



# UW-Extension Sheboygan County

## November 2015

### Community Growth Management Education

Sheboygan County  
Planning, Resources,  
Agriculture &  
Extension Committee

Keith Abler  
Chairperson

Fran Damp  
Vice-Chairperson

Libby Ogea  
Secretary

James Baumgart  
Ed Procek  
Members



Use your phone, iPad or tablet camera to scan the code above to find UWEX on the web! (Barcode Reader or Google Goggle apps may be needed.)

UW-Extension  
Sheboygan County  
5 University Drive  
Sheboygan, WI 53081  
920-459-5900

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.

### Kevin Struck, Growth Management Educator

**F**indings from the recent **well water testing program in the Towns of Herman and Mosel** were revealed to an audience of over 50 residents in October. Kevin partnered with the Water and Environmental Analysis Lab at UW-Stevens Point and a UW-Extension groundwater specialist to bring the program to both towns. An initial total of 108 wells were tested for a variety of factors, including bacteria, nitrate, pesticides, arsenic, lead, copper, and zinc—all of which can pose health issues. A rather sobering 45% of participating households indicated they had either never tested their well water or didn't know when or if it had been tested.

Fortunately, not a single well had levels of **nitrate** above the drinking water health standard. According to the lab, nitrate is the most common chemical contaminant in Wisconsin groundwater. More good news: no detectable level of **Atrazine** (a common agricultural pesticide) was found in any of the 33 wells tested for it.

The findings were not quite as positive for several other contaminants, however:

- \* **Coliform bacteria** were found in 24 wells. Follow-up tests found E. coli present in 3 of these samples.
- \* **Arsenic** was detected at levels above the health standard in 5 of the 53 wells tested. (Arsenic occurs naturally at low levels in soil and bedrock. Levels slightly above the health standard do not constitute an immediate danger. Rather, the concern is long-term, where exposure has been linked to skin and other cancers.)
- \* **Lead and copper** were each found in one well at levels above the health standard.

Well owners whose samples had any of the above problems were given information about treatment options such as chlorination or filtering.

Now that Kevin has had the opportunity to run programs in 8 different towns since 2011, he can begin to combine the numbers and gain insights into water quality and quantity within the County. Generally speaking, well depths become deeper as problems with quality, and especially quantity, appear. It is not unusual for new wells to be drilled to depths of 500 feet in Waukesha County, for example, where higher population density has caused a drawdown of area aquifers. For now, at least, well depths in Sheboygan County remain at very reasonable levels.

#### WELL DEPTHS for Program Participants in Plymouth, Mitchell, Lima, Lyndon, Sheb. Falls, Wilson, Mosel & Herman

	100 ft or less	101–200 ft	201 ft +	Unknown*
Number of wells	51	136	74	336

\* The vast majority of the “unknown” are likely older wells for which depth information is not easily found. Since older wells are typically shallower, the number of wells under 200 feet is probably much larger than what is shown in the table.



### 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 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)

~ Vacant ~  
Nutrition Education  
Educator  
(shared with Manitowoc)

### Administrative Assistants

Ann Herzog  
Tammy Zorn

# UW-Extension Sheboygan County

## November 2015 - IMPACT REPORT

### Agriculture and Natural Resources



### Volunteer Service in 2015

Youth Ed	69 hours
Adult Ed	466 hours
Support	3,904 hours
Total	4,439 hours
Value*	\$98,734

Since 2000: 59,689 hours at a value of over \$1,102,037



### Where can you find activities by MGVs in Sheboygan County?

- Old Plank Road Trail
- Generations - Plymouth
- Marsh Park Tower
- Kohler Andre State Park
- Meals of Wheels Gardens
- UW-Sheboygan Campus
- Plymouth Art Center
- J M Kohler Arts Center
- Sharon Richardson Community Hospice
- And others



### Mike Ballweg, Agriculture Agent

**T**he Master Gardener Program in Sheboygan County started in 1988. Over 365 people have been trained since that time, and there are currently 70 certified Master Gardener Volunteers (MGVs) for 2016. The UWEX Educator facilitating the MG Program is Agriculture Agent Mike Ballweg.

### Programs Educate the Public

An extensive offering of educational programs reached more than 300. MGVs organized eight educational programs on a variety of topics—including *Gardening for the Senses*, *Low Maintenance Lawns/Do's and Don'ts of Spring Lawn Maintenance*, *Choosing the Best of the New Plants Without Overlooking the Best of Old*, and *Pondside Gardens*—for MGVs and the general public.

### Hospice Garden Offers Tranquility, Healing

The Sharon S. Richardson Community Hospice accepts end of life patients regardless of ability to pay. An integral part of the Hospice's philosophy is that patients and their families find peace, tranquility, and healing when surrounded by the beautiful things in nature. MGVs contributed to nurturing that philosophy by enhancing the landscape and aesthetics of the hospice grounds and introducing the concept of "horticultural therapy." The hospice center is beautified with flower gardens that enhance the wellness of patients, their caregivers, and the hospice staff. MGVs have provided the gardening advice, nurtured the rose garden, planted 500 daffodil bulbs, and are an essential part of the long-term planning for helping to provide an environment that creates tranquility and healing.

### MGVs Answer Gardening Questions

The Sheboygan County Horticultural Hotline is staffed by MGVs Tuesday and Thursday afternoons from May through September, answering hundreds of horticulture-related requests throughout the growing season.

