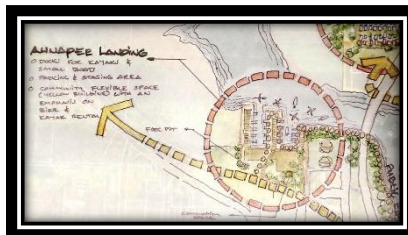


Welcome to the University of Wisconsin-Extension Kewaunee County



OUR MISSION:

Our office is dedicated to providing a link to the research-based information of the University of Wisconsin through high quality programs which meet the educational needs of Kewaunee County residents.





2018 Annual Report

Kewaunee County UW-Extension

810 Lincoln St.

Kewaunee, WI 54201

920-388-7141

UNIVERSITY FACULTY:

Robert Burke, Area Extension Director

Aerica Bjurstrom, Agricultural Agent

Jill Jorgensen, 4-H Youth Development Agent

Renee Koenig, Family Living Educator

Claire Thompson, Community Development Educator

SUPPORT STAFF:

Louise Wolfe

Erin Dahle

FoodWise: (Door, Kewaunee & Manitowoc)

Laura Apflebeck, Coordinator

Kaila Stencil, Nutrition Educator

Imelda Delchambre, Nutrition Educator

The Kewaunee County UW-Extension staff respectfully submits its 2018 Annual Report to the Chairman of the County Board, Robert Weidner, and the County Board of Supervisors, on August 20, 2019.

UW-Extension Priorities

- ◆ Facilitating the development of positive youth and family oriented activities.
- ◆ Supporting efficient agriculture production practices so that farmers remain competitive in the continuously changing farm environment.
- ◆ Strengthening families through parenting, literacy, and nutrition education.
- ◆ Providing support for businesses and organizations to establish and improve.



2018 Annual Report
Kewaunee County UW-Extension
810 Lincoln St.
Kewaunee, WI 54201
920-388-7141

Table of Contents

Page 3.....	Family Living Education
Page 4.....	4-H Youth Development Education
Page 5.....	Agricultural Education
Page 6.....	Master Gardener Program
Page 7.....	Community Development
Page 8.....	FoodWise Nutrition Education



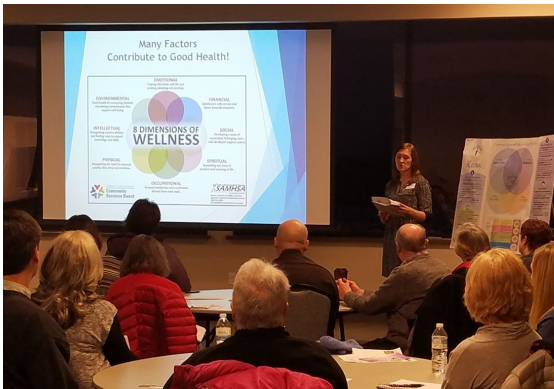
Extension

UNIVERSITY OF WISCONSIN-MADISON
KEWAUNEE COUNTY

Renee Koenig, M.S.
Family Living Educator
Kewaunee County



Participants learned new ways to improve Quality of Life



Kewaunee County Association for Home and Community Education, Inc. (HCE) provides educational opportunities in the community including the **Wisconsin Bookworms™** literacy program for children. Members read to 40-50 children each month and give them free books. HCE also supports the Back to School Supplies program. Members of HCE provide leadership in various community events.

Family Living Education

Families are Wisconsin's future. Families strengthen communities and contribute to the economy. They are consumers and taxpayers. Families care for children and elderly. Kewaunee County has more than 8,000 families and more than 4,400 children.

UW-Extension provides education promoting these family strengths and helps communities become positive environments for family life. Programs respond to community needs with research-based education and partnerships that support families and communities.

