



Extension
UNIVERSITY OF WISCONSIN-MADISON
WASHINGTON COUNTY

Annual Report

2018

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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 2018, UW-Extension conducted over 700 educational programs, making over 7800 educational contacts to residents of Washington County.
- **Educating and Empowering Citizen Volunteers**
UW-Extension partnered with ~1500 youth and adult volunteers who donated approximately 33,000 hours to Washington County in 2018. At \$13.00 per hour, the dollar value of the donated time amounts to approximately \$432,445.00
- **Addressing Community Issues and Responding to Community Needs through Unbiased Research and Education**
UW-Extension Educators worked with over 175 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

"Excellent content - Thank you for having this!"

~Supporting Farmers
During Challenging Times
program participant

Agriculture- Farm Business

Educator:
Steph Plaster



Agriculture professionals attend a meeting to discuss how to support farmers during challenging times.

In 2018, Stephanie Plaster was hired as the Washington County Extension Agriculture Educator. Her position is shared with Ozaukee County with dairy, livestock, farm business, and facilities responsibilities in Sheboygan County as well. 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, farm management team meetings, and farm visits occurred with farmers on business feasibility, marketing, lease development, crop agreements, risk management, and farm transition and succession issues.

Additionally, educational workshops were held on topics ranging from farm succession and retirement planning, dairy risk management, exit planning, employee training, supporting farmers during challenging times, cover crops, business management for women in farming, beef feeder cattle production, youth tractor and machinery safety, 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 2018, 43 Washington County Master Gardeners Volunteers reported 3,607 hours of volunteer time. Over four hundred and sixty of these hours related to directly educating the community and two hundred and sixty hours went to youth education. The volunteers also reported 1,165 hours of continuing education to improve their horticultural knowledge. Twenty people completed training to become a Master Gardener Volunteers.

Tri-County Agriculture Programs

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

- 2018 Agronomy Day
- 2018 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.

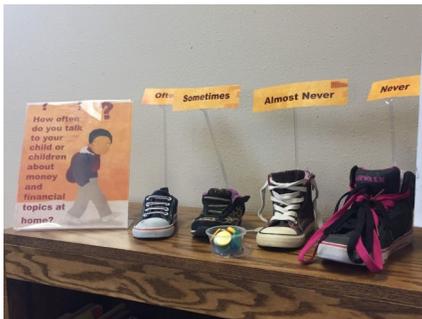
Your county extension office... Supports Family Well-Being

"Instead of asking a child 'What's wrong with you?' ask, 'What happened to you?'"

~Adverse Childhood Experiences Interface child care professional participant.

Family Living

Educator:
Carol Bralich



Big Read parent display at Germantown Library

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 128 Head Start families a series of 8 monthly financial newsletters, Extension Money Matters online financial resources at 4 Head Start open house events, and offered a follow up financial workshop.
- Provided financial education for Huber inmates who are transitioning back into employment

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 184 young children, skill building activities, and resources for parents.

The third annual Women's Financial Conference engaged 72 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. Registry approved programs were coordinated to provide learning opportunities for child care teachers, directors and other center staff. A half day professional development program, "Adverse Childhood Experiences Interface" was offered in April. The Community Outreach Educator from Children's Hospital of Wisconsin, engaged 48 participants, who learned the science behind how ACEs impacts children physically and behaviorally, and how to incorporate strategies to build resilient and self-healing communities. Participants shared specific future actions: 'Instead of asking a child 'What's wrong with you?' ask, 'What happened to you?' and 'make a connection with the child'.

The Missouri Extension curriculum based series "Taking Care of You...Mind.Body.Spirit" provided an opportunity for 35 child care professionals to learn practical strategies to help deal with stress. As a result, a participant shared: "This course made me really examine how I handle stressors and the negative impacts it can have. But, I now know some useful skills to help in the future!"

Your county extension office...

Provides Nutrition Education to Those in Need

“After being incarcerated for a number of years, this [FoodWise program] is helping me to learn how to cook for myself again and eat healthier.”

