



# Extension Connection

Monthly Highlights – September 2015

*4-H opportunities help youth develop many skills.*

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## **4-H is a World of Opportunity**

4-H is a world of opportunity to learn skills of leadership, decision making, responsibility, teamwork and more, to meet people and make friends, to travel to new places, to be mentored by caring adults, and to give back to the community and develop an ethic of service.

Hear it from the voices of our young people:

Jacob L, age 16, delegate to Citizenship Washington Focus (a nine day experience in Washington DC to learn about our government) shared his experience with fellow 4-H members:

*Delegates took part in debates about current issues facing our country. Discussing the issues faced by our country and trying to find solutions to them was a great exercise for me. It encouraged me to think more about global issues and talking with other 4-Hers definitely allowed me to see these issues from different points of view than my own. Overall my CWF experience helped me come back a better-rounded person than I was when I left. Meeting 4-Hers from across the country made me realize how much different life is for people even living in the same country as us. I made friendships with people from many different states, as well as Wisconsin, and hope to keep in touch with them in the future. Going on this trip and going through the congressional and committee workshops made me want to participate in government, and become a better, more active and aware citizen. I also gained leadership skills by having to organize, gather materials for and run a game at the derby, which was like a field day. If you go on this trip, you will come back with a much more open mind as well as many new friends. This experience will enhance your understanding of current issues and events and help you see and appreciate other viewpoints that will challenge you to form your own opinions and contribute more to your community and country.*

Kyle L, age 14, participant in New Horizons (a seven day service learning leadership program planned by the attendees, who this year traveled to Missouri):

*New Horizons has helped me develop my leadership and social skills. From participating in the monthly meetings and fundraising, I helped plan the trip from start to finish. We did fundraising such as a brat fry, selling popcorn, and working at Culver's. Although this was not the most fun part of the experience, it taught me how much money something like this costs. I personally coordinated a community service project at the Salvation Army. It was cool to see how many people we were helping.*

## **Internet Troubleshooting -- How fast or how good should my wireless signal be on my home WI-FI? Do more bars on the WI-FI symbol mean that I won't transmit as fast?**

Many of us, especially business owners, rely on fast, reliable internet at work and home. Here are some tips for troubleshooting common questions about your home internet speeds. Hopefully reading through this will help you determine if you need a new router, or you just need help understanding the terminology.

The 48 to 54 mbps figure (for mobile devices) refers to transfer speed, not signal strength. It means that you can transfer up to 54 megabits of data per second on the network. Almost all internet services plans have speeds of less than 48 mbps. Unless you are transferring files (or streaming video on several devices), this is really all you will ever need. If you are only using it for internet, your internet speed will limit the transfer rate. Signal strength is an entirely different matter. Neither transfer rate nor signal strength are nearly as important as internet speed, as long as the signal is strong enough to allow you to connect without any problems. But you need a good signal in order to get your transfer rate to limit of what your ISP (internet service provider) allows.

If you have problems with your wireless signal in your home, you can do several things to rectify it. You can change the location of your router, perhaps adding a simple device that reflects the signal to the furthest corner of your home. If you want to have wireless signal outside your home (in the yard or garage), you might need to change routers. A cheap alternative is to add a signal repeater or consider using a hotspot. Often the problem is a result of the router being in the basement or near something that causes interference. You also might have a problem if your router is on a crowded channel. Some newer routers are being made that have dual band capability so that each channel in the 2.4 and 5 GHZ (gigahertz) band is less crowded and might alleviate congestion issues by neighboring routers.

Here is a test that will determine the speed of your connection, which is helpful if you are trying to troubleshoot why your connection is slow - <http://www.speedtest.net/>.

Lastly, always use a WPA2 security key, which makes your network secure from unwanted users or hackers.

### **Community Health Coaches**

Amanda Miller, Family Living Educator, has been facilitating the health coaching process in the Fond du Lac community. A Community Health Coach, provided in partnership between the UW-Extension Family Living Programs, the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute, has been working with Miller and other public health leaders over for the past 3 months. This process is aligned with the work of the Healthy Fond du Lac 2020 and the priority area groups.

Health Coaches offer community leaders the opportunity to:

- Strengthen and/or rejuvenate multi-sector partnerships around public health.
- Enhance community capacity in at least one of the areas identified by a thorough self-assessment process. This assessment includes all of the critical skills necessary to create good health in communities.
- Build direction, alignment and commitment to implement and sustain specific strategies to enhance health outcomes.
- Connect with other community leaders and national experts who are successful in creating a healthy community.

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