

Positive Youth Development

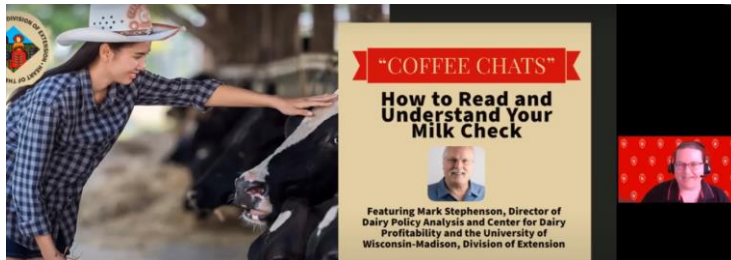
Our research-based youth enrichment programs, like teens in governance, build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps, and afterschool programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.



Eau Claire Clovers 4-H Club helped clean up Beaver Creek Reserve trails as a club meeting and service project.

- *A 6-week virtual program, "Descubre 4-H," where young people and their families who speak Spanish experience a variety of 4-H project learning opportunities in their native language. These activities promote mastery, independence, and belonging.*
- *A series of home activities for elementary youth where participants engage in science, engineering, and art activities to practice critical thinking and inquiry.*
- *Camp counselor application and interview process for Eau Claire County/Dunn County Summer camp, where young people practice job application and interview skills and start building their leadership skills that they will use as 4-H camp counselors.*
- *A 4-part workshop series for 4-H members, where youth learned different methods of physical exercise. This effort was designed to promote a healthy active lifestyle to youth at a young age to overcome alarming child obesity rates in rural Wisconsin.*
- *A series of guided activities for youth in grades K-12, where families connect virtually for 4 weeks to work hands-on art, guided by University of Wisconsin art education students in 4 grade levels. The goal of this program is to teach art techniques and combat social isolation during the pandemic.*
- *Developing a series of project learning programs in partnership with the Eau Claire Area School District where young people will work toward mastery and independence in baking, model rockets, and fiber arts. These programs will also raise the visibility of the 4-H program in Eau Claire.*

Agriculture



The Heart of the Farm

The Heart of the Farm started as a one-day conference to focus on the needs of women in agriculture who are often the “heart of the farm” in that they are often the financial record keeper and provide various other critical support

structures within the family farm framework. The Heart of the Farm Coffee Chats have been a way to continue that connection with farm and agribusiness women on farm financial topics and other key topics important to women in agriculture throughout the pandemic.

- *A one-day virtual conference for farmers, managers, agronomists, engineers, government agency personnel, and agribusiness professionals where they learned innovation, research, and solutions for manure handling and storage to optimize manure management, upgrade biogas production, as well as effectively manage manure-derived nutrients and odor and gas emissions.*
- *Development/revisions of the bilingual Dairy Workers Training Skills modules for dairy employees where they will learn principles of and how to do each task on the farm. This effort is designed to support them in doing their daily tasks more confidently and efficiently while maintaining employee safety and animal welfare.*
- *A training on building your brand for the future for sheep and goat farmers where they learned how to use innovative marketing strategies to position their direct meat marketing business for the future. Participants learned about establishing a market, including internet sales, and building a marketing plan for their product.*
- *A meeting on producing for ethnic and religious markets for sheep and goat farmers was held to help farmers understand getting their market timing right. Consumer demand for lamb and goat meat continues to be an unmet local market need, but the challenge is the seasonality of the demand. To address this, farmers learned about demand for different types of product across religious and ethnic holidays and how to calculate breeding dates to get their sales to commercial markets timed correctly to increase their margins.*

Community Development

The hiring process for the Community Development Educator position has begun. The Search & Screen Team has started reviewing applications meeting to recommend candidates who will advance to preliminary interviews likely by the end of May. While we are starting to screen applicants (after posting the position for 4 weeks), we will continue to accept applications until June 30. The position is posted here <https://jobs.hr.wisc.edu/en-us/search/?job-mail-subscribe-privacy=agree&search-keyword=EXT%2F>. Please encourage qualified applicants you may know of to apply for the position.

