



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

# Programming Highlights

October - November 2020

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*We teach, learn, lead and serve, connecting people with the University of Wisconsin,  
and engaging with them in transforming lives and communities.*

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## Health & Well-Being (Amanda Miller, Pamela Nelson, & Melanie Phillips)

- Nelson taught two **virtual classes** at Bright Futures to 10 people. The topic was MyPlate. The class reviewed the 5 food groups and what foods belong to each group. Two participants shared what they ate for yesterday's lunch, so the class could see how to include the 5 food groups in a meal. The team leader commented "Thanks for a great session!"
- Phillips is currently creating 2 **food budgeting virtual classes** to be taught for Forward Services W-2 and FSET clients in Fond du Lac, Sheboygan, Manitowoc and Green Lake.
- Miller is participating in the **Fond du Lac Humanity Project**, and was invited to participate in the **Integrated Comprehensive Systems (ICS) Community Equity Ally Academy** on behalf of the Fond du Lac School District, which helps support the equity work that the school district is engaged in.
- The FoodWise team joined 2 million people across the midwest to celebrate National Farm to School Month with the **Great Lakes Apple Crunch**. FoodWise hosted an Area 15 celebration with apple tastings from local apple farms, recipes, and apple trivia!
- Miller is a part of a state workgroup that is developing the future plans for Extension **food preservation programming**.
- The Health and Well-Being Institute is partnering with the Wisconsin Department of Health Services in the **influenza immunization project**, which will help inform community members about the importance of decreasing rates of influenza. The FoodWise team is sharing information widely.
- **Living Well FDL**, the nutrition and physical activity subgroup of the Fond du Lac Healthy 2020, is currently addressing food security by examining how to

improve the delivery system of emergency food for those that cannot pick-up. Miller is an active member of this project.

- Miller wrote a **letter of support** for CSI (Comprehensive Service Integration) to submit a grant proposal to address chronic disease prevention and mental health among disabled individuals in Fond du Lac County. The grant has been approved and the team plans to meet soon.
- Head Start centers are currently not allowing classroom visitors. To reach parents and children with nutrition resources, the local FoodWise team is developing recorded **YouTube videos** of lessons that are usually taught in person. Teachers will play these videos during class. The local FoodWise team also developed a series of parent handouts for Head Start parents based on the Read for Health curriculum.
- The FoodWise team are currently developing a **series of videos** on physical activity, healthy drinks, and MyPlate for Boys and Girls Club and elementary school students.

#### **4-H & Youth Development (Tracy Keifenheim & Ron Jakubisin)**

- Jakubisin coordinated with the Director of Youth Programming at the Boys and Girls Club to design and teach a series of three **Life Skill workshops**. The first session of the series was taught to youth October 27th & 29th to reach all of the B/G Club participants, with the following two workshops scheduled for the first two weeks of November.
- Jakubisin worked collaboratively with Keifenheim to plan and present a session at the **4-H Leaders annual training** (virtual).
- Jakubisin participated in the **FDL Lemonade Day Committee** (sponsored by Envision Greater Fond du Lac). Jakubisin reviewed the 2021 curriculum and online App and consulted with Lemonade Day Coordinator for potential use as a Spring 2021 Covid alternative to face-to-face programming. Jakubisin will teach lessons through Extension in the Spring.
- Jakubisin is participating in the **Community Equity Ally Academy** with the Fond du Lac School District. Jakubisin will participate in a series of training (virtually) that increases knowledge (capacity and resources) for frameworks and processes of Equity programming.
- October 4-10 was **National 4-H week**. Wisconsin 4-H celebrated the week with the launching of a new 4-H state website, new WI 4-H project tip sheets, the debut of the WI 4-H Movement, announcing the Hall of Fame Laureates, and lots of volunteer and member appreciation and recognition!

- Keifenheim has held **KFIZ radio interviews** where the audience learns about upcoming 4-H events, COVID related 4-H updates, and ways to continue to stay active with the 4-H program.
- Keifenheim and local educators collaboratively held **virtual officer training** where 60 youth club officers were taught leadership skills and responsibilities of the office position they will hold for the 2020-2021 year.
- Keifenheim participated in the **National Association of Extension 4-H Youth Development Professionals (NAE4-HYDP)** 2020 conference virtually to gain new ideas to implement into the Fond du Lac County 4-H program.
- Keifenheim and local educators continue to offer **conversation corner** topics where 4-H volunteers and youth members learn about topics such as the 4-H Movement and leading engaging virtual meetings.
- Teen Leaders Association, Adult Leaders Association, and other local clubs have continued to meet or participate in activities.

