



Extension

UNIVERSITY OF WISCONSIN-MADISON  
SHEBOYGAN COUNTY

## JUNE 2021 REPORT

### AGRICULTURE

Mike Ballweg, Agriculture Agent



Dan Smith, UW-Madison Nutrient and Pest Management Specialist discusses cover crop termination at a recent Sheboygan River Progressive Farmers' field day. Warmer winter temperatures are requiring new practices prior to planting.

**“AN EXCELLENT  
FIELD DAY WITH A  
LOT OF EXCELLENT  
INFORMATION AND  
DISCUSSION.”**

*Field Day - Township of Greenbush*

- A field day for farmers, industry agronomists and agency personnel where they learned about best practices for terminating cover crops that normally do not overwinter in WI. Terminating cover crops in a timely manner prevents a seed bank of these species that may become competitive against the desired grain crop thereby reducing farm profitability. About 35 people attended.
- Developed and delivered an educational virtual program for Eastern Wisconsin farmers and agronomists to learn about cropping systems that improves crop profitability while protecting water and soil resources.
- A series of virtual sessions for youth ages 12-15 who will be employed on a farm or operating tractors on public highways for their family's farm, where they learn about workplace safety and other safety-related topics on farms and agricultural operations. The goal of this effort is to support them in receiving the required Tractor and Machinery Certification Certificate to satisfy state and federal requirements. This program was led by Stephanie Plaster, Agriculture Educator – Washington and Ozaukee Counties.
- Sheboygan County Master Gardener Volunteers and I recently met with Paul Pinkston, UWGB – Facilities Director to discuss Ash tree replacement on the Sheboygan Campus. Financial support comes from a Memorial gift made to the Sheboygan County Master Gardener volunteers.



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### YOUTH DEVELOPMENT



*Positive Youth Development prepares the youth of today to become the effective, empathetic adults of tomorrow. Our research-based youth enrichment programs like teens in governance build youth and adult capacity and partnerships that help both sides grow. 4-H clubs, camps and after-school programs give young people the hands-on experiences they need to develop an understanding of themselves and the world.*

*Sarah Tarjeson, 4-H Youth Development Educator*

- A monthly newsletter for New or 1st Year 4-H Families where they were introduced to the 4-H Youth Development Program. The purpose of this effort was to develop a sense of belonging to our organization and build confidence in parents and members as they participate in club and project opportunities.
- A series of events for youth to prepare to compete in dairy and livestock judging. The purpose of this effort is to increase participants' knowledge of the quality characteristics of dairy and livestock animals.
- Planning for youth program fundraising with adult volunteers where participants reviewed COVID-19 Foodstand Planning Tools and Resources and discussed adaptations to food safety practices to enable youth to continue fundraising for their programs.
- Recruited, interviewed and selected older youth camp staff where youth submitted written application materials, responded to questions of a typical interview and were informed of their positions on staff in order to develop work skills, build leadership and develop a sense of belonging among the camp staff team.
- Supported the 4-H Leaders Association by recruiting volunteers to serve in the 4-H Food Stand Purchasing Role and as the Lead for the 4-H Silent Auction, two major fundraisers which support local 4-H programming.
- Training for youth and adult camp staff where participants toured new facilities at Camp Rokilio and developed a schedule for upcoming camps. The purpose of this effort is to provide programming appropriate for the age and developmental abilities of our campers and to promote a safe and healthy environment for camp participants.



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### HUMAN DEVELOPMENT AND 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. Our programs promote aging-friendly communities, coach effective parents and help families put technology, mindfulness and financial awareness to use.*

*Jane Jensen, Human Development & Relationship Educator*

- A 10 session virtual series (Aging Mastery Program) for seniors in Wood, Sheboygan and Central WI counties, (offered twice) where participants develop sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The program, developed by the National Council of Aging, is designed to help older adults learn to age well by focusing on key aspects of health, finances, relationships, personal growth, and community involvement. Another series is planned for the fall.
- A series of seven virtual sessions for adults where participants learn about end-of-life decision making tasks including health care wishes, financial responsibilities, legal requirements and documentation, distribution of personal property, end-of-life care options, and dealing with grief. The goal of this effort is to help participants proactively learn how to manage the tasks and decisions associated with end-of-life, so they don't feel so overwhelming and so that burdens on loved ones are reduced. Jane is a member of the statewide team that developed and implemented the series.
- Quarterly educational programs for family caregivers learned about community resources and tools to support resiliency and self care. Developed in collaboration with the Aging and Disability Resource Center.
- A seven week professional development series for human service professionals where participants learned and practiced strategies to build resiliency for themselves and their clients.
- Co-facilitated a year long plus community health assessment process to develop the Community Health Improvement Plan with Public Health, United Way, local health care systems, and the federally qualified healthcare center. Four hundred telephone surveys, key informant interviews, primary and secondary data as well as "people on the street" surveys informed the process. A virtual Call to Action with over 50 attendees developed direction for local work groups in the areas of Positive Mental Health, Activity and Nutrition and Responsible Substance Use. The purpose of this larger effort is to improve the health of county residents.



