

"We teach, learn, lead and serve, connecting people with the University of Wisconsin, and engaging with them in transforming lives and communities"



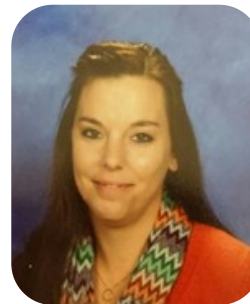
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Karen LaPage

My name is Karen LaPage and I am the new "Karen" at the UW Extension office. My primary duty as Administrative Assistant IV is to track all matters related to money. And, I am happy to be here. I was previously employed with Lyman Lumber Company.

When I am not at work, "crunching numbers," you can find me on the bike trails with my husband, venturing downtown for concerts in Phoenix and Owen Parks. Sometimes our 2 kids will agree to come with us. Our oldest, Jenny, is 13. Quinn is 11. Both are active kids that keep us running to school events and sports. I am a member of the North Star PTA and will be serving as the Secretary for the next two years.



Samantha Zappa

My name is Samantha and I am a non-traditional student at UW-Stout. I am currently in my fourth and final year of earning my Bachelor's degree in Human Development and Family Studies. I also work part-time as an Office/Program Coordinator at a childcare center in Eau Claire, WI. My husband and I have two boys ages 10 and 11 who keep us very busy with sports and school activities.

For my internship, I will be working for Mrs. Brook Berg in the Family Living Department. I look forward to learning how Eau Claire County is continually working to build stronger families, providing educational opportunities for our community, and I look forward to learning new ways I can have a greater impact on my community and those I hope to serve in my professional career. Thank you UW-Extension for this opportunity.

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Lindsey Kohls

I am currently a
and Business

The summer is
you all and helping in any way that I can.

Dear 4-H Friends and Family,

My name is Lindsey Kohls, and I am the Eau Claire County 4-H Summer Intern. I am very honored and excited to be a part of the Eau Claire County 4-H program. I have been a part of 4-H for as long as I can remember; I was a member of the Sunny Valley 4-H Club in Chippewa County for 12 years. During my time in 4-H, I was very involved in photography, forestry, and leadership. I was also a Summer Camp Counselor for three years, where I received the Spirit of Paul Roth Award for enthusiasm, dedication, organization, and leadership skills. student at the University of Wisconsin-Madison studying Political Science Management & Entrepreneurship. (Go Badgers!)

such a fun, eventful time for 4-H members, and I look forward to meeting

Partnering to Bring STEAM Education to more Kids

By Jodi Thesing-Ritter, President, Adult 4-H Leaders Association



This year 4-H Youth Development partnered with UW-Eau Claire Blugold Beginnings to expand our pilot project from last year to bring Science, Engineering, Technology, Art, and Math (STEAM) education to more kids in area schools. Through our collaborative programming we were able to reach over 1500 kids in Eau Claire County. The project uses Blugold Beginnings mentors to deliver STEAM curriculum through three mobile teams- Art, Robotics, and STEAM. These teams have developed weeklong afterschool programs that bring science and art to life through project-based learning. This important partnership has allowed 4-H programming to reach a broader audience than just our club program.

Seventy-eight kids participated in National Youth Science Day at Sherman Elementary as a part of National 4-H Week. This program helped to promote the hands-on learning that makes 4-H so special, but it also helped us to share all that 4-H has to offer. Many new members joined 4-H following that event! This partnership with Blugold Beginnings has allowed both organizations to reach more kids and expand our science education in Eau Claire County. This is a perfect example of how to work collaboratively to maximize our educational power and financial resources.

Summer is a time when many of the educational gains of the school year are lost. This summer, pledge to stop the summer slide by engaging in creative inquiry in STEAM areas! 4-H will again partner to bring 4-H Day Camps to kids throughout the County. We are also working to build robotics teams in partnership with Blugold Beginnings. And we will host STEM Day at the Fair on Sunday, July 31 from 10 a.m. to 2 p.m. You can take advantage of one of those opportunities or do some of your own science projects at home using the 4-H educational materials found at 4-h.org/youth-development-programs/4-h-science-programs

I am so proud that 4-H is working hard to partner in our community to make STEAM come alive for our kids!



