



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

January 2017

Program Area Highlight: 4-H Youth Development

Waukesha County UW-Extension 4-H Youth Development has been an active part of the lives of youth and adult volunteers in Waukesha County since 1912. While traditional Community Clubs are still the primary method of involvement for most 4-H youth (with over 450 so far for this year), SPIN Clubs are becoming more and more popular. 4-H SPIN Clubs focus on a specific special interest topic for a designated period of time, several weeks to several months.

One of the first Waukesha County 4-H SPIN Clubs was Nature and Ecology Organization, which began early in 2016. Six additional 4-H SPIN Clubs were also held in 2016.

Youth can join 4-H SPIN Clubs when they begin to meet, or join a 4-H Community Club at any time during the year (deadlines apply for those wishing to show at the county fair).

For more information on joining 4-H, or becoming a volunteer, visit www.waukeshacounty.gov/uwex/4H/.



4-H Youth in the 4-H Nature and Ecology Organization (NEO) SPIN Club explore everything related to the environment at Waukesha County Parks.



4-H Youth in the Mucky Cloggers SPIN Club learn clogging and choreography. They perform for audiences of all ages.

SPIN Club and Outreach Coordinator Joins Waukesha County UW-Extension 4-H Staff

Martica Davis joined the UW-Extension staff as the 4-H SPIN and Outreach Coordinator in December. Martica is focusing on increasing participation in 4-H and Youth Development experiences.



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!



Hands-On Pruning Workshops to be Offered

Two hands-on pruning workshops, coordinated by Waukesha County UW-Extension staff, will be offered in March or early April. Confirmed dates and locations will be available later this month.

The workshops will include an indoor presentation on tools and pruning techniques for trees and shrubs



followed by an outdoor component where participants will have the opportunity to practice what they have learned.

Registration is required. Additional information and registration (when available) can be found at <http://bit.ly/HorticultureEd>.

Partnership with Community Memorial Hospital Expands *Be Strong Stay Strong*

Be Strong Stay Strong strength training classes will be held at Community Memorial Hospital in Menomonee Falls beginning January 24, thanks to a generous grant from the Community Outreach Steering Committee of Community Memorial Hospital and a continued strong community partnership between our organizations. This partnership provides an additional opportunity for area residents to attend classes and work towards better health.

Be Strong Stay Strong is a proven way to increase bone density and muscle strength based on the StrongWomen™ program out of Tufts University.

For more information about the program, or to register, [click here](#).



Landscape & Grounds Maintenance Short Course Offered to Green Industry Professionals

Horticulture professionals will learn up-to-date science-based information to assist them in increasing the economic and environmental sustainability of the landscapes they care for.

This four-week short course will be offered Wednesday afternoons in February. Continuing education credits are available. Registration is required at <http://bit.ly/2017LGMSC>.

UW-Extension Wisconsin Nutrition Education Program has New Name

Waukesha County Nutrition Educators continue to bring nutrition education to Wisconsin families and individuals with limited incomes, but they are now doing it under the name FoodWise.

The name was changed to FoodWise to better communicate the purpose of the program.

For more information about our nutrition program, visit our website at <http://www.waukeshacounty.gov/uwex/foodwise/>.



Nutrition Educators Partner with Head Start

Waukesha County UW-Extension FoodWise Nutrition Educators partner with Waukesha Head Start to offer the *Cooking with Your Child* program where parents and their registered preschool child prepare meals along with other Head Start families.

In the monthly classes, which began in October of 2016 and continue through May of 2017, they've made *Kale Salad, Sweet and Sour Rice, Taco Soup, and Chicken Quesadillas*.

Studies have shown that children who are involved with meal preparations are more likely to eat healthy foods when provided.

During the classes, parents also participate in a discussion regarding topics such as *How to Build a Healthy Plate* and *Grocery Shopping on a Budget*.

For more information about our nutrition program, visit our website at <http://www.waukeshacounty.gov/uwex/foodwise/>.



Strategic Planning Resource for Public and Nonprofit Organizations

UW-Extension recently engaged residents, businesses, and organizations in the City of Waukesha's West Side Neighborhood Revitalization Strategy Area, located near Waukesha Memorial Hospital, to update the area's Strategic Plan. This plan will serve to support increasing public and private investment, building stronger public and private relationships, and generating resident-based initiatives that address housing, economic and service needs.

Does your organization want to learn how strategic planning could help guide your future direction? Using a multi-step approach, we will help your group or organization understand the process while putting it into practice. For more information about our strategic planning education program, contact Steve Chmielewski at (262) 548-7781 or send an email to steven.chmielewski@ces.uwex.edu.

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

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