



Extension

UNIVERSITY OF WISCONSIN-MADISON  
MARQUETTE COUNTY



# ANNUAL REPORT 2024



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# COLLECTIVE IMPACT

## Human Development and Relationships

Home and Community Educators

Parent Café

Parent Information Exchange (PIE)

Extension Connection Newsletter

Triple P Classes

Parents Forever Co-Parenting Class

Touch A Truck

Parent Connection Library Programs

## Positive Youth Development

4-H Programming

Youth Advocates for  
Community Health

Restorative Justice Summit

Summer Camp

STEAM Programming

Teen Court

In-school and  
After-school programming

4-H Thriving Model

## FoodWise

Show Me Nutrition- 1st &  
2nd grade

Color Me  
Healthy-4K  
Classes

Discover MyPlate – 5K Classes

Serving Up MyPlate- 3rd & 4th grade

Choose Health, Food, Fun and  
Fitness-4th and 5h grade

Teen Cuisine- Middle/High school

Strong Bodies-Virtual Exercise Program

## Agriculture

Water Testing

Cropping & Grazing Consultation

Field Days

On-Farm Research

Grower Meetings

Pesticide Applicator Testing

Soil Testing

Crop Disease & Pest Diagnosis

## Collaborative Programming

Healthy Communities Healthy Youth (HCHY) Coalition

Babysitting Basic Classes for Youth

Community Book Discussions

Family Adventure Day

# UW-MADISON EXTENSION

CONNECTING COMMUNITIES *with* THE UNIVERSITY OF WISCONSIN

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## Promoting Healthy Relationships >>

We embrace the philosophy that each stage of life is unique, exciting and filled with potential. Our programs promote aging-friendly communities, coach parents and help families put technology, mindfulness and financial awareness into everyday use.

## Supporting Positive Youth Development >>

Our research-based youth enrichment programs give young people the hands-on experiences they need to grow into the global leaders of tomorrow. From youth governance to Wisconsin 4-H clubs, we provide diverse educational opportunities to prepare youth for success in Wisconsin and beyond.

## Empowering Health & Well-Being >>

We provide individuals, families, and communities the tools and guidance they need to reduce stress, improve nutrition, and support physical activity. We work with community partners to increase access to healthy affordable food, create environments that promote well-being, and address access to quality health care.

## Supporting Wisconsin's Agriculture Industry >>

Whether on the farm or in the field, we're on the front lines of modern agriculture, helping producers build stronger and more productive food systems. From managing livestock to crops to strategic financial planning for farms, our educators and researchers help solve challenges that Wisconsin producers face.



# Human Development & Relationships

*Hannah Zellmer, Human Development and Relationships Educator*

## ✦ Triple P: Positive Parenting Program ✦



An evidence based series of programs designed to promote positive parenting and reduce challenges across childhood and adolescence. These classes provide parents with a toolbox of strategies to raise confident and healthy children, build strong family relationships and manage misbehavior.

### Class Series Offered

- Triple P: 0-12
- Triple P: Teen
- Triple P: Fear-Less

## Fear-Less

This new program is intended to support parents and caregivers that have children with moderate to high levels of anxiety that causes significant distress or impacts their everyday functioning. This program aims to help parents develop strategies and skills to be able to appropriately respond to their child's anxiety and develop emotional resilience.

Hannah completed 3-day training in August in Triple P Fear-Less and was able to participate in this training accreditation thanks to a Triple P Expansion grant through First Five Fox Valley and partnership with Children's WI. The cost of the training and participant materials were completely covered by this grant.

Families have shared positive feedback through post session evaluations. When asked, "What did you find most valuable about this class?", one parent shared "the good and bad and the when of how to respond to anxiety. the fear ladder. constructive problem solving. discussing avoidance." Another parent shared, "Tools to help my child be able to manage their anxiety."

## Supporting Early Childcare Educators

Provide training for childcare providers as a Wisconsin Registry Certified Trainer. These classes count towards their required continuing education hours.