Healthy Foods Build Healthy Families

By Nancy Coffey, Nutrition Program Coordinator



Sixteen families from Western Dairyland Head Start, Augusta Elementary, and Literacy Chippewa Valley improved household eating habits through four to six sessions of *Feeding for Healthy Eating*. In sessions parents set goals concerning role modeling healthy eating, preparing meals with their children, introducing new

foods and serving meals family style. Families reported they had increased the frequency in which they were doing the following activities: letting their children help prepare meals and snacks; eating healthy foods when they are with their children; including fruits and vegetables in family meals, served in a variety of ways; limiting distractions (TV, cell phones) during family meals; and letting their children choose how much to eat from healthy foods offered.



Parent comments at program completion:

"Great class! Fun to listen to other family struggles and that they were the same as ours."

"Since the classes, we are pounding graham crackers in plastic bag (children by themselves) and adding yogurt and fruit for a parfait. My children are preparing food at home more. It makes them happy. I'm cooking with less oil – more healthy."

"I liked to learn cooking because eating is the thing we have to do every day for life, to make our body healthy and alive. I also love to learn about what kind of food is good for our body or not good for our body."



WEAU 13 "Successful Children's Network," featuring Brook Berg, Family Living Agent.

[Part One](#) | [Part Two](#)



Nutrition Education Newsletter

Get your child on the path to healthy eating. Your child learns by watching you:

- ⇒ Cook together
- ⇒ Eat together
- ⇒ Talk together
- ⇒ Make mealtime Family time

Read nutritional newsletters for kid-friendly healthy eating ideas and recipes.

- 2016
- Summer
- Spring
- Winter

- 2015
- Summer
- Spring
- Winter

2016 Breakfast in the Valley

By Mark Hagedorn, Agriculture Agent

The Eau Claire Area Chamber of Commerce and UW-Extension celebrated the importance of agriculture in our local economy. Held on June 10 at the Eau Claire County Exposition Center, more than 300 volunteers began serving breakfast at 5 a.m. to more than 3,400 people. This was the 20th Annual Breakfast in the Valley.

Other highlights of the breakfast include agricultural and business displays, a petting zoo, milk drinking contest with local celebrities, tractor displays, the recognition of 9 local farm families, Friend of Agriculture award, Eau Claire County Land Conservation awards, and several door prize drawings.



Highlighted Farm Families

New in 2016, the Agri-Business Committee highlighted 9 farm families at the breakfast. The committee chose 9 diverse Eau Claire County farms to help attendees learn more about agriculture. The family attended the breakfast to share their stories.

- 2015 Bear Grass Dairy & Lund Family Farms
- 2014 Our-Favorite Holsteins & Volbrecht Family Farms
- 2013 Gabler Family Farms & Stahlbusch Farms
- 2012 Jim & Bonnie Jackson Family Farms Nicolet Farms
- 2011 Mueller Hilltop Farms, Inc. & Sequin's Valley View Acres
- 2010 Garbar Jerseys & Zimmerman Farms



Mark Hagedorn co-authored with Matt Akins an article on "Putting a Price Tag on Raising Replacement" in the April 10, 2016 *Hoard's Dairyman*. *Hoard's Dairyman* has circulation in the United States,

Canada and overseas totaling over 74,000 subscribers. *Hoard's Dairyman* is published in three languages (English, Spanish, and Japanese); there are also 1100 web subscribers to this publication.

To read the April 10, 2016 *Hoard's Dairyman* please click [HERE!](#)



Volunteer with UW-Extension

The Eau Claire County UW-Extension office in Altoona, Wisconsin, is looking for area individuals to volunteer their time to help our organization meet its missions. For more information please call 715.839.4712 click [HERE](#) to view current volunteer positions.

