

**Programming Highlights**

March-May 2016

UW-Extension, Cooperative 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.*

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

* Fond du Lac County 4-H hosted a station at the **Multicultural event hosted by the Boys and Girls Club**. Camron Van Loo shared his experience as an international exchange student in Japan, and other 4-H members led an origami projects station.
* **“Young Dreamers” Latino youth group** met twice in March. UW-FDL students began their presentations as part of their service-learning project. Ten Latino youth enjoyed learning about art and teamwork.
* 20 youth (4-H and non-members) have registered for the **“Lemonade Day,”** an entrepreneurship program that includes lessons about: budgeting, goals, partners, promotion and other important topics to consider to become a business owner. Fond du Lac Area “Lemonade Day” is Saturday, May 7, 2016.
* The annual **4-H basketball tournament** was held on Saturday, March 19, at Lomira High School.  Eight junior teams and five senior teams competed. Over 100 4-H members participated in this tournament filled with friendship, sportsmanship and fun.
* Araceli Oswald was part of **Sabish Middle School Multicultural event**. A diverse group of presenters was invited to share their personal experience, culture, traditions. An open conversation with each class gave both students and presenters the opportunity to learn from and about each other.
* 127 4-H and FFA youth beef, sheep, swine and meat goat project members attended the annual **Market Livestock Project Orientation Meeting**.  As part of the orientation, Tina Kohlman presented Marketing 101:  Pre- and post-fair buyer relations.  The purpose was to teach youth the importance of buyer relations for their market animal project and how, when, who, etc. to write pre-sale buyer invite letters and post-sale thank you letters.
* Diana prepared and taught a **Board Development in-service** for the Board of the Family Resource Center which plans to enhance its operating procedures, develop an orientation for new board members, and clarify roles as a result of their learning.
* Diana facilitated a follow up meeting with leaders of **Campbellsport Community Action Revitalization Efforts (CARES)** to debrief the public meeting held in February and clarify their next steps. They made plans for engaging middle- and high-school students in conversations or surveys about the area’s future.
* In accordance with the UW Regent policy and UW Colleges & UW-Extension Criminal Background Check policy 54 4-H volunteers had their **background checks** completed. These are rerun every four years to help insure a safe environment for our youth participants.
* Created for 4-H members in grades 3-5, **4-H ArtBeat!** is an introductory program for Wisconsin 4-H Arts and Communication. Held at our state 4-H camp in Wisconsin Dells, the weekend featured hands-on learning in a variety of arts projects including music, drama, visual arts, and arts and crafts. Two Fond du Lac County 4-H members and their parents participated.
* Araceli Oswald and Denise Retzleff attended the **state 4-H team meetings workshop** that focused on expanding access to new audiences. The work of the team is focused on reaching first generation 4-H families. By First Generation 4-H we mean youth and families not previously engaged; with a purposeful goal that our program reflects the community in which it operates. This will require specific intentional work to engage communities/populations historically not reached.
* The **Public Issues Leadership Development Conference** was held April 10-13 in Arlington, Virginia. More than 200 representatives from across the nation attended the conference, which featured presentations on Extension programs in Wisconsin and from around the country addressing issues important to agriculture, businesses, communities, families and youth. Fond du Lac County 4-H member, Allison Opheim, was only one of two youth delegates to this conference.
* **Fond du Lac County 4-H Leaders Association** meets three times annually. At the spring meeting all clubs and groups that fulfilled their charter requirements were acknowledged. Youth leaders gave a presentation on use of social media – Twitter, Facebook and Instagram to market 4-H.
* Three 4-H Teen Leader Association members taught **4-H Afterschool** at Parkside School Boys & Girls Club site. Fifty-one children were engaged in hands-on problem-solving, teamwork and communication activities.
* The **Wisconsin 4-H State Wildlife annual contest** was held in West Bend. Fond du Lac County 4-H members who participated received 1st place in the taxidermy division, 4th place in recycling; and 1st place in the wildlife team division and 3rd place in the archery team. This was the first year for our county to participate.
* Tina Kohlman hosted the **Small Animal Quality Assurance Training** for 10 4-H and FFA members.  The purpose of the small animal quality assurance is to help youth exhibitors learn more about the proper handling and care of their project animals.
* 182 hogs and 111 lambs/meat goats were identified and weighed for the **2016 Market Livestock Project**.  4-H and FFA members will work with their animal projects which will be shown at the fair and hopefully sold through the Market Livestock Sale.
* 4-H member Allison Opheim and Araceli Oswald were interviewed by Bob Hoffmaster at KFIZ as part of the National **4-H promotional campaign**. Allison shared her experience in 4-H and the impact of the program in her life. We have also launched a social media promotional campaign in Fond du Lac County featuring 4-H members and using #trueleaders and #FDLCo4H.
* Diana planned and facilitated a meeting with the **City of Fond du Lac Downtown Exploratory Committee**. The goal of this committee is to present recommendations to City Council in December answering the question, “How can the Downtown of Fond du Lac be better?”
* Diana met with a member of the **Fond du Lac Area United Way** board to learn about their strategic planning process, goals for learning more from stakeholders, and strengthening their organization. Initial plans were made for a UW-Extension facilitated retreat for board members in the summer.
* Diana met with the **City of Waupun Community Development** Director to discuss her goals for better understanding the strengths and opinions of various local resident groups. Initial plans were made for a series of UW-Extension facilitated focus groups in the summer.
* Thirty-seven Fond du Lac County **Wisconsin Association for Home and Community Education (HCE)** members attended an educational session/tour of the St. Vincent de Paulorganization.  Participating in this tour aligns with the FDL Co. HCE organization mission as it involves individuals identifying and solving family and community problems through an educational program.  The six FDL Co. HCE groups are community volunteers in their respective communities caring to make a difference.
* **Co-Parent Education** was held for divorcing parents and parents with paternity cases in March and April. Michelle Tidemann and Kylee Ernst collaborated to teach how to better co-parent children to 47 divorcing parents and 7 paternity parents.  A total of 49 & 5 children are associated with these parents respectively.  The texting project has re-started again with state funding to keep positive co-parent educational points text messages arriving via text to co-parenting parents.
* Tidemann presented on the outcomes for the **Parenting the First Year Newsletter** project to both the Kiwanis clubs in Ripon and Waupun.  Kiwanis, St. Agnes and UW Extension Family Living have been partners in the age paced newsletter project for 23 years.  In June of 2016, the digital edition of the newsletter will be changing and Tidemann will be working with Agnesian to make the changes for the digital subscriptions.
* Interest in poverty has increased in the Waupun community. Michelle Tidemann and Amanda Miller presented Poverty information relative to Fond du Lac and Dodge counties to the REACH organization in Waupun.  Additionally, Tidemann, Miller, and Dodge County Family Living Educators will be providing to the Waupun Public School System a **Poverty Simulation** for the Waupun Public School System staff (150 individuals) on June 6.  An additional Poverty Simulation has been planned for Fond du Lac County interested residents for June 21 at the UW-FDL Campus.
* Michelle Tidemann, Carol Bralich and Paul Roback presented at the East Metro Regional Conference on the topic of **“Real Colors Temperament Identification and Reactions to Change”**.   Additionally Tidemann and Bralich have scheduled two Real Colors trainings for Charter Communications in May and June, with anticipated audience of 35 Charter employees for each training.

