



## Division of Extension - Richland County

# The Extension Chord

## Latest Notes from Extension

**This Issue: 2020 IN REVIEW**

**Chelsea Wunnicke**  
Extension Educator, Human  
Development & Relationships

**Background**

**Master's Degree:** Public Administration  
University of Illinois at Springfield  
**Date of Hire:** January 1, 2015

**Major Program Areas:**

- Financial Education
- Strengthening Individuals, Families & Communities

**Groups and Associations:**

Richland Co. Children & Families Advocacy Council, VP  
Richland Co. Home & Community Education, Advisor  
Richland Co. Homelessness Prevention Coalition  
Richland FIT (Fitness in Total) Coalition, Co-leader  
Kinship of Richland County, Secretary

**Educational Programs:****Financial Education:**

- COVID financial updates provided on Richland County website to provide timely information.
- Head Start families received monthly financial newsletters & 34 Richland County children received financial kid's book.
- Encouraging Financial Conversations, 6 session series delivered to 37 area professionals online.
- Initiated statewide teams to record short educational videos: Mindful Money Moments and "Dollars During Development" for statewide and local delivery.
- Provided one-on-one financial coaching with 7 individuals.
- Rent Smart curriculum taught online monthly as part of a statewide team, promoted locally.
- Dean's Innovation Grant and Radical Imagination Grants received for leadership on Universal Child Savings Account project; Youth Forward Wisconsin, mentored by Indiana Youth Institute and funded by Charles Stewart Mott Foundation. Goal to establish community-funded child savings accounts in multiple WI communities.

**Strengthening Individuals, Families, and Communities:**

- Taught "Raising a Thinking Child," Emotion Coaching, and online Parent Café sessions to over 50 parents.
- Led development of series of 11 short videos on Raising a Thinking Child concepts for "Parenting Behind the Behavior" video series"
- "Stronger Together" educational sessions with Southwest Wisconsin Behavioral Health Partnership (SWCAP) in support of area farmers (20+ attended).
- Partnership with Brewer Public Library in Wisconsin Libraries Transforming Communities Grant. Led to creation of Richland County Diversity & Inclusion Taskforce. Administered survey for community leaders.
- Co-leader of Richland County COVID Whole Community Recovery Steering Committee
- Developed online survey for Richland Area Childcare Taskforce to assess parent needs and gaps in local childcare services.

**New in the Extension Office**

Carolyn Ihde  
Agriculture Educator  
Started May, 2020

**Mission**

With an office in each Wisconsin county, Division of Extension develops practical educational programs tailored to local needs and based on university knowledge and research

County-based Extension educators are University of Wisconsin faculty and staff who are experts in agriculture and agribusiness, community and economic development, natural resources, family living and youth development.

Extension county-based faculty and staff live and work with the people they serve in communities across the state. Extension specialists work on UW System campuses where they access current research and knowledge. Collaboration between county and campus faculty is the hallmark of Extension in Wisconsin.

**Purpose**

To which we commit:

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



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



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**Carolyn Ihde**  
Agriculture Educator

### Background

**Master's Degree:** Agricultural Education  
Iowa State University, 2015  
**Bachelors Degree:** Horticulture, Design Studies Minor  
Iowa State University, 2000  
**Date of Hire:** May 18, 2020  
**Shared Position:** Crawford County

### Program Area Emphasis:

Livestock - Beef, Small Ruminants, Swine, Poultry

### Groups and Associations:

Richland Co. Meat Animal Sale Committee  
Driftless Region Beef Conference  
Regional Farmer Market Managers Group

### State Work Groups

Division of Extension Beef:  
Wisconsin Beef Special Edition Webinars  
Division of Extension Small Ruminants:  
Winter Webinar Series  
Division of Extension Agriculture Institute Climate Change

### Programming Highlights:

**Beef:** Co-created a Division of Extension Wisconsin Beef Special Edition Webinar Series to replace Cow-Calf Days and Feeder Workshops due to the cancellation of large in-person events. The webinars covered topics related to using Extension created decision tools to inventory forage and calculate forage needs; beef mineral needs, weaning calves, pasture weeds, and direct marketing. Authored articles for the WI Agriculturalist and the Livestock Topic Hub. Articles covered topics such as winter bull care and preconditioning weaned calves.

**Small Ruminant:** Co-created a Division of Extension Small Ruminant Webinar Series for winter 2021 programming. The webinars discuss forage needs, lambing basics, ethnic markets, branding, direct marketing, and pasture needs. Created a fact sheet to inform producers and consumers about directly sourced lamb products.

**Climate Change:** Collaborated with colleagues across the Agriculture Institute to create professional development for all Agriculture Institute members. Professional development provides educators with knowledge and skills to begin or continue conversations about climate change with farmers to increase farmer knowledge of resiliency, adaptation, and mitigation.



**Sheena Cook-Fuglsang**  
FoodWise Nutrition Education  
Coordinator, Crawford, Richland,  
and Vernon Counties

### Background

**Bachelors Degree:** Exercise and Sport Science  
UW-La Crosse, B.S.: 2006, M.S.: 2008  
**Date of Hire:** August 7, 2019 (formerly an Educator since 5/18/15)



**Kristine Lockwood**  
FoodWise Nutrition Educator,  
Richland and Vernon Counties

### Background

**Bachelors Degree:** Political Science  
University of California Irvine, 2004  
**Date of Hire:** November 14, 2019

**About FoodWise:** FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

### Direct Education Programming Highlights:

- Provided face-to-face nutrition lessons for 2<sup>nd</sup>-4<sup>th</sup> grade students at five elementary schools, reinforcing the benefits of eating all five food groups, daily exercise, and exploring new foods.
- Developed a plan, toolkit and video series to be shared statewide for K-2 education in order to reach students virtually during pandemic.
- Connected with adult audiences through our "Community Café", a virtual space in which we taught multiple series of nutrition lessons. Topics and activities included food budgeting, meal planning, holiday eating, and recipe sharing.

