

# Bayfield County UW-Extension Highlights



2015 ANNUAL REPORT



Photo courtesy of Bayfield County Dept. of Tourism & Recreation

**"Bringing the resources of the University of Wisconsin to Bayfield County."**



Community Development  
Family Living Education  
Agriculture

Horticulture  
4-H & Youth Development  
Nutrition Education

# Community Development Education



▲ 2015 Ashland & Bayfield Counties Leadership Program class shows off their graduation certificates.



▲ Business On Stage “It’s All About the Wine Biz” program panel.



▲ 2015 Lake Superior Business & Technology Conference Business Idea Contest judges.

## Organizational Development

Tim partnered with the Ashland County UW-Extension community development educator to plan, market, recruit participants and implement a *2015 Ashland & Bayfield Counties Leadership Program*. He co-facilitated and co-taught at the *Program* class sessions, where ten class participants learned about different tools and techniques to enhance their leadership skills. This educator developed an online *Bayfield County 2016 Budget Survey*, with input from the County Administrator, that was used to gather both general public and County Supervisor opinions related to County services/programs and top priorities for the County’s 2016 budget. Tim gave a *Bayfield County 2016 Budget Survey Highlights* presentation and answered questions at a County Board of Supervisors Budget Planning Meeting. He provided information and co-facilitated at a Wisconsin Innovation Network-Lake Superior Chapter Annual Planning Meeting, where attendees identified and prioritized 2016 focus areas for the Chapter. Tim helped plan and served as a facilitator at a *St. Croix/Eau Claire Headwaters Watershed Strategic Planning Session*. He also facilitated at a *Northwoods Cooperative Weed Management Area (NCWMA) Project Planning Meeting*, where participants shared information on efforts to address 12 different invasive plant species and provided recommendations.

## Local Government Education

This educator served as an educational resource to local government officials. He promoted a variety of local government-related workshops and teleconference programs, and also responded to numerous information requests from local government officials and staff. Tim marketed a *2015 Town Officials Workshop* held at Lakewoods Resort, Cable to town and village officials in the County.

## Business Development Education

Two hundred eighty-two persons attended four *Business On Stage* programs showcasing local successful entrepreneurs, which this educator helped to plan and promote. The programs included: *The Delta Diner Story*; *It’s All About the Wine Biz*; *Blue Wave on the Bay: From Idea to Reality*; and *Bretting Manufacturing: 125 Years of Success*. Tim was also involved in planning and marketing a local *Business Idea Contest* that was sponsored by the Wisconsin Innovation Network-Lake Superior Chapter. Five contest finalists competed for \$5,900 in prize money, and presented their ideas at a *2015 Lake Superior Business & Technology Conference*. In addition, 32 persons attended a *Cyber Risk/Cyber Crime Workshop*, which Tim helped to plan, promote and introduced the two featured speakers from the Bayfield County IT Department.



# Community Development Education

## Community Economic Development Education

Eighty persons attended a *2015 Lake Superior Business & Technology Conference: Shaping Our Future Through Innovation*, which this educator played an important role in planning and marketing. The conference featured a keynote address by the Chancellor of UW-Stout, two panel presentations on the topics “Going from an Idea to Action” and “Creating an Innovative Environment - How to Do It,” and *Business Idea Contest* finalists’ presentations and critiques.

## Superior Days

Tim participated in Superior Days 2015 activities in Madison. He served as the leader for a team that visited four assigned legislators’ offices to share five legislative issues of importance to northwest Wisconsin. These included: local option sales tax for county highway projects; improving mental health services in rural Wisconsin; expansion of US Highway 2 to a four-lane between Superior and Hurley; 9-1-1 funding changes; and supporting a thriving forest products industry by providing a preference to Wisconsin forest products on all state purchase contracts. He visited and met with new state Assembly Representative Beth Meyers. He attended several state department/agency meetings. Tim also made a side tour of the US Forest Products Research Laboratory.

