

Bayfield County UW-Extension Highlights

2018 ANNUAL REPORT



Photo by Theresa LaChappelle



“Bringing the resources of the University of Wisconsin

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WELCOME

Mary Pardee

January 1, 2018 – December 31, 2018

Dear Partners and Friends:

THANK YOU to the Bayfield County Board of Supervisors and the Agriculture and Extension Education Committee for the continued support of Extension programming in Bayfield County during 2018. We truly appreciate the opportunity to serve Bayfield County residents and local efforts to strengthen our people, our communities and our economy.

We developed this report with data and stories from 2018. We highlight positive outcomes from all of our major educational programs covering agriculture, horticulture, community and economic development, 4-H and youth, nutrition, and individual and family well-being. Our staff works to address high priority local needs through our educational programming and our collaborations with community groups, volunteers and program partners. We could not be effective in our work without the valuable contributions of our various partners. Strong partnerships are at the heart of our programs -- we can achieve more together!

Thank you for your interest in the impact of Extension Bayfield County! We hope you enjoy our annual report.

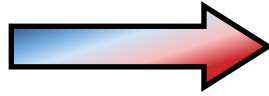
On behalf of the entire Extension Bayfield County staff,



Mary Pardee

Area Extension Director





Did you notice our new logo used on this document?

In 2018, “UW-Extension” started the transition to become the “University of Wisconsin-Madison Division of Extension.” Our organization, which has educators in all 72 counties and 3 tribal nations, is returning to UW-Madison as a result of several changes to the UW System. Although we will now be called, Division of Extension Bayfield County, our local programming and commitment to work alongside the people of Bayfield County does not change.

Extension works alongside the people of Wisconsin to improve lives and communities. Our educators don’t lecture or give grades in a typical classroom. Instead, we deliver education where people live and work – on the farm, in schools and community centers. Extension educators also speak to civic groups and county boards, write newspaper columns, do radio and TV programs, facilitate meetings and build coalitions to solve community problems.

Our local educators are members of six academic Institutes:

- ◇ Agriculture,
- ◇ Natural Resources,
- ◇ Community Development,
- ◇ Health & Well-Being,
- ◇ Human Development & Relationships, and
- ◇ Positive Youth Development

Their programming and research is supported by statewide and regional specialists, as well as county-based colleagues around the state. The Division of Extension administrative and operations offices, located in Madison, provide program and financial support, technology, communications and other support to further the Wisconsin Idea.

The Wisconsin Idea signifies the university’s commitment to public service and the concept that education should influence peoples’ lives beyond the boundaries of the classroom.

"An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements."

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Horticulture Educator

Through December 2018



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**Tim Kane
(Retired 2018)**

Community Development



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Ian Meeker

4-H & Youth Development

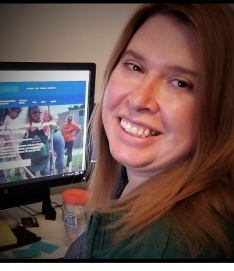
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Gina Monroe

FoodWise Coordinator



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Community Development

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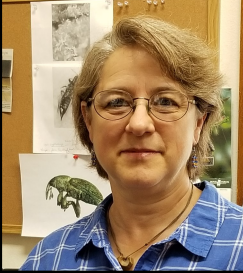
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District #8 - Towns of Delta,
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District #12 - Towns of Drummond
& Barnes



Larry Fickbohm

Committee Member

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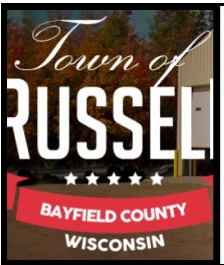
District #3 - Towns of Bell, Clover,
Orienta, Port Wing & Tripp
Through April 2018



Brian Goodwin

Committee Member

District # 1—Town of Russell
Through April 2018



George Newago

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District # 1—Town of Russell
Start April 2018



Tom Snilsberg

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District # 9—Town of Iron River
Start April 2018

Support Staff

Theresa LaChappelle

UW-Extension office staff answer and direct phone calls, greet visitors, provide information, sign people up for classes or events, send off soil samples, and interact with the residents of the area on a daily basis.

