



Extension Connection

Monthly Highlights – November 2012

Nigerian youth learn about dairy farming at the Kamphuis family farm.

- [WNEP Forms a New Partnership](#)
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WNEP Forms a New Partnership

This past summer provided WNEP (Wisconsin Nutrition Education Program) the opportunity to partner with Lutheran Social Services by conducting classes at the Portland Square Apartments. This apartment complex, in the heart of Fond du Lac, provides affordable housing for people in low- and middle-income households. This is WNEP's target audience.

Class topics were determined by WNEP coordinator, Amanda Miller, and Nancy Lieske, Lutheran Social Services coordinator at Portland Square Apartments. The residents were asked what they wanted to learn. Among their recommendations were: Meals for One, Budgeting for Food, and Food Safety. Three classes were taught on Thursday afternoons in August. Attendance for the three classes totaled 37 women.

As an example of what was shared in the "Meals for One" class, a demonstration was done showing how easy it is to make a simple chicken soup using part of a rotisserie chicken, frozen mixed vegetables, low-sodium chicken bouillon, and brown rice. It was suggested that the rest of the chicken could be used in casseroles, sandwiches, salads, or divided into meal-size packages and frozen for future use.

Nigerian Youth Visit Fond du Lac County 4-H Members' Homes

Eight teens and two teacher chaperones visited the United States for nearly three weeks to learn about youth programming and activities. To learn about 4-H and entrepreneurship they visited the home of Mark and Michelle Ludtke where their three children, Matthew, Mitchell and Mason, explained about the two dozen types of produce they grow in their garden. The visitors learned how the vegetables are selected, rotated in the garden, harvested and sold and how records are kept to plan for the following year. The visitors were impressed by the Ludtke children's ability at ages, 10, 8 and 5 to make decisions, communicate their ideas and work as a team. The Nigerian youth planned to take the concept back to their own communities to start school gardens.

The youth also visited the home of Steve and Sue Kamphuis, where the Kamphuis children - Derrek, Darren, Emilie and Kellie explained their family dairy operation. The Kamphuis children, who are 4-H members in the dairy project, explained how they raise, care for, select and exhibit cattle.

Following the home visits, Brandon Tanagers 4-H Club hosted the Nigerian youth at the Alto Community Center where the local youth learned about school and family life in Nigeria.

In addition to the Fond du Lac County visits, the Nigerian visitors spent time in Washington DC to learn about federal government, in Madison to learn about state government, with 4-H families in Milwaukee County to learn about urban youth programming, and attended a two day youth leadership camp with young people from across the state.

Upon their return to Nigeria, the visitors stopped for debriefing at the US Embassy in Nigeria. The following is a comment from the US Embassy in their own words: *It's amazing to see how they have transformed in those three weeks! The program is certainly life-changing for them all.*

Level 1 Master Gardener Volunteer Training Completed

Eighteen individuals recently completed the UW-Extension Level 1 Master Gardener Training Program in Fond du Lac County. The program is an intense 12 week (36 hour) training that gives individuals background knowledge in successfully growing and maintaining adapted vegetables, flowers, landscape plants, trees, turf, and native species. Further, each trainee was taught how to diagnose horticultural problems and recommend solutions. Each trainee must pass a written test at the completion of the program. Those who successfully meet the requirements of the program become active members in the Fond du Lac County Master Gardener Volunteer Association. Members of the Master Gardeners are required to maintain an annual commitment of 24 hours of community volunteer time and 10 hours of continuing education. They maintain a number of the gardens on the UW-Fond du Lac campus along with various gardens in the community. They also work on garden projects at several elementary schools and answer many of the horticultural questions that come into the UW-Extension office. Their commitment to the community and UW-Extension is invaluable, as noted by the nearly 4500 hours of volunteer service provided in 2012.

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