



Sawyer County - First Quarter, 2021



**4-H Program /
Community Youth
Development Educator –
Sky Holt**
Sky.holt@wisc.edu;
715-638-3237



**4-H Winter
Family Fun**

Sky continues to focus on the development and implementation of **quality programming** in Sawyer County 4-H. She has been working with club leaders on how to engage youth and volunteers in virtual and blended environments (virtual/small group in person), and in-person. She is navigating risk management and supporting opportunities to meet the needs of the youth and volunteers.

Area 2 4-H (Barron, Burnett, Rusk, Sawyer, and Washburn Counties) kicked off a series of virtual programs in 6 different project areas for youth in the 5 counties to participate in. This entire project aims to increase the awareness of young people about national 4-H curriculum being available, diversity the projects being supported by adult volunteers, and to recruit adult volunteers or older youth to offer more project-based meetings. *Projects include:*

- Animal Science (3-8 grade)
- STEAM (Science, Technology, Engineering, Arts, Math)- Focus on Circuits (3-6 grade)
- Paper Art (all ages)
- Cloverbuds (K-2 grade)
- Outdoor Leadership (high school)
- Food Science (3rd grade up)

Each program meets once a month. Sawyer County (Sky) is hosting Paper Art with 9 registered participants.

4-H Winter Family Fun took place in February: A program for youth and families where they **explore and engage** in winter related educational presentations and activities in order to increase their knowledge about animal adaptations and winter activities relevant in Northern Wisconsin.

Area 2, 4-H educators hosted a state **4-H Cafe event** for 40 volunteers throughout Wisconsin. Volunteers came together for conversations about their programs. This was offered as part of the virtual learning community. Plans are in the works to hold another one in May and to hold one for youth leaders in the upcoming months.

Well Connected Communities - Two youth members and one adult member of the Sawyer County Youth Fellowship (Wellconnected Communities Team) virtually attended the National 4-H Summit for Health Living, on February 12th – 15th. These attendees learned more information on how to support their communities in health inequity and how to make active community change. Youth have compiled a survey to be offered to all Sawyer County youth 8-11yrs on social and economic factors impacting them.

Sky continues work at the State level that benefits Sawyer county 4-H. She has been involved with the 4-H state movement to support youth and volunteers specifically in the project area. Sky is the co-chair for the Horse project for WI 4-H, focusing on volunteer tip/resource sheets to be given to all Horse project youth and volunteers by the end of 2021.

Financial Coaching – Continuing to offer coaching to residents with some more referrals recently for next quarter.

Rent Smart (Tenant Education) is still offered several times a month to Sawyer community members. Virtual options have made it more available and the Housing Authority is aware of the extra opportunities. Sky remains available to support families on an individual basis, if needed.

**PROJECT
DISCOVERY DAYS**





**FoodWise-
Burnett/Sawyer/Washburn
Counties
Bridget Rongner-Coordinator**

Bridget.rongner@wisc.edu; 715-635-4444

Kimberly Clark-Educator

Kim.clark@wisc.edu; 715-638-3350



**Agriculture Development Educator -
Kevin Schoessow**

Kevin.schoessow@wis.edu;
715-635-3506/800-528-1914

The second session of virtual **StrongBodies** for Burnett County and surrounding counties began on March 1 with another large group of dedicated participants - primarily older adults - who log in twice a week for an hour of strength-training and 30 minutes of nutrition education or a presentation on local resources or topics of interest. This session's guest speakers include a food safety specialist, a dementia specialist, an Extension colleague discussing self-care, and a food science specialist. Over 70% of participants indicated they feel more connected to others, have more energy, and that it is easier to do some daily tasks; at least 50% of participants indicated that they are sleeping better, their mood is better, and they find they are eating better.

A new virtual StrongBodies session started with the LCO Nation on April 6 with the goal to get as much dedicated participation and positive feedback from this new group of participants.

