

Key Programs and Projects

Guiding Farmers to Legal Resilience

Farmer's seeking assistance with legal matters such as interpreting employment law and writing lease agreements often seek my assistance as a source of free information prior to reaching out to an attorney. I attended this educator training to help better understand my role when assisting with these difficult questions. Presentations surrounded what information ag professionals are qualified to offer in six key legal areas along with what types of inquiries should be directed immediately to legal counsel. Key areas included land matters, business structures, liability and insurance, employment law, agritourism, and sales.

Dairy Grazing Apprenticeship Pasture Walk

I had the opportunity to partner with the Dairy Grazing Apprenticeship (DGA) for this month's pasture walk. During the current dairy crisis it can be difficult for beginning farmers to find entry into the industry. The DGA provides a unique opportunity for young farmers to enter the dairying industry through a certified apprenticeship program under the supervision of a Master Grazer.

MGV Online Project and Reporting Portal

Jackson County Master Gardeners have been busy this summer completing several volunteer projects including a Boys and Girls club garden program, pollinator habitat restoration, and numerous outreach events. New this year to all MGV's is the online reporting portal where volunteer work and continuing education are tracked on a statewide basis. This has proven to be a difficult change from the previous reporting method. Numerous hours have been spent training and assisting MG's in learning how to input data and correctly use the system prior to the October 1st submission deadline.

Other Programs, Projects and Meetings

Weekly Tarspot Scouting

Quarterly Reporting

WI Agriculturist Article Coordination 9/2

Badger Herald Interview 9/6

Sales Committee Meeting 9/10

Cohort Zoom 9/11

Livestock Education Committee Meeting 9/11

FARM Team Zoom 9/16

Ag Institute Update 9/16

Land Conservation Committee 9/18

DATCP PAT Yearly Update 9/19

Dairy Team Zoom 9/20

MG Coordinator Update 9/24

Crop/Soil Update Zoom 9/27

WI Horticulture Update 9/27

Succession Workgroup Program Planning 9/30

Farm Visits/Consults

Hanes-PAT 9/11

Zielzdorf-SWD/Grant Research 9/12

Dirk-Land Valuation 9/16

Brauner-Late Blight 9/18

Stetzer-Corn Stalk Nitrate 9/26

Lasiter-Horticulture 9/30

Bush-Historic Corn Yields 9/30

Jackson County Extension Education Committee
FoodWise Report for 9/16/19 – 10/15/19



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

- Fiscal Year 2020 began October 1st
- FoodWise monthly webinar
- FoodWise Tribal Nutrition Education meeting
- Jackson in Action Nutrition Sub Group meeting
- Cooking Matters Grant training and FoodWise planning webinars
- Mid-year evaluation with Area Extension Director Pat Malone
- Supervisor Mid-year evaluation with Nutrition Educator Sandy Witte
- PEARS Evaluation data triple check and final check for end of Fiscal Year 2019
- FY20 program planning meetings with partners and emailed contacts to schedule events
- Health and Well Being Institute Monthly Webinar: August: Purpose Driven Health Messaging
- Health and Well Being Institute Monthly Webinar: September: County Health Rankings and Action Learning Guides
- Elementary newsletter article:

Helping your child try new foods
For parents of young children

Facebook: Foodwise, University of Wisconsin-Extension
Instagram: @foodwise_uwex
Twitter: @foodwise_uwex
http://fyi.uwex.edu/foodwise

As children grow and develop, their food preferences may change. As a parent, you might find this "picky eating" a challenge. But there are some things you can do to help your child try new foods—and learn to love the same food your whole family enjoys.

Offer your child a variety of foods, starting from an early age. It can take up to 15 tries for a child to accept a new food.

Help your child develop healthy eating habits by establishing roles for yourself and your child.

Parents should decide what, when and where foods are offered.
The child should decide how much to eat.

- ✓ Do: offer small portions of new foods.
- ✓ Do: serve a new food with one or more foods your child already likes.
- ✓ Do: offer new foods first. Your child is most hungry at the beginning of a meal.
- ✓ Do: make the dish look fun/colorful.
- ✓ Do: eat together each day.
- ✓ Do: be a healthy role model. Eat healthy foods yourself.
- ✓ Do: serve everyone in the family the same healthy foods.
- ✓ Do: involve your children. Plan meals, shop and cook together.

- ✗ Do not: bribe your children with treats or dessert if they eat healthy foods.
- ✗ Do not: force your child to clean their plate.
- ✗ Do not: force your child to try new foods. But, encourage them to take a taste. If they do not want to try it, offer the food again another time.

Health and Well-Being

Karla Gearing

September 2019 Highlights Report

Outreach: Building New Connections and Enhancing Current Community Partnerships –

To establish relationships within the context of the newly defined position of a Health and Well-Being Educator, open discussion meetings were held to connect with a number of stakeholders in the community.

- Judy Luttio with Jackson County Criminal Justice, Coordinating Council Coordinator, Adult Treatment Court Coordinator, and TAD Project Director
- Stephanie Brueggen - Director of Instruction, Victoria Michalski School Social Worker, and Tammy Kielbasa - Director of Pupil Services, with the Black River Falls School District
- Bethany Hale, Brianne Massman, and Annette at the Lunda Community Center
- Pending meeting with Jackie Gunderson, Rosella Stanley, and Eva Soucette with the Ho-Chunk Nation Health and Social Services Departments, date and time TBD
- Meeting with Interfaith Volunteer Caregivers scheduled 10/30/2019
- Meeting with Joan from HCE
- Met with Boys and Girls' Club to discuss community needs and strengths

Program Updates

- **QPR** - We currently have trainings scheduled for the students at BRF School District on 11/5/19 -11/6/19, Alma Center-Humbird-Merrillan on 11/19/19 and Melrose-Mindoro is TBD.
- **Strengthening Families** – We have the program set up to run from October 1st through December 3rd. We have five families signed up so far. Facilitator spots have been filled and advertising efforts continue to be made to promote attendance.
- **TFJCK** – attended coalition meeting and discussed areas for program placement and development

Other/Orientation/Training

- **MSFP Training** – attended August 27th-30th in Stevens Point, WI. Certification achieved during this training to facilitate Mindfulness Enhanced Strengthening Families curriculum for the 10-14 age group.
- **Positive Youth Development Conference** – attended in Madison on September 9th and 10th. Met colleagues throughout the state in different capacities and discussed program opportunities at the state and county level with areas of opportunity to share information.
- **Onboarding** – attended meeting with Lori Zierl 9/20/19 and have outreached to other extension employees in similar roles to enhance understanding of programs
- **QPR Facilitator** – will be taking the 8 hour online certification course to be able to facilitate QPR.
- **Servant Led Community** – will be attending a once a month meeting with other community members for the next 3 months