



# NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION MANITOWOC COUNTY



## OFFICE NEWSLETTER January 2025

### 4-H Camp Builds Life Skills

*By: Katrina Pionek*

*4-H Educator*



Every year many 4-H members take part in camp, but why? 4-H Camp has been around for many decades and is the highlight of the year for many 4-H members. Yes, camp is a lot of fun but it is more than just having fun. Camp allows for independence, belonging, new experiences, decision making, leadership, positive role models, responsibility along with many more life skills.

Whether it is summer camp, winter camp, cloverbud day camp, or exploring day camp, we want the youth to have fun. Through the many fun, engaging, and hands on activities, the youth are learning many life skills also. While canoeing at summer camp, the youth might be learning a new skill but also practicing self-discipline, appreciating nature, and being guided by positive role models. If a youth takes part in archery, they are learning safety, self-control, and respect of others. All these skills are life skills that go beyond the activity they are taking part in.

When youth attend an overnight camp or even a day camp, they are practicing and growing their life skills even when an organized activity is not going on. At overnight camp, it might be the first time away from family, which is a big deal. They get to learn to share a cabin which means being respectful of each others space, cleaning up after themselves, and practice self-discipline. Through these experiences, the older youth which are counselors are also continuing to develop their life skills by being leaders and mentors to the younger youth. It is amazing watching the young people grow through the experiences of camp.

*This year Manitowoc County 4-H is offering the following camps:*

**Winter Leadership Camp - January 3-5**

**Cloverbud Day Camp - July 8**

**Exploring Day Camp - July 10**

**Summer Base Camp - July 16-19**

## Pass Me The Butter!

*By: Angie Ulness*

*Agricultural Educator*



There has been a dramatic surge in butter consumption based on market data from the last few years. Butter has seen a heightened demand of 5.2% annual growth in 2024 compared to 2.5% in 2017. This is mainly due to the evolving medical opinions on saturated fats. Butter is making a comeback in our diets due to recognizing the health benefits of consuming butter. Butter is an all-natural product that gets its start the same way each natural product gets its

start, on the farm. After fresh, whole milk is collected, it is brought to the creamery where the cream is separated from the milk. The cream is then pasturized by heating it rapidly, which eliminates bacteria and promotes freshness. Pasturized cream is beaten in a churning cylinder until it naturally forms into butter. The butter milk is drained off. The butter is then blended, sometimes with salt, for added flavor and freshness. The final product is then ready for packaging and shipping to the store. By regulation, it contains at least 80% fat, about 16% water, 3% milk solids and nothing artificial.

When consumed in moderation, butter can be very beneficial to your health. Butter is rich in Vitamin A, D, E and K as well as calcium, which is important for bone health. It also has an anti-inflammatory and skin-health properties. Butter contains Vitamin D, which is essential for bone growth and helps prevent osteoporosis. Additionally, it contains beta-carotene, which may help slow vision loss. Experts have reported that butter may improve digestive health and support weight control! Use it in recipes and enjoy the deliciousness of butter. We have many farm families in Manitowoc County producing high quality milk that is made into butter for you to enjoy! As we move into 2025, "please pass the butter"- choose to stock up on butter and be part of the behavioral change happening in America, butter is on the comeback.

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## FoodWise HeartCorps Welcome

*Submitted by: Laura Apfelbeck*

*FoodWise Nutrition Coordinator*



I would like to introduce myself. My name is Sue Koeppe and I am a member of the HeartCorps team through the American Heart Association. Our goal is to help get our rural communities become heart healthy! We offer hands only CPR/AED training for staff you work with, or we can plan for community members to join in! I also offer blood pressure screenings. With this, I would teach our community members how to monitor their blood pressure at home, how to properly take their blood pressure and know what the different numbers mean and how to know when to contact their health care provider.

All services are entirely free, and I have resources in Spanish and Hmong for take home reference! If this is something you are interested in for your community, you can contact me by email: [Sue.koeppe.HeartCorps@heart.org](mailto:Sue.koeppe.HeartCorps@heart.org) or by my cell: 920-323-9356. I look forward to hearing from you!