Feel free to post this in an email or your media sites to promote the position:

Come be a part of Wisconsin's largest classroom. A rewarding career awaits you as the Community Development Educator in Chippewa, Dunn, and Eau Claire Counties. Our passionate and collaborative staff actively partner with people, organizations, and local government to transform lives and communities through the power of research and education. There are professional development opportunities to continue learning and growing in your career. We offer generous leave (sick, vacation, and personal days, plus holidays), competitive + benefits, and promote a healthy life-work balance. Join our team as we use our gifts and talents to help our community meet local and statewide challenges and opportunities. The position is posted here: <https://jobs.hr.wisc.edu/en-us/search/?job-mail-subscribe-privacy=agree&search-keyword=EXT%2F> Click the red Apply Now button to submit your application. Please contact catherine.emmanuelle@wisc.edu 715-450-0823 with any questions. Applications are accepted until June 30. The University of Wisconsin is an Equal Opportunity and Affirmative Action Employer. We promote excellence through diversity and encourage all qualified individuals to apply.

For information on Extension's Community Development efforts see <https://extension.wisc.edu/community-development/>, and how Extension is responding to COVID-related work supported by Community Development Educators, see <https://fyi.extension.wisc.edu/covid19/category/topics/communities/>.

Health & Well-Being



Yes, to more fruits and vegetables!!

"My students are more willing to try fruits and vegetables that are provided at snack time (with fruit and vegetable grant) after the FoodWise lessons." ~Eau Claire Elementary School Teacher

- A 5-week virtual nutrition education series to 3rd graders to learn about the importance of eating five food groups, breakfast, and how to read a nutrition facts label. Following lessons, many students chose a goal to try more fruits and vegetables at each meal.
- A 12-week virtual strength training series for older adults where participants improved strength, balance, and flexibility. This effort was designed to help individuals stay healthy and socially connected during a difficult time of isolation.
- A 5-week virtual nutrition education series to 1st graders where students learned about eating healthy, being active, exploring fruits and vegetables, the importance of handwashing, reading stories about fruits and vegetables, and fruit and veggie identification. Following lessons, many students chose a goal of eating or trying more fruits and vegetables at each meal.

Horticulture

- Master Gardener Volunteer Mentorship Program for new volunteers where established volunteers help familiarize them with local volunteer service projects and help acclimate them as they begin their volunteer service. This effort is designed to increase volunteer retention and their involvement with community horticulture projects.

Human Development & Relationships



BRAIN Break at the 2021 BRAIN Conference

The **Brain Research Awareness Integration Network** is made of area professionals who are interested in children and their future. The mission is to promote optimal development of all children by integrating brain research into education, childcare, parenting, prevention, and intervention programs. The Eau Claire B.R.A.I.N. Team hosted our 2021 conference virtually this May.

"A HUGE shoutout to all of you for your thoughtful planning and beautiful execution of an engaging conference!! The feedback from attendees in my organization was that it was phenomenal, they LOVED it, so thought-provoking, inspiring, and practical and needed. The BRAIN breaks were brilliant and effective. So appreciated by my colleagues. The speakers and brain breaks and all of it felt so honoring to the work we do. Wanted to celebrate you all and the hard work and heart that went into providing this for area interventionists. This community is lucky to have the BRAIN team!" -Hannah H. (Participant)

- A 12-week strength-training program where HMoob-speaking participants can learn and build a regular strength-training routine. The goal of this effort is to support the physical, social, and mental health of HMoob adults.
- A presentation for a childcare partnership agency where we shared Extension resources around parenting and mental health. The goal of this effort was to share opportunities and ideas around collaboration to support childcare providers and directors.
- A presentation of Extension resources around parenting, mental health, and financial wellness for community partners serving vulnerable populations to share programming and ideas around collaboration that can support partners and families and individuals they serve.

