

# EXTENSION FOND DU LAC COUNTY MARCH 2024 HIGHLIGHTS



Extension  
UNIVERSITY OF WISCONSIN-MADISON  
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

In July of 2023, Extension's Organizational and Leadership Development Program Manager facilitated a retreat for the Wisconsin Library Association's (WLA) board of directors. During the retreat, the board identified two purposes as it relates to what they think the organization should focus on - (1) Understand the barriers to and actions that will support members and prospective members feeling valued and belonging so that they actively participate in the work of the organization; (2) Help members create inclusive libraries, so patrons (existing and potential) feel belonging. Once their purposes were identified, the board identified what might get in their way and what might help them achieve their first purpose. The facilitation ended with the identification of action steps to move toward achieving their first purpose. One of those action steps was to conduct a belonging survey.

Extension designed a survey with the input of the WLA executive director and board. In November of 2023, the survey was sent to all of the association's active members. The survey collected demographic information, asked respondents to respond to questions that measured their degree of belonging, and invited respondents to share what contributes to, or could increase, feelings of belonging within the organization. Extension analyzed the data, including looking at the belonging responses based on several demographic characteristics. Extension then developed a findings and recommendations report, and gave a presentation to the WLA board of directors.

The survey findings will be used by the board to develop action plans aimed at increasing belonging among WLA members.

## 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

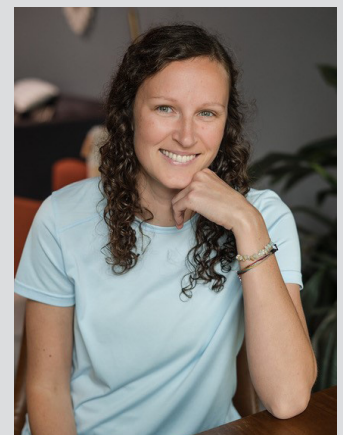
- A meeting for youth where they learned about LEGO building skills and participated in a LEGO Build Challenge. This effort is designed to encourage engineering, use of technology, and increase knowledge of LEGO building skills.

### Community Youth Development

Kelly Dione, Community Youth Development Educator

- 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, 2023.
- 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.

**Mucho gusto - nice to meet you!** Welcome Kelsey Beine 4-H Bilingual Associate Educator at the University of Wisconsin Madison Division of Extension Fond du Lac County. She is excited to join the Fond du Lac County 4-H team. Her education background includes degrees in math, Spanish, and leadership, and she has enjoyed teaching all of these subjects to both high school and college students. Kelsey is a proud Fond du Lac County 4-H alumna of 13 years, with lots of experience in club and county leadership, and a few travel experiences along the way! Outside of 4-H (and sometimes in 4-H, too!), she can be found teaching yoga and meditation, knitting, doing nature photography, and touring the Wisconsin state parks with my partner. She look forward to learning and discovering with you - 4-H adventures await!



Her focus will be on expanding the 4-H program and working with underserved audiences in Fond du Lac County. Afterschool 4-H clubs and programming will be one of her priorities. She has started to work with building out an afterschool club at Bessie Allen Middle School in North Fond du Lac and working with Roberts Boys and Girls Club to start an Art Club this spring.

## 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.
- Facilitated meetings with Master Gardener volunteers to plan the Junior Master Gardener program (JMG), a summer-long youth gardening and nutrition program. The purpose of the JMG program is to introduce and encourage garden-based activities and using fresh, healthy produce.
- New partnership with Aging and Disability Resource Center (ADRC) to provide nutrition education classes at senior meal sites across Fond du Lac County. The goal of the classes is to help older adults make healthier food choices.
- Partnership with Portland Square 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 support for the development of the upcoming community health assessment questionnaire/survey. The purpose of this survey tool is to distribute widely in the community to gather feedback on key health issues.

## 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.*

### Crops

*Liz Gartman, Regional Crops Educator*

The agriculture marketplace is constantly changing, requiring producers to identify farming practices that allow them to remain profitable and environmentally sustainable. Partnering with the Cedar Creek Farmers Producer Led Group and Washington Co. Land & Water, we planned a Regional Ag update meeting that provided insight on topics related to disability resources for farmers, manure and nutrient management, feed efficiency and quality for livestock and marketing considerations to recognize as we plan the 2024 crop year. I invited speakers that are experts in their field and were able to provide up to date, practical management applications for attendees. Attempts were made to include speakers with a wide range of expertise to provide a well-rounded program to best suit the needs of attendees.

92% of attendees rated the program as “Excellent” or “Good” overall. A majority (over 50%) of attendees indicated they would use information “a great deal” related to Feeding Cover Crops (54%); Manure Management (65%), Local Nitrogen Rates (52%) and Marketing Ideas for 2024 (53.6%). Attendees indicated they saw value in manure sampling and management, implementing cover crops as part of soil health programs, and practical ways to feed cover crops to livestock. These management practices can better equip producers and supporting agribusinesses and agency staff to increase resiliency in crop systems and farm businesses.

Cindy Sarkady  
*Area Extension Director*

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*4-H Program Educator*

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

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*Community Garden*  
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Liz Gartman  
*Regional Crops Educator*

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