



"Young Dreamers" Latino youth group helped other youth make maracas.

Extension Connection

Monthly Highlights – March 2017

- [Latinos Participate in Community Events](#)
- [Nutrition Education for Second Graders at Riverside School](#)
- [Healthy Soil-Healthy Water Workshop Series](#)

Latinos Participate in Community Events

Members of "Young Dreamers" Latino youth group participated in the multicultural event hosted by the Boys and Girls Club. Over 200 people explored cultures that are a part of the Fond du Lac community and tempted their taste buds with treats from ethnic Fond du Lac restaurants! Prior to the event youth took leadership roles -- making decisions on the theme, decorations and activities to prepare, also making teams to set up and man the booth. The booth's theme was Mexico. They decorated a display board with their hands cut out of the colors of the Mexican Flag, added their pictures and helped other youth make "Maracas" with plastic eggs and spoons. Youth expressed their enthusiasm for sharing their culture and would like to participate in more community events.

Members of the Latino community were part of the Humanity Project: Telling the untold story... the Latino experience. The Humanity Project is an initiative to create awareness and understanding across races and diversity in our community. Latinos shared a documentary about the history of Latinos in the USA and shared information and their own experiences regarding: immigration status, DACA (Differed Action for Children's Arrival), deportation process and families' strategies, ITIN (Individual Taxpayer Identification Number), authority of police offices vs. ICE (Immigration & Custom Enforcement) agents and finally shared the Latinos in WI study conducted by the University of Wisconsin. Based on the event's evaluation, 100% of the participants learned something new and gained a better understanding of the barriers and culture of the Latino community.

The adult Latino group: Latinos Unidos en Fond du Lac, will continue to participate in community events and meet every month, featuring an array of learning topics to continue supporting and empowering each other. All topics will also be shared on their Facebook group, which has reached 400 members.

Nutrition Education for Second Graders at Riverside School

FoodWise nutrition educators, Pamela Nelson and Kris Schaeffer, have been teaching at Riverside School in the second grade classrooms since October 2016. Once a month the educators teach 30 minute lessons in 3 classrooms and reach 44 students and 3 teachers. Topics covered this year so far have been: MyPlate, washing your hands, trying different foods, the fruit group and the dairy group.

In March, the topic taught was the grain group. Students were encouraged to eat foods made from whole grains and learned what makes a food a whole grain. Students were showed examples of food models from the grain group and they got to touch bags with white flour, whole wheat flour, cornmeal, white rice, brown rice, oatmeal, barley and popcorn. The students learned that the grain group gives them energy to learn, grow and play. FoodWise will be going into their classrooms two more times this school year for a total of 8 lessons. FoodWise is helping students think about what they eat and we are helping them develop good eating habits so they can be productive, healthy adults.

Healthy Soil-Healthy Water Workshop Series

Over 250 producers from counties including Fond du Lac, Dodge, Washington, Racine and Green Lake participated in the first Healthy Soil-Healthy Water workshop in Juneau on February 8. Dr. Loretta Ortiz-Ribbing partnered with or had input from Dodge County LCD, Fond du Lac County LWCD, DNR, Dodge County Farm Bureau, Beaver Dam Lake Improvement Association, Fox Lake Improvement Association, Lake Sinissippi Lake Improvement Association and 14 local producers (including one from Fond du Lac) to facilitate the development and planning of the Healthy Soil-Healthy Water Workshop.

This workshop helped producers in the Rock River Watershed learn why soil health and water quality are important for their farm's future and water quality within the watershed (includes portions of Fond du Lac and most of Dodge County). Producers learned about cover crops, no-till/strip till and nutrient and manure management principles & practices from three Keynote Speakers, NRCS Regional Soil Health Specialists, Ray Archuleta and Justin Morris, and Pennsylvania producer Jim Harbach. In addition, 9 local producers on three farmer panels, including Steve Smits from Fond du Lac County, shared their farm success stories, using these three practices.

After listening to the workshop presentations and farmer panels,

- 89% to 97% of survey responders better understood the concepts and principles of soil health including how using cover crops could reduce soil loss from their fields and their role in nutrient cycling; as well as how no-till may increase their soil's aggregate stability.
- 91% of the survey responders would consider incorporating cover crops into their farming practices and discuss with other producers how the soil health practices talked about at this workshop could work on their farm.
- 29% of survey responders intend to try planting cover crops, 17% want more information about this practice; and 30% intend to try or want more information about no-till.

Dr. Ribbing will continue working with producers from both counties as they form a Farmer Led Initiative for the Rock River Watershed.

Extension Connection Contributors:

Araceli Oswald, 4-H Youth Development Assistant

Pamela Nelson, FoodWise Nutrition Educator

Dr. Loretta Ortiz-Ribbing, Area Crops & Soils Agent

Fond du Lac County UW-Extension

400 University Drive, AE-227, Fond du Lac, WI 54935

Phone: (920) 929-3170; Fax: (920) 929-3181

Hearing Impaired Relay: 711

<http://fonddulac.uwex.edu>



An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