The Bayfield County UW-Extension website, the Bayfield County website, the Extension Twitter account and the Bayfield County Extension Office and 4-H Facebook pages are frequently updated with timely materials and new educational offerings.

Online registrations and payments are regularly being offered to our citizens for workshops and classes.

Managing the financial side of the office is another

aspect of the responsibilities carried out by the office staff. In addition to the everyday expenses, there are increased duties for the financial tracking of revenues and expenses for grants, projects and workshops.

In 2018, there were 14 Non-Agriculture projects/ events/workshops that the revenues and expenses had to be logged and confirmed.

There were 21 separate Agriculture related projects/ workshops/events where the revenues and expenses were being tracked and validated; as well as 11 Agriculture Grants that were being financially recorded and verified.

Community Development Education

Kellie Pederson



Welcome, Kellie!

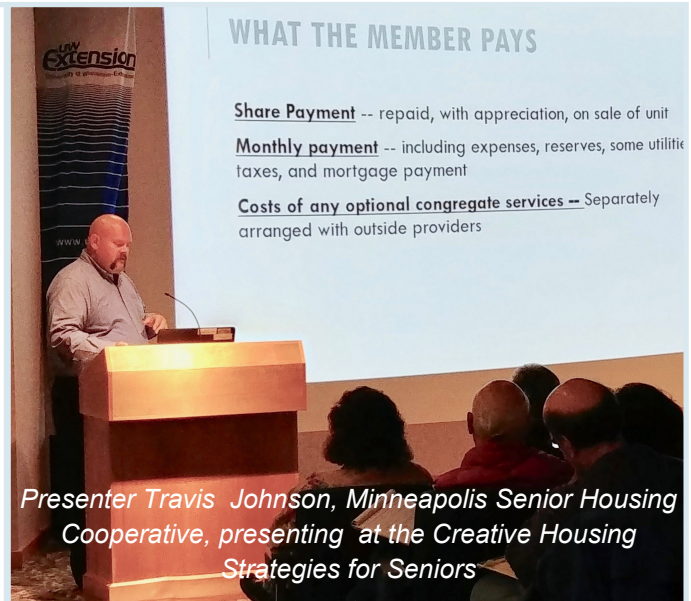
Kellie Pederson joined Bayfield County Extension team as a Community Development Educator in June 2018. In 2018 Kellie focused on conducting a programmatic needs assessment and developing programming related to Community Economic Development, Community Vitality & Creative Placemaking and Organizational & Leadership Development.

In December, Kellie developed her 2019 work plan, which focuses on addressing regional housing issues, supporting the regional food system as a tool for economic development, and supporting organizational development across the county.

Creative Housing Strategies for Seniors

In October, the Community Development program hosted a discussion on Creative Housing Strategies for Seniors. Guest Speaker Travis Johnson, from the Minneapolis-based non-profit Senior Housing Cooperative discussed the process of starting a senior housing co-op. Guest Speaker Ann Albert, Executive Director of SAIL, discussed the *Village Movement*, and how seniors can build “virtual villages” to support their needs while aging in place.

Lack of affordable quality housing is a persistent and growing problem across Bayfield County and will be a strong focus for the Community Development program in 2019.



Presenter Travis Johnson, Minneapolis Senior Housing Cooperative, presenting at the Creative Housing Strategies for Seniors

What's Next for Local Food?

In October, the Community Development program co-hosted a “Happy Hour Chat” at Northland College to discuss “What's Next for Local Food?” The evening included a panel discussion with regional farmers and food-systems educators, and opportunities for local residents to enjoy local craft drinks and appetizers as they discussed growing the regional food system in an equitable and just way. Enhancing the regional food system will be a strong focus of the Community Development program in 2019.



▲ Local farmers & food systems educators share their thoughts on “What's Next for Local Food?” during a panel discussion at the Sigurd Olson Institute.



▲ Local residents and students discuss access and equity in the regional food system.

