

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



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UW-Extension Eau Claire County

New Team members

Miranda Nelson, 4-H Program Coordinator

Miranda is excited to be a part of the UW-Extension team and serve Eau Claire County. She has a Bachelor's degree in Dairy Science with a minor in Spanish from the University of Wisconsin-River Falls. Miranda is currently working on her Master's degree in Agriculture Education Professional Development.



Miranda brings 15 years of experience as a 4-H member and volunteer. She previously worked as an Assistant Complex Director at UW-River Falls and as the manager for the Eau Claire Sport Warehouse. Miranda's experience with 4-H will help her continue to support the traditional 4-H community club program and expand access to the 4-H program.

In her spare time she operates a dairy farm with her husband and father in-law south of Eau Claire in Pleasant Valley Township.

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UW-Extension Eau Claire County

New Team members

WELCOME

Sandy Tarter, FoodWise Coordinator



We welcome Sandy Tarter as the FoodWise Program Coordinator for Eau Claire County, in addition to her role as FoodWise Coordinator in Chippewa and Dunn Counties, effective April 1, 2018. Sandy's home office will remain in Dunn County.

Sandy began as a Nutrition Educator in Dunn County in January 2009. In June of 2010, she became the Nutrition Coordinator of both Chippewa and Dunn Counties. Sandy has two adult children who are both in college. She looks forward to working with Pamela Warren-Armstrong and Joy Weisner, FoodWise Nutrition Educators in Eau Claire County.

Office Closings:

May 28, 2018—Memorial Day

July 4, 2018—Independence Day

September 3, 2018—Labor Day

UW-Extension Dairy Reproduction, Nutrition and Well-Being Road Show

By Mark Hagedorn, Agriculture Agent

In excess of fifty area dairy farmers, agricultural service providers and students connected with new and well-known UW-Dairy Science department specialists on Thursday, April 19, in Eau Claire and Alma Center, WI. Dairy reproduction, nutrition and animal welfare were topics discussed as well as outlook for domestic and international dairy markets. Dr. Paul Fricke talked about the integration of reproductive programs and technology to maximize reproductive efficiency in dairy cows. Dr. Jennifer Van Os, new to UW-Extension, introduced herself and her area of research. She targets best management practices of housing and management to help the Wisconsin dairy industry adapt as our scientific knowledge about animal welfare continues to grow.

Dr. Randy Shaver discussed dairy nutrition topics for today in what could be his last dairy meeting in Western Wisconsin before retirement. Katie Burgess, Commodity Risk Analyst with Blimling and Associates, discussed how farms can prepare for the opportunities and obstacles that come with managing price risk in dairy markets.

There was no charge to attend this meeting and many thanks are extended to Compeer Financial for sponsoring lunch.



Breakfast in the Valley 2018



Serving 5-10 a.m.

Eau Claire County Expo Center

Located south of Eau Claire, just past the intersection
of Hwy 93 and I-94

**\$7 Adults • \$2 Children 3-12
2 & Younger Free**

Tickets available at the door

**FREE mug to first
2,700 people served**

Compliments of Eau Claire Energy Cooperative

For more information, call the
Eau Claire Area Chamber of Commerce at 715-834-1204.

Printing compliments of Johnson Litho Graphics

Menu Includes

- **Festival Foods** scrambled eggs with ham, cheese, mushrooms and onions sponsored by **ADRC**
- Cheese curds provided by **Marieke Gouda**
- **Kwik Trip** fresh muffins sponsored in part by **Chippewa Valley Energy**
- **Woodman's** cheese slices
- Milk provided by **Kemps** and **McDonald's**
- Bananas and orange juice provided by **Kwik Trip**
- Coffee provided by **The Living Room Coffee House**
- Traditional June Dairy Month treat of **Culver's Frozen Custard** with **General Mills** corn flakes and strawberries sponsored by **Rhom Construction**

Master Gardener Volunteers Team Up with FoodWise



FoodWise Nutrition Educators Pamela Warren-Armstrong and Joy Weisner will team up with Master Gardener Volunteer, Judy Mitchell and others to continue the UW-Extension Kid's Garden Program at North River Fronts Park.

