



Human Development and Relationships



Tierany Rugg
HDR Educator
100% Appointment

Parent Café and Journey to Vitality Café (Incarcerated Audience)

Monthly 2-hour workshop for Incarcerated audience. Incarcerated audiences attend a two-hour parenting cafe in the Florence County Jail, where they engage in the five protective factors. Participants are also given additional community resources for reentry readiness. Parent cafes improved parenting knowledge, attitudes, and practices such as child development and positive discipline practices. The goal is to increase family resilience, reduce recidivism rates, and improve knowledge of community resources. Journey to Vitality Cafe aims to reduce recidivism rates, increase mental health practices, and increase financial knowledge. **12 Participants**

Triple P: Youth Services Conference

A presentation for youth and family serving professionals on positive parenting practices (Triple P) for parents and caregivers of teenagers. This effort was designed to inform professionals of the benefits and skills parents will gain when participating in one of these courses. An organizer with the Youth Services Conference contacted Tierany and was looking for a presentation for youth and family serving professionals on Triple P: Teen. We walked these professionals through a Triple P Teen discussion group and highlighted the benefits of referring families to these classes.

50 Participants

Testimonial:

List something that you will share with another person:

“There are ways to get this powerful info into more parents lives to positively affect our community”

“That this is a statewide program offered for free”

“The benefits of using a behavior contract”

Testimonial:

Share something that you learned about the program in general:

“How to communicate as a family & having whole family meetings with clear expectations.”

StrongBodies

StrongBodies is a series of strength training sessions for adults in the community, where participants engage in regular, progressive strength training and health education to improve their physical and mental health and enhance social connectedness. The fall class started September 10th and runs until November 14th. Currently there are **27 in the class** with an additional 6 Florence County residents and 11 Non-residents on a wait list.

Parents Forever

A co-parenting class for parents and caregivers experiencing separation, divorce or changes in the custody of their children, where they learned skills to prioritize the parent-child relationship and better communicate with their co-parent. This program is designed to increase child well-being and reduce parental conflict during family transitions. **1 Participant**

Parent Coaching

UW Extension has partnered with the Florence County Human Services Department to create a referral system for parent coaching. Each referral typically receives four sessions, during which we cover positive parenting practices, dealing with disobedience, managing fighting and aggression, and community resources. **7 Participants**

Financial Coaching

Financial coaching is a free service available to Wisconsin residents. Clients meet one-on-one with a professional who will help create a money management plan based on their priorities. **2 Participants**

Youth Forward Florence



Congratulations to Aubrey Pataconi on winning the \$200.00 Edvest 529 College Savings Account! The University of Wisconsin Extension—Florence County has partnered with Edvest 529 to gift one Florence County Elementary student a \$200 College Savings Account at the Florence Elementary School Open House. Aubrey has shared that she wants to be a pediatrician when she grows up. With the \$200 deposit to start her account, family and friends can now continue to save to help her reach her educational goals. The University of Wisconsin-Division of Extension Florence County is educating and providing more opportunities for area families to understand why and how to save early for a child or grandchild's future education. Extension Educator, Tierany Rugg, and Edvest Representative, Chelsea Wunnicke both attended the Florence Elementary School Open House, where they enjoyed talking to over 100 students and parents about their education and career goals. **120 families were given information on Child Savings Accounts.**

Other Activities

FFF and Outdoor Adventure

Feeding America Food Boxes

Managing Misbehaviors – Two Hour Workshop for Food, Fun, & Fitness Staff -**16 Staff Members**

FER Fall Class Schedule: **198 Friday Folders**

Area 4 Meeting

Florence County Extension Website and Social Media Maintenance

AODA&MH Coalition Meeting

FER (Family Engagement & Relationships) Monthly Meetings

HDRI (Human Development & Relationships Institute) Monthly Meetings

WRIC (Wild Rivers Interpretive Center) Monthly Education Events – **89 Participants**

4-H - Positive Youth Development



Maria Bournoville - 4-H Educator
100% Appointment
Morgan Tomczak - AmeriCorps Member
50% Appointment

Library Story Time with AMERICORPS

The Florence County AmeriCorps Member presented four Summer Library Family Story Time Programs. Story Time was offered Tuesdays and Thursdays for two weeks in August from 9:00-10:00 am. The four Story Time Sessions had a nature focus and included reading a story with a hands-on activity to follow. Families participated in the program series and learned about salamanders, butterflies, wildflowers and animal tracks and signs. It was a wonderful learning experience, and most families participated in the entire series. **On Average 10 Youth Participants**

Food, Fun & Fitness Training (FFF)

Facilitated a two-day training for Food, Fun and Fitness teachers and youth leaders. Staff learned camp objectives, diabetic education, epi-pen training, seizure training, DPI summer food service training, camp schedules and programs, large and small group games, job descriptions, roles and responsibilities, mandated reporter, code of conduct, ages and stages, behavior management techniques, essential elements, filler activities and overview of lessons and classroom management. Every year for Food, Fun & Fitness we have new staff members and to be best prepared for our program we provide training to provide staff the skills necessary to lead a successful program. **4-H Educator Supervises 16 Staff Members throughout the Summer**



