

# Adam Hady

## Area Extension Director

*Serving the counties of Adams, Green Lake, Juneau, Marquette and Waushara*

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January 2021

### Area Extension Director Update

Welcome to a new year, and I hope for a promising one moving forward. While we are still in our COVID protocols for the foreseeable future, I have continued to hold check-in meetings every other week with the county educators, biweekly office conference zooms and an area wide zoom meeting.

This month I was able to attend a couple of the educators' programs virtually to be able to see them in their teaching/ facilitation roles. I plan to continue to do more of that in the upcoming months.

On State side I have continued serving on the Volunteer Management Systems Advisory Committee, and the Area Extension Director Workgroup for the Agriculture Staffing Plan. The state has started relaxing slightly on the hiring freeze. Due to the thaw, I am currently working on the paperwork for the the Marquette Human Development & Relationships Educator.

This month, I have also taken in some professional development. I took a self-study class called "Influencing Teams from Within", did a calibration refresher as part of the educator performance process, and attended a couple of county department head trainings.

Sincerely,



Adam A. Hady



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
GREEN LAKE COUNTY

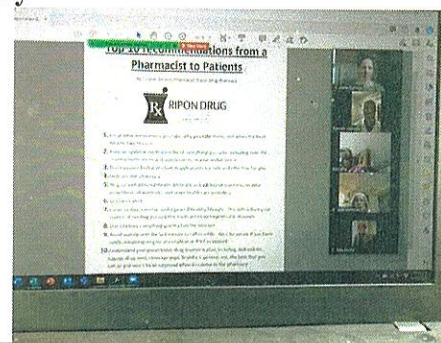
Katie Gellings  
Green Lake County  
Health & Well-Being Extension Educator  
January 2021

This report briefly describes the work that was completed within the Health & Well-Being Institute in January of 2021. During the reporting period, the educator made 357 direct educational and professional contacts.

### **Educational Programming, Networking and Outreach in the Local Community**

#### *Aging Mastery Program – Green Lake County via Zoom*

In January, I completed the 10-week series of teaching Aging Mastery via Zoom. There were 18 participants who registered for the free program, and each week there were at least 14 who attended. Each class is 75 minutes in length and has a guest speaker component as well. I scheduled guest speakers usually from the community each week and they spoke for 20-30 minutes. Following their portion, I taught the Aging Mastery curriculum and we ended with questions. The discussion and activity portion of the class was very rich, and I enjoyed hearing how much participants were learning from the program.



<b>Aging Mastery Class Topics</b>	<b>Expert/Guest Speaker</b>
Navigating Longer Lives	None
Exercise and You	Pam Alf, Berlin Fitness
Healthy Eating and Hydration	Katie Gellings, UW Madison Division of Extension – Green Lake County
Financial Fitness	Cathy Hargrave, Thrivent Financial & Helcia Bierman, Horicon Bank
Medication Management	Connor Hanson, Ripon Drug
Advance Planning	Jennifer Koepl, Koepl Law Offices
Sleep	None
Healthy Relationships	Nancy Vance, UW Madison Division of Extension – Clark County
Falls Prevention	Amanda Kutcher, ADRC
Community Engagement	Deb Tauer, ADVOCAP

#### **Aging Mastery Program (AMP) Evaluation Data:**

- 100% of participants stated AMP helped them deal more effectively with their health
- 86% of participants stated AMP helped improve their quality of life
- 100% of participants stated the AMP educator was competent, knowledgeable, and taught the class well.
- Other comments:
  - “Very informative – touched on a lot of subjects relevant to growing older.”
  - “Liked the program online. Would not have attended if it was in person.”
  - “Enjoyed a variety of topics and the knowledge of the speakers.”
  - “I very much enjoyed this program. Some subjects I was more familiar with, but still learned something new. Educator was good and helpful. I would love to do again with different topics!”
  - “This program was great. I was able to increase my self-care from participating.”
  - “I really enjoyed the class discussions with the instructor, speakers, and others’ in the class. The book was extremely helpful and kept me organized and able to complete the assignments which improved my overall health.”

#### *Encouraging Financial Conversations – Eastern WI Team*

I completed teaching Encouraging Financial Conversations in January with the Eastern WI team. I taught two of the six sessions on spending and borrowing. There were 53 participants with six participants from Green Lake County. We are collecting evaluation data that I will share with you as we receive it. I will be teaching this same six session course for professionals in February with a Central WI team. Both of the six-week sessions are being taught over Zoom.