Marquette County Child Care Team received \$2500 in ARPA Funds to support Early Childcare Educators taking basic courses to work in childcare. Worked with this team to develop an application process.

Partnership with Marquette County Early Learning Center (Head start) to provide parenting classes and resources.

Worked to analyze data from multi-county focus groups for Early Child Care educators. This was a statewide assessment aiming to improve continuing education for early childhood educators continuing education, using data to be strategic and intentional to best meet the needs of teachers, children and families. Six Marquette County Educators/Administrators participated in one of the focus groups.





# Human Development & Relationships

*Hannah Zellmer, Human Development and Relationships Educator*

## Co-Parenting Education

Co-parenting education supports children and their families during times of unexpected transitions. Hannah works with the Marquette County family court to provide Parents Forever™, a 4-hour co-parenting class for parents facing separation or divorce and for families experiencing changes in the custody of their children. The quality of parenting and the handling of parental conflict are key drivers of children's well-being during this time. Classes teach valuable skills for reducing parental conflict, improving communication, and supporting children during periods of uncertainty. In 2024, Hannah held 7 classes with 50 participants.

“

You did an excellent job facilitating the class. The info you shared will be a great resource as we continue to transition from one household to two and in the future as we navigate changes, etc.-Parents Forever Class Participant

”

## Parent Cafés

Parent Cafes support build strong families using The Five Protective Factors. Hannah partnered with Childcaring to host 8 Parent Cafes with a total attendance of 138.

To support an emerging need, language interpretation services were utilized during in person Parent Cafes. This supported Spanish speaking families of Marquette County to participate in these classes alongside English speaking families.

**97%** of co-parenting class participants learned new strategies to keep children out of the middle of parenting issues so they can communicate effectively and handle conflict.



## Other Programming

**40** parent education workshops were offered both in-person and virtually to support building knowledge and skills about child development, early literacy, emotion coaching, positive parenting, and coping with parental stress.

- Touch a Truck Event
- Family Adventure Day
- Parent Connection Hour
- Families + Screens Class
- Focus on Fathers Discussion Groups
- Raising WI Children Conference
- Babysitting Basic Classes
- Planning for Life After School
- Parent Information Exchange- PIE





# Positive Youth Development

*Christa Van Treeck, 4-H Youth Development Educator*

## Marquette County 4-H

involves youth in project-based education. Through project learning, youth can explore their interests (SPARKS) and master new skills. 4-H projects are meant to be hands-on to create long-term learning experiences. This hands-on process allows youth to understand not only how to do something but also why they are doing it. Research shows that youth spending time in long-term positive youth programs, such as 4-H, are less likely to become involved in high-risk behaviors, have higher school attendance and grades, better conflict management practices, and better work habits. The goal is to eliminate barriers so more young people will experience the benefits of 4-H!



## Teen Court

The mission of the Marquette County Teen Court is to join together as a council of professional and community members to find ways to enhance positive youth and family development. The Teen Court serves to modify behavior of youth with violations by combining positive peer pressure and involvement within our county, families, schools, and organizations to promote youth development and restorative practices. Teen Court offers eligible youth an alternative to suspension or to appearing in juvenile court. In 2024 Marquette County teen court members volunteered more than 320 hours in positive youth development.

### Variety of membership opportunities:

- Multi-Project Community Clubs  
Badger  
Douglas Doers  
Russell Flats  
Springfield Fun Runners
- In-School & After-School Classroom  
Christ Alone Lutheran Academy,  
Montello Schools & Teen Court

### 2024 Programming

- Camp & Counselor Training
- SPARK Days (Project based)
- Club Officer Training
- Volunteer Management & Training
- Educational Travel Experiences (Explore WI, American Spirit, ArtBeat)
- Wisconsin 4-H AmeriCorps Member
- Family Adventure Day
- Cloverbud (K-2nd grade) programs
- Library partnership programming
- Career fairs & community outreach
- Scholarship & resume workdays
- Project based virtual learning
- Planning for Life after High School
- SO MUCH MORE!!!

