



Fond du Lac County University of Wisconsin-Extension 2004 Annual Report

Extending the knowledge and resources of the University of Wisconsin to people where they live and work.

Powerful Tools for Caregiving

Family caregivers are the backbone of the long-term care system. Fifty-two million Americans, or 1 in 3, will care for a family member some time in their lives. Seventy-five percent of the caregivers are women, with 50% of them juggling work, family and caregiving. Although caring for a family member can give great personal satisfaction, many caregivers experience a sense of burden. Some caregivers have fair to poor physical health

and many experience depression. In response to this growing trend, UW-Extension has been working collaboratively in the community to provide the six week course entitled, "Powerful Tools for Caregiving." The program helps caregivers build effective communication skills, reduce personal stress, set important and realistic goals, learn how to make tough decisions, and communicate effectively with medical staff. ■

A Spring to Forget

How much rain is too much rain? Answer: The amount received in May, 2004. Needless to say, much time was spent during the summer dealing with the problems and issues faced by farmers and agronomists as a result of the record setting rainfalls in May. The weather cost farmers millions of dollars. UW-Extension could do nothing to change the weather, but we did continue to offer advice and opinions on planting options as each day of wet weather passed by. It is in these times that the value of agricultural research at our Land Grant Universities really is put to practical use. Few crop producers care what late-June planted corn will yield during the course of



a normal or above average growing season. However, in years like 2004, this type of information becomes invaluable as growers weigh their options on the best alternatives to produce grain and forage. ■

Northeast Wisconsin Air Coalition

Air quality varies in different parts of Wisconsin. The southeastern part of the state over the last several years has been concerned with elevated levels of ozone during different periods in the summer. As the ozone levels have increased in southeast Wisconsin, it has started to impact the air quality in Fond du Lac County.

When changes occur in the ozone levels, air quality standards change; there are stricter regulations that impact business and industry. Higher ozone levels can impact human health. With the stricter regulations, there are additional costs that industries will have to pay because of being in an ozone containment county.

Fond du Lac County formed a committee that looked at the ozone issues. The committee included representatives from industry, government, education—UW-Extension, state agencies, and health department. Several meetings were held to develop plans on how to address the ozone issue.

UW-Extension provided leadership in developing an educational program to address the ozone issues. An educational sub-committee was formed to develop literature that addressed ozone issues. Materials developed included a series of news releases, ozone awareness and reduction tip sheets to be used as stuffers in enve-

lopes at work places, etc., an ozone awareness information packet that included information on methods to help reduce ozone levels and health affects of ozone.

An ozone information meeting was held in the spring that included media and representatives from business and industry. At the session information was presented on ozone and the concerns for health and the impacts on business and industry. The educational information was developed so that it could be utilized in different methods, such as news releases and radio programs. ■

Fond du Lac County 4-H Hosts Area Animal Science Day

Two-hundred seventy-seven youth converged at the Fond du Lac County Fairgrounds when Fond du Lac County 4-H hosted Area Animal Science Day. The event drew 4-H members from seventeen counties to learn about and practice their skills in animal science. Young people from ages 9 to 19 competed in dairy, livestock, and horse events. This is an annual University of Wisconsin-Extension 4-H program, with four counties in vari-

ous areas of the state serving as hosts each year. Approximately fifty local volunteers helped to coordinate the Fond du Lac event including planning, promoting, registering, supplying animals, tallying results, care of animals, and providing lunch.

At the program, 4-H members judge dairy cattle and provide oral reasons to a judge about why they placed the animals as they did. Youth in the livestock contest judge groups of

sheep, beef, and hogs and rank them on their market quality. In addition, they view cuts of meat, where they determine what species of animal it is from, what the cut of meat is, and how it should be graded. Members in the horse project participate in horse related events including judging, photography, drawing, posters, model horses, team problems, and hippology.