Food, Fun & Fitness (FFF) Program

Food, Fun & Fitness is a day camp program offered two days at Florence Elementary School and two days at NWTC Aurora over four weeks. Each day students rotate through 5 educational rotations that are taught by Florence School teachers and typically the UW-Extension FoodWise Educator (this year the 4-H AmeriCorps member provided new programming around health and safety.) The educational focus areas this year included, conservation/nature, physical education, STEAM, health & safety and reading. This program is highly successful because it provides a positive activity for youth in our community to be engaged in, all activities are hands-on, youth build relationships with other youth and staff, and it brings the community together. **151 Participants**



Food, Fun & Fitness was offered Mondays, Wednesdays at Florence Elementary School and Tuesdays, Thursdays at NWTC Aurora from June 17th – July 18th (July 4th Week Off) from 9:00 am -2:00 pm.

- Staff Included:
 - 3 UW-Extension Staff Members
 - 4-H AmeriCorps Member
 - Florence County 4-H Intern
 - 7 Florence School Teachers (4 Teachers Share Positions)
 - 6 Youth Leaders
 - USDA Summer Food Service Program Cook
 - 2 Bus Drivers

- Youth Participation in Food, Fun & Fitness Program
 - **77 youth at the Florence Food, Fun & Fitness Program = 504 Contacts**

 - **74 youth at Aurora NWTC Food, Fun & Fitness = 509 Contacts**

 - **Total Meals Served at Food, Fun & Fitness**
 - 534 Breakfasts
 - 905 Lunches
 -

National Night Out

In response to the lack of safety awareness for youth in our community we had a booth at National Night Out with 4 educational stations that focused on sun safety, water safety and bike helmet safety. The 4-H educator, 4-H AmeriCorps member, 4-H intern and high school volunteer planned and implemented a Progressive Safety Zone Program. Each station provided safety education to encourage youth to make safe and healthy choices when outside in the sun, riding bikes/ATV's and playing or swimming in water. **96 Youth Participants & their Families**

TORPEDO Students also volunteered at National Night Out and did face painting for kids. **3 Volunteers**



Outdoor Adventure (OA)

The 4-H educator facilitated a program planning meeting for the 4-H Intern, 4-H AmeriCorps member, UWEX Human Development Educator and 3 teachers from the school. The team planned and implemented 4-days of hands-on educational experiences for youth entering 6th-8th grades. The program focuses on creating a sense of belonging and connecting with the resources in our community through exploration of public lands. This program provides students an opportunity to connect with peers and staff in a positive way and encourages them to enjoy fun and healthy outdoor activities in our community. This year students visited Vagabond County Park, Sagola Sportsman Club, West Bass Lake, LaSalle Falls and Lake Hilbert.

Youth had learned to kayak, canoe, paddle board, fish, swim, hike, cook by campfire, make bracelets, participated in STEM activities, team building activities, shooting sports activities and made new friends and lifelong memories along the way! Outdoor Adventure introduces youth to the natural gems in our community and surrounding area and provides opportunity for them to connect to the natural world through experiential learning, which will hopefully make them better stewards of our public lands as well as discovery positive activities to do in our community. Youth expressed having an incredible week and asked for it to be longer in the future. **37 Youth Participants & 4-H Educator Supervises 8 Staff Members**

Outdoor Adventure was offered 4 days, Monday, July 29th – Thursday, August 1st from 10:00 am -3:30 pm.

- Staff Included:
 - 3 UW-Extension Staff
 - 4-H AmeriCorps Member
 - 4-H Youth Volunteer
 - Florence County 4-H Intern
 - 3 Florence School Teachers
 - 2 YMCA Lifeguards
 - USDA Summer Food Service Program Cook
 - 1 Bus Driver

- Youth Participation in Outdoor Adventure
 - **37 Youth = 132 Contacts**
 - Total Meals Served for Outdoor Adventure
 - 170 Lunches
 - 172 Snacks



TORPEDOs

Monthly Meetings

Monthly meetings occur every second Wednesday of each month. There are 27 youth leaders. This month the Torpedos are working on Homecoming Picnic Fundraiser on Friday, October 4, Team Nutrition, Backpack Food Program assembly and distribution, Bobcat Buddies Youth Mentorship Program and the Smart Snack Vending Machine.

Backpack Food Program

Met with St. Vincent de Paul Board and they approved continued funding the Backpack Food Program for this school year. Sign-up forms went out to families, and this program will be up and running soon. FoodWise Educator assisted in selecting more nutrient dense meals for the program and created menus to share with participants. Met with staff from St. Vincent de Paul and placed a large food order through the pantry's food supplier. St. Vincent de Paul was able to place a bulk food order through CIS. Hauled 3 pallets of food from St. Vincent de Paul to the school.



