

**Programming Highlights**

August-September 2016

UW-Extension, Coop

erative Extension, Fond du Lac County

*We teach, learn, lead and serve, connecting people with the University of Wisconsin,*

*and engaging with them in transforming lives and communities.*

**Food Safety, Food Security & Health**

* Amanda Miller taught the first class of the **“Preserving Wisconsin’s Harvest”** series on July 12th. The class taught “hands-on canning” of blueberry and apple pie filling, as well as educational information on how to safely can fruit products. Following the session, 100% of the participants either agreed or strongly agreed that they were confident in their ability to safely preserve foods at home. Comments included: “I will use this information for home canning and pass on this knowledge to my children and grandchildren,” “I will tell my friends and family this information. I will try to get my friends to do the classes with me,” “UW-Extension brings information and classes to the community – that brings people together,” “Great teacher and great class,” and “So helpful and informative.” Follow-up sessions will be offered - Italy in the Jar in August and Making Homemade Condiments in September.
* In fall 2015, Amanda Miller facilitated a 3 month short-term **community health coaching** process (provided in partnership between the UW-Extension Family Living Programs, the Robert Wood Johnson Foundation and the University of Wisconsin Population Health Institute). This process is aligned with the work of the Healthy Fond du Lac 2020 and brought together the four priority area leaders (mental health, obesity, drug/alcohol use and abuse, and dental health) to build relationships and work together towards common health goals. Feedback about the process from area leaders includes: "The short term coaching process has given the priority areas one voice when communicating with the steering committee. It has helped build the relationship between the four priority areas by meeting on a regular basis,” and "I have formed valuable working friendships with those individuals leading the other priority areas. This has allowed us all to have a better, more accurate knowledge of how we are working to accomplish our goals, as well as how we can help each other through community partnerships. This has dramatically decreased my work-related stress." Miller is currently applying for a long-term health coaching, which is 6 months to 1 year.
* This summer, Kris Schaeffer and Pamela Nelson, **Wisconsin Nutrition Education Program (WNEP)** educators, continued presenting classes at two Fond du Lac senior apartment complexes, Portland Square and Riverview. Topics that are being covered include: What is Healthy Food? How Can I Afford It?, Label Reading and Unit Pricing, Food Is Safe-So Am I. Kris also presented at Mabess Manor in Campbellsport. Mabess Manor will be added to the next grant year calendar as a new partnership.
* **Junior Master Gardener** classes had their final celebration dinner for the parents this month.  It was a busy afternoon beginning with the kids arriving at 2:00 pm to prepare dinner for their parents.  When the parents arrived, they were greeted by great homemade veggie and fruit pizzas with beautiful centerpiece bouquets they picked from the garden...and fun-filled games.
* The **Community Gardens** summer newsletter was sent out with lots of information on integrated pest management and caring for the crops in the gardens.  The information the gardeners receive always includes a couple of easy recipes to use with fresh produce.  We also send a big thank you to the County Airport staff for the mowing of the cover-crop areas.

