

Positive Youth Development

A series of planning meetings for three county 4-H educators to develop and implement a six-week hybrid "Discover 4-H" program for youth in grades K-4. This program will include all needed materials for doing 6 diverse projects using the 4-H curriculum taught by the educators and volunteers and will provide exposure to new audiences to 4H.

The second session for a six-week hybrid "Discover 4-H" program for youth in grades K-4 where they learned about tree and leaf science using the 4-H curriculum. The purpose of this program is to provide exposure to new audiences to 4H and build a sense of community connection in our region.

A program for youth in grades K-4 where they learned about baking and made muffins together in a Zoom meeting. The purpose of this program is to provide exposure to new audiences to 4H and build a sense of community connection in our region.



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.

A guided nature hike for the public where participants learned how to identify native trees and invasive species to increase their knowledge and aid them in making better decisions about managing their own landscapes.

Agriculture

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.

Planning and development for a Badger Dairy Insights webinar focusing on animal well-being for farmers, managers, workers, nutritionists, veterinarians, consultants and other agribusiness professionals. The goal of this effort is to share with participants the latest, unbiased, university-based research related to animal welfare so they can improve animal husbandry, thus improving farm profitability, productivity, and efficiency.

Extension Eau Claire County

October 2021 Report

Planning for the Reproduction and Genetics sub-workgroup of the 2022 Badger Dairy Insight, focusing on teaching farmers how to interpret their farms reproduction records and benchmarks. This will help farmers make better management decisions, thereby impacting farm profitability.

Planning for and development of bi-annual animal well-being conference for dairy-farmers, -managers, and -workers; agribusiness professionals; and service providers in collaboration with UW Madison Department of Animal and Dairy Sciences. The goal of this effort is to teach individuals the latest, unbiased, university-based research regarding animal husbandry so that individuals can increase animal well-being on the farm.

Planning for an annual regional conference for ag professionals and educators, where attendees gain an awareness of the outlook for commodity prices in the coming year. This conference is designed to increase their knowledge when advising their farm clientele in preparing for the upcoming year.

Health & Well-Being

Planning and development of medication safety materials (e.g., flyers, video, DVDs) for HMoob and Latinx communities in collaboration with the health department. The goal of this effort is to offer educational materials around medication storage, deactivation bags, and prescription drug misuse, specifically among youth, and to offer resources that are accessible to these communities (e.g., translated materials).

A 6-week series (WeCOPE) for young adults where participants learned different strategies that support awareness of mind-body connection. The goal of this effort is to offer skills to decrease stress and increase positive emotions of participants.

The distribution of 100 medication deactivation bags and medication safety materials for the HMoob community in partnership with a HMoob home healthcare agency, where participants learned how to keep medication safe in the home and proper disposal. This effort is to support family stability and resiliency and to prevent drug abuse, protect water and soil.

A 5-week nutrition education series to 1st graders where students engage in language arts while learning about eating healthy, being active, and the importance of handwashing. This effort will help students explore, identify, and taste new fruits and vegetables.

A 6-week wellness series (WeCOPE) for adults where participants learned different strategies that support awareness of mind-body connection. The goal of this effort is to offer skills to decrease stress and increase positive emotions of participants.

Human Development & Relationships

A program (incorporating Money Matters) for Department of Workforce Development clients where they gained financial skills and earned a voucher they could redeem when opening a savings account at a local credit union. The purpose of the effort is to improve financial wellbeing and stability of participants.

Planning and development of medication safety materials, family resources, and interactive reading resources for the Latinx community in collaboration with the health department and local faith groups. The goal of this effort is to offer educational materials around medication safety and supporting children's social-emotional health in ways that are accessible to these communities.

Planning and development of parenting and early literacy programming (in English, Spanish, and HMoob) in partnership with the library and local grocery stores. This effort is designed to create playful, literacy-rich spaces for families and offer resources around positive parenting.

Planning and development of family programming for low-literacy populations in collaboration with family resource centers and literacy agencies. This effort is designed to create a series of parenting classes that will be accessible to parenting adults with limited English proficiency.

A wellness program for agency partners and community members where participants learn strategies to manage stress. This effort is designed to support adults and increase resilience in families and the community.

