



Extension

UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

# Programming Highlights

September - October, 2019

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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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## Food Safety, Security & Health

- 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.
- Amanda Miller and Patty Percy held a meeting with Master Gardener volunteers that were involved in the **JMG (Junior Master Gardener) program** this past summer. The group discussed successes and opportunities to improve the program for next year.
- The FoodWise team attended **regional program meetings**. At the meetings, staff learned updates regarding local program budgets, evaluations, and curriculum.
- Miller is currently a member of the Agnesian HealthCare/SSM **Population Health Group**. Most recently, Miller provided assistance in applying for a regional hospital grant for \$75,000 that will address social determinants of health in Fond du Lac County.
- The Population Health Group is attending a tour of the **Hunger Task Force's mobile food market** in Milwaukee, a grocery store on wheels that is intended to reach families that may not have access to grocery stores.
- Miller is participating in the "**coalition community of practice**", which is led by health coaches from the UW-Madison Population Health Institute. The health coaches assist Extension Educators in building up their local health coalitions. Miller has already had a few individual calls with a health coach.
- The **JMG (Junior Master Gardener) program** held its annual end-of year celebration in which students prepare a meal for parents using produce they

grew in the garden. Miller and Percy presented students with certificates and a gift to thank them for participating in the program since April.

- Following the summer long program, which was held from April to August, **JMG (Junior Master Gardener) program** parents were surveyed. 100% of the respondents replied that their child(ren) displayed a positive behavior change regarding either healthy eating or gardening. Multiple parents commented that they loved the program. Some parents already have their child(ren) on the list for next year's program.
- Miller met with the WIC (Women, Infant and Children) Director and the Fondy Food Pantry Board President to provide assistance and support to establish a **satellite pantry site** at the local WIC office.
- This time of the year is busy for home canners. Miller continues to take calls, emails and visits from community members with questions regarding **canning or food safety**. This includes dial gauge lid testing for pressure canners.
- Miller and Pamela Nelson have planned the **HealthYouth program** for the 2019-2020 school year. The FoodWise program partners with Agnesian HealthCare/SSM to teach a 5 part series to 4th grade students at Chegwin, Parkside, and Riverside Elementary schools. Nelson has taken a lead role in planning and implementing this program.
- The FoodWise program fiscal year begins October 1 (through September 30, 2020.) This time of the year involves a great deal of **planning** with the 30+ FoodWise partners, including details related to calendar dates, times, and curriculum topics. Miller has met with every partner in Fond du Lac and Sheboygan Counties to finalize details for this next year.
- The **FDL Fresh 5 farmers market donation program**, started by Miller and Bill Zeleske, has resulted in 722 pounds of fresh produce donated to the Fondy Food Pantry alone. Broken Bread has also received throughout the season.
- In September, FoodWise nutrition educator Nelson taught 2 Savory Soup classes to residents of **Portland Square and Riverview Apartments**. Participants learned about sodium in processed foods through label reading and a game. 11 people participated in the classes. Cream of broccoli or cream of cauliflower soup was made on site and all participants received a sample. Some comments from the classes include: "I'm going to make this soup this weekend". "I'm going to read labels more". "I didn't know there was that much sodium in my food".
- Miller was interviewed by **the Fond du Lac Reporter** on the current status of food insecurity in Fond du Lac County, how it affects families, and how the community is addressing it.

- Miller was asked to be a guest presenter at the **Fond du Lac High School STEM class**. The group's project is to create innovative ways to address global hunger. They are interested in learning more about local hunger prevention efforts from Miller.
- Miller was asked to represent the FoodWise program as a guest at the state **WIC (Women, Infant and Children) FitFamilies conference**. FoodWise staff partner with the Fond du Lac County WIC FitFamilies program.

