

# Extension Highlights 2011 ANNUAL REPORT



**Bayfield County**  
**<sup>UW</sup>Extension**

Bringing the resources of the University of Wisconsin to Bayfield County

# Agricultural Community & Economic Development

## New Crop Development ... In Our Own Backyard

Many of the plants native to Ashland and Bayfield County have considerable potential as agricultural crops, but will require a long-term effort to domesticate and commercialize each species. American hazelnut grows throughout the region, but especially in the sand country of Western Bayfield County. Jason has been coordinating the Upper Midwest Hazelnut Development Initiative ([www.midwesthazelnuts.org](http://www.midwesthazelnuts.org)) the last four years with the goal to develop hazelnuts into a crop for our region. With uses in fresh-eating, confection, baking, oil, and biofuel markets, hazelnuts have considerable potential. To date, the project has focused on screening wild populations of American hazelnut and on-farm plantings of hybrid hazelnuts (crosses between American and European hazelnuts) for high performing plants. Once identified, these plants are propagated for replicated evaluation at the Bayfield Performance Trial located on the old Betzold Farm near Bayfield. Recently, the project was awarded nearly \$900,000 in funding from the USDA. The funding will help ensure our region not only participates, but leads the way in developing hazelnut as a commercially viable crop.

## Bayfield Regional Food Producers Cooperative

To help grow the agricultural economy of the region, Jason convened a group of food producers engaged in direct marketing high-value differentiated food products to figure out ways to increase sale of products to larger markets outside Ashland and Bayfield County. The Bayfield Regional Food Producers Cooperative currently has 16 members and operate a series of marketing program. The Bayfield Shore Harvest Trail ([www.bayfieldharvesttrail.com](http://www.bayfieldharvesttrail.com)) is designed to build regional brand identify, bring agritourists to the region, and grow awareness of the great food products produced in Ashland and Bayfield County. In 2012, the Harvest Trail will occur October 19-21 and will also include a BBQ event at Blue Vista Farm on August 4.

The Lake Superior CSA ([www.lakesuperiorcsa.com](http://www.lakesuperiorcsa.com)) was created by the BRFP in 2011 and has seen considerable growth in its second year. The CSA provides annual shares of fruits, meats, and vegetables direct to customers in the Duluth/Superior area.



▲ American hazelnuts have potential as a multi-use crop for Northern Wisconsin, but it will take many years of research and development to develop a commercial industry. Through the Upper Midwest Hazelnut Development Initiative, Bayfield County is leading the way toward development of this exciting new crop.



▲ UW-Extension provides assistance to producers to develop markets and grow their businesses. The Lake Superior CSA is a program of the Bayfield Regional Food Producer Cooperative and was created with assistance from Jason Fischbach with funding through the DATCP Buy Local, Buy Wisconsin program.

# Agricultural Community & Economic Development



▲ Fast-growing woody biomass crops may be a low-input feedstock for wood-to-energy projects. Shown here is one year of growth of hybrid willow.

## Master Gardener General Training Course

The purpose of the Wisconsin Master Gardener Program is to train horticultural volunteers across Wisconsin. During the early winter of 2012, Jason provided horticulture training to 43 citizens of Ashland and Bayfield County through the Master Gardener General Training Course. The Course included 27 hours of classroom instruction on a range of topics from basic botany to landscaping and growing tree fruits. The Course also included a field session in May, where the participants learned helped renovate the New Day Shelter garden. After receiving the training, the participants are expected to complete 24 hours of volunteer work each year to maintain their Master Gardener certification. In 2011, Master Gardeners in Ashland and Bayfield County contributed more than 1000 hours of volunteer time to our community.



▲ With ten varieties of red and white currants under evaluation, the goal is to identify a productive variety with fruit quality desirable to both eaters and value-added processors. Shown here is the 2011 harvest being evaluated for sugar content by Matt Cogger, the 2011 UW-Extension Research Assistant.