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### COMMUNITY DEVELOPMENT



*Community Development provides educational programming to assist leaders, communities, and organizations realize their full potential. We work with communities to build the vitality that enhances their quality of life and enriches the lives of their residents. We educate in leadership development, organizational development, food systems, community economic development, local government education and much more. In short, the Community Development Institute plants and cultivates the seeds for thriving communities and organizations.*

*Kevin Stuck, Community Development Educator*

- Co-hosted an educational Zoom session for 21 Town of Holland households that had participated in a well water testing program coordinated by the Sheboygan County Extension Office in partnership with the Center for Watershed Science and Education at UW-Stevens Point. Participants learned the basics about groundwater, well construction, potential contaminants, and remediation options, which will help them be better equipped to protect their water quality.
- Attended a Town of Herman Plan Commission meeting to explain the statutory comprehensive plan amendment process and to facilitate a review of the evidence for/against an amendment to create consistency between the Town's Future Land Use Map and a proposed expansion of Lakeland University. This will help the Commission to hold a proper public hearing and to make an informed recommendation to the Town Board regarding the amendment of the Map.
- Created and shared with Bay-Lake Regional Planning Commission the land use mapping updates for the Towns of Mosel and Sheboygan completed as part of their comprehensive plan updates. This mapping, which had not been updated since 2002, will substantially assist Bay-Lake staff in its update of land use mapping for the Sheboygan Metropolitan Planning Organization this summer. The Sheboygan MPO is responsible for transportation planning in the metro area.
- Did research and provided a fact sheet and zoning language examples to Town of Mosel Deputy Clerk regarding the legalities of imposing a moratorium and eventually regulating temporary storage structures (e.g., shipping containers). This information will help the Town in exploring options to address potential aesthetic concerns, as well as safety concerns if someone is illegally living in such a structure.

#### Well Water Education Program

Sheboygan - Town of Holland



Kevin Masarik  
Center for Watershed Science and Education  
&  
Kevin Stuck  
Extension Sheboygan County



Center for Watershed Science and Education  
College of Natural Resources  
University of Wisconsin-Stevens Point



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## JUNE 2021 REPORT

### FOOD SECURITY, HEALTHY EATING, AND HEALTHY LIVING



*FoodWise* advances healthy eating habits, active lifestyles and healthy community environments for families with limited incomes through nutrition education at the individual, community and systems levels. *FoodWise* reaches individuals and families through local community partners by providing nutrition classes in-person and virtually, indirect education (newsletters, etc.), and social media/marketing. *FoodWise* is an obesity prevention program that addresses policy, system and environmental changes through local and state public health efforts.

*FoodWise* is federally funded by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

*Amanda Miller, FoodWise Coordinator*

- A series of fruit and vegetable publications for farmers market customers. These publications promote buying fresh produce and help customers better understand how to select, prepare, and store specific produce items.
- A series of meetings with local public health departments where they received feedback from Extension regarding the Community Health Improvement Plan. This effort was designed to improve community adoption of health and nutrition practices.
- A series of newsletters for older adults to learn about health and nutrition during COVID.
- Distribution of e-newsletter for Sheboygan County residents to learn about food preservation and food safety. The goal is to help home canners use current food safety practices and to decrease the incidence of foodborne illnesses.
- Shared COVID-related resources to local public health and hospitals. This effort was intended to help share current information on the COVID vaccination.
- Virtual classes offered for parents to learn about feeding young children. The purpose of this class is to help WIC participants better understand how to use their additional WIC farmers market benefits.

Cindy Sarkady  
*Area Extension Director*

Sarah Tarjeson  
*4-H Youth Development Educator*

Melody McCay  
*Positive Youth Development  
Associate Educator*

Mike Ballweg  
*Agriculture Agent - Crops & Soils*

Kevin Stuck  
*Community Development Educator*

Amanda Miller  
*FoodWise Coordinator*

Janeth Orozco  
*FoodWise Educator*

Jane Jensen  
*Human Development &  
Relationships Educator*

Tammy Zorn  
Melanie Bastian  
*Support Staff*

Cassi Worster  
*Marketing Specialist*