Community Development Education

Kellie Pederson

Elected Office 101:

In the Community Development hosted Elected Office 101: A Workshop for Candidates Considering Local Office. Community members considering running for local elected office were encouraged to attend to address their questions and concerns in a supportive atmosphere. Local elected officials facilitated small group discussions on important topics like:

- *Finding common ground and dealing with negative feedback*
- *Addressing the “I’m not Qualified” myth*
- *Understanding core responsibilities of an elected official*
- *Honing your message to run in a challenging race*
- *Understanding the process to get on the ballot*

This content of this program was developed based on research conducted by UW-Madison Extension Community Development Educators titled “*Why Women Don’t Run*”.

The research identifies strategies recruit new candidates to public office with an emphasis on reaching gender parity in local elected offices.



In April 2019, Bayfield & Ashland County voters elected more than 150 local officials.

While voter choice is the backbone of democracy, most candidates run unopposed.

20% of the region’s locally elected decision-makers are women, 80% are men



▲ Bayfield Mayor Gordy Ringberg and Bayfield City Clerk Bille Hoopman share their insights on “Understanding the core responsibilities of an elected official”.

80% of participants said they would be more likely to run for elected office after attending the workshop.



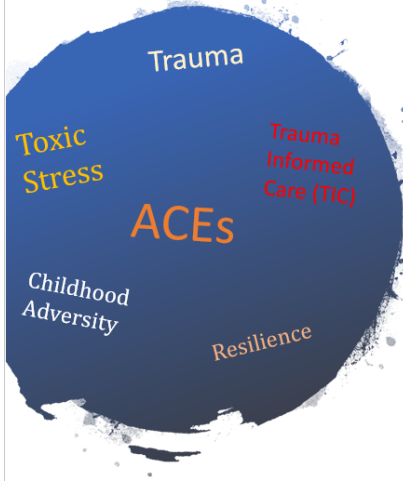
▲ Former Washburn Mayor Scott Griffiths, and Ashland School Board President Jess Pergolski field questions from participants about fears and concerns about running for elected office.

Participants discuss strategies on *Finding Common Ground and Dealing with Negative Feedback* at the Elected Office 101 Workshop at the NGLVC. ▼



Individual & Family Well-Being

Elizabeth Lexau



ACEs Awareness

As an ACE Interface trainer, Liz offers professional development and community education to increase awareness around the issue of childhood adversity and its impacts on long-term health and well-being. In 2018, Liz reached 228 individuals through trainings and community discussions to help providers, educators, policy makers and the public understand actions that prevent ACEs and reduce the damaging impacts of toxic stress. Among responses when asked things they had learned, participants said:

- ◆ “ways to support students and the importance of supporting families”
- ◆ “the wide impact ACEs have in everyone’s lives”
- ◆ “strategies to help build protective factors”

Family Resilience Education

Family resilience is critical for interrupting cycles of adversity. Liz taught *Resilience: What Can We Do About ACEs*, to help incarcerated parents understand the health and behavior impacts of ACEs and research-based actions that prevent ACEs and build resilience. Twenty-eight inmates completed the series in 2018. Afterward, 97% reported they understand how toxic stress impacts the brain and behavior (versus 24% before). 99% said they know specific ways to protect themselves and their families from the impacts of toxic stress (versus 15% before). Among responses for how they will use the information:

- ◆ “take more time with my child, listening and acknowledging feelings”
- ◆ “be more patient with my daughter in stressful situations”
- ◆ “be more aware of how my actions affect me and my kids”
- ◆ “minimize ways that create toxic stress in both my life and my kids’ lives”