## Lake Superior Woody Biomass

Dedicated woody biomass plantings for wood-to-energy projects have the potential to deliver economic and environmental benefits to our region particularly when integrated with grazing or row crop production. In 2010, Jason established the Lake Superior Woody Biomass Trials on 22 acres split across the Agriculture and Energy Resource Center near Ashland and Morningview Farm near Port Wing. The goal of the 10 year project is to provide opportunities for outreach education and to generate data on the performance of various woody biomass crops such as larch, poplar, and willow. The Trials have also generated partnerships with other researchers in the region on bird habitat, biofuel crops, and alternative poplar management strategies.

## Farming For Profit – Beef School

Beef production in our region is both an important agricultural enterprise and hobby in our region. To help area producers launch and operate successful cow-calf operations in our region, Jason offered the 2012 Beef School. The School consisted of six classroom sessions covering financial management, genetics, feeding, reproduction, and herd health. The School was attended by 7 farm operations and 14 individuals. The Beef School was the 2012 version of the annual Farming-For-Profit workshop series. The 2011 topic was hay production and the 2013 tentative topic is fresh market fruit and vegetable production.

## Bayfield Fruit Trials

The market for locally and sustainably produced fruit continues to expand. To help the fruit growers in Bayfield, Jason has established a series of long-term trials on black raspberries, white and red currants, wine grapes, and sweet cherries. The goal of the trials is to provide locally relevant production information to the Bayfield fruit growers in support of fruit crop diversification. In 2011, we had our first harvest of red and white currants. By conducting laboratory analysis and blind taste-testing our goal is to identify the most preferred varieties by eaters and processors. The sweet cherry trial is currently being planted in Bayfield and will include 9 varieties each on two different rootstocks with the goal to identify suitable varieties for the Bayfield micro-climate. The work is being supported by a \$29,000 grant from the USDA Specialty Crop Block Grant Program.

# Community Development Education



▲ US Forest Service speaker addresses *Critical Issues in Forest Management & Utilization Conference* attendees.

## Community Economic Development Education

Tim helped plan, recruit presenters and promote, and introduced one of the speakers and helped facilitate the wrap-up at a **2011 Lake Superior Business & Technology Conference: Building Foundations for Technology Jobs**, which was attended by 86 persons. He helped to plan, recruit speakers and promote a **Critical Issues in Forest Management and Utilization Conference - Managing for Multiple Demands on Our Forests**, which was attended by 62 persons. He also helped to plan and served as the facilitator at a **Red Cliff Business Board Economic Development Priority Setting Meeting**.

## Local Government Education

Tim served as an educational resource to the County Board Chair, County Administrator, County Clerk and County Land Records Administrator to discuss, provide information and advise on county redistricting process. He gave county redistricting presentations at a County Executive Committee meeting, County Board meeting, and at a Public Hearing on the final plan. He promoted several local government educational programs for local government officials, including: **Open Government and Parliamentary Procedure, Using and Amending Your Comprehensive Plan, 2011 Fall Budget and Finance Workshop for Town and Village Officials** in Cable; **Current Issues Affecting Local Government Officials** and **Town Officials Workshop** in Cable.

## Business Development Education

This educator provided business information and/or counseling to 10 prevention and/or existing business clients. He advised and helped plan for the reactivation of a local Inventors & Entrepreneurs Club, going from a monthly club meeting format to a quarterly **"Business On Stage"** Inventors & Entrepreneurs Program. He promoted a UW-Superior Small Business Development Center (SBDC) sponsored **Entrepreneurial Training Program - A Business Plan Writing Course**.

## Aquatic Invasive Species Control and Lake Management Education

Tim helped to plan and promote, and had an educational exhibit on shoreland buffers, at a **2011 Northwest Wisconsin Lakes Conference** held at the Northwood School near Minong that was attended by a total of 234 persons. He facilitated at a **Second Annual Bayfield County Lake Group Aquatic Invasive Species Roundtable Meeting** attended by 15 persons. He served as an educational resource and advised the Bayfield County Aquatic Invasive Species Committee.



