

# Annual Report to the Iron County Board - 2009

January 1, 2009 - December 31, 2009

## Iron County UW-Extension

300 Taconite Street, Suite 118  
Hurley, WI 54534

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 support of the Iron County UW-Extension Office in 2009. Your support has meant Iron County residents have had access to a variety of educational programs tailored to our local situation and needs.

University of Wisconsin – Extension values its partnership with Iron County, a partnership that has existed since 1922. While many changes have occurred in Iron County and within UW-Extension over the years, we still adapt research-based programs to fit our current educational needs.


You will see that no matter the topic of a program, our work reflects some common *Values*. Our *Community* is strengthened by empowering individuals and organizations with new skills, connections and information. We encourage *Discovery* in lifelong learning and transformational programs that include new ideas and approaches. We seek to be intentionally *Inclusive* by recognizing and appreciating how the differences of our people and communities strengthen all program efforts.

Please review this report and see how people have learned by actively participating in settings that not only allow for individual learning but that produce benefits for other people, groups and the community at large. We also want to extend our deep appreciation to the many volunteers who supported these programs with their creativity, time and energy.

We hope you enjoy reading this report and learning about the specific ways Iron County residents have benefitted from our local UW-Extension educational programs. You will also find information about resources that can be accessed by residents of Iron County from University of Wisconsin and UW– Extension.

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

Gloria Fauerbach, Department Head



### 2009 Agriculture-Extension-Education Committee Members

**William Thomas**  
**Ron Kern**  
**Gerald Luke**  
**Donald Erspamer**  
**Opal Roberts**

**County Board Chair-Dennis DeRosso**

### University of Wisconsin-Extension Iron County Faculty and Staff

**Gloria Fauerbach**  
Youth Development Agent

**Will Andresen**  
Community Development Agent

**Toni Rogers**  
Family Living Agent (50% time)  
WNEP Coordinator (50% time)

**Deb Leonard**  
WNEP Educator

**Gerri Reynolds**  
WNEP Office Associate

**Joyce Wyzlic**  
Extension Office Manager

**Lynn Adams**  
Summer Horticulture & Youth Assistant

**Shawn Zani**  
Summer Youth Assistant

## Educational Programs in Community Resource Development



**Will Andresen serves as Community Resource Development Agent.**

According to two active members of the Gogebic Range Next Generation Initiative:

"New leaders are emerging and new thoughts are being brought into the picture. I think we are in an exciting time on the Range."

The Next Generation Initiative "will help establish a sustainable population of young professionally motivated people in our community."



**Andresen accepts Hurley Chamber of Commerce "Organization of the Year" award on behalf of the Gogebic Range Next Generation Initiative.**

### Gogebic Range Next Generation Initiative

Andresen initiated and coordinated the Gogebic Range Next Generation Initiative to retain and attract young people in the two-county area. Based on a survey of the community's young people, four opportunities were identified to attract and retain young people on the Gogebic Range. Four work-groups were created to address each of these opportunities. These four work-groups form the structure of the Gogebic Range Next Generation Initiative:

- Attract Young Workers by Strengthening Our Niche
- Attract Young Workers by Promoting Our Strengths
- Retain Students by Better Connecting Them to the Community
- Retain Young Workers by Building Social Capital

All four work-groups met throughout 2009, and over 100 community members have been involved in this community development effort to attract and retain young people. The following lists several of

the outcomes that have been realized as a result of this effort:

- The "Strengthening Our Niche" work-group developed a mapped vision for a regional non-motorized trail system.
- The "Promoting Our Strengths" work-group worked with the area chambers of commerce to design a web-site promoting the area as a place to live.
- The "Retain Students" work-group has partnered with other youth-service organizations in the community to better connect students to the assets of the community through photography contests and service-learning opportunities.
- And the "Building Social Capital" work-group created the Go'-In Forward Next Generation Group to offer social and networking opportunities to young people in the community.

The goal for all four of these groups is to retain more of our existing young people and to attract new young people from outside of the area in order to reverse the population loss experienced on the range. According to our participants, this effort is

making a difference already.

A young member of the Go-In' Forward group stated: "Through social networking devices such as Facebook, e-mail, and a variety of activities, the Go-In' Forward group has created an accessible network for young members of our community. New members to the area have an opportunity to make friends and create connections to help make the Gogebic Range their home."

