



Extension

UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

Programming Highlights

May - June 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

- FoodWise adapted lessons from the **Read for Health** curriculum into a newsletter format (English and Spanish) for teachers to include in their weekly lesson plans for homeschooling parents. The four lessons adapted include: trying new foods, staying physically active, drinking water, and staying healthy. Each lesson has an audio book link, discussion questions, an easy activity, and a healthy recipe. Lessons were separated into age-appropriate newsletters for Head Start and elementary-aged students.
- Amanda Miller and Cassi Worster have been working on creating the current **Veggie Bites** series. Veggie Bites are weekly highlighted fruits, vegetables, herbs, and nuts. They are to encourage buying from local producers and to eat healthy foods. Each publication includes: history, nutrition facts, selection, storage, uses, and a healthy recipe. They are available in card stock format at the local farmers market stands and are shared weekly via social media. FoodWise and the Fond du Lac Farmers Market have partnered for many years to provide these population publications.
<https://fonddulac.extension.wisc.edu/veggie-bites/>
- As **local farmers markets** begin to open, health and safety is important. The state Extension office has created multiple publications to provide guidance. Miller has shared those resources with the Fond du Lac and Sheboygan farmers markets.
- The FoodWise team continues to **support local food pantries** and hot meal programs with updates, resources, and guidance during the pandemic. For more information, visit: . Miller facilitates the Fond du Lac Food Providers Group, which has been the 'hub' of updates and information for local food programs.
<https://fonddulac.extension.wisc.edu/fond-du-lac-county-food-resources-during-covid-19/>

- Sheboygan County was awarded the **CFAP** (Coronavirus Food Assistance Program). Miller has connected the Sheboygan Area Food Bank with local food providers in Fond du Lac County, to ensure that no valuable food goes to waste.
- Worster and the FoodWise team have created the **Tasty Tuesday** series, a social media campaign to help families that are now preparing more of their own foods at home. The series will include videos, including basic food preparation from Melanie Phillips (local Nutrition Educator), and links to resources. Topics include, but not limited to: one sheet pan meals, crock pot meals, soups and stews, freezing foods, etc.
- Miller recently completed the 1st and 2nd phases of the **FY21 FoodWise grant**, which included meetings with agency partners, detailed budgeting, writing needs assessments for two counties, and 3-year action plans and logic models. In FY21 (October 1, 2020 - September 30, 2021), Fond du Lac/Sheboygan County FoodWise will bring in an allocated amount of \$215,000 in staff and services. The 3rd (and final) phase involves signed paperwork from each agency partner.
- The FoodWise team is participating in a state and nationwide pilot of the **Cooking Matters** curriculum. Partners include: Head Start, Youth for Christ, and the Fondy Food Pantry. Due to COVID, the national team has made some adaptations to the pilot. The deadline has been extended to December and virtual classes have been added to the curriculum formats, along with in-person. The FoodWise team is working with local partners to implement the program in the near future.
- The FoodWise team are participating in trainings to hone their skills in teaching **virtual classes**. This is an area in which FoodWise has wanted to learn more about for quite some time, as busy parents and families may prefer this format to some in-person classes. The pandemic has created more opportunities to learn it.

Thriving Youth, Families, Organizations & Communities

- This past month nearly 220 meat goats, market lambs, and market hogs have been self-identified by youth to show and potentially sell at the **Fond du Lac County Fair Market Livestock Sale**. As an advisor, Tina Kohlman has been meeting with committee members and the fair board via videoconference to develop various scenarios and plans which will allow youth to still be able to show their project animals based on state and federal health guidance.
- Kohlman is currently collaborating with Washington County Extension Educator Stephanie Plaster and Campbellsport High School Agriculture Instructor Shawna Henke in the development, delivery, and evaluation of an on-line **Tractor & Machinery Safety Training program** for youth 12-16 years of age to receive

their federal and state tractor driving license. This pilot program for nearly 30 youth replaced the COVID-19 cancelled face-to-face meetings and meets for one hour, twice a week, for four weeks to teach youth various aspects of agriculture safety. A one-day face-to-face training, written test, and driving test will occur hopefully in July.

- Kohlman is collaborating with CSI-Zero Fond du Lac, Agnesian HealthCare, and Fond du Lac County Trauma Informed Care (TIC) in the development of **four PSA and social media on mental health**, with one focusing on the agriculture community.
- Due to COVID-19, Tracy Keifenheim has developed and implemented a **weekly 4-H e-newsletter** for the 4-H community reaching over 480 individuals. The purpose of the newsletter is to provide resources to the 4-H youth and volunteers regarding project resources, Covid-19 related updates, as well as other time-sensitive materials. This newsletter has replaced the monthly Family Times that was previously sent out.
- Keifenheim has been meeting with the fair board via videoconference to discuss various options for the youth to have 4-H projects judged based on health guidance.
- Fond du Lac, Winnebago, Dodge and Manitowoc Counties move forward with **multi-county virtual fashion revue**. The event will be held in June via Zoom.
- Keifenheim, Jayna Hintz (Ozaukee Co.), and Amy Mangan-Fischer (Washington Co.) taught **Volunteers in Preparation training** to adults interested in becoming Division of Extension 4-H volunteers. Over 10 adults went through the training offered in May.
- Ron Jakubisin was interviewed on KFIZ about activities that can be done at home by adults, for youth, that emphasize **Social Emotional learning** (skill building in effective communication, problem-solving, conflict resolution)
- Diana Hammer continued hosting weekly meetings for **Latinos Unidos en Fond du Lac** via Zoom. This month the group was joined at one by pediatrician Dr. Daisy Santa who answered medical questions about COVID. Hammer is also posting information about COVID relief efforts on the **Spanish COVID-specific Facebook page** so people know how to get energy assistance, food, or manage their water bill.

