



Sheboygan County  
Planning, Resources,  
Agriculture &  
Extension Committee

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UW-Extension  
Sheboygan County  
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## UW-Extension Sheboygan County

*Community Growth Management Education*

### Kevin Struck, Growth Management Educator

The Town of Herman (pop. 2,151) is a rural town that surrounds the Village of Howards Grove and includes Lakeland University, Franklin, Ada, Jetzer's Lake, and about 7 miles of the Sheboygan River within its borders. Like other towns in Sheboygan County, Herman has a zoning ordinance (amended in 2015) and a comprehensive plan (adopted in 2007) to help balance growth and preservation.

**Wisconsin statutes require that comprehensive plans be updated at least once every 10 years.** After the Town contacted him early this year for assistance, Kevin, who has helped about a dozen communities create or update their plan, met with Plan and Zoning Commission members and explained that the Town could 1) completely revise its existing Plan if a lot of change had occurred in the past 10 years, or 2) keep the existing Plan "as is" and adopt an addendum that would update only key items.



*Franklin Feed Mill along the Sheboygan River*

After hearing the pros and cons of both options, the Commission felt an addendum best met the needs of the Town, since little had changed. Kevin then gathered Census data and other agency resources and put together a 20-page document, which he subsequently reviewed with the Commission, explaining what the data might mean for the future of the Town. Together they also thoroughly discussed revisions to the future land use map, and Kevin may've learned more than the Commission members! After some additional research related to a question about groundwater quantity and high capacity wells, the draft document was ready for public review.

In anticipation of a May 31 public hearing and Town Board consideration, Kevin has begun helping the Town Clerk understand the statutory requirements for adopting an amendment to a comprehensive plan. The hearing notice must cover specific items and adjacent municipalities and school districts, among others, must receive copies of the Plan addendum.

"Wonderful . . . I will look for those documents and then move forward with that timetable. Thanks Kevin!" wrote the Town Clerk.



*Lakeland University's Old Main Hall*



*Your county  
extension office*

Sheboygan County  
UW-Extension Staff  
920.459.5900

Michael J. Ballweg  
Agriculture Agent

Jane E. Jensen  
Family Living Educator

Sarah J. Tarjeson  
4-H Youth  
Development Educator

Linda Robson  
4-H Youth Development  
Program Coordinator

Betsy Warmus  
4-H Youth Development  
Assistant (25%)

Kevin Struck  
Growth Management  
Educator

Laura Apfelbeck  
Nutrition Education  
Program Coordinator  
(shared with Manitowoc)

Kao Vang and  
Janeth Orozco  
Nutrition Education  
Educators  
(shared with Manitowoc)

#### Administrative Assistants

Ann Herzog  
Tammy Zorn  
Nancy Brown

## UW-Extension Sheboygan County

### April 2017 - IMPACT REPORT

*Family Living & Wisconsin Nutrition Education Program (WNEP)*

### Jane Jensen, Family Living Educator

The Family Caregiver Education/Support Group is co-facilitated by Jane on a monthly basis with the Aging & Disability Resource Center. It is the only general family caregiver group in Sheboygan County. **Jane recently focused on starting the conversation about health, legal, financial and end-of-life issues with family members.**

Initiating these conversations may be difficult, but having these conversations will ensure that a plan is created that accurately reflects wishes, and prepares and engages loved ones. It is important to write down what was discussed and to continue talking when necessary. Plans should be reviewed when any of these occur: 1) new decade of life, 2) death of a loved one, 3) divorce, or 4) significant diagnosis or decline in functioning. For more information see [www.eldercare.gov](http://www.eldercare.gov).

### Laura Apfelbeck & Janeth Orozco, Nutrition Education Program / FoodWise

Approximately 30% of two- to four-year-old children in Sheboygan County are overweight according to the Wisconsin Department of Health Services. Because area teachers recently identified nutrition education as a need in their classrooms, Laura and Janeth met with Sheboygan County Head Start manager Brenda Zastro and teachers to schedule lessons.

This spring, **FoodWise intern Amy Catanzaro (UW-Oshkosh) taught two 30-minute lessons in 11 Head Start classrooms (156 students).** Each lesson included a book with an activity, hand washing lesson, and food sample. Students sampled the food raw, and then in a recipe (e.g., avocado, then guacamole; mango, then mango smoothie). Parents received nutrition information and recipes. Several students said they planned to ask for mango or avocado and make the recipe at home.

Few children had ever tried mango before. Some initially refused the food, but then tasted it after seeing others enjoy it. Several children who refused the first sample asked to try the recipe. Most were excited to try something new, interested in learning about the food, and energetic about sharing their experience at home.