## Hazardous Waste Education

Arrangements to hold four hazardous waste Clean Sweep collections at sites in Washburn, Iron River, Herbster and Grand View were made by Tim. He conducted an information and education campaign to encourage proper disposal of unwanted hazardous chemicals and electronic devices at the Clean Sweep events. A total of 228 participants brought unwanted hazardous chemicals, old electronic equipment and/or medications to the Saturday collection events held in Washburn (155 persons) and Iron River (73). Another 89 participants brought discarded chemicals and electronics to the weekday Clean Sweep collection events held in Herbster (45) and Grand View (44). A total of 17,034 pounds of unwanted hazardous chemicals, 3,352 old fluorescent and HID bulbs, 74 used oil filters, 74 pounds of ballasts, 88 pounds of unwanted medications (including 7 pounds of controlled substances), and 9,723 pounds of discarded electronic equipment were collected.

## Lake Management Education

One hundred seventy-eight persons attended the annual *2015 Northwest Wisconsin Lakes Conference* held at the Hayward High School in Hayward. This educator was involved in planning and promoting the conference, and set up an exhibit on shoreland buffers at the event. John Gozdziwski, the Wisconsin Department of Natural Resources Northern Region Secretary’s Director, was the conference’s keynote speaker. Twelve different breakout sessions covering a wide variety of lake-related topics and issues were featured at the conference. Numerous exhibitors also had displays at the event.



▲ Tim and his Superior Days team at the State Capitol.



▲ Clean Sweep collection at the Grand View Town Hall.



▲ 2015 Northwest Wisconsin Lakes Conference poster.

# Family Living Education

## Financial Capability



▲ Through interactive quizzes, discussions, case studies, and online tools, Liz helps low- to moderate-income individuals and families learn steps they can take to gain control of finances. ▼

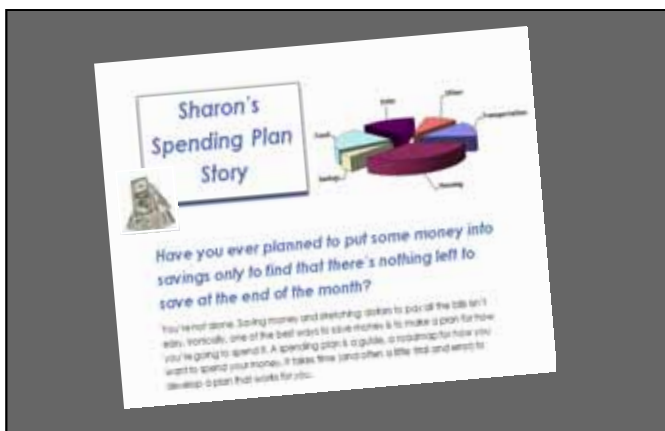
### Financial Coaching & Classes

UW-Extension provides area families access to financial education through face-to-face workshops, online learning and one-on-one financial coaching and counseling. Over 70 area residents participated in 2015. Classes teach skills that help families stretch limited resources and make choices with dignity. The financial education program focuses on empowering participants to build on their existing financial strengths and emphasizes sharing the information they learn with others in their community. More than 95% of participants report they plan to teach the information to family, friends, children, co-workers and others.

#### ***Building Financial Stability:***

***“It’s a huge relief. I’m not as stressed about money. I don’t have to worry about losing our house!”***

***—2015 Bayfield County financial coaching client***



### Professional Training and Outreach

Liz also provides training and support for staff of area agencies who work with individuals and families on money management issues. This year marked the 5th year of the Money Management Coach Training Program. Participants and volunteers from area agencies gained foundational household financial management skills, received tools to use with clients and learned to coach individuals around the sensitive issue of money. Through a partnership with Bayfield Head Start and the Red Cliff Early Childhood Center, UW-Extension also reached families of approximately 150 Head Start kids with the monthly Money Smart in Head Start Newsletter.

## Food Preservation & Safety



▲ UW-Extension Family Living Intern Natalie LaPointe and Washburn Agripreneur Dorothy Collins learn to safely can produce from the high tunnel project during a food preservation workshop. Family Living also partnered with the Cable Community Farm for 2015 food preservation classes.

## Aging & Caregiving



▲ Family and professional caregivers learn to help their clients and family members by taking care of themselves at the 2015 Caregivers' Conference. Liz serves on the Caregivers' Support Network, which coordinates the annual conference. This year Family Living and the ADRC of the North are partnering to provide a print and electronic newsletter to support area caregivers in their role.



