



Extension Snapshot

<https://columbia.extension.wisc.edu>

Columbia County Extension is following the guidance of the CDC, WI DHS, the Governor, & the UW-Madison Campus. Our priority is the health of ourselves, our coworkers, our neighbors, and everyone in our communities. We are telecommuting and limiting events to virtual or no-contact in our efforts to protect those around us.



Columbia County F.L.A.G.

The 2020-21 FLAG program hit the halfway session mark (Oct 2020-April 2021) with the completion of Session V. Some **highlights** from the 1/20/21 Session V were captured with an evaluation. **Recent FLAG session student testimonials regarding 21st century skills:**

- ◇ "...My ability to be more self-directed - It's important for every successful person to make their own success and work towards greatness. You can't just wait for opportunities to come to you, you have to seek them out..."
- ◇ "...My communication skills have increased after interviewing Claudia from Briar Patch and Kevin, a district attorney. By interviewing people in nearly every session, my communication skills -- particularly with strangers -- have greatly improved since last November..."
- ◇ "...My ability to be more socially and civically engaged had definitely increased. I hope to use those skills as I move forward in this program and as I move forward in general. I have the confidence to speak to my legislators and learn what is going on and how I can persuade them to address the issues that I care about..."
- ◇ "...Communication - interview Civic Engagement - information gained from interview. My ability to act in a professional way has increased through interviewing our public issue professionals..."

Please mark your calendar for 3/10/21, 11:15am-12:30pm, where 2020-21 FLAG participants will be hosting their Public Issues Capstone Journey Open House via zoom.

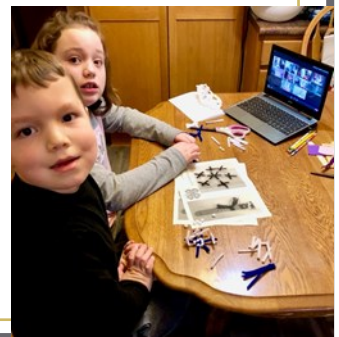
Discovering Columbia County 4-H through Virtual Cloverbud Meetings

In 2021, Cloverbuds will learn about Snow; The Phenomenon of Fat in Milk; Growing a Grass Head (photosynthesis); Community Service through Spring Cards; and Building with Marshmallows. Five Monday night Zoom sessions are planned by the team of Mary Becker, 4-H Project leader, and Pat Wagner, Columbia County 4-H Positive Youth Development Educator. The sessions are for youth in grades K – 3.

Traditionally, these youngest 4-H members came together to learn in a school classroom, library meeting room, or 4-H volunteer's home. Today, 4-H In-person gatherings are limited to 10 individuals who are socially distancing while inside a building. With this as the norm, the option of Virtual Learning for 4-H youth has grown and developed over the past year. In fact, Wisconsin 4-H has developed a Virtual Learning Community accessible on the Wisconsin 4-H website at <https://4h.extension.wisc.edu/virtual-learning-community/> Any Columbia County youth can log on and find learning opportunities of all kinds. It is through Columbia County's 4-H Cloverbud Virtual Project meetings as well as the Wisconsin 4-H Virtual Learning community that teaching activities is being carried out online.

Benefits of this virtual learning include allowing people to enjoy a more flexible schedule and a reduced cost since no travel is necessary. One family spoke to the flexible schedule when they commented at the beginning of the first meeting that they were going to leave their computer's camera off for a few minutes so they could finish eating their dinner. Two more outcomes for the youth involved are the opportunities to communicate with their peers and work together to complete a project. Through virtual learning, youth are developing a sense of belonging -- one of the four essential elements of 4-H!

At right, Cloverbud project members at their family table participating in the first virtual Cloverbud project meeting of 2021. Youth received a project kit prior to the meeting and then learned about SNOW as they spent time together via Zoom.