**Thriving Youth, Families, Organizations & Communities**

* As part of the 4-H/FFA Market Livestock projects Tina Kohlman conducted the annual **Carcass Contest** for over 100 individuals.  The purpose of the Carcass Contest is for youth to recognize their fair project as part of real-world agriculture and to have their project judged for meat consumption.
* 4-H was part of the **Fond du Lac National Night Out**. One 4-H youth and Araceli Oswald interacted with the general public and played “real life tic-tac-toe” and applied 4-H tattoos while promoting the 4-H program. About 700 people participated in this event.
* 4-H in partnership with the Gottfried Prairie and Arboretum hosted the **Cloverbud Day Camp**. This was a one day event for children 5 to 8 years old. 26 children had the opportunity to participate in this day of learning, creativity, imagination and playing outdoors. 14 4-H members served as counselors, led activities, answered questions, lended a helping hand and made sure that everyone was participating to their fullest.
* The **4-H Outreach** efforts continued in the North Fond du Lac community with a total of 23 youth participating in the summer program. Helping Hands 4-H club brought a Petting Zoo to the North Fond du Lac community, a new experience for many of the residents. At their last meeting members of the groups hosted an “ice cream social” for their parents where families were able to interact and to listen to youths’ experiences at this summer program. Flood Homes (property owners) were happy to have 4-H in the community providing a space for positive youth development and they have expressed their support for 4-H in the future.
* The **Latino HUB** in Fond du Lac has been started. Araceli Oswald and Michelle Ruelas (summer intern) have been working to bring people and resources together. There are two components: 1) Latinos Unidos en Fond du Lac (Latinos United in FDL) is a group of Latino members of the community; 2) A group of community stakeholders providing support, information and referrals to address the needs of Latinos in the area. The Facebook open group: “Latinos Unidos in Fond du Lac” was created to connect, educate, inform and empower Latinos in the Fond du Lac area.
* Each year youth from Fond du Lac County exhibit livestock at the **Wisconsin State Fair** in August. Two of the dairy project members spoke at the 4-H Leader Association meeting about this experience. One of them had exhibited many years, while the other was a first time show person at state fair. Both of them spoke about how this opportunity builds responsibility, self-confidence and teamwork.
* **4-H Teen Leaders Association** (TLA) hosted an outing for 35 Boys and Girls Club members to the Horicon National Wildlife Refuge where the children did a pond study and learned about mammals that live in or near the marsh. An annual event for B&GC is planned, led and paid for by the TLA. Comments back from parents and staff people after the event indicated the children were very engaged in this hands-on experience.
* Interest in poverty education awareness has been expressed to Tidemann by the Lakeland Care District office, as they would like to provide **Poverty Simulation training** to their 250 employees.  Tidemann and Miller will be working with Lakeland to address their need.  Additionally the Fond du Lac Public School District is also assessing their interest in providing Poverty Simulation training to their district employees.
* **Real Colors Training** was conducted with 41 Lakeland Care District management staff.  Michelle Tidemann and Washington County Family Living Educator led the training which is focused to assist individuals and teams to increase ability to recognize personal strengths and strengths of others, understand how others process information, build rapport quickly with clientele, colleagues, family and friends and the ability to modify one’s communication to connect with others.   Tidemann and Bralich from Washington County are working on focus group questions for Charter follow up.
* **Co-Parent Education** was held for divorcing parents in August. Michelle Tidemann and Kylee Ernst collaborated to teach how to better co-parent children to 42 divorcing parents.  A total of 50 children are associated with these parents.
* Tidemann presented to the Fond du Lac Evening Kiwanis on the outcomes for the **Parenting the First Year (PFY) newsletter** project and the transition to the [**Just In Time**](http://www.jitp.extension.org/)newsletter replacement to PFY.   Kiwanis, St. Agnes and UW Extension Family Living have been partners in the age-paced newsletter project for 23 years.  Partner meetings have been held with St. Agnes to transition into the new newsletter format, as well as moving to a full digital platform following the first year of receiving **Just in Time** and figuring out the costs involved for all partners involved.   Partner meeting with Kiwanis, Agnesian Foundation and St. Agnes was held in August to address the newsletter and the transition.  Tidemann is working on the logistics of communicating the sponsorship with the digital subscriptions as well as copyright rights.
* Diana prepared a meeting for the City of Fond du Lac **Downtown Exploratory Committee** in August that was only attended by half of the participants. Due to confusion about the process and poor communication, Diana will be talking individually with each committee member over the next few weeks to ensure that all needs are understood and the group can work together productively to develop their recommendations by December.

**Stronger Economies**

* Hoof health and lameness can have a negative economic impact on the dairy farm.  As part of an Eastern WI UW-Extension project, Tina Kohlman has visited seven Fond du Lac County farms to **observe and record incidences of digital dermatitis (hairy heel warts) on the farm**.  Each farm received a report of those cows infected and chronically infected with digital dermatitis.  Nearly 1,000 cows have been scored.
* Cooperating with three farmers, Tina Kohlman conducted a six-week **soil microbe and rescued decomposition survey**.  Cotton cloths were buried in corn fields with tillage/no-tillage and manure/no-manure application and dug up 6 weeks later to determine decomposition.  Soil samples and cloth residue will be analyzed for decomposition rate.  Data will be complied with other cooperating fields in Eastern WI.
* "For the second year in a row, Wisconsin has earned a bottom-of-the-barrel ranking for start-up business activity, a news report says." See article at [JS Online](http://bit.ly/2bJ3eUG).  
    