Big Shooters Club

The Big Shooters 4-H Club recently competed in their final competitive shoot of the year in Shawano, WI on July 13 & 14. This shoot was the "All Star Shootout" and included air rifle, air pistol, 22 rifle, 22 pistol, trap shotgun, and archery events. Points were on the line for state championship awards including an invitation to represent Florence County, Wisconsin at the 2025 4H National shoot in Grand Island, Nebraska. The Big Shooters 4-H Club had 5 participants and collected 17 medals! **7 Volunteers and 10 Participants**

Other Activities

Developed Plan of Work for July 2024 – June 2025

Wrote Scholarship Recommendation Letters for TORPEDO Students

Summer Program Reporting and Wrap-Up

4-H Intern Created 151 Photo Collages for Summer Program Participants

4-H Online Enrollments Entered

UW-Madison Program Reporting; 4-H Staff and AmeriCorps Member

Completed Responsible Employee Training

Completed Progressive Agriculture Foundation Safety Day & Zone Trainings

Completed Summer Food Service Program Training

Met with School Guidance Counselor to Discuss Bobcat Buddies, 6th Grade Leadership Lessons & QPR

Met with County Nurse to Plan QPR Class for November 14

Received an In-Depth (Intervention for Nicotine Dependence: Education, Prevention, Tobacco & Health) Referral and their 4-week class will be starting next week.

On-Going Participation in Positive Youth Development State and Regional Mtgs.

Coordinating to have UW-Madison Physics Department visit Florence Elementary and Middle/High School to Present Wonders of Physics Program on November 5

Feeding America

During the months of June, July & August, monthly Stock Box Pickup was held in Florence County for those 60 years old and older. Food Boxes were provided for 4 county sites:

- *June - 177 boxes
- *July – 166 boxes
- *August - 164 boxes

Food Boxes were distributed to Aurora, Fence, Florence, and Tipler. This is a collaborative effort with the ADRC Staff. Also partner with Florence County Forestry and Parks or Wisconsin DNR Staff to unload the pallets from the semi-truck monthly.

Florence County School

A five-week nutrition education series utilizing the Serving up MyPlate Curriculum for youth in third grade classrooms in Florence Elementary School where they learned about eating a variety of foods from MyPlate, label reading, the importance of breakfast, physical activity, and hand washing. The goal of this effort is to encourage healthy habits in school and at home.

DPI Team Nutrition Grant

Jeanne Richard is working with the Florence School District to implement the DPI Team Nutrition Grant which will help to provide healthier choices in the school food program. The goal is to facilitate the adoption of healthy eating patterns by school-aged children and their families through the coordination and implementation of MyPlate Nutrition Education connected to the healthy meals and snacks offered through the school meals program.

Summer Horticulture



Holly Krueger
Summer Horticulture Assistant
June-September Appointment

Community Gardens

The Summer Horticulture Assistant was instrumental in helping with upkeep at the Community Gardens. A few projects and ongoing tasks included regularly spraying weeds, weeding, purchasing fencing and supplies to put up another barrier around the entire garden to keep out the rabbits. Also worked with a volunteer and Office Manager to put up the fence.

Four Community Garden Renters volunteered throughout the summer to tend the Grant Beds, which have supplied fresh produce to the ADRC, St. Vincent de Paul and the Jail.

Extension Office Manager and Summer Horticulture Assistant worked together to plan and support Community Garden Work Bees throughout the summer. There is one more Fall Community Garden Work Bee in October.

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

Tierany Rugg
Human Development & Relationships
Educator
Tierany.rugg@wisc.edu
(715) 528-4480 Ext. 5

Jeanne Richard
FoodWise Nutrition Educator
Jeanne.richard@wisc.edu
(715) 528-4480 Ext. 4

Maria Bournoville
4-H Educator
Maria.bournoville@wisc.edu
(715) 528-4480 Ext. 3

Jane Lindow
Office Manager
Jane.lindow@wisc.edu
(715) 528-4480 Ext. 1

Morgan Tomczak
4-H AmeriCorps Member
Morgan.tomczak@wisc.edu
(715) 528-4480 Ext. 3

Holly Krueger
Summer Horticulture Assistant
florencehorticulatur@extension.wisc.edu

Terri Kolb
FoodWise Administrator
Terri.kolb@wisc.edu
(715) 539-1073

Amber Rehberg
Area Extension Director
Amber.rehberg@wisc.edu
(715) 784-1540

Plant & Insect Diagnostics

Throughout the summer there were several inquiries regarding plants and insects. The Summer Horticulture Assistant was able to direct each person to a UW-Madison Resources to answer their questions and provide research and information.

Hallway and Fair Displays

Over the summer months, the Summer Horticulture Assistant also kept the hallway display areas filled with pertinent information and helped to coordinate/set up and take down the Florence County Fair Displays.

The Dirt

The Summer Horticulture Assistant provided educational articles to The Florence Mining News with topics of interest. This year's articles focused on Pollinators, Berries, Garden Pests, Garlic, Green Beans, and Planting Autumn Bulbs. Helpful information was also posted on the Florence County Extension Facebook page throughout the summer.

*Holly was a great addition to our team and added to
our educational programming and outreach!!*

