



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY



ANNUAL REPORT 2020

*We teach, learn, lead and serve, connecting people with the
University of Wisconsin-Madison, and engaging with them in
transforming lives and communities.*



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY



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.

670

4-H Youth Membership

86

4-H Youth Volunteer Leaders

4-H is...

- *having FUN!
- *meeting new people.
- *working together.
- *learning new things.
- *gaining leadership skills.
- *participating in citizenship
- *learning by doing

220

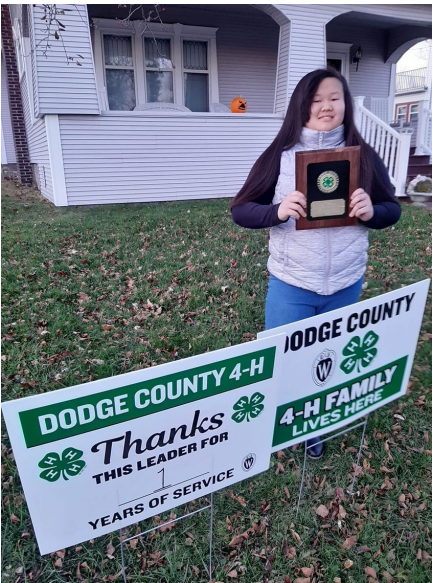
Adult 4-H Volunteer Leaders

23

4-H Community Clubs

Quick Highlights

- Explore 4-H Learning Kits
- Volunteers in Preparation Virtual Training
- New 4-H Family Gathering Zoom
- COVID Safe Community Service Programs
- No Contact 4-H Awards Recognition Program



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

In 2020... Pre COVID

4-H Speaking Contest in January featured 23 youth engaging in interpretive reading, storytelling, team reading, original speech, and extemporaneous speech presentations



4-H Family Learning Day in February had 250 participants registered for over 40 different learning sessions.



In 2020... During COVID



COVID created challenges that no one could have foreseen. Communicating and teaching via Zooms and videos became commonplace.



Marie Witzel shared with 4-H families: "It has been a crazy time with CoVid, but I am excited to see what the clubs and their leaders have been doing to keep 4-H going strong in their community. I am grateful for all of you; the courage to try new things and bring the 4-H families together during this challenging time is tremendous."

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

**Ellen Bohn, 4-H Program Assistant
Extension Dodge County**



UW-MADISON EXTENSION
DODGE COUNTY



Contact Us
127 E. Oak Street
Juneau, WI 53039
<https://dodge.extension.wisc.edu>
920-386-3970



Positive Youth Development

4-H THRIVING MODEL

Program Quality Score – Dodge County 2020

The 4-H Thriving Model predicts that youth who participate in 4-H programs that provide a high quality developmental context will thrive, and thriving youth achieve key developmental outcomes.

To determine scores for Program Quality, youth members age 13 and up were invited to take an online survey asking them questions about their 4-H experience. The survey was developed by Mary Arnold, Oregon State University and Ryan Gagnon, Clemson University. Wisconsin served as a pilot state for administering the survey in 2020.

After analyzing data, the scores are provided which assess each component of the model on a scale of 1-7, 7 meaning outstanding program quality.

4.1

Youth Sparks

The Youth Sparks outcome measures how 4-H programs give youth opportunities to explore topics they are interested in learning about, passionate about, engaged with.

5.3

Challenging Growth

Challenging Growth outcome measures the extent to which adults in the program help youth to see new possibilities, push them to reach higher and hold them accountable.

4.2

Youth Belonging

This outcome measures how safe, welcome and supported youth feel in 4-H programs

5.0

Youth-Adult Partnerships

This outcome measures how youth feel about adult volunteers working with them and if they feel respected, listened to and have their ideas taken seriously.

5.2

Caring Adults

This outcome measures how youth feel the adults in their 4-H programs care about them and investing time in youth.

4.8

Program Quality Overall Score

Implications:

Through data dive processes, we were able to critically analyze the results and think about program gaps and areas for improvement and think differently about our work.

There is a need to develop tools for volunteers to interpret data and information on how to address areas of improvement based on results.

Marie Witzel, Positive Youth Development Educator February 2021
University of Wisconsin – Madison, Division of Extension, Dodge County



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.



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** and **Badger Dairy Insight Series** 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 beef quality assurance (BQA), pork quality assurance (PQA), or youth for the quality care of animals (YQCA) programs focused on food safety, handler safety, and animal well-being.
- The **Youth Tractor Safety Training** course certified 24 area youth ages 12 years and older. The training was provided to instruct and certify youth with safe tractor and machinery operation in accordance with WI Statute Act 455 and OSHA regulations
- A growing sector of the Agriculture industry is **women farm operators**. To help this grow connect, engage and grow, a **Women in Agriculture** virtual four-part program was provided to area women with education focused on time management, communications, relationships, and financial management.
- With the increased local food movement, and families spending more time at home due to COVID-19, raising backyard chickens increased. To help support these new poultry owners, **Small Flock Nuggets**, a social media campaign, was created and shared to address basic poultry care needs.