The distribution of 50 postcards for families where they learn about the Child Tax Credit, including how to claim their credit and access support. This effort is designed to support family's stability and resiliency.

Catherine Emmanuelle
*Area Extension
Director*

Margaret Murphy
*Horticulture Outreach
Specialist*

Yia Lor
*Human Development & Relationships
Educator*

Pamela Warren-Armstrong
*FoodWise Nutrition
Educator*

Addison Vang
*Community Development
Educator*

Rachel Hart-Brinson
*4-H Program
Educator*

Lyssa Seefeldt
*Agriculture
Educator*

Joy Weisner
*FoodWise Nutrition
Educator*

Sandy Tarter
*FoodWise Nutrition
Coordinator*

Extension Eau Claire County

October 2021 Report

Staff Highlights



Margaret Murphy | Horticulture Outreach Specialist

Ongoing projects include participation on a committee that is planning a statewide webinar series consisting of multiple online webinars for consumer horticulture audiences where participants will learn about various horticultural topics. The goal of this effort is to increase knowledge, awareness and adoption of horticultural practices addressing identified environmental issues in Wisconsin (pollinator decline, climate change and environmental contamination and pollution).

Participating as a lab instructor teaching an online lab section that is a component of the 2021 Foundation in Horticulture (FIH) course. The labs allow participants to apply what they learned from the FIH course through interactive activities. This effort is designed to encourage best horticultural practices in Wisconsin for better environmental outcomes.

I am also reviewing several children's gardening curricula to compile gardening activities that can be used by Extension staff and Master Gardener volunteers at youth gardens starting next spring.



Lyssa Seefeldt | Agriculture Educator

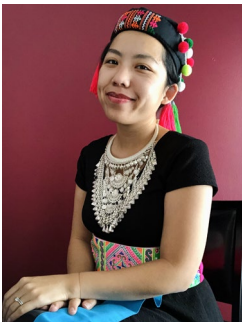
Many of the planning processes for our winter programs are starting to wrap up as we are slowly shifting into the programming season with our farmers. I have continued work on the Wisconsin Dairy and Beef Well-Being Conference planning, with the conference date in February. I am also preparing for the Badger Dairy Insight series which is set to start in January.

We also let our first pilot group of participants into the Planning for Emergency Livestock Transport Response online course. Participants in this course are primarily first responders: EMS, fire, police, etc. I, along with the three other colleagues that have been working on this course have been working with participants to identify hiccups in our processes (there always are a few things with a new program) and outreach/recruiting efforts.

There were two great conferences related to diversity, equity, and inclusion that I was able to attend virtually this month. The Toward One conference was very practical in trying to help us, as community members and educators, work toward practical steps that can be taken in your local area to improve inclusion and equity. The UW-Madison

Extension Eau Claire County

October 2021 Report



Diversity Forum was another great event to learn more about helping shape our communities into spaces where people of all races and ethnicities feel welcome and supported.

Yia Lor | Human Development & Relationships

October was another month of collaboration and conferences! The Family Resource Center, Literacy Chippewa Valley, and Extension are offering a parenting series for low literacy populations. Topics include emotion coaching, stress management for children, interactive reading, and staying calm. Extension's Office of Access, Inclusion, and Compliance has been a great support as we learn and build our series.

Chippewa Falls School District invited me to co-facilitate an ACE/Resilience training for middle and high school educational assistants. It's always great to connect with staff, hear what challenges they are facing, and offer strategies to build relationships and resiliency.

If you missed UW-Madison's Diversity Forum, you could check out the recordings along with resources [here](#). It was a fantastic conference, and I so appreciated gathering with my colleagues and so many others across the state for these important conversations.

November will focus on planning the parenting series, laundromat libraries, Triple P work, and the next BRAIN Conference.



Rachel Hart-Brinson | 4-H Educator

October was spent supporting the Awards and Recognition Committee as they reviewed record books and conducted interviews. This process helps us celebrate the work of the young people over the course of the year, plus provides an opportunity to practice the skill of interviewing.

And, we were busy printing certificates, updating scripts, inviting award recipients, and working on the logistics for the annual 4-H recognition banquet scheduled for November 13th.

