

Positive Youth Development

A series of three remote educational sessions for Latinx families and partner organizations where experts explain how to attain college access and how to navigate college life as a Latinx student to increase Latinx high school graduation and college enrollment

A series of lessons for youth where they learn about measuring, cultural awareness, food safety, and food science by baking foods from different cultures. The purpose of this program is teaching kids about different cultures through food. They also learn about food safety and gain skills in the kitchen.

Development of the "Lead Together, Learn Together: Building Relationships, Open Communication, & Inclusive Environments" training for adults and youth. This training is the first of a two-part series and will raise awareness of the benefits of and build skills in implementing effective Youth-Adult Partnerships for 4-H volunteers and youth leaders as well as community organizations across the state.

Developing a service activity lesson plan for youth and volunteers where they learn about the issue of homelessness while creating a plarn (plastic yarn) mat from recycled plastic shopping bags. The goal of this effort is to teach youth about homelessness and create opportunities for them to act for the environment as well as those experiencing homelessness.

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.

Planning for 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).

An online course for consumer audiences (home gardeners) where participants learned fundamental knowledge of Wisconsin horticulture with an emphasis in Integrated Pest Management to increase decision-making and problem-solving skills, improve the productivity and health of gardens and landscapes and implement gardening practices that have a positive impact on the environment.

Five sections of an online Lab component for the 2021 Foundation in Horticulture (FIH) course participants were held where participants applied 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.

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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 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.

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.

Five regional Pesticide Applicator Trainings specific to cranberry growers have been developed, to include topics of pollinators, calculating growing degree days for lepidoptera pests, and pre-harvest intervals for export crops, so that cranberry growers can maintain their Pesticide Applicator Certifications with domain-specific information.

Health & Well-Being

A statewide StrongBodies and nutrition education program for Hmong residents with limited resources where they learned to strength train and eat healthy. Participants engage in regular strength training exercises to improve strength, balance, and flexibility so they can stay healthy and socially connected

A series of 6 nutrition lessons to 3rd graders at Lakeshore Elementary. This effort will help students explore MyPlate and discover why people need to eat food from all five food groups, identify benefits of physical activity, and identify why one snack might be a better choice than other snack by reading a Nutrition Facts Label.

A 6-week series for women in a transition facility. This effort will help limited resource participants improve overall dietary quality by discovering MyPlate focusing on fruits and vegetables and enhancing food resource management skills by learning how to eat better on a budget, including planning and food shopping tips.

A 6-week nutrition education series with 5th graders at Flynn Elementary where they learned about eating a variety of foods from the five food groups. The goal of this series was to help students be able to plan healthy meals and snacks using a variety of foods from the food groups. Students learned how the nutrients in foods contribute to an overall healthy diet.

Human Development & Relationships

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 series of Triple P (Positive Parenting Program) seminars for parents/caregivers where they learn simple and practical strategies to help build healthy relationships, address child behavior challenges, and increase positive parenting skills. Triple P seminars contribute to supporting family stability and resiliency.

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.

Community Development

Focus group discussions and individual interviews with HMoob farmers in four Wisconsin communities, planned with partner organizations that serve HMoob communities, where Extension improved knowledge of Hmoob farmer support needs and ways to work with HMoob farmers, for the purpose of strengthened relationships with the HMoob community and improved access of Extension programs for HMoob farmers.

A 4-session program for early phase nonprofit leaders in Dane County, where participants in the Nonprofit Peer Learning Program pilot project learned about nonprofit fundraising, sustainability, and program evaluation. The purpose of this program is to increase organizational capacity to address community needs.

An educational program for underserved Hmong Farmers in Eau Claire and Madison, where they learn how to complete financial documents and learn of financial resources to support their farm businesses. The goal is to reduce challenges and barriers to support and/or expand underserved farm operations with introduction of financial practices and increased knowledge to access financial resources.

Planning a statewide conference to support a Hmong economic development summit. The goal is to build a network of underrepresented entrepreneurs and business owners to learn and support one another.

