



Extension

UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

Programming Highlights

February - March 2020

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

Food Safety, Security & Health

- Melanie Phillips taught a **MyPlate** lesson to 9 individuals at ARC Community Services. The participants learned the amounts of food needed for each of the **five food groups**- dairy, protein, grains, fruits, and vegetables. Participants compared the recommended amount to the amount they ate in the last 24 hours. The group was engaged and had many questions about the foods that they eat. Many participants commented on their desire to adjust their food intake.
- Phillips and Pamela Nelson taught **130 students** in 2nd grade during their monthly nutrition lessons at 3 elementary schools in the Fond du Lac School District. February's topic was the **fruit** group. Students learned about fruit that comes in different forms- fresh, canned, frozen, dried, and juice. Fruit in any of these forms can be eaten as a part of a **healthy meal or snack!**
- Amanda Miller and Patty Percy have begun planning the **Junior Master Gardener 2020 summer program**. The deadline to register for the program is March 27. The first class is on August 2.
- FoodWise met with the Fondy Food Pantry to plan **cooking classes** for pantry participants, which will take place in April.
- Miller and Phillips have started the training "**Making the Healthy Choice the Easy Choice**" a PSE (policy, systems, and environment) course from Cornell University.
- Miller hosted a **SSM/Agnesian HealthCare Population Health Group meeting** which featured a guest speaker from the UW-Madison Population Health Institute. The guest speaker presented on best practices when conducting focus groups with diverse audiences.

- Miller is a member of the **Food for Thought Committee**, which oversees the nearly 650+ weekend backpack food that is provided to students within the Fond du Lac School District.
- Miller presented at the **Wisconsin Head Start Association annual conference**. The presentation was a general overview of the state FoodWise program and how Head Start programs can partner with FoodWise to improve the health of young children.
- Miller attended the **annual FoodWise Coordinators Conference**. During this meeting every year, Miller is provided with updates from the federal level regarding **budgets and programs**. Following the meeting, Miller begins the annual budget process in which the local Fond du Lac/Sheboygan FoodWise grant is written and submitted to the state. Miller usually works on it from March to May.

Thriving Youth, Families, Organizations & Communities

- Ron Jakubisin held a **Lemonade Day orientation meeting** for youth and families interested in attending Extension's evening lessons starting in March. UW-Madison provided an interpreter for Spanish speaking participants.
- Jakubisin met with Ebony Vision's Executive Director developing strategies to increase **Men of Vision (mentoring program) education sessions** with Lemonade Day involvement and future life skill lessons for their Saturday programming.
- Jakubisin met with FDL Library Teen Services Coordinator (for first time) to learn about **youth engagement at the Library**, Library's teen leaders and opportunities to provide youth leadership skills in the future.
- Jakubisin met with **FDL Tobacco Control Coordinator (Sandy Bernier)** learning about current **vaping trends** with youth, local and state policies and discussing best practices (in youth prevention/education) with Coordinator. Bernier complimentary to Extension's outreach efforts to understand local risk factors and discussing strategies to engage youth in positive healthy behaviors. Jakubisin plans to continue discussion, learn more about local efforts and communicate with Bernier about youth leadership engagement opportunities to address vaping issues.
- Diana Hammer taught the founder of the nonprofit **Peculiar Princess Project** about finalizing bylaws, applying for 501(c)3 status and youth evaluation techniques to be used in the pilot program already active at Chegwin School.

- Hammer met twice with a sub-committee of the newly formed **Waupun Downtown Promotions organization** to teach about and draft bylaws for their 501(c)3 application.
- After receiving numerous requests, Hammer and Cassi Wooster made a [web post for local and state grants](#) that area nonprofits could apply for.
- Fond du Lac County 4-H held its **annual Family Learning Day** where 125 youth had the choice of 33 different educational sessions presented by 50 community members and 4-H volunteers. Youth learned anything from sewing skills to how to care for cats to woodworking and more.
- Tracy Keifenheim met with the New Horizons group on their education experience planning, and the Teen Leaders Association. Keifenheim continues to **support and educate** both of these youth groups.
- Hammer supported Latinos Unidos as they planned and hosted a booth at **Celebrate CommUnity**. While there, she met two African American entrepreneurs and the Chair of the Brothertown Tribe, who she's following up with to stay connected and learn more.
- Hammer and colleague Joseph Malual (Dunn/Chippewa/Eau Claire) met with a UW-Oshkosh student to talk about Extension work and offer insight as he looks for internships and possibly a graduate degree. We connected him with other Extension Specialists with similar interests.
- **Just in Time Parenting age paced newsletter(JIT Newsletter)** Michelle Tidemann working with State Digital Parenting Specialist to design and fund an **App for JIT** which would be used on a national basis by JIT users. The FDL JIT project would be primary funder with the national app. Tidemann has worked with three other Extension Educators in February to either originate the JIT newsletter for new parents or to help with expansion of the JIT newsletter to additional audiences.
- **Co-Parenting** court mandated classes for 18 divorcing parents plus 12 paternity co-parents were co-taught by Shelley Tidemann in February. Forty-five children were involved with these 30 parents. Tidemann is working with courts in the transition coming with Tidemann's retirement. Tidemann with Extension Educator Sue Allen in February rewrote one of the **Common Ties Co-Parenting Fact Sheets** from the series.
- Tidemann assisted Waupun City Aging coalition committee secure a **CARES UW Nursing Dementia training for Caregivers** in this side of the state. CARES offers 6 training sessions strategically placed around the state each year.
- Tidemann will conduct a **COLORS Training** for two management class sections with LakeShore Technical College the end of February.