DID YOU KNOW.....COLUMBIA COUNTY EXTENSION HAS A NEW ADMINISTRATIVE ASSISTANT? HER NAME IS LORI SWANSON AND SHE WILL BE IN THE EXTENSION OFFICE 11:30 AM - 4:30 PM MONDAY THRU FRIDAY. WE ARE SO EXCITED TO HAVE LORI WITH US! PLEASE WELCOME LORI TO COLUMBIA COUNTY AND EXTENSION.



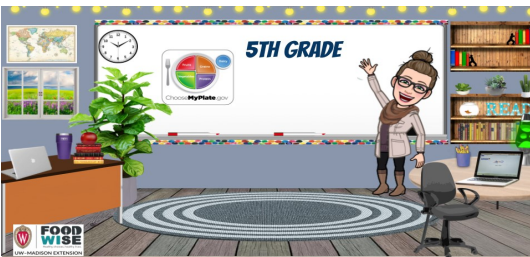
FOOD WISE
Healthy choices, healthy lives.

UW-MADISON EXTENSION

FoodWise staff continues to work on creating virtual nutrition education content for eligible elementary schools to utilize this school year. Two schools will be receiving the content in a form for kids to do at their own pace, while the other will have FoodWise Coordinator, Caitlin Richardson, teach the lessons in a live format utilizing the Google Meet platform. Lessons that were previously done in person are being completely redone to meet the needs of online digital learning.

Richardson has also been spending time co-piloting lessons for the Area 16 FoodWise Educators. While doing lessons in a live virtual format, the FoodWise program has required that all live virtual events have 2 educators present during the lesson. One person does the teaching while the other focuses on making sure the technology works correctly, answers questions in the chat and serves as a backup in case of internet issues.

In the upcoming months, Richardson will also start working on the FoodWise Area 16 three-year work plan. Every 3 years, FoodWise Coordinators take time to look at local, state and national data to determine what the nutritional focus of the program should be for each area. In the previous years, Area 16 FoodWise focused on increasing fruit/vegetable consumption, increasing access to healthy foods and limiting the consumption of sugary drinks. It's time again to look at the new data to determine what the program needs to focus on. The planning for that will start at the end of February.



Extension Ag Educator Snapshot— February '21

Marketing with Confidence – Extension Area 14 and 16 Ag Educators have been putting on short virtual workshops on Ag Marketing focusing on grain marketing on Tuesday mornings and livestock marketing on Thursday afternoons. Sessions will run through March. Participants can join via phone or computer. Topics include: cost of production, cash flow, forward contracting, hedging, cull animal marketing and direct marketing.

Hop Production for the Craft Brew Industry— The 12th annual hops seminar is coming up on February 27th. Participants can join via Zoom starting at 9:15 am. Several speakers from various state universities will be presenting on various breakout topics in regards to hops such as: marketing, production, viruses, fertility & quality. Pre-registration is open until February 26th and it is free.

Lake WI Farmer Led Watershed Council – Board of Directors meeting is scheduled for Thursday, February 4th at 7:00 PM via zoom. They will be working to formalize their organization with bylaws and begin planning three educational events for area farmers in 2021. They will also be encouraging farmers to adopt cover cropping practices beginning in the fall of 2021 by providing cost sharing dollars. They are working with two Sauk County watershed groups to host a field day in mid-June for farmers and area residents to observe low disturbance manure injection, a cover crop plot and a guest speaker.

Nutrient Management Planning 2021 - Training for farmers will be done mostly in a virtual format. Phone calls, zoom meetings, and individual meetings with farmers in our conference rooms will be the backbone of this programming in 2021. The UW-Nutrient and Pest Management Program has developed a video series to assist farmers in a general manner, while Columbia County Extension and the Land and Water Conservation Department will provide the personal instruction and assistance to help farmers update or initiate Nutrient Management Plans.

COLUMBIA COUNTY EXTENSION

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Caitlin Richardson, FoodWise Program Coordinator

Kimberly Lafler, FoodWise Educator

Pat Wagner, Positive Youth Development Educator

Vacant, Human Development & Relationships Educator

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