**Food Safety, Food Security & Health**

* This school year, the **Wisconsin Nutrition Education Program (WNEP)** went into 8 classrooms at Head Start two times to teach about trying new foods and eating vegetables and fruits.  A total of 135 students were reached.  A teacher evaluation was sent out to see if there have been any changes to student eating behavior.  63% of the teachers said students made comments about the variety or amounts of vegetables and fruits eaten at school or home. Other comments from teachers include:  “Children are doing a lot more food tasting and at least trying the foods instead of just saying “no;” “The children are being taste testers and some students that were picky eaters are eating and trying more foods;”  and “Students are more willing to try new foods at the table and children tell parents about foods they ate at school.”
* The school year is winding down and so are the **nutrition classes at area elementary schools**. This year, the Wisconsin Nutrition Education Program (WNEP) educators, Kris Schaeffer and Pamela Nelson, have presented to students in three area elementary schools, Chegwin, Riverside, and Parkside. In order for WNEP educators to work in these schools, proof must be shown that 50% or more of the students are eligible for free or reduced hot lunch. At Parkside school educators went into 2nd, 3rd, 4th, and 5th grade classrooms. At Riverside and Chegwin 1st, 4th, and 5th grade students were taught. Topics addressed by the educators included among others, eating a variety of foods from the five food groups, trying new foods, eating foods that are closer to the way they come from nature (less processed), label reading, choosing foods with less fat and sugar, and balancing food intake with physical activity.
* Amanda Miller, Family Living Educator, attended a workshop on **“Health and Health Insurance Literacy Training for Extension Educators”** offered by the UW-Extension’s Healthy Living Team and Covering Wisconsin. The workshop addressed the role of Extension in health insurance literacy and an explanation of current health insurance options for Wisconsin residents.  The workshop was “hands-on” and included working on local materials and specifically, how to teach health insurance for low-health literacy. This workshop builds on the education and outreach provided by Shelley Tidemann and Amanda Miller over the past few years. The goal is not to recommend any specific option, but to keep community members aware and connected to various health insurance options available to them and who to contact for additional help.
* Are all “multi-grain” products really whole grains? What is the difference between organic and “natural”? Understanding food labels and the most recent Dietary Guidelines for Americans helps consumers be better informed about current food trends, save money and improve nutrition while grocery shopping. As a part of Money Smart Week, Amanda Miller offered two sessions on **“Food Label Logic”**, one at the Women’s Finance Conference and the other at the Fond du Lac Public Library. Of those that returned evaluations, 86% were satisfied with the class, 83% believed the information they learned was helpful, 90% learned information that they can use in their lives, and 83% could name 1-2 ways to read labels and save money at the grocery store. Comments include: “She had some helpful information” and “I learned a great deal about plant milks – before this session I did not know the nutritional values of them.”

