



Community Development

Addison Vang | *Community Development Educator*

- 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.

Health and Well-Being

Sandy Tarter | *FoodWise Coordinator*

Joy Weisner | *FoodWise Educator*

Jael Wolf | *FoodWise Educator*

Vacant | *FoodWise Educator*

Joy and Jael wrapped up lessons with 1st and 3rd graders in River Heights Elementary. Youth tasted spinach, red vs green apples, whole wheat crackers, and pea pods. Teachers expressed appreciation of our lessons and noticed that youth are talking about healthy foods and using the term “Healthy Habits” more often since our lessons. Parents responded to evaluation surveys with comments including that their children were coming home excited about the foods they tried in class and were more willing to taste new vegetables at supper time.

Sandy is working with the Chronic Disease Prevention Team to raise awareness of prediabetes. Do you know your risk? This [flyer](#) promoting the prediabetes risk test will be distributed around the county. Scan the QR code or go to www.PreventDiabetesWI.org to learn more.

Also, check out our “Winter Fun in Dunn” promotion, <https://exploremenomonie.com/funindunn/>! This is a collaboration with Health Dunn Right, Explore Menomonie, and multiple county partners. Families/individuals will be encouraged to join an abundance of events and wellness activities throughout the winter months. They will have many opportunities to win prizes through weekly drawings. The kickoff starts with handing out flyers at the winter parade on Dec. 8th.

Sandy continued to support the virtual statewide StrongBodies program in November. She is also part of Systems Approaches for Healthy Communities FoodWise cohort that is reviewing the fostering of coalitions and networks, educating providers, changing organizational practices, and influencing policy and legislation.

Jael is collaborating with the Latino Employees Resources Group to create a poster for the Extension All Colleague meeting. She is expanding knowledge about Foundations of Trans Inclusion with Malu Machuca Rose and Jay Botsford.

- A collaborative effort with Chronic Disease Prevention Action Teams under the Eau Claire Healthy Communities, Health Dunn Right, and Chippewa Health Improvement Partnership coalitions to promote our 2022-2023 Winter Wellness Initiative. This effort helps promote community engagement in winter activities that include increased physical activity, increased access to local food in winter farmers markets, and stress reduction as action steps to reduce chronic diseases.
- 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.
- Monthly meetings with the Chronic Disease Prevention Action Teams under the Eau Claire Healthy Communities, Health Dunn Right, and Chippewa Health Improvement Partnership coalitions. This effort helps



guide the action teams in providing community awareness and activities concerning healthy food access, food security, and increased physical activity for local families.

- Monthly Steering Committee meetings with the executive leadership of the Chippewa Healthy Improvement Partnership and Health Dunn Right during which organizational needs are reviewed and discussed. The purpose of this effort is to help the organization identify a strategic direction in order to more effectively guide its action teams including the Chronic Disease Prevention Action Teams.
- A 12-week virtual strength training series for older adults where participants improve strength, balance, and flexibility. This effort is designed to help individuals stay healthy and socially connected during a difficult time of isolation.

Horticulture

Margaret Murphy | *Horticulture Outreach Specialist*

I belong to a newly formed working group 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.

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. 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.

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

I am currently working on 2023 programming. Included will be our second year of Garden Club with the Boys and Girls Club at River Heights Elementary School.

- A community of practice meeting winter 2022-spring 2023 for educators working with outdoor youth programs where we explore ways and resources to ensure all youth can flourish in the outdoors. The goal of participating in this group is to dig into ways we can locally continue to grow and enhance our youth gardening programs to include a multifaceted approach that embraces more nature / environment based topics.
- 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.
- 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.
- 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.



Human Development and Relationships

Luisa Gerasimo | *Human Development and Relationships Educator*

November flew by with lots of learning and co-facilitation opportunities. I was invited to return to the Center for Independent Living to take a tour and learn more about adaptive devices to help those living with disabilities get the most out of their home and work life. Truly amazing resources!

I attended a number of Raising a Thinking Child classes (for parents of young children) and will watch recordings of 3 more as a part of my training to become a facilitator of this evidence-based class that helps parents increase problem-solving and improves behavior in young children. By spring I will be able to offer this class to Dunn County.

I have been able to teach co-parenting in person here in Dunn one Saturday per month, and am now co-facilitating the online version every other month with several local counties - making it even easier for Dunn residents to take this important class for those who are splitting up and will be co-parenting children.

I suggested the Youth Forward Wisconsin team present at the All Colleagues Conference in Madison in early December to help others learn about universal childhood savings accounts. With tech support from Michelle, I also created a short video talk on *Wonder, Wellness and Wisdom in our Work*.