And according to a member of the "Strengthening Our Niche" work-group: "The formation of the 'Strengthening Our Niche' Group has indeed been one of the most positive steps I have been involved with in my 35 years in the area." Two counties from two states are now discussing ways to create a multi-use trail system to attract young people to live in the area. Groups involved include area chambers, local governments, individuals, federal agencies, and parks and recreation departments. Just to get this level of involvement and to agree on a project has been a positive milestone. This initiative will progress into many other facets because



the people are becoming involved.”

The initiative was also recognized by the Hurley Area Chamber of Commerce as the 2009 “Organization of the Year”.

### **County Zoning Ordinance Amendment**

In 2009, Andresen successfully submitted a grant in the amount of \$49,875 to match a previously obtained grant in the amount of \$24,500 to fully defray the cost of hiring a consultant to work with the county in amending its zoning ordinance. To implement its comprehensive plan, the county has been working to amend its zoning ordinance in order to make it more consistent with the plan and to better protect the county’s important natural resources.

Because of this, all ten towns and the county are working together on identifying issues and inconsistencies in the existing zoning document. The community is working together to create an ordinance that will help protect all Iron County land owners.

According to Tom Bergman, Iron County

Zoning Administrator, Iron County has been given an incredible opportunity to move forward on the zoning revision process because of the grants that have been awarded. With these grants Iron County will be able to work closely with the ten towns to create a stronger ordinance to protect our natural resources and build our local economy.

### **Iron and Vilas County Regional Trail System**

The Town of Mercer is working with trail enthusiasts from Vilas County to connect Mercer to the very successful and popular Boulder Junction trail system. Andresen is helping this collaborative effort through meeting facilitation and presentation, grant research and grant writing. It is anticipated that this trail project will promote tourism and economic development and create an even higher quality of life for Mercer area residents.

### **Hurley Walking Routes**

Andresen partnered with the Iron County Development Zone Council, the City of Hurley and representatives of the Brian Nasi Memorial Run/

Walk Fund to develop walking routes in the City of Hurley in order to promote exercise and healthy living. This partnership also created a brochure illustrating the walking routes which will be distributed throughout the community.

It is expected that this effort will encourage more people to walk throughout the community. This project will also be coordinated with other planned walking routes in the community, including the Hurley School district’s Safe Routes to School grant program.



***The Go’-In Forward Next Generation Group at the 2009 Bowl-a-Thon***

“Iron County has been given an incredible opportunity to move forward on the zoning revision process because of the grants that have been awarded. With these grants Iron County will be able to work closely with the ten towns to create a stronger ordinance to protect our natural resources and build our local economy.”

--Tom Bergman  
Iron County  
Zoning Administrator



***Andresen working with the “Promoting Our Strengths” work-group.***

## Family Living Program



**Toni Rogers serves as Iron County's Family Living Agent and Wisconsin Nutrition Education Coordinator.**

"The core strengthening makes such a difference for me when I spend so much time on the computer (back fatigue)"

"The best aspect was being able to participate even though I have MS and mobility issues."

"It was so well organized and the instruction was very thorough, allowing for varying degrees of fitness and intensity."

"The class was a great motivation for me to set a goal of losing some weight. To date I've lost 22 pounds."

--Comments from participants in the Iron County Conditioning Program

### Community Wellness – Helping Families and Communities Eat Well and Become More Active

#### Iron County Conditioning Program

Iron County Health Department Director, Zona Wick, approached Toni Rogers, UW Extension Family Living Agent, for assistance in designing and implementing an appropriate physical activity program for employees. Previous wellness class evaluations indicated that employees recognized the need to become more physically active and they indicated that an on-site program at the end of the work day would help them become more active. They felt a structured class would provide: 1) the commitment of a regular schedule; 2) the benefits of peer group support; and 3) the opportunity to engage in a safe, effective program. Wick and Rogers wrote a \$5,000 grant to the county's health insurer for materials and equipment necessary to implement a strength training/conditioning program.

The program was based on the StrongWomen™ program developed by Drs. Miriam Nelson and Rebecca Sequin of the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University.

Rogers volunteered to lead a 12 week program with classes twice per week for 75 minutes after work. During the 24 activity sessions, volunteers exercised a total of 326 additional hours. Twelve of the 15 participants responded to a 4-month follow-up evaluation (80% response rate). The results indicated: 92% were 'very much satisfied' with the class and considered their health better as a result of taking the class; 84% felt they had more energy; 66% felt they slept better and became more active as a result of the class, and 59% found their joints less painful. Perhaps the most significant success was one participant who reduced her metabolic age by 7 years. The program met all five of the Iron County Community Assessment Plan Physical Activity Recommendations, and has continued into its second year.

