



Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

# Extension Connections

## Extension Waukesha County Newsletter

Fall 2019

### Highlight: Community Development

Extension Community Development Educators in Waukesha County provide programs in organizational development, leadership, community economic development; local government education and much more.

In 2019, Real Colors® training was added to the educational programs offered by the Extension Community Development educators in Waukesha County. Real Colors® training assists groups or organizations in dealing with departmental and generational divisions by helping people find common ground in communication and personality styles. Real Colors® can be used as a stepping stone to enhance organization culture by increasing productivity, reducing conflicts, and increasing employee engagement and longevity.

Upon successful completion of the training, participants will be able to:

- Recognize their own strengths and the strengths of others
- Listen and speak in the language of other colors
- Understand how others process information
- Recognize the learning styles of others
- Modify their communication style to connect with others



*"The research-based tool helped us all understand what roles we play on the job (i.e., peacemaker, organizer, pragmatist, energizer), what we seek on the job, take pride in and are stressed by on the job.*

*The training offered fun interactive activities to meet the training objectives, and facilitation by Extension staff was excellent."*

Ben Jones, Waukesha County Health Officer/Public Health Manager

The first training led by Waukesha County Extension Community Development educator, Ann Wied, was held in August with the Waukesha County Health & Human Services Public Health team. More than half of the attendees commented that they will use what they learned when communicating with others.

For details about the Real Colors® training program, contact Ann Wied at 262-548-7788 or [ann.wied@wisc.edu](mailto:ann.wied@wisc.edu). You can also visit our website at [www.waukeshaextension.org](http://www.waukeshaextension.org).

### Donations Accepted to Support Extension Programming

Extension Waukesha County can now accept tax deductible donations. Your donations directly support the meaningful Extension programs offered in Waukesha County. Donate today by going to <https://supportuw.org/giveto/Waukesha>.

### Thank You Blain's Farm & Fleet!

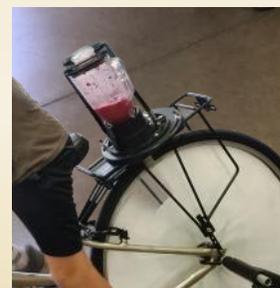


A big thank you to Blain's Farm & Fleet for partnering with Extension to sponsor the 4-H Kids Zone at the 2019 Waukesha County Fair.

Thanks to their generous support, over 1,000 youth engaged in learning as they were exposed to horticulture, STEM, robotics, architecture, nutrition, engineering, arts and environmental education during the five days of the Waukesha County Fair!



4-H youth robotics team demonstrated for fair goers



Youth mixed their own smoothies using leg power on the blender bike



Youth experimented with wheat germ DNA

## Extension Waukesha County 4-H

### Open House to be Held October 3

Everyone is invited to the Waukesha County 4-H Open House on Thursday, October 3 from 5:30 pm to 8:00 pm at the Waukesha County Expo Center. Attendees will learn about the community clubs and 4-H projects in Waukesha County.

There will be hands-on demonstrations, informational booths, games, prizes, activities for youth, and the opportunity to enroll youth in a Waukesha County 4-H club. Parents and other adults can find information on how they can volunteer and share their skills, interests, and talents with the youth in Waukesha County. The Babcock Ice Cream truck from the UW-Madison Food Science Department will also be there serving delicious free ice cream.



### Enroll in 4-H Today!

In 4-H, youth from 5-year-old kindergarten to one year past high school learn important life skills such as leadership, teamwork, critical thinking, and communication to help prepare them for successful futures. They do this while engaging in fun, hands-on 4-H activities and participating in one of the eighteen 4-H clubs in Waukesha County!

For more information about joining Waukesha County 4-H or the Open House, call James Boling, Youth and Family Educator, at 262-548-7784 or visit the Waukesha County 4-H website at [www.waukeshacounty.gov/UWEX/4H](http://www.waukeshacounty.gov/UWEX/4H).

### Caring Connections Workshop September 24

Extension will present Caring Connections workshop on September 24 through WCTC's *Learning in Retirement* program. Caring Connections is a two-hour workshop for individuals who visit loved ones in assisted living, nursing homes, and other skilled nursing facilities.



The goal of the workshop is to support the visitors in having better, more meaningful visits with loved ones.

For more information about Caring Connections workshops, please contact our Health & Well-being educator at 262-548-7789 or by email at [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu).

### FoodWise to Pilot *Cooking Matters*

This fall, FoodWise will be piloting a new *Cooking Matters* program for parents and caregivers of young children. The series of 4-6 lessons focuses on healthy family meals and money saving tips.

Participants will learn techniques for buying and eating more fruits and vegetables, feeding and cooking with their kids, planning menus, and making quick, easy, healthy recipes. Parents prepare a recipe during each lesson and receive all of the groceries to make that recipe at home.



For more information, contact our Nutrition Education Coordinator at 262-548-7877 or [jill.herz@wisc.edu](mailto:jill.herz@wisc.edu).

### Fall Urban Forestry Workshop October 3



Trees are an important part of the urban landscape. Because this environment is different, these trees have different pests and pressures. Urban foresters and landscape professionals are invited to a day long educational workshop to learn about the disease and insect problems more common in urban areas. Current local invasive plant species will also be reviewed, as well as those on the horizon.

This workshop is being held in four locations in the state in partnership with the Wisconsin Department on Natural Resources. Locations are Waukesha, Stevens Point, Oshkosh, and Madison. All instructors are UW-Madison Extension Specialists.

For more information, visit our website at <https://www.waukeshacounty.gov/UWEX/HORT/GI/>.

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WAUKESHA COUNTY