# Family Living Education

## Healthy Family Relationships

### Incarcerated Audiences

Family support is a key element in the successful re-entry of jail inmates. Research shows that strong couple and parenting relationships help reduce recidivism and interrupt the cycle of child maltreatment. In 2015 Liz provided 45 hours of family-strengthening programs in the jail. Multi-session programs teach skills that shape healthy family relations, including communication, problem-solving, parenting, and stress management. Inmates practice new skills between classes. Ninety-one percent of those who completed the six-session *Relationships Matter* class said they learned ways to maintain self-control during conflict.

#### Managing Conflict:

**"After participating in this program I have started to stay calm and avoid escalations."**

—2015 Relationships Matter Participant, Bayfield County Jail

### Parenting and Co-Parenting

Reducing family conflict helps improve long-term outcomes for children. The Family Living Programs in Bayfield and Ashland Counties partnered again in 2015 to offer co-parenting classes for divorcing couples. These classes help protect children from damaging exposure to adult conflict and teach parents ways to support their children during challenging times. Liz also provided evidence-based *Parenting Wisely* and other parenting classes this year.

#### Co-Parenting:

**"I've learned tools I can use in communicating with my child's mom."**

—2015 Successful Co-Parenting Participant

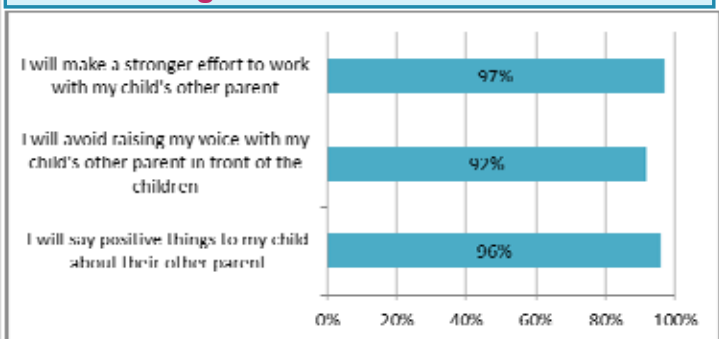
### Relationship Education

Research shows that adults in healthy relationships live longer, have better mental and physical health and are more productive at work. Poor relationships can have devastating consequences that impact not only individuals but their children and the community in the form of costly interventions, financial assistance, legal disputes and other resources. In 2015, UW-Extension's programs reached youth, adults, and family-serving professionals to teach skills that help individuals build healthy interpersonal relationships. In the spring, students at Bayfield High School learned about choosing healthy relationships in the five-session evidence-based series *Relationship Smarts*. Adults participated in the six-session *Relationships Matter* class at the Washburn Public Library. Ninety-three percent of *Relationships Matter* participants report that after the program they can recognize communication danger signs, versus 26% before. One hundred percent report that after the program they have a clear vision of what they want in a healthy relationship, versus 23% before.



▲ In 2015 Liz taught research-based programs to men and women in the Bayfield County Jail. Programs build skills for improved family relationships and for identifying healthy relationships. Strong couple, family, and other interpersonal relationships have been shown to help reduce recidivism and interrupt the cycle of child maltreatment.

### Co-Parenting: "As a result of this class..."



▲ Participants in 2015 Successful Co-Parenting classes report that the class changed their attitudes about and their commitment to keeping kids out of the middle of parental conflicts.



▲ Participants in the daylong *Relationships Matter* for Helping Professionals training conduct a role play to demonstrate positive problem solving skills for couples and families. Professionals learned how relationships between parents impact numerous outcomes for children, including mental and physical health, academics and criminal involvement. The training offered tools for helping clients build healthy relationship skills.

# Agricultural Community & Economic Development



▲ The Ashland Middle School's salsa garden in full swing in their high tunnel. Students and faculty grew tomatoes, onions, pepper, and cilantro for a Salsa Night during which families picked ingredients and then made salsa to take home.

## The Wonderful World of High Tunnels

As we all know, the growing season in Bayfield County is short. Low cost high tunnel greenhouses, however, and some help from the USDA are changing that. Nothing more than a metal frame and two layers of plastic, a high tunnel makes it possible to grow vegetables from late-February through December ... with no added heat. Survey work has identified 66 high tunnels in Ashland and Bayfield County, when added together equals 2.1 acres under plastic. That's a lot of growing space and potentially a lot of produce. With grant funding secured by UW-Extension via the USDA Farm-to-School grant program we were able to install a high tunnel at five area school districts and at Bad River. Teachers are using the high tunnels to teach kids about horticulture and healthy eating and this winter we'll be using the high tunnels to research deep winter spinach production. Through our *Agripreneur Program*, we are teaching older students about entrepreneurship and commercial horticulture.

