

FOND DU LAC COUNTY EXTENSION JANUARY 2022 HIGHLIGHTS



Extension
UNIVERSITY OF WISCONSIN-MADISON
FOND DU LAC 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

- Planning for an annual project discovery day for youth and adults, where they learn and practice new skills by attending hands-on learning workshops. The goal of this effort is to provide hands-on learning opportunities to youth in different project areas.
- 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 series of radio interviews for Fond du Lac County listeners, where they learned about upcoming 4-H events/activities. This effort is designed to educate the listeners as well as expand access.
- Ongoing support and leadership for 4-H Teen Leaders and Youth where they wrote messages and made cards for local nursing homes. The purpose of this effort is to provide a way for youth to connect with each other and complete a service-learning project.
- A training for adults who are interested in becoming 4-H volunteers, where adults learned what Extension is, how volunteers contribute to Extension programs, volunteer roles and responsibilities, what makes a quality youth development program, and what resources are available to 4-H volunteers. This effort is intended to prepare all future 4-H volunteers.

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

- The UW-Madison Extension Entrepreneurs in Training (EIT) Partnership is teaching an online Entrepreneurship Bootcamp. In November 2021, ten EITs from eight counties started the class. The coursework covers the basics of starting a business from ideation to pitch as well as personal development skills such as self-limiting/self-freeing beliefs and writing a personal statement acknowledging the mistakes and learnings from their incarceration. The goal is that participants have what they need to launch a business and/or be more successful leaders in their current place of employment and community. The class meets twice per week for two hours. Along the way, guest coaches join to speak on specific content areas and share their entrepreneurial journey post-incarceration. This effort is a collaboration with Defy Ventures and partially funded by a grant from WEDC. This is an update from the 2021 Outcome Statement.
- Launching in December 2021, the UW-Madison Extension Entrepreneur in Training (EIT) Partnership is offering an online Accelerator for formerly incarcerated entrepreneurs who have already graduated from the introductory Entrepreneurship Bootcamp program. To join the Accelerator, EITs make a sale and prove that their business is viable and scalable. Over the next five months, participants learn financial modeling, business planning, branding, sales, ethics, and pitching. They also are matched with a business leader mentor who works with them 1-1 for three hours per month to grow their business and personal skills. Those who finish Accelerator have thorough, realistic business plans that can be shared with funders and investors. They can also pitch for an EIT Partnership grant to put toward their startup costs. Accelerator cohorts will start twice per year. Four EITs from Winnebago, Milwaukee, Kenosha, and Eau Claire counties are in the December 2021 cohort. This effort is a collaboration with Defy Ventures and partially funded by a grant from WEDC. (Updated from Dec. 2021 record; activity continues through April 2022)
- Twelve community members and business experts, including Extension colleagues, joined Entrepreneurship Bootcamp in a special coaching event. In breakout rooms, EITs had 5 minutes to share an overview of their idea. Coaches then had about 10 minutes to ask questions and give feedback. This was the first time EITs had shared their ideas with others outside of their peers, and they were nervous. They reported afterward feeling grateful for the suggestions and ideas they received. Coaches commented on how inspired they felt by the motivation and transformation they see happening in the EITs lives. Two more milestone events will occur before this cohort graduates on July 21. These events serve to improve business viability and also build empathy among the community participants, which leads to structural changes in the workforce and incarceration systems, long term.

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.

Crops and Soils

Mike Ballweg, Area Crops and Soils Agent

- A webinar series (Badger Crop Connect) for farmers, agronomists and agriculture professionals, where they learned about research to address timely crop production practices and emerging agronomic concerns. Through this program, attendees implemented these practices on their farms or used the information to advise their clients.

Farm Management

Stephanie Plaster, Farm Management Educator

- A presentation for farmers and agriculture professionals, where participants learned how to use a SWOT analysis for business and personal growth. This effort was designed to help participants assess their skills, assets, personalities, and/or networks to help make a decision about a business opportunity or new enterprise.
- An activity for farmers and agriculture professionals, where participants identified their stressors, strengths, and resources. This effort was designed to provide an opportunity for participants to recognize the common stressors, strengths, and resources among their peer group.

Dairy & Livestock

Tina Kohlman, Dairy & Livestock Agent

- A presentation for dairy farmers, calf managers, farm workers, and agribusiness professionals, where they learned calf health benchmarks, hygiene practices, housing considerations, and disbudding considerations to improve calf growth, health, management, and profitability while maintaining animal health and wellbeing.
- A training for youth dairy project members, where they learned animal handling, husbandry, and herd health management practices to improve dairy production management and animal health and well-being.

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 weekly virtual classes for adults receiving FoodShare at 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.
- Leadership, technical assistance, and coordination of a food resource hub for the Fond du Lac Food Providers Group that helps local agencies direct community members to local and state food resources. This food resource hub creates coordination between local emergency food agencies and individuals impacted by food/nutrition security.
- 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.
- Partnership of a 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.

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 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.

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