



**Extension**

UNIVERSITY OF WISCONSIN-MADISON  
SHEBOYGAN COUNTY

## MARCH 2022 REPORT

### AGRICULTURE



*If it happens on a farm or in a field, the Extension Institute of Agriculture works with you to achieve better results. Our innovative dairy management programs range from genetics to farm and business management. Extension researchers work hand-in-hand with row crop, forage and fresh produce growers to provide best practices for every aspect of the growing phase. We also advise communities on using sustainable practices to create inviting spaces free from invasive species.*

#### **Farm Management**

*Stephanie Plaster, Regional Farm Management Educator*

- A consultation with a livestock farmer, where opportunities for a new value-added enterprise were discussed. This effort was designed to help individuals make a decision about a business opportunity or new enterprise.
- A series of activities for farmers and agriculture professionals, where participants developed a vision and strategy for their business by analyzing their strengths, weaknesses, opportunities and threats. This effort was designed to help participants assess their skills, assets, personalities, and/or networks to help make a decision about a business opportunity or new enterprise

#### **Crops and Soils**

*Mike Ballweg, Regional Crops and Soils Agent*

- Farmer and industry participation were excellent for the 2022 Agronomy Day with nearly 140 in attendance. This Extension Educational program was held in Random Lake with farmer participants from 7 area counties. The majority coming from Sheboygan, Ozaukee, Washington and Fond du Lac counties. Ninety-nine percent (99%) of those completing the survey rated the 2022 Agronomy Day program as either Excellent or Good. One hundred percent (100%) said they would like another Agronomy Day Program in 2023. When asked, "How much did you learn?", Ninety percent (90%) indicated a high level of learning, rating their knowledge increase either a "5" or "4" based on a Likert scale of 5 – 1 with 5 being "Yes/High".

#### **Dairy & Livestock**

*Tina Kohlman, Regional Dairy & Livestock Agent*

- A presentation for elected government officials and extension administrators, where they learned about local agriculture extension programming impacts to better understand Extension's regional staffing model and its benefits for the agricultural sector.
- A virtual conference for dairy farmers, managers, workers, and allied service professionals, where they learned management practices for heat stress, calf disbudding, transportation of cattle, FARM Version 4.0 non-compliance, genetic selection, and calving pen assistance and newborn processing. The goal is to improve on-farm animal welfare, wellbeing, and productivity.



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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

#### SPOTLIGHT

Teaching about healthy eating at a young age is important to develop healthy, life-long habits from childhood to adulthood. Obesity and chronic diseases, like type 2 diabetes and hypertension, were once considered adult conditions. They are now observed in children, some as young as preschool and kindergarten.

FoodWise has partnered with the Sheboygan Area School District for many years to offer the Discover MyPlate curriculum to all Kindergarten classrooms at 7 elementary schools (Grant, Longfellow, Sheridan, Cooper, James Madison, and Jackson.) Janeth Orozco, Nutrition Educator, teaches 5 lessons to each classroom. Each lesson focuses on introducing the basic food groups and trying new foods through fun, interactive characters and age-appropriate activities. The series is also taught in Spanish for specific classrooms. In addition to the in-person classes, Janeth provides each classroom with a Bitmoji Classroom series that she developed, which also teaches about healthy eating and physical activity. The Bitmoji Classroom can be done separately during downtime in the classroom.

The program started with 1 to 2 schools. The classes were so well received and popular that the partnership quickly expanded to 7 schools. Kindergarten teachers request the program to return each school year.

For more information: follow the Fond du Lac/Sheboygan FoodWise Facebook page at <https://www.facebook.com/FoodwiseExtensionFondduLacSheboyganCounty/> for photos of the creative, healthy recipes that Kindergarten students make during the classes!



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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

For two years Jane worked with a state Extension team to research, co-author, pilot and revise the Planning AHEAD curriculum. Planning AHEAD is a series of 7 sessions for adults where they 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.

A revised virtual Planning AHEAD evening series was facilitated in February 2022 targeting younger employees. Over 12 attendees participated with 84 contacts. Each attendee received the step-by-step workbook with resources to reinforce the content. Jane worked with the evaluation team to develop a post-session evaluation. Because of this series, 100% of the participants stated they learned enough to move forward with planning. One hundred percent “strongly agreed” or “agreed” that they have greater knowledge of advance medical and legal directives, estate planning, choices in end-of-life care and handling financial changes. One hundred percent of the respondents said that they felt more confident in having conversations with loved ones related to end-of-life wishes and knowing where to find reliable resources for more information on end-of-life planning. A majority of respondents indicated that in the next three months they will update their end-of-life planning forms, encourage someone else to do end-of-life planning, make end-of-life wishes, known and make a will or a trust. A majority of respondents indicated they would set up advance directives and choose a personal representative. Comments included: “necessary and thought provoking”... “relevant” ... “needed”... “engaging”... “organized” and “awesome.”