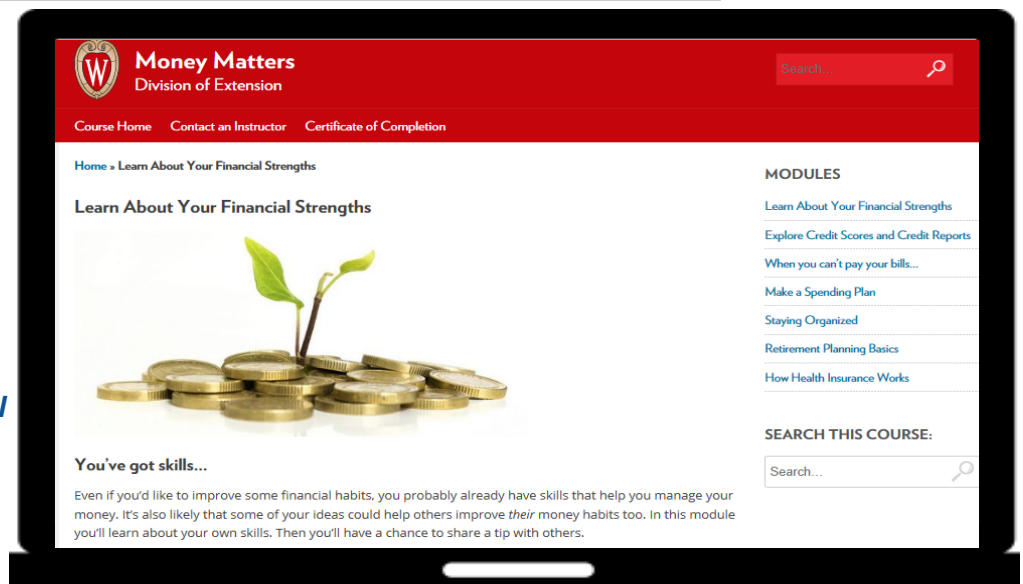
“I plan to use this knowledge to try to help my community heal.”

- Resilience class participant

Liz offers individual and group education around financial capability, an important aspect of resilience. The Money Matters online modules she is developing with support from UW financial capability specialists and other colleagues helps reach individuals where they are. ►

“I want to let you know the success I’ve had in my financial journey since we met!”

-Financial Coaching Participant



Individual & Family Well-Being

Elizabeth Lexau

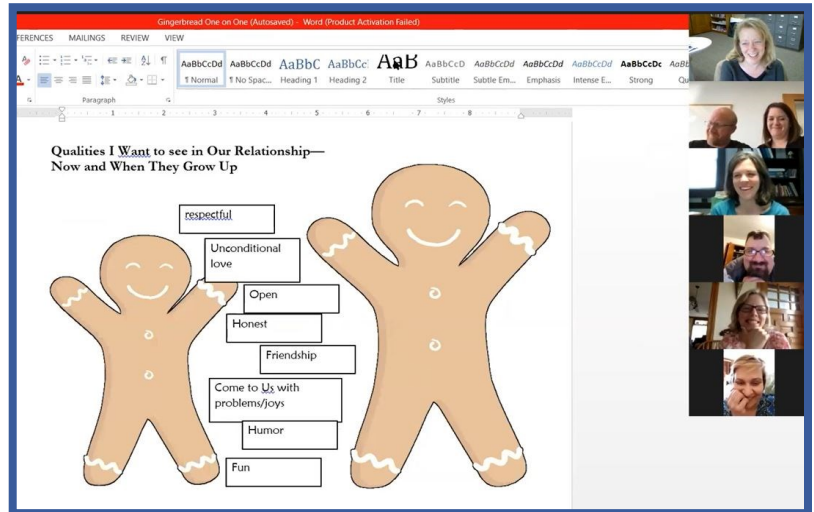
Parents Connect

Support and connection for parents is a critical factor for family resilience. Yet it's often difficult for parents to attend classes due to work, distance and child care needs. In 2018, UW-Extension piloted a new online option in Ashland and Bayfield Counties. *Parents Connect* offers research-informed, strength-based classes that parents, grandparents and other caregivers can attend from home or in person in small groups. The format allows for live interaction.

