



Agriculture

Katie Wantoch | *Associate Professor and Agriculture Agent, Specializing in Economic Development*

A workshop for farmers and landowners was presented via Zoom on December 17. Over 50 participants learned tools and components that may be used to build a robust and resilient agricultural lease agreement. This effort was designed to increase awareness of the purpose and value of financial and risk management practices for making a decision about a business opportunity or new enterprise. I led the effort to produce two videos depicting a landowner and farmer during their initial conversations for a new farmland lease agreement. I also taught a breakout session on building and facilities leases. These webinar links can be viewed [Negotiating Ag Leases](#) and [Leasing Ag Buildings & Facilities](#).

This webinar was the first among the upcoming Farm Ready Research webinars to be offered by the Agriculture Institute. For a full listing, visit <https://extension.wisc.edu/agriculture/farm-ready-research/>.

- Updating and adapting a financial management curriculum for beginning, female, and other farmers into a more relevant format for use in-person, stand-alone educational videos, and an on-line course. This curriculum will assist farmers in identifying strengths and weaknesses of their business to assist them in making decisions that will improve their farm profitability.
- 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.
- A workshop for farmers and landowners, where participants learned tools and components used to build a robust and resilient agricultural lease agreement. This effort was designed to increase awareness of the purpose and value of financial and risk management practices for making a decision about a business opportunity or new enterprise.
- A program for farmers, where participants learned about a farm stress and financial planning program, the intended outcomes of the program, and what their roles and responsibilities are. The goal of this effort is to introduce the participants to the stress and planning pilot program and familiarize them with members of their peer group and facilitators.
- An article for Dunn County News readers where they learned about the importance of farm financial management and upcoming Extension winter webinars. The purpose of this effort is to encourage better farm business management.
- 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.

Community Development

Addison Vang | *Community Development Educator*

This month I attended the UW-Madison Division of Extension All-Colleague Conference for the first time. It was great to see and be a part of a conference with other Extension staff, even though it was virtual. I found the sessions I was able to attend to be very insightful and encouraging of the work that Extension does.

I helped coordinate a Farm Financial Workshop that will be held in Eau Claire on January 26th and Sun Prairie on February 5th. The workshop will be presented in Hmong.



- The Nonprofit Peer Learning Program started in September and officially concluded on December 22, 2021. The program provided training supporting peer networking, mentorship, resource sharing, and collaboration..
- The Elevando Wisconsin program met once monthly starting in September officially concluded on December 11, 2021. It is designed to elevate your personal and community leadership skills and build a network of leaders across Wisconsin. Participants were from throughout the state and sessions were done in both English and Spanish.

Horticulture

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 also continue to improve my skills at growing food through hydroponics. We had another bountiful crop of leafy greens that was donated right before the holidays. We are beginning to develop programming using hydroponics for 2022.

I am going through several curriculums and activities related to gardening with children to create a list of lessons that I will share with other educators and Master Gardener Volunteers as options for use next summer. I will be coordinating with FoodWise and the Boys and Girls Club in Dunn County to see how we might develop a program at River Heights Elementary school.

Lastly, I am wrapping up horticulture inquiries for the year and looking forward to what 2022 brings.

Happy New Year!

- 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.

Health and Well-Being

Sandy Tarter | *FoodWise Coordinator*

Nancy Fastner | *FoodWise Educator*

Pamela Warren-Armstrong | *FoodWise Educator*

Joy Weisner | *FoodWise Educator*

Our team completed the Strong Bodies series at the Shirley Doane Senior Center. In December, Dr. Beth Olson virtually joined our group to discuss bone health and the role of calcium and Vitamin D. Evaluations are currently being collected. We've heard from many participants that they have seen improvements in their balance, flexibility in getting up and down, and overall strength. We will be supporting the virtual statewide Strong Bodies program from January- March.

Nancy attended a Health and Well Being Institute state meeting to discuss FoodWise collaboration with other Extension educators focusing on how we can enhance our outreach and outcomes with our participants.



The Foodwise team attended the Extension All Colleague 3-day conference in December.

As we say goodbye to Pamela...

As many of you know Pamela will soon retire and her last day is January 3rd, 2022. She has been teaching nutrition for 20 years, worked closely with Joy for 15 of those years, and in the last few years has included Dunn County education. We want to thank Pamela for her commitment and passion for teaching and making a difference in the lives of many over all these years. The FoodWise team is currently in the hiring process and final interviews will be held in January of 2022.

- An 8-week series for older adults in Menomonie where participants improve strength, balance, and flexibility. This effort is designed to help individuals stay healthy and be independent in activities of daily living.