The State of Western Wisconsin Agriculture

The effects of late frost and dropping milk prices on the farm economy were discussed as part of a focus on the state of agriculture in western Wisconsin on Wisconsin Public Radio's *The West Side* on Monday, May 23 at 10 a.m. on 88.3 WHWC-FM/ Menomonie Eau Claire and 88.7 WRFW-FM/ River Falls.

Host Rich Kremer welcomed Mark Hagedorn, UW-Extension agriculture educator for Eau Claire County; Darin Von Ruden of Westby, president of the Wisconsin Farmers Union; and Jim Holte of Elk Mound, president of the Wisconsin Farm Bureau.



To listen to the broadcast click [HERE!](#)

Childhood Experiences: The Link to Mental Health

By Brook Berg, Family Living Agent

The early years of life present a unique opportunity to lay the foundation for healthy development. It is a time of great potential and of great vulnerability. The first years of a child's life are shaped significantly by relationships and environment. Because of this, the Eau Claire County B.R.A.I.N. (Brain

of the early years and the key role that human relationships and interactions play in that time period. The conference featured three speakers, who discussed everything from brain development to children with challenging behaviors to trauma informed care. It provided a practical framework



Research Awareness Integration Network) Team focused its annual conference on "Childhood Experiences: The Link to Mental Health".

The Eau Claire County B.R.A.I.N. Team is comprised of area professionals who are interested in children and their future. The B.R.A.I.N. Team's mission is to promote optimal development of all children by integrating current brain research into educational, childcare, parenting, prevention, and intervention programs in Eau Claire County. Each year, the B.R.A.I.N. Team gathers information on the needs and current trends around brain research, local needs of children and families, and professional development opportunities.

The 2016 BRAIN conference was held on April 6th. The event had record attendance, with 206 people from the Eau Claire community and surrounding areas attending. With Mental Health being identified as the top priority of Eau Claire County, it was a great opportunity for professionals working with children to learn more about the importance

for those who work with children and families, specifically around the following:

- Recognizing the importance of relationships as a key driver for development early in children's lives
- Understanding the concept of toxic stress and how it differentially affects the early brain and results in long-term issues
- Understanding how well-constructed programs and policy can affect early brain and child development on a population health level
- Understanding how trauma-informed care is a response to public health issues

The conference was also used as a launchpad for an upcoming summit in November that will address mental health in our community. For more information about the Eau Claire County B.R.A.I.N. Team or the upcoming mental health summit, please contact Family Living Educator, Brook Berg.

Brook Berg, Family Living Educator Awarded Marlys Richert "Rookie of the Year"

The Wisconsin Extension Association of Family and Consumer Sciences awards Eau Claire County Family Living Educator, Brook Berg with the Marlys Richert "Rookie of the Year" Award for 2016.

Brook's leadership role in Eau Claire County has focused on empowering citizens to identify and address community problems through networking, coordination, education, prevention and collaboration—across county lines and in urban and rural settings. Her work in building community capacity and parent education has been key to strengthening families in her community.

Brook Berg, Nancy Brooks (WEAFCS Banquet- April 2016)



Keeping it Green with Erin LaFaive, UW-Extension Horticulture Educator

"Keeping it Green" is a gardening show that presents gardening techniques and environmental friendly information to grow your best yard and gardens.

To watch any of the episodes please click the show you want to view below:

[Season 2, Episodes 1-2](#)

[Shrubbery & Trees](#)

[Moles and Molé!](#)

[Solar Energy](#)

[Teaching Gardens](#)

[Season 1, Episodes 1-7](#)

[Soil Testing](#)

[Forest Street Gardens](#)

[KarmaPharms](#)

[Getting a Garden Ready for Winter](#)

[Seed Saving](#)

[Learn How to Make Salves](#)

[Seed Starting](#)

Food Insecurity is Expensive for our Community

By Nancy Coffey, Nutrition Coordinator



Food insecure individuals are disproportionately affected by diet-related chronic diseases. Food is cheaper than the long-term costs associated with medicine or medical care for diet-related chronic diseases. Linking health systems and community nonprofits to community food resources increases residents' access to adequate food for a healthy lifestyle.