### **Thriving Youth, Families, Organizations & Communities**

- Our final **Community Gardens newsletter** will be going out soon. Information on how to store the harvest and proper garden clean-up before closing. Gardeners will get information on where to take any extra produce in the community.
- Tracy Keifenheim attended the mandated **UW Extension Cohort 5 training**: Face to Face 2 day meeting in Madison, Area 15 Monthly 4-H Coordinator Zoom Meeting, Area 15 All Staff meeting, 4-H Fall meeting, Wisconsin 4-H Zoom Meeting, and Volunteer in Preparation Training Zoom.
- **Record books** for 4-H Youth were reviewed at the beginning of the month by 4-H parents and volunteers. Youth will be recognized for their growth and achievements in October at the **annual awards ceremony**.
- Keifenheim submitted article in **El Mensajero Latino** Magazine to promote National 4-H Week at the beginning of October.
- Keifenheim did two radio interviews to promote 4-H and its upcoming events such as the Open House, 4-H enrollment, and National 4-H Week.
- Keifenheim and Diana Hammer met with Principal Mike González, Bessie Allen Middle School North Fond du Lac, and Aracely Torres for moving forward with an **Afterschool Club focusing on Latino Outreach**.
- Keifenheim met with Torres and Hajira Buser, who will be leading the club, to organize the first recruitment/informational meeting held on Tuesday, September 24th.
- Keifenheim is attending **Teen Leaders Association** meeting in which they will elect new officers for the 2019-2020 4-H year.
- Fond du Lac County 4-H is hosting the first ever **Open House** September 30. Clubs from the county will have a booth and activity for the public to participate in during the event.
- Tina Kohlman is facilitating a workgroup of Fond du Lac County Fair, Market Livestock Project Committee, Fond du Lac County Holstein Board, and Youth Dairy Project Committee members in developing a **Supreme Showmanship Contest** for the 2020 and future fairs. The purpose is to have the champion

showmanship winners from each of the large animal species compete showing four to five other species for selection of an overall supreme showman.

- Hammer met twice with the **Waupun Area Chamber of Commerce** to discuss board member roles and to facilitate a conversation about their mission and vision statements. With a new director and new board members, it is a good time to get clear on who they are as an organization and how to be most effective in achieving their goals.
- Hammer accompanied four leaders of **Latinos Unidos en Fond du Lac** to Madison for a panel discussion about leading and organizing in the Latinx community, moderated by Armando Ibarra, Extension Faculty Specialist and Director of Chican@ & Latin@ Studies at UW-Madison. The 4 had not been to the UW-Madison campus before (though they have high school- and college-age children) nor had they had the chance to meet with or understand the scope of immigrant-led organizing that they are a part of in Wisconsin.
- In September, Shelley Tidemann team taught 21 court ordered Co-Parenting collectively between the **Keeping It About the Kids** and **Living Apart Parenting Together** session. Twenty two children were involved with these participants.
- Tidemann continues with Waupun City Aging Coalition Committee, **Healthy Aging in Rural Towns (HeART) grant**. Two events are scheduled for the Waupun community- Senior Expo on October 4th and October 7th Waupun Safety Open House. Tidemann will be providing Extension caregiving materials through the HeART Aging Coalition display at the Waupun Safety event.
- Tidemann, Carol Bralich (HDR) Extension Educator- Washington Co will be co-presenting at the October regional Networking Meeting for Professionals Working with Farm Succession Planning in Appleton. Use of **Taking Care of You Curriculum with additional Communication skills** will be the focus.
- **Youth for Christ** director met with Tidemann to establish educational classes for single parents (ages 14 - 19). Topics scheduled for October, November and December are: Communication Skills, Self Care/Mindfulness Skills and Basic Spending Plan skills.
- Ron Jakubisin has met with FDL City Council member Ben Giles in planning a proposal (set for Oct.) to the FDL City Council to adopt a **Youth In Governance** program. Jakubisin has attended the following meetings to promote, inform and gain support for this adult/youth partnership program: Housing Authority Board, Alcohol Licensing Commission, Library Board, and City Planning Commission.
- Jakubisin conducted a workshop for middle school youth on '**Applications and Interviewing**'. The workshop has traditionally been offered to 4-H however this

year, invitations were extended to FDL School Dist. and organizations such as Ebony Vision, Boys and Girls Club, etc.