These contests help youth learn about making decisions and communicating

their reasons. Youth also strengthen their knowledge about the animals that they are raising. Funding for the state event is provided by the Wisconsin 4-H Foundation, while the Fond du Lac County 4-H Leaders Association supports the local participants. ■



Hoof Health Survey

A hoof health survey was collaboratively conducted in Manitowoc, Kewaunee, Oconto and Fond du Lac Counties. Sixteen of the 28 herds surveyed were in Fond du Lac County. The surveyed herds identified hairy heel warts and abscesses as the two major hoof ailments of cows housed in free stalls. Footbath and foot trimming were identified as key preventive measures used on the dairies. All dairies used footbaths 3 to 5 times per week. A copper sulfate treatment was used 80% of the time. The survey found 35% of the herds using concentrations below the minimum 5% concentration recommendation and 18% above the 10% maximum amount. Higher levels are discouraged since copper is a heavy metal and can build up in the soil and cause plant toxicity. Excess concentrations also increase cost. The average number of hoof trims per cow per year was 1.9. Dairy producers stated they appreciated the information on how other producers were treating hoof ailments. A presentation was made at the annual hoof care seminar. An article was also written for a national dairy publication. ■

Raising Awareness and Increasing the Capacity of Professionals Working with Individuals from Survival Culture

Since the first Bridges Out of Poverty training was conducted in Fond du Lac County in fall of 2001 by Nan Baumgartner, Barb Roder and Al Rolph, there has been a constant stream of requests for additional training in this area. What began as a required "cultural competence" training for all Department of Social Services staff has grown into a community wide training for clergy, homeless shelter staff, social workers, teachers, public defenders and others who work with individuals in survival culture. It is not about trying to change others to become more like us. It is about cultivating an open attitude and new skills, in ourselves. Cultural competence involves exploring and honoring our own culture, (in this case, socioeconomic culture) while at the same time learning about and honoring another's culture. This training has been a pivotal point for our community in "helping families of all cultures feel respected." It has opened up discussions, using a common language and understanding of poverty culture. For the past 3 years, 2 or 3 - 6 hour programs are offered in the community annually. Well over 700 individuals have gone through the train-

ing conducted by the local Fond du Lac County team since its inception. In 2004, 242 individuals participated in the Bridges I training.

Those who participated in the training in early 2002 and 2003 have since asked for follow-up training. Again, UW-Extension and DSS responded with another training opportunity to build on the concepts in the first training and help take the information to another level. In 2004, 130 individuals participated in the level 2 training. Our review of the participant evaluation forms and written comments clearly demonstrates that improvements in knowledge, attitudes, and empathy toward people in poverty resulted from the workshops. Knowing and understanding the hidden rules of individuals from survival culture can help make our community responses, programs and practices more relevant, meaningful and successful. Bridges Out of Poverty workshops offered by UW-Extension in our community help many begin to understand the *who* and *why* of poverty in our community. This framework helps guide our efforts in partnering with families to help them on the road to self-sufficiency. ■

Digital Photo Diagnostics - a quick and effective method to diagnose field problems

In any given year, the success of producing crops is always dependant on the whims of Mother Nature and the management savvy of the crop producer. This was a year when environment played a key role in the development and performance of crops. Often crop producers phone the UW-Extension with a request to have someone come to their farm and diagnose a particular crop problem. If the cause of the problem is not readily apparent, or a confirmation of the problem is needed, a digital camera becomes an important tool of the trade.

As problems are encountered, a digital photo is taken and sent via computer to University of Wisconsin field crop specialists in Madison. They, in turn, attempt to identify the cause and offer potential recommendations to rectify the

problem. In some cases, a live plant sample must be sent to Madison when a picture is not sufficient to make a positive diagnosis. Photos and written responses are e-mailed to all field crop Extension agents in the event that similar problems are encountered in other areas. The photos and responses are also accumulated and entered into a database for future reference and public viewing over the internet.

The benefits of this technology are obvious. In many cases, it offers an immediate diagnosis (often the same day) of a problem. It also provides a large collection of digital pictures that can be used in future educational presentations. Locally, this agent has used the system to assist agribusinesses in helping to solve crop problems for their clients. ■

