



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

Summer 2019

Support Extension Programming

Extension Waukesha County can now accept tax deductible donations by going to <https://supportuw.org/giveto/Waukesha>.

Positive Youth Development Coordinator Joins Extension Waukesha County Staff

Karina Alfaro joined Extension on June 17 as the new Positive Youth Development Coordinator. Karina is bilingual (English/Spanish) and will be working with the new Emerging Leaders program (see page 2).

Community Gardens Update

Due to a wet, cold spring, the Waukesha County Community Gardens opened on June 4th, two and a half weeks later than scheduled. "This is the first year we weren't open by Memorial Day in 20 years," commented Ann Wied, Extension Horticulture Educator and Community Gardens Coordinator.



The Gardens provide Waukesha County residents with garden space and a sense of community. This year, in addition to adults and families gardening, three organizations have also rented garden plots as part of their programming.

For more information about the Gardens, or to rent a garden plot, call 262-548-7775.

Extension and Partners to Provide Education in the 4-H Kid's Zone at the 2019 Waukesha County Fair, July 17-21

The 4-H Kid's Zone, sponsored by Blain's Farm & Fleet, will feature a variety of educational opportunities for youth attending the Waukesha County Fair. James Boling Jr., Extension Youth and Family Educator, has partnered with multiple organizations to bring a variety of experiences.

- BioTech DNA Exploration led by UW-Madison (July 17, 11 am - 4 pm)
- Garden Activities & Games led by SouthEast Wisconsin Extension Master Gardener Volunteers (July 18-20, 11 am - 1 pm)
- Environmental Education and Nature Activities led by Waukesha County Parks & Land Use, Recycling, Retzer Nature Center (July 18, 11 am - 4 pm)
- Plan & Design your own sailboat & Create Your Own Ship's Flag led by UW-Milwaukee at Waukesha Continuing Education (July 18, 2 pm - 5 pm)
- Nutrition Activities led by Extension FoodWise (July 19, 11 am - 1 pm)
- Become a Mechanical Engineer as you Replicate Iconic Architecture and Build Structures led by UW-Milwaukee at Waukesha Continuing Education (July 19, 2 pm - 5 pm)
- Planetary Exploration led by UW-Milwaukee at Waukesha Continuing Education (July 20, 11 am - 2 pm)
- Robotics Demonstrations by 4-H Lego League (July 20, 11 am - noon, 1 pm - 2 pm)
- Model Railroading Hands-on Demonstrations led by TrainFest Builders (July 20, 2 pm - 5 pm)
- Explore the World of Lines & Designs led by UW-Milwaukee at Waukesha Continuing Education (July 21, noon - 2pm)



For more information about Waukesha County 4-H, call James Boling Jr., Youth and Family Educator, at 262-548-7784 or visit the Waukesha County 4-H website at www.waukeshacounty.gov/UWEX/4H.

For additional information about other activities during the Waukesha County Fair, visit their website at www.waukeshacountyfair.com.

Waukesha Extension Launches Emerging Leaders Program

Extension in Waukesha County will hold their first Emerging Leaders program July 24 through August 7, thanks to a two year grant from the Department of Public Instruction.

James Boling Jr., Extension Youth and Family Educator, and Karina Alfaro, Positive Youth Development Coordinator, will provide a challenging two week summer program for 25 middle school students eligible for free and reduced lunch. The program will provide youth with career and college exploration workshops/experiences, STEM education, leadership and community volunteer experiences.

For more information, please contact James at 262-548-7784 or by email at james.boling@wisc.edu.

Nutrition Educators at "Cool School"

The Extension Waukesha County FoodWise program has again partnered with Waukesha Parks and Recreation to provide lessons during their summer Cool School & Playground programs. Nutrition Educators will be teaching *Choose Health, Food, Fun & Fitness*. Educators will be teaching 185 students at three school locations, in addition to the students who will come to four outdoor park locations.

For more information, contact our Nutrition Education Coordinator at 262-548-7877 or jill.herz@wisc.edu.



Fall Urban Forestry Workshop will be 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. All instructors are UW-Madison Extension Specialists.

The Waukesha class will be held on October 3.

For more information email lboyer@waukeshacounty.gov.



Real Colors Training Available

Ann Wied, one of our Community Development Educators has completed her Real Colors Facilitator Training and is ready to begin offering that service to our community.

If you are interested in

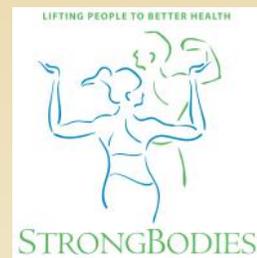


Real Colors®

scheduling a training, please call 262-548-7788 or email ann.wied@wisc.edu for more information.

Summer StrongBodies Session to be held at Community Memorial Hospital

Extension Waukesha County will be holding a summer session of their StrongBodies strength training program at Community Memorial Hospital beginning July 8th.



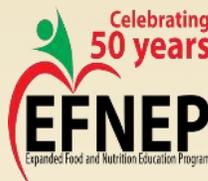
This is the third year Community Memorial Hospital has been partnering with Extension to offer this program at their Menomonee Falls location. Their healthcare providers regularly refer patients to participate in the StrongBodies program. This program has been shown to increase bone density, strength and muscle mass.

For more information, contact Jen Whitty, Extension Health & Well-Being Educator, at 262-548-7789 or jennifer.whitty@wisc.edu.

EFNEP Celebrating 50 Years

The Expanded Food and Nutrition Education Program (EFNEP) is celebrating 50 years of teaching low income families how to eat healthier on a limited budget. Extension Waukesha County has been funded by EFNEP to provide education to parents and youth for 28 years.

As part of the 50th year celebration, Extension Waukesha County is hosting an office-wide food drive thru the end of June to benefit the Sussex Food Pantry. For more information about our EFNEP programming, contact our Nutrition Education Coordinator at 262-548-7877 or jill.herz@wisc.edu.



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University of Wisconsin, U.S. Department of Agriculture and Wisconsin Counties cooperating.
Extension Provides equal opportunities in employment and programming including Title VI, IX and ADA.



Extension
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