

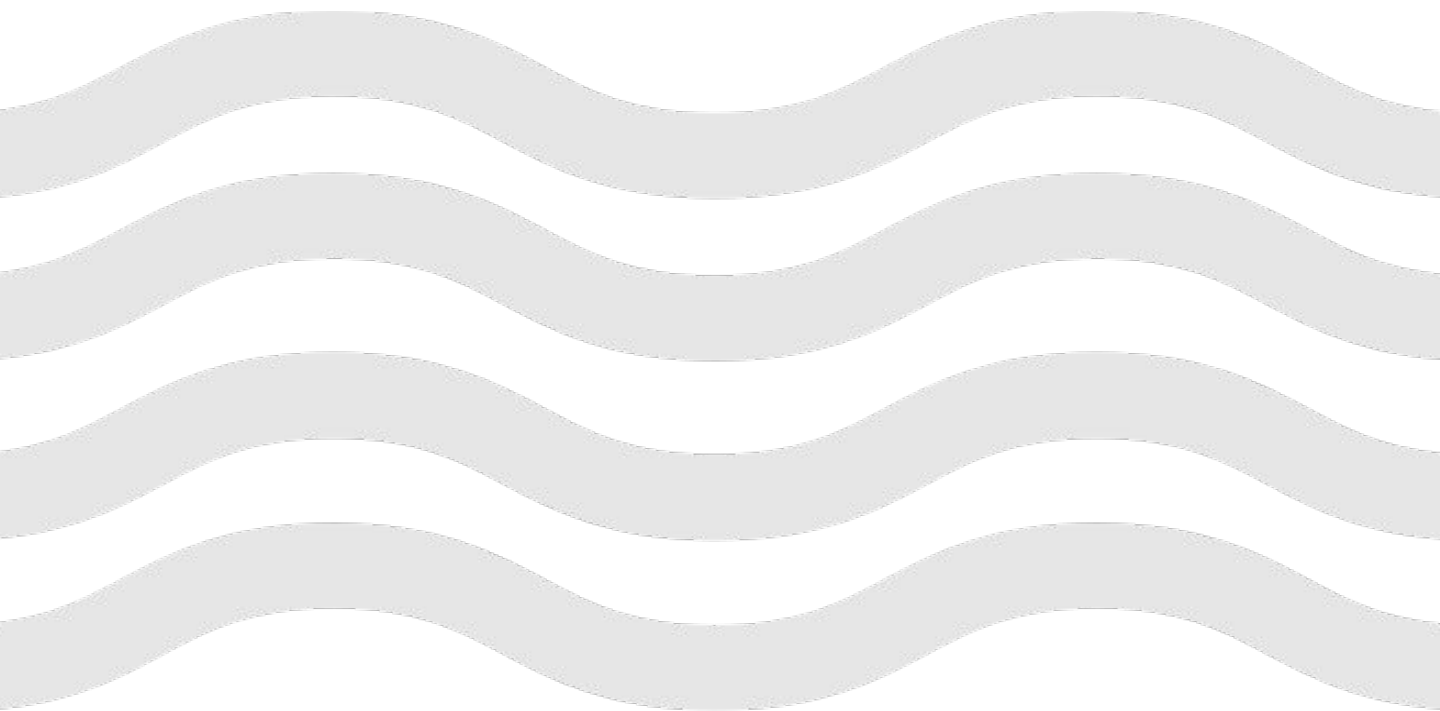


**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
DODGE COUNTY



# ANNUAL REPORT 2019





## Extension

UNIVERSITY OF WISCONSIN-MADISON  
DODGE COUNTY

### Agriculture – Crops & Soils/Dairy & Livestock

The Dodge County agriculture educator team works to achieve better results through outreach supporting livestock management, crops and soils, farm management and horticulture. We work hand-in-hand with farmers, businesses and our community to build stronger, more diverse farm and food systems. Whether on the farm or in the field, we're working together to develop sustainable solutions that drive economic growth and keep our state's thriving agriculture tradition strong.