#### StrongWomen™

Only 7% of middle-aged and older women exercise daily. Studies show that regular weight-bearing exercise helps women

increase their strength, muscle mass and bone density, and decrease the risk of osteoporosis, diabetes, heart disease, arthritis, depression and obesity. Preventing the onset of osteoporosis (porous bones that break easily and heal slowly) is of particular importance for middle aged and older women. In fact, one out of every three women over the age of 40 suffers from this condition. However, osteoporosis is both preventable and treatable by regular weight-bearing activity.

One outcome of the Iron County Conditioning Class was that five Iron County and UW Extension employees became certified StrongWomen™ Program Leaders. They were joined by 5 community members who also became certified. Two StrongWomen class series have been offered by Gerry Traczyk (certified Program Leader) at the Hurley K-12 School, and a new class series will begin in March. Classes are also being held in Ironwood, with a new class series beginning this fall in Mercer.

The initial StrongWomen class resulted in a total of 319 hours of additional physical activity. Sixteen of the 18 participants completed a follow-up questionnaire (89% response rate). Participants reported the following benefits in a written post-class evaluation: 69%



**Iron County residents participate in StrongWomen Program**

Conditioning Class Results	
Average Weight Loss	4 pounds
Average Loss in Waist/ Hip Circumference Ratio	4 inches
Average Drop in Basal Metabolic Rate (BMR)	20.4
Average Decline in Body Fat	3%





considered their health better, felt they had more energy, felt stronger, became more active as a result of the class, and found their joints less painful. Fifty six percent (56%) felt they slept better. One strength measurement was a pre/post test comparison of the amount lifted for each exercise. The class averaged a 243% increase in the total amount of weight lifted at the end of class as compared to the beginning. (For example, most women who started with 2 to 3 pound weights were able to lift 8 or more pounds at the end of the series.)

### Community Garden

The Family Living Agent is working in conjunction with other agencies and Extension staff to promote the development of a community garden. County employees have responded positively to a garden interest survey, and Wick and Rogers received a \$5,000 grant from the County's insurance provider to help fund the project. A community garden will provide: food production in unused space; fresh produce for food pantry recipients; and a place where all members of the community (employees, youth, low-income families, seniors, and civic groups) can interact in a positive, health promoting physical activity. An Iron County

community garden will help foster communication between the county and area residents and provide on-going educational opportunities for the entire community.

Meetings will be held throughout the community to determine community support for the project. It is hoped this type of project will demonstrate how citizens can partner with county government and transform a vacant lot into a beautiful garden. Such a green space can help foster neighborhood pride and provide a park-like setting that benefits the entire community.

In June, 2009 Rogers received the "14 Carrot Gold Award" for her previous pantry/community garden efforts. The award was a joint effort of the Wisconsin WIC Program, the Senior Farmers' Market Nutrition Program and the Wisconsin Nutrition and Physical Activity Program. It recognized "excellence in the promotion of increased fruit and vegetable consumption in Wisconsin". She was a featured presenter at the Range Master Gardener Fall Conference, and in March she will present at the Master Gardeners of the North Spring Conference in Minocqua.

### Poverty & Food Insecurity

### Hope for the Hungry

This 6 county hunger coalition is comprised of pantry representatives from northeast Wisconsin. The members collaborate to share resources and bring low-cost food to pantries in the region. As co-coordinator, Rogers expanded the membership to include the Iron County Food Pantry which actively participates in the coalition. The Pantry has now gained eligibility to obtain low-cost food from Feeding America of Eastern Wisconsin (formerly America's Second Harvest). Feeding America obtained a transportation grant to cover the cost of transporting free food to member pantries. A variety of fresh, frozen and canned foods will be delivered to Iron County monthly to help increase the amount and variety of high quality food available for distribution to Iron County residents. The first truckload of free potatoes will begin in March.

### Wisconsin Food Security Consortium

Rogers has represented northern Wisconsin for the past 4 years on the Steering Committee of this statewide hunger coalition. The Consortium is dedicated to the elimination of food insecurity in Wisconsin. In addition to sponsoring four regional hunger forums,



**Rogers presenting at the 2009 Fall Gardening Conference sponsored by the Range Master Gardener Volunteers, MSU-Extension and UW-Extension**

"I realized how important it is to focus on yourself and stay healthy."

"I have arthritis in my left knee and used to walk up steps one at a time. Now my muscles are stronger and I have no trouble with steps anymore."

