



Sheboygan County
Planning, Resources,
Agriculture &
Extension Committee

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UW-Extension
Sheboygan County
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Community Growth Management Education

Kevin Struck, Growth Management Educator

In addition to a number of ongoing projects, a wide variety of requests have come Kevin's way recently. . . .

Some consideration is currently being given to the usefulness and feasibility of a **county-wide transit system** to enable potential workers from the City of Sheboygan without reliable transportation to get to employers such as Johnsonville, Sargento, and others scattered throughout the County. Sheboygan County Chamber of Commerce Executive Director Betsy Alles asked Kevin for help improving a survey she had created to determine whether such workers would use a transit system. After undertaking some research, Kevin found feasibility studies and surveys other counties had done and sent them to Betsy. "Wow Kevin . . . nice search. I think a meeting with Aaron Brault and Derek Muench [Sheboygan Director of Transit & Parking] might be a good next step." A meeting is planned for late April.



A plan commissioner from the Town of Wilson asked Kevin to meet with him to explain how the Town's zoning regulations and the policies of the Town's comprehensive plan relate to the proposal put forth by the Kohler Company for an **18-hole golf course along Lake Michigan** north of the state park. The plan commissioner wanted to be prepared for upcoming discussions and decisions regarding a conditional use permit. "Thank you Kevin, I understand this much better now."



The County Planning & Conservation Department is in the process of updating its **Land and Water Resource Management Plan**. As a component of the plan groundwater quality and protection is emphasized. Department staff asked Kevin whether he had any summary information regarding the well testing that has been done in the County. Kevin created two maps—one for bacteria and one for nitrates—and recommended www.uwsp.edu/cnr-ap/watershed/Pages/wellwaterviewer.aspx.

A landowner in the Town of Mitchell would like to **divide a parcel into four residential lots** and asked for Kevin's advice about how to proceed. Kevin reviewed the site plan and helped the landowner tailor the lot sizes and locations to meet the standards of the Town's ordinances and be in harmony with the comprehensive plan, which allows a limited amount of large lot (3-acres +) residential development in this particular area. In the process, Kevin found some omissions in the Town's zoning ordinance that he will bring to the attention of the Town in the future in an effort to make a good ordinance even better. "We value your experience and expertise," wrote the landowner in a recent letter. "I couldn't have done this without your help."



*Your county
extension office*

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Michael J. Ballweg
Crops & Soils 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

~ Vacant ~
Dairy & Livestock Agent

~ Vacant ~
Nutrition Education
Program Coordinator
- and -
Nutrition Education
Educator
(shared with Manitowoc)

Administrative Assistants

Ann Herzog
Nancy Meyer
Tammy Zorn

UW-Extension Sheboygan County April 2015 - IMPACT REPORT

Agriculture and Natural Resources

Mike Ballweg, Agriculture Agent/Crops & Soils

Green Industry Professionals Continue to Improve Knowledge & Refine Skills

Approximately 100 Green Industry professionals attended the 2015 Landscape & Grounds Maintenance Short Course (LGMSC) in February.



The LGMSC's goal is to provide UW-Extension information and education that allows Green Industry professionals to improve the quality of service and the profitability of their horticultural business.

More than 99% of those completing the survey rated the short course as either excellent or good.

Comments included: "Keep up the good work."

Topics & Speakers included the following:

- ◆ **Diagnosing Plant Diseases**
Dr. Brian Hudelson
UW-Extension Plant Disease Specialist
- ◆ **Seeding for Success: Seeds, Coatings, and Establishment Techniques for Getting Results**
Dr. Doug Soldat
UW-Extension Soil Specialist
- ◆ **Knowing Your Insect Control Options for Trees and Shrubs—Updates on Managing EAB?**
PJ Liesch
UW-Extension Insect Specialist
- ◆ **What's Wrong with My Turfgrass—Deciphering What Killed Your Lawn and What You Can Do to Prevent It**
Paul Koch
UW-Extension Turfgrass Specialist
- ◆ **The Big Chill: Cold Hardiness and Winter Injury**
Dr. Laura Jull
UW-Extension Woody Ornamental Specialist
- ◆ **Wildlife Management in Human-Dominated Landscapes**
Dr. David Drake
UW-Extension Wildlife Specialist

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4-H Youth Development

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

The 4-H Youth Development Program is CHATting with teens to encourage youth to Choose Health! The **Choose Health Action Teens (CHAT) Program** recruits and trains teens to help teach the *Choose Health: Food, Fun, and Fitness (CHFFF)* curriculum to younger youth. (See more on the CHFFF curriculum below.) A minimum of 10 hours of high quality training on the CHFFF curriculum enables the teens involved to become successful leaders. They will receive mentoring and ongoing support (such as debriefing after teaching sessions, etc.) from Sheboygan County UW-Extension staff. UW-Extension staff will also help prepare and co-facilitate each lesson and participate in the evaluation portion of this program.