  While not all agree on this report's findings, no one can argue that innovation is lacking in Wisconsin. In Fond du Lac County, this is where **IGNITE's Imagination Network** comes in. The purpose of the Imagination Network is to educate, nurture and network area inventors and entrepreneurs. At monthly meetings, people can connect with and learn from peers and others in a fun and supportive environment.   
    
  In September, IGNITE is sponsoring an evening of discovery and discussion with one of the primaries of Kwik Trip, the convenience store giant from LaCrosse that has taken the Midwest by storm. This event will be at the Thelma Center on September 13. Details can be found at [Imagination Network event](http://www.ignitefonddulaccounty.com/wp-content/uploads/2016/07/Sept-Imagination-Network-flyer-2016.pdf) or contact Mike Winkler.
* **State Rent Smart** **curriculum writing** continues with Tidemann working to complete the Rent Smart website layout for the digital curriculum platform.  Tidemann serves as co-chair of the Rent Smart curriculum renew for the state.  The new curriculum is sought after, as numerous calls are coming for training with the new curriculum from Wisconsin, as well as the state of Maine.
* Tidemann is collaborating with the North Fond du Lac Public Library to offer a session on **Who Gets Grandma’s Yellow Pie Plate** in September.  The program focus is on non-titled property transfer.
* Tidemann has provided **financial coaching assistance** on a one to one basis for individuals referred through EAP and other agencies in August.
* During August, **Dr. Loretta Ortiz-Ribbing** focused on silage chopping and preparation for the Agronomy Day Field. Partnering with Country Visions and the Fond du Lac Forage Council, silage moisture testing was held on Aug. 26th and September 1st. Trying a new process to get producers their results quickly, roughly 150 samples were chopped and analyzed onsite by Rock River Labs, providing producers results immediately after running the sample. In addition, Dr. Ribbing met with forage councils and Master Gardeners in both counties. She continues to facilitate the NonPoint Source Workgroup in Dodge County and learn about local production practices, as well as represent Extension, network with producers, and meet fellow UW-Extension and UW-Madison staff at field days such as those about Pasture Brush Management, Yahara Pride, Discovery Farms, Arlington Research Results, Tillage and Compaction; and ACE On-the-Farm at Ruedinger Farms. Not counting phone calls, e-mails, and newspaper column readership, Dr. Ribbing interacted face to-face at meetings and field days with approximately 680 individuals.

**Office Update**

* Tina Kohlman attended the week-long **“Integrated Emergency Management Course”** with approximately 40 Fond du Lac County employees, agency partners and government officials.  The purpose of the training was to provide specific training for the Fond du Lac County community regarding emergency preparation, emergency management and emergency operations center.
* Tidemann and Miller designed a UW-Extension **information booth** for the Fond du Lac & Alto Fairs.  The Alto Fair booth was manned by Extension Educators who made personal contact with many Fond du Lac and surrounding county residents, informing residents of programming available to them through UW-Extension.

* Michelle Tidemann, Ann Kaiser and Denise Retzleff prepared the **FY 2017 county office budget** with supportive documents requested for the UW-Extension office.
* Michelle Tidemann has continued with orientation of the new **Dodge/Fond du Lac County Crops and Soils Agent,** addressing ongoing computer and technology road blocks between the two county IT systems.
* Tidemann serves on a **Family Living Program Area State Team** and attended a 2 day meeting, addressing state team program outreach alignment in relation to nEXT Generation Extension reorganization.
* Diana participated in the three-year **Program Area review** of the Milwaukee County CNRED Educator as a faculty representative of the Department of Community Resource Development.
* Diana met with the new **state Bilingual Editor and Language Access Coordinator** to orient him to Eastern WI, CNRED work, UW-Extension, and his role. This position is the result of two state Interpretation and Translation Committees that Diana co-led for the Dean’s Office.
* Diana oriented Loretta to the workings of the **Master Gardener Volunteers** as she transitions into the coordinator role of the Fond du Lac and Dodge County programs.
* Diana participated in a **facilitation training for conversations about race** taught by the non-profit FIT Oshkosh.
* **Budget** **update** through August: Expenses - 58%; Revenues - 70%

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