2017, Washington County 4-H has focused on ways to help all youth and their families experience belonging. When youth experience a sense of belonging, they are more likely to try new things, participate, and set higher goals for themselves.

Brianna Stapleton Welch, the previous Washington County 4-H Youth Development Educator, began the *Building Welcoming Clubs* program in 2016. The intended outcome of the program was that youth will feel welcome and engaged when participating in 4-H Youth Development programs.

In 2016-2017, seven clubs participated in the *Building Welcoming Clubs* program. Stapleton Welch trained youth and adults as researchers to observe and record each club's customs, environment, youth and adult leaders, and components of the meeting. 18 researchers attended club meetings, recorded their findings, and submitted feedback to the clubs. A summary of the findings from this program was presented to youth and adult leaders in April 2017. Clubs then

reflected and made action plans with changes to create a more welcoming environment. Youth were motivated to ensure their clubs are inclusive. This was reflected through the goals that many clubs set for themselves for the 2017-2018 club year.

In October 2017, the annual club ambassador training was based on the findings of the *Building Welcoming Clubs* program. A team of youth leaders, adult volunteers and Amy Mangan-Fischer, the new Washington County 4-H Youth Development Educator, worked together to design the interactive training. 24 ambassadors from 13 different clubs attended. The participants learned strategies to help all youth feel accepted, connected, and included. Low risk ways for youth to contribute ideas, strategies to help new families feel more comfortable, and approaches that can make club meetings more engaging were shared.

Youth leaders were also offered an additional opportunity to learn about inclusion at the December "Power of a Leader" workshop. The workshop, designed by Mangan-Fischer provided youth with tools to help build a supportive club culture.

Your county extension office...

Collaborates for Success

"I give 4-H ten million smiles!"

"I want this night to never end!"

"I love 4-H so much that I'm going to go to both parks' programs!"

~Youth participants

4-H Youth Outreach

Coordinator:
Adrianna Lubner



Adrianna Lubner, Washington County 4-H Summer Outreach Coordinator, reading to youth at the Riveredge Nature Center Campout

In the Community

This past summer Washington County 4-H was able to make 640 educational contacts with youth ages 5 to 14 years old. Youth and adult volunteers worked with our Summer Outreach Coordinator, Adrianna Lubner, to provide hands-on educational opportunities to youth across Washington County.

Through partnerships with the Hartford and West Bend Parks and Recreation Departments, programming was brought to Independence and Woodlawn Parks in Hartford and Regner Park and Arbor Trace Apartments in West Bend. Each week's theme was a different 4-H project. Some of this past summer's themes included music, drama, gardening, and "around the world."

Youth that participated in programming completed program evaluations at the end of the summer. Participants scored the programming high and indicated that they enjoyed working with the youth leaders and Outreach Coordinator.

This summer youth at Family Promise of Washington County were also able to participate in 4-H activities. Youth at Family Promise learned about 4-H projects, had fun with music, and explored science through slime and rockets.

Reading at Casa Guadalupe

Young readers experienced 4-H through our reading program with Casa Guadalupe Education Center, Inc. The five week long program focused on building literacy skills and was offered at both the Hartford and West Bend locations.

Each week there was a new topic and participants received a book related to the topic. Youth had the opportunity to read the story one-on-one with a volunteer and then participated in reading related games as a group. Youth were also given a journal for them to answer prompts related to the next week's topic. This program allowed 4-H to continue developing meaningful relationships with the Hispanic community in the West Bend and Hartford Areas.

Emergency Preparedness

Zombie Survival Day Camp is a three day camp designed and facilitated by Washington County 4-H staff and volunteers. Middle school youth experienced the importance of emergency preparedness through the lens of a zombie apocalypse! Youth developed their communication, teamwork and leadership skills.

Your county extension office...

Builds Community Strengths

"With Paul's help and expertise, our organization has gone from frustrated to highly functional. We could not be more grateful for Paul's time and expertise."

~Feedback received through end-of-year evaluation

Community Development

Educator:
Paul Roback



County Board members and staff discussing strategic priorities.

Facilitating County Board Strategic Discussion

Washington County has previously identified strategic issues in 2007, 2010, and 2013. As part of the 2015 Priority Based Budgeting (PBB) Process, the County Board developed a mission statement, vision statement, core values, and high-level strategic priorities for the organization. Since it has been several years since the County Board had the opportunity to discuss and prioritize strategic issues as a group, a new planning process was desired.

In 2017, Paul collaborated with Washington County Administration to design and facilitate a multi-step process that included individual brainstorming, small group dialogue, and an opportunity for the entire board to collectively discuss strategic priorities. Twenty-four county board members attended this session. Paul and County Administration used the information gathered from this process to draft a report that detailed the county's strategic priorities for 2017-2019. As a result of these efforts, the County Board adopted this report at their April 18, 2017 meeting by a vote of 21-3.

Organizational Development

This past year, Paul provided community organizational development resources to

- Germantown Chamber of Commerce
- Kettle Moraine Symphony
- Lakeshore Regional Child Advocacy Center
- Richfield Historical Society
- UW-Washington County Campus Foundation
- Washington County Board of Supervisors
- Wash. Co. Highway Dept.
- Washington County SART
- West Bend Business Improvement District
- West Bend Children's Theatre

As a result of Paul's facilitation, 88% agreed that their organization has been more strategic in fulfilling their mission and 88% agreed or strongly agreed that their organization has an increased capacity to address community issues and opportunities. One survey response included that "Paul's leadership during the strategic planning process and his skillful guidance of our board helped us to create an exceptionally effective tool to help us guide our organization into the future."