

EXTENSION FOND DU LAC COUNTY

APRIL 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.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A multi-regional educational program (Finalizing Your Agronomic Input Decisions for 2022) for farmers, industry agronomists and Land Conservation Department staff, where they learned about herbicide resistant weed management, minimizing phosphorus runoff from farms fields and spending fertilizer inputs wisely. The goal is to help farmers and industry agronomists learn about on-farm plant nutrient resources, how to reduce phosphorus runoff, and how to best manage herbicide resistant weeds.
- Conducted Pesticide Applicator Training for farmers interested in using Restricted Use Pesticides in their cropping systems. DATCP requires farmers to successfully pass a competency-based test in order to become certified. The training helps farmers prepare for the exam.

Dairy & Livestock

Tina Kohlman, Regional Dairy & Livestock Agent

- A factsheet for dairy owners/operators, agronomists, consultants, and agency personnel, where they learned about dairy cow feeding strategies to increase feed efficiency and reduce greenhouse gas emissions.
- A presentation for dairy owners/operators, managers, employees, custom heifer raisers, and service providers where they learned how to incorporate the use of scales and heifer weights to improve lactation performance and profitability through proper weights of heifers at breeding and pre- and post-calving.
- An on-farm consultation for a custom heifer raiser, where he learned about feed efficiency and rate of gain to improve heifer growth, productivity, and profitability.

Farm Management

Stephanie Plaster, Regional Farm Management Educator

- A series of consultations with farmers, where business planning was discussed. This effort was designed to help individuals determine whether a business opportunity is likely to succeed.
- A series of conference sessions for farmers where they learned about farm succession planning, how to navigate labor shortages, and how to use business development and analysis tools. The purpose of this program is to help farmers make informed decisions for their businesses and improve the success of farm businesses.

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

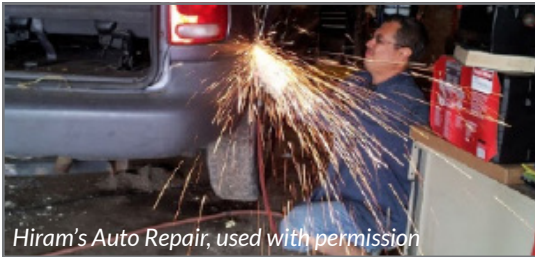
- A club visit to Alto All-Star 4-H club where members, parents, and volunteers are educated and observed on how they implement the six tenets of the WI 4-H Movement. These tenets list the basic elements of what a successful 4-H club does.
- Mentoring for 4-H club leaders where we discuss updates and policies that affect the role of the main club organizational leader. Through training and shared resources, 4-H volunteers gain knowledge to help them be successful in their role.
- 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.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- A series of planning meetings with the City of Fond du Lac City Manager and his team preparing to implement a Youth In Governance (YIG) program in which youth join the City of Fond du Lac Committees and Boards for a year-long experience. The goal is to provide youth have the opportunity to develop leadership and problem solving skills, increase community awareness, and participate in representative government.
- 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.
- Collaboration with the Fond du Lac County Juvenile Detention Supervisor in planning a series of workshops with incarcerated youth addressing life-skill issues such as problem-solving skills, goals-setting, positive decision making and alcohol, vaping facts. workshops would be delivered (separately) to the populations divided at the detention center as 'male' and 'female'.
- Coordinating the 2022 Fond du Lac County-wide 2022 Lemonade Day 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 county organizations and then youth implementing their business plan by opening their Lemonade Stand on May 7, 2022.

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 Development Educator

SPOTLIGHT

The Entrepreneur in Training Partnership proposed to teach entrepreneurship and reentry skills to formerly incarcerated individuals who have been disproportionately impacted by the pandemic. Since incarcerated residents are predominantly black, indigenous and people of color (BIPOC), they and their families experienced additionally intense ramifications of COVID as disparities in business, health, education, and income worsened. We focus on Eastern WI where 24,222 individuals are on supervision with felonies, 52% of the state total (WIDOC, 2021). 94% of people on supervision in WI are ages 21-65 (WIDOC, 2021), prime age to contribute to the workforce with proper support. Leveraging a partnership with Defy Ventures and the WI Department of Corrections (WIDOC) which has us preparing to teach job readiness, personal development and entrepreneurship in four prisons by the end of 2022, we propose to add reentry support for EIT graduates returning to the target region. We will base reentry educators in Green Bay with We All Rise African American Resource Center and in Milwaukee with the Partners in Hope program at Community Warehouse. We will add a post-release teacher in Green Bay to match the position already funded by WEDC in Milwaukee. Together, we will bring Defy Ventures' evidence-informed curricula to trusted, culturally attuned environments where formerly incarcerated residents can best learn and succeed. The continuity from in-custody teaching to reentry support to post-release entrepreneurship is what sets this program apart in WI and the nation, where seven states already see the benefits in reduced recidivism and increased employment among graduates.

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

- Planning community conversations in partnership with UW-Madison Population Health Institute, which will be held in Fond du Lac County with Black/African American community members and in Sheboygan County with Hmong community members. The goal of these community conversations is to learn the needs of community members regarding health, nutrition, physical activity and food security.
- 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.
- Planning a parent ambassador program for parents of young children in partnership with the Fond du Lac Area School District, Fond du Lac County Public Health, and the Fond du Lac Area United Way. This program will help parents better understand COVID and the COVID vaccination for children and will give parents the tools to share information with other parents.
- 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.
- Educational support of UW-Fond du Lac's campus herb garden project, including the creation of educational documents for college students and staff about the health and nutrition benefits of various garden herbs. The goal of this project is to encourage healthy eating among college students.
- Organized a meeting with the Office of Access, Inclusion and Compliance to learn more about how to adapt the Fond du Lac Area Food Resource Guide website to be accessible to Spanish readers, low literacy readers and or individuals with blindness. The goal is to make changes to the website to be able to reach more families in need of food resources in the community.

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

SPOTLIGHT

Moraine Park Technical College's Wellbeing and Benefits Specialist reached out to Amy Mangan-Fischer and shared that their wellness team is interested in bringing more financial wellbeing opportunities to their employees. Amy Mangan-Fischer and Carol Bralich agreed to teach their session on the Four Aspects of Financial Wellbeing. College staff from the Beaver Dam, Fond du Lac, and West Bend campuses were invited to attend.

The goals of the one-hour session were to increase participants' awareness of how financial behavior impacts overall well-being and to share strategies and resources on how to improve financial well-being. From evaluation, 100% of the participants agreed or strongly agreed that they will implement at least one of the strategies from the session to improve their own financial well-being.

Participants shared that they set goals for themselves. Some of these goals included: going through the provided budget worksheet, setting aside a specific amount each month for vacation, tracking spending to see where the money is going, and talking to a financial investor.

Participants commented that they learned: "various apps to use to track spending/increase savings," to reach savings goals by "doing it in steps," and to "do what works for you." They also shared that they were reminded "how to focus on my goals," "to set goals and write them down," and "daily savings adds up throughout the year."

Cindy Sarkady
Area Extension Director

Diana Hammer
Community Development Educator

Amy Mangan-Fischer
Human Development and Relationships Educator

Mike Ballweg
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Amanda Miller
*FoodWise Coordinator
Health & Well-Being Educator*

Pamela Nelson
FoodWise Educator

Melanie Phillips
FoodWise Educator

Patty Percy
Community Garden Coordinator

Tina Engelhardt
Katie Gindt
Sherry Auchue
Support Staff

Cassi Worster
Marketing Specialist