



Extension

UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

# Programming Highlights

June - July, 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

- Melanie Phillips and Pamela Nelson started the **FoodWise summer programming** at three senior housing sites in Fond du Lac County: Portland Square Apartments, Riverview Apartments, and Mabess Manor. Topics include the benefits of physical activity, whole grain foods, and cooking with herbs to reduce salt intake.
- FoodWise continues to support the **Fond du Lac Farmers Market** in reaching families that utilize EBT (electronic benefits transfer, or FoodShare) as a way to pay for fresh produce. Amanda Miller has had multiple planning meetings to offer a variety of incentive programs to help increase the number of EBT customers at the farmers market.
- Miller offered **community mapping resources** to the Agnesian HealthCare/SSM Population Health Group. The resources provided localized race/ethnicity and poverty data to help the group determine the best locations, partners, and community members to hold future focus groups and programs to help families in poverty.
- Miller is currently working with the **Fond du Lac County WIC office** to open a Fondy Food Pantry satellite site at the WIC clinic. Over the past few years, Miller worked closely with the Fondy Food Pantry to implement healthy and safe food at the pantry by using the MyPlate and 5 food groups to help pantry clients make healthy choices. The WIC office will follow the similar practices of the pantry.
- A group of Extension staff from across the state toured **Farm Wisconsin Discovery Center**, to learn more about the potential to partner. Miller attended the tour.
- The **Junior Master Gardeners** were featured in a statewide FoodWise promotional video. Miller was interviewed regarding the program and the nutrition education that is offered in both the kitchen and garden. You can see the videos at: <https://www.youtube.com/watch?v=zwruck4e16al&t=245s> and <https://www.youtube.com/watch?v=yFS4WNR8s7w&t=7s>
- FoodWise began a new partnership with **Bright Futures**, a new agency to Fond du Lac County as of this past January. The program offers life skills and job skills training for individuals with varying abilities. FoodWise offered a **basic nutrition class** taught by Nelson. After the class, the participants immediately learned new ways to choose healthy foods. "Thank you so much for partnering with us at Bright Futures. The team members were all comparing their lunches and reading their labels at the park today."

- The Junior Master Gardener program has begun meeting weekly during the summer months. The children have been very eager to try new foods from the recipes they made, including baked zucchini, mushrooms, and broccoli and fruit lava! Miller and Tina Engelhardt are currently making arrangements for the annual field trip, which will take place at Farm Wisconsin Discovery Center and Woodland Dunes Nature Center.
- For the 6th year in a row, the Fond du Lac Farmers Market and FoodWise are partnering to provide “**Veggie Bites**”, a weekly highlight of seasonal fruits, vegetables, and herbs that are available at the local market. For more information on these popular publications, visit: <https://fonddulac.extension.wisc.edu/veggie-bites/>

## Thriving Youth, Families, Organizations & Communities

- Tracy Keifenheim attended **Tri-County Fashion Revue** (Dodge, Fond du Lac, and Winnebago County) which had 19 entries from 4-H Youth modeling their sewing projects.
- The **Fond du Lac County 4-H Foods Revue** had a smaller turnout with 6 participants who created food with a raspberry theme. Each participant set a place setting and displayed their Raspberry dish. Adults and Youth also participated in a fruit and vegetable identification contest as well at the event.
- Fond du Lac County had four Youth delegates attend the **American Spirit Educational experience** for nine days in June. The American Spirit Experience is a wonderful opportunity to develop knowledge of America’s heritage, citizenship, and leadership. It is also a great opportunity to meet new people, develop leadership and public speaking skills, and travel the east coast. A few sites include Valley Forge, Philadelphia – Independence Hall, the Liberty Bell, New York – Harbor Tour, 9/11 Memorial, Night Tour of New York, Statue of Liberty, Boston – Freedom Trail, Atlantic Ocean, and more. Seven youth delegates attended 4-H Youth Conference in Madison June 24-27th. Youth participated in educational seminars, assemblies, speakers, exploration, and fun on the UW-Madison campus!
- Keifenheim has been busy meeting members and leaders involved in 4-H as well as other partnering organizations. These groups include: Teen Leaders Association, Fair Board, Youth Conference Delegates, and County Fair Superintendents.
- Ron Jakubisin, along with Keifenheim and ShelleyTidemann, attended the **FDL Juneteenth Celebration** at Buttermilk Creek Park. The Extension table featured information about Extension activities and 4-H as well as an interactive activity challenging participants to reflect on their own character, interests and strengths.
- Jakubisin met with FDL Council member Ben Giles, City Clerk Maggie Hefter and City Manager Joseph Moore to develop the **Youth In Governance program** to be rolled out at the start of the school year this fall.
- Jakubisin conducted key stakeholder interviews with the FDL school Equity Coach, YScreen Coordinator, United Way Executive Director, and FDL Health Dept. Community Worker.
- Jakubisin continues with participation in the **Summer of Fun for Youth Committee** which meets monthly.

