



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

# Programming Highlights

March-April 2019

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

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## Food Safety, Food Security & Health

- In March, Pamela Nelson taught a lesson at Friendship Corner on **“Healthy Snacks You Can Afford.”** Nutrition fact labels were studied to find out what nutrients were in certain snack foods. Eight people attended the class. When asked what they learned, some comments were: "I learned to read labels to buy healthy things," "New labels will have 'added sugar' listed, which is good," and "Look at the packages for vitamins, fats, etc. Read labels."
- Amanda Miller and Patty Percy met with Master Gardener volunteers to discuss ways to improve the **Junior Master Gardener (JMG)** program. The 2019 season begins on April 4. New and returning enrolled students will plant seeds in the campus greenhouse on the first day of class.
- FoodWise has formed a new partnership with **Agnesian HealthCare/SSM** as a guest presenter in the health education series held at Heather Meadows senior housing site. Throughout the series, which includes the 8 dimensions of health, FoodWise will be the ongoing nutrition guest speakers.
- Miller met with the **Heather Meadows** housing manager to begin a new partnership for additional nutrition related classes at additional 4-5 senior housing sites. Currently, FoodWise partners with Riverview Apartments, Portland Square Apartments, Heather Meadows, and Mabess Manor (in Campbellsport) to provide nutrition education.

## Thriving Youth, Families, Organizations & Communities

- Diana Hammer and Ron Jakubisin planned and facilitated a session for the YMCA **Youth in Government** participants (28) to learn about and prepare for a [School Board Candidate Forum](#) that they hosted the same week. After working with the full group of 6-12 graders, Ron & Diana coached the six moderators who took the lead during the candidate forum. About 30 people attended the public event with two school board candidates, which was live-streamed on the YMCA Facebook page. (*The YMCA reimbursed Extension's staff time with a grant they received for this purpose from Fondy 100 Gives in October.*)
- Jakubisin continues to attend the ongoing Fond du Lac **Summer of Fun for Youth** Committee meetings (monthly).
- Jakubisin has conducted community interviews to inform his future **program planning process**. Interviews were conducted with the Envision Greater Fond du Lac staff, Wisconsin Safe and Healthy

Schools Fond du Lac County Coordinator, Youth for Christ staff, Big Brothers/Big Sisters Director, Men of Vision Coordinator (within Ebony Vision) and DSS Transitional Living House Director. He will continue to interview community agencies, schools, and other youth-serving entities to develop work plan objectives and activities.

- Hammer designed and facilitated a four-hour retreat for the **Downtown Fond du Lac Partnership** board to clarify their priorities and make an action plan for the coming year that focused on strengths, non-duplicative benefits to the downtown area, and drawing in more supporters to the work of creating a thriving downtown. (*Extension was reimbursed by the DFP for Diana's time.*)
- Hammer coordinated with **Latinos Unidos en Fond du Lac** to host a meeting in March featuring Sharon Simon talking about Fond du Lac School District employment opportunities and the upcoming referendum vote. The group also contributed to a discussion about immigration with the Year of Encounter participants at Pilgrim Church and participated in a focus group for Moraine Park Technical College.
- [Rev. Mary Council-Austin joined Daisy Frazier, Bob Hoffmaster, and Diana Hammer for the segment about race on KFIZ](#) (26 minutes). She spoke powerfully about her experiences growing up as an African American in North Carolina, moving to Fond du Lac to pastor a white church, and feeling surrounded with care when a hate crime occurred. Rev. Council-Austin inspired us to transform our current racialized reality by deepening trustful relationships.
- **Just in Time Parenting** age paced newsletter partnership continues.
- Shelley Tidemann with Family Courts taught 25 **Co-Parenting** participants attending March's two different sessions. A total of 23 children were involved with these participants.
- Tidemann continues working with colleagues from Washington County and Fond du Lac County to address the **rural financial crisis** affecting farms and agriculture based businesses, through finding resources to build a digital toolkit for anyone to access as well as training sites. Tidemann is assisting in providing an agriculture focused QPR (Question/Persuade/Refer) suicide prevention training featuring Tammi Kohlman, FDL [CSI Suicide Prevention](#) designee. The session is planned for late April in FDL.
- The partnership with **Forward Services** did not meet in March due to the flooding, as Forward Services was a victim of the flood in Fond du Lac. This meeting is being rescheduled.
- Tidemann and Karen Dickrell, Extension Educator from Outagamie County, have been asked to facilitate a UW Madison regional meeting focusing on addressing the **needs of the 0-5 years age span** in the State of Wisconsin. Tidemann and Dickrell will host this meeting on the 26th of April at the Winnebago County Extension office with individuals from counties in Area 10 and Area 15 represented.
- Tidemann presented the [Taking Care of You](#) program to 22 FDL County HCE members.
- Tidemann assisted with providing resources in response to the **flooding** that affected Fond du Lac County in March. Resources on safe food recovery when there is a flood, cleaning up after a flood and mold was shared digitally, as well as with the Fond du Lac County Public Health Nursing office.