**Stronger Economies**

* Tina Kohlman hosted an educational booth for the **Fond du Lac County Agri-Business Council’s Ag Showcase**.  The purpose of the booth was to educate attendees regarding Fond du Lac County agriculture and the impact of the dairy industry.
* Tina Kohlman presented **“Raising Quality Dairy Heifers:  Profit Maker or Profit Taker?”** at the UW-Extension Dane County Raising Quality Dairy Heifers Meeting.
* The third and final **Private Pesticide Applicators Training** for 2016 was hosted by Tina Kohlman in March.  A total of 24 participants were certified in the use of restricted use pesticides.
* Organized by Tina Kohlman, 26 individuals attended the March **Dodge/Fondy Corn Growers Group** lunch.  UW-Extension specialist Paul Mitchell led the group discussion on the economics of cover crops.
* Diana presented summary results of the study **“*Learning from the Experiences of Fond du Lac County African-American, Asian, Latino, Native American, and Immigrant Business Owner*s”** at the 2016 East-Metro Region Conference in Elkhart Lake to an audience of 15 Cooperative Extension educators. Diana continued to analyze the responses received from the 35 business owners interviewed with UW-Extension Specialists Steve Deller and Christian Schmieder. She is writing an article and other fact sheets that will be shared with the public and IGNITE! partners in coming months.
* Diana attended the **“Economic Development 101” workshop** taught for leaders in the Waupun area as they learn about ways to grow and plan for their future. Diana may collaborate with the City on public input events related to this effort in 2016.
* As part of her leadership role with **IGNITE! Business Success Backbone Sub-Committee,** Diana helped recruit members of the collaborative to serve on an executive team of decision-makers and introduce some new operating protocols for the group.
* Thirty-five ladies attended the **Heart of the Farm** event hosted by UW-Extension Fond du Lac, Manitowoc and Calumet Counties.  Tina Kohlman organized the event which included speakers on the topic of calf health, farm teams, water quality and farm employee culture.
* Tina Kohlman participated in the **Green Lake Water Shed Farm Survey Kick-Off**.  One-half of the Green Lake Watershed lies in Fond du Lac County.  The purpose of the survey is to determine programs currently offered to support agricultural/conservation projects; how the programs are perceived to be received; and what information is currently missing in agricultural decision making.  The survey will conclude this fall with survey results shared this winter.  The results will help the Green Lake Water Shed Association determine how to increase the quality of the lake over the next 20 years.
* Planning has started for **Midwest Manure Summit IV**, which occurs every other year.  Midwest Manure Summit started from a 2-day Manure Innovations Meeting hosted by Tina Kohlman while in Sheboygan County, and later adopted by former UW-Extension Dairy & Livestock Agent Paul Dyk.
* Tina Kohlman is a co-leader for a **digital dermatitis (hairy heel warts) field survey** to be conducted this fall.  With an East-Metro Regional Resource Grant, Tina and other dairy agents will be on farm surveying for presence of hairy heel warts and highlight new technology in identifying hairy heel warts.
* Diana continued analyzing **data from 35 business owners** interviewed with Ripon College student research assistants in collaboration with Specialists Steve Deller and Tessa Conroy. They are writing an article and other fact sheets that will be shared with the public and IGNITE! partners in coming months.
* As part of her leadership role with **IGNITE! Business Success**, Diana contributed to the planning and facilitation of the monthly Coordinating Council meeting. She also met with the Spanish-speaking owners of a new business in Fond du Lac and referred them to IGNITE! partners for assistance with marketing.
* Ten individuals were in attendance at the **Forward Services Job Club**, where Michelle Tidemann taught the basic budgeting class of Where Does my Money Go.   Five individual Head Start families also received basic budgeting and health insurance education information.
* Michelle Tidemann serves on the **Fond du Lac Continuum of Care - Housing committee**.  The focus of the group is homelessness and affordable housing for individuals in Fond du Lac County.  This collaboration of agencies/organizations meets monthly, with educational presentations each month.
* Twenty-one individuals received **Rent Smart** certificates for attending the 6 hour Rent Smart course in February, taught by Michelle Tidemann
* Video segments were taped by Tidemann, through the collaboration of ADVOCAP, for use with the new Rent Smart curriculum.  Tidemann serves as co-chair of the **Rent Smart curriculum** renew for the state.
* **Money Smart Week 2016** was April 23 – 30.  Michelle Tidemann serves on the countywide committee this year and worked on the Fond du Lac County Health Fair, the Women’s Finance Conference, Teaching Who Gets Grandma’s Yellow Pie Plate session and Reality Day.  Approximately 175 FDL County employees were involved with learning about Credit and Credit Reports at the Health Fair; 70 individuals attended the Women’s Finance Conference; 25 individuals attended Who Gets Grandma’s Yellow Pie Plate session which focused on non-titled property in estate planning; and approximately 190 Fond du Lac High School students and 79 volunteers participated in the Reality Day held at the Fond du Lac High School.  Evaluations for Money Smart Week and Reality Day are being tabulated and will be shared next month.