~ Participant in FoodWise Programs at Elevate’s Calm Harbor

Direct and Indirect Education

Fewer Educational Contacts took place in FY18, compared to FY17, due to a reduction in staffing. An experienced, 1.0 FTE Nutrition Educator terminated employment 1.5 months into the fiscal year. Responsibilities requiring additional time/effort of Renee: FoodWise adoption of a new, 3-year planning process, and recruitment/hiring/training of a Summer, 0.5 FTE Educator.

The project made 440 Direct Educational Contacts through 17 Partnerships, composed of non-profit service organizations, educational institutions, public housing complexes, city and county government programs, and workforce training sites.

Through newsletters, 2,085 Indirect Educational Contacts were made to clientele of WIC, 7 sites affiliated with ADRC, and 3 public housing complexes.

Feature Story: A four-session series on healthy, affordable eating was provided by Sarah at Elevate’s Calm Harbor. A total of six residents participated. Post-session survey results revealed that the participants committed to nine new strategies they would try in the coming weeks to eat more whole grains, fruits, and vegetables; 100% planned to

“make half their plates fruits and vegetables” more often. Qualitative impact: Adults recovering from a crisis benefit from nutrition education as positive behaviors, such as safe food handling and food resource management, are reinforced. FoodWise programs help to increase self-sufficiency, and to improve participants’ health and well-being. A quote on the left sidebar of this page illustrates individual impact.

Policy-Systems-Environment

Work: Renee was nominated and approved to serve on Full Shelf Food Pantry’s Board of Directors from 2015 to 2018. In 2017, a fellow member suggested eggs and quick-cook, unflavored oatmeal be added to the list of regular provisions provided to pantry clientele. Renee supported the motion as a way to provide cost-effective, nutrient-dense foods to clientele. A 3 month trial was made, and proved to be successful. The Pantry added, as an informal policy, these two foods on a regular basis; it is anticipated this will be a sustainable systems change. Overall impact: 5,520 people reached, using data from the Pantry’s Service Report; Renee’s appointment renewed.

Find full FoodWise FY18 Annual Report: Washington.UWEX.edu

FoodWise/SNAP-Ed

Nutrition Coordinator:
Renee Vertin

Nutrition Educators:
Sarah Faust and Kelly Lee
(each on staff for a partial year)



Reading “Nutrition Facts” on food labels had been a challenge for English Language Learners of Casa Guadalupe Education Center. After small group, hands-on activities, they gained understanding and confidence to label-read.

Your county extension office...

Develops Tomorrow's Leaders Today

"I normally like to work alone because I feel like I can't trust. But because of this camp, I think I'll be able to work in teams for more often."

~Middle school camper referencing Zombie Day Camp

4-H Youth Development

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



Youth work as a team to put up a shelter during the Mock Zombie Apocalypse at Zombie Survival Day Camp.

Growing in Self-Confidence: 153 youth displayed their talents and skills at Washington County 4-H's Communication and Arts Festival. The event was held March 17th at UW-Washington County. Youth could enter in any of nine different categories. It was a wonderful opportunity for youth to talk with judges about their work, answer questions about their project, and learn from the feedback provided.

Many participants were excited about the opportunity to perform in UW-Washington County's theater. Participants commented on the value of using the theater for the unique experience and how it contributes to a higher quality show because of the acoustics and lighting. One participant commented, "Thank you for letting us use UW-WC. The theater is really great for our beginner drama group."

Growing in Cooperation: This year was the fourth time that Washington County 4-H hosted Zombie Survival Day Camp. The camp was held at Washington County Fair Park in June. The camp was filled to capacity with 50 campers entering grades 6-8.

Campers learned about the wide variety of organizations and roles involved in emergency preparedness and response

through the involvement of the coaches and additional collaborators who facilitated activities throughout the week on first aid, severe weather, knot tying, and search and rescue. Campers learned skills, so they are better prepared for emergencies when they happen and so they will know how to effectively respond as a team. Some of the life skills strengthened included first aid, planning, teamwork, problem solving, cooperation and communication.

Growing in Leadership: The theme for the fall officer leader training was "Creating an Effective Officer Team Environment." This event was attended by 122 youth members and over 20 adult volunteers. All incoming youth officers were invited to attend and learn strategies that will help them be successful in their role.

The beginning group session was facilitated by Washington County 4-H youth leaders. Each officer breakout session was led by one youth and one adult. Youth leaders had the opportunity to learn from each other.

