

**Programming Highlights**

May-June 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.*

 **Stronger Economies**

* Tina Kohlman conducted the annual **alfalfa quality watch program**, by providing alfalfa quality values to producers two times a week starting May 9th.  The purpose of the alfalfa quality watch is to help dairy farmers determine the optimal time to harvest 1st crop alfalfa for the best quality.  It is recommended to harvest the alfalfa at 190 to 180 relative feed value (RFV).  Waiting longer may increase forage yield, but quality is lowered meaning farmers would need to purchase feed to increase quality of the ration.  Subsequent harvesting of alfalfa is based on number of days after the previous harvest.
* 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.  In May, Rent Smart data from 2015 was shared by Michelle Tidemann with the coalition, as well as an update on the state Rent Smart curriculum rewrite.
* Twelve  individuals received Rent Smart certificates for attending the 6 hour **Rent Smart course** in  May, taught by Michelle Tidemann.
* **State Rent Smart** **curriculum writing** continues with modules completed and editors are proofing the six modules.   A July 1 date is the target for completion of this state curriculum re-write. Tidemann serves as co-chair of the Rent Smart curriculum renew for the state.
* **Money Smart Week 2016** is in the books for another year!  In 2016, 1,718 individuals attended Money Smart Week’s free events open to anyone in Fond du Lac County.  This was our largest year to date for attendance.  New events this year include: Financial Football with FDL Boys and Girls Club, Family Movie Night with NFDL Movie Club, Young Professionals sponsored session of Dave Ramsey and  new topics for traditional sessions held at the library.  Mark next year’s calendar - Money Smart Week 2017, April  22 – 29th.
* One individual received **financial coaching assistance** and another individual has scheduled time for financial coaching assistance.
* 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 and the first Steering Committee meetings. The group is evolving the purpose and structure of each meeting to better serve members and meet the goals of the network.

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

* Tina Kohlman greeted over 40 individuals to Fond du Lac County Agriculture and Rosendale Dairy as part of the **Wisconsin Idea Tour** for UW faculty members.  The tour provides an opportunity for new university faculty members to see Wisconsin and the impact they have in the state.
* Tina Kohlman is working with two 4-H volunteers who are establishing a **4-H Livestock Judging Team**.  The purpose of livestock judging is to teach youth on selecting and judging animals based on the ideal animal.  Four youth have expressed interest in livestock judging.
* Nearly 40 youth attended the annual **Dairy & Fitting Workshop** at the county fairgrounds.  Co-hosted by the Junior Holstein Association and the Dairy Project, the purpose was to provide a hands-on activity for youth to learn the proper skills of dairy showmanship.
* Over 100 youth attended the **Meat Quality Assurance** (MQA) program taught by Tina Kohlman.  MQA is a program to teach youth how their 4-H or FFA fair project fits into real world agriculture.
* The **4-H senior horse bowl team** were grand champions at the state meet on May 7 in Wausau. The junior team took fifth place out of 21 teams.  In this competition teams answer questions about the horse industry – breeding, management, feeding, anatomy, history, and showing. In senior Hippology, Theresa Karrmann was grand champion.  In junior Hippology Sylvia Ford was reserve champion.  **Hippology** consists of horse judging, written examination and slide identification, ID stations and team problem solving.
* 4-H had a display of many animals at the **community block party** that was coordinated by the Boys & Girls Club. Displays at community events serve as both educational and marketing tools for 4-H.
* Along with other members of the Expanding Access team, Araceli Oswald and Denise Retzleff taught a session at the East-Metro Regional meeting on **4-H Grows by Expanding Access**. It was an introduction of why and how 4-H can reach new audiences.
* **New Horizons** is a service learning leadership experience for 4-H teens. The youth applied and interviewed last fall and have been meeting since December. The youth select where to go for their project, plan the details about travel, lodging, cultural sites to visit and fund raising. This year 6 teens, along with 4-H educator Denise Retzleff and 2 chaperones will go to New Orleans to work at a food bank and mission site for the homeless.
* On May 7nd the City of Fond du Lac celebrated **“Lemonade Day.”** This one day event was the culmination of the entrepreneurship program that youth in the community worked on for the last semester. This “hands on” program allowed all participants to become their own boss, make a plan, work the plan and reflect on their results. 4-H coordinated and facilitated this program to 10 4-H members and 6 non-members. They hosted a total of 9 lemonade stands.
* The **“Young Dreamers” Latino youth group** was part of Lemonade Day. They received the “Best Experience Overall” award. They also performed traditional dances at the Mother’s Day celebration for the Latino community. The spring program ended with a visit to FDL Fire Department Station #3. They plan to resume meetings in September.
* 4-H member Allison O. was interviewed by Bob Hoffmaster at radio station KFIZ as part of the **promotional campaign: 4-H Grows**. She shared her experience at the 2016 Public Issues Leadership Development Conference in Virginia.
* Eleven 4-H members from Fond du Lac and Winnebago Counties participated in the **2016 Bi-County Fashion Revue**. Fond du Lac County hosted the event where youth showcased their clothing and crocheting projects. Participants were graded on their garment, creativity and overall appearance of the garment on the model. Youth received advice from Judge Kay Nemitz to improve their next year’s projects and gain confidence as they described and modeled their creations. State Fair delegates from each county were selected.
* Thirteen 4-H members will represent Fond du Lac County at the **WI 4-H Youth Conference.** Araceli Oswald facilitated an orientation for delegates and their parents.
* **Co-Parent Education** was held in May for divorcing parents and parents with paternity cases.   Michelle Tidemann and Kylee Ernst collaborated to teach how to better co-parent children to 26 divorcing parents and 17 paternity parents.  A total of 31 & 15 children are associated with these parents respectively.
* **Real Colors Training** was conducted with 38 Charter Communications middle managers.  Michelle Tidemann and Washington County FLE 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.  A second Real Colors Training for more middle managers is set for late June.
* **Basic Communication Skills** for better communication was taught by Michelle Tidemann to 15 individuals in Jackie Bergman’s Independent Living class at Fond du Lac High School.  This is the second topic Mrs. Bergman has requested Tidemann teach for the class.
* Interest in Poverty has increased in the Waupun community.   Tidemann, Miller, and Dodge County Family Living Educators will be providing a **Poverty Simulation** for the Waupun Public School System staff (150 individuals) on June 6.  Preparations for this schoolwide professional development has been done with Dodge County UWEX colleagues and Waupun School District administrators.  An additional Poverty Simulation is planned for Fond du Lac County interested residents on June 21, 2016, at the UW-FDL Campus.
* Michelle Tidemann, Cody Baierl and Denise Retzleff presented the 2015 UW Extension Fond du Lac County **annual report** and accompanying PowerPoint to the Fond du Lac County Board of Supervisors at their May meeting.
* Diana and state 4-H Youth Development Specialist Matt Calvert assisted **Campbellsport Community Acton Revitalization Efforts** (CARES) develop a survey for all students in sixth grade and higher to share their thoughts on the community and what would make it better.
* Diana and Brown County CNRED Educator Allyson Watson graphically recorded the content of the **Sophia Foundation conference**. Drawings allowed participants to experience the material in a new way and will be shared with them later as a summary of the event.