▲ UW-Colleges/UW-Extension Chancellor Ray Cross delivers the keynote address at the **2011 Lake Superior Business & Technology Conference**.



▲ Bayfield County Supervisor Bucky Jardine visits the exhibits at the **2011 Northwest Wisconsin Lakes Conference**.

# Community Development Education

## Land Use Planning Education

This educator promoted planning related education programs, including: **Using and Amending Your Comprehensive Plan, Plan Commission and BOA Members as Local Officials, Local Land Use Planning and Zoning Teleconference Series 2011-2012** and **Zoning Board Workshops**. He provided information on adopting an amended comprehensive plan to the Towns of Barksdale and Kelly. Also, Tim advised and provided information to persons conducting a scenic assessment of a proposed State Highway 13 Scenic Byway Corridor through Bayfield County.

## Hazardous Waste Education

This educator helped plan and promote Clean Sweep collections in the county. A total of 306 persons brought 17,119 pounds of unwanted hazardous chemicals, 1,065 old fluorescent or HID bulbs, 6 used oil filters, 165 household batteries and 184 PCBs to the four collection events held in **Washburn, Iron River, Herbster** and **Namakagon**. In addition, 9,006 pounds of discarded electronic equipment, 14,680 pounds of old appliances and 43 pounds of unwanted medications were collected at the events in Washburn and Iron River. A smaller amount of electronic devices was collected at the Herbster and Namakagon events. Also, Tim gave a recycling presentation at a Namakagon Community Club meeting that was attended by 36 persons.



▲ Some of the hazardous chemicals collected at the Clean Sweep collection held at the Namakagon Town Hall.



▲ The 2011 Ashland and Bayfield Counties Leadership Program class shows off their graduation certificates.

## Organizational Development

Tim was involved in a number of significant organization development educational efforts. He served as a facilitator at a **Red Cliff Tribal Council Retreat**. He helped facilitate at two follow-up **Red Cliff Tribal Division Directors Meetings**. Tim facilitated at a **Bayfield County Board of Supervisors Budget Planning Meeting**, where County Board members identified the most important issues facing County government and their budget priorities for 2012. He helped plan and served as a facilitator at a **Red Cliff Band of Lake Superior Chippewa Service Providers Meeting - Getting on the Same Page**, which was attended by 52 representatives from seven tribal divisions/departments. Tim collaborated with an Ashland County Extension colleague to plan, market and conduct a **2011 Ashland & Bayfield Counties Leadership Program**. He co-facilitated and co-taught at the **Leadership Program** meetings.



▲ 2011 Superior Days delegation has its picture taken on the State Capitol steps.

## Superior Days

Tim participated in **Superior Days 26** activities in Madison on February 22 and 23, 2011. He served as a team leader for a small group of Superior Days delegates who met with and shared legislative issues with staff from three assigned state representatives. He presented a "UW - Extension Education on Local Government Criminal Justice Management" issue at a joint Wisconsin Department of Corrections & UW-Extension agency meeting.

## 4-H & Youth Development



▲ Members of the Gitche Gumee 4-H Club performing a ballet at the 2011 4-H Cultural Arts Festival.



▲ In June of 2011, 24 youth grades 5-7 participated in the 4-H Chequamegon Bay Gateway Academy. This very successful five day program introduced Science, Technology, Engineering and Math in a fun, challenging and interactive environment.



▲ With "Survivor" being the theme at 4-H camp in 2011, Walker Miller pushes his cabin's cardboard boat which they designed to float a bottle full of sand to the finish line for the final Survivor Challenge.