Ten Things Every Child Needs: UW-Extension Responses

Supporting families and other caregivers in their important role with children has been a major programming effort for UW-Extension. The latest research shows that starting from birth, parents and other caregivers can dramatically improve a child's ability to learn by meeting these 10 essential needs: **Interaction, Touch, Stable relationships, Safe, healthy environments, Self esteem, Quality care, Communication, Music, and Reading.** Building on these needs, UW-Extension provides educational opportunities for parents and child care providers using the essential needs as a main focus. For instance, in 2004, UWEX provided the following educational opportunities around the county: 1) How to Talk So Kids will Listen (6-

part series on **communication**); 2) Thriving with Your Spirited Child (with a focus on **self esteem**); 3) Positive Parenting of Teens (4-part series on **relationship building** with teenagers); 4) Why Kids Misbehave (providing **positive interaction** even in challenging situations); 5) Six "Better Kid Care" satellite programs (**quality care** focus); 6) Four "Whole Child" programs (**quality care and use of literacy activities**); 7) Five Dads, Kids and Pizza programs (parent child **interaction** and **relationship building**). In addition more than 1400 families annually receive either the "Parenting the First Year" or "Parenting the Second and Third Year" newsletter as part of a joint effort with UWEX, the hospital and local Kiwanis clubs. ■

Milk Money Teams Help Dairy Producers

A Milk Money Fast Start meeting was held in February for dairy producers wanting to improve their milk quality. Improved milk quality can increase profits through increased quality premiums (30 to 50 cents/cwt), increased milk production and less treatment cost for clinical mastitis. The Milk Money program caused eight quality milk management teams to start up in Fond du Lac County, four in Dodge County, one in Washington County and one in Calumet County. Quality Milk or Milk Money

teams bring together key professionals to help dairy producers identify and change production practices that will improve milk quality by lowering somatic cell counts (SCC) in the milk. (Somatic cells are white blood cells which fight infections. Any cow over 200,000 SCC is considered infected.) A University veterinarian will visit each herd to assess proper milk procedure, equipment performance, cow cleanliness, bulk tank and individual cow bacteria cultures and treatment protocol. The individual

dairy farm Milk Money team is made up of the herd veterinarian, dairy plant field representative, dairy producer and may include his herdsman, dairy equipment company personnel and/or nutritionist. The team will meet every four to six weeks for a total of four meetings.

The past Milk Money teams in Fond du Lac County have dropped 190,000 cells per farm. The average added income per cow per farm was \$124.44 or \$12,444 per year for a 100 cow herd. ■

4-H Members and Counselors Grow Through Camp

Summer camp is a long-standing tradition in Fond du Lac County 4-H. Children as young as age five gather at day camp while those up through middle school take on the challenges of camping for several nights and days. Camp focuses on fun, outdoor adventure, and environmental education. In addition, a recent research project in Wisconsin 4-H shows that the teens that become trained as 4-H camp counselors benefit equally from their experience.

In Fond du Lac County 4-H, the camp counselor training coordinated by Michelle Batterman, 4-H Staff Assistant, helps counselors practice and develop skills in leadership, working with people, communication, patience, and responsibility. The research indicates that the skills learned are applicable to other roles that counselors have in their communities, and to future jobs. Campers continue to benefit from the camp experience because of the leadership provided by counselors. In addition, camp counselors continue to benefit from their experience in being trained and serving as counselors. ■

Master Gardener Program

Master Gardeners are residents of Wisconsin in Fond du Lac County who have received educational training in horticulture. Fond du Lac County UW-Extension conducts two training programs yearly, an evening spring series which is a general program and a fall specialized training series.

In 2004 volunteers made horticulture presentations for 4-H youth and leaders, in schools, and for community organizations. The Master Gardeners work with community organizations and municipalities, such as the City of Fond du Lac, Waupun, and Ripon, in gardening projects. They design and maintain flower gardens at the UW-Fond du Lac campus. Master Gardeners worked with the UW-Extension Community Garden program, growing vegetables for area food banks and youth gardening project.

During the year 2004 Master Gardeners volunteered over 3,200 hours in various community projects and programs and participated in 1,851 hours of continuing education. ■

Overview of Nutrition Education Efforts

Many Wisconsin individuals and families are facing economic challenges and the problem of food insecurity. Hunger is a real problem for Wisconsin families. Statewide nearly half a million people live in households that are food insecure. This means 1 out of 12 Wisconsin households is food insecure. Compared to other states, Wisconsin households have become more food insecure and hungry in recent years. Food insecurity exists when people have uncertain or limited access to food. They may worry about having enough food or they may need to juggle what little money they have to meet basic needs such as rent, heat, medicine and food. Food insecurity happens at different levels. When most severe, food insecurity becomes hunger. Households may experience hunger if adults or children reduce the amount of food they eat because they cannot afford what they need.