### Policy, Systems & Environment Impacts:

- Created and maintained multiple food resource tools for use by Richland and Vernon Emergency Operating Center, Health Services, and for the community to have updated information and increased access to food, county-wide.
- Launched a comprehensive website to represent the Crawford, Richland, and Vernon County team and project.
- Hosted weekly call for school food service directors across three counties, which increased collaborative efforts, encouraged schools to offer healthier food options, and expanded the reach of Pandemic Electronic Benefit Transfer (P-EBT) program promotion.
- Facilitated ongoing call for food pantry operators and farmers' market managers that resulted in stronger collaboration, shared resources, distribution of nutrition materials and resources to limited income audiences, and improved systems for emergency and fresh local food distribution in the area..
- Areas of professional development include health equity, diversity and inclusion, climate change, and food in/security.

### Richland County FoodWise Program Partners & Associations:

Jefferson Elementary School	Master Gardeners
Doudna Elementary School	Richland FIT
Lincoln Elementary School	Richland Center Community & Mobile Pantries
Ithaca Elementary School	MultiCultural Outreach Program
School Food Service Directors	Richland Area Farmers' Market



**Karleen Craddock**  
4-H Program Coordinator

#### **Background**

**Bachelor's Degree:** Secondary Education  
University of Minnesota-Saint Paul

**Date of Hire:** May 1, 2016 - Interim 4-H Educator  
January 1, 2019 - 4-H Program Coordinator

#### **Groups and Associations**

Richland Mental Health Coalition  
Richland County 4-H Leaders Association  
Richland County 4-H Junior Leaders Group  
Richland County Fair Committee  
Various 4-H Committees providing Youth Education Programs  
Wisconsin 4-H Volunteer Development Team

#### **Report on 2020 Major Program Priorities**

##### **Expansion of Richland County 4-H Program**

- Worked with 4-H Ambassadors and 4-H Leaders Association to identify potential audiences and develop a plan to reach new families.
- Provided on-going support for 133 4-H volunteers (93 adult, 40 youth)
- Partnered with Brewer Public Library to provide outreach programs.

##### **Youth Leadership and Life Skill Development:**

- Provided training on "How to conduct a meeting" for 4-H club officers.
- Assisted Junior Leader group with community service/outreach activities.
- Worked with 4-H volunteers to develop youth/adult partnerships.

##### **Increase Educational Opportunities for Richland County Youth**

- Coordinated 4-H Discovery Day, a hands-on learning program that reached over 105 people with 20+ classes, including: First Aid, Horses, STEM, Natural Resources, Child Care and Art (*Held on February 22, 2020*)
- Assisted with coordination of five local scholarships.

##### **Adapted Programing to Meet Current Safety Guidelines**

*Note: In Mid-March all in-person educational programs were cancelled due to COVID 19. Here are a few of the ways the Richland County 4-H program continued to reach youth and help them to connect with caring volunteers.*

- Arts Festival—Richland County 4-H partnered with area nursing homes. Youth who had prepared to perform at the Annual 4-H Arts Festival were able to showcase their talents by performing (via zoom) for local seniors.
- Photography Challenge—Youth in the 4-H Photography project were encouraged to enter their photos in a five county 4-H photography contest. Exhibitors received feedback from a judge (via zoom) and photos were posted in an online photo gallery.
- Camp in a Box—Even a pandemic didn't stop 89 youth from participating in 4-H summer camp! 4-H Camp in a Box provided at-home activities and online events led by camp counselors including a virtual campfire, stargazing activity, building a rocket launcher, a paper airplane challenge and more!
- 4-H Project Kits—4-H volunteers and staff developed hands-on Art and STEM activity kits that 4-H members could complete at home.
- 4-H Clubs—4-H volunteers reached out to members in many formats including: zoom, social media, phone calls, drop-off activities and mailings. 4-H clubs also adapted service learning activities to be able to give back to their communities in ways that were safe for all participants.



**Craig Saxe**  
Area Extension Director  
(serving Crawford, LaCrosse, Monroe,  
Richland & Vernon Counties)

**Date of Hire:** July 1, 2017

Area Extension Directors serve as program administrators and supervisors for area faculty and staff. Working to ensure that the educational needs of local communities are met. Providing leadership in program coordination, staff development, financial management, and partnerships.



**Sandy Campbell**  
Program Support Staff

**Date of Hire:** November 22, 1982

#### **Responsibilities:**

Support Staff for 4-H Program Coordinator & Agriculture Agent  
Oversee Day to Day Technical Office Operations



**Jennie Silver**  
Program Support Staff

**Workforce Development:** June 23, 2014

**Date of Hire:** January 2, 2015

#### **Responsibilities:**

Support Staff for Human Development & Relationships and FoodWise Coordinator  
Support Staff for Area Extension Director



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RICHLAND COUNTY

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## 2020 Annual Report to the Richland County Board of Supervisors

**We're on the Web!**  
**<http://richland.extension.wisc.edu>**  
**Also on Facebook as**  
**Extension Richland County**

*"Division of Extension helps the people  
of Richland County apply University  
research, knowledge and resources to  
meet their educational needs wherever  
they live and work."*

### **Richland County Agriculture & Extension Education Committee**

Marc Couey, Chair  
Steve Williamson, Vice Chair  
Lee Van Landuyt  
Shaun Murphy-Lopez  
Van Nelson

### **Faculty & Staff E-Mail Addresses:**

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