

2017 Annual Report to the Iron County Board of Supervisors



UW
Extension
Iron County



Department Head Welcome Letter

January 1, 2017 - December 31, 2017

Dear Iron County Board of Supervisors, Community Partners & Interested Readers,

THANK YOU to the Iron County Board of Supervisors and the Agriculture-Extension-Education Committee for your continued support of the Iron County UW-Extension Office during 2017. We certainly appreciate the opportunity to serve Iron County residents and local efforts to strengthen our people, our communities, and our economy.

This report highlights positive outcomes from all of our major educational programs in Community Resource Development, 4-H Youth Development, Family Living, Nutrition Education, and Horticulture. We work 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. Through our programming, we also look to accentuate the many assets of Iron County, namely its people, culture and natural beauty.

We hope you enjoy our annual report and learning about the various ways Iron County residents have benefited from the resources of the University of Wisconsin-Extension. You will also find information about many other resources that can be accessed from the University of Wisconsin and UW-Extension.

On behalf of the entire Iron County UW-Extension staff,

A handwritten signature in black ink, reading "Neil Klemme".

Neil Klemme, Department Head



2017 Agriculture-Extension-Education Committee Members

William Thomas

Opal Roberts

Paul Mullard

Brad Matson

Karl Krall

Joseph Pinardi - *County Board Chair*

2017 Administration and Staff

Mary Pardee

Area Extension Director, Area 1

Neil Klemme

4-H Youth Development Educator

Amy Nosal

Interim Community Resource

Development Educator (50%)

FoodWise Healthy Communities

Coordinator (50%) Jan-Sept 2017

Family Living Educator (50%), Oct-Dec 2017

Gina Monroe

FoodWise Nutrition Coordinator

Deborah Leonard

FoodWise Nutrition Educator

Darrin Kimbler

Horticulture Educator

Heidi Ungrodt

Family Living Educator

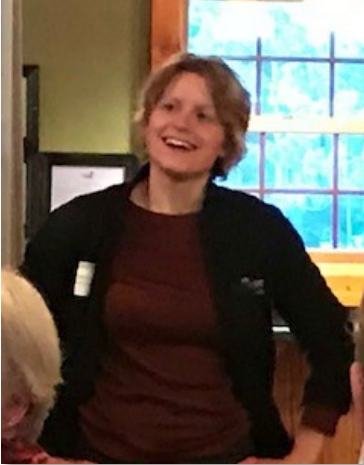
Kathy Beeksma

Family Living Educator, through May, 2017

Rebecca Holm

Support Staff/Office Manager

Community Resource Development Program



Amy Nosal served as
Interim Community Resource
Development Educator in 2017

*"I worked within three different
Iron County UW-Extension
programs in 2017, and it is a
strength of community resource
development to hold a guiding
and collaborative light to the
benefit of all our program areas"*

As part-time interim Community Resource Development Educator, while also serving Family Living and FoodWise, Nosal gained new insights and leveraged new approaches to highlight important assets in Iron County. Her work in 2017 spanned multiple topics and community groups, yet maintained a consistent programming theme of community engagement in system change efforts that improve community health and vitality.