FoodWise's most recent virtual nutrition lessons with Sawyer County partners include a Head Start Family Night where we discussed "Smart Snacking" with parents and staff, and a series of lessons for Winter Elementary School. We continue to work diligently to be proactive in being innovative in our virtual lessons so that we make it as easy as possible for our partners to work with us.

Kim and Bridget are beginning to work on program planning efforts for the schools in Sawyer County for this summer and next school year, giving schools options for opportunities, knowing that education may still look different in the upcoming months.



**Community Development
and Resource Educator -
Ariga Grigoryan**

ariga.grigoryan@wisc.edu; 715-638-3295

Reporting in Person – April 2021

Seed to Kitchen Collaborative research project: Planning underway for the upcoming growing season. Kevin has shared the on-farm research opportunity to local producers and will be assisting with upcoming outreach and education efforts. He continues to provide information to fruit/produce and livestock farmers selling direct to consumers. There has been an abundance of virtual learning opportunities shared via our email lists, websites and Facebook page. Kevin is also providing the Horticulture state program team on feedback and updates for statewide resources and improvements to Extension Horticulture website.

You may have heard Kevin on the **Garden Talk Show** with Larry Meiller on February 12th. The topic and discussion focused on seed starting seed savings and updates on seed supply. You can access it [here](#).

Master Gardener Volunteer Program (Master Gardener Volunteer Week April 5-9th)

Due to covid the MGV volunteer training for new volunteers is still not being offered, however by fall of 2021 this should change. There have been substantial changes in the Extension MG program, and I have been active in providing feedback and assisting committees in making improvement. Kevin continues to provide support and assistance to local MGV in their mission to support Extension horticulture outreach. As in the past a focal point of that outreach will be associated with the Teaching and Display Garden at the Spooner Ag Station, and other approved educational projects. More info at <https://www.northcountrymgv.org/>

Agriculture Development

Northwest Graziers Network - This 'grassroots' (pun intended) organization in partnership with Extension, Land & Water Conservation Depts and NRCS supports dozens of small livestock farmers in Burnett, Washburn, Sawyer, Polk and Barron Counties. Extension's role is to help coordinate educational events, provide research-based information and to assist with organizational development. Kevin continues to promote and assist with virtual outreach and education and hopefully with pasture walks and in-person events in the future.

Upper Midwest Hazelnut Development Initiative - continuing to partner with Jason Fischbach, Ag Agent in Ashland/Bayfield Co. to increase outreach efforts around this new potential commercial nut crop for Wis. A virtual update meeting for NW Wis growers was held in January to promote the availability of new plant materials and encourage networking among participants. In 2021 efforts will continue to encourage more small plantings and increased awareness of this potential alternative crop. <https://www.midwesthazelnuts.org/>

Summary of Research Projects: The following are research projects that Kevin will continue to support in 2021 (tentative)

- Impacts of various cover crops and soil management practices on soil health: In partnership with the Spooner Ag Station (SARS), and the Shell Lake/Upper Yellow River Watershed Farmer-Led Council. Site located at SARS.
- Incorporating warm season forage grass species in managed grazing: In partnership with Yoana Newman, Extension Forage Specialist at UW-River Falls, Northwest Graziers Network and the Farmer-Led Council. Site located at Black Creek Bison Ranch, west of Spooner in Burnett Co.
- Adaptive Nitrogen Management Strategies for Corn: In partnership with UW-Extension Soil Fertility Specialist Dr. Carrie Laboski. Local producer and on-farm site TBD. <https://npketc.soils.wisc.edu/>
- Seed to Kitchen Collaborative organic vegetable variety research project to support local food systems: In partnership with Dr. Julie Dawson, UW-Extension Urban Agriculture and Local Food System Specialist. Site located at SARS <https://seedtokitchen.horticulture.wisc.edu/>



Area Extension Director - Lori Baltrusis

Lori.baltrusis@wis.edu; 715-295-4112

The Area 2 Annual Report can be found [here](#), and you are invited to reflect on the year with us.