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.





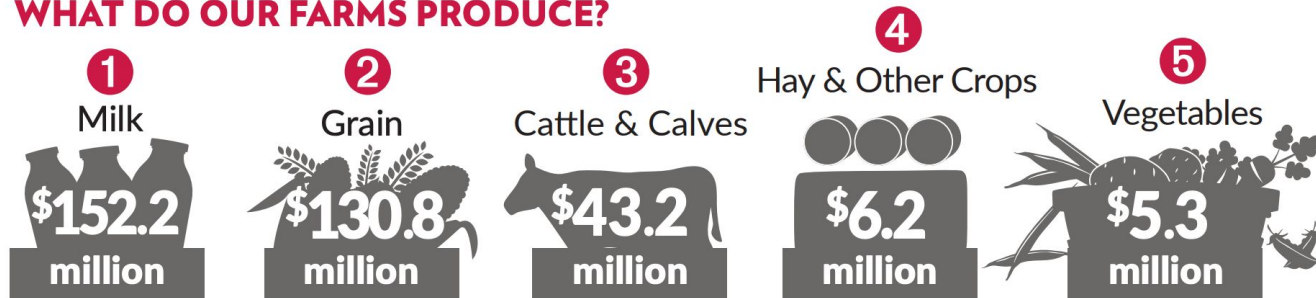
Agriculture



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



Small Flock NUGGETS

EDUCATIONAL TIDBITS FOR SMALL FLOCK
POULTRY RAISERS

Don't **cook** your eggs before they're laid

Three tips to help your poultry flock beat the heat.

1 Water, Water, Water

Provide your birds with **plenty** of water. If possible, provided fresh cool water multiple times a day.

2 Air Movement

Coops can heat up fast if there's no ventilation! Fans can help circulate air if electricity is available. Being outside is another good option provided your birds have access to shade and protection from predators.

3 Feeding Time

Feed during the late afternoon or evening. Why? Digesting food produces a lot of heat. Chickens (especially meat-type chickens) will fill their crops and then digest the feed for a few hours. Feeding in the late afternoon or evening can be helpful, so they digest the feed overnight during the coldest part of the day.

Getting fewer eggs or thinner eggshells?

Don't be surprised if your eggshell quality decreases with hot weather. Birds cool themselves by panting. Excessive panting can change the pH of the blood, affecting eggshell formation.

Additionally, chickens will collect and lose calcium from their bones.



Small Flock Nuggets

In order to increase knowledge, infographics for new and small flock poultry raisers shared tips and strategies to **mitigate stressful thermal effects in poultry**. These public education infographics were developed to meet the needs of new poultry raisers, as the number of chicks purchased from local hatcheries in 2020 increased by 40% from 2019.



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

Dodge Dairy Talk Program

This educational workshop series was designed for Dodge County dairy farmers where industry issues were addressed to empower producers to make positive business decision. The 2020 series focused on **heifer development** and featured topics on paired housing and calf health benchmarks. Additionally this program covered alternative forage types, nutritional value, and feed hygiene.

This program was reintroduced as the **Badger Dairy Insight** virtual meeting series starting in December 2020.



Matt Akins, talks about alternative forages at the February Dairy Talk Program

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** in 2020. 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
Joe Zimbric, Crops & Soils Educator
Extension Dodge County

Contact Us
127 E. Oak Street
Juneau, WI 53039
<https://dodge.extension.wisc.edu/>
920-386-3970



Human Development & Relationships



THE PARENT CONNECT

Fall 2020 Schedule

Pattie Carroll brought parents together during times of COVID-19 safer at home. The Parent Café has now been rebranded as **The Parent Connect**, and offered a second time in Fall 2020 as a free, weekly opportunity for parents and caregivers to talk with each other and learn about topics from **Raising Caring Kids** articles. Examples of weekly topics included Communication, Solving Problems, and Mindfulness.

Through connection, we help reduce isolation, offer resources, and participants gain parenting skills that can make their families happier. Participants can join via phone or video-chat.

The **Parent Café sessions** are making a positive impact on families. One participant reported feeling “much better connected.” The participant said they would like to see more online parenting classes. Another participant stated that they prefer **Parent Café sessions** because they get a lot out of group learning.