April 2021 Report

- *Planning and development of Adverse Childhood Experiences (ACEs) initiative to provide education and resources for community members in collaboration with child poverty coalition. The goal of this effort is to prepare the coalition to support and lead efforts in reducing ACEs through capacity-building.*
- *Planning and development of brain research conferences for community members in collaboration with community partners, including the health department, school district, and local hospitals. The goal of this effort is to raise awareness of current brain research and promote integration into family programming.*
- *Planning and development of literacy resources in HMoob and Spanish for children and families in collaboration with local literacy coalition and national program (Clinton Foundation). This effort is designed to expand on the current initiative in the community around early literacy and increase accessibility of materials.*

Catherine Emmanuelle
*Area Extension
Director*

Margaret Murphy
*Horticulture Outreach
Specialist*

Yia Lor
*Human Development & Relationships
Educator*

Pamela Warren-Armstrong
*FoodWise Nutrition
Educator*

Rachel Hart-Brinson
*4-H Program
Educator*

Lyssa Seefeldt
*Agriculture
Educator*

Joy Weisner
*FoodWise Nutrition
Educator*

Sandy Tarter
*FoodWise Nutrition
Coordinator*

Staff Highlights



Margaret Murphy | Horticulture Outreach Specialist

I am working on horticulture questions that are coming in daily. They span a variety of topics so are keeping me on my toes.

Eau Claire County together with Dunn and Chippewa Counties hosted a virtual talk on vegetable diseases by Dr. Brian Hudelson, Director of the Plant Disease Diagnostic Clinic, on April 29th. We had over 150 people attending. I gave a virtual presentation on vegetable gardening 101 for beginning vegetable gardeners on April 13 hosted by the Chippewa Falls Public Library and presented on growing vegetables in containers for the Strong Bodies program on May 3 and on May 4 (50+ participants per session). I will also be presenting food safety tips for a donation garden hosted by the Eau Claire Area Master Gardeners on May 17th.

The community garden off Jeffers Road is full and we are excited about a new gardening season. We have seven new gardeners joining us this year.

Our newly developed mentorship program is off and running with new Master Gardener Volunteers now paired with mentors who will help them through their first year as a new volunteer.

Lastly, I participate on a few committees including one with the Master Gardener Program to help develop the new Foundations in Horticulture (FIH) course, which will be available this fall to a limited number of counties. This course will be available for the public as well as for those interested in becoming a Master Gardener Volunteer. It will be all virtual in 2021. I have a growing list of people interested in Master Gardener training, so I plan to offer the FIH course for this area in the fall.

April 2021 Report



Lyssa Seefeldt | Agriculture Educator

The next [Heart of the Farm Coffee Chat](#) summer series will be launching in June, just in time for June dairy month. The topic featured will be on vertically integrating a dairy products business into established farms.

Jerry Clark (Chippewa Co.), Katie Wantoch (Dunn Co.), and I have been continuing to make educational plans for [Farm Technology Days](#) which will be hosted in Eau Claire County on July 20-22, 2021. The Extension Education area will look a little different this year but should be of interest with all the outdoor plots and demonstrations we have planned. I suspect there will be good attendance for the show with so many events having been canceled in 2020 and into 2021.

I have been using some of my time to get caught up on making sure that our recordings from the Badger Dairy Insight series are accessible when posted to YouTube by getting everything closed captioned. I have also been working on helping our agriculture program communication specialist get our new dairy topic hub website ready to launch so that dairy materials (factsheets, publications, videos, etc.) are easier to find.

April 2021 Report



Yia Lor | Human Development & Relationships

Spring has been incredibly busy, and it looks like summer will be the same.

I am wrapping up a wellness series (WeCOPE) for healthcare students and professionals and am collaborating with the Eau Claire Area School District to offer this to families experiencing homelessness.

Triple P keeps me busy with local and state team meetings, additional training, facilitating [Seminar series](#), and Eau Claire's Facebook Live Q&A Event on May 20th (register [here](#)).

