



UNIVERSITY OF WISCONSIN-MADISON

# KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

## FoodWise Nutrition Education

Got (Enough) Vitamin D? .....page 2  
Building Strong Bodies in Kew Co .page 2  
Spinach, Mushroom & Cheese .....page 2  
Frittata

## Families, Finances & Wellness

Family Peace in the New Year.....page 3  
Raising WI Children Conference.....page 3  
HCE Program Aging in Place .....page 3

## In this Issue:

### 4-H & Youth

National 4-H Conference ..... page 4  
Citizenship Washington Focus ..... page 4  
YAP Partnerships Training ..... page 4  
4-H Foundation Scholarships..... page 4  
VIP Training ..... page 4  
Club News..... page 5  
4-H Calendar ..... page 5  
UW-Madison Science Expeditions ... page 5

## Agriculture Education

PAT Training ..... page 6  
Well-Being Conference ..... page 6  
Farm Ready Research ..... page 6  
Soil Health Seminar ..... page 7  
Focus on Forage ..... page 7  
Century & Sesquicentennial Farms . page 7  
Annual CAFO Update ..... page 7  
Scholarships ..... page 7  
  
Green Thumb Gardening ..... page 8  
Risks of Sitting Too Much ..... page 8

## Supporting Adults Who Experience Isolation

Social isolation and loneliness are critical concerns for both physical and mental health. The experience of isolation and loneliness results in a cascade of stress hormones and inflammation in the body and has been associated with increased risk of depression, anxiety, suicide, physical conditions such as heart disease, and even increased risk of premature mortality. Older adult populations, including immigrants, LGBTQ, minorities or victims of elder abuse are at increased greater risk of social isolation. During the COVID-19 pandemic, isolation and loneliness have increased in part due to physical distancing and other necessary public health measures, although many families have exhibited remarkable resilience. The pandemic brought an immediate need for local agencies/organizations and residents to access support resources related to social isolation. In addition, support organizations needed to understand how the pandemic exacerbated social isolation.

In response, Extension led a research project geared at understanding the state-wide emergency response related to social isolation and developed materials for both agencies and individuals to ensure that Wisconsinites have access to existing support resources.

Extension led a statewide assessment to learn how communities responded to social isolation and loneliness during the pandemic. Stakeholders from multiple organizations joined our team during the analysis of the data to provide diverse perspectives and insights on the themes that emerged within the survey responses. The end goal of the assessment was to share out best practices, lessons learned and to connect agencies across the state who are doing similar programming. The results were disseminated with the North Central Region Aging Network, Community Health Coordinators and Aging Unit/Aging and Disability Resource Center Directors, Extension, community

partners, and residents.

Extension's first response to addressing social isolation and loneliness during the COVID-19 pandemic was to develop a customizable resource guide for community organizations and agencies that contained local and state support resources related to social isolation. The localized resource guide aided community agencies in directing residents to opportunities to socialize, caregiver support groups and emergency services for physical and mental health needs. County Educators across the state shared the localized guide with local partners, such as health care providers or county government offices.

In addition to this systems-based support, Extension developed a guide for residents to help individuals and families make decisions around socializing during the pandemic, especially as social spaces are incrementally reopening. The decision guide walks users through the decision-making process by using a worksheet, flowchart or online click through tool. The guide and tools share local, state, and national COVID-19 resources that help users find the information they need and think through and answer questions about the local context, what safety measures they can take, and if there what their personal risk or benefits are of interacting with others in their home or in public spaces. The guide, which was created in English and Spanish, had 1,500 page views in 2020. A preliminary survey (n=23) amongst residents who used the guide indicates that it greatly increased awareness regarding COVID safety measures.

Extension resources and research empowers local agencies and organizations to address negative impacts of social isolation and loneliness on older adults and other high-risk individuals.

*The Life Span program is part of Extension's Human Development & Relationships Institute. Learn more by visiting [extension.wisc.edu/family](https://extension.wisc.edu/family).*

## Small Steps Can Be More Effective to Improve Diet



Eating healthier is a goal many Americans put at the top of their list of New Year's resolutions. But as the year goes on, are people likely to stick with their goal?

In a recent study, researchers compared grocery receipts from a group of households at three different times: for a few months before the winter

holidays; during the holidays; and for a few months afterward. They had previously found that household grocery receipts were related to the amount of food consumed in the homes.

Not surprisingly, the comparison showed that the amount of unhealthy food purchased increased over the holidays. After the holidays, purchases of healthy foods grew—again no surprise knowing that many people made New Year's resolutions related to health. But researchers also found that purchases of unhealthy food did not drop back down to preholiday levels.

These findings, combined with earlier studies showing that many people gain—and retain—a small amount of weight over the holidays, suggest that New Year's resolutions related to healthy diets might not be all that effective.

So should we give up on the idea of resolving to turn over a new diet leaf? Beth Olson, University of Wisconsin-Extension/UW-Madison nutrition specialist says maybe New Year's resolutions don't always result in a healthier diet, but they do show people have awareness and interest in eating healthier—even if only for a limited time.