**Food Safety, Food Security & Health**

* In April, the Wisconsin Nutrition Education Program taught a class to 15 Youth for Christ young moms and dads.  The topic was: **Eat Together, Talk Together** - Make mealtime a family time.  Meal tips that parents said they will do at home include:  Encourage my children to cook with me; Eat together more often; Talk with children; Talk about the day; Encourage my kid to try new foods; and Have family meals 4 times a week.  When parents were asked: “I will turn off the television and not answer my phone/text when we are eating our family meal,” 50% said they will do this more often.  Research has shown that there are many benefits to eating together as a family.  Some of the benefits are:  Families that eat together eat more balanced meals, kids get better grades, kids get involved with drugs less.
* During the 2015-2016 school year, the **Wisconsin Nutrition Education Program** (WNEP) offered a series of programs to various grades (2nd, 3rd, 4th and 5th) at Parkside Elementary, Riverside Elementary, and Chegwin Elementary of the Fond du Lac School District. Each series included an evidence-based, age-appropriate curricula (Show Me Nutrition, Serving Up MyPlate, and Food Day), taste tests and hands-on activities that reinforced the message of eating more of healthy foods from the 5 food groups and less processed and “sometimes” foods. Quarterly newsletters were distributed to parents to compliment the nutrition messages offered to the students.

A follow-up evaluation was provided to each teacher. The results indicated the following:
* 59% of teachers observed or heard comments from students about changes made in the variety and amount of vegetables eaten at home or school.
* 64% of teachers observed or heard comments from students about changes made in the variety and amount of fruits eaten at home or school.

Teachers were asked “Please share student behavior changes you observed or comments you have heard from parents/caregivers about student or family behavior that have been attributed to WNEP lessons.”
Responses: Students are more willing to try the daily healthy snack and want to take home extras; I am seeing more students bringing a healthy snack during snack time; Students have been “gobbling up” different kinds of fruit. Teachers were asked “Please share any of your behavior changes you have made (as a teacher) since WNEP has been offered in your classroom.” Responses: I continue to encourage my students to try new things and not to judge other people for their dietary choices; I refer back to lessons learned when covering similar topics; and I tie in the vocabulary from the WNEP lessons when a healthy snack is provided.

**Office Update**

* Michelle Tidemann and Denise Retzleff representing the East Metro Region, attended the **North Central Leadership Conference** for Extension Leaders held in Minneapolis, MN.  North Central Extension Conference’s membership is made up of 12 states, in which Wisconsin is one of the 12.  The theme of the conference was around leading and administratively developing a culture of excellence amidst change. A full report was sent to the EAR Committee earlier in May. They attended workshops on dealing with change, improving the work place environment, interdisciplinary programming, collaborations, and cultural competency.
* Michelle Ruelas will begin as a **summer 4-H intern** starting June 1 and work 32 hours/week for 12 weeks. She will assess the changing needs of a growing Latino population in Fond du Lac County. One of the initial steps will be to develop a database of local businesses willing to partner to provide training services to Latinos. She will also assist Araceli Oswald in programming with Latino youth in North Fond du Lac.
* The **Check Your Free Credit Report Campaign State Team** of nine individuals, Tidemann is one of the nine, has received notice of receiving the Dean Don Felker Financial Management National Award given by the National Extension Association for Family and Consumer Sciences. The award will be given at the NEAFCS annual meeting held in Montana.  Tidemann is unable to attend.
* Diana participated in initial screening and preliminary interviews of candidates for the **Language Access Coordinator/Bilingual Editor** position created by the UW-Extension Dean’s Office in response to the work of the interpretation/translation assessment committees she facilitated over the last two years.
* **Budget** **update** through May: Expenses - 41%; Revenues - 49%

An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming,

including Title IX and ADA requirements.