



Extension

UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

# Programming Highlights

October - November 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 and Pamela Nelson taught a program called **HealthYouth** for 5 weeks at Riverside School. We reached 37 fourth grade students each week. Topics included sugar, salt, fat, healthy snacks and beverages. Additional guest speakers were brought in weekly, including experts on dental hygiene, hand washing, and internet safety. The goal of the program is to help students make better choices in all areas of health.
- Miller and Nelson began our **2nd-grade monthly nutrition education classes** for Parkside, Riverview and Chegwin schools. The topic for October was an overview of the USDA MyPlate. 130 students learned about the 5 food groups and eating healthy foods every day.
- FoodWise was chosen by the state program office to participate in a grant to pilot a curriculum called **Cooking Matters**, a program that teaches parents and caregivers with limited food budgets to shop for and cook healthy meals. The grant will involve collaboration with multiple community partners, such as Head Start and the Fondy Food Pantry.
- Miller attended the state WIC (Women, Infant, and Children) conference to learn more about their **FitFamilies** program. FoodWise currently partners with WIC FitFamilies to offer nutrition education to participating families.
- Jr. Master Gardeners had their **Harvest Celebration** on October 10. The Harvest Celebration is an opportunity for families to get back together to do the final harvest and wrap-up of the garden. It was the first time that a Harvest Celebration was held. The event was well attended and received very positive feedback from families.
- To celebrate the Great Lakes Apple Crunch Day, which happened to be on the day of the JMG Harvest Celebration, **Vern Gasch from Heritage Orchards** presented to the students about local apple farming.

- The Master Gardeners did some work on the **JMG garden**. They put a fence up, which will help with varmints. The garlic was planted and we are done for the season.
- 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.
- The **Food Providers Group** is a network of food pantries, hot meal programs, and other food assistance programs. The group shares resources and updates via quarterly meetings, emails, and phone calls. Miller facilitates the group. For a comprehensive list of local food resources, visit:  
<https://fonddulac.extension.wisc.edu/files/2019/10/2019-FondduLac-FoodResList-English.pdf>
- From October 1 2018 - September 30 2019, FoodWise reached **3,696 contacts** in Fond du Lac County alone (7,746 including Sheboygan County.) This is an increase of 2,951 contacts from the previous program year. The increase is primarily due to Miller's reorganization of the programming. For more information, look forward to the FoodWise annual report coming soon.
- Miller is participating in a workgroup to adapt the **Safe and Healthy Food Pantries Project** to online modules. The Safe and Healthy Food Pantries Project is a toolkit to help food pantries have healthier and safer food options. Miller has experience using the toolkit in a variety of ways, including throughout the new Fondy Food Pantry.
- Miller presented on local food insecurity to a classroom of 3rd-5th graders at the **Fond du Lac STEM Academy**. The presentation received positive feedback from staff and students. The students were asked what they learned from Miller. Comments included: "I was surprised that there are food deserts in the City of Fond du Lac", "the rate of poverty among children", "that hunger can affect your brain", and "how much Miller knows about poverty and food security."

### Thriving Youth, Families, Organizations & Communities

- Fond du Lac County Dairy Project and Jr Holstein members held their orientation meeting for **Dairy Quiz Bowl**, a team-based competition testing dairy knowledge of the participants. Nearly twenty youth plan on participating in the 2020 competition.
- 16 Fond du Lac County 4-H Cloverbuds participated in the annual **Pumpkin Contest** held at Hounsell's Greenhouse. Older Youth and adult volunteers helped facilitate the contest.

- **Annual Fond du Lac County Achievement program** was held on Monday, October 21st where 220 Youth were recognized for all their hard work and success in the past 4-H year in project growth, community service efforts, and educational experiences.
- Tracy Keifenheim is continuing to do needs assessments and develop relationships with the area clubs in the county. Keifenheim met with the following clubs: Forest Hills, Campbellsport, Creative Clovers, Armstrong, South Byron and Teen Leaders Association(TLA).
- Keifenheim has been supporting 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 an event on October 29th to teach and learn about the celebration of the Day of the Dead, Dia de los Muertos.
- Keifenheim and Ron Jakubisin attended a meeting with Boys and Girls Club to discuss partnering with the organization. Keifenheim and Jakubisin also attended the **Boys and Girls Club's Lights On After-School** event on October 24th.
- Keifenheim led two sessions of **Volunteer In Preparation** trainings for adults interested in becoming Volunteers for extension programs such as 4-H. Many of the individuals who attended the sessions will become project leaders for clubs in the county.
- Jakubisin, Positive Youth Development Educator, is working with FDL City Council to bring the **UW Extension's Youth In Governance (Y.I.G.) program** to Fond Du Lac. Jakubisin has attended several FDL City committee/board meetings promoting the details of the program. The Y.I.G. manual, customized for FDL, was submitted to City Council for approval and to UW-Madison, Div. of Extension's Language Access Manager for translation to Spanish and Hmong. Also included for translation were the youth application and nomination forms.
- Jakubisin presented to **Ebony Vision's Men of Vision mentoring program** with a workshop entitled: **T.E.A.M.-Together Everyone Achieves More**. An interactive workshop for the youth and adults in the Men of Vision program focusing on positive decision making, problem-solving, helping others, etc. Jakubisin is scheduled to return in 2020 to present on Opioid/Prescription Drug prevention.
- Jakubisin facilitated a team-building/facilitation workshop to volunteers who will facilitate high school youth from Fond Du Lac at the upcoming **Community Youth Voice Conference** slated for Spring 2020 (targeting youth participants in Fond du Lac, Ozaukee, Sheboygan and Washington Counties a.k.a. Extension Area 15).

