

Programming Highlights

May-June 2017

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

- Over 120 4-H and FFA livestock project members completed Meat Animal Quality Assurance Training (MAQA)
 under the direction of Tina Kohlman. The purpose of MAQA is to teach youth how their fair project fits in to real
 world agriculture and how to raise a safe, wholesome food product for the consumer.
- On May 6 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. 21 4-H members participated in this program.
- North Fond du Lac School and 4-H joined to bring a Mother's Day Celebration for ELL families. Over 60 people
 participated. Youth made presents for their mothers and everyone participated in a series of traditional Mexican
 games.
- Latinos Unidos en FDL, hosted a Higher Education Informational meeting. Guests from Higher Ed institutions, Latino students and Literacy program were present to share information, experiences, and answer questions Latino families had regarding this topic. Over 30 people participated in this event.
- Denise Retzleff taught Volunteer in Preparation to new 4-H leaders. This required training covers volunteer roles, responsibilities, available resources, and how to work effectively with young people. One participant's evaluation stated that because of this workshop she will think beforehand of how to interact with youth, making them feel a sense of belonging. All participants strongly agreed they better understand the purpose of UWEX, volunteer responsibilities, their obligations, handling risk management, and essential elements of youth development because of this workshop.
- Fond du Lac County 4-H had four members each on the junior and senior teams that competed at the **state horse bowl competition**. Members practice for months ahead of time. They must quickly and accurately answer questions about horse management, feeding, health, anatomy, training, breeds, and history. The junior team took a top ten, and the senior team was reserve champion. In Hippology, Theresa Karrmann was grand champion of the senior division.
- Retzleff co-presented the session "Building an Effective Board of Directors" via a webinar to Columbia County,
 Missouri Extension. Twenty people attended the workshop and learned how to better recruit and engage board
 members. All attendees agreed the material was useful and could state how they intended to use it. Examples
 include: To move meetings along so they are efficient. To make our board function more effectively. To run
 meetings more smoothly. To have our club work together better. To more engage youth in leadership.

- Five 4-H members in grades 6-8 attended **4-H Space Camp** in Huntsville, AL. They completed a simulated Space Shuttle mission, experienced training simulators, toured the U.S. Space & Rocket Center, and learned about space exploration. One youth reported back, "I was pretty energized from the trip. I would tell anyone who is thinking about going to go you're going to learn a lot of interesting things and have a great time."
- Co-Parent Education was held for both paternity parents and divorcing parents in May. Michelle Tidemann and
 Kylee Ernst collaborated to teach how to be better co-parents to 19 paternity parents and 16 divorcing parents. A
 total of 42 children are associated with these parents. In addition, Tidemann, Ernst and new B-3 County Director
 Becky Hoffman have applied to present at the Association of Family and Conciliation Courts Conference at the
 recommendation of Honorable Sally Danner, the work being done in Fond du Lac County with paternity parents.
- Mindfulness and Well-Being: Change Your Brain, Change Your Life was presented to 70+ Fond du lac County employees at a noon presentation and a repeat presentation was held at the FDL Public Library where 30 individuals attended. Tidemann worked with Dr. Larissa Duncan, UW Extension Family Living specialist, international mindfulness expert, to come to Fond du Lac to present. Mindfulness is an awareness that comes through paying attention to the present moment without judgment can help manage stress, improve family relationships and promote health and wellness. Wellness includes several dimensions: Physical, Social, Emotional, Spiritual, Occupational and Intellectual. Additional work was done with the FABOH organization and some of their employers who have interest in applying Mindfulness techniques in the workplace. Tidemann will be following up with Dr. Duncan for additional resources to further the interest sparked in the area of Mindfulness.
- Diana facilitated two meetings with City of Fond du Lac Community Development, Inspections, Fire, and Engineering Departments to map the processes they use in **commercial and residential development**. City employees will use the flow chart to both improve coordination among departments and to gather input for improvements from contractors, developers, and property owners.

Stronger Economies

- In cooperation with Oak Lawn Dairy and Kelley Country Creamery, Tina Kohlman hosted nearly 50 Wisconsin Idea
 Tour participants to learn more about the Fond du Lac County dairy industry and how to add value to milk. Fond du
 Lac County was one stop on a four-day tour around the state which new UW-Madison professors and faculty learn
 how their work (teaching, research, and outreach) impact the people of Wisconsin.
- Tina Kohlman continues to facilitate three separate **Dairy Farm Management Teams** in the areas of farm succession/transition and production. The purpose of the team concept is to bring the farmer and key service providers to the table to address specific topics on the farm to help improve productivity and profitability.
- Mother Nature has not been overly helpful during this planting season. Cold and wet weather has made field work
 difficult and plant growth stressful. Dr. Ribbing has been providing helpful tools and tips to assist farmers when
 possible via 2 Extension newsletters, several press releases, website and Facebook posts, interaction with producers,
 and interviews with local media. Amanda Young and Dr. Ribbing just started a new E-newsletter in Dodge County for
 this and other purposes.
- Dr. Ribbing has been partnering with both the Fond du Lac and Dodge County Forage Councils who are taking PEAQ (Predictive Equations of Alfalfa Quality) readings to determine alfalfa's Relative Feed Value (RFV) and help producers determine the timing of their first cut. Dr. Ribbing has been making these PEAQ readings available by posting them to both county websites and to Dr. Dan Undersander's state website.
- Coordinating the educational program for the **Fond du Lac Forage Council Twilight Forage meeting** continues. Dr. Ribbing will provide a crop update, then participate in and lead a farmer and researcher panel discussion on using

cover crops in silage production systems. The event will be held at the Madigan farm in Rosendale on June 14 beginning with a Robotics tour at 6:30 p.m. Please mark your calendars.