### *Strong Bodies – Coffee Chat Lesson on Mindfulness*

In late January, I taught a mindfulness lesson to 305 participants following their Strong Bodies class via Zoom. The class is open to all WI residents and the lesson topic was selected by majority vote. I will be teaching to this large group during their Coffee Chat in February and March as well. The participants learned about the importance of mindfulness, and how to practice mindfulness. I also allowed them the opportunity to participate in two mindfulness activities.

### **Networking within Extension and Professional Development Opportunities**

I made 23 contacts within the UW Extension system during the month of January. I continue to have a number of professional meetings scheduled with colleagues and mentors to continue to network and learn from my fellow Extension educators.

### *WeCOPE Training*

Weekly, starting in January, I am participating in a training for a stress and coping program for adults called WeCOPE. It is based on the research that even in the context of life stress such as serious illness or death of a loved one, positive emotions can and do occur and have unique coping correlates and adaptive consequences. WeCOPE is a 6-week long program. Sessions meet once a week for one hour. The six sessions encourage practicing skills such as mindfulness, savoring, positive reappraisal, gratitude, and goal setting among others. This program training is funded under a behavioral health grant and will require that I teach the WeCOPE program at least one time for Green Lake County residents within the next 18 months via Zoom.



### **Newspaper Articles**

“Check Your Free Credit Report” Berlin Journal Newspapers. January 25, 2020. By Katie Gellings, Health & Well-Being Educator

### **Out of County Days**

- 0 Out of county days for January
- 0 Out of county days planned for February

\* Travel expenses are covered by Extension



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
GREEN LAKE COUNTY

**Ben Jenkins**  
**Green Lake County**  
**Agricultural Educator**  
**February 2021**

*This report briefly describes the work that was completed within the Agricultural Program in January of 2021. During the reporting period, the educator made 86 direct educational and professional contacts plus other unknown contacts through relevant social media postings.*

## **Educational Programming, Networking and Outreach in the Local Community**

### *Marketing With Confidence!*

Starting in September my colleagues and I worked on building a webinar series titled Marketing With Confidence! The objective of the series is to give producers of Agricultural commodities the tools they need to be successful in the marketplace. The series started on January 5<sup>th</sup> and will finish with the last session on March 16<sup>th</sup>. Grain is every other Tuesday at 7:30 AM and Livestock is every other Thursday at 1PM. Topics so far have been knowing your cost of production which was taught by myself, and cash flow analysis.

### *General County Outreach*

In January I wrote a focus article on the history and use of the Tomato. The focus of the article was to emphasize the importance of choosing the right variety for the backyard garden. I also posted a warning to the extension Facebook page about the shortage of vegetable seeds going into the 2021 season. Given the want for food security brought on by the COVID-19 pandemic more and more people are interested in growing their own food. As a result wholesale supplies of garden seeds are extremely tight. I've also been fielding numerous calls on the new DATCP policy for Pesticide Applicator License Renewal. Applicators up for license renewal in 2020 will be extended through 2021 although applicators who get a brand new license this year will have to renew again next year.

### *Webinars*

I've been working to promote upcoming webinars offered by UW-Madison Division of Extension with our county stakeholders. This being the time period when most of the educational programming gets presented. The COVID-19 pandemic has given us a unique opportunity to collaborate in ways that were not possible prior. It has also given us the ability to reach a wider audience than ever before. By going to a ZOOM format I am now able to work with colleagues around the state and both help them build programming but also promote programs to our stakeholders that will be of value to them but aren't necessarily in my area of expertise. Webinars from January included: Animal Care on the Farm, Value Added Growing, Farmgate economic outlook, and Focus on Forage.

**Marketing with Confidence**

• UW-Madison Division of Extension •  
Adams, Columbia, Dodge,  
Green Lake, Juneau, and Sauk Counties  
present

**Join via  
phone or  
computer**

Farming today is challenging in many ways. Most of us expect the typical challenges a season can bring, pest pressure, wild weather, and machinery breakdowns. But today more than ever a farmer needs to be able to tackle the challenge of the marketplace. Starting in January, the UW-Madison Division of Extension will be putting on one half an hour webinar a week taking you through the basics of finding your cost of production, understanding your cash flow, and then using this foundational information to make the important decisions about how and when to sell your grains and livestock.