- Jakubisin also conducted a high school-aged workshop on **'Resumes and Interviewing'** which gave students information, tips and practice on writing resumes and interviewing for a job, volunteer position, and/or scholarship. This workshop was offered to students through promotion by schools and organizations.
- Jakubisin attended at 2 day mandatory training as part of his employment onboarding through UW Madison. Jakubisin's position is shared between FDL and Washington County.

### **Stronger Economies**

- Miller had a meeting with the Waupun Chamber of Commerce Director and Waupun Farmers Market Manager to discuss **ways to improve the local market**. Miller has experience as a member of the Fond du Lac farmers market steering committee and a partner in implementing multiple farmers market programs to reach underserved and diverse audiences.
- Kohlman met with Fox Valley **Workforce Development** Board, Inc Business Solutions Manager regarding helping farmers exiting farming to "transfer their skills" into other job sectors for **"life after farming"**.
- Kohlman continues to lead project work for the **eight bilingual Dairy Workers Training Curriculums**, as well as the development of the Calf Management Module. Piloting of the modules will occur on Fond du Lac County farms in the future.
- Kohlman co-developed, -organized, and -hosted a **"Meeting Tomorrow's Feeding Challenges Today: Supporting Farmer During Challenging Times" Meeting** for 36 nutritionists, consultants, and agri-business professionals. The meeting in collaboration with Extension Manitowoc, Calumet, Sheboygan, Ozaukee, and Washington Counties focused on harvesting, storing, managing, feeding, and pricing late planted corn silage and other small grain forages.
- Hammer, Joseph Malual (Chippewa/Dunn/Eau Claire Counties), & Angie Allen (Milwaukee County) continued **qualitative analyzing transcripts of interviews with the 48 Black business owners** in northeast WI. Going line by line, they are coding for themes like "definitions of success" and "motivation." These codes will be used to produce articles about aspects of Black entrepreneurship, an understudied subject in Wisconsin and nationally.
- Hammer and Tracey Robertson, co-founder and Executive Director of Fit Oshkosh, visited the businesses of interview participants in Green Bay, Appleton, and Oshkosh to thank them for participation in the research study this summer

and invite them to area events we are planning with the needs of **Entrepreneurs of Color** in mind.

- Thirty people, including Entrepreneurs of Color and white business executives, attended a free screening of the documentary “**Boss: The Black Experience in Business**” hosted by Extension and the Regional People of Color Business Association. The documentary details the history of African Americans since the end of slavery, which includes white-led hate crimes, property destruction and lynching as white people became threatened and scared by the visible success and wealth generation Black families were achieving in Tulsa, Memphis, and Chicago.
- Hammer and colleagues Tessa Conroy, Applied Economics Specialist, and Mia Ljung (Outagamie/Winnebago Counties) attended the first face-to-face meeting of a nine-month evaluation professional development program led by Extension’s **Program Support Services Unit**. They will be planning and evaluating a curriculum to teach business leaders how to create and grow networks intentionally for the benefit of entrepreneurs.
- Hammer facilitated guests for the **Conversations on Race podcast at KFIZ**. Angela Reyes and Hiram Rabadán, two leaders of Latinos Unidos en Fond du Lac, joined Bob to discuss the reality of living here as an immigrant, which is something many US-born citizens do not have knowledge about. Latinos Unidos en Fond du Lac is also hosting a public event on Monday, September 30, at the Fond du Lac Public Library from 6-7pm titled Myth vs Reality: Obstacles Facing Our Immigrant Neighbors to help inform and involve our community.
- 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 has taught two modules of Rent Smart for the **Forward Services Agency**, addressing the need identified by their clients. Tidemann taught **Rent Smart** in September to 7 individuals who received their RentSmart certificates. Tidemann has worked with Bralich in Washington Co. to **develop the infrastructure to establish RENT Smart in Washington Co**, which starts in November 2019.
- Tidemann continues Financial literacy skill development with **ADVOCAP Fresh Start** program. Financial coaching process is now used for client centered learning.
- Tidemann has conducted followup evaluation with Johnsonville and Thiesen Boys and Girls Club directors to the response they received from the 2nd graders, enrolled in the 2019 Summer School program **Dollars During**

