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### Connecting with Extension Waupaca County Educators & Staff

Extension Waupaca County is closely monitoring the impact COVID-19 is having on our community and our Extension programming. We are following the guidance from UW-Madison, Waupaca County Public Health and our Waupaca County partner and adjusting our procedures for events and staffing as needed.

To continue to be a resource, Extension Waupaca County Educators continue to **work safely and deliver programming using the most current guidance and best practices.** We are very much available—email is best. **Staff are working on innovative methods to serve YOU!** Please check our website for the **latest** information and resources:  
[waupaca.extension.wisc.edu](http://waupaca.extension.wisc.edu)

You may also **call** our office at 715-258-6230 or **email** [amy.ebert@wisc.edu](mailto:amy.ebert@wisc.edu) for assistance. The office is open to the public, and County Support Staff are still able to **mail** 2019 Plat Books as well as provide assistance to our Educators!

#### Connect via EMAIL:

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UNIVERSITY OF WISCONSIN-MADISON  
WAUPACA COUNTY

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## Extension Impact: Education Makes a Difference

### Community Development Educator Co-Creates a Bilingual Leadership Development Program

*By Jessica Beckendorf, UW-Madison Extension Community Development Educator for Waupaca County*

In recent years, I was approached by a member of Waupaca County’s Building Bridges network - an informal network dedicated to strengthening Hispanic/Latinx individuals and families in Waupaca County. She had recently been through Leadership Waupaca County and saw potential in delivering similar programming to Spanish speaking residents in the county. Similarly, the Community Development Educator in Green County had uncovered a need for this type of programming through relational conversations.

We decided that we could do more together than we could individually, and teamed up with a group of Hispanic/Latinx collaborators from across the state that we refer to as the “Co-construction Team.” Three members of Building Bridges are on this team, along with people from Fond du Lac, Green, and Milwaukee counties.



This team has been instrumental in identifying culturally and linguistically appropriate topics and program logistics. Our team meetings feature live interpretation and translation, giving us all an opportunity to fully live up to our goal of creating a culturally and linguistically appropriate program. In fact, team members have commented:

- “It’s going to grow. I love it!”
- “(this is like a) dream come true!”
- “It’s good to feel like a part of the program (rather than just brought to the table)”
- “I really like how we’re doing the work...I like the brainstorming and that everyone’s contributions are important.”

Probably one of the most exciting developments is that this project has been recognized by some Extension leadership to be an important focus for this year, and will be prioritized for small sums of funding as we identify needs. Finally, we were very recently awarded a \$15,000 grant to build some capacity in the program for communication and relationship building support.

Our goal is to begin offering the program in the fall of this year in Waupaca, Green, Fond du Lac, and Milwaukee counties.

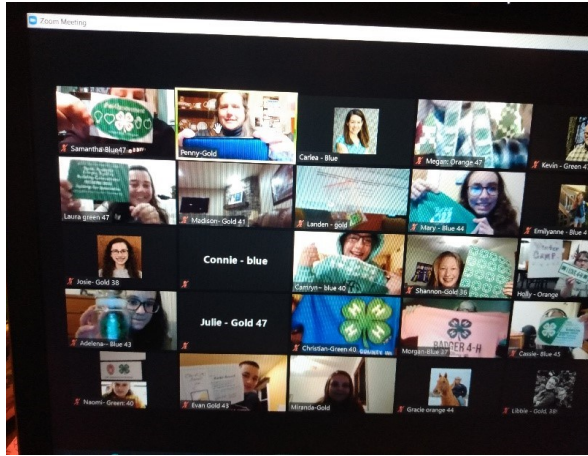
## Teen Winter Leadership Camp

By Penny Tank, UW-Madison Extension 4-H Program Educator for Waupaca County

Like many things during this last year, Teen Winter Leadership Camp was held virtually in early February. It was a Friday night and Saturday morning and afternoon. Tank worked with other colleagues to plan the schedule and details about camp. About 40 youth participated, mainly from Eastern WI, with 3 from Waupaca County. Tank and the 4-H Program Educator from Calumet County created a virtual escape room using google forms, which was used to highlight skills like teamwork during Winter Camp. We each created puzzles about 4-H terminology, meetings, and more that were made into sections of the escape room that teams of youth needed to solve to go on to the next “room” and complete the challenge.

