



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
WAUKESHA COUNTY



UW-Madison Division of 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

## **Spring 2020**

### **Extension Waukesha County Adapts Educational Efforts During COVID-19**

#### **StrongBodies Strength Training Goes Virtual!**

Jen Whitty, Health & Well-being Educator, is working with a state team to provide virtual StrongBodies classes to county residents who previously participated in the program. StrongBodies is a strength-training program that helps older adults remain strong, healthy, and independent in the community.



It also serves an important role in keeping participants socially connected. The virtual lessons will be piloted in the coming weeks for all interested previous participants.

For more information about the program, please contact Jen Whitty at 262-548-7789 or [jennifer.whitty@wisc.edu](mailto:jennifer.whitty@wisc.edu).

**Adaptions continued on next page**

### **Waukesha County Rental Garden Plots Available**

Spring has arrived in Waukesha County and the Waukesha County Rental Garden plots are selling fast! There are only nine rental plots left available for the 2020 gardening season!

The Gardens are scheduled to open May 16. For more information about the Waukesha County Rental Gardens visit <https://fyi.extension.wisc.edu/community-gardens/> or email Lisa at [lboyer@waukeshacounty.gov](mailto:lboyer@waukeshacounty.gov) to rent a \$50 garden plot today!



### **Join Waukesha County 4-H for Summer Camp at Phantom Ranch in August**



Waukesha County 4-H Summer Camp will be held August 9-13 this year. Camp is organized by James Boling, Jr, Extension 4-H Youth and Development Educator in Waukesha County, a team of 4-H adult & youth volunteer leaders and Extension Waukesha County 4-H youth. Camp is open to 4-H members and non 4-H members .

Youth ages 9-16 will enjoy four days and three nights at camp. Days are spent doing a variety of activities including swimming, boating, canoeing, archery, horseback riding, team building, and educational crafts. Each evening is spent enjoying campfires, songs, skits and special themed programs.

Register your youth for camp today by clicking [here](#)! If you have questions, contact James at [james.boling@wisc.edu](mailto:james.boling@wisc.edu). For more information about The Extension 4-H program in Waukesha County 4-H, visit the website at [www.waukeshacounty.gov/uwex/4h/](http://www.waukeshacounty.gov/uwex/4h/).

## Extension Partners with Live Well Waukesha County's *FIT in the Parks* Series

Extension's Health & Well-Being Educator, Jen Whitty, has been working with multiple community partners on the Live Well Waukesha County initiative whose goal is to increase physical activity and improve the nutrition of adult residents in the County. As part of that initiative, seven communities will be offering *FIT in the Parks* this summer.



As part of the Village of Menomonee Falls *FIT in the Parks* free activities, Jen will provide three introductory StrongBodies sessions. To register or for more information on the Village of Menomonee Falls *FIT in the Parks* series, visit <https://www.fallschools.org/divisions/community-education-recreation/fitp>.

## Extension Waukesha County Welcomes New Employee

Hataya Johnson joined Extension as a Waukesha County Nutrition Educator on February 24. Hataya will focus on teaching youth, especially teens using Teen Cuisine curriculum.

Teen Cuisine is a hands-on series that teaches youth (grades 6-12) important life skills for optimal health, including key nutrition concepts, basic cooking skills, and food safety. Teens prepare a variety of dishes to familiarize them with healthy meals and snacks and help them practice their food prep skills.



## Extension Waukesha County Adapts Educational Efforts During COVID-19, continued

### Produce Safety Training for Agricultural Producers Moves Online

While in person trainings are on hold, Produce Safety Trainings to educate produce farmers on how to comply with the Food Safety Modernization Act (FSMA), the most sweeping reform of our food safety laws in 70 years, have temporarily moved online.

By completing the training, produce farmers receive a federally recognized certification for their farm, which is a requirement for all growers who fall under the FSMA rule.



The Wisconsin online training, led by Waukesha's UW-Madison Division of Extension Commercial Horticulture Educator, Kristin Krokowski, was held April 21st.

For more information about Food Safety Modernization Act and trainings in Wisconsin, visit <https://fsmaproducesafety.wisc.edu/>. For more information about who falls under the FSMA rule, contact Kristin by email at [krokowski@wisc.edu](mailto:krokowski@wisc.edu).

### Extension Master Gardener Level Two Training Transitions from In-Person to Online and Draws Large Audience

Due to the Safer At Home order, the continuing education Level two Master Gardener training for current Waukesha and Milwaukee County Master Gardener Volunteers scheduled to be held at Boerner Botanical Gardens on Saturday, April 4th was moved to an online format. This opened up the Waukesha/Milwaukee County focused training to Extension Certified Master Gardener Volunteers throughout the state increasing attendance from 54 to more than 130. Master Gardeners from 17 counties in Wisconsin were among the participants in this daylong training.

The primary focus on the training was planting the right tree for the right site and the importance of not planting a lot of the same tree (i.e., all maples). In addition, participants learned about 25 different tree species. If you would like more information about becoming an Extension Master Gardener Volunteer, contact Ann at [ann.wied@wisc.edu](mailto:ann.wied@wisc.edu) or visit [www.waukeshacounty.gov/UWEX/HORT/MG/](http://www.waukeshacounty.gov/UWEX/HORT/MG/).

*"Thank you so much for doing this training via Zoom since we could no longer attend in person. It was very informative, connected content well across platforms and was a great example of what can be done by virtual connection."*

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