



# Extension Connection

Monthly Highlights – November 2016

*FoodWise educators provide interactive lessons to second graders.*

- [Building an Effective Board of Directors](#)
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## **Building an Effective Board of Directors**

The role of 4-H county leaders' organizations has become more complex with an increased emphasis on creating positive youth development environments, addressing risk management and financial reporting responsibilities, and planning for the future. Board members come from a wide variety of backgrounds and vary in their understanding of key concepts of youth development, as well as their ability to serve as board members. For many individuals, their service on a 4-H leaders' board may well be their first experience on a governing board.

In a survey conducted by Denise Retzleff in 2015 of East-Metro 4-H Educators who oversee the boards, it was clear that board orientation, purpose, function, effectiveness and communication could be improved. Retzleff worked with colleagues, Paula Rogers Huff and Kevin Palmer, to develop a toolkit on building an effective and engaged board. The materials were shared on the UW-Extension monthly teleconference, at the national 4-H Educator conference, at WI 4-H Fall Forum for volunteers, and is scheduled for a December training with North Central WI colleagues.

The "Building an Effective Board of Directors" Toolkit is designed to provide 4-H staff with a clear path to board development, from volunteer recruitment through the development of a highly functioning leaders' board. Materials are available at [Building an Effective Board of Directors](#).

## **FoodWise**

With the start of our new grant year, [FoodWise](#) [formerly known as the Wisconsin Nutrition Education Program (WNEP)] educators will be returning to classrooms at three area elementary schools: Parkside, Riverside, and Chegwin. The educators, Kris Schaeffer and Pamela Nelson, will engage the second graders at each school by providing interactive lessons on the following topics: MyPlate, Good Hand Washing, Trying New Foods, Getting Your Calcium-Rich Foods, Focusing on Fruits, and Making Half Your Grains Whole.

For example, the MyPlate lesson starts with a book called [MyPlate and You](#). After the book is read, each student is given a five inch circle; one side is divided into the five food groups, and the other side has food stickers from all the food groups. As each food group is discussed, the students are very engaged as they find food stickers from that food group and attach them to that food group on the MyPlate side of their circles.

Another lesson that the students seem to remember for a long time is the one on hand washing. The FoodWise educators start by reading a book called [Wash Your Hands](#) about a little girl who is told to wash her hands after playing outside, playing with pets, going to the bathroom, sneezing, and before eating. The little girl is also told why she should wash her hands – because germs and nasties on her hands could get into her body and make her sick. The students are then asked to recall those times when it is important to wash their hands and why it is important. The educators discuss and practice how to wash hands with the students. Then comes the fun part! The students put special lotion called Glitter Bug Potion (fake germs) on their hands. Then they look at their hands under a black light where they can see the

lotion glowing. After that, they wash their hands and look at them again under the black light to see how much of the lotion they were able to wash off. Any places that the lotion remains on their hands are places where the students need to pay more attention to when they wash. Some students wash two or three times before they get their hands really clean.

### **Community Connection**

On November 1, members of the Group Latinos United in Fond du Lac met with members of the community representing: North Fond du Lac School system, City of Fond du Lac Police Department, North Fond du Lac Police Department, St. Vincent de Paul Legal Immigration Program, MPTC and UW-Extension.

This meeting was to be a relaxed conversation between members of Latinos Unidos, their allies and the two police departments. It was meant to be the beginning of a continuous conversation where experiences, concerns and questions with the police department were shared. Some questions were written by members before the meeting, the questions were asked by Deb Ellingen and translation and interpretation was provided by Araceli Oswald.

Some the topics of conversation were:

- Traffic stop protocol – what to do and what to expect at a traffic stop.
- Past experiences with the police – this included in USA and their countries of origin.
- Plans to address the lack of diversity in the Police Department’s staff – both departments stated that they have made great efforts to recruit officers of diverse backgrounds with no success and that they are looking for suggestions from members on how to recruit officers from different cultures.
- Driver license issues.
- What to do when a ticket has been issued.
- DWI/OWI and the implications when there is a minor as passenger.
- Complaints procedure.
- Non-emergency situations.
- Jurisdiction.

This is a great example of the community working together to learn from each other, resolve community issues and creating and maintaining positive relationships.

Extension Connection Contributors:

Denise Retzleff, 4-H Youth Development Educator/Co-Department Head

Kris Schaeffer, FoodWise Educator

Araceli Oswald, 4-H Youth Development Assistant

### **Fond du Lac County UW-Extension**

400 University Drive, AE-227, Fond du Lac, WI 54935

Phone: (920) 929-3170; Fax: (920) 929-3181

Hearing Impaired Relay: 711

<http://fonddulac.uwex.edu>



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