- Dr. Ribbing hosted Mike Maddox, Master Gardener Program Coordinator, who presented a day-long workshop on **Using Horticultural Therapy in Extension Education**. This workshop was well received by 22 Master Gardeners coming from Fond du Lac, Winnebago, Milwaukee, Washington, and Outagamie Counties.
- Working with Dr. Ribbing, Dodge County producer Marty Weiss planted (May 15, 2017) his on-farm trial focused on
 evaluating the impact of shading on cover crop growth when cover crops are interseeded into corn at the V3 or V4
 growth stage.
- More data was received, so now 213 Dodge and Fond du Lac Agricultural Needs Assessment Surveys (paper and online), conducted by Dr. Ribbing, Amanda Young, and Tina Kohlman, have been entered and proofed. Analysis is in progress.
- Dr. Ribbing continues to work with the **Dodge County Farmer Led Group** and in addition to setting up on-farm cover crop trials, she is also facilitating the Farmer Led group's June 8th meeting with Foremost, DBA, and The Nature Conservancy to discuss potential partnerships and projects.
- Credit Report Campaign for 6/6 is in process. Tidemann has shared this information with Fond du Lac County residents, through social media, newspaper, and the UW-Extension website: fvi.uwex.edu/creditreport/. In addition, Tidemann has shared the information with Midstates Aluminum, Society Insurance and Info Pro Lenders/Title companies for their employees.
- Five ADVOCAP Fresh Start individuals continue their **financial literacy classes** with Michelle Tidemann. May's topic was around the use of credit and credit reports.
- Tidemann taught **Where Does the Money Go** to 29 individuals at Society Insurance. Participants were present via digital feed and in person. Basic spending plan instruction was shared as well as the 6/6 Credit Report Campaign. Follow up will be with the HR office.
- Four individuals received Rent Smart certificates for attending the 6 hour Rent Smart course in May, taught by Michelle Tidemann. Tidemann continues to serve on the Fond du Lac County Housing Coalition working to address affordable housing and homelessness. State Rent Smart curriculum has been completed and Tidemann has been working with a colleague in Richland County to design video training for the renewed curriculum as well as Tidemann will be presenting an in person training in July in Madison for agencies that have not used Rent Smart before. The website for your review is: http://fyi.uwex.edu/rentsmart/.

Food Safety, Food Security & Health

- The summer **food preservation classes** are scheduled as follows: July 18 ("Cherry on Top" canning fruit dessert toppings), August 17 ("Variety is the Spice of Life" canning hot peppers), and September 21 ("How Do You like Them Apples?" canning apple varieties.) Classes are held at the UW-Extension Fond du Lac County office from 5:30-7:30 pm, offered by Amanda Miller, Family Living Educator.
- The Downtown Fond du Lac Farmers Market will once again host food preservation booths on Saturdays from 8 am
 12 pm on Saturdays, June 17, July 15, August 19, September 16, and October 21. Amanda Miller, Family Living Educator, will be available to answer any food safety or food preservation questions.

- The "Roadmaps to Health Coaching Team" brings together the 4 health need areas (mental health, substance
 use/abuse, dental health and obesity), facilitated by Amanda Miller, Family Living Educator, and Mary Bennett,
 national health coach. The focus area has been on bringing a trauma informed care perspective to the work of
 providers in Fond du Lac County.
- Amanda Miller and Shelley Tidemman are in current discussions to provide volunteer/staff training on poverty and hunger awareness to the Holyland Food Pantry.
- The FoodWlse program is currently working with the Downtown Fond du Lac Farmers Market, Boys and Girls Club, WIC, Fond du Lac Senior Center, and Agnesian HealthCare to implement United HealthCare's Small Steps Program. This program helps people make healthier eating choices. Recipients from a variety of partnering locations may receive a voucher for the local farmers market.

Office Update

- Tina Kohlman received numerous Wisconsin Association of County Agriculture Agents "Communication Awards"
 for teaching materials she has developed over the past year. Included among the awards, Tina was named a state
 winner in the newsletter and factsheet categories and state runner-up in the computer generated graphics
 (PowerPoint) and program promotional piece categories.
- Tina Kohlman is participating in this year's National Extension Leadership Development Program. Session 3 will be held July 10-14 in Washington, DC, focusing on legislative visits. Funding for the NELD program is provided by UW-Extension Office of the Dean.
- Amanda Miller currently serves on the Stephenson Scholarship Committee. The purpose of The Stephenson Scholarship Fund is to assist students of Fond du Lac County in attaining or completing an education at any one of the University of Wisconsin campuses. Amanda is in her 3rd year on the committee.
- Tidemann and Retzleff have started the **2018 Budget** preparations in relation to the nEXT Generation changes affecting 2018, as well as continued information gathering from nEXT Generation communications on recommendations for Area Extension Director and the recommended structure and program direction of UW Extension after nEXT Generation.
- Diana declared her intention to **apply for a rank change** from Associate Professor with Tenure to Professor in the fall of 2017. The promotion, if granted, would be effective on July 1, 2018.
- Budget update through May: Expenses 41%; Revenues 44%