#### **Agriculture/Agri-Business (Tina Kohlman)**

- Kohlman interviewed with WFRV Green Bay Channel 5 regarding **winter calf care management**. Video can be viewed at [https://www.wearegreenbay.com/agriculture/winter-calf-care-tips/?fbclid=IwAR2NblgbXR8-pqzROHXCjnhLOq0BXtuQZ00b\\_T3x4JBDi3VjC1zFVk\\_r9yE](https://www.wearegreenbay.com/agriculture/winter-calf-care-tips/?fbclid=IwAR2NblgbXR8-pqzROHXCjnhLOq0BXtuQZ00b_T3x4JBDi3VjC1zFVk_r9yE).
- Kohlman co-developed, -planned, and -implemented the second in series of regional Extension **Farm Management Update Virtual meetings** for approximately 150 agricultural professionals to learn about dairy markets and nutrition.
- Kohlman continued leadership of 20 extension colleagues and development/revisions of eight **bilingual Dairy Workers Training Skills modules** for dairy employees where they will learn principles of and how to do each task on the farm in order to do their daily tasks more confidently and efficiently. Current focus is on developing and revising seven presentations for Reproduction (anatomy & physiology and heifer reproduction), Dairy Wellness (metabolic disorders, non-metabolic disorders, and fresh cow exams), and Calf Management (heat abatement and newborn processing) Modules, and pre-production for the calving assistance video.
- Kohlman developed and disseminated **weekly agriculture e-newsletter** for 350 plus farmers, agribusiness professionals, and agency personnel regarding current events related to dairy production, crop management, farm management, COVID-19, and events.

- Kohlman continued conducting **KFIZ bi-weekly radio spots** where the audience learns about current research and how to apply those principles to their farms, and current extension agricultural educational offerings.
- Kohlman is developing and reviewing a **five-part factsheet series on management of pair- and group-housed calves** for producers wanting to make informed decisions regarding switching from housing calves singly to socially.
- Kohlman is serving on an **advisory board for a five-year, million dollar USDA-AFRI IDEAS Grant** focusing on “building public trust by ending inhumane practices on dairy farms: understanding the role of farm culture, training, and risk factors that lead to poor animal handling”, conducted by UW-Madison Department of Dairy Science & Extension Dairy Welfare Specialist Jennifer Van Os.

### **Community Development (Diana Hammer & Patty Percy)**

- Hammer planned and facilitated an **organizational development process** in which the Waupun Area Chamber of Commerce board identified strategic issues and prioritized actions in light of their vision. Comments from participants afterward included, “I enjoyed the opportunity to discuss the direction,” and “Great that we got to an immediate action plan that will help us move forward.”
- Hammer received feedback on an article she submitted to the **Journal of the Community Development Society**, made revisions, and re-submitted it. This is co-authored with Joseph Malual, University of Illinois Extension Specialist and about entrepreneurs of color in Fond du Lac County.
- Hammer and Angie Allen (Extension Milwaukee County) continued training with the national nonprofit collaborator Extension, who they will work with to **teach entrepreneurship in prisons**. This will be an ongoing process over the next months as we coordinate program implementation with the Department of Corrections and community-based organizations serving incarcerated individuals, returning citizens, and their families.
- Hammer collaborated with Extension’s Language Access unit and colleague Patrick Nehring (Brown County) on an **organizational development effort** in which the community group Latinos Unidos en Fond du Lac learned about forming a 501©3 and finalized their bylaws.
- Hammer requested a meeting with SSM Agnesian administrators to ask and clarify **questions uninsured Latino COVID patients have been asking** her about their bills. She is having follow up conversations while educating them about language access best practices and Latino family cultural context relevant to health care during the COVID pandemic.

- **Community Gardens** are done for the season. Water pipes have been winterized, and plots have been cleaned. The winter plowing is subject to how much the soil dries before the ground freezes. Percy will spend the winter months researching other community gardens to get ideas on any changes we can make to improve our garden experience.

### Office Updates

- State staff will be taking between 3-5 days of furlough from January 1, 2021 through June 30, 2021.
- Staff participated in the **Diversity Forum**, a 2 day conference that highlighted racial equity and social justice topics.



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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