

# EXTENSION FOND DU LAC COUNTY FEBRUARY 2022 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.*

### **Farm Management**

*Stephanie Plaster, Regional Farm Management Educator*

- A consultation with a dairy farmer, where opportunities for funding and business planning for a new value-added enterprise were discussed. This effort was designed to help individuals make a decision about a business opportunity or new enterprise.
- A consultation with a livestock farm family, where the farm's financial position was discussed based on an analysis of the farm's financial records. This effort is designed to help individuals learn the performance capacity and feasibility of their farm as it relates to their long-term goals.

### **Dairy & Livestock**

*Tina Kohlman, Regional Dairy & Livestock Agent*

- A four-part webinar series (CAFO (Confined Animal Feeding Operations) Update) in collaboration with WI DNR for farm owners/operators/managers, agricultural professionals, and public agencies where they learned about feeding efficiency; nutrient management; regulatory updates; and groundwater. The goal of this effort was to teach sustainability through dairy management and feeding efficiency; manure storing and handling; and nutrient management utilizing the latest research and regulatory updates.
- A presentation for Confined Animal Feeding Operations dairy owners/operators, agronomists, consultants, and agency personnel, where they learned feeding strategies to increase feed efficiency and reduce greenhouse gas emissions from the dairy cow.

### **Crops and Soils**

*Mike Ballweg, Regional Crops and Soils Agent*

- An educational program for farmers, industry agronomists and dairy nutritionists where they learned about the environmental benefits of utilizing grasses for dairy rations, better alfalfa winter survival when seeded with perennial grass and improved animal health when grasses are included in dairy cow diets. The goal is to help farmers grow high quality grasses, which benefit cow health, farm profits and water quality.

The Extension program held in Waldo, was developed in partnership with the Sheboygan County Forage Council, UW-Marshfield Research Station and Byron Seeds. Nearly 40 people attended from Sheboygan, Ozaukee, Washington, Fond du Lac and Manitowoc counties.

## 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 & Well-Being Educator*

- 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 Riverside Elementary on Harvest of the Month. The goal of the project is to feature a monthly fruit or vegetable to children, parents, and school staff through social marketing and making healthy changes to the school meal environment.
- A series of newsletters for older adults to learn about food safety, food budgeting and basic nutrition. These printed materials brings health information to seniors during a time when guest speakers are not permitted due to COVID. The goal of this effort is to improve health or older adults.
- Development and management of a social media site that focuses on health and nutrition. Using social media to share health information current FoodShare audiences, to reach new audiences, and to increase awareness of the FoodWise program.
- 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.
- 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 decisions.

## 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-hour session for elementary aged youth, where participants learned about spending, saving and sharing their money to help them develop positive habits around financial saving in the future.
- A series of e-mail communications for community partners where they learn about 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 improve parenting skills, support their family caregiving role and improve their financial skills and their personal well-being.
- 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.
- A virtual training for never married parents, where participants learned children's needs at different developmental stages, the importance of selfcare, and communication strategies that reduce conflict. The goal of this session is to teach co-parents strategies that will help both parents have a positive relationship with their child.
- An in-person 6 hour course for renters where participants learn how to find and apply for rental housing, understand their responsibilities as a renter, how to communicate effectively with their landlords, and manage housing expenses. Through this, homeless populations and those who have negative rental records are able to increase their ability to find and keep safe affordable housing, thereby increasing their stability and decreasing their reliance on public supports.

### 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*

- An annual project day for 4-H youth where participants learn different project skills throughout various workshops to provide hands-on learning opportunities.
- Ongoing support for youth interested in the visual arts, where they learn how to prepare a portfolio, critique their own and others' artwork, investigate the arts in their community and explore future career paths within the visual arts.
- 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.
- Planning the 2022 Tri-County Visual Arts Festival where youth explore and learn more about art and their choice of medium for self-expression. The goal of this effort is to provide youth the opportunity to explore art and receive feedback.

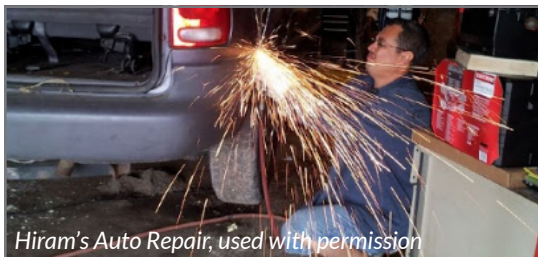
#### Positive Youth Development

*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.
- A series of monthly workshops in which teens representing all Fond du Lac High Schools will learn S.M.A.R.T. Goals and project management skills to collaboratively plan and implement a county-wide project in April 2022. Workshops are delivered at FDL non-profit/Sophia Leadership Inc.'s 'Youth Leadership Fond du Lac' school-year long program.
- A series of virtual project-based lessons which aimed at empowering FDL's youth (4-6 grade) to become business-minded. The 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*

- A 14-week online program for formerly incarcerated adults where they learn about entrepreneurship and personal development skills. The goal of this program is to help participants “defy the odds” by overcoming barriers in the workplace due their criminal histories, start their own businesses, and potentially employ others with criminal records.
- A five-month online program for formerly incarcerated adult entrepreneurs and Bootcamp graduates who are ready to scale their business where they learn advanced business content and work 1-1 with a mentor to grow their businesses into a venture that can eventually hire others. The goal of this effort is to encourage financial and life success by this vulnerable population.
- Planning for a pilot program with the Wisconsin Department of Corrections for incarcerated residents where they will learn about personal development, job readiness, and entrepreneurship skills. The goal of this effort for participants is lower recidivism rates, higher rates of employment and longevity at their jobs, and increased ability to provide for themselves and their families after returning home.

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