## Stronger Economies

- Hammer provided individualized **business assistance** to two Asian women working on bylaws for a new non-profit, an African-American woman and full-time student, starting a for-profit business, a Latino man getting ready to open a new business.
- Hammer facilitated the **IGNITE! Steering Team** meeting at which roles of Envision Greater Fond du Lac and IGNITE! partners were explored.
- Hammer and Jakubisin taught four sessions to nine families participating in **Lemonade Day** (Saturday, May 4). The 15 students have thought about what makes good teamwork and a good location, created team names. Tidemann is also involved with this entrepreneur project. Ten youth from 2nd to 7th grade have been helped with their food stand budget preparations, as well as learning about cost per serving in relation to their goal of a profit.
- In conjunction with Mayra Castaneda and Danielle Vollendorf of the Health Department, Hammer hosted a second meeting for **entrepreneurs starting food-based businesses** in the summer. Eight people (four Latinx, two white, and two Hmong) attended to learn about business planning, the differences between temporary food stands and mobile units, permitting, and food safety. This event will be repeated on April 9, May 14, and June 11.
- Hammer, along with Extension colleagues Joseph Malual, PhD (Chippewa, Dunn, & Eau Claire Counties) and Mia Ljung (Outagamie & Winnebago Counties) and Tracey Robertson, Executive Director of Fit Oshkosh, Inc., designed a **research study with African American entrepreneurs**, a project funded by the Extension Dean's Office. Specifically, Hammer completed Human Subjects Protection training, co-authored Informed Consent, recruitment, and interview protocol documents, and submitted a proposal to the UW-Madison Institutional Review Board. She also participated in interviews of Research Assistant candidates with Fit Oshkosh.
- **Money Smart Head Start** newsletter project continues. The program has expanded to include 120 families of 3 years olds, as well as the 85 4K families from last year who are getting the 2<sup>nd</sup> edition of the newsletter. There are also 30 families receiving the newsletter in Spanish.
- **Rent Smart** was held in March with 7 individuals receiving their Rent Smart certificates. Fond du Lac School District Independent Study program is a new Rent Smart partner with students in this program attending Rent Smart with their instructors. Tidemann continues to work on the state level with the Rent Smart curriculum, as the Rent Smart team is working to digitize the program for an independent study option, as well as a digital train the trainer program for organizations/agencies that want to be trained in the curriculum. Application to develop and design these two programs has been sent to the Human Development and Relationships Institute for consideration.
- Tidemann continues to work with the FDL [Money Smart Week](#) Committee, preparing for Kids Read events and the "How To event" the week of March 30 – April 6, 2019. Tidemann provided the Kids Read program at the FDL School District 4K event, reaching 10 families. Tidemann has also added three worksite financial literacy classes. Chicago Federal Reserve will be attending the 3.30.19 Kids Read

event in which Tidemann is partnering with the FDL Children's Librarian. Additional worksite classes have been scheduled with area businesses.

- Tidemann has provided one to one **financial coaching** to three individuals in March. FDL Probation and Parole is a new partner with them sending their clients over for financial coaching sessions.
- Tidemann taught **basic budgeting skills** to 8 residents of Heather Meadows in NFDL.

## Office Updates

- Tidemann was notified she has been selected to receive the WEAFCs nomination for the **Wisconsin Continued Excellence award**. The nomination has been forwarded to the National Extension Association for Family and Consumer Sciences for consideration.
- Hammer registered for the **Coaching for Equity Institute training** in Oakland, CA that she will attend June 17-19, 2019 with funding from the Extension Dean, Assistant Dean for Diversity and Inclusion, and Area 15.
- The **Fond du Lac Area Foundation** will be awarding a \$2000 grant to the Junior Master Gardener program and \$1500 to the Community Gardens project.
- Jakubisin made Fond du Lac his **permanent residence** with the official move the weekend of March 9th.



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Diana Hammer, Community, Natural Resource & Economic Development Educator  
Ron Jakubisin, Positive Youth Development Educator (Fond du Lac/Washington Counties)  
Tina Kohlman, Dairy & Livestock Agent  
Amanda Miller, FoodWise Coordinator/Family Living 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, Family Living Educator  
Vacant, Area Crops & Soils Agent (Fond du Lac/Dodge Counties)  
Vacant, 4-H Program Coordinator