- Jakubisin presented workshops at the statewide **4-H & Youth Conference** held in June. He presented three workshops: Discovering Your Leadership Style (a 2 hour version and a 1 hour version) and a workshop about Prescription Drug/Opioid Misuse Awareness.
- Shelley Tidemann taught 35 **Co-Parenting** participants at the June session. A total of 56 children were involved with these participants. Tidemann, working with DSS Foster Care Director Martin, has expanded the Co-Parenting Texting project to Foster parents and biological parents of foster children to sign up to receive co-parenting educational supportive messages and links to co-parenting resources to build co-parenting skills.
- Tidemann presented **Taking Care of You (TCU)** program to Forward Services Clients in Fond du Lac. Forward Services Agency has requested Tidemann to stop teaching the Success Series classes so that Tidemann can start teaching Rent Smart modules for Forward Services Agency Clients. This will be established in August.
- Tidemann attended first **Human Development and Relationships (HDR) Institute** meeting in June. Tidemann was a member of the 2 person facilitation team for the Financial Securities work to be done in the state via the HDR Institute.
- Tidemann serves on the Waupun City Aging Coalition Committee, addressing the **Healthy Aging in Rural Towns (HeART) grant** received through the UW Madison School of Nursing. Waupun is one of three sites in the state to receive this grant. Three state sites met in June in Waupun to address grant progress. Tidemann will serve on the Wrap Around Services Committee- focused on education.
- Diana Hammer spent significant time coaching the organizing groups of three nonprofits led by **People of Color**. One is new but already established, and two are in formation. They are working on bylaws, Articles of Incorporation, and board development.
- At the invitation of Fond du Lac City Council Member Donna Richards, Hammer facilitated the first meeting of a **grassroots sustainability group** that is forming to address environmental concerns in the area. More than 40 individuals from a variety of organizations and personal perspectives participated as Hammer guided them through introductions and initial commitments to each other.
- Hammer participated in the three-day [\*Coaching for Equity Institute\*](#) in Oakland, CA, learning to bring out the best in coworkers and community partners as we strive for racial equity.
- As mentor to Ozaukee County colleague Karina Ward, Hammer worked with her to design and facilitate a 4-hour retreat with United Way of Northern Ozaukee County's board.
- The **Community Gardens** are going strong despite all the excessive moisture. The water lines are going and faucets repaired which is an annual part of maintenance. Gardeners find new ways to deal with the added moisture by mulching and hilling some of the crops.

## Stronger Economies

- Tidemann and 35 2nd graders, enrolled in the Johnsonville and Thiesen Boys and Girls Club 2019 Summer School program, used the **Dollars During Development (3-D)** youth financial literacy program to build literacy and financial literacy. Tidemann educates on basic financial concepts using children's books. Each 2nd grader receives

the book used for each session taught. Four sessions will be taught over the summer (June - August).