Adult leaders had time to share best practices and strategies for supporting youth officers. In 4-H, adults are continually growing in too!

Your county extension office... Collaborates for Success

"I wish I could come to 4-H every day!"

~Youth Participant at the West Bend Library

"It's so great that 4-H is at the library!"

~Adult Participant at the West Bend Library

4-H Youth Outreach

Coordinator:
Adrianna Lubner



Adrianna Lubner helping youth make their juggling balls during a program on clowning

Throughout the summer of 2018, Adrianna Lubner, Washington County's 4-H Summer Outreach Coordinator, led outreach programs throughout Washington County. Adrianna's goals were to provide educational 4-H programming to youth who are underserved in the traditional 4-H program, increase awareness of what 4-H is and what 4-H has to offer, and provide leadership opportunities to current 4-H members and volunteers.

A key part of the summer outreach program is our partnership with Casa Guadalupe Education Center. This partnership includes a five-week reading program taught by 4-H youth and adult volunteers, along with the 4-H Summer Outreach Coordinator. This year's reading program was held at the Hartford United Way Center, and at Casa Guadalupe in West Bend.

During the 90 minute sessions, participants played reading-related games, created projects based on the books, and built their literacy skills. Every child received a brand new book to take home at each session. The children were also given the opportunity to read their new book to another person. Thanks to donations from community partners, we were able to let youth choose different books each week. Youth were able to

pick books that matched their interests and reading level.

4-H made over 125 educational contacts in West Bend and Hartford through this program, working with the Hispanic population in these communities. Our 4-H summer reading program concluded with a large family celebration highlighting and reinforcing the literacy skill learned by the youth. This event included reading, food, fun, laughter, and literacy games. The youth strengthened the connections they made with the summer program leaders, and increased their interactions.

In addition to continuing our programming with the Germantown, West Bend, and Hartford Park and Recreation Departments, 4-H also built new partnerships with community agencies this summer. Adrianna connected with the West Bend Community Memorial Library, the Slinger Community Library, and the Family Center of Washington County to provide educational programming. These programs focused on specific 4-H projects including clowning, wildlife ecology, basket weaving, aerospace, cake decorating, and music.

4-H Youth Outreach made over 900 educational contacts in the summer of 2018!

Your county extension office... Builds Community Strengths

Paul “did a great job of keeping us on task and keeping us engaged. [He] also let us discuss topics that we were passionate about.”

~Feedback received through end-of-session evaluation

Community Development

Educator:
Paul Roback



West Bend Rotarians prioritizing goals.

Organizational Development

This past year, Paul provided community organizational development resources to:

- Cedar Lakes Conservation Foundation
- Envision Greater Fond du Lac
- Holy Hill Area School District
- Kettle Moraine YMCA
- LiFE OF HOPE
- Rotary Club of West Bend
- Senior Citizen Activities, Inc.
- The Threshold
- Washington County Historical Society
- Washington County Human Service Department

As a result of Paul’s facilitation, 90% agreed that their organization has been strengthened, is more strategic in fulfilling their mission, and has increased capacity to address community issues and opportunities.

From an end of year evaluation, one response included that they “have had the privilege of working with Paul through several community organizations. He consistently displays a strong commitment to helping organizations of all sizes in achieving their goals. He is gifted with a calm strength that permits him to keep people on task without feeling rushed. He has a keen sense for when to stick to

the program and when to flex with new information, not allowing us to stray too far from the mark while also not artificially forcing us into a schedule that no longer fits. Overall, Paul has been a delight to work with and I am thankful our community has the ability to benefit from this treasure.”

Staff Development

Since 2014, Paul and Carol Bralich have co-facilitated Real Colors workshops in response to organizations and local governments expressing a need for staff development in effective communication and team building. In 2018, a total of eight workshops were conducted with 173 participants. As a result of attending the workshops:

- 95% increased their ability to recognize their strengths
 - 96% increased their ability to recognize the strengths of others
 - 89% increased their ability to build rapport quickly with others
 - 95% increased their ability to understand how others process information
 - 91% increased their ability to modify their communication to connect with others
- 100% evaluated Paul and Carol’s facilitation of the sessions as good or excellent.