\* Using the current estimated dollar value of volunteer time in Wisconsin of \$22.24 per hour, from Independent Sector. Cumulative value based on previous annual estimates.

# UW-Extension Sheboygan County

## 4-H Youth Development

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

### Youth Learning Citizenship and Community Contribution

Our young people are capable, confident, and willing to engage in their communities in a variety of ways. However, many factors point to a lack of engagement of youth in meaningful opportunities, including:

- A decline of trust in public institutions and public leaders.
- A lack of meaningfulness in civic experiences.
- Compared to the international average, a lack of understanding of the role of a citizen and of citizens' political rights.

This is unfortunate, because civic engaged youth are more likely to register to vote, write to a public official, investigate compelling political issues, and participate in lawful demonstrations.

*The Positive Development of Youth: Comprehensive Findings from the 4-H Study of Positive Youth Development*, is a longitudinal study that began in 2002 and was repeated annually for eight years, surveying more than 7,000 adolescents from diverse backgrounds across 42 U.S. states. It is highly regarded as the first-ever research project of its kind. The study defined and measured positive youth development, including the development of community engagement and citizenship. Compared to their peers, the report shows that youth involved in 4-H programs are about *four times* more likely to make *contributions to their communities* (Grades 7-12) and *two times* more likely to be *civically active* (Grades 8-12).



Colin Newcomb visits with County Board Supervisor Fran Damp.

Sheboygan County 4-H Youth Development Educators place a concerted emphasis on the development of citizenship and life skills throughout the 4-H year. Young people are provided with opportunities to 1) serve as officers in their clubs, 2) chair activity committees, 3) serve as project leaders, and 4) serve on countywide boards and committees. These opportunities provide youth with essential leadership, communication, and decision-making skills. Members who hold leadership positions are more likely to participate in other leadership roles at school and later in the community as adults. Today's 4-H youth leaders may be tomorrow's town supervisors, village board members, city council members, school board members, Fair Board members, or other community leaders.



Julian Arbuckle speaks before the Sheboygan County Board.

Each fall 4-H Youth Development Staff and volunteers plan and facilitate a **4-H Club Officer Training** for youth planning to serve in leadership roles within their club or the County 4-H program. The training allows young people to enhance their leadership skills by 1) becoming familiar with the different officer duties, 2) learning basic parliamentary procedure in order to conduct effective meetings, 3) learning how to manage their group's finances, and 4) learning how to document their club's business activities.

In addition, 4-H offers the opportunity to young people and adults to increase their understanding of parliamentary procedure through training and practice. These skills help reduce anxiety and prepare constituents to engage in the civil processes used throughout our government.

# UW-Extension Sheboygan County

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

Jane Jensen, Family Living Educator

**F**ollow-up evaluation for the six-part **Powerful Tools for Caregivers** (September - October, 2015) co-facilitated by Jane found that all participants indicated they had increased skills after the series. They said they had more confidence in their caregiving ability and that they were more able to assert themselves with others to get help. The participants also described increased abilities in 1) self-care and stress reduction, 2) locating caregiving resources, 3) making difficult caregiving decisions, 4) taking care of their personal health, and 5) dealing with their emotions. All indicated they planned to use a minimum of eight of the tools learned through the series, which included: action planning, long range goal setting, assertive and Aikido communication, "I" messages, relaxation tools, family meetings, positive self-talk, etc.

Participants had been in their caregiving role for one to 14 years. Four of the employed family caregivers indicated their caregiving responsibilities had caused them to: 1) respond to calls or emergencies during work hours, 2) arrive at work late or leave work early, 3) miss days of work, 4) take leave of absence, 5) be at work but feel unable to focus, 6) use break/lunch times to arrange for caregiving services, 7) turn down work-related travel, 8) rearrange their work schedule, and 9) consider leaving employment entirely. These individuals used sick leave, flexible hours, vacation, and time off without pay to fulfill caregiving responsibilities. The employed family caregivers said they would not have been able to participate if Powerful Tools had not been offered in the evening. The family caregivers that attended the evening series were also younger caregivers who are balancing paid employment with unpaid caregiving responsibilities.

Every participant said they would recommend the series to other caregivers. Comments included:

"I really appreciate the care the group leaders showed to those attending to make it worthwhile." ... "I feel that this course was the best thing for me at this time. The facilitators were very knowledgeable and were great." ... "I am so glad to have the chance to participate in this class. It is an excellent class."

Laura Apfelbeck, Nutrition Education Program Coordinator

**Wisconsin has the nation's 14th highest adult obesity rate** (*The State of Obesity: Better Policies for a Healthier America*). The good news? We used to be first. The bad news? We aren't losing weight—others are gaining.

Wisconsin's adult obesity rate is 31.2%, nearly three times the rate in 1990. Sheboygan's rate is 25% (County Health Rankings & Roadmaps).

**Obesity has more than doubled in children in the past 30 years** (Centers for Disease Control and Prevention), making them more susceptible to cardiovascular disease, prediabetes, bone/joint problems, sleep apnea, and poor self-esteem.

Higher obesity rates occur among groups with higher poverty rates and the least education (*American Journal of Clinical Nutrition*). Poorer families struggle to purchase high quality food, and their neighborhoods offer fewer safe places to play outside. Thus, WNEP offers educational programs to increase the likelihood that low income families choose healthy foods and active lifestyles. Sheboygan programs include schools with 50% or more students receiving free or reduced price lunches, WIC participants, Head Start families, and food pantry customers.