## Program

## HIGHLIGHTS

- Dodge Dairy talk Programs, provided an opportunity for the Dodge County dairy community to learn about relevant topics, discuss issues, and become inspired about new methods and ideas for the dairy farm.
- Livestock Quality Assurance trainings provided beef, pork, and youth producers opportunities to become certified in a BQA, PQA, or YQCA program focused on food safety, and animal well-being.
- Youth Tractor Safety course certified 24 area youth. This safety training program certifies youth ages 12 years and older. The training was provided to instruct and certify youth with safe tractor and machinery operation.
- Joe Zimbric was hired in September of 2019 to serve as the Crops and Soils Educator for Dodge and Fond du Lac counties. Joe's expertise is in alternative cropping systems, forage management and utilization, and soil conservation.
- The [Dodge County Master Gardener Association](#) reported 2,385 hours of volunteer work in 2019, with 34 certified members. The estimated value of work completed equals \$57,228. DCMG provides continuing education reporting 571 hours in 2019, with various outreach programs including Gardening for Gold, Gardening with Dementia Individuals, and educating the public through media outreach.

## ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. With educators in all 72 counties, on 5 campuses and within 5 tribal nations, we're helping our neighbors put their own great ideas into practice with the support of our expertise, resources and university research.



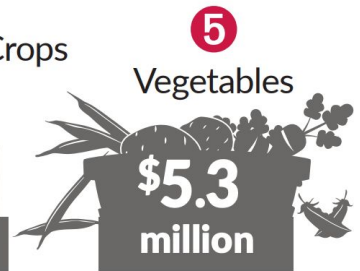
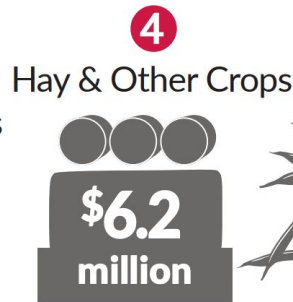
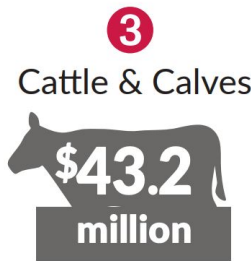
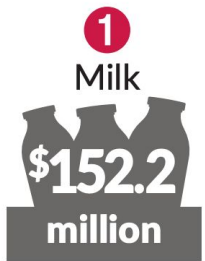
# Agriculture



## THE AGRICULTURE SECTOR BENEFITS THE ENTIRE COUNTY

Agriculture is a diverse and vital part of Dodge County’s culture, communities, and economy. Dodge County is a statewide leader in the value of agricultural products sold in the state. While milk from cows and grains are the largest agricultural contributions to the local economy and tax base, Dodge County also ranks among the top ten in the state for cattle and swine. Fruits, vegetables, forages, sheep and goats are also significant. For many, sustainable agriculture is a priority - from reduced-till, no-till, and/or cover-crop land practices to green technologies such as manure digesters, wind turbines and ethanol production.

### WHAT DO OUR FARMS PRODUCE?



### FOCUS ON FORAGES

High quality forage crops are the foundation of our dairy economy in Dodge county. However, difficult growing conditions in recent years have limited farmers’ ability to consistently produce these important crops, particularly alfalfa. Our team has taken a leadership role in advancing the **Wisconsin Alfalfa Yield and Persistence Project** which aims to identify management factors that increase alfalfa yields for our farmers, and improve the economic and environmental resilience of our agricultural sector.

### THE CUTTING EDGE PODCAST

Low commodity prices are driving growers to look for new alternative cropping options. To meet the need, UW-Madison, Division of Extension has launched a new podcast to provide growers with research-based information on new and alternative crops. Each episode of **The Cutting Edge: A Podcast in Search of New Crops for Wisconsin** focuses on a single crop by interviewing researchers, growers, and movers and shakers behind each crop.