Stronger Economies

- Agriculture Educators Joe Zimbric & Kohlman continue to collaborate with Eastern Wisconsin agriculture educators in the development, delivery, and evaluation of the **“Farm Management Through a Crisis-A Supporting Farmers During Challenging Times” Webinar Series**. For the month of May,

two webinars focusing on “Financial Support & Continuing the Legacy of Ag” and “Looking Ahead for Dairy” for nearly 500 individuals.

- 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, with Mia Ljung and Angie Allen of the Extension Entrepreneurs of Color Support Team, is calling business owners to check in and see how they are faring through quarantine. So far, many who would be eligible have not applied for relief funding due to overwhelm, complicated forms, and confusing guidelines. They are offering support, information, and summarizing comments to pass to a state Extension economic development recovery team.
- Hammer, Allen and Joseph Malual (University of IL Extension) finished a first draft of an article, made revisions, and will circulate a second draft to colleagues for feedback. The goal is to publish findings about African American entrepreneurship in an academic journal.
- Hammer, Allen, and colleague Jerry Braatz (Waukesha and Milwaukee County Extension) continue **program development for teaching entrepreneurship in prisons**. A memorandum of understanding is being developed with activities likely starting as soon as COVID-related conditions are resolved.

Resilient & Productive Environment

- The **Regional Natural Resources Education Program** is hosting a series of classes in June for Wisconsin woodland owners. The classes are part of our ‘**Learn About Your Land**’ program and will take place Monday and Tuesday evenings from 7-8 PM starting June 1st and running through June 23rd. The classes are FREE and the schedule and registration information can be found here: <https://t.e2ma.net/click/zmz78d/jaju8ml/3djodo>
- Dairy & Livestock Agent Tina Kohlman collaborated with a team of educators around the state to develop **six factsheets** addressing how to **manage the surplus of milk** when farms are asked to dump milk due to the supply chain disruption.
- Kohlman collaborated with team members in the development, delivery, and evaluation of a “**Managing the Surplus: Strategies for Reducing Milk Production**” webinar to address oversupply of milk due to supply chain disruptions. Nearly 100 individuals participated in the webinar.
- Kohlman presented “**Managing the Early Dry Off**” in a five-minute video for Extension’s **Dairy ConneXT Us video series**. The video reviews the strategies

and risks to be aware when drying cows off earlier than their normal 45-60 day dry period prior to freshening.

- Kohlman is collaborating with the Wisconsin Department of Agriculture, Trade & Consumer Protection in the printing and distribution of “**Making the Connection: Supporting Farmers During Challenging Times**” resource and pocket guides. These guides were developed by Area-15 colleagues and being adapted for other parts of the state.
- Due to COVID-19 Kohlman & Zimbric have developed and implemented a **weekly agriculture brief e-newsletter** for the agriculture community reaching over 350 individuals. The purpose of the newsletter is to provide resources to the agriculture community regarding COVID-19 resources and other time-sensitive materials.
- Zimbric has been leading the **Alfalfa Scissor Cut and PEAQ program** for Dodge and Fond du Lac county in partnership with the county forage councils. Proper harvest timing for first cutting alfalfa is critical for dairy producers who aim to maximize profitability.
- Zimbric has been working with/shadowing northeast and east-central Extension agriculture educators to develop and execute the **Farm Management Through a Crisis** webinar series.
- Zimbric has partnered with the FDL L&W conservation department and area dairy producers on a pilot research project to determine the **optimal harvest timing of rye cover crops for use as an emergency forage crop**.

Office Updates

- Kohlman and Zimbric have been named one of four **national finalists** for their county agriculture newsletter in the **National Association of County Agricultural Agents Communication Awards Program**. Announcement of the national winner will be given at an awards ceremony at the national conference in September in Virginia Beach, Virginia.
- Jakubisin, Zimbric, Hammer, and Katie Gindt are participating in a **book discussion of *Waking Up White*** by Debbie Irving with other coworkers in Area 15.
- Cindy Sarkady, Pam Bartoli, Tina Engelhardt, Gindt, Keifenheim, and Worster are participating in a **book discussion of *Dare to Lead*** by Brene Brown along with other coworkers from Area 15.



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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 Educator

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)