**Anna Shillinglaw and Anna Steuck , WI AmeriCorps Members- Marquette County**

**BUILD CAPACITY**



By working with local organizations, identify need, develop and build new educational opportunities to reach youth not currently engaged in 4-H

**GROW 4-H CLUBS**



By building capacity of organization, new 4-H clubs develop to expand 4-H access and engage new young people.

**BUILD SUSTAINABILITY**



Recruit new volunteers, or expand roles of current volunteers, to sustain new clubs



Chartered  
in-school 4-H  
Club



After-school 4-H  
partnership with GP3  
  
Summer School



Summer School



Science,  
Technology,  
Engineering, Arts,  
and Mathematics  
(STEAM)

**ENGAGED  
LEARNING**

**SAFE  
ENVIRONMENT**

**SERVICE  
OPPORTUNITIES**

**INCLUSIVE  
SETTING**

**CARING  
MENTORS**

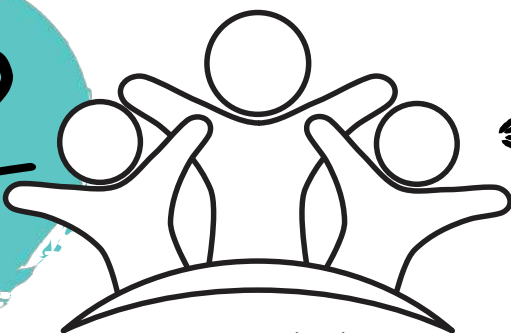
**PLANNING FOR  
THE FUTURE**

**OPPORTUNITY  
FOR MASTERY**

**BUILDING  
SELF-CONFIDENCE**

*How?*

NATIONAL 4-H HEADQUARTERS (2001). PREPARED AND ENGAGED YOUTH: NATIONAL 4-H IMPACT ASSESSMENT PROJECT.



**BELONGING**  
**MASTERY**  
**INDEPENDENCE**  
**GENEROSITY**

BRENTRO, L, BROKENLEG, M., AND VAN BOCKERN, STEVE (1992). RECLAIMING YOUTH AT RISK: OUR HOPE FOR THE FUTURE. BLOOMINGTON, IN: SOLUTION TREE.

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.





# Healthy Choices Healthy Lives

FoodWise in **Marquette County** is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed). With local strengths, we support healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents experiencing limited incomes through nutrition education at the individual, community and systems levels.



## Marquette County Landscape

**Whether people are healthy or not is affected by systems, policies, and environmental factors.**

**51%**

of children in schools were eligible for free or reduced price meals.<sup>^</sup>



**11%**

of county residents use SNAP benefits to purchase food for themselves and their families.\*



## Achieving More Together

UW-Madison Division of Extension works alongside the people of Wisconsin throughout urban and rural communities to deliver practical educational programs where people live and work. In Marquette County, FoodWise partners with Montello Schools, Oxford Elementary, Coloma Elementary, Oxford Head Start, Strong Bodies and the Care and Share Food Bank to help make the healthy choice the easy choice in our communities.

## Community

## Impacts in 2024

Engaged with 116 learners around nutrition education topics in a variety of settings, including early care and education centers, K-12 school settings, food pantries.

Partnered with Montello Schools to expand the Harvest of the Month campaign, reaching students, parents & caregivers with messages in English & Spanish to promote eating Wisconsin-grown fruits & vegetables.

With this programming I held 52 total sessions totaling 34 hours of direct education. I taught MyPlate for the youth classes, sampling recipes and learning healthy cooking options. I taught Strong Bodies to the adults, learning a strength and balance fitness routine with adult nutrition education included.