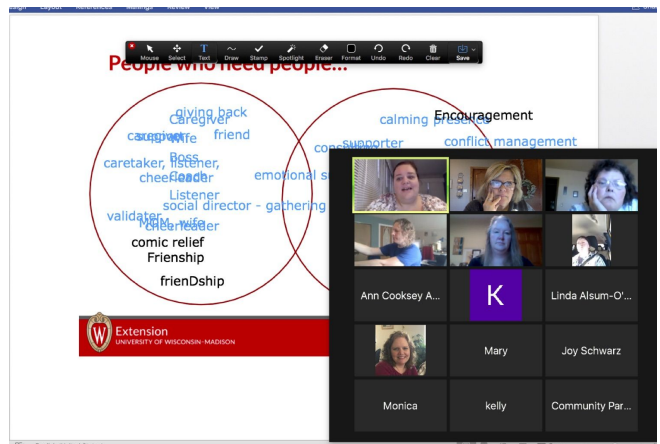
Nearly 90% of participants who provided feedback on the program said that it definitely helped them feel more supported as a parent. Participants also reported that attending the Parent Café improved:

- their awareness of the importance of children developing social/emotional skills to get along with others
- their understanding of techniques to help their child develop social/emotional skills

This awareness is extremely important because research shows that preschoolers who can self-regulate, a social emotional competency, go on to experience more success in school.

Building Your Resiliency in the Time of COVID-19 is the third phase of a professional development offering for partners from community serving agencies to provide a space to reflect on changes during a pandemic, try out new resiliency strategies, and network with others. The program was organized around the *Coronavirus Anxiety Workbook: A Tool to Help You Build Resilience During Difficult Times* (supported by JAMMA International). This resource provides information to understand how unhelpful thinking patterns impact our anxiety related feelings and tools to then help manage that anxiety. Participants created their own resilience action plan during the final session as a culminating activity. Managing life's challenges in healthy ways allows participants to take better care of themselves and therefore, others in their care.

Over 20 partner organization participants were engaged from Washington, Fond du Lac, Dodge and Winnebago counties, with over 100 direct contacts throughout the series. As a result of participating in the program series, one attendee stated: "I started a gratitude journal, I use the breathing techniques and I am using the and-instead-of-but idea. Very helpful." Another attendee stated how this professional development series has been helpful: "I have had a clearer mind. I find myself more fully present. This has been a gift in my life, thank you."





Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY

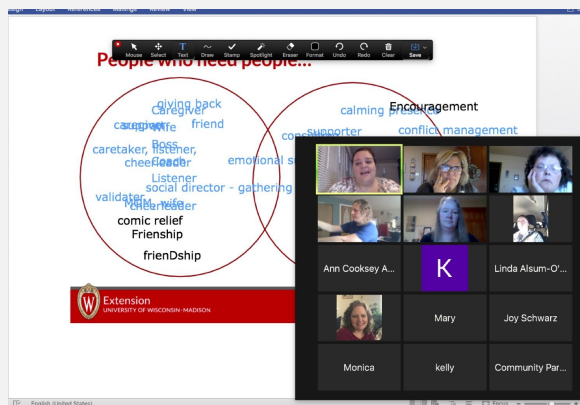


Human Development & Relationships



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.

Strengthening Families During Covid-19 Pandemic



PROGRAM HIGHLIGHTS

- Parent Connect
- Parenting Behind the Behavior
- Every Child Thrives Coalition
- Taking Care of You Stress Reduction
- Pattie's Parenting Tips
- Dodge County Interagency Network
- State-wide Fatherhood Needs Assessment



Pattie Carroll, Associate Professor
Human Development & Relationships
Extension Dodge County

Contact Us
127 E. Oak Street
Juneau, WI 53039
<https://dodge.extension.wisc.edu/>
920-386-3970

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.



Extension

UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY



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.

The Challenge

The COVID-19 pandemic impacted the food security of Dodge County residents due to income and job loss, as well as significant changes in local, regional, and national food systems. Based on increases in Dodge County residents participating in FoodShare and federal Pandemic EBT benefits, we see a greater need for members of our community in accessing food that is healthy, safe, and affordable. FoodWise educators support our community by providing education on how families can stretch their food dollars in these difficult times and continue to put healthy meals on the table in their homes.

Dodge County has seen a
23% increase in Food Share participation
(including adults and children) from
prior to the pandemic.



Based on comparison of FoodShare participation in February, 2020 and September, 2020. Data from Wisconsin Department of Health & Human Services.