An educational leadership program (Elevando Wisconsin) for community leaders where participants learn leadership skills and build networks. This effort is designed to elevate Latinx leadership skills and build a network of leaders across Wisconsin.

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Sandy Tarter
*FoodWise Nutrition
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Staff Highlights



Rachel Hart-Brinson | 4-H Educator

I am on the team that developed the Learn Together, Lead Together Training and I helped offer that training on November 30th for our local 4-H Leaders. This training was offered to build the capacity of 4-H volunteers, but also as fulfillment of 4-H Club guidelines that require someone to attend an Annual Leader Training. We are in the process of developing the 2nd training in this series and deliver that on January 31.

I am also in the process of collaborating with a 4-H volunteer to sponsor a program on Implicit Bias that will take advantage of a Smithsonian exhibit housed at the Pablo Center titled, "The Bias Inside Us" as well as a Forum Series Speaker, Dr. Calvin Lai, whose lab studies implicit bias.

Summer isn't here, but planning for it is... We have developed our recruitment materials for Summer Camp Counselors and are in the process of deciding if Dunn and Eau Claire Counties will work with Clark County to hold camp at Kamp Kenwood this year. Summer camp is an important "fun" experience for the young people who attend, but also are important opportunity for leadership growth for our older youth. We are excited to be able to plan for an overnight experience.

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Margaret Murphy | Horticulture Outreach Specialist

December went by quickly. I attended the virtual UW-Madison, Division of Extension All-Colleague Conference. One of the many presentations I found eye-opening included one titled "Being Intentional about Disability Access and Inclusion by Focusing on Accommodations, Accessibility, and Reflecting on Able-Bodied Privilege". I can see applications from this talk to community gardens as well as other horticulture programming.

I continue to improve my skills at growing food using a hydroponic system. We harvested a crop of leafy greens right before the holidays that was donated to Agne's Table in Chippewa Falls. I am in the process of doing a deep cleaning of the system and plan to add a new crop of leafy greens in a week. We are also developing programming involving hydroponics for 2022.

I am going through several curriculums and activities related to gardening with children to create a packet of lessons to use and share with other educators and Master Gardener Volunteers for 2022. All three counties have some level of youth programming with schools and the Boys and Girls Clubs of the Greater Chippewa Valley.

Lastly, with the new year, I have begun receiving winter related yard and garden questions. For 2021, I fielded approximately 300 horticulture inquiries. The Eau Claire Area Master Gardeners fielded about 150 questions while tending a weekly table at the downtown farmers' market.

Happy New Year!



Lyssa Seefeldt | Agriculture Educator

In December we started to ease into the main agriculture programming winter cycle with a Heart of the Farm coffee chat, in-person Beef Quality Assurance training, and I also helped with a couple of nutrient management trainings that are hosted by the Eau Claire Land Conservation Division.

January kicks off the programming rush. We are again running our Badger Dairy Insight series biweekly, a small ruminant series monthly, other colleagues are offering a focus on forage series and farm management series. You can find more details about these programs at our [Farm Ready Research registration site](#). I will also continue to help the Eau Claire Land Conservation Division with the nutrient management training. Nothing like hitting the ground running in the new year!

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Yia Lor | Human Development & Relationships

December started off with a parenting program co-facilitated with the Family Resource Center for families at Literary Chippewa Valley. We presented on the importance of emotion coaching with young children. We have two more offerings in this series, which will focus on interactive reading and managing stress.

The L.E. Phillips Memorial Public Library and I have been preparing for the laundromat libraries, which we hope to roll out in January. This is a great opportunity to grow our partnership in spaces where families go!

The BRAIN Team has been hard at work planning our 2022 spring conference. The focus will be on self-care with lots of opportunities to practice and engage. More details coming soon!

Lastly, I wrapped up a large project with the Child Abuse and Neglect Prevention Board to support with implementing Triple P Informed Workshops to the HMoob community. This winter, I will be offering one of those workshops in partnership with the Kaj Siab program, which serves HMoob elders who are often caregivers of children.

