

4H Youth Development

Kevin Palmer, 4-H Youth Development Educator
kevinpalmer@co.manitowoc.wi.us

Camp TaPaWingo Fundraising Banquet

RESERVE YOUR SEATS NOW!



Tickets are by advance sale only for Camp TaPaWingo's 13th Annual Spring Banquet at City Limits (formerly Club Bil-Mar) on Saturday, April 13th. Doors will open at 4:30 p.m. and dinner is at 6:00 p.m. There will be raffles, door prizes, and auctions. MC for the event is Bill Jartz from WBAY Television, Green Bay. More information and a reservation form can be found on the banquet flyer on our website. The deadline for ticket purchases is Monday, April 1st - no fooling! This is a very important fundraiser for Camp and we need the support of Manitowoc families in order to make the banquet a success. Invite your relatives, friends and neighbors. The proceeds of the banquet will be used to improve and support youth education at camp. 4-H clubs, we need your help! We are asking each club to fill at least one table that seats 8. If each club can do that, there will be at least 200 people from the 4-H community helping to support camp.

[Banquet Reservation Brochure - 2019](#)

Camp TaPaWingo Tree Sale



Have you been thinking of enhancing your property by planting trees or shrubs? Camp TaPaWingo's tree sale offers the perfect opportunity to get healthy sapling trees and shrubs and support camp at the same time.

Order forms are due March 29th. Tree numbers are limited, so order early. If you have any questions about the tree and shrub sale, please contact 4-H Youth Development Educator, Kevin Palmer at 683-4168.

The order form and tree & shrub descriptions can be found at:

[2019 Tree and Shrub Order Form](#)

Agriculture

Scott Gunderson, Agriculture Agent
scottgunderson@co.manitowoc.wi.us

Midwest Manure Summit
Scheduled for February 27th



Agriculture is an \$88.3 billion industry in Wisconsin. As the industry evolves, the handling of manure is becoming more complex, as what was once viewed as waste is processed into energy, fertilizer, bedding, potable water, and other value-added products.

The Midwest Manure Summit returns to the legendary Lambeau Field in Green Bay, Wisconsin for a one-day conference highlighting many of the newest technologies and practices in manure handling and processing, as well as many opportunities to network with farmers, industry, and university attendees. A goal of the Summit is to support and strengthen the Midwest dairy industry through awareness, understanding, and adoption of innovative manure handling processes.

To keep farmers and industry professionals abreast of the latest technologies and techniques in animal waste management, University of Wisconsin-Extension is hosting the 2019 Midwest Manure Summit, February 27, 2019, at Lambeau Field Atrium, in Green Bay, Wisconsin.

Manure Summit participants will have the opportunity to obtain cutting-edge information on methods to handle, transfer, and process dairy manure in an environmentally sound manner.

During this one day event, attendees will learn about selecting the most appropriate manure technology for your farm; ammonia recovery systems, manure separation, manure phosphorus extraction systems, manure pathogen management control strategies, and more. A farmer panel will provide updates on their manure systems successes and challenges.

Nationally recognized speakers for the Summit include: Rebecca Larson, UW-Extension/UW-Madison

Shulin Chen, Washington State University
John Chastain, Clemson University
Clinton Church, USDA-ARS, Pennsylvania
Mark Borchardt, USDA-ARS, U.S. Dairy Forage Research Center, Wisconsin
John Brooks, USDA-ARS, Mississippi

Early bird registration runs until February 8, 2019. The cost for the 2019 Midwest Manure Summit is \$125 per person for the conference, which includes electronic proceedings on a USB drive, lunch, and refreshments. After February 8, 2019, registration will increase to \$145 per person. A complete agenda, speaker list, and registration details can be found at [Midwest Manure](#).

Questions regarding the Midwest Manure Summit can be directed to the Manitowoc County UW-Extension 920-683-4175 or scottgunderson@co.manitowoc.wi.us.

FoodWise

Laura Apfelbeck, FoodWise Coordinator
lauraapfelbeck@co.manitowoc.wi.us



Hmong Senior Meals at

Extension, Manitowoc County

By FoodWise Coordinator and UWGB Dietetic Intern, Ashley Aergarter

UW-Extension, Manitowoc County currently hosts a new senior meal site for Hmong community members, a site created because these seniors were not attending existing meal sites though Hmong people make up about 5% of the Manitowoc County's population. Discussions indicated that barriers included transportation, language and cultural differences.

In response, Aging and Disabilities Resource Center of the Lakeshore, Catholic Charities, Manitowoc County Human Services, and UW-Extension together created a senior meal site that would reduce or eliminate these barriers.

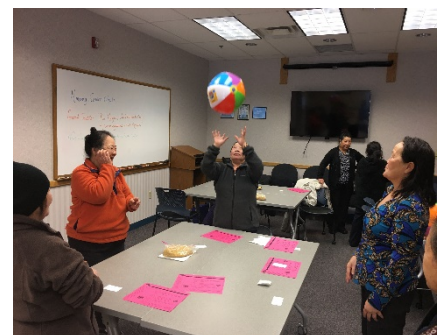
ADRC redirected some funding and the project received a \$1000 start-up grant from United Health Care. ADRC catering partner Konops has created culturally appropriate food using Hmong recipes and offered novel fruits and vegetables as well. Site manager Nenglee Vang is bilingual and helps introduce new foods and their health benefits. UW-Manitowoc student KaZoua Kue organizes volunteers to

greet guests, serve food, and clean up as well as activities. Other volunteers come to assist with interpretation and translation. The site began with lunch on January 8 for 16 people and surveys at that time indicated only one of the 16 diners had ever eaten at a senior nutrition site before. Surveys distributed Jan 22 indicated 11 of 12 diners were returning visitors and the 1 new person stated an intention to return.

Surveys have been administered bi-weekly and the questions are interpreted so participants can respond. Feedback has been predominately positive. Twelve participants attended the most recent lunch, Jan 22. Nearly all (91%) stated they felt "very comfortable" at the UW-Extension and the same number felt they ate healthier at the meal site than they would have at home. Many (83%) stated the meal was good or very good, and the same number stated the meal helped them support a health diagnosis of heart disease, high blood pressure, or diabetes. Six participants (50%) used Assist to Transport van service to get to and from the meal site, up from 1 on January 8.

Lunches include guest speakers providing information/resources to the Hmong seniors. Scheduled speakers include Nancy Oehldrich from the Home Community Education, Denise Larson from Manitowoc Senior Center, Marlo Kohlman from Maritime Metro Transit and Bo Hugelut from United Health Care.

Nutrition and socialization are essential for the health and wellbeing of elderly people of all cultural backgrounds, even more so for immigrants. Social isolation has been shown to increase stress, compromise the immune system, and cause cognitive decline in elderly populations. For these Hmong elders who immigrated later in life, finding a group of people to call community has been difficult and has resulted in social isolation for many. To give the Hmong a sense of belonging, safety, and a supportive community is to give them a healthier and more social life as a senior.



L to R: Cha Hang (in orange), Mee Hang, and Bliia Xiong. In back, Lou Chang.