- **The Community Gardens** are closed for the season. The gardens have been cleaned out and waiting for the soil to drain a bit- hopefully we will get some plowing done yet this fall.
- Diana Hammer met with leaders from the **American Association of University Women of Fond du Lac**. They are starting a series of future planning activities. She taught them some survey and meeting best practices, and will be facilitating a retreat in December.
- Hammer met with **Latinos Unidos en FDL** as they plan a follow up to the public forum on Sept. 30 that they hosted with St. Vincent de Paul and follow legislation about drivers licenses that will affect them as it gets introduced in Madison. They also presented at the invitation of Pilgrim Church about life here as Mexican immigrants, resulting in many questions and much support from the congregation.
- Yia Xiong, **elected leader of the Fond du Lac Hmong community**, spoke with Hammer and Bob on KFIZ radio ([recording 24 minutes](#)). He describes his early childhood in Thai refugee camps surrounded by barbed wire, moving to LaCrosse, WI and then to Fond du Lac where he attended Goodrich High School, then UW-Oshkosh, and now works for US Bank in IT. As the elected spokesperson for area Hmong families, he gets involved in family disputes and is also called when there are miscommunications or misunderstandings between Hmong individuals and local institutions, like schools. As a parent, he is trying to raise kids who both respect their elders and are successful in the U.S.
- Hammer planned and facilitated a second meeting with the **Waupun Area Chamber of Commerce** board to identify and frame strategic issues.
- In October, Shelley Tidemann team-taught 23 court-ordered **Living Apart Parenting Together** individuals co-parenting skills. Seventeen children were involved with these participants.
- Tidemann continues with **Waupun City Aging Coalition Committee, Healthy Aging in Rural Towns (HeART) grant**. Tidemann interacted with 50 individuals, through the HeART Aging Coalition display at the Waupun Safety Open House, providing Extension Caregiving and Credit Report educational factsheets.
- Tidemann, Carol Bralich (HDR) Extension Educator- Washington Co co-presented at the October regional Networking Meeting for Professionals Working with Farm Succession Planning in Appleton. **Taking Care of You Curriculum with additional Communication skills** was taught to 15 participants. Tidemann is also preparing for the State **Taking Care of You** Train the Trainer in December. She will be one of 4 individuals leading the training of other professionals to teach the Taking Care of You Curriculum in their respective roles.

- Tidemann established educational classes for single parents (ages 14 - 19) with **Youth for Christ**. October's class was on basic Communication processes that reached 7 individuals. November will follow up with more Communication- "I" Statement skills request by participants.
- **CaringKids** Facebook posts in two languages started in September with additional parenting education information located on the UWEX Website for readers. This media outreach effort was shared at the National Extension Association of Family and Consumer Sciences meeting Tidemann attended Sept. 30 - October 4, 2019. Tidemann is using this education method to reach parents/caregivers where they are at and the topics are archived on the UWEX website for later access.

### Stronger Economies

- Hammer is partnering with Extension colleagues Tessa Conroy and Mia Ljung, and Fit Oshkosh to write a grant for the newly started **Coworking Space**. If funded, an employee (currently volunteering) 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 (Milwaukee County) 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. These codes will be used to produce articles about aspects of Black entrepreneurship, an understudied subject in Wisconsin and nationally.
- Hammer and Angie 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.
- Hammer and Ljung attended the [WI Leadership Summit](#) as representatives of the Extension Community Development Institute and white allies. This is a unique People of Color-led conference included sessions on nonprofit work, business, education, and government issues.
- Hammer met with **Latinx owners of a local company** who have recently partnered with a new startup. They discussed marketing, and she is connecting them with IGNITE! resources to move toward their goals. She also talked briefly with three other Latinx and one African American entrepreneur, answering early-stage questions about restaurants, beauty supply, and craft sales.

