



Extension

UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

Programming Highlights

November - December 2019

*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

- Amanda Miller is a member of the **Downtown Fond du Lac Farmers Market Steering Committee**. The committee has most recently discussed how to improve the 2020 market year, the hire of a new Communications and Special Events Director, and promotion of the Winter Farmers Market.
- Miller, Pamela Nelson, and Melanie Phillips are members of Extension's **Health and Well-Being Institute**. The institute includes focus areas of: Healthy Eating/Active Living (includes FoodWise), Behavioral Health, and Coalition Building. Miller's focus is on public health issues in the Healthy Eating/Active Living and Coalition Building areas. Nelson and Phillips' focus is in the Healthy Eating/Active Living area. For more information:
<https://extension.wisc.edu/health/>
- Miller is currently on a **state workgroup** that is developing shared measurements and outcomes across the Health and Well-Being Institute.
- Miller served on a **search and screen committee** to hire a state specialist that will focus on PSE (policy, systems and environment) work. This person would help lead and support county staff in their community-wide health and nutrition efforts. Preliminary and final interviews were conducted in November.
- Miller is currently a member of the Agnesian HealthCare/SSM **Population Health Group**. Miller connected the group with health coaches from the UW-Population Health Institute. The health coaches have shared resources on how to hold focus groups with underserved audiences in Fond du Lac County. Next steps are to begin planning for health focus groups with underserved and diverse residents of Fond du Lac County.
- Miller is participating in the UW-Population Health Institute's **Community Coalition of Practice workgroup**, which is intended to be professional development and support for Health and Well-Being Educators in their efforts to

build capacity among local health coalitions. Currently, the workgroup is reading the book “Emergent Strategies.”

- Casi Worster and Miller worked together to create **health infographics** on a variety of topics, including food safety, holiday food safety, and portion sizes. They were created using and crediting only research based resources. They have been shared via social media.
- The Fondy Food Pantry **satellite pantry site** at the Fond du Lac WIC office is up and running. Miller made the connection between the two agencies and provided food pantry resources for this project.
- 77 million Americans have basic or below basic health literacy levels. Miller attended a training on **using plain language** in communicating about public health. Plain language makes it easier for everyone to be able to understand and use health information. It can be applied to many different ways of teaching, including creating handouts, social media posts, and teaching classes. Miller and Worster plan to attend the UW-Madison Plain Language Certification course in early 2020.
- The Fond du Lac/Sheboygan FoodWise Program is participating in a state and nationwide pilot of the **Cooking Matters** curriculum. To date, the program has been offered to Youth for Christ. Nelson piloted the lesson “Making Recipes Work for You”, which covered using recipes as a framework and how to substitute ingredients. During the class, participants made a pasta dinner using two different sauces. Each family received all of the groceries to make the pasta dinner at home. Miller and Nelson have coordinated the pilot process, which includes additional classes at Youth for Christ, Head Start, and Fondy Food Pantry.
- Phillips has provided **mentoring** to a new Nutrition Educator hired in the Outagamie County FoodWise program.

Thriving Youth, Families, Organizations & Communities

- Fond du Lac County had 3 youth, 1 adult chaperone, and Tracy Keifenheim attend the Fall Forum, a statewide leadership conference held in Green Lake. All participants attended a number of workshops and sessions throughout the weekend, learning new ideas to bring back to their clubs as well as the county. A Fond du Lac 4-H Youth was elected onto the Wisconsin Leadership Council. The Wisconsin 4-H Leadership Council (WLC) provides a statewide forum for youth and adult volunteer leaders to discuss ideas and provide input to enhance UW-Extension 4-H Youth Development programs at the state, county and local levels.