--Comments from StrongWomen participants



**Rogers accepts the 14 Carrot Gold Award.**



**Rogers and Kadi Row, State Family Living Food Security Specialist, presenting at the Northeast Regional Hunger Forum**

the Steering Committee developed “Ending Hunger in Wisconsin - An Action Plan” (located at [www.endhungerwi.org](http://www.endhungerwi.org).) to assist in the fight against hunger. In June, the Consortium scheduled its first visit to northern Wisconsin to learn about funding, transportation, volunteer and internet-access issues faced by smaller northern and rural pantries.

Rogers is a member of the “Poverty and Food Insecurity” and “Eating Well & Being Active” state teams. She was selected to be part of the UW Extension team which traveled to New Orleans and assisted with a Habitat for Humanity home restoration project. She also serves as the Family Living District

Representative for the Northern District.  
**Financial Education**

“Managing Money in Tough Times” was offered in 2009 to individuals and Head Start families. Featured topics included: living on your income; stretching food dollars; deciding which bills to pay first; keeping a roof overhead; making the most of what you have; and developing a spending plan.

The “Quick Link” Youth and Family Services Resource Directory is available for Iron County residents via local partnering agencies and the Extension website at: <http://www.uwex.edu/ces/cty/iron/documents/ResourceDirectoryQuickLinkGuide>



**Wisconsin Food Security Consortium members travel north to meet with the Hope for the Hungry coalition.**



**There have been three StrongWomen classes held in Iron County since September.**





## Wisconsin Nutrition Education Program (SNAP-Ed)

The Iron County Wisconsin Nutrition Education Program (SNAP-Ed) consists of one half-time educator, Deb Leonard, one half-time coordinator, Toni Rogers, and one half-time program assistant, Gerri Reynolds. Together they made 3,045 direct educational contacts and 3,600 indirect contacts during FY 09. Forty eight percent of the learners were school youth age 6-17, 18% youth age 4-5, 15% parents of infants/children, 18% senior adults, and 1% adults without children. Almost all of the program participants were non-Hispanic/Latino and white (98%)..

WNEP educational programs related to several major outcomes: nutrition and dietary quality (76%), food safety (14%), food resource management (9%) and food security (1%). Fifty nine percent (59%) of WNEP instruction took place at schools, 18% at senior meal programs, 12% at public health clinics and 10% at Head Start. The remaining instruction occurred at emergency food pantries and food stamp offices. Additional outreach efforts were successfully achieved with mentally ill adult clients during the past year. Nutrition Educator Deb Leonard taught Pre-K through 6<sup>th</sup> grade students at the Hurley Elementary School. A variety of lessons were taught in each grade. Fruits and

vegetables were sampled as the first grade studied MyPyramid which emphasizes increasing consumption of these foods. Forty-one first graders were taught in a multi-session group setting. After the lesson, Leonard sent a survey to the parents/primary caregivers of these children. Eighty-one percent (81%) of 32 parents/primary caregivers who returned the survey reported that their children were more willing to taste new foods or foods that he or she usually doesn't eat.

Leonard also taught the first grade students about the importance of hand washing and how to wash their hands correctly. She surveyed the parents/primary caregivers of these children after teaching the lesson. Of the 32 first grade parents/primary caregivers who returned the survey, 97% reported that their children were more willing to wash their hands when asked.

Leonard taught 56 fifth grade students about the importance of hand washing and how to wash their hands correctly. Before the lesson 49% of the students knew the correct way to wash their hands. After the lesson 89% of 47 learners were able to describe proper hand washing. Leonard then distributed a parent survey. Of the 47 fifth grade students who returned the survey, 98% of the parents reported that

their children had been washing their hands for a full 20 seconds.

Two new WNEP programs were established for FY 2009-2010: Mercer Elementary School and an adult mental illness group. The total expansion of these and other agreements resulted in an increase of more than \$70,000 for the year.

WNEP helped build and enhance the local food system by connecting the Iron County Pantry with other local and regional pantries. The pantry joined Hope for the Hungry hunger coalition which now services 7 counties. WNEP helped pantries locate additional food resources which will enhance food variety and improve the quantity of food distributed. The following additional needs were identified: food resource identification and management for clients; volunteer training in food safety; collaboration with other pantries and managers; and fast and easy low-cost recipes which utilize commodity foods.