**Development (3-D)** youth financial literacy program. It was noted by the 2nd grade instructors that the students continued the use of the concepts and books after Tidemann left. Some students made an effort to get the information/book when they missed Tidemann's presentation. Teachers also commented that the Adult Room aids noted learning concepts from the 3-D program they were exposed to while working in the 2nd grade classroom. Extending this program into the school year as an after school offering was suggested by Boys and Girls Club directors. Directors will let Tidemann know when to start.

- Tidemann will work with Waushara Co. Extension Educator Schilling to prepare **FaceBook Live** sessions using the **3-D financial literacy** materials to extend the current Parenting behind the Behavior FaceBook live scheduled educational offerings. Airing will happen in January but taping begins in October.
- **Money Smart Head Start Newsletter** is up and running again for the 2019 - 2020 Head Start school year. There are 260 families participating- 130 3 year old families and 130 4 year old families. The newsletter is available in multiple languages - 115 families requested English and 30 families requested Spanish in each age group. **Tidemann works with the Head Start Family Development Director and Head Start teachers** in the dissemination of this newsletter.
- Tidemann is preparing for the **Credit Report Campaign** for October. Social media, print media and radio media have been prepared.

### **Resilient & Productive Environment**

- Kohlman co-developed and co-presented "**Mission Possible: Communication Tool for Moving Farm Families Forward Using the Motivational Interview Process**" at the 2019 National Association of County Agricultural Agents Annual Meeting & Professional Development Conference, twice, once during the Administrative & Leadership Skills section and once during the Early Career Development section. Thirty individuals learned how to utilize listening and communication strategies in the motivational interview process to help support families in the decision making process for change.
- Kohlman and Crops & Soils Educator Joe Zimbric partnered with the Fond du Lac County Forage Council to conduct the annual **Corn Silage Dry Down Days**, an outreach project to help farmers determine the optimal time to harvest corn silage based on whole-plant moistures. Two dry down days were conducted in September with 125 samples collected. Two additional days are scheduled for October.

### **Office Updates**

- Miller and Cindy Sarkady are currently holding **mid-year performance reviews** with Academic Staff, due October 15. Mid-year conversations are in addition to the annual performance review and is a new step in the process.
- Miller and Sarkady have attended multiple trainings on the **PMDP (Performance Management and Development Program)**, a UW-Madison centralized system/database for tracking and documenting staff performance.
- 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.
- Kohlman was named a **National Communication Awards Finalist** at the 2019 National Association of County Agricultural Agents Annual Meeting & Professional Improvement Conference.
- Hammer submitted a proposal to the UW-Madison Fall Research Competition asking for 20% time buy-out to dedicate to the **qualitative analysis and writing about the Black business owner interviews**. Decisions will be announced by December.
- Area 15 (Fond du Lac, Sheboygan, Ozaukee, & Washington Counties) participated in **Racial Literacy 101 training with Fit Oshkosh**. Colleagues thought about why racial literacy is a 21st Century skill, tips for being an ally to People of Color, and made individual plans for growing their knowledge and confidence in conversations about race.
- Nelson celebrates her **30th work anniversary** with the Fond du Lac County Extension office and the FoodWise program on October 2nd.
- Tidemann has been assigned as a mentor to HDRI Extension Educator in Forest County by the HDR Institute Director.
- **WI Governor's Council on Financial Literacy** has asked Tidemann to join the state Financial Literacy Awareness committee overseen by this Council.
- Tidemann was recognized and received the **Wisconsin Continued Excellence National award** from the National Extension Association of Family and Consumer Sciences (NEAFCS) at the 2019 National NEAFCS Annual Meeting in September. Each state has one award given at the national level.





## Extension

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FOND DU LAC COUNTY

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