Health & Well-Being Education

In 2018, more than 1,360 children and adults from ages 2 months to 93 years old were reached with education that promotes health and wellness. Examples of programs include:

- Healthy Aging
- Mental Health and Emotional Wellbeing Workshops
- QPR Suicide Prevention
- Extension's Opioid Task Force
- Rural Safety Day
- Health Literacy
- Taking Care of You and Heart of the Farm

Family & Relationships Education

Parenting education strengthens family relationships and helps families raise caring and contributing members of society. Examples of programs include:

- Parents Forever classes for divorcing and separated parents teach strategies that keep children out of the middle of parental conflict and reduce the negative impacts on children. The parents also receive Digital Parenting education following their classes to enhance their learning.
- Trauma Informed Caregiving classes are for adults who are caring for children who have experienced trauma, including professionals, teachers and parents. The classes are taught in partnership with Human Services.
- Family Financial Education and Money Smart in partnership with the public libraries.
- Parenting Newsletters, Articles and Fact Sheets for raising healthy, caring kids. Delivered via mail, email, text, online videos and through schools.
- The Home Alone program helps parents prepare their children to follow family guidelines and stay safe during self-care.

Community Collaboration & Partnerships

Partnerships with community organizations help to extend education and resources to families. Examples of collaborative efforts include:

- Kewaunee County Public Health and Human Services Departments
- Literacy Partners, Inc.
- Violence Intervention Project, Inc.
- Kewaunee County Sheriff
- Aging and Disability Services and Caregiver Resources
- Public and Parochial School Partnerships



Jill A. Jorgensen, M.A.
4-H Youth
Development Educator



"4-H has had such a big impact on my personal goals. 4-H taught me how to make SMART goals in my life...It has helped me become more successful with my work and school career."
 4-H Teen Member

The Value of Volunteer Time

\$277, 237.86 worth of services that Kewaunee County 4-H Community Club Volunteers donated to county youth.

(The 2018 Independent Sector estimated national average value of volunteer service was \$25.43 an hour. The average adult 4-H volunteer spends approximately 7.9 hours a month working with the 4-H program).

4-H Youth Development

Wisconsin 4-H Mission: UW-Extension 4-H Youth Development integrates research, education, and community based partnerships, enabling youth to learn and practice skills to be productive citizens.

4-H COMMUNITY CLUB PROGRAM: Thirteen countywide 4-H clubs provide year-round activities, such as community service projects, learning activities, project training, social activities, and fundraisers for 450 members. In addition, 115 registered adult volunteers support the 4-H program as general leaders, project leaders, or key leaders. Throughout the year, I provide education on club, committee, district, and state level with youth and adults on topics related to leadership development, building capacity with adult volunteers, inclusion and belonging, officer training, project/club re-organization, communication, planning and organizing, bring youth voice to the table, youth/adult partnerships, youth teaching to youth, and conflict resolution.

Volunteer Training and Development: WI 4-H Youth Development requires ongoing development of both volunteers and youth development professionals. I provide several annual leader trainings for current 4-H volunteers and the new leader orientation training for new volunteers. One 2018 example includes the preparation of the annual leader training titled **All Together Not The Same**. I worked in a team with state staff and colleagues to this training focused on diversity and inclusion and the need to ensure that all young people and adults feel they are welcome and belong in the program. Additionally, I continued to work with a team of colleagues to create online volunteer learning modules on the **Essential Elements of Youth Development Online Training for Volunteers**. The program has received a statewide award and has been presented at a national conference for colleagues to consider creating a similar training for their programming.

Online Youth Club Officer Training: It is important that 4-H club members elected to officer and leadership positions have training to help them understand and be successful in their roles. Traditionally, this officer training is done countywide or at a club level but due to a number of scheduling conflicts there are always members unable to attend. Together with colleagues from Brown and Door we created and piloted the new webinar based 4-H club officer training. We developed this training and worked with UW-Extension technology staff to be one of the first groups to pilot the new ZOOM webinar/meeting platform. The four training sessions meet for about 30 minutes, once a week, for four weeks. The training was done through a "real time" online webinars that featured videos we recorded, interactive elements, and tools. This program received a statewide award and was accepted as a 2019 national conference presentation.

County-wide Youth Risk Behavior Survey (YRBS): I convened a work team with the all area school districts, Public Health, Human Services, and other county agency partners to conduct the Youth Risk Behavior Survey (YRBS) to help provide baseline data on youth risk taking behaviors, feelings on support, and emotional wellbeing. Conducting the survey on an entire county level provides county level data (school districts also have district level data) to determine needs and future direction as well as providing information needed for grants and similar proposals. This is significant because at the time, there were not many counties working as an entire unit to gather information through YRBS in this way. I set up the survey based on feedback from each of the school districts and agency partners through the WI Department of Public Instruction website tool. Each school district distributed the YRBS online version of the survey for all youth in grades 9-12 and it was completed by over 900 students.