Are you or others you know raising Wisconsin's children? Register [here](#) for the FREE virtual January 2022 Raising Wisconsin's Children Conference. This is presented by Extension's Human Development and Relationships Institute. Topics include fatherhood, screen time, race-conscious parenting, and raising a reader. Hope to see you there!

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Addison Vang | Community Development Educator

In December, the planning committee for the Hmong American Leadership and Economic Development (HALED) organization's HMong Economic Development Summit had its first meeting. This will be the first statewide event of its kind supporting Hmong and underserved business owners in the state, and possibly nationally. The planning committee has representation from business owners, nonprofits, education, and private and public organizations throughout the state. There is already great support and collaboration locally from the private and public sectors. The summit will be held in the City of Eau Claire in September of 2022.

This month concluded the Elevando Wisconsin program designed to elevate personal and community leadership skills and build a network of leaders interested in making a difference in Wisconsin. This was a virtual program completed over 4 sessions in Spanish and English. It was great to be part of a group of individuals from different backgrounds but similar experiences working towards inclusive and supportive communities. A future face-to-face opportunity may be available.

I had the privilege to participate in the Nonprofit Peer Learning Program in Dane County that also concluded this month providing feedback on the sessions to improve the program. The program provided training and networking that prioritized group discussion and learning important to new and existing nonprofit leaders for ongoing support, mentorship, resource sharing, and collaboration. It was a great experience engaging with other Educators in the state and learning about nonprofit doing exciting things in Dane County.



Andy Heren | Administrative Specialist II

January and February bring Ag activities. Upcoming events include the Farm Ready Research workshops, Cover Crop Conference, HMoob Farm Financial Workshops, Focus on Forage Webinars, Heart of the Farm Coffee-Women in Agriculture Coffee Chats, and Pesticide Applicator Trainings. Information for all of these can be found on our website.

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

Schools

Pamela and Joy wrapped up a series with 5th graders at Flynn Elementary where they learn about eating a variety of foods from the five food groups during the 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 contribute to a healthy diet.

In December, Pamela & Joy taught six lessons to three classrooms to 3rd graders at Lakeshore Elementary. They learned the importance of eating all 5 food groups. Students also learned the importance of physical activity to staying healthy.

Affinity House

Pamela kicked off a six-week series teaching the first three classes in December and Joy will continue with the last three in January. Using the Healthy Cents curriculum, lessons focus on MyPlate and healthy choices along with food resource management. They will discuss how to eat better on a budget with many grocery shopping tips.

A message from Joy...

As many of you know Pamela and I have been co-workers for 15 years! After 20 years of teaching Nutrition for FoodWise, Pamela will retire on Monday, January 3rd. Pamela has not only been my colleague and mentor, but also my friend. Together we have been making a difference in the community teaching nutrition to over 20 community agencies! We want to thank her for her commitment and passion for teaching over all these years. As we go through the hiring process, it is an exciting time to bring on someone new. Final interviews will be held in January of 2022.

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Kristi Peterson | Office Coordinator

December is always satisfying for us who like to balance our finances. It's great to have another successful year in Extension! I enjoy starting fresh with tracking and budget details and look forward to another prosperous year!

There are numerous processes we've been working on within programs to ensure accuracy and timeliness.

We continue to sell plat books in collaboration with the Eau Claire County 4-H Leaders. They are newly printed, so stop in today and pick one up.



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

I hope your holiday season was restful. We have applied for two new Community Health Internship Program (CHIP) internships to work with our Extension colleagues in summer of 2022. CHIP is a program run with Area Health Education Centers, which is a federal program, and has state partnership possibilities. We worked with them last year and are hopeful to work with them again this year. I will be working with Sandy Tarter and the FoodWise team to interview a new FoodWise Educator. The position is to fill a vacancy by our colleague and recent retiree, Pamela Warren-Armstrong, who had a 20+ years career in Extension. We will miss Pamela's positivity and her as a teaching colleague, and we are so happy for her to have the well-earned retirement. Our team will keep you posted on a hire once we have information to share.

Wishing you all a wonderful start to your New Year!