



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

Community Development/StrongBodies

PROVIDES EDUCATIONAL PROGRAMMING TO ASSIST LEADERS, COMMUNITIES, AND ORGANIZATIONS REALIZE THEIR FULLEST POTENTIAL.

MICHELLE GRIMM, EDUCATOR



Michelle Grimm

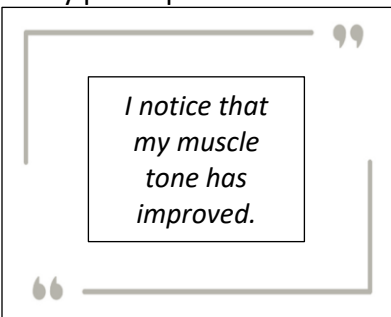
StrongPeople/StrongBodies 2022 Evaluation Results

Approximately two-thirds of all Wisconsin deaths are attributed to chronic diseases such as heart disease, cancer, stroke, and diabetes. Regular physical activity reduces the risk of chronic illnesses and has additional benefits, including improvements in strength, muscle mass, bone density, and mental health. Across the United States, only 9% of adults are reaching the strength training recommendations of the Physical Activity Guidelines for Americans of at least two days of strength training activities. Existing and current research indicates that regular strength training is impactful in improving many aspects of health. Access to low cost, community-based programs for strength training is essential for increasing the number of adults engaging in exercise. Additionally, there is a gender disparity with those who have osteoporosis and osteopenia. Women start losing bone at an earlier age and at a faster rate than men. Women over 50 years of age have a four time higher rate of osteoporosis and a two times higher rate of osteopenia, and they tend to have fractures five to 10 years earlier compared with men.

Taylor County Survey information indicated that participants have seen results

- 89% felt stronger due to the program
- 82% reported that their balance improved
- 78% reported that their health had improved throughout the course of the program
- 76% noticed an improved in their mental health

Many participants indicated that they liked the social aspect of the in-person classes.



Comments from participants:

- “Great program; I am glad it is offered in my area.”
- “Lots of fun and my balance is better.”
- “I am more aware of my posture and balance.”
- “My doctor noticed an improvement in my bone density.”
- “I haven’t fallen yet this fall!”
- “10 stars; we love the program and instructor.”



Agriculture

PROVIDING RESEARCH-BASED LIVESTOCK AND FARM BUSINESS MANAGEMENT INFORMATION, RESOURCES AND DECISION-MAKING TOOLS TO FARMERS AND AGRIBUSINESSES.

SANDY STUTTGEN, EDUCATOR



Sandy Stuttgen

Artificial Insemination Videos: Development Activity not only to assist visual dairy and beef farmers but to reach the underserved. A collaborative effort with other Extension educators in creating instructional videos for dairy and beef farmers to aid in artificial insemination programs used on their farms. The objectives of the videos are to help visual learners by reinforcing the topics taught during the Artificial Insemination Course that aims to improve success of artificial insemination programs on dairy and beef farms.

Biosecurity Preparedness: Planning farmer biosecurity preparedness with Wisconsin Department of Ag Trade and Consumer Protection (DATCP) emergency services and animal health officials to improve economic sustainability for dairy and livestock producers following a foreign animal disease event. UW Madison Extension educators have been discussing projects regarding biosecurity preparedness in the event of a foreign animal disease with Wisconsin Department of Ag Trade and Consumer Protection (DATCP) emergency services and animal health officials. DATCP has received a National Animal Disease Preparedness Grant for Secure Food Supply trainings for farmers and youth biosecurity videos that Extension can help with. The projects are being scoped and Extension involvement clarified.

Dairy to Beef Assistance: Retrofitting a dairy yard for a beef cow-calf handling facility to increase economic sustainability for a farmer changing from dairy to beef production. Sandy Stuttgen, with help from Extension Beef Outreach Specialist, Bill Halfman, is providing beef production advice to a Taylor County farmer who exited dairy production and began backgrounding beef steers using intensive managed grazing from May – October. This farmer is now considering adding a cow calf operation to his farm. He needs better handling facilities for handling steers and cow-calf pairs.

Following several phone calls, Stuttgen met with the farmer twice to walk the property and sketch potential facilities. She emailed follow-up information along with that provided by Halfman.