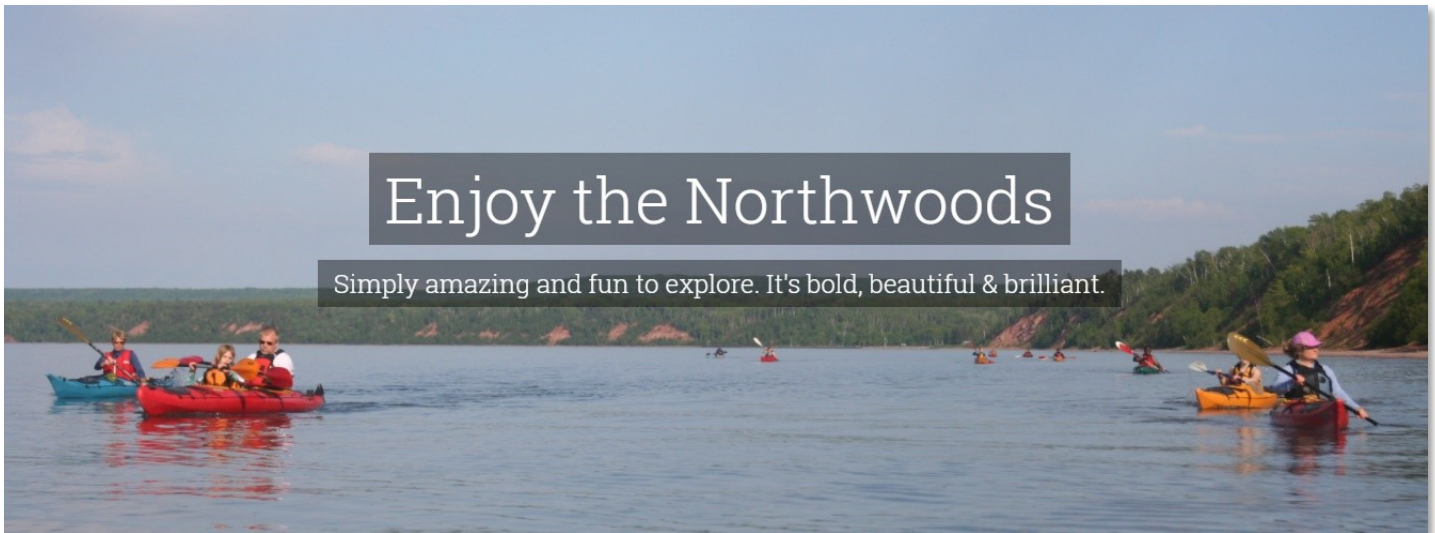
Felivelife.org

Applying Family Living and FoodWise data to ongoing Community Resource Development efforts

Fe

In 2016 Iron County UWEX Family Living and FoodWise educators conducted local research as a part of a statewide effort to understand how to best support communities in preventing childhood obesity. The data from Iron County and the surrounding area indicated that it wasn't necessarily that there were not enough healthy community events for families to participate in, but not enough information getting around about such events.

Nosal used that feedback as an opportunity to revise felivelife.org, a website initially established by former Community Development Educator Will Andresen and community partners in 2010, to retain and attract young people and families in the Gogebic Range of Iron County, Wisconsin and Gogebic County, Michigan. The revisions include the installation of a community calendar on the website, creating a centralized online database of area community events. In 2018, Nosal and project partners, including the Hurley and Mercer Area Chambers of Commerce, aim to expand outreach efforts significantly using new calendar sharing "hub" technology.



Homepage banner of felive-

Other 2017 Community Development Accomplishments:

Mercer Area Connections - May 2017

Co-hosted with Mercer Public Library

Regional Insights on the Economy - May 2017

Co-hosted with Iron County Economic Development Zone

Gogebic Range Internet Fair - July 2017

Co-hosted event with Gogebic Range Broadband Committee

Nosal connected with UW Professor and UW-Extension Specialist Randy Stoecker to present his latest data on gaining and maintaining young people in Wisconsin communities at Hurley's Regional Insights on the Economy breakfast, 1 of 3 hosted across Northwest Wisconsin in 2017. The full research report can be found at <https://apl.wisc.edu/shared/youngadults>.

Iron County Trail Development

Building infrastructure and volunteer capacity to support healthy lifestyles, outdoor recreation, and economic development

Nosal began serving as interim Iron County UW-Extension Community, Natural Resource and Economic Development Educator after Will Andresen assumed various internal leadership positions to assist UW-Extension in its organizational restructuring.

In 2016, Andresen helped Iron County secure a \$50,000 Wisconsin Department of Administration (DOA) Coastal Management Program Grant to plan for the development of a non-motorized trail running through Montreal and Hurley and linking to Michigan's Iron Belle Trail. As Nosal assumed management of the grant she began working more closely with state and county partners, like the DOA and Iron County Forestry Department. The grant concluded in 2017, and major accomplishments include the purchase and pavement of trailhead property in downtown Hurley.

Nosal was also able to work with involved community volunteers to help them develop their collective impact on trail development in Iron County. At the start of Coastal Management Program Grant, an informal group of trail enthusiasts were working on behalf of Hurley. By the end of the grant, Nosal had supported the group to make a connection with Iron County Outdoor Recreation Enthusiasts (ICORE), a newly established nonprofit from Mercer that has the same intentions for trail development and support in Iron County. The Hurley group of trail enthusiasts merged with ICORE, and the organization has now become a countywide community voice for trail development.



Paving the Hurley trail and connecting to Michigan's Iron Belle Trail



"Amy is a wonderful addition to the Iron County community. We rely on her support for developing programs at the library and assisting us in our library goal of improving community connections. I've also had the opportunity to work with her through ICORE and other organizations, and find her always a valuable member of our planning teams. She is enthusiastic about improving communication and collaboration between the various organizations in Iron County, and her enthusiasm helps pave the way towards working together."

*Annual review feedback from Teresa Schmidt,
Mercer Library Director*

Key Community Development Partners in 2018

Iron County Economic Development Zone

Iron County Forestry Department

Hurley Area Chamber of Commerce

City of Hurley

Mercer Area Chamber of Commerce

Mercer Public Library

Iron County Outdoor Recreation Enthusiasts

Gogebic Range Broadband Committee

4-H Youth Development Program



Neil Klemme served as 4-H Youth Development Educator and Department Head in 2017

Iron County Summer Youth Camp 2017

Once again the Iron County Summer Youth Camp (ICSYC) offered an opportunity for youth fellowship in the outdoors. The 2017 ICSYC was held from July 10th through the 14th at North Lakeland Discovery Center near Manitowish Waters. Seventy-eight youth attended the camp this past summer. Camp Director and 4-H Youth Development Educator, Neil Klemme says, "This is my favorite week of the year." He explains, "there is no other program that I do where I get to see the immediate impact of my efforts."

