



We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities. Serving Washington County since 1918, Extension educators take pride in delivering programs which apply the research, knowledge, and resources of the University of Wisconsin to meet the issues and needs of Washington County.

HUMAN DEVELOPMENT AND RELATIONSHIPS



*The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.*

Carol Bralich, Human Development & Relationship Educator

- A series of e-mail communications for community partners where they learn about parenting, relationships, family caregiving, finances and well-being so that they can share the latest resources with their clients. The purpose of this effort is to improve parenting skills, support their family caregiving role and improve their financial skills and their personal well-being.
- A social marketing campaign, where adults receive reminders to check their credit reports so they can spot errors and potential incidents of fraud and identity theft, get reminded of outstanding debts, and identify steps to improve their credit, through this, participants can take action to correct mistakes in their reports and create plans to pay off their debts.
- An online self-study program, where participants learned about spending plans, credit, and paying bills on time. This effort is designed to improve the success of participants in maintaining timely payments so they have transportation to access employment and improve their credit score.

AGRICULTURE



If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.

Dairy & Livestock

Tina Kohlman, Regional Dairy & Livestock Agent

- A dairy production and management newsletter for farmers, managers, employees, and agribusiness professionals, where subscribers learned about breeding the correct dairy cow for feed efficiency and how dairy cows are also considered beef cows. This effort was designed to provide a timely and reliable source of dairy management news and updates.
- Planning and development of Four-State Dairy Nutrition and Management Conference in collaboration with University of Minnesota, Iowa State University, and University of Illinois Extensions. The goal of this effort is to provide the latest unbiased, university-based research regarding nutrition, herd health, animal welfare, etc. so farms can become more economically viable and environmentally sustainable in the production of safe food.

Farm Management

Stephanie Plaster, Regional Farm Management Educator

- A farm management newsletter for farmers and agribusiness professionals, where subscribers learned about Extension farm management resources. This effort was designed to connect the agriculture industry to the Extension farm management program and provide a timely and reliable source of farm management news and updates.
- A series of consultations with farmers, where business planning was discussed. This effort was designed to help individuals determine whether a business opportunity is likely to succeed.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A “Focus on Forage” webinar series for farmers, agronomists, and other industry service providers, where they learned about growing and managing alternative forages to include: species selection, N fertilization, residual soil N following grass forages. The use of grasses helps to improve both water quality and animal performance.

Topics included: “Are Forage Cocktail Mixes a Reasonable Alternative?”, “Dairy Farmer Perspectives on Cocktail Mixes and Annual Forages” and “Profitability of N Management for Alternative Forages” featuring Matt Akins, Mike Ballweg, Kevin Jarek and Carrie Laboski, UW-Madison, Division of Extension as well as Brody Stapel, Double Dutch Dairy, Cedar Grove. Two hundred and six individuals registered for the event.



YOUTH DEVELOPMENT



Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- A monthly board meeting (“Germantown Youth Futures”) for Germantown key stakeholders where we collaboratively plan year-round positive youth activities that promote positive peer norms, AOD prevention messaging, and adult/youth connections.
- A series of meetings with Germantown’s Youth Futures Youth Committee where students learn leadership skills in order to design, plan and deliver prevention activities to their middle and high school peers.
- A series of presentations to fourth grade youth in Wash Co. School Dist, where participants will learn about problem-solving strategies, focusing on team problem solving, consensus building, experiential team work and team reflection.

4-H

Elliott Lawrence, 4-H Youth Development Educator

- Ongoing support for youth interested in the visual arts, where they create and critique their own and others’ artwork, investigate the arts in their community and explore future career paths within the visual arts.



FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



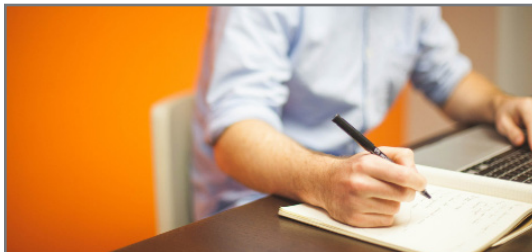
FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. *FoodWise* reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. *FoodWise* is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.

FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

Pamela Bartoli, FoodWise Nutrition Coordinator

- Reestablishing partnerships and developing relationships with new partners in Washington County to explore programming opportunities in *FoodWise*. The goal of this effort is to improve the implementation of nutrition programming countywide.

COMMUNITY DEVELOPMENT



Community Development provides educational programming to assist leaders, communities, and organizations realize their full potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.

Paul Roback, Community Development Educator

SPOTLIGHT

The Executive Director of FRIENDS, a local nonprofit, contacted Paul Roback to provide board development training to the organization’s board of directors. The mission of FRIENDS is “to empower those affected by domestic violence and sexual assault by offering safety, support, and community awareness.” Because of this contact, Paul taught a 1.5-hour workshop to eleven board and staff members. Content included an overview of the non-profit sector in Wisconsin, board member roles and responsibilities, and tools for high functioning boards. Additionally, Paul facilitated a process that allowed participants to reflect on what they learned and identify next steps of implementing strategies to strengthen board operations.

Through evaluation, 89% of participants agreed they gained knowledge on the nonprofit sector, 100% agreed that they gained knowledge on board roles and responsibilities, 100% gained knowledge on tools to use for high functioning boards, and 89% agreed that the group reflection activity increased their ability to identify next steps for future implementation. Participants evaluated Paul’s facilitation as a 4.9 on a 5-point Likert Scale (1=poor and 5=excellent). One participant commented, “Easy to follow; logical sequence of info presented” and another commented “always a good presentation. This is my second time and I always pick up something new.” Because of identifying strategies to strengthen board operations, Paul has agreed to facilitate a process with the organization’s leadership that would update the organization’s 2019 strategic plan.

Mike Ballweg
Area Crops and Soils Agent

Stephanie Plaster
Area Farm Management Educator

Tina Kohlman
Area Dairy & Livestock Agent

Elliott Lawrence
4-H Youth Development Educator

Ron Jakubisin
Positive Youth Development Educator

Paul Roback
Community Development Educator

Carol Bralich
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