Olson says that goals for the new year are no different than other resolutions people make throughout the year to change their behavior—they may require more than one try before they succeed. "People might consider change many times before they succeed in actually making a change," says Olson.

Taking baby steps, such as learning how to read food labels or adding more fruits and vegetables to recipes, may not feel as overwhelming as making a big change in eating patterns, says Olson. "Over time, small changes may contribute to longer term healthy habits."

To learn more about nutrition and healthy eating, contact your county UW-Extension office.

Read the full article here: <https://fyi.extension.wisc.edu/news/2015/02/05/small-steps-can-be-more-effective-to-improve-diet/>

### Receive the Extension Connection in your inbox!

Want to have the Extension Connection at your fingertips? Sign up today to receive the Extension Connection directly to your inbox! Be the first to know all the exciting events and opportunities available.

Visit <https://kewaunee.extension.wisc.edu/extensionconnection/> to sign up today!



### EXTENSION CONNECTION ADDRESS CHANGES

Please let us know if your mailing address changes. Since the Extension Connection is mailed 3rd class, it is not forwarded, and UW-Extension must pay for incorrect addresses. Call 388-7141 for address changes or you will be removed from the list.

### The Extension Connection

University of Wisconsin-Extension  
A monthly publication for Kewaunee County residents. These programs are supported by your tax dollars. We look forward to receiving your comments. Please call us at the phone numbers provided in the individual headers.

**UW-Madison Division of Extension \* Laura Apfelbeck, FoodWise Coordinator**  
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*Many foods naturally provide Vitamin D including salmon, tuna, herring, and egg yolks. Vegetables sources include spinach, kale, okra, kale and soybeans. Many foods are fortified with Vitamin D including milk, cheese, cereal, and orange juice. Check the label to be sure. (Photo: Canva)*

## Got (Enough) Vitamin D?

As the days get shorter and we spend more time indoors, getting enough Vitamin D is trickier! Vitamin D plays a role in almost every process in your body so it is important to keep healthy levels all year round!

### What is Vitamin D?

Our bodies need Vitamin D to maintain healthy bones, reduce inflammation, maintain healthy muscles and brain function. Vitamin D keeps our metabolism functioning, and keep our immune system strong! A lack of vitamin D in the body can lead to a slew of health concerns, such as osteoporosis, or brittle-bone disease, decreased insulin production, and lowered immune function!

### How much Vitamin D do you need?

The amount of vitamin D you need will depend on your sex, age, race, and sun exposure levels. People over the age of 65, people with darker complexions, and people who spend less time outside will need more vitamin D in their diets. Most adults need about 600 IUs a day. Those over 70 need even more vitamin D. Signs you might not be getting enough vitamin D are fatigue, bone pain, muscle weakness, and mood changes, like depression.

### Where do we get Vitamin D?

Our biggest source of Vitamin D is the sun! When the ultraviolet (UV) rays from the sun hit our skin, vitamin D synthesis begins. Most experts suggest direct exposure to the face, arms, and legs for 5 to 30 minutes mid-day several times a week. Sunshine can provide vitamin D, but it is hard to track how much vitamin D our bodies are producing based on age, time of year, sunscreen, skin complexion, etc. This means we must include vitamin D in our healthy and balanced diets. Food sources of vitamin D include fatty fish, such as salmon and sardines, mushrooms, fortified milk and yogurt products, and eggs.

### Resources:

<https://www.mayoclinic.org/drugs-supplements-vitamin-d/art-20363792>  
<https://ods.od.nih.gov/factsheets/VitaminD-HealthProfessional/>

## Spinach, Mushroom & Cheese Frittata

Frittata is something like an omelet or a quiche. Occasionally, an omelet folds over perfectly and you feel like a magician. Other times, you serve scrambled eggs with vegetables. Frittata avoids that flipping mess and you serve a magical meal packed with foods rich in Vitamin D, like egg yolks, spinach, mushrooms, and Swiss cheese.

Frittata also lets you use up your leftovers. You can sauté leftover vegetables like bell peppers, chopped kale, broccoli, whatever you like. If you prefer meat in your meal, chopped ham, sliced sausage, or bacon bits are also nice. A bit of chopped leftover luncheon meat or chicken breast also works beautifully.

### Ingredients

- 2 Tablespoons olive oil
- 1 cup thinly sliced mushrooms
- 1 cup diced onion
- 1 cup fresh spinach, chopped
- 4 eggs
- Salt & pepper
- ½ cup shredded Swiss cheese

## Building Strong Bodies in Kewaunee County

StrongBodies is a free eight-week exercise program designed for older adults. Classes meet twice a week with participants expected to add a third day of exercise on their own. Participants strength train regularly to improve balance, increase bone density and metabolic rate, ease arthritis symptoms, and help manage high blood pressure and diabetes. Because FoodWise is federally funded through the Supplemental Nutrition Assistance Program (SNAP), half of our participants need to be SNAP-eligible.

In addition to virtual courses offered in English, Spanish, and Hmong, FoodWise nutrition educators have led two in-person StrongBodies series in Kewaunee County this fall. The large interest led the leaders to break up the class into two classes. The first class began with 30 participants and later split up into a class of 21 and 10.