### 4-H Provides Many Opportunities for Youth to Learn by Doing and Pursue their Personal Interests

Bayfield County is home to twelve community-based 4-H clubs, serving youth in all parts of the county. Total youth membership in 2011 was 298 (about 1/10 of the youth in Bayfield County). There are clubs in Port Wing, Oulu, Cornucopia, Bayfield, Washburn, Barksdale, Ino, Mason, Benoit, and Drummond.

### 4-H Cultural Arts Festival

The annual Bayfield County 4-H Cultural Arts Festival provides an opportunity for 4-H members to develop and showcase their creative and artistic talents and develop confidence in their abilities. At the April 2011 Festival, 30 youth aged 8-18 entertained the audience with 22 dramatic, instrumental, vocal, and dance performances. Thirty-eight youth also exhibited in photography and arts & crafts. Five volunteer judges gave each performance and exhibit a personal evaluation to provided feed back on their effort. Donna Ganson provides both educational and organizational support to the Cultural Arts Festival and assists the 4-H Ambassadors to emcee this annual event that dates back to 1976.

### 4-H Summer Camp Survivor...Outwit, Outplay, Outlast

*Reflections by Carissa Beeksma, Camp Jr. Co-Director*

It's summertime, and at Pigeon Lake Field Station that means 4-H Camp! For the 60 campers and 20 high school counselors, 4-H Camp is a highlight of their summer; filled with friends, games, and fun educational activities. This year the camp theme was *Survivor*. Kids came ready to outwit, outplay, and outlast the challenges set before them!

Each cabin had a special tribe name and flag and was decorated with their tribe's color. Campers had fun with cleaning their cabins to compete for the *Clean Cabin Award*, which was an elaborately decorated tribal hat. The arts and crafts, nature space and recreation rotations were full of fun new activities, including making macramé bracelets, rock necklaces, archery, boating, learning to use a map and compass, making shelters and learning how to make a fire using flint and steel. Other activities included the traditional tie-dyed T-shirts, playing water balloon volleyball, kickball, island tag, three legged races, gunny sack races, a talent show, campfires and other fun games.

While campers were busy overcoming obstacles set before them, they were also preparing for their final challenge, which included a race in which campers had to swim a cardboard boat out into the lake to get a message in a bottle, which told them where their team bandana was, leading the fastest team to victory. After the final challenge, campers enjoyed a picnic lunch, then an all-camp tug of war.

Being a counselor at camp many times, I feel that this year at camp was one of the best! 4-H Camp has always been something I look forward to, and one of my favorite parts of summer. Being that this was my last year attending, I know I will miss everything about camp; the talent show, campfire, fun activities, and most of all, the campers and counselors!

# 4-H & Youth Development

## Collaboration Provides Positive Youth Development

Bayfield County 4-H is uniquely positioned to provide educational support to 148 certified 4-H Adult Volunteers. We also leverage our position through collaborating with several youth serving organizations in the community. In 2011, Bayfield County 4-H collaborated with CESA #12 to provide educational and organizational support for the third annual *Chequamegon Bay Science and Engineering Fair* for 20 youth representing five school districts. Bayfield County 4-H also played a lead role in securing grant money to host a week-long 4-H *Gateway Academy* which taught hands-on science and engineering experiences to 24 youth in grades 5-7. A partnership with WI DNR led to piloting a five-part fishing series with the Les Voight Fish Hatchery. 4-H CANSKI works in collaboration with the Ashwabay Outdoor Education Foundation, Friends of Lake Superior Trails and the Book Across the Bay to support the 150 youth members from Bayfield and Ashland County who take advantage of learning about healthy active lifestyles in a fun and supportive environment. Other organizations that provide educational space for the 4-H program include the Ashland, Drummond, South Shore and Washburn School Districts, the Washburn and Drummond Libraries, The Workshop in Oulu, the Agriculture and Energy Resource Center, the US Forest Service, the Apostle Islands National Lakeshore and the Great Lakes Visitor Center.