- Tidemann was notified that the 3D parent guide she authored has been selected by the **Consumer Financial Protection Bureau in Washington DC** and will be printed and offered as a part of the Money as you Grow website for parents to use to teach their children financial literacy skills. The parent guide accompanies the book "Sally Jean the Bicycle Queen" authored by Cari Best. Tidemann is now nationally published!
- Tidemann along with three **ADVOCAP Fresh Start program** participants engaged in learning how to get a credit report as well as understand what is on that report to assist with their personal financial literacy skills.
- **Rent Smart** was held in June with nine individuals receiving their Rent Smart certificates. The State Rent Smart Team did not receive state recognition for funding support for needed Rent Smart curriculum advancements. Tidemann continues to field calls and emails from out of state interest in using the Rent Smart Curriculum (Alaska, Texas, South Dakota in June)
- **Credit Report Campaign** was promoted on 6/6/19 to FDL Co. Employees, Division of Extension-Fond du Lac County Website and Facebook page and to FABOH for their dissemination to the businesses they work with. Tidemann will check with Madison on the number of FDL Co. individuals who checked their Credit Reports as a result of this educational push. Tidemann also promoted Credit Report education through the Extension office digital newsletter- MailChimp.
- Nine farmers and agri-business professionals attended the **Dairy Margin Coverage Program** to learn more about how this risk management tool can be incorporated in their farm financial goals. Tina Kohlman presented on interactive tools related to margin (income over feed cost) forecasting and premium predictions.
- Hammer held one more meeting for those interested in **starting food-based businesses**. One Latinx person attended and worked on organizational paperwork for a different business he is starting. In this pilot series, Hammer learned much about the needs of food entrepreneurs and ideal timing for getting them the correct information in this pilot. She will adjust the format and schedule next year if she does it again.
- Hammer and coworkers from Milwaukee & Waukesha Counties met with the **WI Department of Corrections** about a collaboration to teach entrepreneurship skills in prisons. DOC staff were impressed with the proposal, have used it as an example to others they work with, and Extension is adding more detail for wardens to consider.
- Hammer is supervising Fit Oshkosh's research assistant, Rajon Hall, as he interviews **African American Business Owners in Northeast WI**. To date, 44 people have participated out of the goal of 30-50. Hall and Hammer talked with Bob Hoffmaster on KFIZ about the project. They have been impressed with the participants' motivation to create a legacy for their families and improve their communities via their businesses. Hammer also met with Extension colleagues Joseph Malual and Christian Schmieder to begin qualitative analysis of the interview transcripts, a detailed process that will take much of July and August.

## Resilient & Productive Environment

- Dairy & Livestock Agent Tina Kohlman co-developed and co-presented “**Motivating Farmers During A Time of Change**” at the **2019 National Farm Business Management Conference**, Sheboygan. Over 90 individuals participated in the 2 hour hands-on program on communication and listening skills, and strategies in supporting farmers during changing times.
- Fourteen individuals attended a **Goat Artificial Insemination (AI)** two-day course hosted in Fond du Lac County with three other extension colleagues. Purpose of this meeting included reproduction physiology, genetics, and breeding, allowing goat breeders to bring in new genetics within their herds.
- Kohlman conducted the annual **Alfalfa Quality Watch Program** to help farmers determine the optimal time to harvest first crop alfalfa. In-field forage samples were taken and submitted for lab analysis over a three week period and results published via web for the farming community.
- Kohlman continues Year 2 in the **Wisconsin Alfalfa Yield Persistence (WAYP)** project with four farms and six fields enrolled to help determine tonnage and life of alfalfa stands.
- Nearly 100 individuals attended the bi-annual **Fond du Lac County Forge Council Twilight Meeting** at Dinnerbell Farms, Eden, WI. Kohlman helped conduct the on-farm tours and provide the program for the evening featuring former crops and soils agent Mike Rankin.
- Kohlman’s presentation on “**Find the Balance: Management of Calf Health Versus Cost of Production**” was an accepted presentation for the **2019 National Farm Business Management Conference**.
- Kohlman’s co-developed presentation “**Making the Connection: Communication with Stressed Farmers**” was an invited presentation for the **2019 International Farm Transition Network Professional Development Conference**, given to over 30 individuals.

## Office Updates

- Tidemann elected to **Vice Chair** position within the Dept. of Extension- Family Development Section. This is a 3 year term.
- Tidemann, Sarkady and Kaiser interviewed and hired Support Staff, filling one open support staff position within the FDL Co. office.
- Tidemann on the **Program Manager for Financial Security** in the HDR Institute Search and Screen Committee has reviewed applications and initial interviews, with final interviews in July for the state level position.

- The Extension staff completed a professional development training: **QPR Suicide Prevention Training** (Question. Persuade. Respond).
- Kohlman has been named a national finalist in the **National Association of County Agricultural Agents Communication Awards Program** in the “Promotional Piece” Category. She will be attending the national conference September 9-12 in Fort Wayne, IN for recognition of her work.
- Kohlman has an accepted proposal at the **National Association of County Agricultural Agents Professional Improvement Conference** (September 9-12) for her “**Motivating Farmers During Challenging Times**” presentation with Extension Washington/Ozaukee County Agriculture Educator Stephanie Plaster.



**Extension**

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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

Vacant, Crops & Soils Agriculture Educator (Fond du Lac/Dodge Counties)