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Connecting With and Learning About State Government

This year’s Leadership Waupaca County class just returned from the annual trip to Madison where they learned about how to contact state elected officials, how to work with staffers, and how state government, the courts, and finances are run. A brief account of their visit follows:

- Chief Justice Pat Roggensack outlined how cases make it to the state supreme court, as well as the decision making process that goes into deciding which cases the highest court in Wisconsin will hear.
- LWC participants split up for individual meetings with legislators that have an interest in or have worked on the topic area of their team projects. This year the team project topics are broadband, substance abuse, opportunities for growing and retaining young people, and building strong social capital in our communities. Participants met with Rep. Jon Plumer, Rep. VanderMeer, Rep. Kerkman, and Rep. Brandtjen.
- Mike Koles, Executive Director of the Wisconsin Towns Association, discussed policy issues affecting state and local government.
- Lt. Governor Mandela Barnes introduced himself, his background, and hopes for the future. He also had a direct conversation with the LWC participants and answered many questions and explained the role of Lt. Governor in Wisconsin .
- LWC participants had the opportunity to get an assembly and senate overview from Rep. Kevin Petersen and Senator Luther Olsen.
- Randy Koschnick, Director of Wisconsin Courts, outlined the operational side of the court system, including how the CCAP system is managed.
- Bob Lang, Fiscal Bureau Director, described state budgeting and finance and how the logistics can differ depending on the political mix of the governor’s office, the legislature and the senate.
- A brand NEW feature this year was that all LWC participants had the opportunity to meet with their individual representatives or senators to discuss issues of importance to them.



LWC Participants posing in the Governor's conference room during a tour of the capitol building.

All in all, it was a jam-packed, but rewarding experience!

~Jessica Beckendorf

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Extension Impact: Education Makes a Difference

Extension Continues Work to Support Substance Abuse Recovery at Newly Opened Recovery Community Center

Waupaca County UW-Extension Human Development and Relationships (HDR) educator Sandy Liang strives to address pertinent issues affecting individuals and families. Substance use has continued to be a concern—the most recent data<sup>1</sup> on substance abuse in Wisconsin shows that both opioid and methamphetamine service admissions have increased over the past four to seven years. Substance abuse has health, social, public safety and economic implications for communities.

In Waupaca County, 260 individuals used county-authorized substance use services in 2015. More are on waiting lists, are ineligible for services, or do not have the resources or support for treatment. The county has actively worked to address the rising issue from both a public health and community perspective. Liang continues to stay connected to these initiatives. She began working on the issue as part of a Leadership Waupaca County small group project and has since presented at the Family Connections Support Group and partnered with the county’s drug court to offer financial counseling.

Last year, Liang visited the newly opened Recovery Community Center in downtown Waupaca which will offer recovery-oriented support groups and educational workshops. She connected with Wes Van Dyke, operations director, who expressed an interest in mindfulness/meditation—a topic that has attracted growing interest in human development.

This winter, Liang facilitates “Taking Care of You: Body, Mind and Spirit”. It is a research-based workshop that offers practical strategies and experiences to help people deal with stress and challenges in healthy ways, including mindfulness practices. Contact Liang at 715-258-6230 or [sandy.liang@ces.uwex.edu](mailto:sandy.liang@ces.uwex.edu) if you are interested in learning more or attending a workshop.



- It is open to those in recovery, the individuals who support them, or any community member. Participants can benefit by:
- Becoming more aware of the mind-body connection and using this awareness for better health
  - Respond versus react to the stress in life
  - Live more in the moment
  - Discover opportunities in life’s challenges

HDR educators continued efforts to develop partnerships is key to creating a community where individuals and families have the information and skills to thrive.

~Sandy Liang

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1. State of Wisconsin Department of Health Services: Division of Mental Health and Substance Abuse. (2015). Wisconsin Mental Health and Needs Assessment. Retrieved from: <https://www.dhs.wisconsin.gov/publications/p0/p00613.pdf>



## Community Food Challenge

FoodWise educators Christi Gabriliska and Kelly Hammond partnered with the Waupaca Area Food Pantry, and Living the Waupaca Way Coalition to offer the Community Food Challenge Hunger Simulation at the Food Pantry on November 2nd. This was the first hunger simulation Waupaca Co. FoodWise had ever offered. A small work group was put together and meet a few times before the event. Volunteers were recruited from the pantry and the coalition. The objective of the event was to bring awareness to Waupaca County professionals and community members of the barriers individuals with limited-resources face in order to procure nutritious foods for their families. This was an exciting opportunity to help promote the Food Pantry by marketing healthy donation options during the holiday season as well.

There were 21 participants and 12 volunteers on the day of the Behavioral Health specialist, Birth to Three case workers, WIC employees, Food Pantry volunteers, Counselors, Physical Therapists, UWEX and FoodWise staff, and Community Members made up the group. Results from the post survey were overwhelming.

