

FOND DU LAC COUNTY EXTENSION SEPTEMBER 2021 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

SUPPORTING AGRICULTURE PROFESSIONALS



If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.

Tina Kohlman, Dairy & Livestock Agent

- A bi-weekly radio interview for 12,000 Fond du Lac County farmers, agricultural industry persons, youth livestock, and youth dairy where extension agriculture related resources, information, and timely webinars are shared to help them to be connected and supported, and make better informed decisions regarding their farm business operations or youth large animal project.
- A field survey project in collaboration with Fond du Lac County Forage Council to better understand the growth and maturity of corn silage crop. Results from this project will help farmers to determine the optimal time to harvest corn silage based on whole plant moisture to ensure proper ensiling of and quality corn silage for the dairy herd, thus reducing purchased feed costs for their dairy operation.
- A field survey to better understand the crop yield, milk per ton alfalfa, and persistence of 4 local alfalfa plots. Results from this field survey will help farmers in determining the yield and life of an alfalfa field to maximize the crop from an established field.
- Development/revisions of the bilingual Dairy Workers Training Skills modules for dairy employees where they will learn principles of and how to do each task on the farm. This effort is designed to support them in doing their daily tasks more confidently and efficiently while maintaining employee safety and animal welfare.
- Planning for and development of bi-annual animal well-being conference for dairy-farmers, -managers, and -workers; agribusiness professionals; and service providers in collaboration with UW Madison Department of Animal and Dairy Sciences. The goal of this effort is to teach individuals the latest, unbiased, university-based research regarding animal husbandry so that individuals can increase animal well-being on the farm.

HUMAN DEVELOPMENT AND RELATIONSHIPS

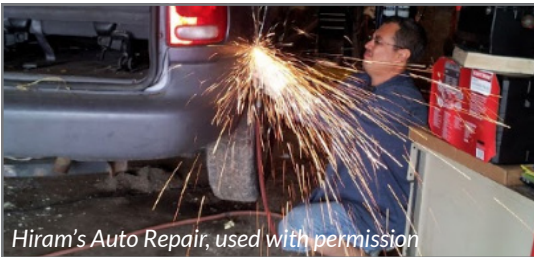


The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.

Amy Mangan-Fischer, Human Development & Relationships Educator

- Planning for an educational Zoom for parents who are going through the process of a divorce/separation in collaboration with Fond du Lac County Family Court Services. The goal of this effort is to provide education on the effects of divorce on child wellbeing and parent child relationships and effective co-parenting skills so that parent-child relationships will improve and there will be fewer and less intense conflicts between the co-parents.
- Planning for programs at the Fond du Lac Public Library for community members who have little to no rental experience and those who have had difficulty obtaining rental housing in collaboration with NE Wisconsin Fair Housing and the Fond du Lac Public Library. The goal of this effort is to help participants gain confidence in their ability to find and maintain affordable housing, understand the application and screening processes used by landlords, and learn the responsibilities and rights of tenants and landlords so that participants will be better prepared to have a positive rental experience.

COMMUNITY DEVELOPMENT



Hiram's Auto Repair, used with permission

Community Development provides educational programming to assist leaders, communities, and organizations realize their fullest potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.

Diana Hammer, Community Resource, Development Educator

SPOTLIGHT: SABOR A MEXICO FOOD STAND

This weekend the Sabor a Mexico festival took place in Fond du Lac. One of the food stands at the event was organized and staffed by a leader of Latinos Unidos en Fond du Lac and an entrepreneur that had worked with Extension a few years ago. In 2019 he attended a series of workshops on food businesses that was hosted and taught by the Community Development Educator in 2019 with bilingual written materials, a Spanish interpreter, and the Fond du Lac County Health Department inspectors, one of whom is bilingual in Spanish. His partner in the effort is someone who also contacted Extension for business development support in Spanish within the last year. There were four food stands at the event. By the end of the day Sunday, only this one still had ingredients left, and the line to order tacos, gringas, and quesadillas was very long. The food was delicious and worth waiting for! It will be great to see what they do next.

FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



FoodWise advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. FoodWise reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. FoodWise is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.

FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

Health & Well-Being works to catalyze positive change in Wisconsin families through evidence-based programs focused on nutrition, food security and safety, chronic disease prevention, mental health promotion, prevention of substance abuse and health insurance literacy. Local health coalitions efforts are supported by coalition capacity building tools and health equity frameworks. Rooted in both urban and rural communities, we're working together to help solve the state's most pressing well-being needs and to ensure that all Wisconsinites live stronger, healthier lives.

Amanda Miller, FoodWise Coordinator & Health & Wellbeing Educator

- A series of in-person classes for community members to learn about nutrition, food budgeting, and food safety. The goal is that participants have the skills to eat healthier and be more physically active. FoodWise is teaching in-person classes at ARC, Beacon House, Friendship Corner, and many more.
- A series of meetings with local public health departments where they received feedback from Extension regarding the Community Health Improvement Plan. This effort was designed to improve community adoption of health and nutrition practices.
- Distribution of e-newsletter for Fond du Lac County residents to learn about food preservation and food safety. The goal is to help home canners use current food safety practices and to decrease the incidence of foodborne illnesses.
- Responded to local community members questions regarding food preservation and food safety. This information will help prevent incidences of food-borne illness among home canners.
- Planning of COVID-19 vaccination education and awareness campaign for Fond du Lac County residents to receive current information on the vaccine. The goal is to increase vaccination rates and help community members make more informed health decision.
- Coordinating the FDL Fresh 5 farmers market donation program. This program helps reduce food waste and increases access to fresh, local produce for food pantry clients. So far, nearly 1,000 pounds of produce has been donated by local farmers to Broken Bread and Fondy Food Pantry.
- Planning farmers market tours in partnership with senior housing. This program will help older adults better understand the Fond du Lac Farmers Market. Participants will spend the class at the market and receive farmers market vouchers at the end of the class.
- Participating in a series of workshops called "racial equity community of practice." This series of workshops is designed to build skills and knowledge to be able to be more racially equitable in nutrition education work.

YOUTH DEVELOPMENT



***Positive Youth Development** prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.*

4-H

Tracy Keifenheim, 4-H Program Educator

- 4-H Teen Leader Youth held a meeting, where youth discussed future meetings, planned a recreation activity, and completed a service-learning project. The goal of this effort is to provide youth educational opportunities and grow leadership skills.
- Planning for a 4-H educational display and hands-on workshops for youth grades K-13th in collaboration with the public libraries in Fond du Lac County. The goal of this effort is to build a partnership with the libraries, so we can better serve the community.
- Planning for a 4-H Fall Kick-Off meeting for 4-H Club officers in collaboration with adult volunteers. The goal of this effort is for the club officers to plan out the year and have youth voices so that youth-adult partnerships are strengthened.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- A series of meetings with FDL HS student club members of STAAND (Students Taking Action Against Negative Decisions) where students learn leadership skills and effective AOD strategies in order to deliver 2nd semester prevention activities to their high school peers.
- Planning with a community entity ('Envision Greater Fond Du Lac') to scope out how Extension's PYD can be the new lead and managers for the 2022 community-wide program that aims at empowering FDL's youth (4-6 grade) to become business-minded. The program/ curriculum focuses on youth becoming entrepreneurs and teaches business planning, budgeting, marketing, donating to community organizations and implementing the business of a Lemonade Stand.

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