

Positive Youth Development

Rachel Hart-Brinson | 4-H Program Educator

Planning with a partner to begin a Juntos/Bilingual 4-H club. This effort will expand access to the 4-H program to the Latino community in Eau Claire and the surrounding area.

Planning for the Eau Claire County 4-H Awards Banquet. This event is to honor and celebrate the accomplishments of youth and adult volunteers in the 4-H program.

Connecting 4-H youth volunteers with L.E. Phillips Library to have a 4-H partner in the library's Science Fair day. Through this partnership, the 4-H volunteers will build partnerships with the library and provide two hands-on science activities, practicing public speaking and leadership and showcasing 4-H opportunities.

A service project and learning opportunity where multiple 4-H clubs picked fruit and vegetables at local farms, and then donated the produce to local food pantries in partnership with Picking Promises. This effort was designed to help 4-H members learn about the growing process and to perform acts of generosity by donating fresh food to food banks.

Planning for a six-week hybrid "Discover 4-H" program for youth in grades K-4, in collaboration with three county 4-H educators. The goal of this program is to expose new audiences to 4-H.



Horticulture

Margaret Murphy | Horticulture Educator

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

Four sections of an online Lab component for the 2022 Foundations in Gardening (previously Foundations in Horticulture) course where participants from the Foundations in Gardening course (home gardeners) apply what they learned from the Foundations course through interactive activities. This effort is designed to encourage best horticultural practices in Wisconsin for better environmental outcomes.

Planning for a statewide webinar series for consumer horticulture audiences where participants will learn about pollinator decline, climate change and environmental contamination and pollution. The goal of this effort is to increase adoption of horticultural practices addressing identified environmental issues in Wisconsin.

Agriculture

Lyssa Seefeldt | Agriculture Educator

Planning for the VITAL (Valuably Informed Thriving Agricultural Leader) program for women in agriculture. The goal of this program is to enhance farm women's access to research-based dairy and livestock management practices to improve adoption of best management practices, which will improve farm economic viability, through productivity and efficiency.

A training for emergency response personnel in the Planning for Emergency Livestock Transportation Response (PELTR) course where they learned how to respond to incidents involving livestock trailers. The purpose of this program is to increase the effectiveness of emergency planning and the preparedness of local emergency response agencies.

A statewide webinar series (Badger Dairy Insight) for dairy farmers, employees, industry representatives promoting the latest research-based information.

Planning for the bi-annual 2023 Midwest Manure Summit conference for farmers, consultants, engineers, and other agribusiness industry professionals. The goal of this effort is to show innovation, research, and solutions in handling dairy manure in an environmentally and financially sustainable manner so that farmers can protect the environment and community.

Planning for webinar series on Robotics for farmers, managers, business owners, bankers, consultants, and other agri-business professionals. The goal of this effort is to teach individuals the latest, unbiased, university-based research on emerging automation technologies, so that they can improve farm efficiencies and increase farm business viability.

Health & Well-Being

Sandy Tarter | FoodWise Coordinator

Joy Weisner | FoodWise Educator

Jael Wolf | FoodWise Educator

A 3-lesson series for 4K preschoolers at Eau Claire Head Start to learn about fruits, vegetables and keeping their bodies healthy. This effort helps children to learn to use their senses with colors, music, and tastes to explore foods and physical activity.

A 3-lesson series for 4-K/ Head Start youth at Menomonie and Colfax Head Start Centers to learn about fruits, vegetables and keeping their bodies healthy. These lessons use color, music, and exploration of the senses to teach children that healthy eating and physical activity are FUN!

A 6-week nutrition education series to 1st graders at River Heights Elementary 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 nutrition education series to 3rd graders at River Heights Elementary to learn about the importance of eating five food groups, breakfast, and how to read a nutrition facts label. Following lessons, students chose a goal to try more fruits and vegetables at each meal.

A series of follow-up emails and phone calls to area partners to discuss FY23-24 agreements and collaborations with FoodWise. This effort strengthens local relationships and ensures understanding between partners.

Human Development & Relationships

Yia Lor | Human Development & Relationships Educator

Planning for a parenting series for Latinx parents and caregivers in collaboration with a literacy community partner. This effort is designed to support family stability and resiliency.

Planning and development of digital parenting resources for parents/caregivers in collaboration with family-serving professionals. This effort is designed to support family stability and resiliency while increasing social emotional development in children.

Planning and development of parenting and early literacy programming to expand into laundromats serving small and rural communities. This effort is designed to support family stability, resiliency, and build community capacity.

A coaching program for families and individuals, where participants learn how to create financial goals and gain money management skills. The goal of this program is to enable participants to prepare for and take charge of household financial situations that occur due to changes in income or unforeseen hardships.

An article for parents of preschoolers where they learned what toddlers go through developmentally, how to build confidence and love, and stay connected to a rapidly growing and changing child. This effort is designed to support family stability and resiliency.

Community Development

Addison Vang | Community Development Educator

A community event held at a local grocery store for HMoob individuals where participants learned about Extension resources and upcoming programs, specifically around community development, families, and wellness. This effort is designed to support community development, family stability, and resiliency.