<sup>^</sup>Wisconsin Department of Public Instruction

\* WI Dept of Administration and WI Dept of Health Services

# Inspiring Collaborations

- Worked with Montello School with the Farm to School Grant and Harvest of the Month.
- We were able to highlight locally grown food and feature it in the cafeteria for the students to enjoy.
- There were also 8 community events where family and community organizations were invited into the school to help promote Farm to School efforts.
- Some examples are, The Wisconsin Chili Lunch, The Great Apple Crunch, a Potato Tasting Event.



It was great to work with the school, community and local farmers to bring these programs to the children in our community.

## Multi-level Program Efforts

I was able to provide programming at Oxford, Coloma and Montello Elementary Schools. I also partnered with Oxford Head Start for parent/child cooking classes.

I was able to provide a booth at the Montello Schools Rural Safety days. Here students picked a “germ” picture from my display and answered a question about food safety.

I also held the first Strong Bodies Senior Fitness class in Montello. This class had 10 participants that were able to work on strength and balance. This class can be modified for all fitness and age levels. Here is a comment from a participant, “My jeans are looser, I feel stronger in shoulder and legs. I no longer have to sit down to put underwear and pants on, more balanced. I walk better with my dog.”



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# Agriculture

Natasha Paris, Regional Crops Educator  
Marquette, Green Lake, Waushara, and Adams Counties

## Research

One of the most interesting aspects of my role is conducting on-farm research projects. These projects are farmer-driven and the goal is to answer a question that they have. In 2024 I had five on-farm projects. Three (two in corn and one in potato) related to reducing nitrogen losses from fields. Another was on growing alternative forages, specifically warm-season grasses, on sandy soils to look at their yield and field value (photo at left). The last one was on tracking on farm soybean production systems to better understand which practices relate to increased profitability. I held multiple field days to showcase these projects.

## Crops Education

- Trainings
- On-Farm Research
- Meetings and Field Days
- News Articles /Publications
  - Producer Calls/Visits
- Producer/Public Inquiries
  - Statewide Efforts

## Meetings and Field Days

**February:** Weed Management Meeting with Dr. Rodrigo Werle – Producers and agronomists found this valuable for better understanding their options for managing weeds, especially those that have developed herbicide resistance. I spoke about herbicide rotational restrictions and how to plan for a rotation.

**March:** Annual Processing Crops Meeting (Central Sands) and New Processing Crops Meeting (Green Lake) of benefit to our vegetable industry farmers and professionals.

**May:** Potato Scouting Training with Dr. Russell Groves and Dr. Amanda Gevens.

**Summer:** Hancock Highlight Series — three events highlighting nutrient leaching, disease management, warm-season grasses, and developments in nitrogen fixation in corn. Involved great discussions in the field to look at cutting edge research happening at the research station in our area.

## Trainings & Statewide Efforts

In my role, I assist local farmers in keeping their nutrient management plans and pesticide applicator licenses current.

I've conducted well-attended trainings on these topics across several counties, averaging about 20 participants each.

Additionally, I co-authored the Wisconsin Ag Climate Outlook, a seasonal report detailing weather impacts on agriculture, which is distributed to subscribers and featured in state newsletters.

I also participated in planning the Wisconsin Weed Management Workshop and the Badger Crop Update Meetings, both of which attracted many attendees and showcased the latest in crop management research.

## Direct Education

A field day at the Hancock station with Dr. Jean-Michel Ane.



The Wisconsin Weed Management Workshop.







# Letter from the Area Director

## Area Extension Director Update:



**Pat Wagner**  
*Area 14  
Extension  
Director*

In 2024, the Extension team continued to embody the Wisconsin Idea as they worked to extend university knowledge to every part of our county. We administered programming through four of the six Institutes making up the UW-Madison Division of Extension: Positive Youth Development (including 4-H); Agriculture; Health & Well-Being--FoodWise; and Human Development & Relationships. Through their efforts, the Extension team was able to support positive youth development; support Wisconsin’s agriculture industry; empower health and well-being; promote healthy relationships; foster civic and economic leadership; and enhance resilient natural resource systems. In addition, our Extension team was also part of a statewide network which delivered services to communities across Wisconsin. It was this network that allowed our team to bring added resources to Marquette County in the form of program area specialists, UW specialists, and staff from other counties who specialize in an area different from what our team members do. Finally, the cooperative nature of the co-funded partnership between Marquette County and the UW-Madison Division of Extension allowed for and supported all of the educational programming provided.