STAR (Students Talking about Respect) and Rising STARS: 2018 marks the 5th year for the STAR program that focuses on treating others with respect and educating girls about the concepts of relational aggression and leadership. This collaborative effort with local school districts, Kewaunee County Human Services, and the Violence Intervention Project to consists of a 5 week program with all 6th grade girls in a school district. In 2018, at the request of the school district, we added the Rising STAR program for 4th and 5th graders at three separate times throughout the year. This program focused on similar topics to STAR and integrated key topics the district wanted to work on with the students.

Area Animal Science Day Host : 2018 Kewaunee County served as the host for the Area Animal Science Day (AASD). To successfully hold this contest and educational day, we relied on help from over 70 youth and adult volunteers and producers/farms. Area Animal Science Day is a statewide animal evaluation and knowledge contests for dairy, livestock, and horse. Over 325 youth and adults attended the event held in Kewaunee County this year. We received great feedback from state staff and participants about the organization and overall quality of the event being outstanding.



Extension

UNIVERSITY OF WISCONSIN-MADISON
KEWAUNEE COUNTY

Aerica Bjurstrom, M.E.

Agriculture Agent

Kewaunee County



Farm Technology Days 2017

Farm Technology Days planning began in 2012 when I began the process to determine if Kewaunee County would be a viable host for the show. Since the show was held in 2017, the Executive Committee has continued to periodically meet to plan profit distribution. Three sub-committees formed to focus on dividing funds between Community, Scholarship, and Grants projects. Approximately \$90,000 was awarded to grant recipients, \$60,000 will be awarded to scholarship winners for 10 years, and the remainder will be put towards community projects that should be completed in 2020. In addition, non-profits that provided workers in food tents during the show were paid over \$100,000 for their time. Non-profits that staffed the food tents were paid for their time as fund raisers to in turn give back to the community.



Agricultural Education

Kewaunee County's economy is heavily dependent on agriculture, primarily the dairy industry. Kewaunee County's 48,000 cows produce over 1.276 billion pounds of milk annually. Agriculture generates over \$424 million in economic activity annually and provides jobs for 21% of the eligible workforce.

UW-Extension educational programs provide information to help maintain farm profitability with business and dairy herd management skills, employee management, and forage production. This positively impacts farm families, as well as the agriculture community as a whole.

◆ **FARM TOURS:** Farm tours are an excellent way for producers to see what their neighbors and peers are doing on their farms to improve efficiency and profitability. Past tour participants have reported implementing management practices on their own farm based on practices they had seen on farm tours. I organized five tours in 2018 focusing on a variety of farm management practices. Calf management, compost management, nutrition, and general farm management were some management practices highlighted on the tours. Tour participants came from as far away as Germany, The Netherlands, and the Czech Republic to visit Kewaunee County farms in 2018.



◆ **PRODUCER MEETINGS:** Producer meetings can be a formal classroom setting, group workshop, or hands-on training. Producer meetings in 2018 included field days, classroom meetings, on-farm meetings, a meat processing facility tour, and a meeting geared towards women on the farm. Topics of these meetings ranged from personal and mental health, nutrient management, milk quality, milk marketing, and crop management. A needs assessment was completed in Kewaunee County in 2007 and again in 2015 to determine what local producers needed for educational topics. Offering a variety of topics that relate to dairy and livestock production fulfill the needs assessment and agriculture programming plan of work, while also addressing time-sensitive topics such as milk marketing.

◆ **COMMUNITY COLLABORATION & PARTNERSHIPS:** Partnerships with community organizations help extend agriculture expertise, education and resources to Kewaunee County. Examples of collaborative efforts include:

- Kewaunee County Public Health Department
- Kewaunee County Emergency Department
- Kewaunee County Promotion and Recreation Department
- Kewaunee County Land & Water Conservation Department
- Kewaunee County Sheriff's Department
- Kewaunee County Economic Development Corporation
- Save the Bay
- Literacy Partners, Inc.
- Kewaunee County Farm Bureau
- Public and Parochial Schools
- Kewaunee County Dairy Promotion



Master Gardener Volunteers



Our Mission:

To encourage, support and promote horticulture to the residents of Kewaunee County through quality educational programs.