In partnership with the Boys & Girls Club of the Greater Chippewa Valley, the Kid's Garden Program will run for seven weeks throughout the summer. Youth grades 3rd through 5th will visit the garden to learn and explore the benefits of eating vegetables with FoodWise Nutrition Educators. They will “dig in” to the garden to learn about seeds, planting, plant identification, watering and weeding with Master Gardener Volunteers. We look forward to warmer weather and to another abundant growing season!



**BOYS & GIRLS CLUBS
OF AMERICA**

2018 BRAIN Conference

By Brook Berg, Family Living Educator

On April 10, the Eau Claire County BRAIN Team hosted its annual professional development conference. Brook Berg, co-chair of the EC County BRAIN Team helped plan and facilitate the event. This year's conference theme was "Resilience Champions: Responding to the Complexity of Families".

Knowing that mental health and substance abuse are both top priorities in our community, the conference focused around learning more about those topics. Our presenters, Larissa Duncan from UW-Madison/UW-Extension and Lori Chelius and Andi Fetzner from Origins Training and Consulting walked us through information and practices on addiction, intergenerational trauma, mindfulness, compassion fatigue and becoming resilience champions.

Over the past few years, the Adverse Childhood Experiences (ACE) findings have garnered a great deal of attention and become increasingly used as a way to demonstrate the negative impact of stressful and traumatic childhood experiences on psychological and physical health throughout the lifespan. The ACEs "framework" is based on a large research study conducted by the health maintenance organization [CDC-Kaiser Permanente](#). More recently, other versions of the ACEs survey have been administered, some at the state level, including [Wisconsin](#). The original study surveyed adults about whether as children they had experienced 10 of the most common types of adverse and traumatic childhood events.



2018 BRAIN Conference

By Brook Berg, Family Living Educator

Locally and statewide, we've been helping communities better understand ACEs and how that impacts health and wellbeing. At the BRAIN conference, we reintroduced ACEs to the community, but heavily focused on building resilience. Resilience has so many definitions—too many to count. It can be defined as *the ability to bounce back from adversity or the process of managing stress and functioning well even when faced with challenges, adversity and trauma.*

Nan Henderson, author of *Fostering Resiliency in Children and Youth*, says it best when she talks about the “Resiliency Attitude” – “I see what is right with you, no matter what you have done in the past, no matter what problems you currently face. Your strengths are more powerful than your ‘risks.’ And whatever risks, problems, and adversity you are facing there are steps on the road to bouncing back – they are not the end of the road.”

With 220 family-serving professionals in the room, we learned new ways to help build resilience. We networked, heard from local community members and planned ways to become healthier professionals and promote the strengths in those we work with. We learned how to become *Resilience Champions*.

2018 BRAIN (Brain Research Awareness Integration Network) Team



Lisa Ausman, Sandi Stanton, Angie Melenthin, Lauri Malnory, Paulette Magur, Lauri-Eckert-Trapp, Brook Berg, Audrey Nelson, Elizabeth Thompson, Jo Bartholomew, Kari Stroede, Renee Ernsting

Allison Schreiner

Intern UW-Extension Family Living

In January, 2018, Allison Schreiner began her internship with UW-Extension Eau Claire County Family Living Programs. Alli is currently a student at UW-Stout, majoring in Human Development and Family Studies. Throughout her internship, Alli works with Family Living Educator, Brook Berg to help strengthen families in a variety of ways.



“In my time with UW-Extension, I have been able to see how big of an impact the community plays in family's' lives and how much passion and care each community member has for bettering individuals and their families. I believe that education and prevention are the biggest ways to help guide us to where we want to be, which is a healthy community. I chose UW Extension because they focus on those two aspects by programming to certain populations. My passion has always been to guide individuals to be the best that they can be. Being with UW Extension and collaborating with other organization in the Eau Claire area, it is evident that many other members of the community feel the same way as I do. I hope to use this knowledge that I have gained and apply it in my professional role working in human services.”

It has been a pleasure to work with Alli as she completes her 205 hour internship in May. We wish her much success in her future endeavors!

Eau Claire County UW-Extension Staff



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