- Keifenheim continues to support the growth of a new club in North Fond du Lac, **4-H Los Aviones Internacionales**. This club is expanding access to underserved populations in the North Fond du Lac area. The club held its first event to learn about the celebration of the Day of the Dead, Dia de los Muertos and had 25 youth and several parents attend. The club's next meeting will focus on language and traditions from Chile and Spain.
- Keifenheim continues to visit local 4-H clubs in the county to continue with needs assessments.
- 50 Fond du Lac 4-H Volunteers celebrated and were recognized for many years of service to the 4-H Program at the **Adult Leaders banquet**.
- 32 4-H youth participated in the **annual county wide officer training**. Ron Jakubisin led a session on what is your leadership style. Breakout sessions for officer tracks were led by the 4-H Teen Leaders Association. The youth learned ways to make their meetings more successful, participated in games and icebreakers to lead at club meetings or activities, and participated in a wrap-up reflection activity that they can bring back to their clubs. In the officer sessions, youth learned what is expected for the officer role they have been elected to and received some strategies on how to be successful in these roles. Some of the tracks were Youth and Adult co-taught to work on the growth of youth adult partnerships.
- Keifenheim taught two **Volunteers in Preparation** training sessions. There were 13 volunteers who went through the training.
- Keifenheim continues to work with the **Teen Leaders Association** to build on their membership and life skills. This month they helped lead the officer training as well as donated toys to the Toys for Tots Drive at Fleet Farm. The group focused on the following life skills while shopping and donating the toys: teamwork, contributions to a group effort, concern for others, planning/organizing, and keeping records.
- Ron Jakubisin, Positive Youth Development Educator, supported the 4-H Leaders Association with training component on **leadership styles**; identifying their own style; and strategies to communicate with others who have a different leadership style.
- Jakubisin attended the FDL City Council meeting in which a Resolution was passed to develop the **Youth In Governance program** at the city level. Two youth would sit on one of five identified committees/boards (in phase one) with adult mentors for a yearlong experience in city government. Jakubisin has had the manual, nomination forms and youth applications translated into Spanish and Hmong. Jakubisin appeared on KFIZ in November to speak about the project.

promotion, and recruitment efforts will wrap up in December for January 2020 start.

- **Co-Parenting** efforts Tidemann provided to support married and never-married parents in Fond du lac County and the state were achieved through 44 court-ordered divorcing and/or paternity parents attending a co-parenting class. Knowledge change noted by parents was the use of “I” messaging and not talking disrespectfully of the other parent in front of the child (ren). Forty-six children were involved with these participants.
- Additional co-parenting efforts involved Tidemann collaborating with FDL Co. Family Court for financial support for the **Co-parent texting project's** future funding in support of this educational follow up method. Fond du Lac County has the largest use of the co-parent texting support project in the state, with 300 parents in 2018, 312 in 2017, 271 in 2016 and 341 in 2015. This totals for the past 4 years 1,224 co-parent individuals.
- Tidemann and Co-Parent State Team members applied and presented a **Poster on Co-Parent Education Outcomes** at the All Institute meeting in November. Data shared is statewide and Fond du Lac is one of the largest co-parent education counties in the state.
- Tidemann continues with Waupun City Aging Coalition Committee, **HealthyAging in Rural Towns (HeART) grant**. Tidemann is preparing educational offerings for the subcommittee to consider along with the larger steering committee when they meet in December.
- Tidemann, a member of a team of 4 Extension Educators, will be training 16 organizational professionals on the use of the **Taking Care of You** curriculum in December in Winnebago County. Tidemann additionally will be providing Professional Development for the Fond du Lac City Library staff using the Taking Care of You Curriculum, focused on stress management and mindfulness.
- **Caring Kids Facebook** posts bi-weekly in two languages, started in September by Tidemann, continues with additional parenting education information located on the UWEX Website for readers. Google Analytics note since starting the social media educational offering, we have reached 881 individuals. The topic “A Little Caring Goes a Long Way” had the highest reach- 380, 36 Engagements and 4 shares of the topic.
- Tidemann continues educational classes for single parents (ages 14 - 19) with **Youth for Christ**. Director Winkelman noted the Communication class engaged the parents in dialogue, the best she has seen. Tidemann followed up in November with “I” messaging and December’s will be on basic budgeting. Seven individuals were taught.