# Agriculture



Dr. Mark Stephenson talks about dairy revenue protection programs.

## Dodge Dairy Talk Program

This educational workshop series was designed for Dodge County dairy farmers where issues facing the industry were addressed to empower farms to make positive business decision. The 2019 series focuses on Heifer Development, Milking Policies and Dairy Pricing, and Dairy Cattle Welfare. Eighty-nine percent of program participants indicated that they would implement at least one discussed management strategy on their farm.

## Livestock Quality Assurance Programs

Programs in Beef Quality Assurance (BQA - 2), Pork Quality Assurance (PQA - 1), and Youth for the Quality Care of Animals (YQCA- 3) where provided to area producers. These trainings focused on food safety, and animal well-being. Educating youth and adult producers on low stress handling techniques, vaccination safety, and animal well-being needs.



Youth practice telling their livestock story at a YQCA program.



A youth takes a practical driving test, as part of the Tractor Safety certification.

## Youth Tractor Safety

Many youth are employed on farms during the summer to help with different farm operations. In Wisconsin, youth ages 12 years and older need to be certified in farm tractor and machinery safety to operate equipment on farms and public roads. Youth are required to complete a 24-hour certification program. Twenty-four youth successfully completed the Tractor and Machinery Safety Training. This course is designed to help youth meet state and federal guidelines while enforcing how to safely work around the danger of a farm.

**Amanda Young, Dairy & Livestock Educator  
Extension Dodge County**

**Joe Zimbric, Crops & Soils Educator**



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DODGE COUNTY

## Human Development & 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.



**Parenting...Behind  
the Behavior**

**575**

Individuals viewed videos

**Parenting Education**

**88**

Educational Contacts

**Collaboration with  
Family Serving  
Agencies**

**\$Priceless**

## PROGRAM HIGHLIGHTS

- Love and Logic Parenting Education
- Parenting Behind the Behavior
- Every Child Thrives Coalition
- Taking Care of You Stress Reduction
- Protective Factors Training
- Dodge County Interagency Network
- Dodge County Focus on Women
- Dodge County Home and Community Education Association



## ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.



# Human Development & Relationships

**Parenting...Behind the Behavior (PBTB)** is a video series featuring Extension specialists, faculty, and county educators for parents and other caregivers to increase their parenting skills around social emotional development of children. In 2019:

- 44 PBTB videos were posted on the HDRI Facebook page.
- 4 educators provided 37 videos and 7 guests recorded the remaining videos.
- Carroll presented 10 videos. Videos ranged in length from 2 minutes 29 seconds to 14 minutes 12 seconds with the average video lasting 6 minutes 7 seconds.
- On average, 575 individuals viewed each video made an average of 39 engagements (likes, loves, shares, or comments).

*Parenting. . .Behind the Behavior* is a promising method for reaching hundreds of parents and caregivers with weekly positive parenting and child development content.

#69: When Children Bid for Connection With You (PBTB)

11 weeks ago · 336 Views



#68: Changing the Way You Look at the World (PBTB)

12 weeks ago · 244 Views



#62: Stress Management for Kids and Teens (PBTB)

18 weeks ago · 1.5K Views

**Patricia Carroll, Associate Professor  
Human Development & Relationships Educator  
Extension Dodge County**

**Taking Care of You** is a stress management program for community members that leads to reduced stress, knowledge on how stress affects thoughts and behaviors, and knowledge on self-management techniques.

Carroll offered the evidence-based Taking Care of You stress management program. Fifteen participants learned about the impact of stress on themselves, their family and the children they work with. They also learned how to respond and incorporate strategies of self-care to build resiliency for better health. The evaluation results indicated the program led to better knowledge of how stress affects the body, thoughts, and behaviors, eight of 12 respondents indicated that their knowledge increased in this area.