## A Recipe for Understanding Fish Habitat and Local Resources

In the spring of 2011, Bayfield County 4-H piloted a very successful five-part fishing series for ten 4-H members in collaboration with Darrin Miller, Les Voight Fish Hatchery Supervisor.

**Add One Part** Bayfield Fish Hatchery tour to learn how the WI DNR manages this precious resource.

**Combine** observing WI DNR biologists seign-net a local river to measure, identify and tag fish. Which, by the way, pulled out 123 19-30 inch steelhead.

**Sprinkle in** a day in waders with D-nets to find and identify food and habitat for fish.

**Stir in** an evening spent learning how to tie flies, make spinning lures and practice casting both fly rods and spinning rods and you've completed the first 4-H fishing series.

*"I have enjoyed learning about fish and I had fun while doing it. My favorite part was when we netted the fish in the Sioux River by Big Rock. We netted 123 steelhead and two suckers. It was interesting to see one fish that had already been tagged from a Minnesota Hatchery in Duluth. I also liked the fish fry, which was delicious. We learned how to make spinners and flies and talked about how to fish. It's been a great series of events and I'm excited to get out on the water and fish."*

*Anna Edmunds  
Ashwabay 4-H Club*



▲ Each 4-H year culminates with kids bringing their 4-H projects to the fair to be judged. These "Best of Show" recipients are all smiles with the satisfaction of a job well done.



▲ Steelhead Netting: WI DNR Biologist Chris Zunker hands a fish to Anna Edmunds to be released after it had been measured, recorded and tagged on the Sioux River.



▲ While in Madison for Superior Days, delegates had the opportunity to visit a STEM cell research facility to learn more about what STEM cell research really is. The lab technician was able to demystify a very complicated subject through the use of high powered microscopes and access to their lab.

# Nutrition Education



▲ Ashland-Bayfield County WNEP Staff includes: Coordinator: Kathy Beeksma; Nutrition Educators: Dan Corning, Ann Christensen, and Donna Ganson; Administrative Assistant: Amy Tromberg.



▲ Learning with our Veggie Friends— learning how vegetables grow can make it more fun to try new things. Here a first grader decides if the corn grows above or below the ground.



▲ Third grade students learn about plant parts we eat and create edible "Plant Part Art."

## Wisconsin Nutrition Education Program (WNEP)

The 2011 WNEP staff consists of Nutrition Education Coordinator, Kathy Beeksma and a talented team of Nutrition Educators made up of Ann Christensen, Donna Ganson, and Dan Corning . In August, Amy Tromberg joined the WNEP team as Support Staff. Although all staff are only part time, they provided direct nutrition education to 785 individuals in Bayfield County and had 3,089 contacts with those individuals. WNEP is a unique UW-Extension program because Nutrition Educators have multiple contacts with so many learners in the County, building relationships throughout the community. The families we serve in Ashland and Bayfield Counties are food stamp eligible and our lessons help them learn more about making good food choices. This is done by learning moderation, balance, and variety in our diets and activity. Families are also taught how to stretch their food dollars while eating healthy, fresh and local foods when they are available.

WNEP educators work collaboratively at Bayfield, Drummond, South Shore, and Washburn schools; at WIC Clinics in Iron River; at the Head Start Center in Bayfield; at senior meal sites; through senior, Head Start, and school newsletters; and at local farmers markets. Thankfully, despite the budgetary challenges facing our local, state and national budgets, WNEP's federal funding has been allocated for 2013 and reflects an increase from 2012. This will mean that WNEP nutrition educators can expand their reach to families in need.

If you have questions on the WNEP program, call Kathy Beeksma, Coordinator at 715-682-7017.