***“This is a very supportive group
with great information!”***

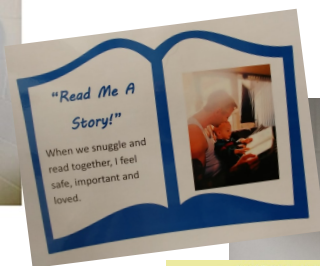
-Parents Connect Participant

Online education like the *Parents Connect* class in Ashland and Bayfield Counties opens new ways for Extension to reach busy parents and caregivers in multiple locations. Participants from all over the two county area have joined, with individuals from as far as Barnes, Bayfield, Iron River, Odanah and Marengo attending the same class. ►



The Literacy Link Program

Children of incarcerated parents lag behind peers in school readiness and basic literacy skills. Parental incarceration is also a traumatic experience for children, contributing to other poor outcomes. The Literacy Link boosts opportunities for reading while helping maintain the parent/child bond through a number of literacy projects. These include child-friendly visiting areas that promote reading, video recordings of incarcerated parents reading to their children & free books for justice-involved families.



▲ Before (top) and after (right). ► Through the grant-funded Literacy Link program, UW Extension enhanced the Bayfield County Jail visiting area with child-friendly elements to encourage reading and literacy-building skills. The area includes a reading nook where children can wait for visiting parents. Wall decals increase children's exposure to numbers, letters and words and encourage visiting parents to read to children. Young children can also take home a free quality book.

***“My daughter starts each visit by reading me a book.
She is sounding out really big words!”***

- Incarcerated parent participant, The Literacy Link



Agriculture/Horticulture Education

Jason Fischbach

Supporting Vegetable Growers Through On-Farm Research

- In cooperation with four area growers, we are conducting variety trials to find the best carrot, broccoli, green bean and potato varieties.
- Taste testing helps us determine which of the varieties are best suited for freezing with the goal of supporting new products using frozen veggies.



▲ Planting potatoes in the 2018-2019 vegetable variety trials.



◀ Taste testing bean varieties at Northland College.

Adapting to Climate Change...By Finding the Best Forage Grass Varieties

- The endless rains in the spring and fall are making it harder to grow and harvest annual forage crops such as corn silage.
- In cooperation with area farmers, in 2018 we began a multi-year project to evaluate newer forage grass varieties to find those with high yields and good digestibility.

New on-farm forage grass trials will help us identify the best varieties and ideally providing an alternative to corn silage ▼



Nutrient Management Planning

- Since 2008, Bayfield County UW-Extension has written 45 nutrient management plans covering almost 20,000 acres.
- In cooperation with the area Land Conservation Departments we help farmers conduct annual updates and we implement on-farm trials to validate nutrient recommendations, especially nitrogen fertilization of corn.



◀ Nutrient management planning is a great way to protect water quality while also maximizing crop production.

Agriculture/Horticulture Education

Jason Fischbach

What's Wrong With My Plant?

- Helping homeowner and commercial growers diagnose and treat insect and disease problems is something we do pretty much everyday.
- During the summer months we'll answer up to 5 calls a day.
- If you or someone you know has a question, contact us at jason.fischbach@wisc.edu.



Helping you diagnose your horticultural pest issues is one of the free services we provide.



◀ *A focus the last three years has been on finding uses for unheated high tunnels during the winter months. Spinach!*

High Tunnel Greenhouses... 70 and Counting

- Did you know there are more than 70 high tunnel greenhouses in Bayfield/Ashland Counties?
- We are working to support these growers and hobbyists through applied research and education such as with our recently completed winter spinach project.

Sharing What We've Learned Through Research Bulletins

- We've conducted many applied research projects over the years and the results are published in Research Bulletins.
- To read archived Bulletins go to:

<https://bayfield.extension.wisc.edu/agriculture/research-bulletins-and-presentations/>



The Effect of Planting Date and Supplemental Heat and Light on High Tunnel Winter Spinach Production

Jason Fischbach—UW-Extension Agriculture Agent
Julie Dawson—UW-Extension Urban Horticulture Specialist

Introduction

There is considerable interest in using unheated high tunnels to produce fresh market spinach during the winter months, especially in the Lake Superior region where winters are long and there are now more than 70 high tunnels in the region being used primarily for summer vegetable production. Early-adopter growers have had good experience with winter spinach production, but there is almost no research to guide their efforts. In 2016, we initiated a series of winter production trials to provide growers with research-based information on variety selection and management. As reported by Fischbach and Dawson (2019), results have shown that the vast majority of spinach growth in unheated high tunnels occurs in April and May.