Community IMPACTS



- In response to COVID-19, FoodWise Educator Kimberly Lafler created a new Dodge County Food Pantries resource handout. Lafler reached out to all of the food pantries in Dodge County and inquired about hours/days of service, restrictions and new COVID-19 rules for each pantry. Afterwards, she condensed it into a handout that was made available for partners to use with their clientele. This helped to ensure that all Dodge County residents needing food had significant information to access it.
- In partnership with Blue Zones and the Beaver Dam's Playground Movement, FoodWise applied for and was awarded grant funds to construct raised garden beds in Beaver Dam. The garden building has paused and will resume in the summer of 2021. Produce from the gardens will be donated to the Beaver Dam Food Pantry.
- Dodge County FoodWise provided a series of 6 lessons in 5 different third grade classrooms. Lessons addressed behaviors such as choosing healthy snacks, choosing more fruits and vegetables and making better beverage choices. Students were asked how often they chose healthy snacks. 83 pre-responses and 79 post-responses were collected. Using pre/post surveys with matching ID's, we found that 53% of students choose healthy snacks everyday or most days on the pre assessment and 59% reported choosing healthy snacks everyday or most days on the post assessment leaving us with a percent change of a 11% increase in healthy snack consumption from pre to post assessment.

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 Blue Zones, Beaver Dam Food Pantry, Beaver Dam Unified School District, Dodgeland Elementary School, Campbell Court Apartments and The Gathering Source to help make the healthy choice the easy choice in our communities.

FoodWise Encourages Students to Try New Food

Eating habits that are learned as children often carry over into adulthood. One study in particular notes, "Thus, if children are to learn to prefer and select healthy foods, they need early, positive, repeated experiences with those foods" (Birch, et al).

To help create positive experiences around healthy foods, 5th grade students at Wilson Elementary school participated in a series of nutrition lessons with FoodWise Educator, Kimberly Lafler. Throughout the series, students learned about the MyPlate food groups and at the end of some lessons a sample of food was offered.

Students were encouraged to explore the food using their different senses. It was not required that students eat the sample but encouraged. One student that had demonstrated resistance to trying any of the samples throughout the series approached Lafler after a lesson and stated, "I wanted to be able to tell my parents that I was a food explorer. I tried the black beans and I really liked them!" The student then asked where they could tell their caregiver to purchase the item so that they could have them again at home.

"I tried the black beans and I really liked them!"
--Wilson Elementary Student

Seniors Learn About the Importance of Food Safety

Best practices for food safety and handling has changed as new research is done and as bacteria evolves. Making sure that food is safe to eat is just as important for health as eating the right foods is.

Kimberly Lafler, FoodWise Educator, talked with participants at the Beaver Dam Senior Meal Site about food safety. With older learners it's quite common for reluctance to set in because FoodWise addresses long lifelong habits that are being done simply because of the "that's how we've always done it." This happens quite often around the topic of washing poultry.

Lafler taught participants how science is always changing and sometimes habits that we once thought were safe are now not safe. She explained the importance of not rinsing raw poultry and demonstrated of how quickly a single bacteria can grow.

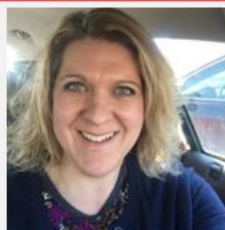
Lafler was joined by a lesson participant when walking into the building the following week. The participant relayed that when they were in their kitchen preparing dinner, they paused and thought about what we had discussed during the food safety lesson the prior week. The participant was excited to share:

"I didn't rinse my chicken!"
--Beaver Dam Meal Site Participant

Giving individuals the information and a visual can be a strong tool to help them see why the world of food and nutrition is constantly changing. This helps keep learners healthy and safe.



Caitlin Richardson
FoodWise Coordinator
Columbia, Dodge, Sauk



Kimberly Lafler
FoodWise Educator
Columbia, Dodge



Melissa Beernink
FoodWise Educator
Sauk County



Contact Us

127 E. Oak Street
Juneau, WI 53039

<https://dodge.extension.wisc.edu/>
920-386-3970



Extension

**UNIVERSITY OF WISCONSIN-MADISON
DODGE COUNTY**

127 E. Oak Street

Juneau, WI 53039

920.386.3790

<https://dodge.extension.wisc.edu>

2020 DIVISION OF EXTENSION - DODGE COUNTY EDUCATORS & STAFF

Patricia Carroll, Human Development & Relationships Educator

Jeff Hoffman, Area Extension Director

Kimberly Lafler, FoodWise Nutrition Educator

Caitlin Richardson, FoodWise Coordinator

Marie Witzel, Positive Youth Development Educator

Amanda Young, Dairy & Livestock Educator

Ellen Bohn, 4-H & Youth Program Assistant

Laure Dei, Program Support

Tracy Malterer, Extension Lead & Program Support