Master Gardeners visited a soil pit with a soil specialist from the University of Wisconsin Nutrient and Pest Management Department.

Our Membership...

The Kewaunee County Garden Club is made up of 50 members from around Kewaunee County. Members come from all walks of life (and have varying horticultural interests). Currently, there are 25 certified Master Gardeners in Kewaunee County.

Visit the Kewaunee County Garden Club website at www.kcgardenclub.org to keep current on the latest happenings with the Master Gardeners and Garden Club. The site features updates on local club activities, provides educational information and features a discussion forum.

The Master Gardeners and Kewaunee County Garden Club are made up of horticulture enthusiasts in Kewaunee County. In particular, the Master Gardeners are an educational wing of UW-Extension and are trained volunteers that help communities better understand horticulture and their environment.

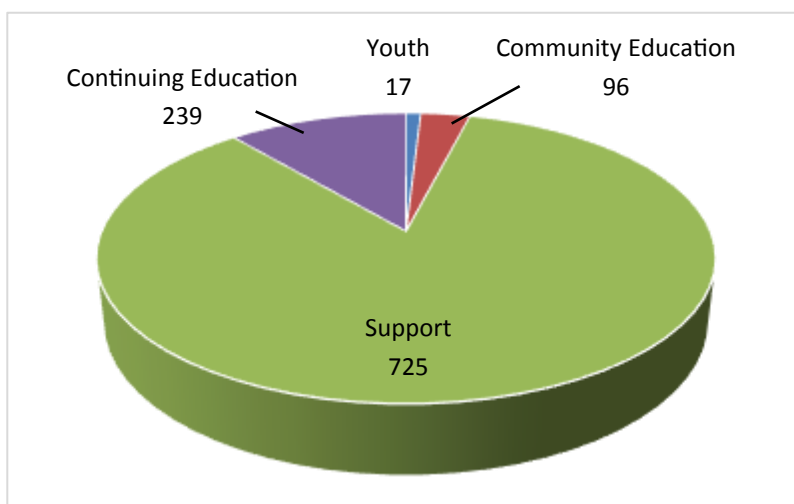
Master Gardener Training

Master Gardeners receive 36 hours of horticulture training. In exchange for the training, they donate volunteer hours (equivalent to the number of training hours received) back to the community. Master Gardener volunteers donated 1077 hours in 2018. Volunteer hours are the equivalent of \$26,591, based on estimates by the Independent Sector in Washington, D.C.

SUPPORT SERVICES are volunteer hours dedicated to service projects in Kewaunee County. Projects in 2018 included Dana Farm Landscaping, Annual Perennial Plant Sale, invasive species control at Blahnik Park, community garden planning and service, and beautification projects in Kewaunee, Luxemburg, Algoma and Casco. In addition, the Kewaunee County Master Gardeners and Garden Club offer \$1,500 in scholarships each year to youth and adults pursuing advanced education in horticulture. The group also monetarily supported the Kewaunee, Algoma, and Luxemburg Community Gardens.

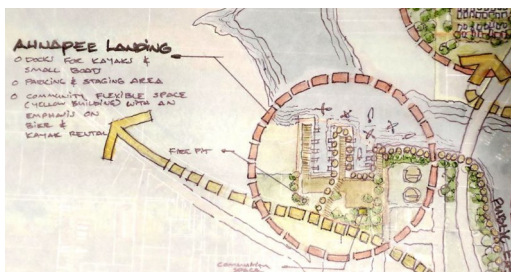
COMMUNITY EDUCATION includes hours dedicated to teaching adults and community groups. Activities included presentations to various community organizations, workshops at the public library and local nursing homes, garden walks and educational programs during the year. In addition, Master Gardeners answered horticulture questions from the UW-Extension Office during the growing season.