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Basic grant proposal workshop for local government, businesses, and organization members and staff. The goal of this effort is for people to learn how to find, write and apply for grants so that they can carry out the activities of their organization, business, or government unit.

A community conversation with people from several counties and the Black as UR film-maker Michael Rice about gender, race, and sexuality. The program was hosted by the Center for Racial and Restorative Justice at the University of Wisconsin - Eau Claire and focused on ways to help people in the community feel valued and safe to be who they are without fear of violence or reprisal.

Planning for a basic grant proposal workshop for local government, businesses, and organization members and staff. The goal of this effort is for people to learn how to find and apply for grants, so that they can carry out the activities of their organization, business, or government unit.

Staff Highlights



Margaret Murphy | Horticulture Educator

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I belong to a newly formed team consisting of several horticulture-educators that focuses on Expanding Outreach to Lower-income Households. A strategic priority of the horticulture program is to 'reach new audiences, especially lower-income households who may not own their dwelling; that regardless of the housing situation, opportunity exists to reach new and historically underrepresented audiences.' This team's goal is to generate ideas and strategies that we can use locally to expand outreach.

After planning, preparing and planting the pollinator habitat project at Lake Wissota State Park finished for the season. We added over 400 native plant seedlings and three new educational signs to the area. The goal of this effort is to increase pollinator habitat and raise awareness of the need for such habitat through demonstration and educational signage. Beginning in 2023, we will conduct programming and provide educational handouts for the public on pollinator habitat and the use and value of native rain gardens.

We have installed a little free library in the garden outside of the Eau Claire County Extension office. We plan to include books for kids/families, seasonal factsheets about gardening and, in the spring, offer some free seed packets. A huge thank you to the Eau Claire Area Master Gardener who built and donated the library plus the two Master Gardeners who installed it!

Lastly, for the next several months, I am participating in a community of practice program offered through the University of Minnesota Extension Center for Youth Development. This program, labeled 'Changing the

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Narrative for Youth in the Outdoors' will explore ways and resources to ensure all youth can flourish in the outdoors. We meet virtually once a month. I am excited to dig into ways we can continue to grow and enhance our youth gardening programs to include a multifaceted approach that embraces nature / environment topics.



Lyssa Seefeldt | Agriculture Educator

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October kicked off another cohort of the Planning for Emergency Livestock Transport Response (PELTR) for emergency responders that deal with livestock accidents on the road.

Our second dairy program e-newsletter went out after working out some of the hiccups from our first mailing. You can [sign up to be on the dairy program e-newsletter mailing list](#) to keep up to date what programming is being offered and new factsheets / articles that have been added to our dairy website.

I did some timely preparation with a colleague to help get information out to farmers that we had a [Dairy Margin Coverage](#) (DMC) program update webinar scheduled for November 9. Our new Dairy Markets and Policy outreach specialist, Leonard Polzin, planned to touch on changes between the old Dairy Margin Protection program to the new DMC program and how to use the online decision tool to help make better decisions on what coverage is appropriate for their farm. This webinar program is a timely one as the DMC program (administered by the Farm Service Agency) sign-up period runs from October 17 - December 9.



Rachel Hart-Brinson | 4-H Educator

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October 2-8 was National 4-H Week. Thanks to funding provided by Extension's Dean, 4-H launched a state-wide 4-H promotional campaign that week to promote joining 4-H. You may have seen or heard the ads on Spotify, Television, or Facebook. We have seen new families express interest in the program. I am looking forward to building up our base of volunteers and family participants.

I am working on building partnerships with other organizations in the community. We had 6 young people lead science activities at the LE Phillips Memorial Library's "Family Science Festival" on October 14. Teams of three led slime-making and a milk bubbles activity. (See photo.)

One of our clubs, Pleasant Hill GoGetters, in partnership with the Older Youth Council, planned, built, and staffed a haunted barn experience, "The Trail of Screams" the weekend before and weekend of October 31. This was both a fundraiser and a community service project. Attendees

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got a reduced admission price for bringing non-perishable items to donate to Feed My People Food Bank. Over 2,600 pounds of food were collected and dropped off along with a \$2,000 donation check. These hard-working young people (and adult volunteers) donated a LOT of time to give a great experience to over 4,700 people. Plus, they helped an integral community organization.

Plus, Eau Claire 4-H partnered with 4-H volunteer, Norm Joseph, and his non-profit, Picking Promises, to pick fruit and vegetables from local farms and donate them to Feed My People Foodbank and the Community Table. Eau Claire 4-H participated in 12 picking events and donated over 2600 pounds of produce! Thank you to Norm for working the local farms to make this possible. It was a great experience for people to pick produce together, meet local farmers, learn about growing produce in Wisconsin, and being generous.



Yia Lor | Human Development & Relationships

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'Tis programming season! Extension launched a digital parenting program called [Raising Caring Kids](#) with a few partners last month to get more resources out around social and emotional learning for children. The EC BRAIN Team is sharing these resources every Tuesday through the month of February. Check out their Facebook page [here](#) to follow along!