In addition to creating the virtual escape room, we also led the team building educational session. In this session youth were asked to create a definition of team building and then plan a program using team building skills.

Based on evaluations, 93% of participants feel like they can apply good team building practices back in their 4-H club or county program and 100% of respondents said they would participate in another virtual Extension program. Following Winter Leadership Camp, the escape room was shared on a statewide lunch-n-learn for other colleagues, and was requested by educators in other states after being shared on a national resource sharing site.



## Keep Calm & Cook ON - A Successful Virtual Nutrition Education Series

By Hailee Struck, UW-Madison Extension FoodWise Educator

Collaborating throughout the four county project, educators Hailee Struck, Miranda Dawson and Kristine Soper of FoodWise, provided SNAP eligible, families with young children with a virtual nutrition education opportunity. With the support of their coordinator Christi Gabrilka they successfully planned this series and partnered the local county WIC (Women, Infants & Children) Programs and Waupaca County CAP Services Head Start Programs in Clintonville, Waupaca and New London. They used a pilot curriculum from Cooking Matters in which children were encouraged to be present and participate.

Virtual education took additional planning, which included; recorded video production and closed captioning, Zoom translation feature training, creation of visuals, co-pilot zoom training, partner led and social media advertisement, and translation of materials for non-English speaking participants. The team was successful in hosting two classes with the Head Starts and had eleven families attend and six of those families attended both lessons. They hosted four classes with the WIC Programs, two separate dates and times for the two lessons, which six families attended.

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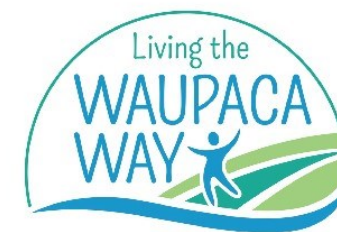
These lessons were advertised “Keep Calm & Cook ON” Casual Conversations Around Healthy Choices During Hard Times. The main objective was to help decrease stress around making healthy choices, especially dealing with the unforeseen challenges of COVID-19. Lessons highlighted caregiver role modeling good eating habits, safe and appropriate tasks for kids in the kitchen, tips on saving time and money, and helping kids enjoy more fruits and vegetables. After attending, participants received recipe grocery items and incentives which included a child sized apron and utensils.

With the success of these lessons, Waupaca County FoodWise educator, Hailee Struck, plans to roll out another series with the Waupaca County CAP Services Head Start Programs again through the remainder of spring into summer.

## FoodWise Collaborates with Coalition to establish the Waupaca County Hunger Network

By Christi Gabrilka, UW-Madison Extension FoodWise Coordinator for Calumet, Outagamie, Winnebago & Waupaca Counties

We have heard many times that COVID-19 has heightened disparities within our communities. FoodWise colleagues Christi Gabrilka, Hailee Struck and Hannah Phillips teamed up this year to collaborate with the Living the Waupaca Way Coalition to establish a network of partners and key leaders in the community who work with limited resource individuals and families.



After hearing partner after partner express similar needs and barriers the FoodWise team decided to create a space where people could come together to share ideas and resources, troubleshoot problems and build new relationships. Gabrilka, Struck and Phillips compiled a list of over 20 agencies and individuals from across the county and established a regular meeting time. They are calling their group the “Waupaca County Hunger Network” and meet every second Wednesday of the month from 2:30 – 4:00pm. So far they have held two meetings and have generated a lot of interest.

If you are interested in joining the team contact Christi Gabrilka, [Christi.gabrilka@wisc.edu](mailto:Christi.gabrilka@wisc.edu).