Camp isn't just about hanging out with friends. Camp is about experiential learning and giving young people the opportunity to develop skills and grow as people. This is most evident in the leadership development of the camp staff. 25-30 students in grades 8-12 give up their time to serve as camp counselors, program area directors, and counselors in

training for the week of summer camp. After participating in nearly 20 hours of training, camp staff work to make the camp experience a positive experience for the campers. Many of them were campers themselves and know what an important experience camp can be for a young person. They often mention in the interview that they want to give new campers the same experience they had as campers.

Campers at Iron County Summer Youth Camp 2017 were offered a new and challenging experience. They had the opportunity to do some tree climbing. Now this is not your ordinary tree climbing. A team of trained tree climbers set ropes in several trees around the camp and campers learned to work their way up the ropes safely and with proper gear. Klemme added, "I like to add something new every year. And I connected with an old friend who was offering to bring the gear needed to make this happen."

"Camp is about learning new skills, practicing old skills, socializing with friends and doing it all outdoors. Iron County provides the perfect backdrop/classroom for this type of outdoor learning. ICSYC has become an important part of our young people's summers and as long as they keep signing up we will keep providing this opportunity."



SUMMER FUN!

The 2017 Iron County Summer Youth Camp youth enjoyed a variety of fun, educational, confidence building activities during their stay

ARCHERY



TREE CLIMBING



ARTS & CRAFTS



RECREATION



LAKE SIDE ACTIVITIES





Iron County Youth Leadership Council members were sworn in by Iron County Clerk, Mike Saari on December 19, 2017
(photo credit: Rich Jenkins/Ironwood Daily Globe)



Youth Representation on Iron County Board of Supervisors

In 2017 the ground work was laid for the creation of the Iron County Youth Leadership Council (ICYLC). This is a youth engagement program that connects youth in Iron County to local government and allows youth voice to be shared in local decision making. The program was developed with input from local youth, and members of the Iron County Board of Supervisors. 4-H Youth Development Educator,

Neil Klemme then developed a model based on his research into youth in governance program models from around the state. He worked to create a model that would be most appropriate for the Iron County Board of Supervisors and youth who may apply to join such a program.

One of the key components of ICYLC is the role that adult board members will play as mentors to the youth selected to serve on the board. These mentors will sit near the youth during the board meetings and answer any questions they might have.

It was also decided that the youth should select committees for which they would like to serve. This is an important component to their involvement as the committee meetings are where decisions and discussion happen. Board Chair, Joe Pinardi and Klemme discussed the committees the youth chose and agreed that Forestry, Human Services, and Finance would be appropriate committees for them to participate. It was also important for Klemme to include a stipend for the youth who attend these meetings, "The adults are paid a stipend for their involvement, the youth should also be compensated for their time." Six youth applied and were selected to represent their peers in this new leadership opportunity. As the program moved forward Klemme says he will continue to find new leadership opportunities for our local youth.

Youth Share Their Community Development Efforts at Conference in Montana

Youth Engagement has become an important aspect of the youth development work done here in Iron County WI. In particular, with youth taking active roles in community development initiatives, Klemme has made great progress in carving out places where youth can be leaders of their communities. Youth First Impressions exchanges were able to give local youth the opportunity to learn about their towns assets and begin to think about how to enhance those assets.

The next step was to engage these young people in a community place-making project called a Design Charrette. This is a process where a team of city planners, designers, landscape architects, and other professionals travel to a community. They engage the citizens in a process of needs assessment, and visioning which allows members of the community to provide feedback and share their hopes for their community with the team. This vision is then turned into a vision for the community that reflects their input. In Hurley, this effort was led by 7 young people and focused on trailheads for a potential expansion of the trails being built in Ironwood, MI.

The final step to this process was engaging the youth in sharing this experience with other communities. Klemme submitted a presentation proposal to the Community Development Society that included youth presenters and was selected to share their work in Big Sky, MT in June of 2017. This provided the youth an opportunity to reflect further on the important work they are doing here in Iron County. It also provided the attendees of the Community Development Society Conference a chance to hear about successful youth engagement from the youth themselves.



Felicia Herlevi and Tate Guenard share their experiences in Community Assessment and Design at CDS Conference in Big Sky, Montana



Klemme's work with youth engagement projects in Iron County was highlighted in an October 2017 episode of Wisconsin Public Radio, Central Time

Summer Assistants



Summer Assistants, Felicia Herlevi and Emily Murphy played a huge role in planning summer programming in 2017

TrailBlazers

TrailBlazers is a biking program that has been going on for decades and has continued to be a growing program for youth grades 6-8. This year we had 31 bikers registered. They began with short bike rides, starting at 7 miles and worked up to 20 miles a day. The new bike trails were utilized as much as possible in many of our routes. When the destination is reached, youth play games, go sightseeing, swimming, fishing, and our new addition this year, canoeing. This addition was meant to help prepare the youth for Outpost Camp where they take a five-mile canoe trip. The TrailBlazers learned about bike safety from Hurley Police Chief, Chris Colassaco as well as how to fix their bikes from the local recreation business, Hobby Wheel. This program sparks young people's interest in biking and shows them safe routes to many of our area's beautiful landmarks.