Extension Eau Claire County

October 2021 Report



Andy Heren | Administrative Specialist II

4-H is slowing down now for me since this year's banquet is in the books. It is so exciting to see the accomplishments of these young people!

I have been assisting FOODWise with phone surveys regarding the Market Match program.

I am helping Lyssa prepare for some upcoming Ag workshops and trainings.



Addison Vang | Community Development Educator

This month I connected with Chippewa Valley Produce, LLC, a local community supported agriculture (CSA) and indoor farmer for a tour of their indoor farm located in the City of Eau Claire. The tour concluded with discussion of Chippewa Valley Produce applying for the DATCP Specialty Crop Block Grants to support a project to build the capacity of underserved farmers in the Chippewa Valley. Supported the grant efforts by conducting outreach to underserved farmers market vendors and local organizations for letters of support and reviewing the grant materials for submission.

I attended the Elevando Wisconsin, a 4-week virtual program that provides simultaneous language in English and Spanish to support personal and community leadership skills and network across Wisconsin. I also attended the Nonprofit Peer Learning Program providing a peer network of nonprofits for ongoing support, mentorship, resource sharing, and collaboration in a hybrid virtual and/or in-class options.

I also attended the UW-Madison Diversity Forum. There were great presenters and panelists and relevant topics. See Yia Lor for a link to the Diversity Forum if you missed the conference.

Extension Eau Claire County

October 2021 Report



Sandy Tarter | FoodWise Nutrition Coordinator
Joy Weisner | FoodWise Nutrition Educator
Pamela Warren-Armstrong | FoodWise Nutrition Educator

Pamela and Joy started teaching in-person at the following locations during the month of October:

1st grade River Heights and Flynn Elementary teach a 5-week series, Read for Health using language arts to teach nutrition and encourage physical activity and healthy eating. This effort will help the students explore, identify and taste new fruits and vegetables.

A 5-week series for 3rd graders at River Heights Elementary where they learn the importance of eating all 5 food groups. Students will also learn the importance of physical activity to stay healthy.

5th grade at Flynn Elementary where they learn about eating a variety of foods from the five food groups during a 5-week series. This effort will help the students plan healthy meals and snacks using a variety of foods from the food groups. Students will be able to relate how the nutrients in foods and how they contribute to a healthy diet.

A 4-week series for 4-K/ Head Start youth at Menomonie Head Start to learn about fruits and vegetables and keeping their body healthy. These lessons use color, music, exploration of the senses to teach children that healthy eating and physical activity are FUN!



Kristi Peterson | Office Coordinator

October was filled with organizing and finalizing budget items. With the 2022 budget being approved we look forward to a new year.

We have also been getting numerous contacts for a survey regarding the market match program at the Eau Claire Downtown Farmers Market. This amazing program allows FoodShare members to double their food dollars at the market (up to \$10 each week).

I continue to update social media, order supplies, and have started some professional development.

Extension Eau Claire County

October 2021 Report



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

Our newer colleagues in Area 6 (Yia and Lyssa in Eau Claire, Addison in Chippewa, Dunn, & Eau Claire) and I have started a mini-cohort and started to meet in-person and virtually as we continue to learn about the three counties, state operations, and programming. I've found the informal conversations to be helpful, and great reminders on how each of our different Extension programming shares a common theme – to improve and transform lives through in-community county and university education partnership. You may have heard that our friend and colleague, Pamela Warren-Armstrong, is retired from Extension after a long career, including her many years as a FoodWise Educator in Eau Claire County. I am working with FoodWise Coordinator, Sandy Tarter, on filling the position. Sandy will be leading the search and screen process, and I'll support Sandy on the administrative side when it comes to hiring the next educator. We are excited that we were able to successfully advocate for a 1.0 full time equivalency (FTE) position, an increase from the previous 0.80 FTE. The new position will also serve as an educator who will teach across Dunn & Eau Claire, and potentially Chippewa County too as needs arise. From a statewide perspective, you may have heard that our Chancellor, Dr. Becky Blank, will be joining Northwestern University as their president (and first female leader) next year. Dr. Blank has been an incredible supporter of Extension (her parents were county Extension educators). I will miss having her as our champion and wish her the best of luck. You can read more about her announcement in a letter from her here: <https://chancellor.wisc.edu/blog/some-personal-news/>