Human Development and Relationships

Stephanie Hintz | *Human Development and Relationships Educator*

The Dunn County Circuit Court orders parents who are divorcing to complete the Extension supported Parents Forever class. Parents complete a post-evaluation form in which they rate their learning pertaining to the effects on children, ways to avoid arguing and dealing with conflict with co-parent, and positive co-parenting communication skills. 100% of participants have indicated they learned something that would help improve their lives. When divorced parents can cooperate or have a business-like approach to co-parenting, their children are far more likely to do better and not experience lasting negative effects of divorce. Positive family relationships, whether parents are divorced or together, are critical to the health, well-being and positive development of children.

- A 4-hour online class for parents in a legal court case for divorce, placement change, child support or paternity, where they learn about the effects of family transitions on children and how parents can minimize problems for their children through cooperative co-parenting strategies.
- A weekly virtual drop-in session for participants who have taken a resiliency skill building focused class, workshop, or series with Extension (i.e. WeCope, Farm Stress, etc.) and general community members interested in self-care, where participants learn skills such as deep breathing, guided imagery, values exercises, gratitude meditations, etc.. The purpose of these sessions was to reduce stress and increase self-awareness, and help sustain learnings and practices learned in previous Extension educational opportunities.

Positive Youth Development

Luisa Gerasimo | *4-H Program Educator*

With the help of colleagues in 9 counties, our second year of Cultural Holiday Cooking wrapped up in December. This very popular Zoom opportunity brought 75-100 people together each Monday night for 4 weeks. This 4-H "mini-camp" allowed families to learn about other cultures and to prepare holiday foods from around the world. Cooking classes are working well using Zoom because people can cook right in their own kitchens. That said, many of our Dunn 4-H families suffer from a lack of broadband internet which makes these opportunities not equally available to the whole community. This winter we baked Native American corn and cranberry cookies and learned about tribes that used those foods here in Wisconsin, and the importance of



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cranberries and corn in Wisconsin today. Then I hosted Greek Honey Cookies where we learned about the American immigrant experience and the amazing properties of olive oil and honey. Next we moved on to Bolivian Meringue Cookies and wrapped up on the Winter Solstice with *Buche De Noel*, a French Yule Log Cake.

In December I tackled a number of statewide trainings, including the Youth Mental Health pilot, which will be rolled out for 4-H volunteers who chaperone camps and trips in the coming year. The statewide champion group I chair was able to host a youth panel at the All Colleagues Extension Conference and received kudos from professionals who were eager to learn more about how to create a welcoming environment for all youth. My fellow 4-H Educator from Eau Claire county and I began a series of meetings to plan our 2022 summer camp, which we are hoping can be a traditional overnight experience.

- A meeting of an afterschool support club for Hmong teens (Building Bridges) where they explored the concept of "bridge" by watching a video and beginning a STEM activity which will result in model bridges being constructed during the months of November and December. The purpose of this program is to build partnership between the Eau Claire Area Hmong Mutual Assistance Association and Dunn County 4-H, and to support at-risk teens by providing regular 4-H programming.
- 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.



4-H Holiday Cooking Around the World -
Right from Home

Support

Michelle Bachand | *Support Specialist*

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

- Attending 3 days of the virtual Extension All Colleague Conference.
- Video editing and captioning Agriculture informational videos.
- Participating in training about hosting in-person/virtual hybrid meetings that was presented by Extension's Education Technology Support department.
- Updating the 4-H website and handbook with information provided by the clubs in their annual charters.
- Logistical preparations for the upcoming hybrid Western Wisconsin Ag Lenders Conference.

Budgetary update: As we come to the end of the year, we are about \$22,000 under budget for 2021. There were savings related to the time the Community Development position was vacant, educator furloughs in the first half of the year, and the impact of COVID-19 on programming, conferences, and travel. We will be submitting a carryover request for funds that were originally raised in 2020 for the Farmer's Night Out event that was canceled because of COVID-19 and were carried over to 2021.



Area Extension Director

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 as 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!

What's Next

- March 5th, 4-H Tri-County Performing Arts Festival
- Private Pesticide Applicator Training:

DATE:	TIME:	TRAINING TYPE:	CAPACITY:	PLACE:
Tues, Jan 25	9:00am	Webinar viewing	20	Government Center, Rm 60
Thurs, Jan 27	9:30am	Live training	25	Dean & Sue's, Menomonie
Wed, Feb 2	9:30am	Live training	50	Ridgeland Community Center
Tues, Feb 15	9:30am	Live training	25	Dean & Sue's, Menomonie
Mon, Feb 21	9:30am	Live training	25	Dean & Sue's, Menomonie
Tues, Mar 15	9:00am	Webinar viewing	20	Government Center, Rm 60
Tues, Apr 5	9:00am	Webinar viewing	20	Government Center, Rm 60