## Learning Where Our Food Comes From

An important part of nutrition education involves helping children (and adults) understand where our food comes from and the health benefits of eating foods as close to their natural state as possible, without additives and excessive processing. WNEP educators support and provide information

on gardening with children to parents. They provide education to children on the parts of plants we eat, how vegetables grow, and what makes seeds so nutritious and which ones we eat. They explore and sample different kinds of grains and learn to identify which part of a plant a fruit or vegetable is. These experiences help learners form a direct and positive relationship with real food.

## I Can Do That

Two of the barriers people sometimes face in eating healthy is lacking access to healthy, affordable foods and knowing what to do with that food. To meet these needs, educators provide Fun Family Cooking events at Head Start centers. At the Bayfield center, parents and children worked together to prepare healthy, appealing main dishes and snacks. "Healthy and Homemade" calendars with nutritious, easy recipes were provided to Head Start parents. At WIC clinics in Washburn parents were also provided with recipes and ideas for using their Farmer's Market vouchers and seasonal fresh foods. Middle school students at South Shore and Bayfield learned how to shop for and safely prepare healthy dishes on their own, such as Vary Veggie Salsa that is always a hit and can be adapted to their individual taste and what's available in their grocery stores or gardens.

## The Good Food Connection

Whole foods, local foods, and foods that can be harvested from the wild are important to our Bayfield County families. WNEP educators honor the cultural and nutritional significance of foods such as wild rice, venison, and wild berries by educating students and their families about these local treasures and including them as a part of a healthy diet. Educators also encourage youth to learn about plants and the nutritional value of whole foods that can be raised in family, school, and community gardens.

Through hands-on experiences like sampling and comparing wild rice with other types of rice or examining cereal grains, students learn important lessons about where our food comes from and what makes a food a whole food.



▲ Trying healthy foods in a fun and supportive environment helps kids develop positive attitudes toward food. Here kids are sampling (and loving) frozen peas after hearing a story about a monster who eats peas.



▲ Elementary age students get a chance to learn about the food pyramid with Dan Corning.



▲ Students make whole grain pretzels with Ann Christensen.

# Family Living Education

## Aging and Family Caregiving

With our aging population, more families are becoming involved in caring for older relatives. Many caregivers find themselves lacking knowledge or skills for the task and are unaware of where to turn to for assistance. The Family Living Program continues to support and educate caregivers in our area.

## Caregiver Support Network (CSN)

The CSN of Ashland and Bayfield Counties was formed over a decade ago with the mission of joining organizations and individuals to advocate for and support the role of family caregivers. Members include representatives from UW-Extension, Lifespan Respite, County Aging Units, Regional Hospice, Retired Senior Volunteer Program, North Country Independent Living and the Alzheimer's Association. During 2011, Heidi Ungrodt facilitated the CSN, which meets 6-8 times annually and sponsors a variety of educational programs, including the **Annual Caregivers Conference**.

This year, the group hosted **Final Affairs**, a day-long program focused on arranging personal and legal affairs for the end of life. Presentation topics included elderly benefits, legal concerns, power of attorney, organ donation, "do not resuscitate" decisions, palliative and hospice care. Heidi presented *Who Gets Grandma's Yellow Pie Plate*, a program on transferring personal property with minimal family conflict.

## Powerful Tools for Caregivers

Powerful Tools is an evidence-based educational program for family caregivers. In six sessions, participants develop self-care tools to: reduce personal stress, change negative self-talk, communicate more effectively, deal with difficult feelings, and make tough caregiving decisions. In 2011, Heidi taught this program with the director of Lifespan Respite for local caregivers.

## Inmate Education

The Family Living Program continues to work closely with the Bayfield County Criminal Justice team to provide quality educational opportunities for jail inmates.

## Building Strong Families

Since 2009, the *Building Strong Families* program has helped inmates focus on strengthening family resiliency to better cope with life's many challenges. In 4 sessions, participants learn the traits of strong families and identify activities that will enhance these strengths in their children and families.

As part of this program, inmates can opt to send a newsletter series to one or two key support people in their lives. The four newsletters serve to keep the family informed of the inmates' learning and generate discussion on class topics.

