

EXTENSION FOND DU LAC COUNTY OCTOBER 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 popular press article written for Wisconsin State Farmer readers, where they learned how to prepare for transporting pre-weaned calves long distances. This effort is designed to show industry and university research-based best management practices to maintain and/or improve the growth, wellbeing, and welfare of a pre-weaned calf while being transported to an off-farm rearing facility.
- 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.
- Planning for bi-annual Midwest Manure Summit for farmers, managers, agronomists, engineers, nutrient management consultants, manure haulers, consultants, and other agri-business professionals. The goal of this effort is to teach individuals the latest, unbiased, university-based research on manure handling technologies, so that they can improve environmental sustainability and increase farm business viability.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- A series of recent webinars (Badger Crop Connect) for farmers, agronomists and agriculture professionals, where they learned about: Tips on Making Great Corn Silage, Building Soil Health with Cover Crops, Hybrid Rye Forage Yields and Quality and lastly, Alfalfa Fall Management. The webinar series provides information and research findings allowing farmers and industry professionals to implement new practices that improve soil health, protect our natural resources and well as improve the profitability of farms across the state.
- The 2022 Corn Silage Dry Down Days were held with industry partners. Through this event, farmers, industry agronomists and nutritionists learned about how corn crop development impacts the moistures and quality of ensiled corn for silage. Ensiling at the correct moistures greatly improves animal performance and the profitability of area dairy farms. Results were shared across the region each week from late August through September, via the Ag-Regional email list reaching more than 1000 farmers and industry professionals.

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

- Presented on chronic disease prevention at the recent chronic disease event held by Fond du Lac County Public Health. This 3-part presentation (chronic disease, mental health, and substance use/abuse) included featured guest speakers and was intended to raise awareness of the current health priorities identified by the recent community health assessment and to get more community involvement in addressing them.
- Promoted the Great Lakes Apple Crunch Day in the local Extension office by hosting an event. The purpose of this annual day is to encourage farm to school efforts and buying local produce.
- Planning Harvest of the Month efforts with Parkside and Riverside Elementary Schools in Fond du Lac County. Harvest of the Month encourages farm to school efforts and healthy eating among students

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 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.
- An annual Fall Kick-Off event, where youth and club leaders learned about how to build a welcoming club. This effort was designed to educate clubs on how to support new families.
- A recognition program for 4-H members, where youth were recognized for their achievements from their record books. This program is designed for youth to reflect on all of their life skills and achievements from the 4-H year.
- Planning training for 4-H Club Officers, where youth learn about improving their 4-H club and specific officer duties to build their leadership skills. The goal is to prepare them to serve their club.
- 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.

Positive Youth Development

Ron Jakubisin, Positive Youth Development Educator

- 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

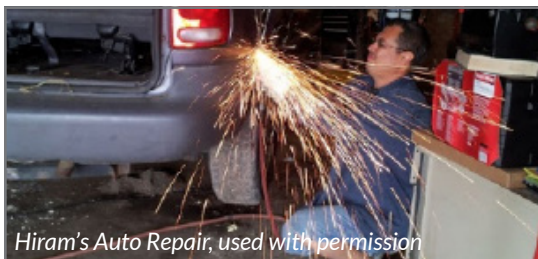


*The Extension Institute of **Human Development & Relationships** provides the tools Wisconsinites need to thrive as well-rounded, capable individuals and families. We support families in caring for each other in ways that promote growth and understanding. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.*

Amy Mangan-Fischer, Human Development & Relationships Educator

- A 7-session course that helps adults of all ages to make end-of-life financial, healthcare, and final wishes decisions in order to reduce the stress experienced by survivors and to ensure that their wishes are honored.
- 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 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.
- An in-person 6-hour course, for incarcerated men at the Fond du Lac County Jail, 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, the men will be able to increase their ability to find and keep safe affordable housing in the future, thereby increasing their stability and decreasing their reliance on public supports.
- 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.

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

- Basic grant proposal workshop for local government, businesses, and organization members and staff. The goal of this effort is for people to learn how to find, write and apply for grants so that they can carry out the activities of their organization, business, or government unit.

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Area Extension Director

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Community Development Educator

Tina Kohlman
Area Dairy Agent

Mike Ballweg
Area Crops and Soils Agent

Amy Mangan-Fischer
Human Development and Relationships Educator

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NATURAL RESOURCES



The environmental challenges of our time, especially access to plentiful, sustainably managed sources of food, water and energy, require multidisciplinary community thinking and a strong understanding of the human dimensions of resource management. Natural Resources Institute staff are uniquely positioned to provide science-based information and education at the crossroads of communities, natural resources and agriculture in our state and beyond.

Maranda Miller, State-wide Specialist, Natural Resource Educator

Preliminary data (from Wisconsin Department of Natural Resources Total Maximum Daily Loads Study) shows that in the Between the Lakes Demonstration Farm Network watersheds total phosphorus and total suspended solids are a large part of the non-point source pollution entering Lake Michigan.

Agriculture has been determined to be a large contributor of phosphorus and total suspended solids entering Lake Michigan from the Manitowoc and Sheboygan watersheds. Therefore, the Between the Lakes Demonstration Farm Network and its farmers are working hard to improve soil health which will result in cleaner water.

Through outreach and education field days the message of healthy soils and clean water can be expanded to other farmers and agricultural practitioners.

Leading up to the event (called Bringing Pollinators into Cash Crops on Dale Theel's Greendale Farm in Fond du Lac County) I designed promotional event materials and distributed them to announce the event. I also created a Facebook event page, multiple Facebook posts, and utilized EZ Text to announce the event. During the field day, I took photos and video of the educational portions of the event. I will be using these materials to create educational content for Between the Lakes Demonstration Farm Network to spread their messages further.

Dale Theel, Between the Lakes Demonstration Farm farmer, and Melanie Kalmerton of Fond du Lac County lead participants on an exploration of Dale's pollinator strips. This conservation practice was a feature of a field day on October 5th exploring Bringing Pollinators into Cash Crops.



- An ongoing training effort to demonstrate to Demonstration Farm project management teams how to visually represent their otherwise abstract soil health and conservation agricultural practices. The intent of this effort is to get partners **SHOWING** the strategies and results of conservation agricultural practices, so farmers understand how they work, and are able to implement them on their land.
- A library of videos highlighting successes and challenges farmers are facing while implementing soil health practices in Northeastern Wisconsin. This effort was designed to allow farmers to learn from other farmers about how to implement soil health practices.