Day Camp

For children grades K-3, 4-H Cloverbud Day Camp is the perfect way to learn independence at a young age. From 8am-3pm Cloverbuds spend the day meeting new people, doing arts and crafts, playing games outside and learning through hands on lessons and experiences. This year, there were different education themes for youth to be fully immersed in Day Camp, such as space, earth, and music. Many of the parents told us their children "were so excited (for the next day of camp) they couldn't sleep." Day Camp is a great way for youth to enjoy their summer with youth of similar age to them.



Outpost Camp

Iron County Summer Outpost Camp is a program that encourages independence and leadership skills in area youth, grades 6-8. Twelve campers attended the third annual Outpost Camp. The camp begins with a 20-mile bike ride to Lake of the Falls Campground on the Turtle Flambeau Flowage where the youth tent camp for two nights. While at the campsites, they are led through activities that promote teamwork and leadership. Then, equipment and tents are loaded into canoes and the youth canoe five miles to another campsite where they camp for one night. Being the only people on the island helps them bond as a group. On the last day, the youth canoe back, and then bike 18-miles to WinMan Trails where they are able to mountain bike.



Throughout the week, Outpost leaders were able to watch the campers grow Individually and as a group. They were always eager to help and encourage their fellow campers. Because of leadership activities, there was more participation from the youth as leaders rather than followers.



**2017 AHEC Summer Interns
Becca Waldman and Danielle Hurst**



**2017 Summer Program Support
Melissa Simonar**

Horticulture Program

The Iron County Horticulture program provided educational and technical programming throughout Iron County in 2017. Darrin Kimbler is the 20% part-time Horticulture Educator, reflecting the interest in year round Horticulture programming.

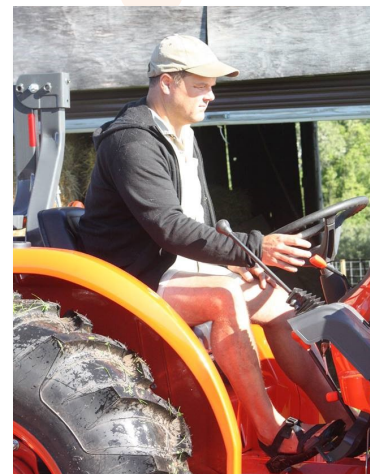
Kimbler, Amy Nosal, and the Range Master Gardener Volunteers hosted a three day Horticulture Therapy Summit in March of 2017. The event brought caregivers from around northern WI and the U.P. of Michigan together to work on strategies to incorporate horticulture therapy principles and strategies into their programs. Horticulture therapists and garden design specialists provided presentations on therapeutic garden design, adaptive tools, and gardening with veterans, children and those with cognitive conditions. The final day of the summit had participants planning projects which they could implement into their own practices.

Kimbler and Range Master Gardener Volunteers provided more than 800 volunteer hours of community and youth education as well as area beautification:

- Hurley K-12 School 3rd graders planted over 60 flower planters along Silver St. with volunteers from the community.
- Hurley K-12 School 4th graders planted the Montreal Memorial plantings in four locations throughout Montreal.
- Hurley K-12 School STARS Program planted the school's planters.
- Planted and maintained the Iron County Courthouse planter.
- Provided horticulture education to citizens at the Iron County Fair and Iron County Farmers Market.
- Engaged children with planting projects at the Iron Country Farmers Market.

Kimbler provided community education by facilitating and leading workshops and demonstrations including:

- Seed starting class at the library in Mercer.
- Growing herbs presentation in Boulder Junction.
- Hosting the new diagnostic microscope at the Mercer Health Fair.



Darrin Kimbler served as Horticulture Educator in 2017

Kimbler provided direct technical assistance to community clients by:

- Facilitating and explaining over 20 local soil tests.
- Providing research based answers to over 50 horticulture questions from insect identification to disease management.
- Providing agricultural assistance to area farmers.
- Answering horticulture questions on "Range Garden Talk" on WJMS radio.
- Answering horticulture questions at Lupine Junefest in Mercer.
- Working with Iron County Fair Board to coordinate the horticulture and crops divisions at the fair.

Kimbler worked as part of a multi-disciplinary team with UWEX Youth Development, Family Living and Community Educators to develop and continue youth engagement in the community.

**2017 Horticulture Summit
Flower Arrangement Workshop**



**Master Gardener Volunteer, Janet
Chadderdon - Farmer's Market**



**Hurley 4th grade students
Planting flowers at the Montreal Memorial**



Family Living Program



Heidi Ungrodt served as Family Living Educator for both Iron and Ashland County in 2017

This year brought many changes to the Family Living Program in Iron County. Educators Kathy Beeksma and Heidi Ungrodt shared a 50% position in the first half of 2017. With Beeksma's departure in July, Ungrodt increased to a 30% position for the remainder of the year. In September, Amy Nosal joined the Family Living Program. Though the staffing flexed throughout the year, programming remained strong.