Being able to harvest and sell spinach from December to March would be preferable, as the demand for fresh spinach is highest among locavores during that time and it doesn't conflict with the spring planting season of April and May. Full-scale hydroponic facilities in warehouses are certainly an option for winter greens production, but such facilities are capital and energy intensive. The owners of high tunnel greenhouses are mainly looking for ways to utilize their high tunnels during the winter without investing in the infrastructure necessary to turn them into 12-month greenhouses. To support these growers we implemented a research trial at three locations during the winters of 2016/2017 and 2017/2018 to evaluate the effect of minimal supplemental heat and light on the growth of spinach over the winter months in high tunnels. The results are reported here.

Methods

Trial Locations and High Tunnels

The heat and light trials were conducted in each of three area high tunnels. The high tunnel at the Washburn High School in Washburn, WI is a 22' x 48' Northpoint from Ramo Greenhouse Systems. The tunnel has two layers of 6 mil IR greenhouse film with an inflation blower. Sidewalls are a single layer of 6 mil film. End walls are a single layer of Solarside poly. The high tunnel at the Drummond High School in Drummond, WI, is identical to the Washburn tunnel. The third high tunnel is located at a farm near Mason, WI. It is a 30' x 96' gothic style tunnel from Hancois with a single layer of 6 mil film and plywood endwalls. There were five beds in each high tunnel and the three interior beds were used for these trials. The beds at Washburn and Drummond were raised using 2x6" untreated lumber. The beds at Mason were at ground level.

Trial Design and Treatments

Within each high tunnel the three interior beds were turned into low



Photo 1. Research trials were conducted over two winters at three locations to evaluate the effect of supplemental heat and light on spinach grown in soil in high tunnel greenhouses.



Photo 2. The interior three beds at each of three high tunnels were used in the trials. One bed had no supplemental heat, one bed was heated to maintain a temperature of 32 degrees (F), and one bed to 45F degrees (F). Half of each bed also received 12 hrs. of supplemental light.

4-H & Youth Development

Ian Meeker & Donna Ganson



▲ Ian Meeker helped prepare six Superior Days youth delegates to make a presentation to the Public Service Commission in front of the entire Superior Days delegation. Their presentation encouraged the PSC to support the inclusion of renewable energy when reviewing new transmission line upgrades.

Potential Adventures Through 4-H Pilot

With a goal of connecting local youth to the wide variety of unique outdoor adventure opportunities in Northern Wisconsin, the **Potential Adventures Through 4-H** program was piloted in the summer of 2018. UW-Extension worked with collaborative partners and existing resources to support the design of unique outdoor adventure experiences. Activities included canoeing, kayaking, hiking, biking, sailing and white water rafting.

For each form of travel, participants learned about the basic techniques so they could explore the unique and remote places Bayfield County has to offer with confidence and an understanding of safety. These adventures heighten participants sense of place and help them gain a greater appreciation for the unique access they have to beautiful well protected wilderness. It also builds self confidence and a natural progression of mastery of skills.

End of the year surveys were overwhelmingly positive. One parent commented: *"I felt all of these programs were great to help improve the confidence of my daughter. She was not very confident for biking or canoeing, but working with the Extension staff really helped her feel more confident in these activities."*

Youth Leadership Development

Older 4-H members can participate in variety of Leadership experiences which they apply for and are supported by funding from the Leaders Association. In 2018:

- 3 youth and one 4-H Adult Leader attended the WI 4-H Fall Forum. This event is attended by over 300 4-H youth and adult volunteers.
- 8 Bayfield County youth joined 40 other high school youth from northern counties and attended 4-H Winter Camp.
- 3 youth attended the State 4-H & Youth Conference in Madison.
- 6 youth participated in Superior Days trip.
- 20 youth participated in Superior Days and Bayfield County Teen Court Both are educational opportunities that teach HS youth about service learning, leadership and citizenship.