Speaking of the BRAIN Team... Please save the date! Extension along with many other partners will be hosting the 2023 BRAIN Conference on April 19th. Last year, participants shared that the conference was “enlightening” and that our team “once again...hit it out of the park.” Don't miss this!

Did you know that Extension has a partnership with Volume One Magazine to share [Parenting the Preschooler](#) fact sheets? They have an estimated total print readership of 45,000 from the Chippewa Valley! Pick up the latest magazine or check out the fact sheet [here](#).

November is a very full month of programs. Topics range from raising bilingual children and early literacy strategies to embracing family traditions and relational savoring. Follow our [Extension EC Facebook](#) as I'll occasionally share pictures of my programs!

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Andy Heren | Administrative Specialist II

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Preparations for the December County 4-H Awards Banquet are finished! So many accomplishments by our 4-H youth will be recognized that day. Makes you feel good about our future!

The process for attaining your Private Pesticide Application license has changed. Training manuals are now bought through DATCP, not at our office. Some in person classes will be offered in our area, so please watch our website for information.

I am in the process of learning a new block format for our Extension website.



Sandy Tarter | FoodWise Nutrition Coordinator

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Sandy, Joy, and Jael attended the Webinar on Indigenous Food Sovereignty and Health with Valarie Blue Bird Jernigan on October 7. Dr. Jernigan explained part of her work on fostering long-term relationships with Indigenous communities that promote tribal sovereignty and build the capacity of Indigenous communities to improve health through food.

Joy and Jael started and finished their series of lessons with HeadStart Eau Claire, Menomonie and Colfax. They taught a series of 3 lessons of the Color Me Healthy curriculum to four HeadStart classrooms in Eau Claire, three classrooms in Menomonie, and one classroom in Colfax. All of these lessons provide hands-on and engaging activities, as well as tastes such as frozen mangoes and jicama.

Joy and Jael finished their lessons with first and third grade River Heights Menomonie. They taught a series of 6 lessons of the Serving Up MyPlate, Show Me Nutrition and Read for Health curricula to three first grades and three third graders. All these lessons provide hands-on and engaging activities, as well as tastes, such as spinach, red apples vs green apples, whole wheat crackers, and pea pods. First graders also receive a taste chart with information of the tastes in English and Spanish. First and third graders are exposed to the lesson's vocabulary in Spanish, too.

Jael attended the Extension New Educators Training, Cohort 11 in Madison November 25-26. The two-day-long New Educator Colleague



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Onboarding prepares colleagues with core competencies for their educational role, engages staff in learning that models Extension's purpose, mission, and values, creates a learning community of colleagues across institutes, and creates awareness of resources to support educational delivery and how to access them.

Sandy and Jael are working with Eau Claire Health Communities Coalition in developing the Winter Wellness Challenge. More to come on this initiative to engage the community with a focus on seniors this winter.

FoodWise staff joined colleagues in touring the HmongStop and Amerasian Food Plus stores. Thanks to Addison and Yia for coordinating this team outing. We learned a lot and tasted an array of amazing foods!

Sandy is working with all three counties' coalitions and UW-Stout students regarding promotion of Diabetes Prevention Month in Nov. Flyers will be distributed through Feed My People, local food pantries, and partners. Take the prediabetes risk assessment at PreventDiabetesWI.org



Kristi Peterson | Office Coordinator

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With budget deliberations being extremely long in Eau Claire County, we are excited to be granted a small levy increase to aid in our success for programming and outreach. This will be helpful in achieving our goals in 2023.

I continue to post our events and share our achievements on [Facebook](#). We have some very busy educators! Follow and like our page to see updates and important dates.



Kristen Bruder | Area Extension Director - Eau Claire, Chippewa, and Dunn Counties

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The role of the AED is like that of the department head in the county. If you have ideas, thoughts, or want to chat about Extension please reach out! Below is a brief overview of the role of AEDs:

Extension fully invests in Area Extension Directors (AEDs) who oversee an area. These administrative positions are responsible for partnership management, staff development, financial management and program coordination.

Through the many interactions the AED has with county partners and local educators, the AED develops a solid understanding of the local

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needs and county priorities and helps to align Extension educational programs to ensure the programs address county needs. Educators also communicate local needs to their programmatic Institutes which collectively identify opportunities to address statewide needs. Some additional primary duties of the AED include:

- Serve as the county Extension Department Budget Officer and Administrative Officer for the counties in their area. Specific signatory authority is agreed to by the county to allow the AED to serve in this capacity.
- They are the hiring authority of Extension staff and serve as the direct supervisor of Extension educators, conducting annual and mid-point performance evaluations with each Extension employee.
- They are responsible for the regular operations of county Extension offices and provide oversight to county staff within the office.
- They support educators and staff who direct Extension volunteers.
- They engage when volunteer behavior concerns expand beyond coaching or if dismissal of the volunteer is warranted.
- They monitor and manage risk and liability situations that might arise.