Classroom teacher Julie Schwarz said the lessons supported Head Start's efforts to encourage new, healthy foods, and many students were more willing to sample fruits and veggies. Initial results from parent surveys indicate children seemed more willing to try new foods and are washing their hands longer.

Encouraging healthier eating, involvement with food choices, family meals, and safe eating practices at an early age can make the healthy choice the easy choice.



*Article and photo by Amy Catanzaro*

# UW-Extension Sheboygan County

*Agriculture and Natural Resources*

**Mike Ballweg, Agriculture Agent**

## ~ It's All About Improving Water Quality ~

UW-Extension recently hired a **Soil and Water Outreach Coordinator** for the Milwaukee River Watershed. The primary area of responsibility includes the Milwaukee River Watershed and occasionally extending beyond the watershed boundaries and outreach coordinated with Sheboygan, Ozaukee, Washington, and Fond du Lac County Land and Water Conservation Departments. The position is funded by both UW-Extension and the Milwaukee Metropolitan Sewage District.

This position will focus on supporting ongoing soil health and water quality improvement efforts in the Milwaukee River Watershed. UW-Extension is a partner in efforts across the watershed to engage stakeholders with improving soil health and water quality, with an emphasis on rural non-point source concerns. The Soil and Water Outreach Coordinator will be responsible for working with the Milwaukee River Watershed Conservation Partnership (MRWCP) and throughout the Milwaukee River Watershed to create and implement an outreach strategy to share research based information and lessons learned among participating organizations, researchers, the private sector, and other stakeholders.

### Primary duties include:

- Coordinate and deliver informative events to deliver audience specific information and program offerings
- Facilitate Producer Led Watershed-Groups in their meetings and outreach coordination
- Conduct and collect ongoing assessments of watershed stakeholder needs
- Propose and suggest solutions to watershed resource issues and stakeholder needs in implementing resource solutions
- Create a plan of work that integrates needs-based research into outreach programming
- Conduct and report on program evaluations to improve effectiveness and demonstrate value to programmatic and funding partners

## Applying Gypsum to Wisconsin Soils

Gypsum application rates of 1 - 3 tons per acre are claimed to improve soils' physical conditions (reduced compaction, improved water holding capacity), deeper rooting, enhanced biological activity, and maximized growth and yield. The objective of this study is to substantiate these claims. One promising potential benefit for gypsum application at higher rates is the reduction in dissolved reactive phosphorous (P), which could result in reduced phosphorous in runoff. This research hopes to confirm the possible benefits of Gypsum applications.



*UW-Madison Soil Science graduate students measure the rate of water infiltration to assess the effectiveness of gypsum application for reducing soil surface water run-off. (Summer 2016, Plymouth)*

# UW-Extension Sheboygan County

*4-H Youth Development*

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

Since July of 2016, UW-Extension has transitioned to a **Volunteer in Preparation (VIP) Training for all new volunteers**. This includes adults who work with 4-H Youth Development, the Master Gardener Program, Family Living, and Community Resource Development. Presently, there are over 20,000 volunteers in Cooperative Extension.

There are 4 steps that need to be completed to become an enrolled volunteer with UW-Extension:

1. Complete an Application Form
  - This is done yearly and includes agreeing to the Volunteer Behavior Expectation Form and the Assumption of Risk statement.
2. Complete the Online Mandatory Reporter Training
  - All volunteers are required to complete this training at least once.
3. Successful Background Check
  - 4-H Volunteer leaders go through an initial background check that is repeated every 4 years.
4. Complete the UW-Extension Volunteer in Preparation (VIP) Training
  - This is an in-person, two-hour training. This training is an opportunity to ensure that volunteers understand their connection to UW-Extension as a whole, as well as the local program they are volunteering for.

Specifically for 4-H, we also cover topics such as Essential Elements, Life Skills, Experiential Learning, and Youth Adult Partnerships. These are considered cornerstones of 4-H Youth Development. Those attending the training go through practical scenarios that relate to 4-H. This helps the volunteers see that what they are doing with the youth really does make an impact.

Through the Sheboygan County 4-H Youth Development Program over 30 volunteer leaders have gone through this training. The volunteers have said that they have gained a better understanding of 1) their responsibilities within 4-H, 2) how to report child abuse, and 3) the resources that are available to help them. Many volunteers say that they strongly agree that the examples and scenarios provided help them understand risk management, positive youth development, and the cornerstones of 4-H Youth Development.