**Deb Leonard, Nutrition Educator, providing nutrition education at the WIC clinic**



**Toni Rogers, Nutrition Education Coordinator, at Health Awareness Day**



**Deb Leonard with Hurley Elementary students**



**Gerri Reynolds, WNEP Program Assistant**

## 4-H Youth Development Programs



**Gloria Fauerbach serves as the Youth Development Agent and Iron County UW-Extension Department Head .**

Iron County 4-H Youth Development programs directly served 432 youth during programs organized from the Iron County UW-Extension Office. Of those, 194 were enrolled members of at least one 4-H club or program that offered multiple sessions and in-depth learning. Youth participating in our 2009 programs developed healthy living habits, used and improved leadership skills, mentored other youth, learned from hands-on activities, served others in their community and explored renewable energy science.

4-Her's also learned valuable life skills and project skills from adult volunteers. One hundred sixty one adults volunteered to lead and support 4-H clubs, 4-H projects and 4-H Afterschool programs.

Gloria Fauerbach provides the educational direction, oversight and leadership for all of the youth programs in her role as the Iron County Youth Development Agent. She develops resources and secures funding to support Iron County 4-H Youth Development programs. Others with responsibility for youth programs were Shawn Zani, Iron County Summer Youth Assistant and Lynn Adams, Summer Horticulture and Youth Assistant.

Americorps\*VISTA

provided four Summer VISTA Associate positions filled by Carolyn Andresen, Jean Davis, Caitlin Mackey and Cortney Ofstad. Americorps\*VISTA also granted Iron County a year-long position. Abbey Hallberg volunteered and began her year of service in June.

### 4-H Clubs

Seven 4-H Clubs and 4-H Afterschool clubs were active in 2009. 4-H clubs serve youth in Hurley, Saxon, Gurney, Kimball and Mercer. Two new "Cloverbud" project groups have formed for younger members in grades K-3. 4-H volunteers and parents guide the club activities and pass along their expertise by teaching project skills to 4-Hers. 4-H approved project materials and training are provided from University Extension sources.

### Superior Days

Six Iron County Youth went to the state capitol and lobbied state representatives and senators on issues selected by the Superior Days delegation. Youth delegates attend four training sessions before going to Madison. Youth delegates presented information on an issue as part of a lobbying team to each of the Wisconsin Assembly representatives and State Senators.

Youth delegates also completed a tour of the State Capitol, hosted a reception for public officials and spent time with one state government official to better understand the responsibilities of the office.

### Science Engineering Technology and Math

National 4-H set a goal to help 1 million young people excel in science, engineering, and technology by 2013. Iron County supported this effort by including science and technology units in several programs. Iron County Summer Youth Camp focused on space and astronomy. Campers learned about the solar system, the chemical composition of comets, and how to calculate the distances between planets. L.E.A.F. day campers and 4-H Afterschool members constructed boats and windmills that illustrated use of renewable energy. The new Power of Wind 4-H curriculum helped volunteers teach these sessions.

### Iron County Summer Youth Camp

The 2009 Iron County Summer Youth Camp at the North Lakeland Discovery Center in Manitowish Waters served seventy-five 3rd, 4th, & 5th graders from the Hurley and Mercer schools. These campers



**Animal projects are popular with youth who must work year-round to care for and train their animal.**



**Iron County Youth Delegates represented Mercer and Hurley High Schools.**





engaged in a full program schedule of physically active recreation, nature, swimming, crafts and space science activities.

Twenty-five high school students from Mercer and Hurley completed three days of training and filled leadership roles for the camp program.

Twenty-nine adult volunteers supported the camp with their helping hands, activity supervision and reduced expenses to help keep the camp affordable for families. One significant outcome of the youth leadership development for the camp is that former camp counselors are now returning as adult volunteers to help sustain the camp.

Youth leader planning committee selected the space and the planets as a theme. A "Shoot for the Stars" logo designed by the

camp counselors included science and personal goals ideas. One favorite activity was making a comet from ingredients that turned into a delicious ice cream.

### Service Learning

Abbey Hallberg helped inspire youth to serve their community through several efforts. She organized a special program for the Day of Service and Remembrance on September 11. During this program students offered ideas about what community needs youth could help fill with service learning projects.

She next trained students who surveyed people at the local grocery store and senior housing sites. The students asked open-ended questions about how young people can get involved in their community. Students (80%) thought that the survey work helped

identify real needs of the community. The majority of needs were about community renewal and helping the elderly.

The survey work helped give information to students and teachers that helped their service learning projects match the needs of the community.

### 4-H TrailBlazers

The goal of the 4-H TrailBlazer program was to increase physical activity by safely exploring Iron County outdoor attractions by bicycle, by hiking and by canoe while having fun. The program ran adventure days from Saxon, Mercer and Hurley sites each week for six weeks.

