

EXTENSION, MANITOWOC COUNTY NEWSLETTER

May 2020



Dairy Farmers Continue to Face Challenges as a Result of COVID-19

By: Scott Gunderson, Agricultural Agent

The current dairy situation has caused excess dairy products to build up at milk processing plants. Some dairy farmers have been instructed to reduce milk output.



What options are available for dairy farmers? The sale of cows is one option. The ability to sell cows depends on the availability of buyers and meat processors. In cases where processing plants are closed, producers may choose to retain cows to improve condition and carcass value and allow time for processing plants to become available.

For dairy farms milking three times daily (3X), switching to two times daily milking (2X) is an option to reduce milk production. This may result in a reduction of about eight pounds of milk per cow per day. High producing cows may be stressed if switched to 2X. Better candidates for reducing milking frequency include fresh cows, mid- to late-lactation cows, and cows past peak production. Possible advantages of partially going to 2X is a decrease in feed intake in addition to a reduction in other costs (labor, supplies, and electricity).

Changing the diet can reduce production through reduced nutrient intake. Increasing fiber levels through greater forage content, lower quality forages, or high-fiber byproducts will lead to lower energy and feed intakes. Decreasing energy supplements and optimizing protein will help reduce production and may be useful for cows switched to 2X milking.

4-H Programming in a COVID-19 Environment

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



I think 4-H programming in a COVID-19 environment can be best summed up by the 4-H slogan: **Learn by Doing!** Cleveland Clever Clovers 4-H Club did just that for their April 4-H Club meeting.

4-H Club Main Leader, Heidi Belitz, delivered supplies for painting a picture to her club members before the Safer at Home order was announced. Heidi's daughter and former Cleveland Clever Clover, Katie Belitz, then led the group in a virtual setting and painted a picture for their Sunday club meeting. I think you will agree with me that the results are fantastic!

This year Manitowoc County is partnering with Winnebago, Fond du Lac, and Dodge counties for the 4-H Fashion Revue. The 4-H Fashion Revue is open to all 4-H members in the clothing, crocheting, knitting, Cloverbud, and Exploring projects. To enter the 4-H Fashion Revue, youth create and model a garment. Participants are graded on the garment itself, their creativity in the project, and the overall appearance of the garment on the model. The 4-H Fashion Revue was going to be held at UW-Madison Division of Extension-Fond du Lac County on June 15 at 6:00 pm, however, with COVID-19 it has been moved to a virtual format via Zoom! If you would like to attend, please contact the Extension office for connection information.

And finally, the annual Manitowoc County 4-H Talent Show will be moving to a virtual format in June. More details will be shared in the next newsletter.

EXTENSION, MANITOWOC COUNTY

MANITOWOC COUNTY STAFF

ROBERT BURKE—

AREA EXTENSION DIRECTOR

SCOTT GUNDERSON—

AGRICULTURE AGENT

KEVIN PALMER—

4-H YOUTH DEVELOPMENT EDUCATOR

LAURA APFELBECK—

FOODWISE COORDINATOR

CATH TEASE

HEALTH & WELL-BEING EDUCATOR

KAILA STENCIL-

FOODWISE NUTRITION EDUCATOR

WENDI HOLSCHBACH—

PROGRAM ASSISTANT

KENDRA MAHUNA-

PROGRAM ASSISTANT

Gardens to Reduce Food Insecurity

By: Laura Apfelbeck, FoodWise Coordinator & Kaila Stencil, Nutrition Educator



In early 2020, FoodWise Coordinator Laura Apfelbeck presented a FoodWise statewide funding opportunity through Growing Together, WI grants supporting local gardening efforts, thus increasing the supply of locally grown fruits and vegetables to food pantries and community meal sites in Manitowoc County. Grants rely upon collaborations between FoodWise and Master Gardeners and provide soil, seeds, and gardening tools--along with nutrition education and garden skill-building opportunities--in effort to reduce food insecurity. All four grants submitted received funding. Work on these gardens will begin as soon as the COVID-19 situation permits:

