



Sheboygan County
Planning, Resources,
Agriculture &
Extension Committee

Fran Damp
Chairperson

Keith Abler
Vice-Chairperson

James Baumgart
Paul Gruber
Henry Nelson
Board Members

Stanley Lammers
Citizen Member



Use your phone, iPad
or tablet camera to
scan the code above
to find UWEX on the
web! (Barcode Reader
or Google Goggle
apps may be needed.)

Extension
Sheboygan County
5 University Drive
Sheboygan, WI 53081
920-459-5900

University of Wisconsin,
United States Department
of Agriculture, and
Wisconsin Counties
cooperating.

An AA/EEO employer,
UW-Madison Division of
Extension provides equal
opportunities in employ-
ment and programming,
including Title VI, Title IX
and ADA requirements.

Extension Sheboygan County

Community Development Education

Kevin Struck, Community Development Educator

Each year Kevin conducts one **well water testing event** in a Sheboygan County town. In 2019 it was the Town of Sherman's turn. The Town's residents submitted 80 tests, which Kevin collected on October 7th and then transported to the lab at UW-Stevens Point the following day for analysis. The normal participation expectation for a town Sherman's size would've been about 60.

Approximately 50 people turned out despite a cold evening in early November to pick up results and hear UWEX Groundwater Specialist Kevin Masarik explain the data, offer helpful tips for addressing well water quality issues, and describe best practices for limiting future problems. (Results were mailed to those unable to attend.)

The results indicated that coliform bacteria was present in 24% of the 80 samples tested. "The statewide average," according to Masarik, "is approximately 15%." While only two of the 19 wells with coliform bacteria tested positive for the far more harmful E. coli bacteria, Masarik was quick to point out that, "If an organism like coliform bacteria can access a well, it shows there is a pathway for harmful pathogens to enter that water supply system." This is a major reason the Groundwater Center recommends private well owners should test their wells for bacteria about every 15 months as a way to monitor the sanitary integrity of the well water system.



Of the 80 wells tested for nitrate, which is a health concern for pregnant women and infants under six months of age, only four (5%) exceeded the health standard. Statewide, nitrate exceeding the health standard is typically found in about 14% of wells. (Nitrate is a compound that forms when nitrogen from fertilizers, animal wastes, septic systems, or other sources combines with oxygen in water.)

Of the 44 wells tested for arsenic, 11 (25%) exceeded the health standard, but none had excessively high levels. Arsenic naturally occurs at low levels in soil and bedrock, but has been found at very high levels in Winnebago and Outagamie Counties. Long-term exposure to arsenic in drinking water can lead to an increased risk for certain cancers.

It should be noted that 37% of the participants had not tested their well water in at least 10 years, and another 32% did not know when the last time their water had been tested. This indicates the program reached a major unmet need. Based on several comments from participants, the discounted prices (made possible by a Sheboygan County subsidy), was a factor in their decision to test their water in this program.



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

January
2020
IMPACT
REPORT

4-H Youth Development

Extension Sheboygan County Staff

920.459.5900

Michael J. Ballweg
Agriculture Educator

Jane E. Jensen
Human Development &
Relationships Educator

Sarah J. Tarjeson
4-H Youth
Development Educator

Linda Robson
4-H
Program Coordinator

Kevin Struck
Community Development
Educator

Amanda Miller
FoodWise Coordinator
(shared with Fond du Lac)

Janeth Orozco
FoodWise Nutrition
Educator

Administrative Assistants

Tammy Zorn
Nancy Brown

Area Extension Director

Cindy Sarkady

Sarah Tarjeson, 4-H Youth Development Educator Linda Robson, 4-H Program Coordinator

WHY YOUTH - ADULT PARTNERSHIPS IN 4-H ?

Developmental relationships between youth and adults are an important aspect of the 4-H program. Such relationships begin by creating a secure attachment between the 4-H member and adult volunteer, reflected in mutual warmth, respect, and trust.

Developmental relationships increase in complexity over time. As youth develop, their needs within the relationship change to reflect their increasing maturity and abilities. As such, healthy developmental relationships shift power over time, with younger youth typically highly adult-driven and determined, while the adolescent years reflect increasing competence, personal autonomy, decision making, and identity formation.

As youth grow, an effective 4-H program reflects these developmental changes through developmentally-appropriate activities and relationships with adults.

Research has revealed five dimensions of developmental relationships:

1. **Expressing care**, though listening, warmth, and dependability
2. **Challenging growth** by holding youth accountable, expecting them to do their best, and helping them reflect on failures
3. **Providing support** by empowering and advocating for youth as well as helping them navigate situations and systems, and setting appropriate boundaries
4. **Sharing power** through inclusion, respect, and collaboration
5. **Expanding possibilities** by exposing youth to new ideas and opportunities, and connecting them to others who can help them reach their goals



At the 2019 4-H Awards and Recognition program six adults were acknowledged for the exceptional relationships they have formed with youth in the 4-H program. One of the adults stated "With receiving this award I realized that we have a big impact on the youth with this program. We have so many wonderful volunteers. As we go forward, I hope to keep the many volunteers that helped make this program a success and continue to grow."