This program series will be a bi-weekly half hour teaching sessions via Zoom with time for questions afterwards. We will have two tracks one focused on grain and the other on livestock. The two tracks will be on opposite weeks. The schedule will be as follows:

Grain		
Tuesdays from 7:30 to 8:00 am With time for questions following.		
January	February	March
5 <sup>th</sup> - Cost of Production	2 <sup>nd</sup> - Forward Contracting	2 <sup>nd</sup> - Puts/Calls
19 <sup>th</sup> - Cash Flow	16 <sup>th</sup> - Hedging	16 <sup>th</sup> - Value Added
To register go to: <a href="https://go.wisc.edu/9mcllr">https://go.wisc.edu/9mcllr</a>		

For any questions on this upcoming program series please reach out to Alana Voss, Extension Juneau & Sauk County Educator at [alana.voss@wisc.edu](mailto:alana.voss@wisc.edu) or 608-477-3945.

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## Networking within UW Extension and Professional Development Opportunities

### *Soil Health Cycles Matt Ruark*

On the 21<sup>st</sup> I got a brush up on soil health from Matt Ruark Soil Health Specialist. Matt has done and continues to do nutrient field trials in Green Lake County. It is a privilege to work with Matt and so it was with great delight that I got to listen to him give a talk on the components of nutrient cycling in healthy soil. This is a topic that is growing in interest thanks to the sudden interest in Regenerative Agriculture.

### *UW-Madison Division of Extension ZOOM Meetings*

I tune in to the Monthly update brought to all of Extension by Dean Karl Martin. Dean Martin keeps us up to date on the decisions being made in Madison and how it will look on a practical county level once implemented. I also tune in once a month to the Ag Institutes updates so stay abreast of policy and news related specifically to the Ag Institute. I also participate in the monthly area 14 ZOOM to stay current with our surrounding counties.

### *Programming Area ZOOM Meetings Friday Updates*

I've been keeping up to date with the other program areas by attending the Friday morning ZOOM meetings. This allows me opportunity to see what the program areas that are not in my designation are working on. Without this I won't be aware of any collaborative opportunities that may be coming up.

### *Farm Startups 1/29/21*

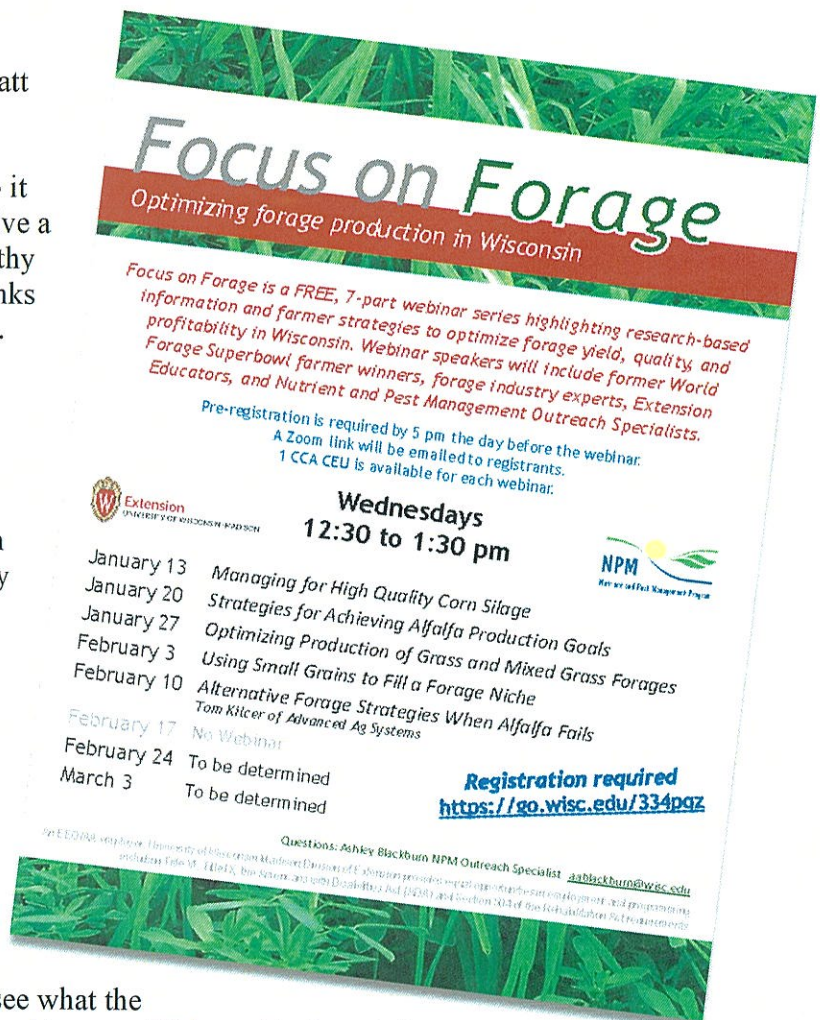
I have been working with a group of colleagues from the small business institute as well as the Agriculture Educator in Racine/Kenosha and the Farm Management Outreach Program Manager and a Farm Business Specialist to produce a program on farm business startups. The focus of which being around alternative agriculture and the lean startup method.

