

FOND DU LAC COUNTY EXTENSION NOVEMBER 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 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 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, researched based calf and heifer management practices to increase productivity, profitability, and efficiency in raising dairy replacements.
- Development and planning for virtual CAFO (Confined Animal Feeding Operations) Update Meeting series for WPDES (WI Pollutant Discharge Elimination System) permitted farms, crop and dairy managers, agriculture engineers, crop consultants, agronomists, professional and on-farm nutrient applicators, government agency personnel, and other interested individuals in collaboration with WI DNR (Department of Natural Resources). The goal of this effort is to discuss and teach individuals to protect ground and surface water and dairy farm sustainability through dairy management and feeding efficiency; manure storing and handling; and nutrient management utilizing the latest research and regulatory updates.
- Development and planning of annual beef & dairy feeder steer roadshow series for beef and dairy feeder steer producers, nutritionists, managers, and other interested individuals. The goal of this effort is to teach individuals management considerations when feed prices are high, utilizing enogen trait corn for feed as compared to conventional grain corn, market outlooks, and animal wellbeing so they can be more productive, profitable, and efficient in raising feeder steers while maintaining animal welfare.
- Planning for the Badger Dairy Insights animal well-being session in collaboration with UW-Madison specialists and Division of Extension educators. The goal of this effort is to teach participants the importance of correct disbudding practices and the advantages of paired housing of calves, so that producers can achieve good health and welfare in raising calves and use the correct disbudding methods to

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 classes on Discover MyPlate for each kindergarten classroom at 7 different elementary schools in Fond Du Lac County in English and Spanish. Discover MyPlate introduces the 5 food groups in an age-appropriate manner and recipe samples. The goal of these classes is to encourage youth to try healthy new foods.
- A series of educational and social media resources were developed regarding food safety during the holiday season. These resources are to prevent food-borne illness in preparation for large holiday meals.
- Hosted planning meetings with food pantry leadership to develop a toolkit for food pantry recipients with diet restrictions (gluten-free, dairy-free, low sugar, etc.) This effort will help food pantry staff better serve their diverse group of recipients with healthy and safe 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.
- Leadership and planning in partnership with Master Gardener volunteers to plan the 2022 Junior Master Gardener Program (JMG). JMG is a summer-long youth gardening and nutrition program that promotes seed to plate and increased fruit and vegetable consumption among young children.
- Partnership with Wisconsin Farmers Union (rural community organizer) in Fond du Lac County to educate about local rural health issues (healthcare, transportation, poverty, hunger, etc.) This information will be used to inform next steps and projects to improve rural 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.
- Technical Assistance and leadership with local public health departments in developing their community health improvement plans through local health coalitions. Co-leadership role in coalitions efforts related to nutrition and physical activity. The local health coalitions collaborate with partners together to ensure community health improvement plan goals and objectives are being met to improve community health.

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.
- 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.
- 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.

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.
- Monthly community meetings, and sub-committees meeting for the FDL Drug-Free Coalition committee members which coordinates efforts in prevention, intervention, treatment and support in order to reduce underage drinking & substance abuse in FDL County.
- 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.

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 Development Educator

SPOTLIGHT

Of the 13 graduates of the Entrepreneur in Training (EIT) Partnership Bootcamp, three more were ready to move forward with Pre-Accelerator this month. Que El-Amin, social entrepreneur and real estate developer in Milwaukee with YES, was the guest speaker. El-Amin shared about his entrepreneurial journey, from real estate development ventures he and his brother have worked on together as well as trainings he has developed for young people and adults to plan and launch their own businesses, especially in the tech sector. El-Amin gave examples of the power of networking to open new doors, the power of past relationships to lead to future opportunities, and the importance of intentionality toward a goal, even when the outcome isn't obvious or visible yet.

EITs in Pre-Accelerator will make their first sales, or continue sales, before beginning Accelerator 1 in December.

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.
- Relationship building and information gathering for Fond du Lac County residents in collaboration with partners and community stakeholders: Consumer Credit Counselor Service, ADVOCAP, St. Vincent de Paul, the Fond du Lac United Way, and the Solutions Center: Shelter and Support Services, Inc. This effort is designed to inform Extension about the current resources available for Fond du Lac County’s homeless population and what needs Fond du Lac County has.

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Diana Hammer <i>Community Development Educator</i>	Ron Jakubisin <i>Positive Youth Development Educator</i>	Pamela Nelson <i>FoodWise Educator</i>	Pam Bartoli Tina Engelhardt Katie Gindt Cassi Worster <i>Support Staff</i>
Amy Mangan-Fischer <i>Human Development and Relationships Educator</i>	Tracy Keifenheim <i>4-H Program Educator</i>	Melanie Phillips <i>FoodWise Educator</i>	