In 2004, after school programming for 100 youth in the Junior Master Gardener program provided skill development and education on making good food choices and safe handling of foods they grew and prepared. Parents of the youth noted that their children were more willing to try new foods as well as prepare them.

Money for Food lessons taught at the Job and Career Center help participants identify resources and plan spending in order to have enough food for their family. Of the 31 partici-

pants, 90% said that they had learned something they would use to make sure they had enough money for food.

Wisconsin Nutrition Education Program (WNEP) is a UW-Extension nutrition education program that helps limited resource families and individuals choose healthful diets, purchase and prepare healthful food and handle it safely, and become more food secure by spending their food dollars wisely. WNEP is funded by federal Food Stamp Nutrition Education (FSNE) funds, which provides for programming in 59 Wisconsin counties.

In fiscal year 2004, 1,968 learners attended one or more WNEP educational events in Fond du Lac and Green Lake Counties. Nearly half (49%) of the participants represented families with children, 46% were youth ages 5-11, and 5% were adults without children. The majority of the participants were women (68%). Participants were 82% white, 3% African American, 2% Asian American, and 13% Hispanic/Latino. Seventy-four percent (1,455) of the learners attended a multi-group session, and 18% (362) attended a learn-while-you-wait session. The remaining 8% attended either a one-time group or individual learner (one-on-one) session. Forty-one percent (809) of the learners attended a teaching event that addressed the issue of nutrition/dietary quality, 38% (749) of the learners attended a teaching event addressing the issue of food resource management, and the remaining 197 (21%) received information on the issues of food safety and food security. ■



Soybean Rust – A Threat to Fond du Lac

Soybean rust was first discovered in the United States late in 2004 in a soybean research plot in Louisiana. The finding set off a flurry of activity from the Federal Homeland Security Office down to local Extension offices. The disease is battled every year on continents such as South America, Africa, and Asia. It's thought that fungal spores were moved to U.S. soils during the hurricane season. Soybean rust is different than most diseases we encounter for several reasons: it spreads rapidly, it can defoliate plants relatively early during pod set, there is no genetic resistance to the disease, it requires fast action to control with fungicides, and once the disease symptoms are visible, it's too late for control measures. Wisconsin soybean producers will likely be at a

lower risk for widespread disease outbreaks because of our northern location, but given optimum environmental conditions we certainly cannot discount the threat of a soybean rust epidemic. UW-Extension is committing extensive resources in the form of dollars, personnel, and time to educate soybean growers and agronomists about soybean rust. Early detection will be critical. The UW Plant Pathology Diagnostic Lab is offering its services free of charge for anyone who submits soybean samples that are suspect for the disease. Locally, we have offered educational seminars and distributed resource literature to hundreds of farms through newsletters and the media. In essence, we are taking the approach of hoping for the best, and planning for the worst. ▪

Community Garden

The Community Garden is located on ten acres of Fond du Lac County Airport property at the corner of Pioneer Road and Grove Street. The garden was started in 2000 with 32 growers having 56 plots on one acre. In 2004 the garden has grown to 85 growers having 180 plots on nearly 5 acres. ▪

Providing Tenant Education: *Rent Smart*

A community effort is providing tenant education workshops to Fond du Lac County residents who have difficulty securing housing. The tenant education consists of a series of two three-hour workshops, taught every other month throughout the year. Basic tenant responsibilities, were taught by Family Living Educator, Michelle Tidemann, using the UWEX curriculum, "Rent Smart" and coordinated by Advocap Community Development counselors. One hundred five individuals have participated in 2004. Participants indicated numerous times after completing the sessions, "I will pay closer attention to applications, reading the lease, check in/check out and everything else that was taught during Rent Smart."

Participants receive a certificate for completing the program. The Fond du Lac Housing Authority and some landlords recognize this certificate as a positive reference on their housing application.

