

EDUCATIONAL PROGRAMMING

COMMUNITY DEVELOPMENT

Paul Roback | 262-335-4480

Paul and Carol Bralich co-taught two **Real Colors® Staff Development Trainings** for 61 Washington County employees. Real Colors® is a fun and interactive workshop that teaches participants skills to understand human behavior that are easily incorporated into everyday life. Since 2014, Paul and Carol have taught 27 Real Colors® workshops to 561 County employees!

End of session evaluations indicate that 95% of participants increased their ability to recognize their strengths and the strengths of others. 88% increased their ability to build rapport quickly with others. 90% increased their ability to understand how others process information and 80% learned how to modify their communication to connect with others. 98% evaluated Paul and Carol's facilitation of the session as good or excellent. One participant commented they will use this information "to better understand why people are the way they are and perhaps how to best utilize their strengths." Another commented that they will "think about [their] interactions with people and co-workers and try to build off people's strengths."

POSITIVE YOUTH DEVELOPMENT

Ron Jakubisin | 262-335-4481

Youth took part in the 'What's Your Leadership Style' session facilitated by Ron as part of the **4-H Officer's Training** on Oct. 16th. This is a 'kid-friendly' personal inventory in which youth discover if their leadership style is like an *Otter, Golden Retriever, Beaver, or Lion*. 63% *Agreed* and 31% *Strongly Agreed* that they learned strategies on how to work with people who have different leadership styles.

Ron also facilitated a discussion with adult volunteers who identified: *Public speaking basics, keeping a sense of formality during meetings, engaging meeting participants and working outside of meetings (committees and workgroups)* as topics for future youth trainings.

Community collaboration and networking efforts include engaging in the **On The Table** event, joining the **Washington Co. Heroin Task Force Prevention Committee**, and working with the **Washington Co/Ozaukee County Healthy Relations Committee**.

Ron's position is shared between Washington and Fond Du Lac Counties.



Extension

UNIVERSITY OF WISCONSIN-MADISON
WASHINGTON COUNTY

Program Highlights November 2019



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UPCOMING EVENTS

NOVEMBER

- Tue., Nov., 5th** **Rent Smart**, Public Agency Center, 333 E. Washington Street, West Bend, 1:30 pm - 4:00 pm
- Thu., Nov., 7th** **Rent Smart**, Public Agency Center, 333 E. Washington Street, West Bend, 1:30 pm - 4:00 pm
- Mon., Nov., 25th** **New Family Orientation Pt. 1.** Washington County Fair Park, Ziegler Building, West Bend, 6:00-7:00 pm
- Thu., Nov., 28th** **Extension Offices closed for the**
Fri., Nov., 29th **Thanksgiving Holidays**

DECEMBER

- Tue., Dec., 3rd** **Beef Quality Assurance Certification Training**, Public Agency Center, West Bend, 7:00 pm
- Tue., Dec., 24th** **Extension Offices closed for the**
Wed., Dec., 25th **Christmas Holidays**
- Tue., Dec., 31st** **Extension Offices closed for the New Year**
Wed., Jan., 1st **Holidays**

LAND USE & PLANNING COMMITTEE

(Extension Oversight Committee)

Jeffrey Schleif-Chair

Brian Gallitz

Joe Gonnering

Roger Kist

Keith Stephan

Area Extension Director Cindy Sarkady

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

EDUCATIONAL PROGRAMMING

AGRICULTURE EDUCATION

Steph Plaster | 262-335-4477

Alfalfa winterkill coupled with a wet spring and fall and late planted corn have resulted in major issues for farmers and those who work with them. Extension hosted two “**Meeting Tomorrow’s Feeding Challenges Today**” sessions, as part of the popular “**Supporting Farmers During Challenging Times**” and 51 people attended the two sessions. Evaluations (n=41) indicated “How to Harvest, Store, and Feed this Year’s Forages” was relevant and will be used (4.74 on a scale of 1 to 5) and knowledge increased 38%. Participants increased their knowledge 29% with regard to “Negotiating a Fair Price” and indicated the information was relevant and would be used (4.65). 98% of participants indicated the educational materials were helpful, and 100% indicated they would share the information they learned from the meeting with others.

Participant breakdown included: 6 farmers, 9 agronomists, 6 government agency, 10 dairy nutritionists, 6 ag lenders, 8 consultants, 1 media, and 2 other.

4-H YOUTH DEVELOPMENT

Amy Mangan-Fischer | 262-335-4478

On October 16th, 97 youth and 18 adults attended **4-H Officer Training**. The purpose of the evening was to prepare youth for the officer position they were recently selected for. Adult volunteers and parents were also invited to attend, as their support is essential.

The evening started with a session on leadership styles led by Positive Youth Development Educator, Ron Jakubisin. Youth then separated into sessions based on their officer position. Each session was led by an adult volunteer and a youth leader. Participants also received handouts with best practices for their specific officer position.

In the evaluation, youth were asked one thing they will do as a result of attending officer training. Some comments were: “try to learn everybody’s name,” “say hello to every person that walks in the door,” “include more people,” “try new things that will help the club.” Youth were also asked if they are feeling more confident as a result of the training. One participant wrote, “This meeting gave me a boost of knowledge and ideas along with confidence.”

HUMAN DEVELOPMENT & RELATIONSHIPS

Carol Bralich | 262-335-4479

Taking Care of You (TCY) is a research-based program which provides information on the dimensions of health (physical, mental, social and spirit) and practical strategies to help deal with stress in your life. Managing life’s challenges in healthy ways allows participants to take better care of themselves and therefore, others in their care.

In 2019, Carol facilitated a TCY program series in Hartford, specifically for 9 child care providers/directors. From post session evaluations, 100% of the participants rated the effectiveness of the series as good or excellent for course content, interactivity, and resources. As a result of participating in the workshop series, one child care provider stated, “I will take time for myself each day.”

Over 60 county and city employees engaged in the TCY display activity at the Washington County Wellness Fair, identified how using their senses can help them reduce stress. Carol will facilitate a TCY Lunch and Learn program in December for county employees and will be scheduling a TCY program for city employees in 2020.

NUTRITION EDUCATION (FoodWise/SNAP-Ed)

Renee Vertin | 262-335-4841

Update since last edition: the **United Way** and **community partners** far exceeded the 9/26/19 goal of assembling 85,000 servings of chicken-flavored soup. The 100,000+ servings help to improve food security among limited income clients of **17 agencies** which distribute the packages. Photo shows Keith Shilhavy, Board Member & Volunteer of **Full Shelf Food Pantry**, in the pantry’s waiting area where clients may self-serve the meal packages and FoodWise-designed handouts. He and another Board Member advised that this particular meal package has been very well received by clientele with very few being donated back. Renee also instructed a group of **Hartford** seniors (at an **ADRC** partner site) about the product; positive feedback was received about tastings which used the meal package as a recipe base.