Stronger Economies

- To help farmers determine when is the best time to market (cull) a cow from the herd based on economics, production, and carcass quality, Tina Kohlman is **beta-testing a new market cow decision making tool** on six area dairy farms. The tool was developed in cooperation with Kewaunee County Agriculture Educator and the State Extension Dairy Management Specialist.
- This past year Kohlman supported Fond du Lac County Holstein Breeders' Association in planning, organizing, and hosting the annual **WI State Holstein Association Convention** in the county. Over 220 attendees participated in the two day convention which included committee meetings, delegate meetings, barn tours, and agri-business tours.
- Kohlman continues to provide leadership for the **Dairy Workers Training-Skills Modules series revisions**. First developed in 2003, Kohlman leads 20 individuals working on 8 different modules to update the series with new protocols and management practices.
- Hammer and former research assistant Rajon Hall taught about the interviews with African American business owners to an audience of 16 at UW-Oshkosh in honor of **Black History Month**. Most said they were more likely to start businesses after being inspired by their elders currently in business here.
- Hammer is the **final stages of a programming and budget proposal** to teach entrepreneurship in state prisons. Confirmation from the Department of Corrections is expected in March.
- Hammer met individually with two Latino and two African-American entrepreneurs who had questions about start-up and growth of their businesses: barber shop, upholstery business, personal training, and a youth-oriented nonprofit.
- Six individuals received **Rent Smart** Certificates from classes Tidemann taught in February. Tidemann is preparing for a **State Rent Smart Training of Professionals** at the end of April. She will be leading. The California Rent Smart training was canceled by UW Madison. Tidemann is working with 3 **UW Madison Students as Rent Smart** was selected as their class project. Students are designing digital marketing pieces as well as on-line survey tools to identify knowledge growth. Tidemann is working on transitioning the State Leadership of REnt Smart to Amanda Kostman Extension Educator and Jenny Abel Financial Security Program manager.
- Tidemann is working with the **Money Smart Week** Committee, preparing for the Kids Read event for the 2020 event. Tidemann will be meeting with the new FDL Public Library Children's Librarian to plan for the youth education events.

- Tidemann will conclude the **3-D Dollars During Development** program with Waupun Rock River Elementary and Boys and Girls Club in Fond du Lac in February.. A total of 70 children from Boys and Girls Club and 14 students from Waupun Rock River were taught financial literacy skills through the use of Children's literature. Tidemann presented on Facebook Live parenting skill of teaching children about money in February.
- **Money Smart Head Start Newsletter** will have the last issues delivered in March with the end of newsletter survey tool administered via Head Start teachers in early April. Twohundred thirty Head Start parents participated.

Resilient & Productive Environment

- Dairy & Livestock Agent Tina Kohlman hosted the **annual CAFO Update meeting** for 82 individuals. The purpose of the meeting was to share with large farmers, agronomists, consultants, etc. updates to WI DNR Confined Animal Feeding Operation (CAFO) policies as well as manure handling.

Office Updates

- This past month Kohlman served on the **Extension Department of Extension-Agriculture Section Committee of Professors-Promotion Review Sub-Committee** to make a recommendation for two candidates' promotion from associate professor to professor. This sub-committee meets one time a year.
- Miller applied for and received a promotion from "no prefix" to "senior" within her job title.
- Cindy Sarkady and Miller, as supervisors, have participated in state trainings on the Title and Total Compensation Plan (TTC) and the Performance Management and Development Program (PMDP). The trainings have been offered by UW-Madison's Office of Human Resources. Supervisors have specific tasks to complete related to the TTC plan. In regards to PMDP, there have been updates regarding the annual performance review process. Reviews with Academic Staff will take place in February-March.



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Diana Hammer, Community Development Educator

Ron Jakubisin, Positive Youth Development Educator (Fond du Lac/Washington Counties)

Tracy Keifenheim, 4-H Program Coordinator

Tina Kohlman, Dairy & Livestock Agriculture Agent

Amanda Miller, FoodWise Coordinator/Health & Well-Being Educator (Fond du Lac/Sheboygan Counties)

Pamela Nelson, FoodWise Educator

Patty Percy, Community Garden Coordinator

Melanie Phillips, FoodWise Educator

Cindy Sarkady, Area Extension Director

Shelley Tidemann, Human Development & Relationships Educator

Joe Zimbric, Crops & Soils Agriculture Educator (Fond du Lac/Dodge Counties)