## South Shore Farm Succession Program

Newly certified by the International Farm Transition Network, Jason Fischbach offers farm succession facilitation to farmers in Bayfield and Ashland Counties. He is currently working with eight farm families to help them develop a succession plan for their farm. We have seen significant contraction in the dairy economy of Bayfield County since 1990 and the only way our existing dairy farms will stay in business is if they successfully transition to the next generation. Through the *South Shore Farm Succession Program*, Jason helps the parties involved understand where their farm is at today and where they want it to be in the future. A plan is then developed for getting there. Farm succession planning is a challenging and emotional process and it can take a year or more to develop a plan.

## Large-Scale Livestock Study Committee

In response to a proposed large-scale hog operation, Bayfield County established the Large-Scale Livestock Study Committee to assess potential risks posed by such operations and to recommend mitigating actions to address those risks. To assist the Committee in its work, Jason Fischbach developed a fact-finding program and schedule to acquire the information the Committee needed to do its work. He also authored the Committee's report and gave more than a dozen public presentations to the public and stakeholder groups on the topic. UW-Extension's role is to provide research-based and unbiased information to help elected officials and community members make informed decisions and the Large-Scale Livestock Study Committee was an example of just such a service.



Figure 1. Primary Agricultural Areas of Bayfield County.

Crop	2014 Acreage
Grass/Pasture	29760
Other Hay/Non Alfalfa	11960
Alfalfa	3601
Corn	3363
Soybeans	1445
Oats	1245
Winter Wheat	177
Rye	175
Clover	149
Spring Wheat	90
Dry Beans	50
Barley	38
Other Annual Crops	26

Table 1. Cropland Acres in the Agricultural Regions of Bayfield County



# Horticulture Education

## Master Gardener Training

The *Master Gardener Volunteer* training is a program that is offered annually in Ashland and Bayfield Counties. This training program has two goals. The first is to educate participants on the basics of horticulture. The second goal is for the students to use their horticultural knowledge in community involvement. In 2015 Master Gardeners in Ashland and Bayfield Counties contributed over 1,600 volunteer hours. The *Master Gardener* training program continues to be popular, there were 29 students enrolled in the course in 2016. Due to interest in the class a second training course was offered beginning on May 2<sup>nd</sup>.

## Tractor Safety

In 2015 tractor safety training was held at WITC in Ashland. This year the class was held over six four-hour classes instead of three eight-hour sessions. The reason for this is that shorter class times were likely to be more effective than longer class periods. Tractor safety is an important certification program for youth ages 12-15 who work on farms. It is difficult to quantify the cost of an agricultural injury. Pediatrics Journal published a study in 2012 titled "*Incidence and Cost of Injury Among Youth in Agricultural Settings, United States, 2001-2006*." In this study the estimated mean cost of a non-fatal injury that requires hospitalization was \$207,275. Proper training can reduce the risk of injuries to farm workers. In addition, tractor safety training is required by law for youth operating tractors on public roads or working on non-family owned farms.

As part of the tractor safety training community members are brought in to help with the class. A representative from the Bayfield County Sheriff's department discusses some of the laws related to operating machinery on public roads. Bayfield Electric Cooperative conducts a live-line demonstration to illustrate the importance of safe practices around power lines. To supplement the section on working with animals safely a local large animal veterinarian teaches part of a class. Local implement dealers provided machinery for and a location for the driving test.

Related to tractor safety was the construction of the grain bin challenge. This simulator was funded in part by a grant. The purpose of the simulator is to provide an example of the amount of force an average person can exert while pulling on a rope. This was then compared to the pounds of force needed to extract someone buried waist deep in a grain bin. The goal of this simulator was to provide a visual representation of how it is not possible to extract someone buried waist deep in a grain bin without additional resources.

## Lifelong Learning Series

CORE community resources is a local organization that provide services to seniors in Northern Wisconsin. In 2015 CORE developed a series of classes called *Lifelong Learning*. Matt taught five classes for this series: four on basic gardening (botany, soils, pest control, vegetable production) and one on genetically modified crops and organic agriculture. Matt found that teaching classes in the lifelong learning series helped him to reach a different part of the population who might not be familiar with Extension resources.



