



## COMMUNITY DEVELOPMENT

**Paul Roback**  
262-335-4480

Paul was contacted by the Executive Director of the **Cedar Lakes Conservation Foundation** to conduct a strategic planning process for their organization. After a preplanning meeting with the organization's leadership, Paul designed and facilitated two planning sessions with ten participants at each session.

Through evaluation, 100% of participants agreed that updating the organization's mission statement helped clarify their role as an organization, 90% agreed that updating the vision statement assisted them in understanding the general direction for their organization's future, 100% agreed that discussing key strategic issues helped to clarify their direction as an organization, and 100% agreed that discussing action steps increased their ability to focus strategic issues into future actions. Overall, participants evaluated Paul's facilitation as excellent (4.9 on a 5-point Likert Scale).

One month later, the Executive Director reported that the board has formed a strategic planning committee. Members are very excited and energized to implement action steps from the planning process.



University of Wisconsin-Extension

## Program Highlights September 2018



### UPCOMING EVENTS

#### SEPTEMBER

- Thu., Sep., 13th** **Wisconsin Bookworms™ reader training**, Public Agency Center, Rm 1023, 1-2:30 pm
- Thu., Sep., 13th** **Master Gardener Educational Meeting: Planting and Caring for Trees**, Public Agency Center, Rm 1113 A/B. 6-8 pm
- Fri., Sep., 14th** **Farm Management Update**, Kimberly, 9:00 am - 3:00pm
- Thu., Sep., 15th** **Master Gardener at the Farmer's Market: The Great Harvest**, Downtown West Bend, 7-11 am
- Thu., Sep., 20th** **Dollars During Development**, Public Agency Center, Rm 3005, West Bend, 6:30 - 8:30 pm

#### OCTOBER

- Thu., Oct., 4th** **"Let's Talk About It"** Germantown Youth Futures Parent Program, Kennedy Middle School, 6:30 pm

### PUBLIC WORKS COMMITTEE

(UW-Extension Oversight Committee)

Jeffrey Schleif-Chair

Brian Gallitz

Joe Gonnering

Roger Kist

Michael Parsons

**Area Extension Director**

Cindy Sarkady

*"Extending the knowledge and resources of the University of Wisconsin to people where they live and work."*

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## EDUCATIONAL PROGRAMMING



### AGRICULTURE EDUCATION

*Steph Plaster*  
262-335-4477

**Carcass Judging Event & Educational Show:** Stephanie coordinated and facilitated the carcass judging and educational show held at Kewaskum Frozen Foods. Youth entered 75 animals: 21 beef, 28 lambs, and 26 hogs. Carcass judging is an invaluable educational event. Youth learned to produce a high quality animal which will enter the food supply and produce a profit while meeting market demands.

**UW-Extension Master Gardener Volunteers (MGVs):** The monthly public educational meeting topic was “How to Raise and Help Monarch Butterflies”. Fifty-three people attended the meeting and learned how to create a monarch-friendly habitat and how to raise monarch butterflies from eggs through the release. Monarchs were also incorporated into the farmers market booth’s educational theme, “BUGS: the Good, the Bad, and the Ugly.” Live and preserved bugs were displayed and MGVs were on hand to teach the public all about the insects found in our area.



### 4-H YOUTH DEVELOPMENT

*Megan Buehler*  
262-335-4478

**4-H Summer Outreach Expands:** This summer, the UW-Extension Office has been teaming up with partner agencies to reach youth in our community. Our Summer Outreach Coordinator, Adrianna Lubner, returned for a second year and identified some great ways to expand the program by engaging three new partners this summer, including West Bend Library, Slinger Library, and Family Center of Washington County. Through these new partnerships, we were able to engage more than 100 additional contacts in hands-on educational programming.

Adrianna continued to partner with Riveredge Nature Center, Casa Guadalupe, West Bend and Hartford Parks Programs, Germantown Safety Town Program, and facilitated programming at our annual Zombie Survival Day Camp. Adrianna also supported our Open Houses, which saw record numbers with 82 families attending one of the two Open Houses offered.



### FAMILY LIVING EDUCATION

*Carol Bralich*  
262-335-4479

**Washington County UW-Extension Volunteer Master Food Preservers:** Family Living Programs partnered with the West Bend, Slinger and Hartford libraries, who requested food preservation program sessions during the summer of 2018. Carol also coordinated an educational session for Washington County Master Gardeners in June.

Food safe procedures and the use of tested recipes are emphasized during the “Everything You Need to Know about Canning” sessions taught by Volunteer UW-Extension Master Food Preserver Annette. Findings from attendees who completed a post-session evaluation (17/48 total), show that 100% of participants agreed or strongly agreed that it is important to follow up-to-date and research-tested recipes. Participants stated: “I will share with family and friends.” “I learned how to preserve more of what we get at the farmers’ market.”

Tested recipes can found at: <https://learningstore.uwex.edu> to order publications or download and print. In addition, the UW-Extension Safe & Healthy Food Blog provides information on safety recalls and food preservation updates: <http://fyi.uwex.edu/safepreserving>.



### NUTRITION EDUCATION (FoodWise/SNAP-Ed)

*Renee Vertin*  
262-335-4841

FoodWise Educator Kelly concluded nutrition lessons for younger and older children at Playground Parks Programs (**Hartford and West Bend Rec. Depts.**). MyPlate tools used in learning activities guided the youth to choose from the five food groups. Food tastings were offered at nearly every lesson to reinforce lesson concepts; recipes were readily accepted, meaning the youth were motivated to participate more in food prep at home. The youth learned that consuming a balance and a variety of foods ensures optimal nutrition for growth, bodily functions, and energy. Following one session, they applied newly acquired knowledge by identifying whole grains. Evaluations also revealed that 42% of the youth (10 of 24) often eat whole grains instead of the enriched versions.

The nutrition/food money management series Kelly provided in August was a first-ever FoodWise venture: lessons taught concurrently to groups of **The Threshold Inc. (TTI)** and **Human Services Dept. (HSD)**. Participants learned that meal planning is an effective tool to save time and money, and to improve nutrition; 75% (6 of 8) intend to plan meals.