

October 7-13, 2018

Extension Week

Connecting the **U** to **YOU!**

Presented by: **UW-Extension Educators**

in **Ashland & Bayfield Counties**

Ashland Co UWEX	Bayfield Co UWEX	NGLVC UWEX
715-682-7017	715-373-6104	715-685-2652
ashland.uwex.edu	bayfield.uwex.edu	www.nglvc.org



UW-Extension invites you to participate in a week's worth of events, meetings, and presentations called "Extension Week: Connecting the U to You", a celebration of the UW-Extension's Wisconsin Idea and programming in Ashland and Bayfield counties:-

The Wisconsin Idea was developed in 1905 by former University of Wisconsin President Charles Van Hise who famously said, "I shall never be content until the beneficent influence of the University reaches every family of the state." His idea was adopted formally by the University in 1912.

One of the longest and deepest traditions surrounding the University of Wisconsin, the Wisconsin Idea signifies a general principle: That education should influence people's lives beyond the boundaries of the classroom. The Idea also declares that University research should be applied to solve problems and improve health, quality of life, the environment, and agriculture for *all* citizens of the state.

Since 1920s, this "Idea" has become the guiding philosophy of University outreach efforts in Wisconsin and throughout the world.

Extension Week highlights how UW-Extension educators are enacting that Wisconsin Idea in Ashland and Bayfield counties. This week offers just a sample of events and trainings typically held throughout the year. We hope you're able to attend one or more programs to learn more about what UW-Extension can offer you.

For more information, please see the attached calendar of events or visit our websites at ashland.uwex.edu or bayfield.uwex.edu.

Thank you.

Ashland & Bayfield County UW-Extension Educators

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Schedule may be subject to change.

"An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity."

Sunday, October 7th


1. 1-6pm
Grand View



Rock Climbing Ashland County 4-H Outdoor Adventure Club Youth Rock Climbing at Bob's Rock **Pre-registration is required.** Contact Ashland County UW-Extension Office at 715-682-7017

Monday, October 8th

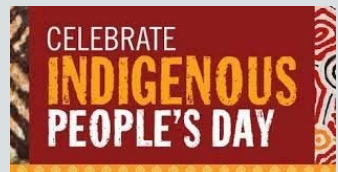
2. 10-11am
NGLVC



How Extension Can Help Local Communities Thrive with special guest Patrick Robinson

UWEX Associate Dean of Agriculture and Natural Resources, and Mary Pardee, Area Extension Director will kick-off Extension Week with a presentation on how the reorganization of Extension can better serve local communities. Regional Extension partners are encouraged to attend and ask questions



3. 11-12:30pm
NGLVC



Working Effectively with Tribal Nations: Understanding Sovereignty, History and Context of Tribal Government with Judge James H. Schlender Jr. of LCO

In celebration of Indigenous Peoples Day, Judge Schlender, Lac Courte Oreilles Tribal Judge, will share his knowledge on the interplay of tribal sovereignty, history and contemporary tribal governance. Opening remarks by Chairman Mike Wiggins Jr. of the Bad River Band of Lake Superior Chippewa. Local elected officials and community leaders are encouraged to attend. Everyone is welcome! Coffee and snacks will be served.

4. 1-2:30pm
NGLVC

Recent Market Turmoil and the Future of Dairy Farming in Ashland/Bayfield Counties,

Dr. Mark Stephenson, the Director of Dairy Policy Analysis at UW-Madison, will provide an overview of dairy markets and discuss how recent turmoil may affect dairy farming in northern Wisconsin.

Monday, October 8th

5. All Day **FoodWise Nutrition Education** in Mellen 1st, 3rd and 5th grade classrooms

6. 6-7pm **Ashland County 4-H Parent / Leader Organization Meeting and Recruitment plus Annual Record Book Check**



7. 6-7:30pm **Renewable Energy: Updates and Next Steps—**
NGLVC
CheqBay Renewables, Xcel Energy, Bayfield Electric, Next Energy Solutions –



It's been roughly one year since the kick-off of the solar group buy and announcement of Xcel's community solar project. During this panel presentation we'll discuss what has been accomplished to-date and what's next. This is event is a great opportunity for anyone interested in renewable energy for home, business, or government.

8. 6-8pm **Gardening in the North, Cable Community Farm***
Cable
with Matt Cogger, Ashland & Bayfield County UW-Extension Horticulture Educator.



This will be an evening session that covers the basics of growing a vegetable garden in Northern Wisconsin. *Pre-Registration is required. Online form is available at bayfield.uwex.edu

Tuesday, October 9th

9. 9:30-11am **Grandparents Café, Education and Support for Grandparents Raising Grandchildren* - Bad River Health & Wellness Center**
Bad River
with Heidi Ungrodt, Ashland County UW-Extension, Family Living Educator, 715-682-7017



Join us to learn strategies for keeping your family strong. Share the joys and challenges of parenting the second time around. Free! **Registration Required!** Coffee, tea and light refreshments provided

Tuesday, October 9th

10. 1-2pm **Parents Connect: Kids' Feelings-Tantrums, Sadness & More** (for parents of kids 3-10) - Online or in person. **Registration Required.**



Learn how parents can help kids cope with powerful emotions & manage behavior. Join a live video conference from phone, laptop or computer. (Or join in person. Location varies with session. Call for info.)