Last but not least: I was honored to help interview candidates for the 4-H role this month and cannot wait to welcome our new colleague in the New Year!

- A short presentation on asking better questions for the local deputy Clerks of Court to help them better understand their own needs and the needs of the public. The goal for this session was to build skills for improving interactions with the public and within the office.
- A workshop for justice-involved parents where they learn the importance of reading aloud to children and ways to engage their child through books. The goal of this program is to help parents strengthen the parent-child bond and build children's early literacy skills, which are a key foundation for success in school and life.
- A program for justice-involved families where parents in jail are video recorded reading storybooks, which are then shared with their children at home. The goal is to reduce the trauma of separation, strengthen family relationships, and at the same time increase children's exposure to books and reading.
- A community needs assessment of dozens of county partners and local service organizations. The goal of this assessment is to identify local problems, root causes, local conditions, and appropriate educational support to be offered by the Human Development and Relationships Educator.

"Thank you very much for sharing this with me! I know staff have talked about taking deep breaths and remembering not to judge and be positive before listening/responding to a customer. :)"
-County Employee

"Thank you again for allowing me the opportunity to attend Parents Forever last night. Even though I am not yet a parent with that kind of lived experience, I really resonated with some of the conversation and the class is structured brilliantly! You both did a fantastic job facilitating the course."
-Public Health Educator

Positive Youth Development

Please help me in welcoming Zachary Rozmiarek as the new 4-H Program Educator in Dunn County! Zach comes to us with a degree in conservation and a minor in outdoor education along with a masters in elementary education. He has worked in the classroom setting as an elementary school teacher and has presented educational programs in his role as an interpretive ranger. He has a love for 4-H dating back to his childhood. I am excited about Zach's background, skillset, and experiences and anxious to see all the great opportunities he will bring to the 4-H position!

Zach will start his position on January 3, 2023. Welcome Zach!



- A single day program for 5th to 8th grade youth where 4-Hers participated in hands-on activities and experiments. This effort is designed to teach STEAM through agriculture, technology, food science and rocketry.

Natural Resources

- Technical assistance for a partnership group (Rain to Rivers) which raises awareness and encourages action to reduce storm water impacts. The goal of this effort is to increase storm water management awareness and implementation.

Agriculture

- Creating instructional videos for dairy and beef farmers to aid in artificial insemination programs used on their farms. The objectives of the videos are to help visual learners by reinforcing the topics taught during the Artificial Insemination Course that aims to improve success of artificial insemination programs on dairy and beef farms. Planning for a dairy/ livestock production meeting for women farmers. The goal of this effort is to educate women farmers on various production methods, so that they can keep their farms profitable or implement new enterprises to keep their farm profitable.
- Planning for a survey of QuickBooks users in collaboration with other educators that are part of the North Central Extension Risk Management Education grant. The goal of this effort is to identify what areas of training are needed in QuickBooks, so those producers can have a better financial understanding of their farming operations.
- A monthly column in WI Agriculturist magazine for farmers and ag professionals, where readers learn about farm management and available Extension resources. The purpose of this effort is to improve farm business decision-making.
- A podcast series, AgriVision, for farmers and ag professionals, where UW Extension educators answer Farm Management questions and share knowledge and expertise on how farmers can improve their farm management skills.

Support

Michelle Bachand | *Support Specialist*

This month I worked on a variety of activities, some of which include:

- Working with Extension's Educational Technology Support team to pilot the transition of County Extension websites to a new design theme. This involved redesigning the website for the new layout, updating the program landing pages, fixing any formatting that did not transition correctly, cleaning out old content, and providing feedback about glitches and what would make for a smoother transition.
- Recording, editing, and uploading Educator introduction videos to their program landing pages on our website.
- Meeting with the CFO and AED to discuss a new financial reporting process being implemented County wide.
- Compiling information from the 4-H Charter applications and preparing the chartering letters for the new 4-H Educator to send to Dunn County clubs and projects.
- Attending the quarterly 4-H Leaders Council meeting to provide an Extension update.
- Compiling programming demographics and evaluations.
- Updating programming brochure designs and information.
- Creating a new MyPlate programming bean bag toss game for FoodWise.
- Editing a video for Luisa to submit to Extension's All Colleague Conference ExTalks series.
- Attending the County's De-Escalation Training.



Extension

UNIVERSITY OF WISCONSIN-MADISON
DUNN COUNTY

November 2022 Report

Area Extension Director

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

The role of the AED is similar to 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 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:

- They 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.