



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

OCTOBER 2021 REPORT

CROPS, SOILS & NATURAL RESOURCE PROTECTION



If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Extension educators and researchers work hand-in hand with row crop and forage growers to provide best practices for every aspect of the growing phase. Forage production supports Wisconsin's thriving dairy industry. We focus on using sustainable practices to increase soil health by using cover crops, no-till, and new cropping systems that protect and improve water quality.

Mike Ballweg, Agriculture Agent

SPOTLIGHT

A Field Day was held for farmers, industry agronomists and agency personal to learn about alternative forage systems that improve soil health and farm profitability. The program sponsored by: Extension Sheboygan County, The Sheboygan County Forage Council and the Sheboygan River Progressive Farmers was held August 31st at Double Dutch Dairy near Cedar Grove. Nearly 60 attended from 9 counties.

Field Day Tour Stops

1. Forage "Cocktail Mixes" following Winter Cereals
2. Winter Cereal Establishment for Higher Spring Yields
3. Forage Quality and Fiber Digestibility Improves Animal Performance
4. Corn Silage Inter-planted with Multi-Species Forage Mixes

One hundred percent (100%) of those completing the field day evaluation rated the program as Excellent or Good. When asked if their knowledge level had increased, Sixty-eight percent (68%) of respondents selected a 4 or 5 on a scale of 1 – 5 with 5 being highest. Fifty-four percent (54%) indicated that the information presented at the field day was relevant and that they would use it.

Comments inducted: Great job to presenters and for sharing information, Great event, Very good, good to hear from farmers, Great learning experience on the farm.

Other Program Highlights

One on one consultations with farmers and homeowners, where clients learned about the importance of crop profitability, thoughtful pesticide usage, and environmental stewardship. Through the consultations, farmers and homeowners reduce the impact of pesticides on the environment and save money when managing their crops.



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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

SPOTLIGHT

In response to older adults in isolation, the Human Development & Relationships (HDR) Educator co-facilitated the evidence-based Aging Mastery Program (AMP) virtually in September and October, 2021. The materials for this ten-part series were provided free to participants through a partnership grant with the National Council on Aging. The interactive series focused on: navigating longer lives, healthy movement, sleep, healthy eating and hydration, financial fitness, medication management, advance planning, healthy relationships and community engagement. The HDR Educator is a trained facilitator. Participants were empowered to take key steps to improve well-being, add stability to their lives, and strengthen ties to their community through action planning, practicing tools, and group encouragement.

A participant said in an email “I wanted to send you a special THANK YOU!! for the spectacular AMP session. You truly exceeded my expectations! Great facilitators, great guest speakers!! The program description sounded interesting and applicable to me when I read about it...And I was curious to see how all the topics would be addressed. You did NOT disappoint! Each session was so comprehensive and engaging. I had special takeaways for each session. More than worth my while! I feel much more confident as I start my retirement. I hope more people take advantage of your expertise and insight. Thanks again for a wonderful experience. I wouldn’t change a thing. I especially appreciate your ability to execute so well in a virtual format. That’s not an easy feat.”

Other Program Highlights

- A series of e-mail communications for community partners where we provide information related to parenting, relationships, family caregiving, finances and well-being so that they can share the latest resources with their clients. The purpose of this effort is to provide county residents with resources to improve parenting skills, support their family caregiving role and access tools to improve their financial skills and their personal well-being.
- A seven part weekly curriculum where Wisconsin residents learn about making end-of-life financial, healthcare, and final wishes decisions and plans for themselves and for those they care for. This program is intended to give participants the tools and resources to plan ahead of a major health crisis to relieve stress on survivors and ensure that personal wishes are carried out.
- A monthly education/support group for family caregivers where participants shared and learned about university resources, in order to lower stress levels and increase their ability to continue caring for their care recipient.



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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.

SPOTLIGHT

Lisa Sanderson, Positive Youth Development Educator

Representatives of local youth-serving organizations, including SASD, HMAA, and Mental Health America, related concerns about disengagement/negative affect in school, lack of self-efficacy, dual identity challenges, and poor mental health in students from minoritized communities. Positive Youth Development Educator Lisa Sanderson researched these issues and found scholarly support/models for bicultural youth identity formation interventions with family-oriented therapeutic and narrative storytelling components. Further conversations with Us2 Behavioral Health and other Hmong stakeholders and extant youth requests for cultural programming or “enculturation” confirm validity of this approach. Lisa is in process of refining concept, establishing concept content committee, and continuing dialogue with Hmong stakeholders as well as meeting with UW Extension leadership. Sheboygan schools are “majority-minority”. Programming that helps bicultural youth and their families to navigate acculturation, enculturation, and identity development can support positive outcomes in a variety of areas. There is potential statewide relevance and application in other minoritized communities. Artistic sharing out of resultant narrative stories in community contexts could lead to greater cross-cultural engagement and understanding in divisive times. Plan for future work with incoming refugee populations may also be relevant.



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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 Struck, Community Development Educator

- Analyzed zoning maps and documentation over the past 10 years in the Town of Lima to assist a landowner in determining when and why her property had been rezoned from A-2 to A-5. The information discovered will help the landowner make future decisions regarding land use on the property.
- Answered questions and provided resources for a local town resident with a shared well who is concerned about an elevated well water arsenic test result. The information and resources provided about arsenic, retesting options, and treatment options will enable the well owner to take appropriate steps to begin to address the issue.
- Technical assistance to a local town clerk and plan commission on the procedure for reviewing a pair of land divisions, conditional use permits, and rezones in a certified farmland preservation zoning district. This enabled the town to properly review the proposals, ensure appropriate siting of two future residences, and promote preservation of farmland.
- Technical assistance to a local town zoning administrator and plan commission on the procedure and sequence of approvals when the purchase of a new lot to be created by a certified survey map is dependent upon extraterritorial platting approval and rezoning approval. This enabled the town to properly review the proposal and potentially prevented the lot buyer from owning a lot unsuitable for his plans.

**“... and thank you for
being such a fountain
of information today!
Impressive.”**

- Rural property owner





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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 helps customers better understand how to select, prepare, and store specific produce items.
- A series of virtual classes for community members where they learn about food safety, nutrition, and food budgeting.
- Hosted weekly virtual classes for Forward Services, an agency that helps W2 and FoodShare Employment Training/FSET find employment. The classes offer food budgeting skills to help individuals better spend their FoodShare dollars.
- Technical Assistance and leadership with local public health departments in developing their community health improvement plans through local health coalitions. Co-leadership role in coalitions efforts related to nutrition and physical activity. The local health coalitions collaborate with partners together to ensure community health improvement plan goals and objectives are being met to improve community health.

Cindy Sarkady
Area Extension Director

Sarah Tarjeson
4-H Youth Development Educator

Lisa Sanderson
Positive Youth Development Educator

Mike Ballweg
Agriculture Agent - Crops & Soils

Kevin Struck
Community Development Educator

Amanda Miller
FoodWise Coordinator

Janeth Orozco
FoodWise Educator

Jane Jensen
Human Development & Relationships Educator

Tammy Zorn
Support Staff

Cassi Worster
Marketing Specialist