



Key Programs and Projects

ARC/PLC Program

This program reviewed the Agriculture Risk Coverage and Price Loss Coverage programs and was attended by 28 area crop farmers. I presented recommendations for program selection in the areas of corn, soybeans, oat and wheat along with an overview of decision making tools. A representative from FSA was also on hand to answer any questions producers had. ARC/PLC enrollment ends March 15th with yield updates allowed until September.

Advanced Pasture Management Program

23 area beef and dairy producers attended this program with specialist Yoanna Newman from UWRF presenting pasture variety selection recommendations. I presented information regarding the economic gains associated with rotational grazing and Trempealeau County Agent presented soil fertility information as it relates to pasture health. Participants requested further information on winter bale grazing strategies along with varietal selection for wet, low lying pastureland.

Becoming the Employer of Choice

As a member of the state farm management human resources team I was asked to present at the WI Outstanding Young Farmer finalist event in Chippewa Falls. I presented the Strategic Leadership and Onboarding module while other team members spoke in regards to Farm Culture. Our workgroup has recently developed a farm culture assessment tool and this was a great first opportunity to showcase the survey.

Cultivating Your Farm Future

This event kicked off our 2020 farm succession programming and was geared towards starting intentional conversations surrounding transition planning. Six specialists in the areas of retirement, tax implications, business plans, estate planning, and farm strength analysis gave resource presentations and participated in a panel discussion. I presented information on Extension's Farm Succession workbook which is a new resource being offered this year. Four individuals from Jackson County were present at this regional program.

Other Programs, Projects and Meetings

2020 Plan of Work

HCE Article

Succession Program Planning 1/6

Sales Committee 1/7

Ag Institute Zoom 1/8

BTEC Planning Meeting 1/9

Farm Mngt Program Zoom 1/10

Dairy Promotion Committee 1/15

Dairy Program Zoom 1/17

Mngt Assessment Center 1/22

Spring Thaw Planning 1/26

PAT Program 1/30

Farm Visits/Consults

D'Huyvetter-Succession 1/2

Wilkes-Succession 1/3

Pregel-Horticulture 1/4

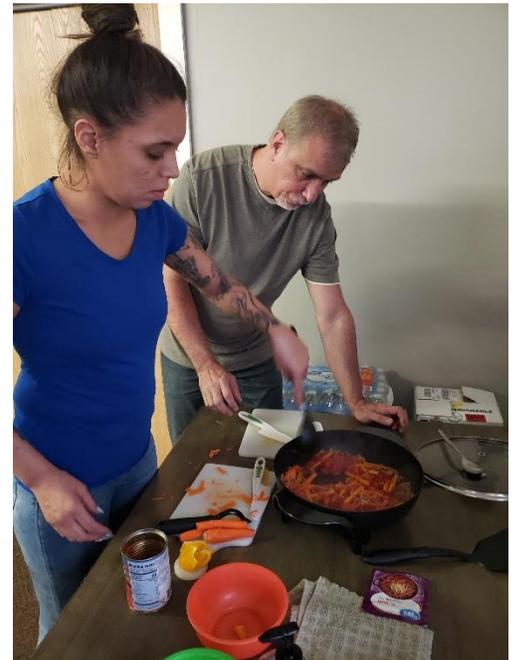
Rausch-Rental Rates 1/13

Rice-ARC/PLC 1/16

Rowe-Rental Resources 1/23

FoodWise Projects, Events & Professional Development - April Duval, Coordinator:

- We reviewed our Cooking Matters pilot program with the State Specialist. We have taught 2 classes in Jackson County. Participants learn to cook a new recipe and take home groceries to make the recipe at home. We will continue the pilot when the new teaching materials are released in January.