Building Strong Families participants frequently comment on the need for more information on certain topics. To address these needs, Liz Lexau developed and teaches a variety of classes. These 2-4 session classes include *Stress Management*, *Conflict Management*, *Successful Co-Parenting* and *Positive Discipline*.



▲ Each year, the Family Living Program offers hands-on food preservation classes. In 2011, workshops were offered in Washburn and Drummond. Participants learned how to use a pressure canner to safely can venison.



▲ The Association for Home and Community Education (HCE) is a non-profit organization that partners with UW Extension Family Living Programs to provide educational programs to its members and communities. In addition, the group works on community service projects throughout the year. Every November, Bayfield County HCE donates a basket of gifts to a newborn and their family.



▲ Family Living Educators presented "Who Gets Grandma's Yellow Pie Plate" at the 2011 Annual Caregivers Conference. This program focuses on transferring non-titled property with minimal family conflict.

# Family Living Education



▲ Participants in a Money Management Coach workshop role-play the part of coach and client to develop techniques for talking about household money management issues.

## Financial Coaching

The Family Living Program reaches many families through the Money Management Coach program. In cooperation with Ashland County Extension, Liz trains volunteers, educators, and agency staff to work with consumers on money management issues. Twenty-five new members were trained in 2011. Participants receive ongoing support through lunch and learn opportunities and periodic updates covering financial issues that impact area residents. The program includes individual volunteers as well as staff from organizations such as Bayfield County and Ashland County Human Services, Red Cliff Human Services, Red Cliff Early Childhood Center, LCO Community College, Bad River Human Services, The Lakes Community Health Center, North-west Wisconsin Community Services Agency, New Horizons North, and the BRICK.

A Parenting Education Class Sponsored by UW-Extension & The Lakes Community Health Center

## The Family Factor

Strengthening Families through Food, Fun and Face-time

Children of all ages welcome. A family meal will be provided at each class.

Learn how to:

- Reduce household stress
- Use parenting skills that work
- Gain cooperation from your kids

THE LAKES COMMUNITY HEALTH CENTER

UW Extension University of Wisconsin-Extension

## Family Economics

The Family Living Program focuses on financial education to help area residents better manage household resources.

## Financial Education Classes

Liz teaches family economics classes at various Bayfield County locations on a regular basis. Ninety-two consumers attended *Basic Budgeting* classes in 2011. Participants learned to create a monthly spending plan and explored strategies such as tracking spending, paying down debt and saving for emergencies. The Family Living Program introduced a new class *Control Credit/Manage Debt* in 2011. Liz also offers individual financial coaching in person and through Web conferencing.

## Parenting Education

UW Extension provides support for busy parents through a variety of resources

## Parenting Classes

The Family Living program offers a number of parenting classes for Bayfield County residents. Recently, UW Extension Bayfield and Ashland Counties teamed up with The Lakes Community Health Center to develop *The Family Factor*, a comprehensive family education program for parents and kids. Liz co-facilitated this six-session series. It included a family meal with nutrition education, a parenting class and children's program. After a successful pilot project, the group plans to hold another class in the fall of 2012.

Liz partnered with the Red Cliff Early Childhood Center to offer a four-session class, *Positive Discipline with Love and Limits*. The class presented research-based information focused on positive ways to gain cooperation and strengthen the parent-child relationship.

The Family Living Program also teaches monthly *Children in the Middle* classes for divorcing parents. Participants learn effective strategies for peaceful communication, parenting between two-households, and keeping kids out of the middle of parental disputes.

## Parenting Wisely

Several Bayfield County parents participated in *Parenting Wisely*, an evidence-based, computer-delivered program offered through the Family Living Program. The program demonstrates effective parenting strategies using video clips of common family challenges. It teaches concrete methods for improving parent-child relationships, enhancing communication, and reducing problem behaviors.

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