Nancy Coffey, UW-Extension; Emily Moore, Feed My People; Mary Canales, UW-Eau Claire and Paul Savides, JONAH, lead the Food as Medicine Partnership (FAMP). The goal is to improve health by increasing access to healthy food. Through the support of a WI Partnership Program Planning grant (UW-Madison School of Medicine and Public Health WI), FAMP convened a coalition of government, nonprofit, academic, and health system agencies and developed a strategic plan to address the intersections of health and food insecurity.

At this time, several FAMP members are integrating two evidenced-based food insecurity screening questions into their agencies.

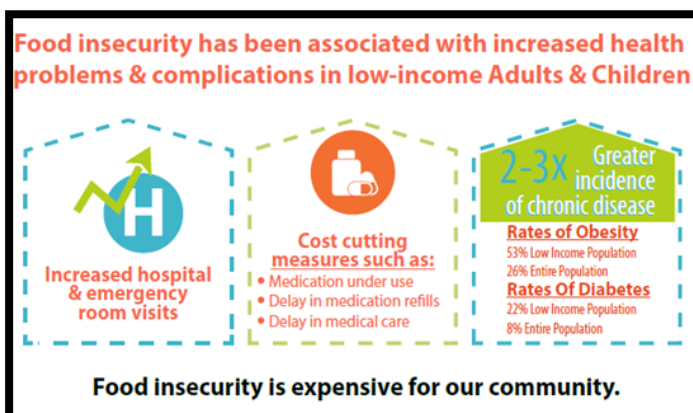
- ◆ UW-Health and Marshfield Hallie Clinic have committed to incorporate the food insecurity assessment with patients. Both clinics are interested in having on-site food pantries.

- ◆ The Chippewa Valley Free Clinic is now screening for food insecurity and providing those identified as food insecure with community resource guides to access food.

- ◆ The Eau Claire Area School District's Prairie Ridge School had been screening for food insecurity with Head Start families using a single question. Through coalition efforts, they will use the two evidenced-based food insecurity screening questions with all families in the coming year and will follow up with an evaluation to see if food security has improved.

- ◆ The Hmong Mutual Assistance Association began food insecurity screening with their Hmong Elder Wellness program participants. Food insecure program participants were:

1. Signed up for FoodShare if they were eligible and not participating.
2. Learned about the farmers' market FoodShare incentive program and senior farmer market vouchers program, and were assisted to obtain senior vouchers. They will



also be taken to the farmers' market this summer to practice using those programs.

3. Participants were also taken to the St. Francis Food Pantry to obtain food.

"In Eau Claire County more than 470 4-H youth and 150 volunteers from the community are involved in 4-H."

Learn more about 4-H at: www.4-H.org

Find us on Facebook at: www.facebook.com/4-H

Twitter us at: twitter.com/4H

Eau Claire County Board Supervisor Colleen Bates awarded the Friends of Agriculture Award

Congratulations to Eau Claire County Board Supervisor Colleen Bates who was awarded the "Friend of Agriculture Award" at the 20th Annual Breakfast in the Valley held on Friday, June 10, 2016 at the Eau Claire County Expo Center.

The award is in recognition of her support for Chippewa Valley agriculture through her work on community and statewide programs that educates others about the importance of strong agricultural communities.



WEAU 13 "A Child's View of Leadership," featuring Sara Novotny, 4-H Youth Development Agent



Family Living Today "Keeping Summer Routines," featuring Brook Berg, Family Living Agent & Pamela Warren-Armstrong, Nutrition Educator

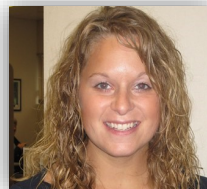


[Interview Part 1](#)
[Interview Part 2](#)

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