- Tidemann serves on the CSI- Trauma-Informed Care (TIC)Committee. Tidemann’s role is to assist in providing research-based information and evaluation to support the committee’s processes. Tidemann has connected the FDL TIC committee with the United Way Fox Valley group who has designed a community **Trauma-Informed Care** Survey Tool for use with businesses, agencies and organizations to assess Trauma-Informed Care knowledge and application of Trauma-Informed Care practices to support individuals affected by Trauma. In November, the TIC Committee hosted two “Building A Trauma Responsive Community” events with 92 individuals attending to learn more. Tidemann is assisting CSI representative with the follow-up evaluation with the attendees.
- Patty Percy, along with the help of Worster, put together the most recent **Community Garden Newsletter**, which is full of the current garden issues and contains garden hints, recipes, and year end clean-up instructions. Most of the garden cleanup is common sense information, but some gardeners still need to hear what is expected of them. We ask everyone to treat the garden as their own, so they take better care of how they leave it.
- Every year, the weather is more favorable to specific crops. The garden newsletter helps with any varying issues that are unique to the challenges each new season brings. It is always a challenge to have a good diversity of produce planted to make the most of the varying annual conditions.
- **2019 garden statistics:** 75 gardening families: Planted 100 plots ranging from 20x20 feet or 20x40 feet, to 20x80 feet.
44 White- 59%; 13 Hmong- 17%; 13 Hispanic- 17%; 5 Indian- 7%.
10 of these families were 1st time gardeners.
The diversity in the gardens has varied slightly over the past few years with a new demographic of people who entered the community. Many new families return to the garden every year.
- To continue the improvement of the garden soil, a cover crop was again planted this year with the help of a grant from the **Fond du Lac Co. Master Gardeners**. We were not able to get into the field at all for any fall plowing this year. We have had back-to-back wet fall and spring weather for the second year in a row! The only thing we can do is hope the soil dries early next spring to get the soil tilled before next year’s planting season.
- The Fond du Lac County Master Gardeners and Fond du Lac Area Foundation have been supporting the Community Gardens with grants. **The Foundation Grant** written each year is to cover the operating costs. We receive minimal and in-kind support from the county to keep the gardens operating, so the plot rental income supplements the operating expenses.

- Several Master Gardeners stepped up to implement community programs at the gardens this past year. We now have a 'Broken Bread' pantry garden program, and our 'Second Harvest' annual pantry donation. In the month of October, we recorded a donation, which yielded over 40 pounds. Many of the gardeners also donate produce on their own to local food pantries.
- The Community Gardens Program and the Master Gardeners' Role has importance as they are a great source of **community education**. From their beginning, Community Gardens were a tool used by the state and county through the Master Gardener program to educate the public. This garden is a way for members of the community to grow fresh produce organically without pesticides and chemicals. In the beginning development of the gardens, a team of Master Gardeners initiated a 'Plant a Row for the Hungry' program. Master Gardeners planted and harvested several plots and everything was donated to local food pantries. Master Gardeners also offer a 'Mentor Gardener' program to invite people from the community to learn to garden and grow their own produce in exchange for a donation. Fond du Lac County Community Gardens have been available to the community since 1999...20 years.
- Diana Hammer met a third time with **Waupun Area Chamber of Commerce** board members to plan next steps as they address their strategic issues.
- Hammer attended the **Hmong New Year** to greet Hmong business owners and congratulate the newly elected president of the Hmong Community in Fond du Lac. Tou Lor will serve in that role for the next two years.

Stronger Economies

- Tina Kohlman continues to provide leadership for the state-wide **Dairy Workers Training Module Series** revisions project, and leads the revisions for the Calf Management Module. Piloting of the curriculum and training is anticipated Spring 2020 with completion of the project Summer 2020 in Fond du Lac County.
- Tidemann scheduled the 2020 **Rent Smart** classes for Fond du Lac with Legal Action and NE Wisconsin Fair Housing guest speakers. Outcome pictographs for the past year will be prepared. The work with UW Madison-Division of Extension specialists continues with the Digital Independent Study of Rent Smart to accommodate independent learners who cannot attend an in-person class as well as train professionals/volunteers who seek to teach Rent Smart in their respective state/community.
- Tidemann will end the **Fresh Start** educational program component due to changes in the Fresh Start program. Tidemann has worked with Fresh Start for

13 years providing financial literacy skill development with the ADVOCAP Fresh Start program participants.