Extension Sheboygan County

Agriculture and Natural Resources

Mike Ballweg, Extension Agriculture Educator

Producer-led watershed protection groups are a relatively new way for producers to learn about agronomic practices that prevent and reduce runoff from farm fields. **The goal is to improve Wisconsin's soil health and water quality by encouraging producer-led conservation decision making and solutions.**

Grants from Wisconsin's Department of Agriculture, Trade and Consumer Protection (DATCP) in 2019 totaled nearly \$850,000 and were awarded to 25 producer-led groups across the state. These monies are used to cost-share conservation practices and to reduce the financial risk to producers as they trial new practices. The Sheboygan-Washington-Ozaukee Tri-County area is fortunate to have a producer-led group in each of the three counties. They are: Sheboygan River Progressive Producers (Sheboygan & Fond du Lac); Clean Farm Families (Ozaukee); and Cedar Creek Producers (Washington). The producer-led groups work with a wide range of organizations to help them develop and implement educational programs for themselves and other producers. Those partnering organizations include County Land Conservation Departments; Natural Resource Conservation Service (NRCS); Nature Conservancy; and UW-Madison, Division of Extension.



Sheboygan River Progressive Farmers watch Strip-till demonstration during recent field day near Plymouth.



Richard Proost, NPM, UW – Madison gives research updates during Demo Farm Field day near Port Washington

Mike developed a [Cover Crop Termination Fact Sheet](#) that has been shared statewide. Approximately 140 people attended the field days. Mike estimated that 95 producers in the Tri-County area have planted cover crops for their first time from 2017 – 2019. There is increasing interest among farmers to implement cover crops into their farming systems.

Mike worked with partnering organizations to develop and implement two late summer field days. Most recently, the Sheboygan River Progressive Producers Field day was held September 26th near Plymouth. Mike discussed **"The Importance of Soil Structure and Cover Crops for Improving Water Infiltration in Farm Fields."** Prior to that, on September 10th, Mike explored **"Planning for Success with Cover Crops"** at the NRCS Demo Farm & Clean Farm Families Field Day held near Port Washington. Extension Outreach Specialists Richard Proost and Jamie Patton reviewed the latest research on cover crop termination and soil health. Richard Proost and

Extension Sheboygan County

Human Development and Relationships & FoodWise

Jane Jensen, Human Development and Relationships Educator

The **Wisconsin Bookworms Early Literacy Program** reorganized for the 2019-2020 school year in September. Fifteen volunteer mentors were trained and will be reading high quality children's books and sharing early literacy materials with 180 Sheboygan County Head Start children each month. Data shows that 42% are Caucasian, 26% are Hispanic, 21% are African American, 9% are Hmong, and 2% are Native American. Most families have incomes at or below the federal poverty guidelines.

Each child receives a set of 8 high quality children's books. Over \$5,000 was leveraged in partnership with the local Head Start program to purchase the books. Activity sheets are sent home to the parents/caregivers so that early literacy skills can be reinforced at home. Reading to young children helps them develop a love of reading and an enthusiasm for learning. Wisconsin Bookworms is designed to provide free books to children who many not otherwise own books, giving them the experience of being read to and helping preschool children gain a lifelong love of reading.



Photo credit: Kaylee Dubois

The Wisconsin Bookworms Early Literacy Program has now been a collaborative program among Jane, Sheboygan County Home and Community Education, and Sheboygan County Head Start for **21 years**.

Amanda Miller & Janeth Orozco, FoodWise

Older adults are a growing population. As care costs seem to be rising, it is important to assist older adults as they strive to minimize medication expenditures. According to research, good nutrition can play a significant role in health maintenance and disease prevention. In an effort to reach this growing population, **the Sheboygan County FoodWise Program has partnered with the Aging and Disability Resource Center (ADRC) to provide nutrition education at each of their eight Senior Dining sites.**

During FY19 fiscal year (Oct 1, 2018 to Sep. 30, 2019) Janeth provided nutrition education to this important audience by delivering a series of four to six lessons at Adell, Cascade, Cedar Grove, Howards Grove, Oostburg, Plymouth, Sheboygan, and Sheboygan Falls Senior Dining sites.

Lessons were taken from a curriculum entitled *Seniors Eating Well*. This curriculum includes topics of interest to older adults, such as: 1) eating more fruits and vegetables, and whole grains, 2) cooking and seasoning with herbs instead of salt, and 3) being physically active. **Over 343 senior adults participated in nutrition education during FY19.** FoodWise's partnership with ADRC will continue through FY20, and we are looking forward to providing more nutrition education for senior adults.