"It makes you realize all of the different steps that some people have to go through other than just getting in the car and driving somewhere" was a comment made by a volunteer at the simulation. After attending the hunger simulation 54% of participants said they had gained empathy towards food insecure families and individuals. There was really great discussion after the simulation. It was clear participants had gained a lot from attending. The simulation helped to shine light on the great resources available in our community however it also brought awareness to the gaps such as transportation.

It was really special to hold the simulation at the food pantry. Participants were able to see for themselves what it looked and felt like within the pantry. Most of the participants worked with clients who visited the pantry however they had never been there themselves or understood the process of utilizing the pantry. The pantry volunteers had an opportunity at the end of the simulation to talk with the participants about the pantry, how it operates, and what a family would go home with after visiting the pantry. Although we learned a lot and may change some things, FoodWise was very pleased with their first hunger simulation in Waupaca County. We are excited to continue this partnership with the food pantry and hope to continue offering simulations in the future.

~Christi Gabriliska

### Waupaca County News Threatened by hunger

BY WAUPACANOW / NOVEMBER 8, 2018 / 0  
Penny Tank (left) hands money to Marian Potts during a hunger simulation at the Waupaca Area Food Pantry. Angie Landsverk Photo



Penny Tank (left) hands money to Marian Potts during a hunger simulation at the Waupaca Area Food Pantry. Angie Landsverk Photo

## 4-H Youth Leadership Opportunities

One of the requirements to be a 4-H club in Wisconsin is to have youth involvement in leadership and decision making. Each year, youth of all ages are elected to officer leadership roles within the 18 4-H clubs in Waupaca County. With this opportunity comes excitement, nervousness, responsibility, and new experiences for building life skills. With this also comes the need for continued training and support for club officers. Officer Training is held annually and some general information remains the same for duties of each office and running meetings, however, Tank and the 7 member volunteer planning committee specifically discuss current needs in the clubs and focus on a different large group educational topic annually. Tank leads the large group session and this year focused on teambuilding and expanding access ideas for 4-H clubs. The ideas shared for expanding access will be put together into action steps that clubs can consider as they look at their goals for the coming years. Tank also prepared an officers handbook that each youth received. Information in the handbook included goal setting, parliamentary procedure, leading club discussions, agendas, and more. Thirty seven youth and adults attended Officer Training with 6 adults and 1 youth teaching. When asked on the evaluations, what is one thing participants will do as a result of attending Officer Training, responses included "be more enthusiastic about the meetings", "pay attention and add details", and "I will become a better leader and help out." When asked if they have at least one new idea for their club from attending training, before training the average was a 2.32 out of 5 and after training the average was a 4.15 out of 5.

~Penny Tank

Handbook adapted by Tank for all Officers in 2018

Waupaca County 4-H



4-H Club All Officers Handbook



## Field Day Highlights Local Research

Although heavy rain forced the Oct 10 Fall Field Day inside, more than fifty farmers and agribusiness professionals attended to learn more about local field research and demonstration projects in 2018, including: water hemp weed identification and control; inter-seeding cover-crops into growing corn; adaptive nitrogen rates for corn; forage sorghum / Sudan grass variety trials, and pasture design and management for dairy heifers. The new Waupaca County Manure Ordinance was also reviewed.

Feedback was very positive, especially given the last minute need to change from an outdoor to an indoor event. Photos, as well as actual samples from the various field projects were incorporated into presentations. Both the replicated corn nitrogen rate plot (7x4) and the forage sorghum/Sudan grass variety plots (10x3x2) have since been harvested with adjusted dry corn grain yields running between 150 and 250 bushels per acre; and the dry matter harvested from most forage sorghum /Sudan grass varieties matching or exceeding local corn silage yields. The field projects are part of a broader effort by Extension faculty and staff to improve both agriculture economic and environmental sustainability.

Blonde was the featured guest on the Midwest Farm Weekly television program that aired Nov 3-4 on WFRV-TV (CBS) in Green Bay. Information about apps he helped develop over the past several years were shared through an interview with hosts Mike Austin and Millaine Wells while the educational videos Blonde developed earlier this year on how to use the apps appeared on screen. WFRV, a CBS affiliate, reaches over 445,000 households in Northeast Wisconsin across 20 counties. A link to the interview is available at: <https://www.wearegreenbay.com/ag-report-wearegreenbay/midwest-farm-weekly/harvest-apps-help-producers-estimate-prices/1574619223>

~Greg Blonde



Local forage Sorghum/Sudan grass research data was presented as part of the Waupaca County UW-Extension Forage Council 2018 Fall Field Day. More than 50 farmers and Ag professionals attended the Oct 10th event near Manawa.



### Office Hours:

Monday-Friday

8:00 a.m.—4:00 p.m.

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