



Southern District Resource Management Team Professional Development Grant Application



UW-Extension Southern District Professional Development Grants – Instructions

Any member of the Southern District is eligible to apply for these grant funds. Grants will be awarded up to \$1000. The UWEX Southern District Development Grant application form begins on the following page.

The Southern District has allocated \$8,000 available to colleagues to be used for Professional Development Grants. These dollars are an additional supplement to the annual district professional development support funds. These funds may be used for local and out-of-state educational experiences, including workshops, conferences, and seminars that may be offered by UW-Extension or other universities, organizations, agencies or businesses. Funds must be spent by June 30, 2008.

Writing Suggestions

Please use as much space as needed for responses. However, be as *concise* as possible. If available, provide a conference brochure or other documentation to assist the committee in better understanding your request.

Application format

Applicants are encouraged to save the following Word document (next page) to their computer for ease of completion. Responses should be in a size 10 font or larger. Hand written applications are not acceptable.

Summary report

Grant recipients are expected to report on their professional development experience by one of three options:

- Monthly Southern District teleconference
- District Program All Staff meeting
- Brief report on the Southern District web site

Application due date: **March 14**

Mail the completed and *signed* application to:

Southern District Innovative Grants Committee
c/o Terry Kraft, 505 Extension Building,
432 N. Lake Street, Madison, WI 53706-1498

You may contact Terry at: terry.kraft@ces.uwex.edu, or phone 608.263.2781

Questions??

Contact Deb Ivey, 2007-08 SD Grants Committee Chair at debra.ivey@ces.uwex.edu or 608-935-0391

UWEX Southern District Professional Development Grants Application

Name: Mary Lynn Knellwolf Full mailing address: Lafayette County UW-Extension Office 627 Washington Street Darlington, Wisconsin 53530	Family Living Educator/Nutrition Program Coordinator Phone (608) 776-4820 Email: mary.knellwolf@ces.uwex.edu
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Amount requested from UWEX Southern District Funds: \$300.00 + 80.64 mileage = \$380.64_____

Please respond to the following questions:

1. Briefly provide the major responsibilities of your position and the number of years of service with Southern District: I am the new Family Living Educator (70%) and Nutrition Program Coordinator (30%) in Lafayette County. I was hired June 1, 2007 and have been working in UW-Extension for 8 months. My primary responsibilities are to assess the needs of the residents of Lafayette County and to provide educational programming to teach them how to be healthy by making positive changes in their lifestyle. Through educational programs about healthy lifestyles and nutrition Lafayette County residents will gain knowledge to adapt to their personal and family needs.
2. Describe the professional development experience for which you are requesting funding. Include the title, description, dates, location, number of hours, sponsoring group, etc.
I am requesting funding so that I may be able to attend the Strong Women Training Workshop on Tuesday, May 20th, 2008 in Wisconsin Dells, Wisconsin. The training is a one day workshop from 8:00AM- 4:30 PM and is designed to improve the health and well being of older women through strength training. Strong Women training programs are designed to help women become or stay fit, strong, and healthy. The training would allow me to teach the Strong Women program to women in Lafayette County and would fit right in with the collaborative program "Wellness in the Weigh to Go" which I helped to develop in Lafayette County in the fall of 2007.
3. How does this experience support your professional development plans: Learning about the benefits of strength training and being able to teach this program from Tufts University would greatly benefit me in my position as the Family Living Educator. I have a strong desire to reach and teach women of all ages in Lafayette County about their health and ways to lead a healthy lifestyle through physical activity and nutrition.
4. How will this program or study benefit your clientele?
This program will benefit the women of Lafayette County as it teaches strength training which has been extensively studied. The benefits of strength training include: increased muscle mass and strength, improved bone density, reduced risk of diabetes, heart disease, arthritis, depression, obesity, and improved self confidence, sleep and vitality. I plan to incorporate this program into my plan of work for 2008.
5. If this program or study includes giving a presentation at a conference, provide the title, type of presentation, and audience. Not applicable at this time. Please contact me if more information is needed or a presentation is required.
6. Summarize the total cost of professional development experience including registration fees and expenses.
Strong Women Training
7. Summarize your sources of funding:

Amount requested from the district: \$ 300.00 for workshop and_\$80.64 for mileage (84miles x48 cents/mile.

_____ \$ _____
_____ \$ _____
_____ \$ _____
Total cost of the opportunity: \$ 380.64 _____

8. If you have requested funds from other sources, please explain the amounts requested and the source(s).

Mary Lynn Knellwolf

Applicant's Signature

February 25, 2008

Date

Cara Carper

Endorsement Signature*
** Department Head*

February 25, 2008

Date