

# EXTENSION FOND DU LAC COUNTY DECEMBER 2023 HIGHLIGHTS



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

## AGRICULTURE



*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 Educator*

- A Dairy-Forage Day Meeting in collaboration with local Forage Council and Midwest Forage Association for dairy farmers, herd managers, crop managers, agronomists, nutritionists, and other agriculture service providers, where participants learned about dairy markets and policy; optimizing cover crops strategies to optimize forage, soil, and water quality goals; forage quality from field to the feed bunk; and impact of copper sulfate footbath use on WI soil, manure, and forage copper concentrations to improve farm business viability, environmental sustainability, and animal welfare.
- A presentation for dairy farmers, herd managers, crop managers, agronomists, nutritionists, and other allied ag professionals, where they learned the impact of copper sulfate footbaths on WI manure, soil, and forage copper concentrations to improve business viability, economic sustainability, and food safety through animal welfare.
- A webinar for dairy owner/operators, herds managers and employees, and agribusiness professionals where they learned how to rethink employee training and onboarding and interactively train employees to move cattle to improve farm business viability, environmental sustainability, and food safety while maintaining animal welfare and wellbeing.

### Crops

*Liz Gartman, Regional Crops Educator*

- A program for Sheboygan county land owners and agriculture producers where attendees learned about the agronomic lessons from the dry summer of 2023 and what soil management practices may help improve crop resiliency in extreme weather year. The goal of this activity is to improve awareness of the benefits of soil health practices and methods for implementing them.
- A dairy production newsletter for farmers, managers, employees and agribusiness professionals that provides the reader an introduction to upcoming UW Madison Division of Extension Programming including the Regional Ag Day and Dairy Heifer Grazing listening sessions. This newsletter provides timely updates on Extension recommendations, events and industry news.
- Planning for a Regional Ag Day program for farmers, agronomists, nutritionists and other agriculture professionals in collaboration with the Cedar Creek Farmers in Washington county. The goal is to provide timely livestock, dairy and crop production and marketing updates to producers so they can make informed animal and crop management decisions in 2024.

## 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*

- Taught a series of nutrition education classes on Show Me Nutrition for each 2nd grade classroom at 4 different elementary schools in Fond du Lac County. Show Me Nutrition introduces the five food groups and recipe samples in an age-appropriate way with the goal of helping students try healthy new foods.
- Building relationships with new farmers market staff from the Downtown Fond du Lac Partnership. The goal is to continue to partner and support the farmers market efforts that increase access to fresh fruits and vegetables for all community members.
- Planning with the Community Works afterschool respite program for middle school students in which FoodWise will teach a 5-part cooking class series from the Around the Table curriculum. The cooking series will teach teenagers the important life skills needed to cook on their own in the future.
- Providing support for the Wisconsin Hunger Nutrition and Health Learning Collaborative, led by the Fond du Lac Area United Way, with a goal of focusing on farm to early childcare. The purpose of this grant is to address health and hunger by bringing together community partners and leaders in public health.

## 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.*

*Kimberly Clark, Human Development and Relationships Educator*

- An in-person 4-session course for renters at a local transitional shelter where participants recovering from alcoholism and/or chemical dependency 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, 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.
- 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.
- An in person 2-session course for renters at a local homeless shelter where homeless 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 orientation for new 4-H Families, where foundational information about the 4-H program was presented and questions were answered to help guide new members and families through the 4-H year and promote belonging and retention of 4-H members. The goal of this effort was to build relationships with the new families.
- Planning a series of workshops for new families where they will learn about 4-H terminology, club meeting basics, projects, record books, opportunities in 4-H, and more. The goal of this effort is that new families can feel more confident in their 4-H involvement with a better understanding of the 4-H program.
- 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.

### **Community Youth Development**

*Kelly Dione, Community Youth Development Educator*

- A series of interviews using a community needs assessment tool where a collection of data from one-on-one meetings with local youth serving organizations and youth focus groups will be conducted, data organized, and analyzed.
- Coordination and planning with schools and youth-serving agencies for the Fond du Lac County-wide 2024 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, which increases the capacity of local organizations by working with young people as future entrepreneurs and philanthropists. Youth will implement their business plan by opening their Lemonade Stand on May 4, 2024.

## 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.*

*Noah Reif, Community Development Educator*

- An in-person presentation on developing an active board of directors for the United Church Camps at their board retreat. This presentation increased the board’s knowledge of their roles and responsibilities. The board will use this framework to increase its organizational capacity to meet community needs.
- Developing curriculum for an upcoming statewide course for nonprofit leaders. The goal of the curriculum is to provide Wisconsin Nonprofits with the skills and tools needed to foster belonging in their organizations for the purpose of increasing their capacity to create positive change in their communities.
- A series of introductory 1:1’s with community organizations and nonprofits, where we discussed the support local organizations could use from UW Extension in order to accomplish their stated goals. The goal of this effort is to conduct a broad needs assessment of community organizations and nonprofits for the purpose of providing a high level of support in the future.

**"This really helped to define my role and will help reshape the board. It was perfect for where our board is at and the future challenges of the board. Very well done!"**

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*Area Extension Director*

Tina Kohlman  
*Regional Dairy Educator*

Liz Gartman  
*Regional Crops Educator*

Kimberly Clark  
*Human and Development Relationships Educator*

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*4-H Program Educator*

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