▲ Volunteers working in the Aldo Leopold Seed Orchard at the Visitor Center.



▲ Theresa LaChappelle trying the grain bin challenge at the Bayfield County Fair.



▲ Meeting with members of the Superior Life Long Learning Committee.

# 4-H & Youth Development



## ▲ 4-H GROWS Competence

High school seniors and CANSKI teammates Morgan Hinson's and Anna Nutt's enthusiasm for skiing their first full Birkie is contagious.



## ▲ 4-H GROWS Communication Skills

Kelsie Shields and Nicole Lupa expressed their gratitude to the Leaders Association for the opportunity to participate in the Citizenship Washington Focus trip. They shared their experience with other youth and adults at the Awards Dinner in October with a slide show.



## ▲ 4-H GROWS Confidence

Each year 4-H Woodworking Leader Rodney Johnson teaches youth the tricks of the trade and helps them build a wide variety of woodworking projects.



## 4-H GROWS In Bayfield County

### 4-H GROWS Essential Elements

The Bayfield County 4-H community club program provides an organizational platform for youth to participate in self directed learning, youth and adult partnerships, and community service. These experiences also provide what research supports as the *4-H Essential Elements of Positive Youth Development*.

**Generosity:** "4-H community service and citizenship activities allow youth to connect to their communities and learn to give back to others."

**Mastery:** "Youth need to feel and believe they are capable and experience success at solving problems and meeting challenges."

**Belonging:** "Youth need to know that they are cared about by others and feel a sense of connection to others in the group."

**Independence:** "Youth need to know that they are able to influence people and events through decision-making and action."

Kress, C. 2005. *Essential Elements of 4-H Youth Development*, National 4-H Headquarters, CREES, USDA.

### 4-H GROWS Communication Skills

To participate in the 4-H Older Members Awards program, 4-H members in grades 8-12 complete an award application which requires them to reflect on their leadership experiences and accomplishments within the 4-H program and their community. Applicants then participate in a face-to-face interview with three adult 4-H leaders. This interview serves to clarify information from their written application and develops the 4-H member's ability to articulate their thoughts and ideas in a safe and supportive environment. Members that participate in this program receive scholarships which offset the cost to attend further leadership opportunities like 4-H Winter Camp, 4-H Youth Conference, 4-H Adventure trips, Superior Days and the Citizenship Washington Focus trip to the nation's capitol. 4-H members who do an outstanding job articulating what they have accomplished also receive specific Leadership and Community Service Awards on behalf of the 4-H county program that can be listed on college and scholarship applications

### 4-H GROWS Citizenship

In June, 2015, Kelsie Shields and Nicole Lupa received a 4-H Older Member Award to attend the annual 4-H Citizenship Washington Focus trip to Washington D.C. When they returned from the trip Kelsie and Nicole prepared a presentation of their trip to the nations capitol and explained how their experience of visiting the national monuments like the Lincoln Memorial and Vietnam Memorial instilled a sense of pride and a deeper appreciation for the rich history of the United States. In her 4-H record book Kelsie wrote, "I can say without hesitation that the Citizenship Washington Focus trip was the best 4-H experience I've ever had. I think everyone should go to D.C. in their lifetime. Through my 4-H experiences I've become a better public speaker, more outgoing and definitely more independent."



# 4-H & Youth Development

## 4-H GROWS Leadership

Throughout the year, 4-H members experience a wide variety of leadership opportunities. For younger members it might start with being asked to lead the pledges at 4-H meetings or vote on a motion. It might be being elected club president, vice president, treasurer, secretary or club reporter and learning how to contribute to the club's goals and work by serving in these roles. One of the most significant leadership experiences for older 4-H members is being a 4-H camp counselor. 4-H Summer Camp is a collaborative program between Bayfield and Ashland County 4-H. Camp counselors participate in a 16-hour training to help prepare them for the leadership responsibility of organizing a 4-H camp schedule and working with their assigned group of younger 4-H campers.