This is the third year for this program and some youth have participated each year. Experienced youth helped by assuming some leadership roles.



**Shawn Zani, 2009  
Summer Youth Assistant**



**Abbey Hallberg,  
Americorps\*VISTA  
organized programs on  
service learning,  
renewable energy,  
recycling and  
photography.**



**Fifth grade campers went on the annual canoe trip down the Manitowish River after two days of canoeing lessons.**



**A parent wrote that they really enjoyed hearing about the new things their child "discovered" while at camp "... things outside in nature and things within herself while in a new place with new people."**



**"I felt comfortable asking follow-up questions when necessary" commented one student after the three training sessions.**

## 4-H Youth Development Programs



**Summer VISTA Associates Caitlin Mackey, Carolyn Andresen (front row) led the 4-H TrailBlazer program. Cortney Ofstad and Jean Davis (back row) planned and taught the 4-H L.E.A.F. day camp.**

Thirty three youth participated in the weekly day-long outings.

Safety was emphasized by requiring use of hand signals and by wearing helmets. One biker was impressed enough to write *"I learned that even if no cars are coming you should use hand signals"* in his journal.

Parents appreciated that the program help develop healthier habits.

*"TrailBlazers helped my son be more independent. He now rides his bike into town instead of waiting for a ride in the car."* Another parent wrote: *"It teaches good personal habits (exercise and nutrition). Also, the kids 'get to know' Iron County"*

Summer VISTA TrailBlazer leaders offered youth many new outdoor experiences. *"We tried to go to places that are sometimes overlooked by people who live around here in hopes that the youth involved with the program would become excited about the assets of our area."*

Fun was another reason this program is popular with middle school students. Swimming on most days and riding bikes through the river were favorite activities.

### 4-H L.E.A.F.

A summer day camp was held for two days each week in both Mercer and in Saxon. The program emphasized healthy living by including many forms of physical exercise as well as healthy eating using the U.S.D.A.'s *My Pyramid* as a guide.

Program evaluations and completed projects showed that members felt they had made changes in their health habits. One student summarized their new understanding: *"(they) showed us that fruit is better than chocolate, vegetables are better than candy and physical activity instead of video games"*.

Science exploration was another major emphasis of the day camp. 4-Hers worked on projects from the *Power of Wind*, a 4-H renewable energy curriculum. They made boats that sailed with wind energy, compared the power differences in pinwheel shapes and constructed wind socks. The activities were designed to develop "thinking like a scientist" skills. They used their wind socks to collect data and compare wind velocities.



**"I ride my bike with 4-H and see new places to ride so I can bike more."**



**More than ninety percent of our Trailblazers felt that they were more physically active because of this 4-H program.**



**Youth learned that physical activity is not just sports but can include playing active games with any number of friends.**





## Iron County UW-Extension Support

Joyce Wyzlic provided office support to the Youth Development Agent, Community Resource Development Agent, Family Living Agent, and to the WNEP staff. Wyzlic managed daily office operations including:

### Interaction with the Public

- Serving as the first point of contact for the public seeking information and resources from UW-Extension.
- Researching University information in response to requests made by the public.
- Coordinating submission of soil samples and insect identification samples to University laboratories.

### Education and Outreach

- Serving as Iron County contact for UW-Technology Services, Instructional Communications Services and Distance Learning.
- Supervising part-time Wisline and Satellite Aide for evening and weekend programs.

### Financial Operations

- Creating and maintaining financial records and documentation for University Extension, 4-H and Youth Club and Centennial budgets.
- Managing office accounting including

ledgers, vouchers, invoices, credit card charges and accounting and record keeping for grant funded programs.

- Serving as liaison to Iron County Auditors.
- Creating financial reports for Iron County Extension Education Committee and, as requested, for the Iron County Finance Committee.
- Processing all receipt collections, deposits and bill paying.

### Office Technology

- Maintaining seven operational computer stations for use by office personnel.
- Serving as liaison for office to local computer repair services and to University of Wisconsin-Extension Technology Services.
- Coordinating and providing technical assistance for software upgrades and facilitating office training for new software.
- Serving as office webpage coordinator.
- Coordinating internet connections with local server; UWEX server.
- Learning new software programs to create more efficient management of office functions.
- Securing and maintaining contracts for leased

equipment, maintenance agreements, repairs and supplies needed to run office equipment such as copier, duplicating, fax and video projection machines.

- Researching methods and means for office equipment upgrades.
- Maintaining the federal 4-H database and submitting reports for Wisconsin and Federal review.