For more details, stop by our office in the Services Center or visit us on the web:

UW-Madison Division of Wisconsin website at <https://extension.wisc.edu/about-us/>

Extension Marquette County website at <https://marquette.extension.wisc.edu/>

## STAFF



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# PURPOSE

to which  
we commit...

WE TEACH, LEARN, LEAD AND SERVE, CONNECTING PEOPLE WITH THE UNIVERSITY OF WISCONSIN—MADISON,  
AND ENGAGING WITH THEM IN TRANSFORMING LIVES AND COMMUNITIES.

# VISION

of what we want  
to become...

A THRIVING, WELL-KNOWN AND SOUGHT-OUT EDUCATIONAL  
RESOURCE THAT REFLECTS THE RICH DIVERSITY OF THE STATE.

# VALUES

we strive to live by...

## COMMUNITY

We empower others and ourselves by listening to, learning from, and respecting local knowledge. We value our partnerships and believe community voices are critical to success. We work in community with one another to build a culture of collegiality.

## DISCOVERY

We promote lifelong learning, unbiased transformational education and excellence through our scholarly work. We integrate University research with community-based knowledge to explore new solutions and their practical applications. We encourage innovation in teaching, research and outreach to serve the public good.

## INCLUSIVENESS

We recognize, appreciate and honor the differences, similarities and contributions of all people and communities. We are intentional in our efforts to ensure equity, justice and fairness. We embrace new ideas and approaches in our work.

## RELATIONSHIPS

We foster positive relationships through honesty, open communication and accountability. We meet educational needs by creating linkages among cultural, economic and environmental contexts. We recognize and trust the essential and interconnected nature of all roles within Extension.

## RESPECT

We appreciate and serve as stewards of our state's resources. We honor and value each other's time and talents. We seek to maintain a balance between life and work priorities.



Extension

## OUR PARTNERS

Adams County Electric Cooperative (ACEC)  
AddLIFE Centers  
Brakebush Family Foundation  
Building Blocks Childcare LLC  
CAP Services, Inc./ Head Start  
Childcaring, Inc  
Country Visions Cooperative  
Endeavor Elementary  
Family Health La Clinica/WIC  
Fox-Wolf Demo Farms Network  
Golden Sands RC&D  
Gumz Farms  
Healthy Communities Healthy Youth Coalition (HCHY)  
Home and Community Educators (HCE)  
Hope House of South-Central Wisconsin  
Inter-County Coordination Committee  
Marquette County Aging & Disability Resource Center (ADRC)  
Marquette County Economic Development Corporation  
Marquette County Youth Organization, Inc.  
Marquette County Farm Bureau  
Marquette County Health Department  
Marquette County Clinical Services Unit

Marquette County Court  
Marquette County Human Services  
Marquette County Law Enforcement  
Marquette County Land & Water  
Marquette County Libraries  
Marquette County Parks & Rural Planning  
Marquette County Sheriff's Office  
Marquette County Master Gardeners  
Marquette County Treatment Court  
Marquette County Visitors Bureau  
Marquette County Towns Association  
Marquette County Tribune  
Montello School District  
Municipalities in Marquette County  
Natural Resources Conservation Service  
Oxford VFW  
Smart Start Day Care  
Tri-County Tourism Alliance  
Westfield School District  
Wisconsin Child Abuse Prevention Board  
Wisconsin Dells School District  
Wisconsin Teen Court Association





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