In addition, it taught participants about self-management techniques for reducing stress, about how to nurture themselves to improve overall health, about how to learn from and find opportunities in life's challenges, and about the importance of living in line with what they value. Further, of the respondents (n=12) 28% reported having very little awareness of how stress affects the body, and after, 100% reported having quite a bit of awareness of how stress affects the body. More importantly, every participant reported learning at least one new strategy to use to reduce stress.





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## Positive Youth Development



The Positive Youth Development Institute prepares the youth of today to become the effective, empathetic leaders of tomorrow. Our research-based programs give young people the hands-on experiences they need to develop an understanding of themselves and the world. In Wisconsin, Positive Youth Development includes Wisconsin 4-H and Community Youth Development programs.



665

4-H Youth Membership

271

Adult 4-H Volunteer Leaders

106

4-H Youth Volunteer Leaders

23

4-H Clubs

27

4-H Leaders Completing  
VIP Training

17,007

# of Volunteer Hours

\$25.43/hour

Volunteer Impact Value

\$432,488

Annual Volunteer  
Impact Value

## Quick Highlights

- Family Learning Day
- Speaking Contest
- Favorite Foods Revue
- 4-H Demonstration Contest
- Community Service Programs
- 4-H Awards Recognition Program
- Educational Travel Experience Programs
- Clothing Revue
- Family Picnic & Leader Recognition
- Kids, Cops & Canines Day Camp
- Volunteers in Preparation (VIP) Training
- Dodge County Junior Fair
- New 4-H Family Gathering

### ACHIEVING MORE TOGETHER



UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. With educators in all 72 counties, on 5 campuses and within 5 tribal nations, we're helping our neighbors put their own great ideas into practice with the support of our expertise, resources and university research.



# Positive Youth Development

## 2019 ACTIVITY HIGHLIGHTS



**4-H Family Learning Day** is an opportunity for youth and adults to learn about new projects and activities in 4-H. The 2019 Family Learning Days reached 324 participants who attended 65 different sessions.



The **Demonstration Contest** teaches organization and self confidence in front of a group. ↓



The **Favorite Foods Revue** ↑ teaches presentation skills.

The **Member Educational Experiences** are a unique combination of learning history and politics. ↓



Youth learn about goal achievement and improvement skills as their project-based exhibits are evaluated at the **Dodge County Junior Fair**.







# Positive Youth Development

At the 2019 **Dodge County 4-H Officer Training**, over 39 youth and adults came to learn about the roles of club officers and how to be a 4-H Officer Team. Comments included: “Teamwork is very important; helping others; meeting new people and building new relationships is important;” “Communication and brainstorming to lead a large group in team-building activities;” and “Communication is very important and team building is very helpful.” 4-H officers spent the rest of the evening learning about their specific role and shared concepts they learned about those roles.



**Dodge County 4-H Tech Changemakers** offered workshops for the Dodge County community during on July 3 and 10, 2019. The focus lesson plans included: *Searching for Digital Information* and *Strong Passwords*.



In a follow up, 4-H Tech Changemaker Cameron P. shared with the Dodge County 4-H Leaders Executive Board, about the trainings they offered. Helen W. (one of the volunteers who attended the workshop), shared that she learned a lot from the workshop. She especially enjoyed learning how to strengthen a password by adding numbers and symbols. She said it was a great training and hopes that the 4-H Tech Changemakers will offer more sessions.



**One of 3 Volunteer in Preparation (VIP) Trainings** held in October 2019 where new 4-H leaders reported:

- *What Was Most Helpful:* “Great refresher plus some of the new info that is available;” “All the new policies, discussion;” “All the resources available.”
- *A Plan to Use:* “Being available for learning experiences;” “Evaluating why or why not an activity was a success.”

**Marie Witzel, Associate Professor  
Positive Youth Development  
Extension Dodge County**

**Ellen Bohn, 4-H Program Assistant**





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## Healthy Choices, Healthy Lives



FoodWise is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.



