



UW-Extension Sheboygan County May 2016

4-H Youth Development

Sheboygan County
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Agriculture &
Extension Committee

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UW-Extension
Sheboygan County
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University of Wisconsin,
United States Department
of Agriculture, and
Wisconsin Counties
cooperating.

University of Wisconsin-
Extension provides equal
opportunities in employ-
ment and programming,
including Title IX & ADA.

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

4-H Interviews and Communications

There are a number of opportunities in 4-H for young people to learn valuable interviewing skills. 4-H members participate in interviews for Camp Counselor Staff, Scholarships, Project Awards, Trips and Experiences, Project Scholarships, Summer Internships, and more. Most people know that interviewing skills are important; but what are youth actually learning through these experiences? There are many valuable life skills that youth must practice and develop to be successful in an interview.

Intentional active listening on the part of the interviewee must take place. This high-level of listening is invaluable in picking up cues from the interviewer about the qualities they seek. When prepared, an interviewee will be able to pick up on these cues and speak to their experience in these areas. Some opportunities require leadership, while others demand more project experience; speaking to the need helps young people be successful in reaching their goals.

Adolescent brains are not advanced enough for planning and preparation to come easily, but an interview is a chance for a young person to think in a critical way about what might be asked and to prepare with appropriate responses. Even more than getting enough rest, showering, and dressing appropriately, this critical preparedness makes the interview experience a vital educational aspect of our program.

Learning to talk about oneself while building rapport is not a simple task for anyone, including most adults. However, the ability to connect with an interviewer by using their name, listening for cues about their interests, and speaking their language goes a long way toward a successful interview. In addition, the ability to speak about oneself in a confident and poignant way takes practice and effort. Further, learning to share what others have said or feel about you can also be a useful tool.

But don't take it from us, here are some reflections from 4-H alumni about the opportunities to participate in interviews through the Sheboygan County 4-H Youth Development Program:

The interviews I participated in as a 4-H member really gave me an advantage over other interviewees who hadn't had previous interview experience. My interviews not only gave me an idea of the questions that I would be asked, but also gave me the ability to answer those questions with confidence and conviction. I know that the subsequent job offers I have received can be credited in part to the interviewing skills I gained as a 4-H member. – Claire Ohman

The interviews I have participated in through 4-H have helped me apply for jobs and scholarships. They have helped me become more comfortable talking to authority figures. – Anna Burkhardt



Your county
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Agriculture Agent

Jane E. Jensen
Family Living Educator

Sarah J. Tarjeson
4-H Youth
Development Educator

Linda Lueder
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
Victoria Deterding

UW-Extension Sheboygan County May 2016 - IMPACT REPORT

Family Living & Wisconsin Nutrition Education Program (WNEP)

Jane Jensen, Family Living Educator

Federal law gives everyone the right to a free credit report from each of the three major credit bureaus every 12 months from AnnualCreditReport.com. UW-Extension makes it easy for consumers to review their reports through its **“Check Your Free Credit Report Campaign”** at <http://fyi.uwex.edu/creditreport>. The website lets you sign up for reminders to check your free credit reports and provides guidance on how to get and read your free reports. The website has additional information on how long different types of credit information can stay on a report and steps to take to increase your credit score.



Credit reports affect people's lives in a wide variety of ways that go beyond their ability to get a loan and how much they pay for credit. It is completely up to you to look over your own credit report for mistakes that should be removed, out-of-date information, and signs of identity theft. Research indicates around 20% of reports contain errors. Still, only about one-in-three Wisconsin adults look at their report each year. Visit the campaign's website to get started.

Laura Apfelbeck, Nutrition Education Program Coordinator

At the May 3 Hunger Summit in Wisconsin Rapids, Laura learned that people of low income actually have marginally better eating habits than the rest of us. However, when healthy calories are more expensive than unhealthy calories, poorer people must make difficult decisions.

A new initiative developed by the Sheboygan County Activity and Nutrition group, which includes UW-Extension, will help make those decisions less difficult for low income families. **The Sheboygan Farmers Markets will feature a Double Your Bucks program for Food Share-eligible families using their electronic benefits cards or EBT.** For 10 weeks this summer, they will be able to double up to \$10 in EBT money for purchases of fresh fruit, vegetables, and herbs.



St. Nicholas Hospital, in partnership with Healthy Sheboygan County 2020, is setting aside \$8,000 for the program, which will coincide with the Children's Day programming in Sheboygan. Children's programs will be led by the 4-H Youth Ambassadors, and WNEP nutrition educators will be on hand to lead Farmers Market tours and share recipes for featured vegetables and fruits with parents.