### **Out of County Days**

0 Out of county days for January

0 Out of county days planned for February

\*Denotes that it was paid for by UWEX



**Focus on Forage**  
Optimizing forage production in Wisconsin

Focus on Forage is a FREE, 7-part webinar series highlighting research-based information and farmer strategies to optimize forage yield, quality, and profitability in Wisconsin. Webinar speakers will include former World Forage Superbowl farmer winners, forage industry experts, Extension Educators, and Nutrient and Pest Management Outreach Specialists.

Pre-registration is required by 5 pm the day before the webinar.  
A Zoom link will be emailed to registrants.  
1 CCA CEU is available for each webinar.

**Wednesdays**  
12:30 to 1:30 pm

January 13 Managing for High Quality Corn Silage  
January 20 Strategies for Achieving Alfalfa Production Goals  
January 27 Optimizing Production of Grass and Mixed Grass Forages  
February 3 Using Small Grains to Fill a Forage Niche  
February 10 Alternative Forage Strategies When Alfalfa Fails  
Tom Klier of Advanced Ag Systems  
February 17 No Webinar  
February 24 To be determined  
March 3 To be determined

**Registration required**  
<https://go.wisc.edu/334pgz>

Questions: Ashley Blackburn NPM Outreach Specialist [aabblackburn@wisc.edu](mailto:aabblackburn@wisc.edu)

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**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
GREEN LAKE COUNTY

Morgan Martinez  
Green Lake County  
4-H Program Educator  
January 2021

This report briefly describes the work that was completed within the 4-H Program in January 2021. During the reporting period, the program coordinator made 55 direct educational and professional contacts.

## **Program Highlights**

### ***Green Lake County 4-H Leaders' Association***

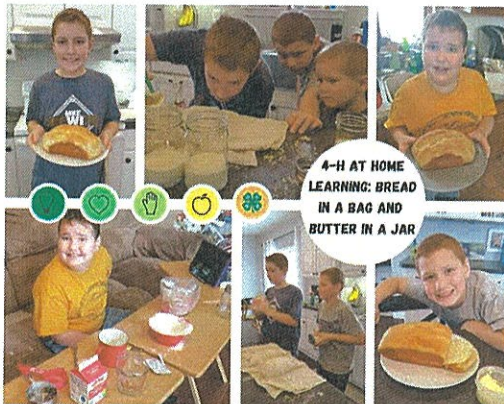
The 4-H Leaders' Association met on January 7, 2021 for their monthly meeting via Zoom. During this meeting leaders discussed county project group updates, Friends of 4-H sponsorship update, and county-wide 4-H opportunities.

### ***4-H Cloverbud Club***

January's 4-H Cloverbud Club explored the Wisconsin 4-H Cloverbud Curriculum of making pop-up greeting cards. Throughout this workshop it was discussed different reasons to send cards to others and how to make creative pop-up cards using common supplies found at home.



### ***At Home Learning: Bread in a Bag and Butter in a Jar***



On Saturday, January 16, 2021 I connected via Zoom with four 4-H'ers where we explored how to make bread in a bag and butter in a jar! Throughout this workshop we discussed how yeast works in bread making, the science of making butter from heavy cream, and enjoyed a few ice breaker games throughout the session!

### ***Green Lake County Livestock Council***

I supported the Livestock Council in meeting via Zoom on January 19, 2021. Agenda items included: livestock tagging, auction participation requirements, buyer appreciation dinner, and discussion of changing the format of the GLC Fair Livestock Auction. Currently animals are sold at the Livestock Auction per pound and discussion is to sell animals per lot at the Livestock Auction.



