



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*

### **Coping with Rising Prices**

In conversations with Head Start and Casa Guadalupe Education Center partners, Carol discussed strategies on how best to meet the needs of Spanish speaking families as part of the Money \$mart in Head Start financial program. Newsletters are provided electronically in both Spanish and English during the school year to all parents. In order to increase the number of Spanish speaking families who attend the Money \$mart in Head Start financial workshops, a separate workshop was scheduled. The “Coping with Rising Prices” workshop was held two times, a morning session and an evening session. Both sessions were held at Casa Guadalupe, where many Spanish speaking families have attended other activities and workshops. Casa Guadalupe provided translation of flyer, registration, and power point materials as well as interpretation services. Carol supplemented with Spanish and English Extension handouts for participants to take home and use. One participant asked for several extra copies in both languages to share with others in the English class she was enrolled in currently.

A total of 6 participants attended the workshops. Participants discussed a variety of strategies to save money on purchases during this time of inflation. In addition, participants learned stress reducing strategies to help them cope. When asked how they would apply the information learned, participants stated: “I’m going to use the breathing exercise I learned to reduce my stress.”; “I’m going to use a list when I get groceries and plan meals.”; and “I’m going to make a monthly budget to help keep track of expenses.”

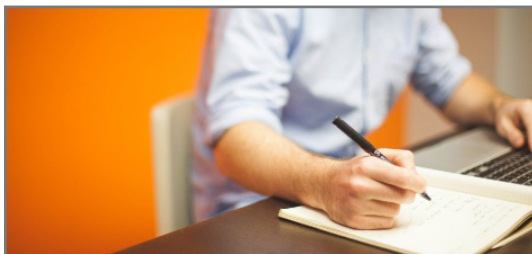


Extension

UNIVERSITY OF WISCONSIN-MADISON  
WASHINGTON COUNTY

## NOVEMBER 2022 REPORT

### 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

The executive director of the West Bend Community Memorial Library contacted Paul to facilitate a process that would engage the library's board and staff in the development of a strategic plan. To address this need, Paul surveyed thirty-five board and staff on their preferred mission, vision, and values. Then, he facilitated three planning sessions with the organization's board and leadership staff.

At the first session, 10 participants reviewed the survey results and developed draft mission and vision statements; identified organizational strengths, weaknesses, opportunities, and challenges; and identified goals. At the two leadership staff meetings attended by six participants, Paul facilitated a process that updated the organization's value statements, refined the goals identified by the board, and developed actions steps.

Through evaluation (N=16), 100% of participants agreed that discussing a vision statement assisted them in understanding the general direction for their organization's future, 100% agreed discussing a mission statement helped clarify their role as an organization, 80% agreed that identifying and prioritizing goals increased their ability to identify issues and set priorities, and 100% agreed that discussing action plans 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 "It was wonderful having you lead these meetings. You kept everyone on track – began and ended the meetings promptly, were very well organized, pleasant and was one of the best set of meetings I've been to. Thank you so much."



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## NOVEMBER 2022 REPORT

### 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 series of classroom presentations to fourth grade youth, in collaboration with West Bend School Social Workers, where students will learn about problem-solving strategies, focusing on team problem solving, consensus building, experiential team-work and team reflection. The purpose of this effort is improve social-emotional learning and provide opportunities to learn more about 4H and other programs.
- 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 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.

"We are very thankful to Ron for his partnership with helping to build skills and leadership with our 4th grade students. In the past month alone he has team taught problem solving strategies in our classrooms in preparation for our Kindness Retreat Nov. 4 with our entire 4th grade, staff and parents. The goals of the retreat are for all to embrace large and small group situations with kindness, creative problem solving, providing opportunities to build skills in leadership and Ron is a great compliment to our school team to help facilitate and orchestrate the event. Ron is a strong collaborative partner I hope we will continue to team with in the future."

- West Bend Dist. School Soc. Worker



## 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**

*Tina Kohlman, Regional Dairy Agent*

- Development and planning for in-person CAFO (Confined Animal Feeding Operations) Update Meeting series for WPDES (WI Pollutant Discharge Elimination System) permitted farms, crop and dairy managers, agriculture engineers, crop consultants, agronomists, professional and on-farm nutrient applicators, government agency personnel, and other interested individuals in collaboration with WI DNR (Department of Natural Resources). The goal of this effort is to discuss and teach individuals to protect ground and surface water and dairy farm sustainability through dairy management and feeding efficiency; manure storing and handling; and nutrient management utilizing the latest research and regulatory updates.
- A popular press article written for Wisconsin Agriculturist readers, where they learned how to establish best management practices and identify a pre-weaned calf fit for transporting long distances. This effort is designed to show industry and university research-based best management practices to maintain and/or improve the growth, wellbeing, and welfare of a pre-weaned calf while being transported to an off-farm rearing facility.

### **Crops and Soils**

*Mike Ballweg, Regional Crops and Soils Agent*

- An educational field day for farmers, industry agronomists and agency personnel where they learned about: Managing Rye Cover Crops and its impact on the Nitrogen Cycle, Benefits of Legume Cover Crops in Managing the Carbon to Nitrogen ratios, and Dissolved Phosphorus Losses and How to Limit it. The goal is to assist farmers and industry agronomists to explore alternative cover cropping strategies that include more legumes in cover crop systems as a way to grow on farm nitrogen resources, while providing for effective crop covers to protect soils and water quality. Extension faculty/staff presenting at the field day included: Mike Ballweg, Regional Crops and Soils Agent for Sheboygan, Ozaukee, Washington and Fond du Lac counties, Monica Schauer, UW Agroecology Research Assistant, and Laura Paletta, Extension Agricultural Water Quality Program. About 30 attended the field day.
- Extension Expands Water Quality Outreach Programming  
Recognizing the growing need for innovation, research, and outreach to help solve the water quality challenges facing agriculture in the state, UW-Madison Extension has expanded its capacity by creating a new Water Quality program that will work on these issues with communities, farmers, and farm advisors to improve both groundwater and surface water quality across the state.



## 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*

- A four-week nutrition education series (Teen Cuisine) for teens at The Boys and Girls Club of Washington County where they learn about nutrition, food preparation/cooking, and food safety. The goal of this effort is to empower the participants to adapt healthier lifestyles by teaching them the knowledge and skills needed to prepare nutritious snacks and meals at home.
- A series of six nutrition educational lessons (Color Me Healthy) for Pre-K students in the West Bend School District Head Start program where they learn about the importance of eating fruits and vegetables along with being physically active. The goal of the series was to encourage children to build healthy habits and try new foods.

Mike Ballweg  
*Regional Crops and Soils Agent*

Tina Kohlman  
*Regional Dairy Agent*

Ron Jakubisin  
*Positive Youth Development Educator*

Paul Roback  
*Community Development Educator*

Carol Bralich  
*Human Development & Relationships Educator*

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