Rent Smart is an example of how coordination of community resources improves outcomes for families. The goal of Rent Smart is to increase housing stability of individuals with poor rental histories. ▪

Providing Horticulture Information Through Mass Media

Fond du Lac County residents receive horticulture information through different sources. The local newspapers and radio stations have requested programs and information on horticulture from the Fond du Lac County UW-Extension office.

As a result of these requests, horticulture information is provided to county residents through weekly newspaper articles in two local newspapers. One newspaper column focuses on weekly horticultural tips and the other newspaper article is more in depth on a horticulture topic.

During the fall, winter, spring and some summer days a weekly radio program is conducted at the local radio station. The program is a live show where listeners call in with their horticultural questions. The programs are Saturday mornings from 8:00 to 9:00 a.m. Radio talk programs are conducted seasonally on the other radio stations in Fond du Lac County. The UW-Extension Community Resource Development Educator, along with Master Gardeners, participates in the radio programs. Fond du Lac County residents have their horticulture questions answered through these types of mass media communication. Another aspect of the radio program is that each week different horticultural topics are presented to the listeners.

Comments from listeners and newspaper readers state that they enjoy the program and newspaper articles and gain knowledge on what to do with their plants whether it is outdoors or inside. As a result of these programs there have been requests to make presentations for community service organizations in the county. Organizations have included school programs at Riverside, Kiwanis, Optimists, Rotary, garden clubs and youth groups. ▪

Hispanic Labor Training

The quarry and canning companies were the first to hire Hispanic workers and now many have found full-time employment on dairies as milkers. However, many Hispanics lack experience working in modern dairy operations and require training. Teaching and communication are difficult since many have a limited command of the English language.

A recent survey conducted by Gregg Hadley, UW-Extension Farm Management Specialist, revealed 38% of dairy

producers hire translators to communicate, 24% use other Hispanic employees to train, and 19% use hand signals and demonstration to train and communicate.

The employers rated milking procedures, artificial insemination and raising calves as the top three needs in training Hispanic labor. Thus, UW-Extension developed two training modules on proper milking procedures and on reproduction. An Hispanic dairy reproduction training session was held

in Fond du Lac in October, attended by 18 Hispanics from seven different dairy farms. Dr. Paul Fricke and his Hispanic graduate student, Huberto Riveria, explained basic heat detection, estrous cycle, and breeding protocols. Dairy cow reproductive tracts from Packerland Packing Company were used for anatomy identification and proper insemination technique. Each student received a certificate indicating completion of the class. ■

4-H Afterschool – *Skill Development in Children and Staff*

Fond du Lac County 4-H offered 4-H Afterschool programming for 21st Century Community Learning Center (CCLC) children at Riverside School in Fond du Lac. 21st CCLC programs were established by Congress to enable public schools to expand projects that benefit the education of youth in a safe, supervised and cost effective manner, with chances for children to learn new skills, develop their interests and spend meaningful time with peers and adults. 4-H staff, as well as 4-H teen volunteers, led activities using 4-H project kits in the areas of art, music, electricity, communications, and theatre. Young people in the 4-H sessions developed skills in communication, decision-making, problem solving, teamwork, planning and organizing, and relating to others. In the Fall, the program was expanded to include a 4-H Afterschool Club that meets monthly and has involved 84 children.

Partial funding for 4-H Afterschool was obtained through grants from the Fond du Lac Area Foundation and

the Wisconsin 4-H Foundation.

The University of Wisconsin Cooperative Extension Program was also one of 15 recipients of a \$10,000 grant to improve the quality of 4-H Afterschool programs in communities across America through the first 4-H Afterschool Salute to Educators Awards sponsored by the JC Penney Afterschool Fund. Fond du Lac County 4-H staff worked with other youth development staff from around Wisconsin to develop workshops to help local Afterschool staff create extraordinary 4-H afterschool learning experiences. Nine staff members from Fond du Lac Boys and Girls Club and Riverside 21st Century attended the Appleton training. Along with 40 other Afterschool staff members from the Fox Valley, they learned about project kits and other resources available from UW-Extension and using hands-on learning to offer high quality care, education, and developmental experiences for youth. ■

Highlights in Numbers: 2004 Statistics

- 228 Teaching/Educational Events
- 600 Media Contacts
- 12,563 People Reached/Contacts

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Providing equal opportunities in employment and programming, including Title IX requirements.