The 4-H motto of "*Learning by Doing*" comes to life at 4-H Camp as counselors experience the shared responsibility of successfully executing a multi faceted 3-day and 2-night program. During this experience they also gain important organizational, communication and leadership skills necessary to provide a safe, fun and educational experience for the 4-H campers. In reflection of his camp counselor experience one counselor wrote: "*At first I was nervous about being a camp counseling at 4-H Camp. It was intimidating to apply, interview, and train for the job, but once I started working with the campers I realized that I had a gift for camp counseling. I am now looking forward to expanding my camp counseling experiences. I learned how pushing myself could be very rewarding.*"

## 4-H GROWS Organizational Capacity

The life of a 4-H community club ebbs and flows over the years as members and leaders participate and graduate from the program. In the past two years the 4-H staff worked to identify and train adult volunteers to establish a new 4-H club and transition leadership in two other clubs that needed additional assistance. This has resulted in all three clubs growing in membership, having renewed vitality, and becoming more active in their communities.

## Bayfield County 4-H Leaders Association

Ian Meeker, 4-H Youth Development Educator and Donna Ganson, 4-H Youth Program Assistant, provide year-round educational and organizational support to the Bayfield County 4-H Leaders Association. The 4-H Leaders Association plays a critical role in supporting the Bayfield County 4-H program. In 2015 the Bayfield County 4-H Leaders Association operated with a budget of almost \$24,000 to support educational programming for it's membership of 268 youth and 99 certified 4-H Leaders. This financial support ensures the educational opportunities of the 4-H program are both accessible and affordable to all youth in Bayfield County.



### ▲ 4-H GROWS Community Contribution

*The 4-H Ashwabay club leverages the generosity of the community to solicit donations, shop for and donate Thanksgiving meals for identified families in need.*



### ▲ 4-H GROWS Character

*Each year 4-H camp counselors volunteer their time to attend trainings and provide leadership to young campers at 4-H Summer Camp as camp counselors.*



### ▲ 4-H GROWS Caring

*Friendly Valley Club members practiced lots of caring in 2015 through nursing home visits, raising awareness about the decline of the Monarch butterfly, and helping out at the 4H Food Booth.*

# Nutrition Education



▲ People who live in the Chequamegon Bay area have hunted, fished, and gathered to put healthy food on the table for many generations. WNEP educators help students understand their connection to the land, their neighbors and their history through lessons like this one on Wild Foods. Students are also given opportunities to taste many of these nutrition packed whole foods. First graders in Bayfield, Drummond, and South Shore sampled wild rice, blueberries, and real maple syrup this year as a part of their nutrition lessons.



▲ Stephanie LaPointe Bakker, Nutrition Educator, worked in collaboration with Red Cliff's Food Distribution staff Theresa Gordon and Peggy Bazant to help students learn healthy ways to prepare traditional foods that are available through the Food Distribution program.



## Wisconsin Nutrition Education Program

For more than two decades the Wisconsin Nutrition Education Program (WNEP) has offered nutrition education for Bayfield County families. The program is funded through federal dollars as part of the Supplemental Nutrition Program (SNAP) that also provides FoodShare (food stamps) to families. This means that each of our programs is required to reach families that are eligible to receive these benefits. The goal for working directly with families is to help them learn to make informed, healthy choices about diet and activity. Families are also taught how to stretch their food dollars while eating healthy, fresh, and local foods when they are available.

In 2015, WNEP's grant saw some changes in guidance at the national level and locally experienced a cut in funding. This has impacted our programming in a number of ways.

The local WNEP team continued to evolve. We helped Ann Christensen celebrate her retirement after almost 10 years of service. In spite of the federal funding cut, we were able to refill her position, welcoming Heather Laakso to our team as our newest nutrition educator. Heather joins Donna Ganson, Stephanie LaPointe Bakker, Rebecca Butterworth, and Kathy Beeksma in supporting Bayfield County's nutrition education efforts.

Programming in WNEP is now able to support qualifying organizations and coalitions to identify and change policies, systems, and environmental factors that will make healthy choices in diet and exercise the easy choice for families. This is an exciting change for our program as we know these factors make a meaningful difference to communities and families. Additionally, we are working more intentionally to reach those in the family that make the food purchasing decisions. This has impacted our education locally, because we have had to reduce the education we provide to youth. In spite of this, we are able to meaningfully reach youth and we work to do the same for their parents.

During 2015 this team provided direct nutrition education to 471 individuals in Bayfield County. We know that attending one lesson will not lead to a change in behavior, so we schedule multiple lessons with groups of learners. In 2015, we had

*(Continued on page 11)*



# Nutrition Education

(Continued from page 10)

2000 contacts with those 471 learners. This also allows relationships to be built throughout the community.