FoodWise Nutrition Education Programming in Jackson County - April Duval, Coordinator:

School	Grade	# of Classrooms	# of Lessons	Lesson Topic
Forrest Street	4K (AM and PM Sections)	5	1	Fruits and Vegetables
Jackson County Head Start	4K	1	1	Fruits and Vegetables
Lincoln Elementary	4K	2	1	Fruits and Vegetables
Forrest Street	Kindergarten	7	2	MyPlate Grains
Lincoln Elementary	Kindergarten	2	2	MyPlate Grains
Red Creek Elementary	2 nd Grade	7	2	MyPlate Grains
Lincoln Elementary	2 nd Grade	3	2	MyPlate Grains

- Red Creek Family Fun Night: Sugars in Beverages information and activity

Health and Well-Being

Karla Gearing - January 2020 Highlights Report

Outreach: Building New Connections and Enhancing Current Community Partnerships.

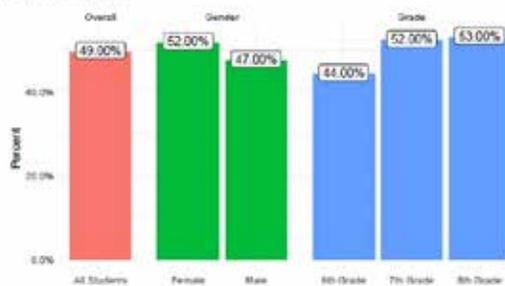
1 - Connected with Heather Quackenboss, UW-Extension La Crosse County Human Development and Relationships Educator to discuss shared regional programming and learn more about La Crosse's Extension initiatives and how they complement or differ from the present and future programming in Jackson County. Powerful Tools for Caregivers was a program that was specifically discussed.

2 - Met with Stephanie Brueggen from the Black River Falls School District to discuss resources available for the local schools that incorporate mindfulness and self-regulation in the classroom in support of the school's efforts to respond to difficult behaviors in the classroom. Mind UP Curriculum was discussed in-depth.

3 - Extensively dissected local YRBS data with the Jackson County DHHS Public Health and the BRF School Resource Deputy and created power point presentation outlining data that could be targets of future School District and Community Health Improvement Initiatives.

Late Night Screen Use

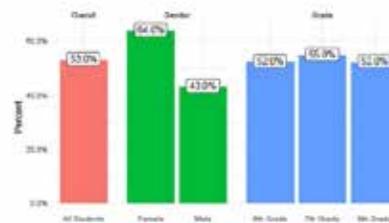
Students who use technology between midnight and 4:00 am on school nights (page 28)
Corresponding data pages 37 and 39



Mental Health and Wellbeing

Anxiety, Depression and Self-Harm

Self reported Anxiety- Students who had experienced significant problems with anxiety (past 12 months- page 29)
Corresponding supportive data- pages 24-25 and 54



Program Updates

- **QPR** – Discussion occurred about incorporating an adult QPR session into the JCDHHS's May is Mental Health Awareness Month.
- **Strengthening Families – MSFP** (Mindfulness enhanced Strengthening Families Program) MSFP10-14 will be held in February. Advertising and deliberate connections with the guidance staff at all schools occurred this month to increase the amount of family's that attend the program.

Other/Orientation/Training

Plan of Work – Developed document that maps out programming efforts and desired outcomes for the Jackson County community for the next 18 months.

Meetings Attended in Person: Business Partner Ship Advisory Council, Together for Jackson County Kids, ADRC, CST Coordinating Committee **Zooms – (sampling)** Taking Care of You Team, Youth Mental Health Team Meeting, Health and Well-Being Institute Monthly Meeting, HWB Justice Involved Audiences,

Jackson County Extension & Education Communication Committee

4-H January 15th 2020- January 31st 2020



4-H Highlights

Volunteers Highlights

Trempealeau and Jackson County Visioning Session: This was a great opportunity for both adult leaders' boards to meet me, talk about the programs they have and the support they will need. I fell this went well as I was able to get to know the wants of the counties and find ways to support them early.

Key Meetings

- January 16th Volunteer Development Zoom
- January 16th 4-H Town Hall Zoom
- January 20th JC Parents and Leaders Meeting
- January 20th JC & TC Visioning Session
- January 21st Plan of Work Day Chippewa Falls
- January 23rd PYD Institute Zoom
- January 27th Camp Planning Meeting
- January 27th TC Parents and Leaders Meeting