### Who We Serve

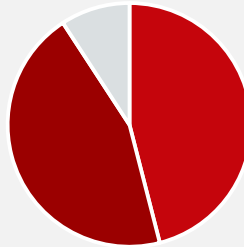


**300**

Total Learners

**73**

Hispanic



■ 5-17 Years

■ 18-59 Years

■ 60+ Years



**222**

Total Learners

**239**

Not Hispanic/Latino



**522**

Direct Educational Contacts

## Program HIGHLIGHTS



- Dodge County FoodWise provided a series of 6 lessons in 3 different third grade classrooms and 1 fifth grade. Lessons addressed behaviors such as choosing healthy snacks, choosing more fruits and vegetables and making better beverage choices. Students were asked how often they drink sugary drinks. We collected 71 pre-responses and 71 post-responses. Using pre/post surveys with matching ID's, we found that 42% of students reported drinking sugary drinks everyday or most days on the pre assessment and 37% reported drinking sugary drinks everyday or most days on the post assessment leaving us with a percent change of a 13% decrease in sugary beverage consumption from pre to post assessment.
- Dodge County FoodWise provided a series of 5 lessons in 4 different first grade classrooms. As a way to expose children to new fruit and vegetables, lessons included a fruit or vegetable food sample after 3 different lessons- one sample being spinach. Sixty-three first graders sampled the raw spinach and of those 49% tried spinach for the first time during the lessons and 46% of the students sampling said that they were going to ask to have spinach at home.

### ACHIEVING MORE TOGETHER

UW-Madison Division of Extension works alongside the people of Wisconsin to deliver practical educational programs where people live and work – on the farm, in schools and throughout urban and rural communities. In Dodge County, FoodWise partners with Dodge County Park and Rec, Dodgeland Elementary School, Blue Zones, Green Valley Enterprises and many more to help make the healthy choice the easy choice in our communities.



## Students learn about added sugars in beverages

It is known that "Soda, energy drinks, and sports drinks are three major sources of calories from added sugars in the American population aged 2 and older. Together with sugar-sweetened fruit drinks, they contribute 46 percent of the added sugar in the American diet, contributing significant calories, but few nutrients" (snapedtoolkit.org).

As such, Kimberly Lafler, Columbia/Dodge FoodWise Nutrition Educator partnered with elementary schools in the Beaver Dam Unified School District to educate and increase student's knowledge of nutrition. Students learned about natural and added sugars in beverages they choose. Lafler then provided a taste test of orange infused water to the students. A total of 39 students tried the drink with 51% trying it for the first time, 67% liking it and 54% reporting they were going to ask for it at home. Students were also given a water bottle incentive as a way to encourage continued water consumption.

Several weeks after, a teacher at the school stopped Lafler. "The students love the water bottles you gave them. Many are using them and are more aware of how much water they are drinking each day. They love them!"

Providing information, a visual, and an alternative to sugar sweetened beverages can equip students to make positive choices that can impact their pathway to greater health, now and moving forward.

## Exposing People to New Vegetables

As stated in the Dietary Guidelines for Americans, healthy eating patterns include a variety of vegetables. In order to provide all of the nutrients and potential health benefits from vegetables, one should vary vegetables across the different sub groups. Many of the participants at Green Valley Life Academy were hesitant to explore new foods, especially vegetables.

With this in mind, Kimberly Lafler provided a sample of rutabaga for the participants that they were able to look at, smell, touch and ultimately taste. As the group was exploring the rutabaga it was discussed how this could be found and how it could be fit into a budget and meal plan. After sampling the rutabaga one of the participants stated,

**"This is delicious! How do you spell it? I want to talk with my mom to put it on our grocery list so I can have it again!"**

Providing the opportunities for participants to sample new foods and practice new skills related to nutrition and food resource management gives participants the confidence to be able to take these skills and apply them on their own outside of the classroom.



**Caitlin Richardson**  
FoodWise Coordinator  
Columbia, Dodge, Sauk

**Kimberly Lafler**  
FoodWise Educator  
Columbia, Dodge

**Melissa Beernink**  
FoodWise Educator  
Sauk County

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