11. 6-7pm **Online or in person**

12. All Day **FoodWise Nutrition Education** in Butternut and Glidden Elementary Schools

13. 6-7:30pm **Kids & Screen Time: What Can Parents Do?**
NGLVC
(For parents of kids age 11 and up)



Join UW Extension Youth Development Educators, Doug Liphart and Ian Meeker and Ashland High School Alternative Education teacher, Dan Kovach, to learn about what current research suggests about how screen time affects brain development.

The presentation will conclude with a facilitated discussion around strategies parents can use to reduce the amount of screen time their children experience during their day.

14. 6-8pm **Microplastics in our Great Lakes: A Wisconsin Master Naturalist Program ~**
NGLVC
Presenters: Dr. Lorena Rios, UW- Superior; Deanna Erickson, Lake Superior National Estuarine Research Reserve; Hayley Bahr, National Park Service



The public is welcome to join Master Naturalist volunteers in learning more about microplastics in the Great Lakes! Three presenters will discuss this important topic at multiple perspectives: Great Lakes, Lake Superior and Apostle Islands. Come hear what we can do to help keep plastics out of our water.

Online Registration links and information are available online at:

ashland.uwex.edu

bayfield.uwex.edu

www.nglvc.org

Wednesday, October 10th

15.  10:30-11am South Shore **Bayfield County 4-H Ambassadors school presentation**

16.  12:45-1:15pm Iron River **Bayfield County 4-H Ambassadors school presentation**

17. 1-2:30pm **Communicating Across Generations—**
NGLVC Mary Pardee, UW-Extension Area Extension Director, District 1



From the Silent Generation to Generation Z, never before in our nation’s history have people from so many different generations been in the workforce at the same time.



Each generation brings diverse perspectives, values, needs, and expectations to the workplace. Those who can communicate effectively across generations have much to gain, including increased quality of performance, increased job satisfaction, and dynamic teams that can blend and build on different working styles.

[Registration is Required - Register online at bayfield.uwex.edu](http://bayfield.uwex.edu)

18. 1-3pm **Aquaculture Facility Tour,**
Red Cliff Northern Aquaculture Demonstration Facility



The Northern Aquaculture Demonstration Facility is leading the way in developing and supporting recirculating fish production systems. Come tour the facility and learn more about aquaculture from Greg Fischer and staff during this open house event. No registration required.

19.  2-2:30pm Drummond **Bayfield County 4-H Ambassadors school presentation**

Wednesday, October 10th

20. 6-7:30pm **Demystifying Post Secondary Education: How to Find the Right Academic & Financial Fit**
WITC-Ashland Campus



Admission specialists from **UW Superior, Wisconsin Indianhead Technical College** and **Northland College** will provide their perspective and questions students need to ask while exploring *which post high school option is the best fit for your goals and budget, and how to access financial aid.*

The program will be moderated by **College Admissions Consultant, Jim Miller** and leave ample time for students and parents to ask questions. This program is for anyone interested in understanding the options for post-secondary education.

21. All Day 10/10 **Check Your Free Credit Report**
by appointment Call 715-373-6104 x 2

Did you know that employers, insurance companies and many others can view your credit report? Would you like to see what’s in your own report?
Or on your own [Online](#) Meet by phone or video conference with a trained financial coach who can guide you through the process. Learn:

- Who can see your credit report ,
- Why it’s important to check your report ,
- What problems to look for ,
- Steps you can take to make corrections or improve your credit





Online: <https://fyi.uwex.edu/moneymatters/>

Thursday, October 11th

22. All Day 10/11 **Check Your Free Credit Report**
See Above See Above

Thursday, October 11th

23. All Day **Great Apple Crunch, Bayfield K-2**
 Celebrate National Farm to School Month by crunching into locally and regionally grown apples.

24. 9-12pm **“Successful Co-Parenting, for Divorcing or Separated Parents”, Courthouse**
Ashland Co Courthouse
Registration required / \$25
 Co-parenting families have a unique set of challenges. Transition to new family arrangements can be tough. There are many ways co-parents can reduce conflict and help children thrive in a co-parenting family. Whether you are transitioning after a divorce or separation or you have been co-parenting for some time, there's good news...
You can help your children work through transition and find ways to co-parent successfully to create a happy, healthy future. Call 715-682-7017 to register.


25. 1-2:30pm **Grandparents Café, Education and Support for Grandparents Raising Grandchildren* - Bad River Health & Wellness Center**
New Chequamegon Clinic, Ashland,
with Heidi Ungrodt, Ashland County UW-Extension, Family Living Educator, 715-682-7017
 Join us to learn strategies for keeping your family strong. Share the joys and challenges of parenting the second time around. Free! **Registration Required!** *Coffee, tea and light refreshments provided.*

26. 2:30-3:45pm **Exploring Creative Housing Options for Seniors: Village Movement, Co-Housing & Housing Co-ops!**
NGLVC
 Join us as we explore creative solutions that communities across Wisconsin are using to address the housing needs of an aging population. Special guest, Travis Johnson of the Minneapolis-based Senior Cooperative Foundation will share specifics on the process of developing and accessing funding for a Senior Housing Co-operative.