**Resilient & Productive Environment**

* Diana and Cody Baierl (UW FDL intern) studied the results of the **“Fond du Lac County Well Water User Knowledge, Attitudes, and Behavior Change” research** reported by the UW-River Falls Survey Research Center. They developed a poster describing the results and presented it to about 20 UW-Extension educators at the Joint Council of Extension Professionals conference that was held in April.
* Diana worked with the **“Energy + Team” of City and County employees** to organize a book study of *The Natural Step for Communities: How Cities and Towns can Change to Sustainable Practices* which started in April. Group members are researching local examples of practices discussed to share at the next meeting.
* **Energy + collaborated with STEM Academy** students to design activities and reminders to promote recycling and energy conservation to share in their booth at the County Wellness Fair.
* Diana coordinated conversations with the **Master Gardener Association** Board to learn more about insurance coverage, active projects, and residents who participate in community gardening projects with Master Gardeners.
* Master Gardeners began staffing the **Horticulture Help Line**, available via email at [master.gardener@uwc.edu](mailto:master.gardener@uwc.edu) or call 920/929-3173 from 8:00am - 4:30pm Monday through Friday to answer questions about flowers, trees, fruits, vegetables, or insects in area gardens and orchards.

**Office Update**

* Cody worked this past month on some graphic design and finalization of the **2015 UWEX Annual Report**, the first draft of which was just returned from Scott's Printing.
* Co-Department Heads Tidemann and Retzleff met with Dodge County Department Heads to complete an MOU regarding working arrangements for the **new Crops & Soils Educator** who will be employed 50% time in each county. Loretta Ortiz-Ribbing will be starting on June 1.
* Tina Kohlman was awarded an **ESP Multi-Cultural Team and a Distinguished Team Award** for her work on the 2015 Managing Employees Effectively Middle Manager Meetings.  The Middle Manager Meetings provided human resource education and resources (English and Spanish) to those individuals who have moved up in their roles on the farm.
* Fr. Max Tzul, Holy Family Catholic Parish, UW-FDL Professor Kristi Wilkum and Araceli Oswald, Fond du Lac County 4-H Youth Development Assistant, UW-Extension, received the **Collaboration/Partnership Team Award** from the Wisconsin Association of Extension 4-H Youth Development Professionals (WAE4-HYDP) at their annual conference on April 19th in Wisconsin Dells.  This award recognizes excellence in programs involving external agencies conducted by UW-Extension. They have worked together to impact over 30 Latino youth and 60 college students in Fond du Lac. Through service-learning projects, UW students have shared their knowledge and creativity and youth appreciate the experimental learning activities, positive environment and interactions. Both groups have gained valuable learning experiences.
* Diana received the **“Outstanding Achievement Award”** from the Wisconsin Extension Environmental and Community Development Association and the **“Early Career Service Award”** from the Wisconsin Chapter of Epsilon Sigma Phi.
* Michelle Tidemann served as **tri-chair to the East Metro Regional Conference** for faculty and staff in March.  UW Extension faculty and staff from 22 counties attended the 2 day conference, which was addressing the upcoming changes in relation to UW Extension nEXT Generational re-organization.  Additionally Tidemann attended the East Metro Regional Dept. Head meeting with fellow Dept. Heads from the 22 counties.
* Michelle Tidemann has been appointed to represent her academic Department through serving on the **Faculty Tenure Advisory Committee** beginning July 2016.
* **Budget** **update** through April: Expenses - 37%; Revenues - 36%

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