

FOND DU LAC COUNTY EXTENSION OCTOBER 2021 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC COUNTY

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

- A one session virtual training for divorced/separated parents, where participants learned common reactions to divorce by children at different ages, strategies to improve communication with their co-parent, and ways to keep children out of the middle. The goal of this session is to teach co-parents strategies that will help their children with the adjustment.
- A radio interview on Fond du Lac's KFIZ radio show for the public, where the community was encouraged to check their credit report and ensure it is accurate, so that the public is more informed about their credit reports.
- A series of e-mail communications for community partners where we provide information related to parenting, relationships, family caregiving, finances and well-being so that they can share the latest resources with their clients. The purpose of this effort is to provide county residents with resources to improve parenting skills, support their family caregiving role and access tools to improve their financial skills and their personal well-being.

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 collection of local county data for state-wide study to better understand on-farm management of dairy x beef crossbred calves including breeding, newborn calf management, colostrum and milk feeding, and selling strategies. Results from this study will help researchers better understand how dairy farmers are managing dairy x beef crossbred calves in order to develop relevant extension programming and outreach to support farmers in the care and management of these animals.
- Development and planning for a local Dairy-Forage Nutrition Meeting for dairy farmers, feed managers, nutritionists, and other interested agriculture service providers in collaboration with the Fond du Lac County Forage Council. The goal of this effort is to teach participants the latest research as it relates to growing, managing, storing, and feeding traditional and alternative forages for dairy herds.
- Development and planning for calf and heifer management topics as they relate to Badger Dairy Insights Webinar Series dairy farmers, calf managers, feeds, dairy replacement managers, nutritionists, veterinarians, consultants, etc. in collaboration with other county agriculture educators. The effort is designed to teach participants the latest unbiased, research-based calf and heifer management practices to increase productivity, profitability, and efficiency in raising dairy replacements,
- Planning and development for a Badger Dairy Insights webinar focusing on animal well-being for farmers, managers, workers, nutritionists, veterinarians, consultants and other agribusiness professionals. The goal of this effort is to share with participants the latest, unbiased, university-based research related to animal welfare so they can improve animal husbandry, thus improving farm profitability, productivity, and efficiency.
- 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.
- Planning for the 2023 Bi-Annual Midwest Manure Summit Conference for farmers, consultants, engineers, and other agribusiness professionals where they will learn about innovation, research, and solutions in handling dairy manure in an environmentally and financially sustainable manner. The goal of this effort is to provide farmers with knowledge to protect the environment and community.

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

- Developed a local event and social marketing campaign with community partners to recognize the Great Lakes Apple Crunch. The Great Lakes Apple Crunch is an annual celebration of farm-to-school efforts by increasing awareness of collectively purchasing locally and regionally grown foods.
- Hosted weekly virtual classes for Forward Services, an agency that helps W2 and FoodShare Employment Training/FSET find employment. The classes offer food budgeting skills to help individuals better spend their FoodShare dollars.
- Partnered with ADVOCAP Head Start to teach a series of nutrition education classes to preschool students in 17 classrooms at 6 different sites. These classes help encourage healthy eating habits starting young by introducing healthy foods and taste testing opportunities.
- Planned implementation of the Small Steps program, a fruit and vegetable prescription program. The purpose of this project is to have community partners, including doctors and medical professionals, to use healthy foods as a way to address food security concerns and improve health.
- Planning and implementation of educational grocery store tours with Festival Foods for older adults. These interactive sessions support customers in purchasing healthier foods and better-utilizing FoodShare dollars for improved health.
- Planning farmers market tours in partnership with senior housing. This program will help older adults better understand the Fond du Lac Farmers Market and have more access to local, fresh produce.
- Planning of 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.
- 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.
- The Fond du Lac County COVID-19 Vaccination Equity Project workgroup was recognized by city elected officials. The purpose of the project was to address COVID-19 rates and increase vaccination rates in underserved communities throughout the county.

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

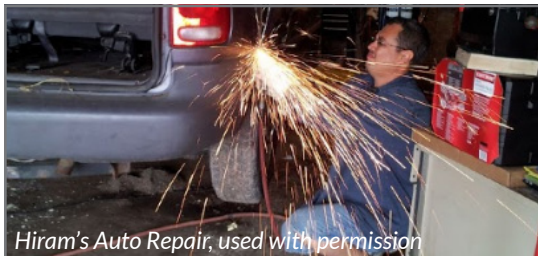
- A facilitated conversation with 4-H youth and adult project leaders, where participants received and shared information and resources for holding 4-H project meeting. Through these conversations and shared resources, 4-H volunteer project leaders increase their understanding of creating a safe and positive learning environment where can youth feel comfortable to be their authentic selves.
- A meeting for youth where they learned about LEGO building skills and participated in a LEGO Build Challenge. This effort is designed to encourage engineering, use of technology, and increase knowledge of LEGO building skills.
- A radio interview for Fond du Lac County Community, where listeners learned about the 4-H program to promote 4-H during National 4-H Week.
- An Afterschool club meeting for 4-H youth, where participants planned and discussed ideas for future club meetings and activities to plan the upcoming 4-H year. This effort is designed to encourage youth artists and build upon their skills.
- An event for community youth, where they learned about engineering through different STEM projects. This effort was designed to educate the community youth about the 4-H program and what opportunities it has.
- 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.

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.
- PYD Educator secured a \$4995 grant to engage underserved/protected populations throughout the county to participate in Lemonade Day programming. Educator continues planning with Envision Greater Fond Du Lac to scope out how Extension's PYD can be the new lead and managers for 2022. Lemonade Day program empowers FDL's youth (4-6 grade) to become business-minded through engagement in entrepreneur lessons & activities.

COMMUNITY DEVELOPMENT



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: TOWARD ONE WISCONSIN

After graduating from Entrepreneur in Training (EIT) Partnership Bootcamp earlier this year, two EITs joined Extension at the Toward One Wisconsin conference to talk about their experiences. Toward One Wisconsin is a new leadership conference with a statewide audience focused on diversity, equity, and inclusion efforts and was originally scheduled to be held in Eau Claire before COVID concerns moved it online. Mamba Marcus and Wild Card Willie shared their entrepreneurial journeys with the audience, reflecting on how beneficial the Bootcamp content and the camaraderie were for them as business owners. Diana shared details about the program and asked that the audience refer future EITs and future business coaches to participate in the next online cohort. Marcus is the founder of Together T's, an online t-shirt design and sales business, and Willie is opening a restaurant in downtown Black River Falls.

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Area Extension Director

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Community Development Educator

Amy Mangan-Fischer
Human Development and Relationships Educator

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