Family Living Educators offered a variety of trainings and programs to support and strengthen families, around topics related to parenting, childhood adversity, stress management, family finances and safe food preservation.

Supporting Head Start Families

Throughout 2017, Ungrodt worked with the Hurley Head Start Director, Deb Saari, to provide information and resources for Head Start parents and staff.

Money Smart in Head Start (MSiHS) is a state-wide UW-Extension program aimed at equipping Head Start parents with financial knowledge and tools. This program included sending home a *Money Smart in Head Start* monthly newsletter series to 45 Head Start families. The newsletters encourage parents of young children to set financial goals and highlight financial management skills to help reach those goals. In addition, Ungrodt offered the MSiHS financial literacy

workshop, *How to Save a Dollar...when you don't have a Dime to spare*, for Head Start families. The program was well received by seven participants.

In October 2017, Ungrodt and Deb Leonard attended a facilitator training on *Taking Care of You*, a program focused on practical strategies for managing stress to improve health and happiness. The following month, Ungrodt and Leonard presented the program for eight Hurley Head Start staff. Saari requested that they return to provide the program at a parent night later that month, where Ungrodt presented to six parents of young children. "Caring for young children is extremely demanding," said Ungrodt. "It is critical that childcare providers and parents find ways to restore their energy, creativity and patience."

ACES Trainings

Childhood adversity and trauma have significant and lasting impacts on community health, physical health and economic development. *Adverse Childhood Experiences*, or *ACES*, have a strong association with a number of negative health outcomes, including drug use and alcoholism, poor mental and physical health, and shortened lifespan. Communities are impacted by lost productivity, criminal justice involvement, medical expenses, costly interventions and assistance programs. To increase awareness of the effects of childhood adversity on brain development and health outcomes, Beeksma provided two professional trainings on this topic in February 2017. She presented to 29 teachers at the Hurley School District and later in the month to Iron County employees at the



Kathy Beeksma served as Family Living Educator in Iron and Ashland County through June 2017

courthouse. Learning about ACES and the effect they have on individuals, families and communities can be disheartening, but there is a positive message here as well: "What is predictable is preventable." Beeksma's workshops addressed what can be done to protect families and children, including ways to build resiliency and promote protective factors.

.....
The ACES presentation reminded me that behaviors are responses to external experiences and we need to be perceptive when working with kids.

ACES Training feedback from a Hurley School District Faculty Member

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Kathy Beeksma presented to the Hurley School District during a teacher in-service February 2017

29 teachers were present for the ACES Training



Food preservation workshop participants sample the soup that they prepared, August 2017

Sweet & Savory in a Jar

In the summer of 2017, Ungrodt and Nosal partnered to offer two food preservation workshops in Hurley: Hot Water Bath Canning Basics and Pressure Canning 101. The classes were held in the home economics room at the Hurley School, where participants benefited from working in kitchen stations to gain hands-on canning experience.

At the first workshop, eight participants learned and practiced safe canning techniques to make blueberry jam and festive salsa using the hot water bath technique. A few weeks later, twelve participants gathered to can green beans and carrot fennel soup using a pressure canner.

Based on evaluation responses, all class participants gained confidence in their ability to safely can food at home. Several members of the class indicated that they planned to share the information they learned in class with family and friends. In addition, they gained awareness of the importance of using research-tested recipes. "Home-canning does not pair well with creativity," said Ungrodt. "It is critical to use up-to-date, research tested recipes."

Grandparent Cafés

Today's families are busier than ever. Between work, youth activities, and managing a household, parents have a little time and energy to spare for parenting education. Most parents recognize a need for some support and information, yet there's just no wiggle room. With this in mind, Ungrodt decided to reach out to a group that supports these parents and children - grandparents. Iron County has the 2nd highest percentage of older adults

in the state, many of which are grandparents that provide critical support and strength for their overworked and overburdened families. In August 2017, Ungrodt conducted a survey of Iron County grandparents to better understand the relationship between area grandparents, parents and grandchildren and to identify educational and support needs specific to this audience. Of the 38 survey respondents, over half indicated that they provide care for their grandchildren frequently or occasionally. The results indicated that grandparents are most interested in information on activities for children, communicating effectively with kids, appropriate discipline techniques, using technology to connect with kids and stress management. To support Iron County grandparents and offer information on these topics, Ungrodt and Nosal held a series of Grandparent Cafés in November 2017. Grandparent Cafés were held for three weekly sessions and gave participants an opportunity to gather for support, while learning research-based information on caring for children and strengthening families.

Grandparent Cafés were adapted from the Parent Café Program and focused on the *Five Protective Factors* identified by the Center for the Study of Social Policy to protect against child maltreatment and promote strong, healthy, resilient families.

