



Extension

UNIVERSITY OF WISCONSIN-MADISON
SHEBOYGAN COUNTY

JUNE 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.

Crops and Soils

Mike Ballweg, Regional Crops and Soils Agent

- One-on-one consultations with farmers from Sheboygan, Fond du Lac, Washington and Ozaukee Counties where farmers learned about: crimping winter rye and no-till planting soybeans, understanding alfalfa quality reports to better time harvest for high quality dairy forage, weed control on small scale organic vegetable farms, and lastly helping buyers and sellers to determine fair market prices of standing alfalfa off the field. Better understanding of these agronomic topics result in greater farm profits.
- An on-farm demonstration project in Ozaukee County where farmers learned about planting unit closing wheels made by different manufacturers that will improve no-till planting, seed placement and better germination.
- As a member of the Ozaukee County USDA Demo Farm Management Team, assisted in developing educational programs and outreach for Ozaukee County. Farmers, industry agronomists and agency personnel will learn about soil health and cover crop practices that improve water quality, by improving soil infiltration rates and enhanced nutrient utilization.

Dairy & Livestock

Tina Kohlman, Regional Dairy & Livestock Agent

- A consultation with county conservationist, where he learned about community-shared manure processing research and technologies to include in the county's Request for Proposal seeking proposals from qualified environmental consulting firms to conduct a feasibility study for an animal waste treatment system for the county and its farming community that can be used by multiple farms.
- A popular press article written for *Wisconsin Agriculturist* readers, where they learned about dairy calf quality assurance. This effort is designed to show industry and university research-based best management practices to maintain and/or improve the growth, well-being, and welfare of a newborn calf.
- Planning and development for biannual forage twilight meeting for farmers, nutritionists, agronomists, and other service providers in collaboration with Fond du Lac County Forage Council. The goal of this effort is to share with individuals how to manage and retain employees, so that they can create a positive work environment and culture on the farm.



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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.

4-H

Sarah Tarjeson, 4-H Youth Development Educator

The American Spirit Leadership Program is a special opportunity for young leaders to develop knowledge of America's heritage, further understand their citizenship responsibilities, and practice leadership and communication skills in a safe and supportive environment. The 4-H Youth Development Educator traveled with the second group of youth June 10-19, 2022. In addition to leading the youth on this educational journey, Tarjeson supports 4 adult chaperones in delivering youth development practices throughout the 10-day experience.

The program has the following objectives:

1. Further develop skills in leadership and personal expression of values
2. Increase awareness of self in relationship to others
3. Increase knowledge and understanding of America's heritage
4. Build awareness of the many steps taken to gain U.S. independence and freedom
5. Share what is learned with others
6. Featured sites include:
 - Fallen Timbers Battlefield
 - Valley Forge
 - Philadelphia – Independence Hall, Liberty Bell
 - New York – Ellis Island & Statue of Liberty, 911 Memorial, Empire State Building
 - Plimoth Plantation/Plymouth Rock
 - Boston/Freedom Trail/USS Constitution/Atlantic Ocean
 - Lexington and Concord
 - Whale Watching/Lobster Dinner
 - Niagara Falls USA



Positive Youth Development

Lisa Sanderson, Positive Youth Development Educator

Sheboygan United, formerly Familias Unidas, presented our second resource fair at St. Clement Church following Spanish Mass. At least 15 community organizations attended, many with bilingual materials and interpreters, expanding access to their resources by participating in this event supporting the LatinX community. At least 100 people attended, with food provided by two parish organizations adding to a festive family atmosphere. New organizations participating included Sheboygan Economic Development Corporation, Kohler Arts Center, Sheboygan Youth Symphony, Birdsall & Associates, Rainbow Kids, and Inspire Sheboygan. Plans for our next three fairs, which will expand to the Hmong and senior communities, are underway with Partners for Community Development, Hmong Mutual Assistance Association, and Mead Public Library. Future opportunities for youth programming are emerging through the foundational community relationship work associated with these events. Following our visit to them, WE Rise, a diverse student group at South High, has invited Sheboygan United members to meet regularly with them next school year for focus groups. Matthew Miller, long-time advocate for Hmong students at North High through the Hmong Student Leadership Council, will facilitate regular meetings with council class leaders and Sheboygan United with a potential chapter of Youth Advocates for Community Health in the works. Finally, a small but mighty group of former Youth Government Day participants have indicated interest in next year's return to in-person programming.

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

- Following separate requests from two town clerks in Sheboygan County, Kevin created a two-page, easy to understand handout, customized for each town, to help a Board of Appeals work through the process of deciding whether to approve land use variance applications. The guidelines and checklist will encourage standardized, consistent, and legally defensible decision making, which can be challenging for boards with volunteers who meet infrequently for hearings. Even if they have received training, it is easy to forget key principles. "This is great. Thank you so much Kevin!" – town clerk
- After hearing of the successful adoption of a mid-scale solar energy systems ordinance in the Town of Sherman, the Town of Herman contacted Kevin asking for assistance with the process of adding similar standards to their zoning ordinance. With the increasing financial viability of medium sized solar developments (e.g., a solar energy system on approximately 32 acres can provide enough energy each year to meet the needs of about 1,000 homes), having state-compliant standards in place will allow the Town to protect public health and safety by enforcing rules for setbacks, noise, decommissioning, and several other issues.

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

The United States Department of Agriculture (USDA) Economic Research Service recently reported that the price of groceries (food at home) has risen over 1% in the past month and more than 7% over the past year. They anticipate that grocery prices will increase by another 2-3% more in 2022. The cost of some foods has risen more rapidly than others, including fish, seafood, eggs, and milk.

Orozco and Miller presented the “Spend Smart, Eat Smart” app and website from Iowa State University Extension to parents at Sheboygan County Head Start/Early Head Start. The lesson included a QR code to download the app directly on the phones. The app and website have numerous resources to help a family with food budgeting, including a unit price calculator, meal planning sheets, food expense tracking tools, and a list of in-season produce. There are also many helpful videos and healthy recipes. This presentation was also a great opportunity to build relationships with the Head Start/Early Head Start staff and parents, since FoodWise also teaches the children in the classroom during the school year.

Many young parents struggle with food budgeting, with lack of time, lack of money, and picky eaters at home. Meal planning can seem intimidating and unrewarding. This class helped parents realize that meal planning does not have to be time consuming. Meal planning is not only for those with unlimited food budgets. And, finally, that meal planning can encourage even the pickiest of eaters to try new foods.



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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 7-session course that helps adults of all ages to make end-of-life financial, healthcare, and final wishes decisions in order to reduce the stress experienced by survivors and to ensure that their wishes are honored.
- A series of bi-monthly planning meetings for the Family Caregivers Coalition steering committee where we develop quarterly education, quarterly newsletters, support groups, retreats and caregiver cafes for family caregivers.
- A series of e-mail communications for community partners where they learn about 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 improve parenting skills, support their family caregiving role and improve their financial skills and their personal well-being.
- 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.

Sarah Tarjeson
4-H Youth Development Educator

Mike Ballweg
Regional Crops and Soils Agent

Cindy Sarkady
Area Extension Director

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Positive Youth Development Educator

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