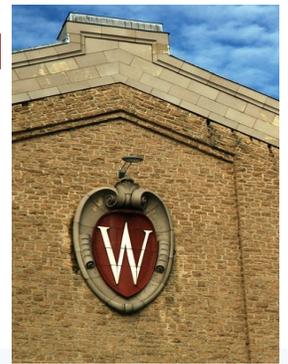


EXTENSION, MANITOWOC COUNTY NEWSLETTER

February 2020



Zero Suicide

By: Cath Tease , Health and Well Being Educator

Hello. My name is Cath Tease and I serve as the Health and Well-Being Educator at Extension, Manitowoc County. I've been meeting with key stakeholders to assess local needs.

This month I thought I would share about the very important work of Zero Suicide. Zero Suicide believes ZERO is the only acceptable number of suicides. I learned that Zero Suicide is part of Healthiest Manitowoc County's Substance Abuse and Mental Health coalition and collaborates with Prevent Suicide Manitowoc County. Zero Suicide is a community-wide movement that reduces suicide risk by changing the conversation.

We're going to hear a lot more about QPR (Question, Persuade, and Refer) - three simple steps anyone can take to help save a life from suicide. Just as people trained in CPR and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.

Zero Suicide is working to train 5,000 people in Manitowoc County in QPR. We'll train schools, businesses, hairdressers, bus drivers, neighbors, churches, civic organizations, squad leaders, coaches, caseworkers, firefighters, law enforcement, parents, and other community members. People trained in QPR save lives. I am excited to help Zero Suicide reach their goal.

If you or someone you know is experiencing an immediate crisis please contact the National Prevent Suicide Hotline 24/7 at 1-800-273-TALK or 24/7 Text Hopeline at 741 741.

Manitowoc County Forage Council Annual Meeting and Forage Seminar Scheduled for March 3rd

By: Scott Gunderson, Agricultural Agent

Alfalfa winterkill, record precipitation, below normal temperatures, delayed planting, excessive mud, and brutal harvest conditions made for a difficult year for farmers and custom business owners in 2019. The effects of Mother Nature from last year certainly have had, and will continue to have, an impact on feed inventories and quality throughout Eastern Wisconsin. To help address some of these issues, the Manitowoc County Forage Council Forage Seminar and Annual Meeting is scheduled for March 3rd from 10:00 a.m. to 2:45 p.m. The seminar will be held at the Farm Wisconsin Discovery Center located at 7001 Gass Lake Rd., Manitowoc.

The agenda for the meeting, including topics and presenters, is listed below.

- 10:00 am Panel- How to Deal with Inadequate Tillage-Options for Different Field Conditions
- 10:45 am Corn Planter Set-up-Including Set-up for No-Tilling Into Alfalfa
- 11:30 am Possible Seed Shortages-Here's What Seed is Available and What's Not
- 12:00 pm Lunch
- 1:00 pm Manitowoc County Forage Council Annual Meeting and Midwest Forage Association Update
- 1:30 pm Update on Wildlife Damage Program
- 1:45 pm Panel-Experiences Growing, Harvesting, Storing, and Feeding Alternative Forages

The registration fee for this meeting, which includes lunch and materials, is \$25 per person if received by February 24th. The fee is \$35 per person after that date. The Manitowoc County Forage Council Forage Seminar and Annual Meeting is sponsored by the Manitowoc County Forage Council, Extension Manitowoc County, and the Midwest Forage Association. For more information, contact the Extension, Manitowoc County office at 920-683-4175.

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Tractor & Farm Safety Camp, Camp TaPaWingo, April 24-26, 2020

By: Kevin A. Palmer, 4-H Youth Development Educator

Does your son or daughter work on a farm during the summer? Do you hire youth to work on your farm during the year? Do these young people have adequate safety training?

Accidents cause more deaths to individuals between the ages of 15 and 24 than all other causes combined. To help reduce accidents, a Tractor & Farm Safety Camp is being coordinated by Extension, Manitowoc County. The course focuses on the safety aspects of operating farm equipment and daily farm tasks. To complete the course, youth must attend all sessions and pass a written and a driving exam.

Federal law requires that youth younger than 16 years must be certified before being hired to work with tractors and tractor machinery. Effective May 1, 1996, state law mandated that no person may direct or permit a youth younger than 16 years of age to operate a farm tractor or self-propelled implement on a public road unless the youth has been certified as successfully completing a tractor and machinery certification course. Youth must be the minimum age of 12 by the first day of the Tractor & Farm Safety Camp in order to register.

Teenagers who drive a tractor for their parents may still do so without the formal training program as long as they do not operate the tractor on a public road. The law also does not apply to situations where a youth is driving a tractor and implement directly across (perpendicular to) a public road.

If you intend to hire any teenagers on your farm, make sure that they enroll in this course for your protection as well as theirs. There are penalties for not complying with the law. Also, some insurance companies have indicated that, technically, they cannot cover an accident to an untrained youth.

According to the U.S. Department of Labor, farm tractor accidents cause more fatalities than any other type of accident on the farm. Accidents involving farm tractors result in about 270 deaths annually in the United States. Don't be a statistic! Get your certification now!

For more information or to register: <https://manitowoc.extension.wisc.edu/>

Growing Goodness at Monroe Elementary

By: Laura Apfelbeck and Kaila Stencil, FoodWise

Manitowoc is covered in snow, but first grade students at Monroe Elementary are enjoying fresh lettuce and spinach from their garden.

In collaboration with Grow it Forward, FoodWise Nutrition Educator Kaila Stencil secured a grow tower for use in Sara Lallensack's first grade classroom. Grow towers are hydroponic, no soil is needed, and lighted, so plants receive sufficient light, even during a Wisconsin winter.

Grow it Forward CEO Amber Daugs loaned the grow tower and provided instruction so that Lallensack and Stencil could help students plant lettuce, spinach, kale, rainbow chard, basil, and arugula. Stencil offered nutrition education and Lallensack reinforced those lessons, maintained the garden, and encouraged the students to sample fresh greens.

Children are frequently reluctant to try new foods, especially vegetables but Stencil said, "Students are absolutely LOVING this technology in their classroom. They are so eager to try new vegetables that many have never tried."

What do the students have to say?

"My favorite is the lettuce. It's kind of sweet."

"The coolest thing is that the plants keep getting bigger and we try them throughout the day."

They're really healthy, and they're really good!"

The goal is to rotate the grow tower so many children can experience growing and tasting fresh vegetables.

Extension, Manitowoc County and the FoodWise program received some state and local attention for these efforts including *Midwest Farm Weekly*, WFRV television program with Millaine Wells; Manitowoc Public School District's Winter 2020 edition of *Connection*, a quarterly family newsletter; and the state FoodWise newsletter's January edition of *FoodWise News & Updates*.



Monroe students planting lettuce in the grow tower.



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