



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
COLUMBIA COUNTY

March 1, 2021

# 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.*



**FOOD WISE**  
Healthy choices, healthy lives.

UW-MADISON EXTENSION

This month, FoodWise Coordinator, Caitlin Richardson continued teaching learners virtually. Richardson has been providing John Muir

Elementary and Rusch Elementary lessons for students to do independently at a self-pace. These lessons include a Bitmoji classroom which has a short, recorded video and 4 activities for students to do related to the topic of the week. Lessons have been going out weekly to both schools for 2nd through 4th grades at John Muir and 1st through 4th grades at Rusch. One school has already reported back that the students are really enjoying the Bitmoji classrooms.

Spring Hill Elementary is receiving live virtual lessons in the 3rd and 5th grade classrooms. During these lessons, Richardson joins the class via Google Meet and presents to the class as if she were there in person. The teachers in the classroom assist with classroom management and help to call on students to answer questions as a way to keep the lessons interactive. Richardson is also assisting the other FoodWise educators in Area 16 with their lessons - serving as the back-up and technology control. Educator Kimberly Lafler is currently working with Renewal Unlimited to teach Head Start Parents during the parent cafe nights. Parents join the meeting virtually and can interact with Lafler and Richardson as if they were present in a live in-person format.

As Spring moves in, the Area 16 FoodWise team will start to work on their three-year plan of work. This plan of work will include national and local data and will help determine the focus of Area 16 FoodWise for the next three years. More to come!



MEET OUR EDUCATORS  
**Kimberly Lafler**  
FoodWise Educator



MEET OUR EDUCATORS  
**Caitlin Richardson**  
FoodWise Coordinator



## Extension Ag Educator Snapshot— March '21

The annual "Let's Get Green and Growing" Conference has gone virtual. See the agenda and register online.

**Virtual**  
**LET'S GET GREEN AND GROWING 2021**

**MARCH 20, 2021 | 9:00AM**  
BROUGHT TO YOU BY THE  
COLUMBIA COUNTY MASTER  
GARDENER VOLUNTEERS

9:00	Zoom opens
9:20	Welcome
9:30	Keynote: "Creating a Garden of Four Season Interest" - by Zannah Crowe
10:30	Keynote Q&A
10:40	Break
10:45	Session 1: "Addressing Invasive Species with Citizen Science" - by Anne Pearce
11:30	Lunch Break
12:00	Session 2: "Minor Fruits - Major Impact" - by Carol Shirk
12:45	Break
12:50	Session 3: "Daylilies - The Perfect Perennial" - by Pat Trapp
1:35	See you in person in 2022!

**FREE OF CHARGE Online Conference**

REGISTER ONLINE AT:  
<https://uwmadison.zoom.us/j/94864208663>  
<https://uwmadison.zoom.us/j/94864208663>

**DID YOU KNOW..... VACCINATIONS FOR COVID-19 ARE NOW AVAILABLE FOR THOSE CURRENTLY ELIGIBLE THROUGH THE COLUMBIA COUNTY HEALTH DEPARTMENT. TO SCHEDULE PLEASE GO TO THE WEBSITE [WWW.CO.COLUMBIA.WI.US](http://WWW.CO.COLUMBIA.WI.US) OR CALL 608-742-9227 MONDAY'S AFTER 1 PM FOR THE THURSDAY CLINICS.**

~ Join Us ~

## 2020-21 Columbia County F.L.A.G.

### Virtual Open House

March 10, 2021 11:15 am - 12:30 pm

#### "Public Issues that Matter" Journey

- ⇒ *What is the role of government in addressing the **waste reduction & renewable energy***
- ⇒ *What is the role of government in addressing **restorative justice***
- ⇒ *What is the role of government in addressing **education reform***

**FEATURING:** The students of 2020-21 Columbia County Future Leaders Active in Government (F.L.A.G.) class are hosting the virtual Public Issues Open House March 10th for leaders, public decision-makers, parents & guests.

RSVP by March 1st via google :  
[https://docs.google.com/forms/d/e/1FAIpQLSec9OOwcAvrdWPVeiFkP8wIIvLUa1uGwlejezDUmt3X-TNPA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSec9OOwcAvrdWPVeiFkP8wIIvLUa1uGwlejezDUmt3X-TNPA/viewform?usp=sf_link)

Or

Email/phone Columbia County Extension:  
[kathleen.haas@wisc.edu](mailto:kathleen.haas@wisc.edu) or 608-742-9680



## 4-H Youth Development and The Essential Elements

The four Essential Elements of Positive Youth Development provide a structure for us to talk about Columbia County 4-H Youth Development programs. The essential elements are: **Belonging; Mastery; Independence; and Generosity.** These elements come to youth development from the "Circle of Courage," a part of Native American culture. The philosophical foundation of the **circle** provides the foundation for this Positive Youth Development model. When these elements are found in youth development programming, the outcome is confident, young people who will go out and become contributing citizens to society. Please take a minute to read more about each element and the connections to Columbia County 4-H youth development programs that are described.

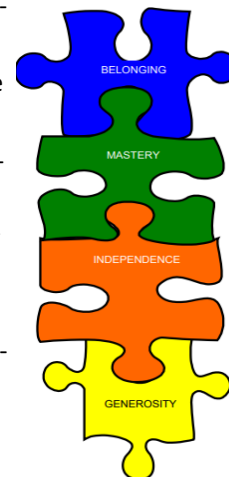
**Belonging:** Youth need to acquire social, sharing, and communication skills. They need to feel like they are safe, welcomed and invited. They need to build positive relationships with adults and other youth. 4-H club and project meetings, camp programs, and cross-country ski outings provide the needed sense of belonging.

**Mastery:** Youth need to learn life skills and they need to be engaged in experiential and challenging learning. Project work in areas of interest allow for this mastery as do opportunities to speak in front of club members and judges. Self-confidence is one of the most common outcomes of mastery.

**Independence:** Youth need to learn things about self-discipline, decision-making, and how to make choices, and to explore possibilities for their future. Training a horse with parental guidance as a 9-year-old and then eventually working with that animal alone as a teenager is a form of developed independence. Youth also develop independence when they take part in educational travel opportunities away from home without family and friends.

**Generosity:** Youth need to learn empathy, concern for others, and the values of community service and volunteering. 4-H is known for young people who contribute, no matter what their age, to their community. 4-H clubs often carry out road-side clean-up; visits to nursing homes; collecting food for community food pantries; and more.

Four  
Essential  
Elements  
of  
Positive Youth  
Development



## COLUMBIA COUNTY EXTENSION

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[Columbia.extension.wisc.edu](http://Columbia.extension.wisc.edu)

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*Kathleen Haas, Community Development Extension Educator*  
*Caitlin Richardson, FoodWise Program Coordinator*  
*Kimberly Lafler, FoodWise Educator*  
*Pat Wagner, Positive Youth Development Educator*  
*Vacant, Human Development & Relationships Educator*  
*Sarah Millard, Administrative Assistant*  
*Lori Swanson, Administrative Assistant*