- Tidemann finalized the **3-D Dollars During Development** program with Waupun Rock River Elementary and Boys and Girls Club in Fond du Lac. Thirty-two individuals attended the Fond du Lac School District 4-K parent-child event for November where Tidemann provided the parent/child activity using the 3-D parent guide and children's books. To date the Consumer Financial Protection Bureau (CFPB) in Washington DC has informed the State 3-D work team, 270,425 3-D Parent Guides have been distributed nationwide this year! Tidemann's authored parent guide is now located on the CFPB website for distribution as of November. Facebook Live videotaping sessions using the 3-D financial literacy materials will be done in Fond du lac in December for airing in January.
- **Money Smart Head Start Newsletter** continues for the 2019 - 2020 Head Start school year. There are 260 families participating. The newsletter is available in multiple languages.
- Tidemann provided **Basic Budgeting skills** to three Mahala's Hope residents in November.
- Hammer partnered with Extension colleagues Tessa Conroy (UW-Madison), Angie Allen (Milwaukee County), and Mia Ljung (Outagamie/Winnebago Counties), and Fit Oshkosh to write another grant proposal that would fund an entrepreneurial institute in the newly started **Coworking Space** at Fit Oshkosh and at The Retreat in Milwaukee. If funded, an employee would be paid to staff the space. Participants would be paid stipends to teach each other from their area of expertise. Outcomes will be increased business development skills, increased awareness of local resources, and expanded networks for Entrepreneurs of Color.
- Hammer, Joseph Malual (Chippewa/Dunn/Eau Claire Counties), & Angie Allen continued **qualitative analysis of interviews with the 48 Black business owners** in northeast WI. Going line by line through transcripts, they subcoded for barriers and solutions to entrepreneurship challenges. They also submitted proposals to present the findings at two different conferences in 2020.
- Hammer and former research assistant Rajon Hall presented about the interview project at **StartUp Appleton Week**.
- Hammer and Allen (Milwaukee County) continued developing the details of a collaboration with the WI Department of Corrections to **teach entrepreneurship to incarcerated residents and returning citizens**. If funded, a pilot program will run for three years, beginning in early 2020.

Resilient & Productive Environment

- Dairy & Livestock Agent Tina Kohlman has been busy this past month planning for **winter program outreach for the agriculture community** including: Robotics Meeting, Farm Couples Weekend Getaway, Supporting Farmers During Challenging Times, Cultivating Farm Business Future, Midwest Manure Summit, and Farm Stress.
- Kohlman continues to collaborate on the state-wide **research study on current animal-care practices for pre-weaned dairy calves in WI**. Surveys will be conducted with Fond du Lac County dairy farmers and veterinarians in the coming months, and then pooled with state-wide data.
- Kohlman continues to participate on the **USDA-CARE Ventilation Project** Advisory Group with state extension specialists and veterinarians in the development, implementation, and outreach of this calf and cow facility ventilation project. Farms in Fond du Lac County will participate in this research project.
- Crops and soils agent Joe Zimbric organized the **Pest Management Update Meeting** where State Extension Specialists presented research updates from 2019. The event was very well attended with 70 attendees. The participants reported having an increase in pest management principles and they reported having a management impact on over 150k acres in Fond du Lac county and surrounding counties.
- Zimbric is collaborating with researchers at the **Arlington Agricultural Research Station** on analyzing a long term alfalfa data set related to yield and persistence. The data set includes information from 16 counties and over 250 site-years. The results of this analysis will be presented at the 2019 Dairy Forage Day.
- Zimbric is participating with the **Extension Grazing Team (G-Team)** and is in the process of developing winter programming related to grazing best management programs.

Office Updates

- Educators attended the **All Program Meeting** in Madison on November 18-19, which included Extension-wide and institute break-out sessions.
- FDL Extension office will be having a **Civil Rights Review** on April 15, 2020. Tidemann is leading the preparations for the review.

- Educators have attended **multiple trainings** as a part of the UW-Madison transition, including procedural and policy changes related to staffing, agreements, financials, etc.
- The office celebrated the 2nd annual **Wisconsin Chili Lunch** on November 14, which is to promote local farm to school efforts.



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