During her last farm visit, the farmer also asked for information about the profitability of raising beef steers during the winter inside his retrofitted dairy barn. Sandy shared UW Madison Extension(Bill's) Feedlot Enterprise Budget Spreadsheet with the farmer, and she will help him complete it after he determines the spreadsheet's inputs.



Taylor'd Ag News: *The goal of this effort is to provide timely educational information for improving agricultural production with farmers and stakeholders.* In November, a Special Edition of the Taylor'd Ag News, a newsletter for Taylor County area farmers and agribusiness professionals, was created and posted to share nutrient management, private pesticide applicator certification, soil health and other winter 2023 programs. The newsletter was shared to 1,154 individuals, emailed to 256 Extension Taylor County Emma recipients and its content posted to the Extension Taylor County website.

Wisconsin 4-H



Julie Diepenbrock

TAYLOR COUNTY 4-H HAS OVER 200 YOUTH AND ADULTS WORKING IN PARTNERSHIP TO PROVIDE YOUTH OPPORTUNITIES TO LEARN LEADERSHIP AND LIFE SKILLS.

JULIE DIEPENBROCK, EDUCATOR

Club Activities



Little Whispers 4-H Club recently had a grilled cheese sandwich competition at the end of their monthly club meeting - complete with judges. So much fun to see the kids working together in teams and how creative they were! Liberty recently lost a former member and is working on a gardening basket to sell and contribute funds to a Scholarship Fund in the youth's name. Diamond Lakers have been busy restocking the little library they built in memory of Virginia Ustianowski and are planning their January Rabies Clinic. Little Farmers had a meeting on Saturday at Huey's Hideaway. YLO (Youth Leaders Organization) were involved in an educational experience to Sea Life in Minneapolis. All of these activities help youth develop a sense of belonging within their club and community.

Volunteer Trainings and Approval

4-H is highly dependent on our 4-H Leaders and Volunteers. Many are former 4-H members, some are parents of youth who have joined 4-H and want to help. Becoming a volunteer includes background checks, VIP (Volunteer in Preparation) Training, Mandated Reporter/Title IX, Building Safe Spaces and Supporting Youth Mental Health (overnight chaperones only). Annual Leader Training is scheduled for January 22nd for both our adult and youth leaders (Club Officers). Trainings are designed to provide safe programs for our youth, effective and fun meetings, and a quality experience in 4-H.





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TAYLOR COUNTY

Conferences and Committees

NAE4-HYDP Conference in Madison in October and then the Extension All Colleague Conference in December. Both conferences were beneficial for learning more ideas that will help benefit Taylor County 4-H. The most interesting session at the NAE4-HYDP Conference was about teens and vaping. At the All Colleague Conference, I attended a session on using social media to disseminate educational materials. These are just a couple of the ideas I hope to implement in the coming year. I'm also serving on the Educational Resources Standing Committee, the Communications Committee, and a committee that is reviewing the Training process for Volunteers for Wisconsin 4-H. By serving on these committees, I can have input that benefits our 4-H youth and volunteers.

Extension Taylor County's Primary Partnering Organizations

- Huey's Hideaway
- Northcentral WI Cattleman's Association
- Taylor County 4-H Federation
- Medford Farmer's Market
- Taylor County Tourism
- Taylor County Department of Health
- WI Beef Council
- DATCP
- WI Animal Healthy ER Mgmt Working Group
- Athens School District
- Farm WI Discovery Center
- Northwest WI Head Start
- Lutheran Social Services
- ICAA Taylor County Food Pantry
- CDI Medford Head Start
- Prentice School District
- Taylor County Public Libraries
- Gilman School District
- Rib Lake School District
- Market Animal Show & Sale
- Taylor County Fair Board
- Medford Area Public Schools
- Taylor County Solid Waste & Recycling Committee
- Taylor County Fair Board
- Taylor County Unit of WI Towns Association

Julie Diepenbrock: *4-H Educator (Shared with Price County)*

TBD: *FoodWise Nutrition Administrator (Multi-county)*

Michelle Grimm: *Community Development Educator/Health & Well Being Educator (StrongBodies Coordinator)*

Sandra Stuttgen: *Agriculture Educator*

Kelly Phillips: *Program Assistant*

Art Lersch: *Area Extension Director, Langlade, Lincoln, Price, Taylor (715-218-5360)*

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