These factors include: parental resilience, knowledge of parenting and child development, social connections, social and emotional competence of children, and concrete support in times of need.



Amy Nosal served as Family Living Educator from October through December 31, 2017

Class participants indicated that, after the program, they had at least one idea for building on their strengths as a grandparent, and they felt more confident in their ability to support the best outcomes for their grandchildren. One participant commented, "Every topic covered has made me feel I can become a successful, positive influence in my grandchildren's lives."

Looking Forward

Although there will no longer be a Family Living Educator position in Iron County, UW-Extension will continue to support area families. Amy Nosal has been working with the Family Living program for the last two years and understands the importance of incorporating family-strengthening aspects to current and future programming. She is well-versed in ACES and protective factors, and will carry these with her into her full-time 2018 CNRED work in Iron County.

In addition, print resources on parenting and relationships will continue to be made available to Iron County families. Ungrodt worked with Iron County UW-Extension Office Manager, Rebecca Holm and the Iron County Health Department to arrange for monthly parenting newsletters to be mailed to all parents of new babies in the county.

FoodWise Program



Deborah Leonard served as FoodWise Nutrition Educator in 2017

Gina Monroe, FoodWise Coordinator for Ashland, Bayfield and Iron Counties since July 2017, and Deb Leonard, 50% part-time Iron County FoodWise Educator, had many successes providing access to FoodWise nutrition education all around Iron County in 2017.

FoodWise, federally-funded by the Supplemental Nutrition Food Assistance Program (SNAP), uses evidence-based programs to teach people using or eligible for SNAP about good nutrition and how to make stretch their food dollars. FoodWise is also a partner in creating community environments that make being healthy and physically active easy.

Monroe took on her role as coordinator quickly, meeting and establishing relationships with Iron County partners and local agencies, as well as finalizing the Iron County's 2018 FoodWise grant and 2017 annual reports.

Leonard successfully managed the educational planning, facilitation, and evaluation of Iron County's FoodWise programs.



Hurley 4th grade nutrition education



Mercer Health Fair



Hurley STARS summer program

Partners and Participants

In Iron County 2900 households, or 13%, receive SNAP benefits. To reach those households, FoodWise partnered with a number of local agencies and organizations.

Leonard partnered with the Mercer and Hurley Schools, providing nutrition education for youth using curricula from *Read For Health*, *Serving Up MyPlate* and *Food Day*. Other important youth and family program partners were the Hurley School STARS program, Hurley Head Start, and local WIC Clinics.

Of Iron County's total population 28% is age 65 years or older, compared to the 15% of the state population. To connect with seniors in Iron County, Leonard provided nutrition education at all 5 of Iron County Aging Dining Sites, as well as the Iron County Mobile Food Pantry.

In 2017 Iron County FoodWise made a final total of 1007 contacts, and provided 1748 educational activities. Through these FoodWise contacts and activities, Iron County families with limited incomes have become increasingly empowered to choose healthy diets and increase their food security.

Saxon Senior Dining Site



Gina Monroe served as FoodWise Nutrition Coordinator in 2017

**FOOD
WISE**
Healthy choices, healthy lives.

Sprouts Mentoring Program

10 youth
7 weeks
5 mentors

Lots of Bugs!

The Hurley K-12 School Garden had the pleasure of hosting Sprouts, a partnership program between Iron County UW-Extension and Iron County Department of Human Services. The purpose of Sprouts is to provide safe and educational experiences for youth working with Human Services. This group has some of the best gardeners around, with a keen interest in watering, picking ripe produce, and finding all the kinds of bugs the garden has to offer. Sprouts also participated in adding some color to the garden by painting garden benches.



Sprout participants added some color to the Hurley K-12 School Garden and painted two benches that are often used during nutrition lessons

ATTENTION YOUTH!

FREE @ Ironwood's
LUNCH **DEPOT PARK**

MONDAY-FRIDAY, 11 - NOON
JUNE 12 - AUGUST 4, 2017

FREE LUNCH & ACTIVITIES
for any youth 18 years & younger



PRIZES & FARMERS MARKET \$\$



MEET UP



EAT UP

Meet Up and Eat Up

There is great need to fight food insecurity among Gogebic Range youth. The intent of the U.S.D.A.'s Summer Food Service Program is to provide all low-income children access to healthy food when school is not in session. Ironwood Area Schools hosts the program under a park pavilion and invites other community organizations to attend, and in doing so creates a more enjoyable and impactful experience for participating youth and families.

FoodWise Healthy Communities Coordinator, Amy Nosal wrote and was awarded a \$6,000 grant from the Gogebic Range Health Foundation to partner with Ironwood Area Schools' Meet Up & Eat Up Plus 2017 Program. Together Nosal and partners increased fruits and vegetables in the meals, provided nutrition information and cooking demonstrations during meal time, and offered a local farmers market coupon program. Over the course of the 8 week program, 3,000 meals were served, 7 cooking demonstrations were conducted, and 367 farmers market coupons were redeemed (\$734 value). In 2018, Nosal and project partners aim to repeat the program with greater attention to hands-on cooking demonstrations and better distribution of farmers market coupons while the local markets gain the capacity to accept SNAP benefits.