Master Gardener Volunteer Hours



Community Development Education

Claire Thompson, M.P.A.
Community Development
Educator
Kewaunee County



The mission of Extension's Community Development program is to strengthen people's ability to identify and solve community problems through education, citizen participation, group process, and unbiased information ~ allowing residents to make informed decisions, resulting in stronger communities.

Claire Thompson, M.P.A. served as the Community Development Educator for Kewaunee County until March, 2018.

During the two months of 2018 her programming included the following activities.

City of Kewaunee Waterfront Development Planning

Designed and administered a survey of community stakeholders utilized for guidance to the Waterfront Development Plan.

Planned and conducted a Community Design Charrette process in the City of Kewaunee with a team of fifteen professional planners, architects, illustrators and economic development specialists.

Completed a draft plan for waterfront development.

Live Algoma Community Team Support

In 2017 the Live Algoma Community Coalition received the 2017 Robert Wood Johnson Foundation Culture of Health Prize. A national scale marketing effort promoted our winning the prize and dramatically increased the profile of the mission of the initiative, which is to improve the seven dimensions of well-being.

In the first two months of 2018, Claire Thompson's programming included:

Continued planning and development for the Emotional Well-Being Workgroup in coordination with Jill Jorgenson and Renee Koenig.

Planned the Community Conversation on Emotional Wellbeing held on February 12.

Planning for May Is Mental Health Month

Proposal writing for Emotional Wellbeing Project.

Small Business Development

Provided business start-up planning assistance to three Kewaunee County entrepreneurs.

FFY 2018 Annual Report

Kewaunee County



Senior Nutrition in Kewaunee Co.

Teaching *Seniors Eating Well* at the lowest income ADRC senior meal sites, Imelda Delchambre, FoodWise nutrition educator, surveys participants' concerns.

Seniors said fresh fruit is hard to find in rural areas and expensive. So, Delchambre explained even canned fruit from the Dollar Store could be rinsed to reduce the sugar and still offer vitamins & fiber. One dollar buys two servings, she said.

Delchambre's lessons provide opportunities for conversation leading to behavior changes like increased fruit consumption and better resource management.

Kewaunee County FoodWise is a federally funded obesity prevention program serving low income audiences. County Coordinator: Laura Apfelbeck (1.0 FTE) serves Door, Kewaunee, and Manitowoc. Nutrition educators: Imelda Delchambre (0.6 FTE) in Door/Kewaunee and Kaila Stencil (1.0 FTE) in Manitowoc/ Kewaunee.



Some of the 7 women from our first Strong Bodies class at Grandview Terrace Apartments, Algoma.

Nutrition educator Kaila Stencil piloted **Strong Bodies** exercise class in 2018. Participants improved strength, increased physical activity, and learned about healthy eating in an 8-week course. In 2019 FoodWise will expand to new locations with a goal of three sites.

1189 Duplicate Contacts

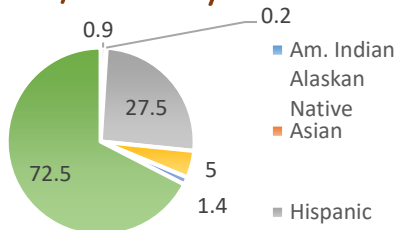
1279 Indirect Contacts

84 Classes Taught

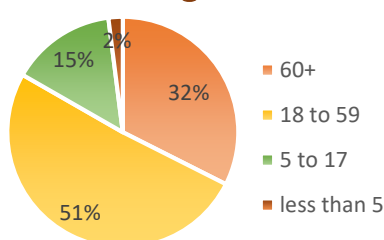
655 Individual Learners

FoodWise Kewaunee Co. Demographics

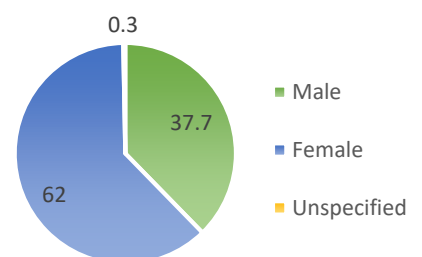
Race/Ethnicity



Ages



Sex



24 people completed **Rock Your Crock** classes at Kewaunee County Food Pantry, slow cooking pantry foods in new recipes, stretching food dollars. Live Algoma provided free crock pots to those who attended all 4 sessions.