- Hammer, Allen, Conroy, & Ljung were invited by Fit Oshkosh to attend a meeting with [Lieutenant Governor Mandela Barnes](#) and teach him about Extension's education and research efforts with entrepreneurs of color.
- Tidemann along with UW Madison-Division of Extension specialists continue to design 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 taught **Rent Smart for the Men's Homeless Shelter**, with 4 individuals receiving their certificate. Tidemann is interviewing agencies Rent Smart receives participants from, evaluating the usefulness of the Rent Smart program and % of participants who use the Rent Smart certificate to locate housing.
- Tidemann continues Financial literacy skill development with the **ADVOCAP Fresh Start** program. The financial coaching process is now used for client-centered learning with three individuals
- Tidemann will be extending the **3-D Dollars During Development program** into the school year as an after school offering with **4 Boys and Girls Club** sites in FDL. Second graders will continue to be the focus with the Boys and Girls Club. In addition, **Rock River Elementary in Waupun** will be receiving the **3-D program** as an after school program, focused on grades 2-4th. **Fond du Lac School District 4-K** parent-child event for November will feature Tidemann and one of the **3-D** books and parent/child activity.
- Tidemann is preparing **FaceBook Live** sessions using the **3-D financial literacy** materials to extend the current Parenting behind the Behavior Facebook live scheduled educational offerings. Taping begins in November.
- **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 works with the Head Start Family Development Director and Head Start teachers** in the dissemination of this newsletter. Tidemann will be providing an overview with the HeadStart Policy Council in January.
- Tidemann continued education using **Credit Report Campaign** materials in October. Social media, print media and radio media were used. All FDL County Employees received educational materials as well as FABOH provided all the social and print media resources to 23 FABOH supported businesses in the county for HR offices to disseminate to their respective employees.

## Resilient & Productive Environment

- Agriculture educators Tina Kohlman and Joe Zimbric collaborated with the Fond du Lac County Forage Council to host the **2019 Corn Silage Dry Down Days** during the month of October. During this ongoing event, 150 plant samples from fields throughout the county were submitted for analysis. Samples were analyzed for whole plant moisture as well as forage quality. The event was particularly important in 2019, as the extreme weather that we experienced delayed crop planting and development which is leading to late harvest and high levels of variability in this years dairy forage crops.
- Zimbric, recently hired Crops and Soils Educator for Dodge and Fond du Lac county, is continuing to conduct his **county-wide needs assessment and develop relationships** with area producers, farmer-led organizations, agricultural consultants, and government agencies. Zimbric will be using the outcome of the needs assessment to inform his work plan for 2020.
- Kohlman recently became re-certified as a trainer in the **Beef Quality Assurance Certification Program**. Purpose of BQA is to teach adult beef producers best management practices in producing a safe, wholesome meat product, meeting a certification requirement from meat processors.
- Kohlman and Extension Washington/Ozaukee County Agriculture Educator met for **2020 Area-15 dairy and farm management extension programming**. Winter programs tentatively include: farm succession, communication, farm stress/supporting farmers, farm women, farm bill, and modernization.
- Kohlman continues to manage the state-wide **Dairy Workers Training Module Series** revisions project, and leads in the revisions for the Calf Management Module. Piloting of the curriculum and training is anticipated Spring 2020 with completion of the project Summer 2020.
- Kohlman is serving 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 is serving 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.

## Office Updates

- Tina Kohlman hosted a meeting for county educators and staff with Extension Assistant Dean Matt Hansen and **Farm Technology Days, Inc.** General



Manager Matt Glewen regarding the **local extension role when a county hosts** the states largest outdoor agriculture show. Some local interest has been expressed in hosting a show in the future. Kohlman will follow up with local community partners this fall to deepen the conversation and to determine the extent of interest.

- Kohlman participated in the National Association of County Agricultural Agents (NACAA) **Ireland Agriculture & Culture Tour** with 70 other agriculture educators from the US. Funding for this professional development was provided by a 2018 Dean's Meritorious Award, a 2019 Epsilon Sigma Phi (ESP) Professional Development Award, and a 2018 Area-15 Extension Professional Development Fund.
- Tidemann attended the **National Extension Association of Family and Consumer Sciences (NEAFCS) national meeting** in Hershey PA Sept. 30 - October 4, 2019. Tidemann received the **Continued Excellence Award** for the State of WI as well as attended many professional development educational sessions. Funding for this professional development was provided by a 2019 Epsilon Sigma Phi (ESP) Professional Development Grant, 2019 Area-15 Extension Professional Development Fund and personal funds.
- The Fond du Lac office participated in the Area 15 **Maps Training** with Teresa Curtis held in Washington County. The maps training uses data and tools to help local educators identify where gaps exist in services, particularly among those living in poverty, and opportunities to build relationships with new partners in the community.
- The Fond du Lac office celebrated the **Great Lakes Apple Crunch Day** by biting into locally grown apples, joining nearly 1.6 million "crunchers" in 6 states. The Great Lakes Apple Crunch event is to promote local farm to school efforts. <https://www.cias.wisc.edu/applecrunch/>
- Miller and Cindy Sarkady held **mid-year performance reviews** with Academic Staff, which were due on October 15. Mid-year conversations are in addition to the annual performance review and is a new step in the process.
- Miller is serving on the **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.
- Miller serves as Secretary on **CASI** (Committee for Academic Staff Issues). CASI members are elected to represent Academic Staff and to advise the Dean. Most recently, CASI has been communicating regularly with UW-Madison's Office of Human Resources regarding changes to titles and performance evaluations.





## Extension

### UNIVERSITY OF WISCONSIN-MADISON FOND DU LAC COUNTY

Diana Hammer, Communities Educator

Ron Jakubisin, Positive Youth Development Educator (Fond du Lac/Washington Counties)

Tracy Keifenheim, 4-H Program Coordinator

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)