**Amy Nosal served as FoodWise
Educator from October 2016
through September 2017**



Iron County UW-Extension Support



Rebecca Holm served as Office Manager for the Iron County UW-Extension office in 2017

Rebecca Holm provided support to all Iron County UW-Extension Educators, as well as summer youth assistants and interns.

Holm managed daily office operations:

- Maintained office documentation to demonstrate compliance with federal civil rights law.

Financial Operations

- Maintained financial records and documentation for UW-Extension and 4-H and Youth Club budgets.
- Maintained office accounting including spreadsheets, vouchers, invoices, and accounting and record keeping for grant funded programming.
- Served as liaison to Iron County Auditors.
- Processed all receipt collections, deposits, invoices and bill paying.
- Create financial reports for Iron County UW-Extension Committee and, as requested, for the Iron County Finance Committee.

Office Technology

- Maintained computer stations for use by office personnel.
- Served as liaison for office to local computer repair services and to UW-Technology Services.
- Coordinated and provided technical assistance for software upgrades and facilitated office training for new software.
- Served as office website and social media coordinator.
- Coordinated internet connections with local and UW-Extension servers.

- Upgraded skills with training related to new software programs to create more efficient management of office functions.
- Secured and maintained contracts for leased equipment, maintenance agreements, repairs and supplies needed to run office equipment such as copier, duplicating, fax and video projection machines.
- Researched methods and means for office equipment upgrades.
- Maintained the federal 4-H database.

Office Operations

- Maintained and ordered proper level of supplies and resources as needed for office operations and equipment.
- Served as designer of program materials, such as brochures, newsletters, posters.
- Maintained postage accounts, equipment records and reports.
- Served as designer and coordinator of the Iron County UW-Extension Annual Report to the Board of Supervisors.
- Coordinate, attend and record minutes at UW-Extension Committee meetings.
- Coordinate, attend and participate in UW-Extension Department staff meetings.

Interaction with the Public

Serving as the first point of contact with the public, Holm provided assistance with requests for information and resources from UW-Extension including:

- Research of UW-based information and response or referral to client.
- Submission of soil samples, plant samples, and insect identification samples to University laboratories.
- Iron County Mobile Food Pantry registration, documentation, and newsletters. 220 families benefitted from this program in 2017.
- FE University registration and payment collection.
- 4-H program registrations and documentation.

Educational/Outreach and Professional Development

- Served as Iron County contact for UW-Extension Technology Services, Instructional Communications Services, and Distance Learning.



Second Harvest Northern Lakes Food Bank awarded Iron County UW-Extension, Iron County Human Services and community volunteers with the 2017 Volunteer of the Year Award

Over the past 4 years, the Iron County Mobile Food Pantry has supplied over 388,000 meals to hundreds of families, children and seniors in Iron County

Welcome to UW-Extension Area 1

2017 was a big year for UW-Extension! We are moving over to new ways of operating that will help us address current challenges and issues all over the state. Changes that were implemented include a different way that partnering counties pay for Extension services and a new system of organizing our administrative and educational programming functions. We combined counties into "Areas," each with an Area Extension Director, to allow staff members to focus on local programming and reduce the amount of administrative work needed to run each office.

Iron County is in Area 1 along with Ashland, Bayfield and Douglas Counties. Mary Pardee was hired in July of 2017 as the first Area Extension Director (AED) for Area 1. Neil Klemme, the Iron County UW-Extension Department Head, transitioned out of that role in the second half of 2017 as those administrative tasks moved to the AED's plate, freeing up Neil's time to devote to excellent youth programming. The AED for Area 1 provides guidance to programs offered in the four counties, develops contracts with county government, manages the hiring and supervision of staff, manages budgets and works with Extension partners to help us deliver programming that meets the priorities of our communities.

The changes for UW-Extension keep coming, as in 2018 we are moving under the umbrella of UW-Madison. Although you might see Bucky Badger spring up in the office as our logo changes and our color turns from blue to red, the great Extension programming that our educators do to meet the needs of the people of Iron County will continue!



Mary Pardee served as the Area Extension Director for Area 1 in 2017



Pardee's role as Area Extension Director spans across northern Wisconsin and consists of Iron, Ashland, Bayfield and Douglas counties.

Introducing Mary Pardee, Area 1 Area Extension Director

I am happy to be the first Area Extension Director for Area 1! Since I started with UW-Extension in 2000, I have held several positions including Lakes and Water Education State Specialist, 4-H Youth Development Educator in Burnett and Barron Counties, and Community Resource Development Educator in Polk County. I served as Co-Department Head in a couple of those counties, and spent some time as a Regional Associate for the North Central Region. I can draw on all of these experiences to help me understand the unique issues of Iron, Ashland, Bayfield and Douglas Counties and provide assistance to the Extension staff in creating relevant and exciting educational opportunities. I am continually impressed by the programming offered by the dedicated education professionals in UW-Extension offices across Area 1.