4-H & Youth Development

Ian Meeker & Donna Ganson



New Club Sprouts up in Grand View

In September of 2017 the Great Divide 4-H Club had its inaugural meeting at the Grand View Town Hall.

New club leaders have brought fresh ideas, commitment, and energy to providing enriching 4-H experiences for the 18 youth and 13 families in the Grand View area. They incorporate arts & crafts projects into many of their monthly meetings (as seen above), and involve their members in meaningful community service projects, such as growing and sharing food with the hungry through their greenhouse gardening project.

4-H Clubs & Project Work Going Strong in Bayfield County

In 2018 Bayfield County 4-H had 14 chartered clubs with 279 youth enrolled and 78 certified adult volunteers

Current Clubs and Membership:

Drummond Explorers: Established 2007

- 5 leaders ~ 15 members

Friendly Valley: Established 1948

- 3 leaders ~ 14 members

Gitche Gumee: Established 1941

- 37 leaders ~ 79 members

Great Divide: Established 2017

- 2 leaders ~ 18 members

Hillcrest Mountain Valley: Established 1987

- 2 leaders ~ 8 members

Ino Valley: Established 1987

- 2 leaders ~ 2 members

Pine Creek: Established 1949

- 6 leaders ~ 28 members

Whispering Pines: Established 1978

- 5 leaders ~ 15 members

Whittlesey Creek: Established 2013

- 6 leaders ~ 26 members

4-H CANSKI: Established 2004

- 12 adult leaders ~ 62 members- Bayfield County
- 16 adult leaders ~ 65 members- Ashland County

Bayfield 4-H Market Sale

- 12 leaders ~ 35 Youth members

Bayfield 4-H Equine Council

- 6 Leaders ~ 41 Horse Project members



CANSKI took first place in the annual Giant Ski Race on Mainstreet at the 2018 Birkie in Hayward ►

FoodWise Nutrition Education

Gina Monroe, Donna Ganson & Stephanie Bakker



FoodWise Partners in Bayfield County

For more than two decades FoodWise, formerly known as 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), which 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 physical activity. Families are also taught how to stretch their food dollars while eating healthy, fresh, and local foods when they are available.

In 2018 FoodWise educators, Donna Ganson, Stephanie Bakker, and FoodWise Coordinator Gina Monroe, provided direct education to the following audiences in Bayfield County:

- Bayfield, Drummond, and South Shore School Districts
- Family Forum Head Start in Bayfield, parents and children
- Red Cliff Early Childhood Center, parents, children and staff
- Brighter Futures participants
- Red Cliff Food Distribution staff and clients
- Red Cliff Elderly Nutrition center participants



▲ An audience that FoodWise strives to reach is parents with children.



▲ Coordinator Gina Monroe using the popular blender bike to provide education to families at a Red Cliff Early Childhood Center event about the importance of eating fruits and being physically active.



▲ FoodWise educator Stephanie Bakker provided nutrition education to Bayfield summer school students who participated in a class where they learned about foods from different cultures.

FoodWise Nutrition Education

Gina Monroe, Donna Ganson & Stephanie Bakker



▲ Donna Ganson reading a book about apples to elementary students. Donna recently retired after 17 years of being an educator!

Thank you, Donna Ganson!

Donna Ganson retired after 17 years of service to the FoodWise program. We appreciate the time she has put towards helping people make healthier choices. During her time as an educator, Donna provided education on a variety of nutritional topics to people of all ages. Thank you Donna for all your hard work and dedication to our program and the people in this county.

▼ Stephanie Bakker giving a lesson on whole grains at a parent event. The food sample she served was popcorn, a whole grain!



School Education

Direct education provided in schools makes up a large portion of the programming that FoodWise provides. In Bayfield County, FoodWise provides direct education to students in Drummond, Bayfield, and South Shore School Districts.

- Each series contains five lessons.
- Some of the topics include trying new foods, the food groups, hand washing, and being physically active.
- Lessons are structured in a way that students have interactive discussions, participate in different games and activities, and sample foods related to the lesson.
- Handouts are also sent home with the students to share with their families on some of the topics covered in the lessons.