Free light refreshments provided

Thursday, October 11th

27. 4-5:30pm **Rethinking Aging: Embracing Change**
NGLVC
 Join Dr. Kristin Litzelman, UW-Extension Specialist for Well-Being in Middle & Later Life as she discusses common reactions to losing independence and how rethinking aging can help us plan for the future.
Free light refreshments provided.

28. 6-7:30pm **Is Your Well Well? Exploring Groundwater Quality in Wisconsin**
NGLVC
 with Kevin Masarik, Groundwater Education Specialist, Center for Watershed Science and Education, and Kelsey Pihoda, researcher, Lake Superior Research Institute at UW-Superior

29. 6:30pm **"Mushrooms Wild & Cultivated"** with Tavis Lynch owner of Tavis's Wild & Exotic Mushrooms. Presented by Ashland & Bayfield County Master Gardeners
 Mushrooming is a rewarding, but potentially dangerous activity. Come learn from the experts on how to safely identify and harvest wild mushrooms and to cultivate your own. The event is free and open to the public.

Friday, October 12th

30. 5—6:30pm **“Happy Hour Chat—What’s Next For Local Food?”**
SOEI ~ Northland
 Join us for a casual happy hour of updates and conversation. Hear from regional local food colleagues about current projects, and ideas for the future. What's next for local food in the Chequamegon Bay Region?
Light snacks and tea will be served.
Cash bar will be stocked with local beer and cider.

Saturday, October 13th

31. Noon—1pm **Hazelnuts in Northern Wisconsin: A Potential New Crop**
Eileen Town Hall ~ (ETH) (former Ag Station)
 UW-Extension has been working for more than a decade to develop hazelnuts into a high-value crop for farmers in northern Wisconsin. With recent identification of 10 select cultivars, it is time for the next stage with growers trying the hazelnuts on their farms.



Jason Fischbach, Co-Leader of the Upper Midwest Hazelnut Development Initiative, UW-Extension Food and Energy Woody Crops Specialist and Agriculture Agent for Ashland/Bayfield Counties will discuss the hazelnut opportunity and how growers can get involved. With revenue potential more than \$3000/acre, hazelnuts could be a great opportunity for our region. Come learn more! Registration is requested, but not required.

32. 1—2:30pm **Growing Fast Trees: For Landowners That Can't Wait**
ETH



The best time to plant trees is 20 years ago, the second best time is today! Fast growing hybrid poplar, willow, and tamarack are good options for those that want to grow trees and grow them fast. Plus, all three do well on clay soils.

At this field day we'll talk about site selection, establishment, and maintenance. We'll also tour 10 year old plantings so you can see the trees in action. Registration is requested, but not required.

33. 3—4:30 pm **Hay Buying Workshop ~ Benoit Community Center**
Pre-registration is required



How do you know what you're getting when buying hay? What's a fair price for buyer and seller? Come to the Extension Week Hay Buying Workshop to find out more! This workshop is intended for buyers and sellers of hay.

<u>Event Number</u>	<u>Location</u>	
1	Bob's Rock , Grandview	
2, 3, 4, 7, 13, 14, 17, 26, 27, 28, 29	Northern Great Lakes Visitor Center (NGLVC) 29270 Co Hwy G, Ashland, WI 54806	
5, 12, 15, 16, 19, 23	Various Local Schools	
6, 24	Ashland County Courthouse , Ashland 201 Main St W, Ashland, WI 54806	
8	Cable Community Farm, Cable 13765 Perry Lake Rd, Cable, WI 54821	
9	Bad River Health & Wellness Center, Odanah 53585 Nokomis Road, Ashland, WI 54806	
10, 11, 21, 22	Online or In Person	
18	Northern Aquaculture Demonstration Facility , Red Cliff 36445 State Hwy 13, Bayfield, WI 54814	
20	WITC—Ashland Campus , Ashland 2100 Beaser Ave, Ashland, WI 54806	
25	New Chequamegon Clinic, Ashland 2201 Lake Shore Dr E, Ashland, WI 54806	
30	Sigurd Olson Environmental Institute ~ Northland College, Ashland 1411 Ellis Ave., Ashland, Wisconsin 54806.	
31, 32	Eileen Town Hall (ETH) ~ Bayfield County Business Park ~ (Former Ag Station) 68760 State Farm Road, Ashland, WI 54806	
33.	Benoit Community Center, Benoit 23710 Co Hwy F, Mason, WI 54856	
Ashland Co UWEX 715-682-7017 ashland.uwex.edu	Bayfield Co UWEX 715-373-6104 bayfield.uwex.edu	NGLVC UWEX 715-685-2652 www.nglvc.org