## **Networking within Extension and Professional Development Opportunities**

### ***Preparing Youth Development Professionals for Current Issues in Developing Effective Partnerships***

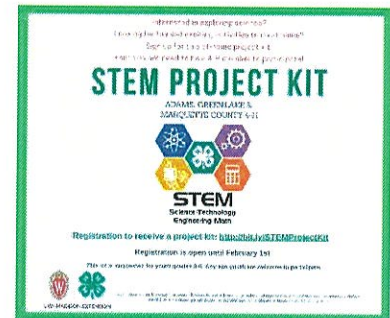
I attended a professional development workshop on January 13, 2021 presented by University of Minnesota Extension. University of Minnesota Extension presenters shared successful strategies to overcome the current challenges to adapt, initiate or maintain partnerships in a changing world as well as identify strategies to adapt to changes and meet the changing needs of families with effective partnerships.

### **Professional Development Webinar: Using Flippity in Virtual 4-H Programs**

I attended a professional development workshop on January 20, 2021 hosted by the National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP). Extension professionals from University of Georgia Extension/ Georgia 4-H explored the need for effective virtual program delivery, explained the different tools offered on Flippity online platform and how these can be used in virtual program delivery, discussed ways to apply this knowledge in a variety of Extension programming contexts, and experience how to build educational resources and activities to use at a later date.

### **4-H Project Kits Planning**

In collaboration with Evan Henthorne, Adams County 4-H Program Educator, and Christa Van Treeck, Marquette County 4-H Youth Development Educator, we have begun planning a series of at-home project kits to offer youth in our counties. These kits will be distributed throughout the next few months and focus on topics such as STEM, career and college readiness, and cultural arts. The project kits will be available for any youth regardless of 4-H membership status. The first project kit focuses on STEM for the target audience of youth in grades 3-6 (any youth may sign up). There are over 100 youth signed up to receive a STEM project kit!



### **Telecommuting due to COVID-19**

I am continuing to follow Wisconsin Department of Health Services, UW-Madison, and federal guidelines and work remotely due to the COVID-19 virus outbreak. I continue to connect, learn and share with Extension colleagues via Zoom. Some of the meetings I participated in during the month of January while telecommuting:

- Positive Youth Development Institute and 4-H Program on 1/14, 1/19, 1/28, 1/29
- WI 4-H Program Quality Committee on 1/14, 1/22, 1/26
- 4-H COVID Era Programming Meeting on 1/5, 1/26
- WAE4-HYDP 2021 Awards Kick-Off on 1/12
- 4-H Colleague Connect (Thursday Weekly)
- Southwest Region 4-H Colleague Connect (Wednesday weekly)
- Dean's COVID-19 Exchange (Wednesday bi-weekly)
- Area Extension Director Check-In (Monday bi-weekly)
- Green Lake County Staff Meeting on 1/8
- Area 14 Zoom on 1/7
- Restorative Justice Summit on 1/8

### **Out of County Days**

- 0 Out of county days for January
- 0 Out of county days planned for February

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Extension

UNIVERSITY OF WISCONSIN-MADISON

**Marquette/Waushara/Green Lake County  
FoodWise Coordinator Laura McCulley Report**

**December 2020**

**Programming**

*No in-person programming due to COVID-19*

- StrongBodies Virtual Classes; Mondays, Wednesdays, and Fridays; 8:30-9:30am with lessons after class
  - Registration [remains open](#)
  - Current enrollment by county: Adams (17), Green Lake (6), Juneau (2), Marquette (13), Waushara (13)
- Virtual Programming with Color Me Healthy Curriculum, 6-lesson series to 3, 4, and 5 year olds; conducted via Zoom to in-person students
- Virtual Programming with Teen Cuisine Curriculum; 6-lesson series; conducted via Zoom to in-person students

*Upcoming Programming in February*

- Continuing StrongBodies
- Color Me Healthy with CAP Services HeadStart in Oxford

**Collaborative Work**

- FoodWise Harvest of the Month Committee
- Healthy Schools PSE Work Team
- Weekly check-ins with Julie Roseberry
- Health, Well-Being and Food Security coalitions
  - *Reach Waushara*
  - *Chronic Disease Action Team Waushara*
  - *HEAL Team Marquette*

**Training and Professional Development:**

- FoodWise Online Training (ongoing)
- New Cohort Onboarding (ongoing)
- Webinars & Conferences:
  - The Restorative Justice Summit
  - All-Extension Virtual Conference (3 days)
  - Connect with Confidence: Teaching Seminars from Zoom (Series)

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