

4H Youth Development

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Summer Camp Opportunities at Camp TaPaWingo

There are a number of different opportunities this summer at Camp TaPaWingo for youth in Manitowoc County!

Hunter Safety Camp, July 15-18th: This camp is an excellent way to gain your Hunter Safety certification and have some fun along the way! Hunter Safety camp features a hands-on learning environment, where campers learn the skills necessary to be a safe hunter.

Summer Camp, July 22nd-25th: There are a variety of fun activities planned for summer camp which include: Gaga, archery, orienteering, fishing, riflery, canoeing, swimming, pickleball, and spelunking to name a few! Summer camp is also a great place to learn hands-on project skills like woodworking, sewing, pottery, and leathercraft.

Camp Counselors: Camp TaPaWingo is always looking for responsible teenagers willing to assist with our many summer camp programs. These are unpaid positions for teens age 15 and over. This is a great opportunity for youth to give back to their community. In fact, one week of summer camp counseling translates into 100 community service hours!

To register for either of the camps or to apply to be a counselor, click on the following link!

[2019 Camp TaPaWingo Registration](#)



Agriculture

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2019 Breakfast on the Farm a Great Success

A sincere thank you to all who helped to make the 2019 Manitowoc County Breakfast on the Farm a success. The Haelfrisch families deserve tremendous accolades for a job well done. Opening one's farm for thousands of people to visit is greatly appreciated; and certainly no small task.

The Manitowoc County Dairy Promotion Committee and Manitowoc County Farm Bureau sponsored the breakfast, and they would like to thank the 150+ adult and youth volunteers who did everything from supervising parking to serving ice cream.

And finally, thank you to the general public who came out to support one of Manitowoc County's most important business sectors----Agriculture. Nearly 3,200 people enjoyed the breakfast and also learned about the importance of the dairy industry to Manitowoc County and beyond through a series of guided farm tours with four stations including manure and nutrient management; dairy nutrition and how the diets of cows and heifers are formulated; herd health from the Haelfrisch's veterinarian who visits the farm once a week for preventative herd health; and the milking systems which showed people where and how cows are milked at Haelfrisch Dairy Farm. The guided tours were definitely one of the highlights of the 2019 Breakfast on the Farm.



Left to Right: Madysyn, Collin, Brandon, Ashley, Cooper, Katrina, Chris, Tom, TJ, Ryan and Kelsey

Once again, thank you to Haelfrisch Dairy Farms, the volunteers, and all who came out to the annual Breakfast on the Farm in celebration of June Dairy month----and remember, every month is Dairy Month!

FoodWise

Laura Apfelbeck, FoodWise Coordinator
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STRONG BODIES FOR ALL!

By Nutrition Educator Kaila Stencil

Regular exercise provides many benefits.

Regular weight-bearing exercise helps older adults increase their strength, muscle mass and bone density, and decreases the risk of osteoporosis, diabetes, heart disease, arthritis, depression, and obesity. Exercise has also been shown to improve self-confidence, sleep, and vitality.

LIFTING PEOPLE TO BETTER HEALTH



Preventing the onset of osteoporosis—porous bones that break easily and heal slowly—is especially important for middle-aged and older adults. One out of every three women over the age of 40 suffers from this condition. The good news is that exercise can contribute to the prevention and treatment of osteoporosis. Yet only 7% of middle-aged and older women exercise daily.

Social isolation is an additional threat to rural elders whose access to physical fitness centers is already limited due to distance and cost. In fact, social isolation can be more life threatening than diabetes, cancer, or heart disease.

For many Wisconsin communities, the challenge lies in finding ways to provide education and opportunities for older adults to get the essential exercise they need. Given the treacherous nature of rural roads in Wisconsin, our rural elders are more likely to be both sedentary and alone.

Strong Bodies, an eight week exercise program for older adults, teaches small groups of people in local settings to

exercise regularly and eat more healthfully. In Spring 2019, FoodWise nutrition educator Kaila Stencil led three exercise series for such isolated groups. One class focused on Hmong-speaking elders. Another was held at Maribel Community Center and a third at St. Peter the Fisherman Church in Two Rivers. In all, nearly 30 individuals participated.

Many participants noticed that strengthening their muscles twice a week helped to improve their ability to perform daily tasks. Comments include:

“I have noticed that it is much easier to get up and down from a chair.”

“At the beginning of class I had a lot of pain in my shoulder. Since doing the exercises I have found that I don’t have as much pain anymore!”

“I like this class because it motivates me to do the exercises. I have the equipment at home but I never do the exercises. It’s more fun as a group. And it’s a good way to get out of the house!”

If you think that Strong Bodies would be a great fit for your community, please contact Kaila Stencil, at kaila.stencil@wisc.edu.



Kaila Stencil leads Strong Bodies on site at Extension, Manitowoc County.