I am a kayaker and love to be out on Lake Superior as long as she is being nice to me. I also like to hike and get out in the woods. My degrees are in environmental science and environmental education, so I feel as though I am a good fit for an AED role in the northwoods of Wisconsin. As I travel among the four counties of Area 1, email is the best way to contact me, at mary.pardee@ces.uwex.edu.

Iron County Agriculture-Extension-Education Committee



2017 Agriculture-Extension-Education Committee Members

*L-R Opal Roberts, Paul Mullard, Karl Krall, William Thomas, Brad Matson
and County Board Chair Joe Pinardi*



FOR YOUR SUPPORT

Online Resources



Iron County UW-Extension

<https://iron.uwex.edu/>



University of Wisconsin-Extension

<http://www.uwex.edu/>



Cooperative Extension

<https://ces.uwex.edu/>



Publications

<https://learningstore.uwex.edu/>



Independent Study

<https://il.wisconsin.edu/>



4-H & Youth Development

<https://4h.uwex.edu/>



Local Government

<https://lgc.uwex.edu/>



For Your Information

<http://fyi.uwex.edu/>



Horticulture Resources

<http://hort.uwex.edu/>



Continuing Education

<http://continuingstudies.wisc.edu/>



Center for Community Economic Development

<http://cced.ces.uwex.edu/>



FoodWise Nutrition

<https://fyi.uwex.edu/foodwise/>



Iron County Website

<http://www.co.iron.wi.gov>



IRON

Cooperative Extension

helps the people
of
Wisconsin

apply University research,
knowledge and resources
to meet their
educational needs
wherever they
live and work.

Iron County UW-Extension

300 Taconite Street, Suite 118
Hurley WI 54534

Phone: 715-561-2695

Toll Free: 1-888-561-2695

Fax: 715-561-2704

Office hours:

Monday - Friday
8:00 am - 4:00 pm

STAFF EMAIL ADDRESSES

Mary Pardee

mary.pardee@ces.uwex.edu

Neil Klemme

neil.klemme@ces.uwex.edu

Amy Nosal

amy.nosal@ces.uwex.edu

Darrin Kimbler

darrin.kimbler@ces.uwex.edu

Deborah Leonard

deborah.leonard@ces.uwex.edu

Gina Monroe

gina.monroe@ces.uwex.edu

Rebecca Holm

rebecca.holm@ces.uwex.edu



Facebook Page

<https://www.facebook.com/IronCountyUwExtension/>



Iron County WI 4-H Instagram

www.instagram.com/4hironcounty/



Twitter - Iron County 4-H Summer Program Updates

<https://twitter.com/4hIronCounty>



Iron County UW-Extension

<http://iron.uwex.edu>



Iron County WI Webpage

<http://www.co.iron.wi.gov>



COOPERATIVE EXTENSION

Iron County

Cooperative Extension - University of Wisconsin-Extension
Iron County Courthouse - 300 Taconite Street, Suite 118
Hurley, Wisconsin 54534
715 561-2695
715 561-2704 (fax)
888-561-2695 (Toll free from Mercer and Springstead)

Dear Iron County Residents, Agencies and Local Officials,

Iron County University of Wisconsin-Extension is committed to providing equal access to educational opportunities for all Iron County residents. The University of Wisconsin Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender/sex, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status.

In addition, we are committed to providing equal access to educational opportunities for persons with disabilities in compliance with the Americans With Disabilities Act of 1990. We realize that individuals with disabilities may need accommodations to participate in or benefit from educational programs, activities or services. Reasonable accommodations for a disability will be made to allow individuals to fully participate in our programs by contacting the Iron County UW-Extension Office in advance. [(715) 561-2695, toll-free 1-888-561-2695, 711 For Wisconsin Relay (TDD)]

Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact the Iron County UW-Extension Office.

Iron County University of Wisconsin-Extension is interested in reaching Iron County and area residents with information about our upcoming programs. Our intent is to provide programs that target the diverse interests and needs of area residents. We identify interests and needs for programs by exploring specific requests and by examining issues identified in our strategic planning efforts. We want to be effective in our efforts to communicate about our programs.

We release news of upcoming programs to the following news sources: Iron County Miner, Ironwood Daily Globe, Lac du Flambeau News, Lakeland Times, North Country Sun, Park Falls Herald, WJMS/WIMI Radio, and WUPM/WHRY Radio. Please notify us of other sources you use for getting news about local events.

Thank you for your support of Iron County University of Wisconsin-Extension Programs. Please feel free to contact me with questions or concerns you have about the above information.

Regards,

A handwritten signature in black ink, appearing to read "Neil Klemme". The signature is stylized with a large, flowing "N" and "K".

Neil Klemme, Department Head
Iron County University of Wisconsin-Extension