### Office Operations

- Maintaining and ordering supplies as needed for office operations.
- Managing incoming and outgoing mail.
- Securing annual postage allocations to Iron County from the Office of Budget and Fiscal Operations, UW-Extension and maintaining postage accounts and equipment.
- Serving as designer and editor of the Iron County UW-Extension Annual Report to the Board of Supervisors.

Wyzlic also volunteered in some of Extension's programs such as Iron County Summer Youth Camp and UW-Extension events at the Iron County Fair.



**Joyce Wyzlic serves as Office Manager for the Iron County UW-Extension office.**



## Horticulture Programs



**Lynn Adams serves as a part-time LTE Summer Horticulture and Youth Assistant.**

The roles of the Summer Horticulture and Youth Assistant for the projects listed below include coordinating educational program events, procuring materials and supplies for programs, developing teaching material, recruiting volunteers and teaching educational sessions for groups and individuals.

### Youth Service Learning Garden Projects

82 youth from the Hurley K-12 School District (class sizes are smaller this year) donated 200 volunteer hours of service to their community, resulting in the following successful projects:

- City of Montreal-four flowerbeds
- Downtown City of Hurley -66 flower barrels
- Hurley K-12 School District-After School Day Care Students-six flower pots
- Highline Corporation-eight flower pots and 2 flower beds
- Stars After School at Hurley K-12 Site-planted flats of tomato seeds. Later the seedlings were transplanted and given to Garden Estates residents



**Highline clients enjoy planting flowers.**

- Sweet 100 Tomato Project-a collaboration between UW Extension and MSU Extension-where Lynn designed a

‘Garden Journal’ and 112 students were shown how to plant and how to care for a tomato seedling during the summer and track the project of the plant.

Participating youth learned valuable lessons in:

- How to plant and care for plants
- Importance of plants in their lives
- Volunteering in their community
- Taking pride in a project and their community
- Making their community a better place to live

30 Master Gardeners and nine additional adults from the community also donated approximately 114 volunteer hours to the community.

### Community Horticultural Education

Iron County Farmers’ Market Presentations:

Prepared weekly presentations and displays throughout the summer. Related literature was distributed with 15 to 20 people participating every week.

- Youth Service Learning Project Pictures
- Deer Resistant Plant

Display

- Butterfly and Hummingbird Gardening Display
- “Ask the Master Gardener a Question”
- Weeds and Wildflowers of Our Area
- Invasive and Poisonous Plant Display
- “Ask the Master Canner a Question”
- Brings a different live flower or vegetable display each week including potted flowers and potted tomatoes, cabbage and eggplant.

### WJMS “Let’s Talk Gardening” Radio Show

Presented twelve “Let’s Talk Gardening” radio shows on WJMS. Program materials were usually based on questions received during the week, such as the importance of soil testing, aster yellows, spots on roses, id of weeds, lawn fertilization, trimming of lilacs, emerald ash borer, deadheading flowers, deer resistant plants, tomato blight, onion maggots

### Speaking Engagements

46<sup>th</sup> Parallel Gardening Club-Presentation on Invasive Weeds in Our Area and Common Lawn weeds-30 people were present and given literature to help identify these



weeds

### **Client Horticulture Research and Consultations**

Starting on April 20, 2009 was available in the office to answer numerous requests for information. 141 inquiries

- Insect problems=18
- Plant problems=81
- Soil tests=12
- Miscellaneous questions=30

### **Master Gardener Program**

Will try to facilitate a Master Gardener Program in the Spring of 2010.

Lynn coordinated a successful Fall Gardening Conference on September 19th at the Gogebic Community College- there were 103 registrants and two instructors from UW-Extension and six local presenters.

### **Miscellaneous Duties**

Miscellaneous duties included answering the phone, collecting and filing horticulture material,

planted and maintained the Courthouse flagpole flower planter.

When not in the office, clients may call Lynn at home with their questions.



