

# EXTENSION FOND DU LAC COUNTY NOVEMBER 2023 HIGHLIGHTS



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON  
FOND DU LAC COUNTY

## 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 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.
- A presentation for 4-H Fall Forum participants where they learned about the LEGO Club resources and create their own 4-H LEGO Club. The purpose of this program is to support youth and adult club leaders.
- 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.
- 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.

### **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.

## 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*

- An in-person dairy management program for online-schooled youth and parents, where participants learned about calving and dairy calf management, biosecurity and health best management practices, dairy nutrition, and milk production. This effort is designed to engage individuals about the food produced in our state, bringing awareness to non-farm families regarding business viability, environmental sustainability, and food safety.
- A dairy production and management newsletter in collaboration with Eastern Wisconsin Dairy Herd Improvement Cooperative for farmers, managers, employees, and agribusiness professionals, where subscribers learned about herbicide resistance screening, phosphorus stratification in soil health systems, corn-alfalfa interseeding, pre-weaned calf transportation, impact of copper sulfate footbaths on manure, soil and forage copper concentrations, and hypocalcemia best management practices. This effort was designed to provide a timely and reliable source of dairy management news and updates to help farms improve farm business viability, environmental sustainability, and food safety.
- A Midwest Farm Weekly television interview for WRFV Channel 5 audience where individuals learned best management practices for calves to mitigate cold stress, thus improving productivity and animal health to improve farm business viability and food safety through animal welfare and wellbeing.

### **Crops**

*Liz Gartman, Regional Crops Educator*

- A dairy production newsletter for farmers, managers, employees and agribusiness professionals that provides the reader an introduction to the Wisconsin Ag Climate outlook resource, the Wisconsin Waterhemp Herbicide resistance screening project and the opportunity to participate in the Phosphorus Stratification project. 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*

- 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.
- Partnership with Riverview Apartments to provide strength training classes for older adults using the StrongBodies curriculum. StrongBodies is an evidence-based training aimed at strengthening muscles and improving balance and coordination.
- Providing technical assistance for the state FoodWise office to develop a plan and apply for a federal nutrition incentive program. The goal is to offer nutrition incentive programs at farmers markets across Wisconsin and to support local farmers markets, which helps bring fresh fruits and vegetables to families in need.
- Membership on the SPROUT (Supporting Positive Relationships So Our Children Under 6 Can Thrive) coalition. SPROUT brings community organizations together to address the most pressing needs of young children in Fond du Lac County.

## 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*

- A presentation on the importance of belonging in community development at an annual event for a local nonprofit and its supporters. The goal of the session was to educate community members about the importance of belonging and the practices that can be implemented to create belonging in their own communities.
- A one-hour workshop on updating the Vision, Values, and Mission Statement for the Ripon Chamber of Commerce Board of Directors. This workshop increased their knowledge of the process of updating their Vision, Values, and Mission statement and how the chamber can apply this process in the future.
- 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.

## 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*

- 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.
- A monthly e-newsletter (Just in Time Parenting) for parents/caregivers of 0-5 year olds provided age-paced developmental and parenting information. Our goal was to improve parents' knowledge, increase positive parent-child interaction, and support children's well-being.
- Planning and developing an in-person financial course for young people ages 15-26 who are currently living or have lived under the foster care system, with essential financial knowledge and skill building opportunities. The goal is for participants to learn how to gain control of their financial future, assess assets and build economic security long term.

Cindy Sarkady  
*Area Extension Director*

Tracy Keifenheim  
*4-H Program Educator*

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

Patty Percy  
*Community Garden*  
*Coordinator*

Tina Kohlman  
*Regional Dairy Educator*

Kelly Dione  
*Community Youth*  
*Development Educator*

Melanie Phillips  
*FoodWise Educator*

Tina Engelhardt  
Sherry Auchue  
*Support Staff*

Liz Gartman  
*Regional Crops Educator*

Diana Hammer  
*Community*  
*Development Educator*

Grace Gallagher  
*FoodWise Educator*

Cassi Worster  
*Marketing Specialist*

Kimberly Clark  
*Human and Development*  
*Relationships Educator*

Noah Reif  
*Community*  
*Development Educator*