

EXTENSION FOND DU LAC COUNTY AUGUST 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.

Dairy

Tina Kohlman, Regional Dairy Agent

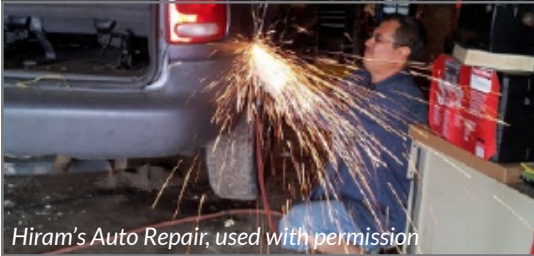
- A carcass show for livestock and dairy youth, where they learned about meat quality assurance and meat production. This effort is designed to teach youth how their dairy-beef, beef, and/or swine project fits into real world agriculture, improving farm business viability while protecting food safety.
- Planning and development for a series of short-videos for dairy farmers, managers, herds person, and employees in collaboration with Soaring Eagle Dairy. The goal of this effort is to provide short training video clips to teach individuals research-based industry practices, improve fresh cow wellbeing, and welfare to increase farm business viability while protecting food safety.
- Planning for a bilingual dairy workers newsletter for on-farm dairy employees in collaboration with Language Access and Office of Access, Inclusion, and Compliance. The goal of this effort is provide a dairy resource to an underserved audience in order for them to gain new knowledge and best management practices to incorporate on the farm to help maintain and grow economic viability.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A research project to evaluate nitrogen applications to winter cereal forage crops. Results from this study will help farmers and agricultural professionals determine the most economic and environmental N fertilizer rates for optimizing winter cereal crops yields. Winter cereal forage crops (cereal rye, triticale, etc...) have seen a substantial increase in the number of acres farmers are planting and harvesting. Winter cereal forages are becoming a regular part of forage supplementation in the lactating dairy herd ration.
- An Extension Badger Crop Connect Zoom meeting for farmers and agricultural professionals where they learned about the using fungicides on corn and soybeans for protecting yields against Tar Spot and White Mold. Using fungicides within the context of an Integrated Pest Management approach will protect farm profits, reduce fungicide resistance, and protect the environment.
- Developed a regional (Sheboygan, Ozaukee, Washington, and Fond du Lac counties) electronic newsletter (with colleagues), where readers learned about current and relevant UW-Madison Extension research, BMPs and additional Extension resources so that they can better manage their farm businesses.

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

Entrepreneurship Bootcamp Cohort 4 is in progress with 8 EITs meeting in Milwaukee on Wednesday evenings and online Saturday mornings. Diana taught two classes recently about meaningful apologies, the power of a promise, and time management. In addition, 3 EIT alumni joined the group to share about their experiences and encourage them. People with criminal records who would like to join the program in 2023 can apply here. Entrepreneurship Bootcamp Cohort 5 kicked off on Tuesday, Aug. 16 with 18 EITs from 9 counties. They will meet twice weekly online through Nov. 17. Business people who would like to volunteer as coaches in the program can register here. EIT Partnership post-release programming is supported by the Wisconsin Economic Development Corporation.

The EIT Partnership (with Katie & Diana) held a gathering of EIT alumni, current students, coaches, and families was held at UWO-Fond du Lac on August 14th. About 20 people from Eau Claire, Milwaukee, Racine, Appleton, Plover, and Fond du Lac came together to share a meal and dialogue on successes and challenges in their entrepreneurship. This was the first time many had met each other in person. The current Bootcampers appreciated the chance to meet others in similar circumstances working on entrepreneurship. Creating community experiences outside of formal classes is important to the peer mentorship and empathy building goals of the program.

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

- Hosted a year-end celebration for the Junior Master Gardener (JMG) program. The purpose of this event was to recognize the achievements of the JMG students and parents, harvest/wrap-up the garden, and celebrate with homemade pizzas (made by the students) and games.
- Taught a canning class at the Oakfield Public Library. This event was intended to teach both experienced and beginner canners the importance of following canning instructions, using proper equipment, and using tested recipes.
- Membership in the North Central Regional Food Safety network. This network is an opportunity for Extension organizations across multiple Midwest states to collaborate in the areas of food safety and food preservation.
- Peer reviewed and updated the Safe and Healthy Food Pantry Project toolkit with the state Emergency Food Systems workgroup. This toolkit helps local food pantries implement policies and practices that encourage both food safety and healthy foods among pantry staff, volunteers and clientele.
- Hosted a focus group with Black/African American community members in Fond du Lac County. These focus groups provided valuable information and lived experiences related to healthy eating, access to healthy foods, food security/hunger, culturally relevant foods, and physical activity.

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 a 4-H Fall Kick-Off meeting for 4-H Club officers in collaboration with adult volunteers. The goal of this effort is for the club officers to plan out the year and have youth voices so that youth-adult partnerships are strengthened.
- A day camp (“Cloverbud Day Camp”) for younger 4-H members where they learned about outdoor and nature skills through hands-on activities. The purpose of this program is to discover new skills, explore different project areas, and experience hands-on learning.
- A multi-day camp for youth in grades second through eighth and youth leaders, where youth engineered cardboard creations, and participated in team-building and leadership exercises under the leadership of the counselors. The goal of this effort is to engage young people in leadership roles while learning about science, technology, math, and engineering.
- A multi-day camp for youth in grades third through tenth, where youth explored different art media, and participated in team-building and leadership exercises under the leadership of volunteers. The goal of this effort is to engage young people in leadership roles while learning about art.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- Communication and promotion to schools and youth-serving agencies in the City of Fond du Lac in order to engage youth in a Youth In Governance (YIG) program. Youth will join the City of Fond du Lac Government’s Committees and Boards for a year-long experience that provides an opportunity to develop leadership and problem solving skills, increase community awareness, and participate in representative government.
- On-going participation in the Fond du Lac Drug-Free Communities Coalition, specifically the Youth Prevention Subcommittee. This involves working with coalition Executive Committee on goal development directly related to re-engaging youth sector, (1 of 12 essential coalition sectors) for coalition’s mission & goals.
- Coordination and planning with schools and youth-serving agencies for the Fond du Lac County-wide 2023 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 6, 2023.

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

- An in-person 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.
- Planning for an educational program for parents where parents will learn about the importance of starting to save money for college early and strategies on how to start.
- Planning for a website that has resources for people who have been recently released from incarceration in collaboration with Extension’s Financial Education and Justice Involved Audiences committee. The goal of this effort is to ensure that all justice-involved individuals are able to fulfill their potential when they reenter their communities.
- Planning for educational programs for people who are staying at the St. Katherine Drexel Shelter in collaboration with St. Vincent de Paul and Solutions Center. The goal of this effort is to learn more about the audience and what programming would best meet their needs, so that they will have the skills and confidence to find and keep suitable housing.

Cindy Sarkady
Area Extension Director

Mike Ballweg
Area Crops and Soils Agent

Tracy Keifenheim
4-H Program Educator

Patty Percy
Community Garden Coordinator

Diana Hammer
Community Development Educator

Amy Mangan-Fischer
Human Development and Relationships Educator

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

Tina Engelhardt
Katie Gindt
Sherry Auchue
Support Staff

Stephanie Schulz
Community Development Educator

Ron Jakubisin
Positive Youth Development Educator

Melanie Phillips
FoodWise Educator

Tina Kohlman
Area Dairy Agent

Cassi Worster
Marketing Specialist