▲ Students celebrating the "Great Apple Crunch," by crunching into some locally grown apples! This was an event put on for Bayfield Elementary students.

Great Lakes Great Apple Crunch

Stephanie Bakker (FoodWise), Gene Whipple (Farm to School), and Donna Ganson (4-H) partnered in the fall to help Bayfield Elementary students celebrate the Great Lakes Great Apple Crunch. Students were able to engage in a number of apple related activities such as listening to a story about apples, playing "Johnny Appleseed Says," and a little riddle about apples. Of course, the students all got to sample some locally grown apples and learned about how apples are good for our bodies.



Extension

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BAYFIELD COUNTY

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"Bringing the resources of the University of Wisconsin to

October 7-13, 2018

Extension Week

Connecting the **U** to
YOU!

Presented by: UW-Extension Educators

in Ashland & Bayfield Counties

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Ashland Co UWEX

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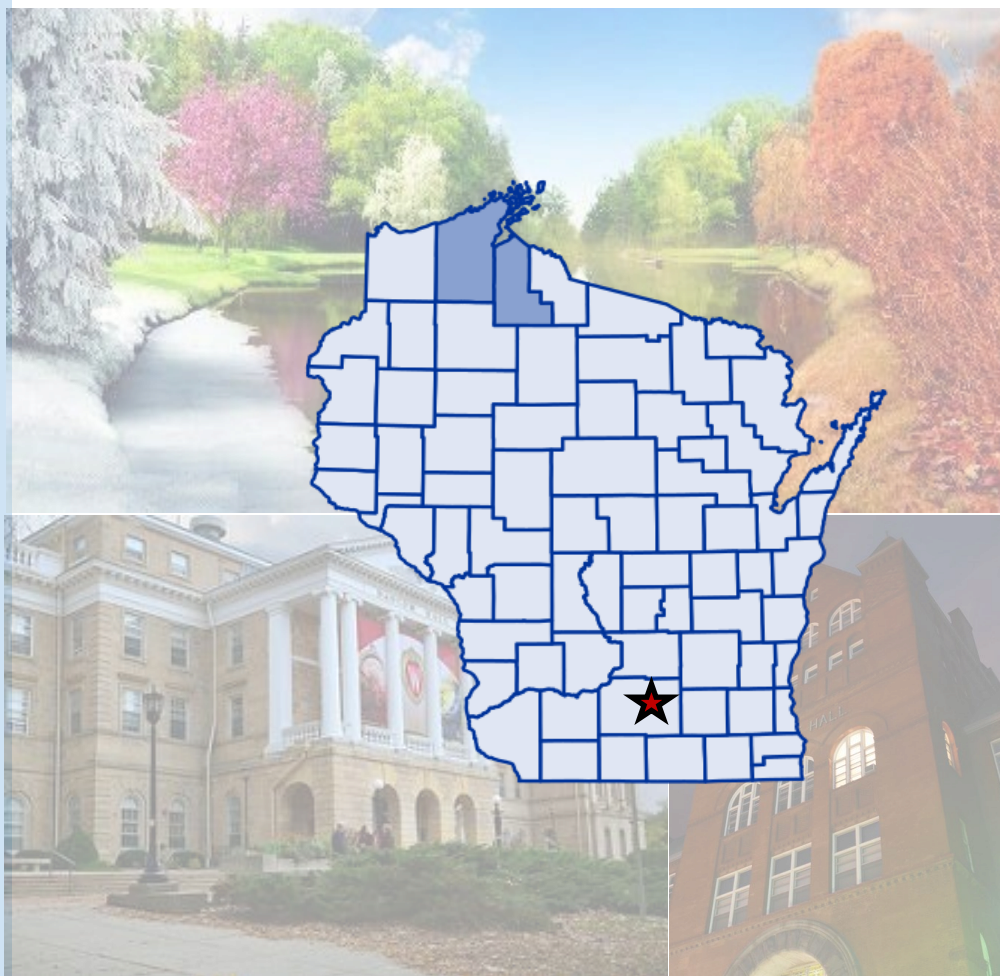
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Extension Week—October 7-13, 2018

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



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