***Third graders planted 66 flower pots in downtown Hurley.***



***S.T.A.R.S. after school children plant tomato seeds and plant flowers in pots.***



***Range Master Gardener Volunteer Fall Gardening Conference on September 19, 2009. Out of the 103 attendees, about half were Master Gardeners-this conference is always open to all interested gardeners and attended by people from a 200 miles radius.***

## Iron County Agriculture-Extension-Education Committee



**2009 Agriculture-Extension-Education Committee members, left to right: Ron Kern, Donald Erspamer, Gerald Luke, Opal Roberts, and William Thomas.**

## Community Partner Advisory Group

The Iron County Community Partner Advisory Group (CPAG) met during 2009 to provide advice about local issues and review our efforts to address the issues selected as top priorities by this group. The broad issues identified by the work of CPAG are:

- Create a community environment encouraging wellness for youth and families
- Building Self Sufficiency in Families
- Community Leader and Volunteer Education
- Securing Financial Resources and Enhancing Capacity for Community Economic Development
- Supporting Youth Contributions to the Community







## University of Wisconsin and University of Wisconsin – Extension Distance Learning Opportunities



**University of Wisconsin—Cooperative Extension** - <http://www.uwex.edu/ces/>

**Iron County-Based Programs** - <http://iron.uwex.edu>

**Publications:** Bulletins and other publications of University research-based information are available from the University of Wisconsin Extension – Cooperative Extension website by following the link to *Publications* or directly at <http://learningstore.uwex.edu/> or toll-free 1-877-WIS-PUBS (947-7827). Many are printable from your home computer.

**InfoSource** is home to over 600 scripts about the environment, gardening, youth development, and home and family living. These messages that are available to you 24 hours a day at no charge - 1-800-441-4636 or <http://infosource.uwex.edu>

**Media Collection:** With about 1475 titles, the Media Collection serves as a centralized source of audiovisual materials for use with Cooperative Extension programs and their clients. - <http://www.uwex.edu/ces/media/catalog/index.cfm>

**Local Government Center:** Provides local government, growth management, and community planning & design education. Faculty and staff from University of Wisconsin System institutions are coordinated through this Cooperative Extension service center. - <http://lgc.uwex.edu/WisLines/>

**University of Wisconsin - Extension, Continuing Education, Outreach & e-Learning** - <http://ce.uwex.edu/>  
These sites provide services for students seeking UW for Credit Courses, Professional Certifications and Degree Courses in several innovative distance-learning formats.

**Returning Adult Students, Non Traditional Students, Professionals** - <https://uwin.wisconsin.edu/>

**Independent Learning** Credit and Non Credit Courses - <http://learn.wisconsin.edu/il/>

**Professional Certification Courses** - <http://ce.uwex.edu/students/certificates.aspx>

**University of Wisconsin Colleges OnLine** - <http://online.uwc.edu/>

**University of Wisconsin-Madison, Division of Continuing Studies** - <http://www.dcs.wisc.edu/outreach/conted.htm>



Business counseling is available through the Small Business Development Center out of UW-Superior. The SBDC Business AnswerLine at 1-800-940-7232 is another service that helps new entrepreneurs with information and guidance needed to begin business start-up research. In Iron County, business counselors are available one day each month for counseling

### **Try these internet resources for additional information about UW-Extension**

University of Wisconsin –Extension  
Cooperative Extension Home Page  
Publications  
Independent Study  
4-H and Youth Development  
Iron County UW-Extension  
Local Government Center  
Infosource  
Horticulture Resources  
Grant Writing Webpage  
Continuing Education  
Distance learning  
Media Collection  
WISLINE Web  
4-H Afterschool  
Center for Community Econ. Dev.  
Iron County WI

<http://www.uwex.edu>  
<http://www.uwex.edu/ces>  
<http://learningstore.uwex.edu/>  
<http://learn.wisconsin.edu/il>  
<http://www.uwex.edu/ces/4h/>  
<http://iron.uwex.edu>  
<http://www.uwex.edu/lgc/>  
<http://infosource.uwex.edu/>  
<http://www.uwex.edu/ces/wihort/>  
<http://www.uwex.edu/li/andy/grants.html>  
<http://www.dcs.wisc.edu>  
<http://www.uwex.edu/disted/index.cfm>  
<http://www.uwex.edu/ces/media/>  
<http://www.uwex.edu/ics/wlw/index.html>  
<http://www.uwex.edu/ces/4h/afterschool/index.cfm>  
<http://www.uwex.edu/ces/cced/>  
<http://www.co.iron.wi.gov>



**COOPERATIVE EXTENSION**  
**Iron County**

Cooperative Extension - University of Wisconsin-Extension  
Courthouse - 300 Taconite Street  
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 need 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,

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in-Extension





## Contact Information

### **Iron County UW-Extension**

300 Taconite Street, Suite 118  
Hurley, Wisconsin 54534

Phone: 715-561-2695

Toll Free: 1-888-561-2695

Fax: 715-561-2704

Iron County UW-Extension web site: <http://iron.uwex.edu>

Iron County WI web site: <http://www.co.iron.wi.gov>

### **Office hours:**

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

### **Email addresses:**

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