- Giving Garden \$5000:** Original South 14th St. Community Garden beds built in 2015 are in disrepair. Grant funds will assist with the rebuild, adding gravel pathways to improve accessibility for people with mobility issues. Each new bed offers 640 total sq. feet of garden space, doubling space available. New beds will be filled, planted, maintained, harvested and distributed through coordinated efforts outlined in this grant. Recipients include Salvation Army Food Pantry (serving 1200 people, 450 families/month) and First Presbyterian Community Meals (75 people/week). The new Giving Garden will produce a reliable source of fresh produce, distributed with nutrition fact sheets and family-friendly recipes.
- Hmong Elders Garden \$1200:** FoodWise, ADRC of the Lakeshore, Manitowoc County Human Services, and Catholic Charities Southeast Asian Refugee Support Program partnered in 2019 on a grant to build two raised garden beds, accessible to people with mobility limitations, to produce culturally appropriate foods for senior meal participants, improving nutrition. Elders tend the gardens, increasing physical activity. First year success led to requests for a third bed.
- United Ministries, Inc. \$2500:** United Ministries supports two food pantries and delivers food donations to residents of subsidized housing apartments across Manitowoc County. Fresh produce is limited. This grant creates an on-site demonstration garden. United Ministries hosts three free summer camps for low income children, so plans include a garden education program with the 2020 summer campers. The goal is to generate interest and then increase garden size.

May is National Prevention Week

By: Cath Tease, Health & Well Being Educator

Did you participate in any of the virtual Prevention Week activities that were organized throughout May 10-16, 2020 by the Substance Abuse and Mental Health coalition of Manitowoc County? Please see schedule below. In an effort to increase the prevention of substance use and the promotion of mental health the countywide Substance Abuse Prevention workgroup organized, promoted and facilitated educational opportunities available at no cost to anyone.

This month I was a guest on WOMT Be My Guest with Lee Douglas to share the local prevention week efforts and discuss the importance of developmental relationships in an effort to reduce the misuse of alcohol, tobacco, opioids and other drugs among youth.



MON. 5/11

PREVENT STIGMA

Anonymous People Movie and discussion.

Deeply entrenched social stigma have kept recovery voices silent and faces hidden for decades. Courageous addiction recovery advocates are organizing to end discrimination and move toward recovery-based solutions. This moving story is told through the faces and voices of the citizens, leaders, volunteers, corporate executives, and public figures who are laying it all on the line to save lives.

Time: Movie available starting at 3pm. Viewing and discussion available all week.

Connect: Movie: <https://bit.ly/LRCCreduceStigma> Facebook: LighthouseRecoveryCommunityCenter

TUES. 5/12

PREVENT UNDERAGE DRINKING.

The Real Happy Hour.

The Real Happy Hour is spending quality time with friends and family while engaging in positive activities like playing board games, going for a walk, or even having dinner together. During this time, we encourage families to have Small Talks to prevent underage drinking. These are small, casual conversations with kids, starting as early as eight, about the dangers of drinking.

Connect: HealthiestMC Facebook will have ideas for Small Talks throughout the day.

Post: to HealthiestMC Facebook your picture or ideas how you celebrate the Real Happy Hour.

WED. 5/13

PREVENT DRUG USE/OVERDOSE.

Community Connection as a Prevention Tool Video.

CORE Treatment Services will release a pre-recorded video announcing upcoming Zoom Community meetings regarding access to community resources. Viewers can also learn how people can schedule one-on-one Narcan training and receive Narcan Kits.

Time: 9 – 10am.

Connect: CORE Treatment Services, Inc. Facebook Page

THUR. 5/14

PREVENT NICOTINE USE.

Tobacco is Changing.

Parents (only). Today's tobacco companies are creating new ways to entice tobacco use. Join to learn of the different tobacco products and how the very products kids are using are hidden in plain sight.

Time: 12-12:30pm.

Connect: [www.zoom.us. ID: 893 8814 5531](https://www.zoom.us/j/89388145531) Password: 675597 Call: 1 646 558 8656

FRI. 5/15

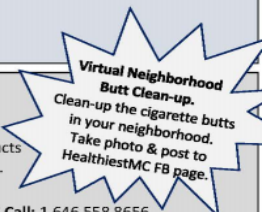
PREVENTING SUICIDE.

Prevent Suicide In times of Change.

We can all help to prevent suicide, a leading cause of death in the United States. In times of uncertainty it seems particularly important to protect the most vulnerable among us, but more difficult as well. Join this virtual workshop to help prevent suicide.

Time: 2-2:30pm.

Connect: <https://us02web.zoom.us/j/82311453932>



Attend the Substance Abuse Prevention Coalition Meeting to learn how to get involved.

Thursday, May 14 • 8-9am. Zoom.us: ID: 949 0724 8751 Pass: 548234 Call: 1-312-626-6799

Healthiestmc.org

[HealthiestMC](https://www.facebook.com/HealthiestMC)

#PowerOfPrevention

Healthiest
Manitowoc
County
Substance Abuse and Mental Health Coalition



Extension

UNIVERSITY OF WISCONSIN-MADISON
MANITOWOC COUNTY