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## Consider joining our Strong Bodies Class

StrongBodies is a strength training

program designed to improve health, increase strength, and support active aging. In partnership with PBS Wisconsin, you can participate through live video. StrongBodies is now available in English, Spanish, and Hmong on the Extension Manitowoc County web page, under FoodWise: StrongBodies



Hava a group interested in in-person classes? Contact Laura at 920-323-4620



**Some of What it Takes to be Heart-Check Certified:**

- Less than 6.5g total fat
- Less than 1g saturated fat
- No partially hydrogenated oils
- 20mg less of cholesterol
- Limited sodium



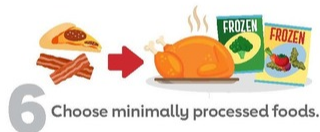
## Planning to eat Healthier in 2025?

Check for the Heart-Check mark and be confident that the food you're eating aligns with the American Heart Association's science-backed guidelines for healthy eating.

[Tips, resources and Recipes](#)

*It's a new year, time to try something new!*

## 10 ways to improve your heart health



Need more food for thought? Go to [www.heart.org/eatsmart](http://www.heart.org/eatsmart)

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*\*Indoor Walking Opportunity at UWGB\**

**It's free!**

## INDOOR WALKING PROGRAM

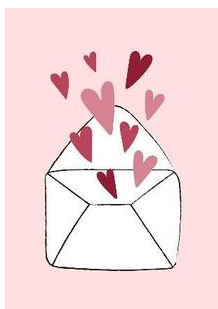
Three steps to start:

1. Choose a weekly date and time to walk
2. Sign a facility use form with UWGB-Manitowoc campus.
3. Ensure your walkers sign liability waivers.

Contact Laura Apfelbeck  
[lapfelbeck@wisc.edu](mailto:lapfelbeck@wisc.edu)  
920-323-4620

Healthiest Manitowoc County

Extension  
UNIVERSITY OF WISCONSIN-MADISON



## No-Candy Valentine Treats Kids Will Love

Candy can be a problem at school. Using candy as a treat promotes unhealthy eating habits in children by associating fun with sugar. It can also be difficult for the students who have dietary restrictions. And think about the sugar crash-times 25 kiddos! Perhaps give a tiny toy or healthy treat instead. You can print your own Valentine cards-by hand or computer. It's easy! Write or print the slogan on colorful paper and attach to the treat. Use one of the Valentine ideas below. A quick online search for Non-candy Valentines will offer more ideas and images too. View suggestive ideas [here](#)

# Making Reading Memories - Manitowoc County Jail

*By: Cath Tease*

*Health & Well-Being Educator*



This weekend I watched a Sundance Film titled Daughters. I encourage you to make time to watch it. Daughters is a 2024 American documentary film directed by Natalie Rae and Angela Patton. It follows a group of incarcerated men and their daughters. It premiered at the 2024 Sundance Film Festival on January 22, 2024, where it won the Audience Award: U.S. Documentary.

As the film points out, having a parent incarcerated is a stressful, traumatic experience for children. The trauma of separation, without additional support, can contribute to behavioral health issues and interfere with educational achievement. Safe, stable nurturing relationships help buffer children against the damaging impact of too much stress.

Extension Manitowoc County offers a monthly program called Literacy Link in the Manitowoc County Jail. Literacy Link is a nationally award-winning program that promotes positive, literacy-based interactions between young children and their justice involved parents and caregivers.

After parents complete a one-hour workshop titled Read and Connect, participants select a book from our portable library and are videotaped reading the book to their child(ren). This portion of the program is titled Making Reading Memories.

With caregiver permission, the video and a hard copy of the book are sent to the child's home. Each justice involved parent also personalizes a bookmark for each child that accompanies the book. Caregivers tell me how much the child enjoys reviewing the video and paging through the book as their parent reads to them. The justice involved parents are so thankful for the opportunity to participate in Literacy Link/Making Reading Memories.

I am so grateful to be a part of Extension and foster healthy family relationships by creating literacy experiences at jail and justice settings that extend into children's everyday lives.

To learn more, go to <https://theliteracylink.extension.wisc.edu>

To view the film Daughters, go to <https://youtu.be/SMTgDRqfLPE>

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