This program has been developed by Cornell Cooperative Extension's 4-H and Nutrition departments and integrates youth civic engagement with efforts to encourage healthy lifestyles by engaging teens in teaching healthy eating and active living to younger youth. Training is provided by Cooperative Extension educators to mentor local teens to be "CHATS" who will then teach the nutrition curriculum, *Choose Health: Food, Fun, and Fitness* to 8-12 year olds within their community.

By co-leading delivery of this curriculum, teens gain experience in facilitation skills and effectively teaching younger youth, while also learning health, nutrition, and fitness information they can use in their own lives. An evaluation process has been provided by Cornell University to document the impacts of this program.

The teens will deliver the **Choose Health: Food, Fun, and Fitness (CHFFF)** Program, a six-lesson curriculum aimed at 8-12 year olds that uses experiential learning to teach healthy eating and active play, targeting those behaviors research shows to be most important for preventing childhood obesity and chronic disease. This curriculum includes hands-on learning activities, food preparation, active games, and a parent newsletter.

There are seven behavior goals built into the *Choose Health* curriculum. They are:

- Drink water and low-fat milk instead of sweetened drinks.
- Eat more vegetables and fruits.
- Eat fewer high-fat or high-sugar foods and more nutrient-rich and high-fiber foods.
- Eat only as much and as often as you need to satisfy your hunger.
- Move actively 60 minutes a day.
- Limit recreational screen time (e.g., TV, video games, computer) to 1-2 hours a day.
- Promote healthy behaviors.

This curriculum is aimed for a suggested group size of 10-12 children and uses experiential learning to teach healthy eating and active play. In each lesson, learners will play active games, taste and/or prepare food, and set goals for healthy eating and activity.

These program are being delivered in the Sheboygan and Plymouth Area School Districts during afterschool and Spring Break times.

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Family Living & Wisconsin Nutrition Education Program (WNEP)

Jane Jensen, Family Living Educator

As part of a broader initiative to look at the food system in Sheboygan County, Jane was asked to collaborate with the United Way, the Sheboygan County Food Bank, and Nourish to do an up-to-date assessment of the ability of "food insecure" households to access the necessary quantity and quality of food to have a healthy life. **Food insecurity** has been defined as "limited or uncertain availability of nutritionally adequate and safe foods, and the assured ability to acquire personally acceptable foods in a socially acceptable way." (American Institute of Nutrition, 1990).

The initial assessment phase is focusing on food pantry participants. The second phase will focus on the food pantry providers.

Food pantry participant survey instruments were developed by the aforementioned team to allow participants to complete a written survey or be interviewed by a team member. Jane was able to bring the resources of UW-Extension Evaluation specialists to the table to review and suggest revisions to the instruments based on current research. Jane and the Food Bank coordinator piloted the instruments with a number of food pantry consumers in order to improve its effectiveness. Surveys are being conducted throughout the month of April at all Sheboygan County food pantries, including those in Sheboygan, Plymouth, Sheboygan Falls, and Random Lake (Adell).



Data is being collected regarding the food security situation in each household, specifically:

- ◇ Why households do not have enough to eat
- ◇ What programs are being used by households for food assistance

The survey instrument also asks about the availability of food at the pantries as well as what other resources would be helpful if made available (e. g., recipes, a community meal, nutrition education, job information, information on health care and dental services, housing assistance, health insurance, etc.) It also asks about what pantry participants perceive would help them or other families get enough food to eat. Demographic information is also being collected as part of the anonymous surveys. The surveys will be completed by the end of April, with the team analyzing the results in May and formulating an action plan. The draft report will be released in the summer of 2015.

For a listing and addresses of the 10 food pantries located throughout the City of Sheboygan and Sheboygan County, go to <http://www.sheboygancountyfoodbank.com/county-food-pantries.html>

A Sample of Upcoming UWEX Programs

- May 12—Family Caregiver Education Group, 1:30 - 3:00 PM, Aging & Disability Resource Center
- May 4, 11, 18—Strengthening Families Program 10-14, 5:30 - 8:00 PM, Oostburg Middle School