UW-Extension Sheboygan County

Agriculture and Natural Resources

Mike Ballweg, Agriculture Agent

Bringing University of Wisconsin Specialists to the Sheboygan County Area

Approximately 120 area farmers and industry agronomists attended the 2016 Agronomy Day to learn about cropping systems research to improve crop profitability while protecting our soil and water natural resources.

UW-Madison faculty presenting at the 2016 Agronomy Day program included: Dr. Shawn Conley, Soybean & Small Grain Specialist; Dr. Damon Smith, Field Crop Plant Pathologist; Dr. Joe Lauer, Corn Production Specialist; and finally Devin Hammer, Weed Science Graduate Student, UW-Madison.

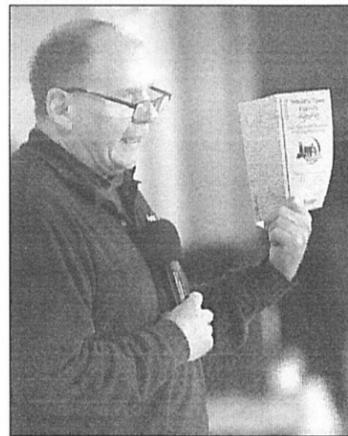
A grain crops Market Outlook was provided by Naomi Blohm, Senior Market Advisor, Steward-Peterson Group, West Bend.

One-hundred percent of 2016 Agronomy Day survey respondents rated the overall quality of the program as either excellent or good. One hundred percent said they would like another Agronomy Day Program in 2017.



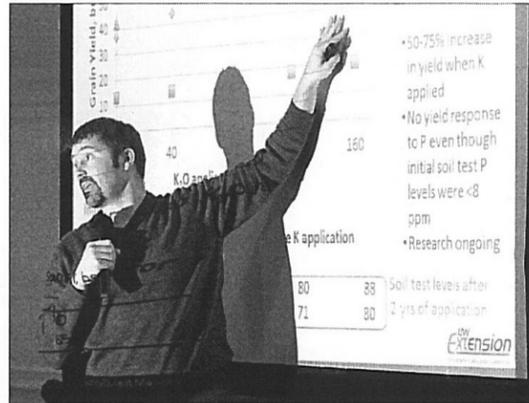
Steve Wilkens of Random Lake discusses his work as a member of the Wisconsin Soybean Marketing Board. The board oversees about \$2 million in assessment fees paid by Wisconsin soybean growers. The money is used to support the industry through research, market development and consumer education.

Area Farmers Gather for Agronomy Day



Mike Ballweg, the UW-Extension crops and soils agent for Sheboygan County, welcomes more than 120 farmers to the 5 Pillars Supper Club, Random Lake, on Feb. 18.

THE SOUNDER, Random Lake, WI
Feb. 25, 2016 - Page 7



Shawn Conley, a soybean specialist from the UW-Madison College of Agriculture, discusses crop production during Thursday's Agronomy Day. The event was sponsored by UW-Extension offices in Sheboygan, Ozaukee and Washington counties.



Farmers (from left) Mark Schleicher, Jerome Zimbal and Rich Bach, all from the Sheboygan Falls area, listen to the crop presentations.



Andy Walsh (left) of Adell, district manager for Deer Creek Seed Co., discusses products with Terry Groth, a farmer from Jackson.

UW-Extension Sheboygan County

Community Growth Management Education

Kevin Struck, Growth Management Educator

The Black River area in the Town of Wilson is one of the jewels of Sheboygan County. Nestled along the shores of Lake Michigan, the heavily wooded area is home to Indian Mound Park, the James Tellen Woodland Sculpture Garden, and miles of hiking and biking trails. In the midst of all this—the heart of the community—sits the 2.2 acre Fireman's Park and Jung Bell Tower Park site.

Heavily used over the years, the site is due for some enhancements. A member of the Wilson Parks & Forestry Commission, Greg Hopkins, has helped lead an improvement project to add a water fountain, gazebo, toilet facility, and fitness trail to the park complex. In the hope that the Sheboygan County Stewardship Fund will be a source of funding for these improvements, Greg has submitted a grant application for the current funding cycle.

A key part of the grant submittal were the maps that accompanied it, particularly the professional looking Site Plan. When Greg contacted Kevin, he was unsure what maps would be required and he was especially concerned about how to create the Site Plan. Knowing that Kevin had been instrumental in previous successful grants for the Town, Greg met with Kevin and together they 1) determined which maps would be necessary, and 2) sketched out a preliminary Site Plan. After Kevin created the final maps and Site Plan using GIS software, they met again to make sure everything was correct. Above is a small copy of the final product.