Other fun projects include developing literacy resources with the Clinton Foundation for local needs and creating a StoryWalk with the L.E. Phillips Memorial Public Library where we connect children and families to stories that follow the library's anti-racist pledge and encourage healthy movement.



Rachel Hart-Brinson | 4-H Educator

It is almost summer! Where has the time gone?

I am busy planning programming that will be offered in partnership with the Eau Claire Area School District. We are offering model rockets, several baking classes, and an introduction to fiber arts.

Summer camp will look different this year. We are offering a series of Day Camps at Pleasant Valley Community Center in partnership with Dunn County 4-H. Our counselors have applied and are busy working on building their skills to lead camp activities that fit our theme: Around the World.

April 2021 Report



Sandy Tarter | FoodWise Nutrition Coordinator

Joy Weisner | FoodWise Nutrition Educator

Pamela Warren-Armstrong | FoodWise Nutrition Educator



Augusta Elementary: Pamela and Joy taught a 5-week series of nutrition lessons virtually to the 1st grade and 3rd grade at Augusta Elementary. The lessons focused on Exploring Fruits and Vegetables, and MyPlate food groups for the 1st graders. The lessons included reading stories about Fruits and Vegetables along with a Fruit & Veggie clue game. The 3rd graders explored each food group and what each food group does to keep our body health. They also learned how to read a Nutrition Facts label. The final lesson reviewed the importance of eating a healthy breakfast which includes food from three food groups.

Summer Programming: Joy and Pamela are preparing for a Kids' Garden at the North River Fronts Park. They will be teaching fun and engaging nutrition lessons, focusing mainly on vegetables from the garden. The Extension Master Gardener Volunteers have already started planting and are excited to work once again with Eau Claire Youth from the Boy & Girls Club.

F-Set/W2: Pamela & Joy are planning a virtual nutrition series that will be offered to participants through the Job Center in June. Because it is offered virtually, they can invite participants from Dunn and Chippewa County as well. These four series focus on Stretching Food Dollars and healthy choices from MyPlate.

Strong Bodies: We are in the middle of our spring series and have 22 Eau Claire residents registered. We have invited the following speakers to share with our participants: UW-Madison Dietetic Intern Ashlee Mikles, Extension colleagues Katie Gellings- Medication Management, Dr. Beth Olson, Nutrition Specialist-Fiber; and Hydration, Angie Flickinger-Sarcopenia, Margaret Murphy- Container Vegetable Gardening, and Allison Antoine, Carbone Cancer Collaborative- Colorectal Screening.

April 2021 Report



Kristi Peterson | Office Coordinator

The Highlights are NEW again! I have concentrated my time on this as well as working hard to complete the Annual Report.

I am back in the office as our doors are open regular hours! We look forward to all staff joining us in the upcoming months!

I have also started to outline the new year's budget details.



Andy Heren | Administrative Specialist II

I am assisting Rachel on handling the registrations for the summer classes we are hosting in conjunction with the Eau Claire Area School District. We have 6 classes, which are all filled.

I have been helping get Fair Entry ready for this year's fair participants. I am getting the settings all updated so they can get their entries in!

April 2021 Report



Catherine Emmanuelle | Area Extension Director - Chippewa, Dunn, & Eau Claire Counties

I am working to lead our Community Development Educator Search & Screen process. It is exciting to dream of the possibilities that are on the horizon. There is a more detailed update on this work under the Community Development Educator section above. Statewide, Extension has expanded in-person programming guidance, with compliance with CDC, state, and local public health recommendations. Our educators continue to do an amazing job to balance out virtual teaching and some in-person programming (including volunteers teaching others, such as in 4-H). Lastly, please save the date for Thursday, September 16, 2021, 10 a.m. - 12 p.m. for an Extension Meet & Greet, hosted for our committee members and county leadership for an opportunity to hear from Extension educators in Chippewa, Dunn, & Eau Claire Counties and their educational impact with our communities.