If you have questions on the WNEP program, call Kathy Beeksma, WNEP Coordinator at 715-682-7017.

## WNEP Works with All Ages

Good nutrition is important to people of all ages, from infants to the elderly. WNEP educators provide information to parents of young children, seniors, as well as school aged children.

## WNEP Middle School Education

The middle school years are a uniquely important time in the development of children, when many lifelong habits and attitudes are formed. WNEP lessons help these students learn how to make good decisions about the foods they eat and drink. Topics covered in grades 6-8 include the importance of getting enough calcium for healthy bone development during the teen years, how to determine how much sugar they are consuming in drinks and snacks, and how to moderate their consumption of these foods. Students also learn about heavily processed foods and fast foods and how to interpret information listed on nutrition facts labels and ingredients lists. Students learn about balancing activity with food intake and how to safely cook, handle, and store foods. Through these lessons, activities, and healthy food samples, students are better equipped to make informed decisions about what they choose to eat and drink.

## Preschoolers and their Parents

Parents of preschoolers have their hands full with busy lives and do their best to help keep their children healthy. In 2015, Stephanie Bakker supported parents by teaching them ways to incorporate physical activity into their busy days. She also helped parents learn ways to safely prepare and feed their children healthy foods. At the Early Childhood Center in Red Cliff a special effort was made to Integrate the Ojibwe language into the lessons. WNEP education supports families by understanding the realities of their busy lives and helping them see simple ways to make healthy food delicious to eat and affordable.



▲ Exposure to tasty vegetables, learning how to prepare them, and opportunities to grow them in school gardens all contribute to sound food literacy and ability to make healthy choices. Middle School students from South Shore are shown here preparing "Five Color Salad."

► Heather Laakso, our newest Nutrition Educator, teamed up with Donna Ganson for the final Jeopardy Review game she designed to go along with the middle school units being taught this year. Students enjoyed reviewing what they'd learned this way while enjoying their "Five Color Salad."



▲ Stephanie plays a game of "No Peeking!" with Red Cliff ECC students to help them learn about colorful and fun fruits and vegetables.

# UW-Extension Educators & Support Staff



**Jason Fischbach**  
Agriculture  
[jason.fischbach@ces.uwex.edu](mailto:jason.fischbach@ces.uwex.edu)  
(715) 373-6104, Ext. 5



**Matt Cogger**  
Horticulture  
[matt.cogger@ces.uwex.edu](mailto:matt.cogger@ces.uwex.edu)  
(715) 373-6104, Ext. 7



**Tim Kane**  
Community Development  
[timothy.kane@ces.uwex.edu](mailto:timothy.kane@ces.uwex.edu)  
(715) 373-6104, Ext. 1



**Liz Lexau**  
Family Living  
[liz.lexau@ces.uwex.edu](mailto:liz.lexau@ces.uwex.edu)  
(715) 373-6104, Ext. 2



**Lillian (Lilly) Soshnik-Tanquist**  
VISTA Volunteer  
[LsoshnikTanquist@bayfieldcounty.org](mailto:LsoshnikTanquist@bayfieldcounty.org)  
(715) 373-6104



**Ian Meeker**  
4-H & Youth Development  
[ian.meeker@ces.uwex.edu](mailto:ian.meeker@ces.uwex.edu)  
(715) 373-6104, Ext. 3



**Donna Ganson**  
4-H & Nutrition Education  
[donna.ganson@ces.uwex.edu](mailto:donna.ganson@ces.uwex.edu)  
(715) 373-6104, Ext. 4



**Heidi Ungrodt**  
Nutrition Education  
[heidi.ungrodt@ces.uwex.edu](mailto:heidi.ungrodt@ces.uwex.edu)  
(715) 373-6104, Ext. 8



**Karen Bade**  
Office Manager  
[karen.bade@ces.uwex.edu](mailto:karen.bade@ces.uwex.edu)  
(715) 373-6104, Ext. 0



**Theresa LaChappelle**  
Secretary/Bookkeeper  
[theresa.lachappelle@ces.uwex.edu](mailto:theresa.lachappelle@ces.uwex.edu)  
(715) 373-6104, Ext. 6

**UWEX Bayfield County, Courthouse, PO Box 218, Washburn, WI 54891 711 (Wisconsin Relay)**

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## BAYFIELD COUNTY

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