

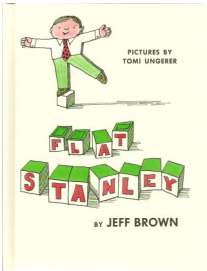
EXTENSION, MANITOWOC COUNTY NEWSLETTER

April 2020



Flat Stanley Project

By: Kevin Palmer , 4-H Youth Development Educator



The 4-H Flat Stanley Pen Pal Project is a literacy and communication project for youth in grades K-3 and involves Extension 4-H programs in Langlade, Lincoln, Manitowoc, Waupaca and Wood counties. The project is based on the book, *Flat Stanley*, by Jeff Brown. In the book, an enormous bulletin board falls on Stanley Lambchop and it makes him flat, flat as a pancake. There are many advantages to being flat, and one of them is the ability to travel inexpensively in an envelope.

In the project, youth make a paper Flat Stanley or Flat Stella and start a journal with him/her for a few days. The Flat Stanley/Stella is then sent off to another 4-H youth where he/she is treated as a guest for a few more days and the journal is completed. Flat Stanley/Stella and the journal are then returned to the original sender. We think this will be a great way for our younger 4-H members to meet a 4-H member from another county and make a new friend, and it will be a lot of fun!

We will be reading the first three chapters of the Flat Stanley book and introducing the program via Zoom on Wednesday, April 15 at 6:00 pm. Zoom connection information is available by e-mailing kevin.palmer@wisc.edu. We're encouraging youth to join us on the Zoom, but participation in the Zoom is not required to participate. To register in the project please go to: [4-H Flat Stanley Registration](#). Registrations are due by April 17. Questions about the project can be directed to kevin.palmer@wisc.edu.

EXTENSION, MANITOWOC COUNTY

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Health & Well-Being Update

By: Cath Tease, Health & Well Being Educator

Did you know that 2019 Manitowoc County Youth Risk Behavior Data shows that 50% of high school students report they have experienced significant problems with anxiety. I've been reading *Learning to Breathe*, a Mindfulness Curriculum that helps readers practice present-moment attention. Next fall we hope to take this curriculum into the schools.

Tension, fear and worry can build up in the body and make it difficult to pay attention. During these challenging times it makes sense that we take short breaks to release that which no longer serves us. I invite you to try a mindful moment called "Holding the World." Stand in a stable position, feet hip-width apart and toes facing forward. Unlock your knees very slightly and take a deep, full breath. Now bring your arms into a circle in front of you, as if you were holding the world. Let your fingers come close together but without touching. Hold the posture, become aware of your breath, and mindfully notice any sensations in your shoulders, hands and fingers. After a short period, slowly move your hands down to your sides. I hope some tension was released and you can move forward in your day feeling a bit more relaxed.

COVID-19 and the Dairy Industry

By: *Scott Gunderson, Agriculture Agent*

The dairy industry has been rocked by the impacts of COVID-19. Futures prices for milk have dropped by 35-40% since mid-January. Major disruptions have resulted from a lack of dairy product orders from other countries, including Mexico, the number one buyer of U.S. dairy products. Closed shipping ports including the Port of Los Angeles, have also been an issue. Shuttered restaurants, bars, and institutions have dramatically decreased dairy product consumption throughout the United States, resulting in reduced cheese and milk consumption of up to 10%. Butter sales have been impacted even more with an estimated decrease in consumption of up to 20%.

As a result of these major disruptions, some dairy processing plants have had a difficult time finding outlets for the products they produce, whether it is milk, cheese, butter, or ice cream. Milk from dairy farms is still pouring into these plants, but with decreased demand, some milk buyers have informed their dairy farm clients they may need to dump milk. I know of 10 large dairy farms (over 700 cows each) that have had to dump milk since April 1st. At the time of this writing, April 8th, I don't know of any Manitowoc County dairy farms that have had to dump milk; however, dairy farms in Brown, Calumet, Sheboygan, and Washington counties have been impacted. One farm has dumped two days-worth of milk since April 1st, nearly 30% of their production.

Clearly, this causes major economic and emotional concerns for dairy farmers. In an effort to assist dairy farmers and others who work in the industry, the University of Wisconsin-Madison Division of Extension has prepared a number of factsheets for farmers. Factsheets include:

- Feeding Unpasteurized Milk to Dairy Cattle
- Paycheck Protection Plan for Dairy Farmers
- Considerations for Land Spreading Milk

These fact sheets and others are available at <https://manitowoc.extension.wisc.edu/agriculture/ag-covid-19/> In addition, a webinar addressing this issue was held on April 7th, and over 600 individuals participated. Information from that webinar will be posted on the website above within the next few days.

Since I am working from home now, the best way to contact me is by e-mail: scott.gunderson@wisc.edu or by cell phone: 920-901-9302.



Distance Education in FoodWise

By: *Laura Apfelbeck, FoodWise County Coordinator*

In response to COVID-19 school closures, FoodWise nutrition educator Kaila Stencil shifted from in-person nutrition education to videotaped segments for students in Krista Scheidt's health classes at Washington Middle School. Students will see the first of a 4-part series this week, focused on the topic of food safety. Stencil, who had never taught the lessons via YouTube video before, adapted lessons rather than cancel the series.

Scheidt said, "Kaila Stencil did an AMAZING JOB putting together the first video. I'm super excited to share it with my students." The food safety lesson ends with a recipe for Cookie Dough Dip, a safe & delicious alternative to eating raw cookie dough.

A video still from Kaila Stencil's first distance education lesson.