#### Other Program Highlights

- A monthly program for family caregivers where participants develop sustainable self-care behaviors in order to maintain their personal physical and emotional well-being through practicing self-care techniques and accessing local resources.
- Virtual sessions for older adults, where participants learned about compassion, ageism, retirement, health, advance directives and gardening. The goal of the series was to build individual resiliency, spark joy, increase satisfaction in life, and provide an opportunity for social connection.



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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*

- A pair of towns contacted Kevin asking for assistance with the process of adding standards to their zoning ordinance for wind energy facilities. With the recent news of a developer looking at siting 16 tall (673 ft.) wind turbines throughout the county, having state-compliant standards in place will allow these towns to protect public health, safety, and welfare by enforcing rules for setbacks, noise, shadow flicker, interference, and several other issues.

**“As always, the Town of Herman PZC, and Town Board, are very grateful for your expertise and effort, as well as for the holistic partnership with you and your colleagues at UW-Extension Sheboygan County. You’re the best, Kevin...we sincerely appreciate all of your hard work!”**



- Kevin filled key roles in creating and distributing a survey for the Waldo Pond Improvement Association. The 25-question survey seeks input from landowners and residents owning land or living in the vicinity of the Waldo dam and millpond. The Association intends to use the results to direct its project planning for the care and maintenance of the site. Survey results will also be shared with the Village to provide input for Village officials to consider as they make key decisions regarding the dam and millpond in the future.





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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.*

#### **Positive Youth Development**

*Lisa Sanderson, Positive Youth Development Educator*

#### SPOTLIGHT

The first Familias Unidas was a success! 75 individuals attended and 29 COVID vaccinations were provided by Sheboygan County Department of Health staff, who noted that they might usually give 25 in an eight-hour day.

Many organizations brought bilingual staff and translated materials, or gained interpretation support from other organizations' staff. Bilingual Community Health Workers Cher Pao Vang and Marisela Olivas are now part of the planning team and County Supervisor Rebecca Clarke is in the loop.

We already have a full guest organization list for our next event May 15 at St. Clement's Church after Spanish Mass, which will focus on youth programs. Extension PYDE Lisa Sanderson has requested organizations bring youth ambassadors to do peer-to-peer outreach. So far, Sheboygan Youth Symphony, Mental Health America, Safe Harbor, and Theatre for Young Audiences have expressed interest in bringing youth ambassadors. Other participating organizations include Kohler Arts Center, Staff Management, Lakeshore United, Rainbow Kids, RAYS, YMCA, RCS Empowers, and more, including guests from our last event.

Many participating organizations have commented that "they wanted to reach out to these communities and didn't know how". Cher Pao Vang and Lisa Sanderson attended a Hmong Summer Festival Planning meeting 3/14 and requested permission to be a part of that July 2022 event in order to reach out to the Hmong community. The Summer Festival planning Chair Moua Her and Co-Chair Sheila Yang and committee members approved the request. They noted that they too feel the need to go to their constituents with support and outreach.

#### **4-H**

*Sarah Tarjeson, 4-H Youth Development Educator*

- Ongoing facilitation support for 4-H Horse Project volunteers, providing them with resources and strategies to make sure youth have authentic leadership roles in the project. Authentic youth leadership creates a sense of belonging and strengthens local youth programming.

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- Recruitment of 7th grade youth to develop a Junior Youth Staff Team and 4-H Base Camp. Through participation as a Junior Staff Team Member youth will gain core leadership skills.
- Support and leadership for the Sheboygan County 4-H Leaders Association, where we identified annual goals related to results from the 4-H Thriving Model Survey. SMART goals ensure we are able to measure our impact on youth development.
- Support and training for adult volunteers to prepare them for teaching project-based work at 4-H Project Day. Through this training, leaders will be prepared for leadership and ensure that it provides a positive experience for youth.

Sarah Tarjeson  
*4-H Youth Development Educator*

Lisa Sanderson  
*Positive Youth Development Educator*

Kevin Struck  
*Community Development Educator*

Jane Jensen  
*Human Development &  
Relationships Educator*

Mike Ballweg  
*Area Crops and Soils Agent*

Stephanie Plaster  
*Area Farm Management Educator*

Tina Kohlman  
*Area Dairy & Livestock Agent*

Amanda Miller  
*FoodWise Coordinator*

Janeth Orozco  
*FoodWise Educator*

Cindy Sarkady  
*Area Extension Director*

Tammy Zorn  
*Support Staff*

Emily Jensen  
*Support Staff*

Cassi Worster  
*Area Marketing Specialist*