



UW-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.

UW-Extension Connections

Waukesha County UW-Extension Newsletter

September 2017

Connections Newsletter Published in January, May, and September

The Connections Newsletter is published three times a year. If you want to read a Newsletter you missed, visit our website at www.waukeshacounty.gov/UWEX/AboutUs.

4-H National Youth Science Day Incredible Wearables October 14

Incredible Wearables introduces youth to electronic fabrics or accessories such as watches, eye glasses, or clothing that contain electronics and sometimes a small computer.

This free event is being held on



Saturday, October 14 for youth ages 9-14. This event is possible thanks to a grant from U.S. Cellular.

Registration is required. Register online at <https://goo.gl/gDtIBh>.

Highlight: Health & Well-Being

Strong, healthy, independent, connected older adults is the goal of the StrongWomen™ Program developed at Tufts University. This Spring, FoodWise began offering the program at two locations in the county using the program name of FitWise. When combined with the Family Living Program (offered as Be Strong Stay Strong), Waukesha County UW-Extension is offering the program at four locations (with additional sessions starting soon) and has had 74 participants already this year.

This program, which has been expanded to include both men and women, runs for 10 weeks. Participants take part in strengthening and balance exercises along with nutrition education. This evidence-based



program has been shown to increase participants' strength, muscle mass, bone density, and balance. Many Waukesha County participants also report that they have increased energy, sleep better, have decreased pain in their joints, and have become more active overall.

The program has been well received by Waukesha County participants. One participant reported "I can put on my pants one leg at a time while standing up now" while another stated "I don't tire as easy when I do the stairs."

For more information, contact our UW-Extension office at 262-548-7770 or visit our website at www.waukeshacounty.gov/UWEX.

Master Gardener Training

UW-Extension educators and specialists provide a broad overview of horticulture and gardening related topics at this 13 week Level 1 training which began September 11. For more information, visit <http://fyi.uwex.edu/sewmg/become/>.



Help Us Tell Our Story

Got a minute? Tell us how the people and programs of UW-Extension have helped you learn, grow or succeed. Visit <https://uwcx.org/> today!



Open Enrollment for Waukesha County 4-H began September 5—Join Now!

Youth from 5-year-old kindergarten to one year past high school learn important life skills like 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 20 4-H community clubs in Waukesha County!



For more information on how to join, visit www.waukeshacounty.gov/UWEX/4H.

Plan Commission Workshop

New perspectives on Tax Increment Financing (TIFs) will be discussed at the Plan Commission Workshop on Monday evening, October 30. This educational workshop will explore TIFs and consider how they may benefit a community. Presenter Brian Ohm will cover the history and purpose of TIFs and address common misconceptions surrounding the use of TIFs. During the panel discussion, panelist will respond to a variety of pre-planned questions. Anyone who has an interest in learning more about TIFs will benefit from this workshop. Registration is required. For a brochure, go to <http://bit.ly/UWEXPCW17>.

Hands-on Cooking Engages Participants

The updated Eating Smart Being Active (ESBA) curriculum, which is based on the current dietary guidelines, now incorporates more hands-on cooking and physical activity into each lesson.

Classes are taught in English and Spanish by Waukesha County FoodWise Educators. Participants receive a kitchen tool that relates to the topic at each session of the nine-lesson series.

For more information or to host this program at your agency, call the UW-Extension FoodWise Coordinator at 262-548-7877.



Garden Offers Alternative for Youth

The Waukesha County Community Youth Garden was established in 2016 to provide an alternative to potential sanctions of placement in a juvenile facility for youth in Waukesha County. Thirty youth have now completed the program; having engaged in restorative justice with the community, gained work readiness skills, learned teamwork principles, developed positive social skills, and grew vegetables to donate to the food pantry.

This program is a result of a collaboration between several county and state agencies.



Urban Forestry Tree Pruning Workshop to be Held in Waukesha on October 31

This fall, the Urban Forestry Workshop will focus on tree pruning. This one day workshop will be held in seven locations throughout the state to educate green industry professionals on pruning objectives, tree anatomy and physiology, and proper tree pruning techniques during classroom instruction. Outside demonstrations will include the use and maintenance of personal protective equipment, young tree pruning, and mature tree pruning.

For details or to download a brochure, go to <http://bit.ly/UWEXUFW2017>.



Fundamentals of Strategic Planning for Non-Profit Organizations Workshop

Succeeding as an organization is difficult without a strategic plan. On Thursday, October 12, Waukesha County UW-Extension will help prepare non-profits to address future opportunities and challenges, and envision a strategic roadmap for success.

The cost of the workshop is only \$60 per person (no refunds). Register online at <http://uwex.maxgalaxy.net/> or contact Steve at 262-548-7781 for more information.



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Waukesha County