When asked what they enjoyed about StrongBodies, one participant wrote that their favorite part was being able to, “work out with someone else.” Another participant described that the program helped meet their fitness goals by feeling stronger.

If Strong Bodies seems like a great fit for your community or if you’d like to be notified when the next classes will start, please contact Krystina Yang, FoodWise nutrition educator at [kyang228@wisc.edu](mailto:kyang228@wisc.edu).



*Strong Bodies participants at the Algoma Wellness Center class work their leg muscles, quadriceps. (Photo: Jace Purdy)*

## Did You Know?

Catching the sun’s rays through your office window or while driving won’t help you get your Vitamin D. Window glass completely blocks UVB ultraviolet lights. (Source: Harvard School of Public Health)

### Directions

1. Preheat oven to 350 degrees. Spray pan with nonstick cooking spray.
2. Sauté vegetables: Heat oil in large cast iron skillet on medium high heat. Add mushrooms & onions. Cook about 5 minutes. Add spinach. Sauté 1 minute more. Sprinkle with salt and pepper.
3. Prepare Eggs: Crack eggs into a small mixing bowl. Add 1 tablespoon water. Sprinkle with salt and pepper. Beat with whisk or fork until frothy.
4. Put it together: Pour the eggs over the sautéed vegetables. Sprinkle cheese on top. Bake for 20-25 minutes until eggs are firm and top is golden.



*Packed with Vitamin D, Frittata makes a satisfying meal. Photo: Flickr*



**UW-Madison Division of Extension \* Renee Koenig, Associate Professor, Human Development and Relationships Educator**  
 920-388-7137 \* [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu)

## Family Peace in the New Year

### Tips to Find Family Peace

- ◆ Take care of your family by taking care of yourself.
- ◆ Have realistic expectations and don't compare yourself to others
- ◆ Exercise stress away by walking, running, dancing, or anything else that moves muscles.
- ◆ Know your stressors. Be aware of how stress impacts your mood and thinking.
- ◆ Take extra care of relationships in times of stress.
- ◆ Turn up quiet. Take tech time-outs from TV and other electronics for periods of family calm.
- ◆ Reduce parental conflict and arguing, especially around children.
- ◆ Model positive stress management skills for your child.
- ◆ Minimize multi-tasking and over-scheduling.
- ◆ Practice stress reducers you can use anytime/anywhere to calm yourself (breathing exercises or brief meditations work great).
- ◆ Boost your mood by treating yourself often to happy thoughts, memories, photos, and laughter.

### Dial Down Stress

Although some stress can be helpful and motivating, too much can be harmful. Severe stress has been shown to impact the brain development and long-term mental and physical health of young children. Family stress can also hurt relationships. Managing stress can help adults and children thrive.

### Why Reduce Family Stress?

- ◆ We can improve our parenting and other family relationships through better stress management.
- ◆ We protect our children's development by limiting exposure to intense or long-term stress.
- ◆ We make better decisions when we're not reacting out of anger, fear, and other stressful emotions.

### Stress: How much is too much?

Stress is a normal response to challenges. Our heart rate quickens bringing more blood sugar to our muscles. Our breath speeds up bringing oxygen to the brain. These changes give us alertness and energy to deal with the situation. But stress that is intense or long-term can be toxic. Extreme stress, such as neglect or family violence, may interfere with the development, learning, and long-term emotional and physical health of children. Even moderate stress can hurt relationships when we don't cope well. Stress interferes with our thinking. When we're stressed, we can become edgy, lose our temper, and say or do things we regret. Our own stress can also increase stress in children.

We can dial down some stressors by reducing family conflict and yelling--especially around children, by providing consistency and structure to promote a calm household and by maintaining a schedule that includes downtime. We can also help our children build resilience by modeling positive stress-coping strategies. Exercise, hobbies, mindful breathing, meditation, and laughing are a few ways to bring our bodies into a calmer state and reduce stress chemicals. Supportive, nurturing relationships between children and parents or other caregivers have been shown to buffer kids against stress. Building a strong relationship with our children is one of the best ways to help them develop a healthy response to stress.

### Upcoming Workshops to Reduce Family Stress:

- Positive Parenting
- Powerful Tools for Caregivers
- Mental Health First Aid
- Money Matters
- Aging Mastery

Call 920-388-7137 or email [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu) for a workshop schedule.



The Division of Extension currently has numerous job vacancies. Please help spread the word to those who may be interested in joining Extension. These positions are posted on the UW-Madison jobs site: <https://jobs.hr.wisc.edu/en-us/listing/>

## Co-Parenting Classes

The goals of the program are to:

- Eliminate parental conflict in front of children.
- Keep the children out of parents' issues.
- Provide children with access to both parents.
- Put the best interests of the children first.

For more information, contact Renee Koenig, at [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu).

## Raising WI Children Conference – Jan 13th & 15th 2022

Wisconsin's Extension program is pleased to announce the Parenting Conference happening on January 13th (6-8pm) and January 15th (9-11:30am)! The conference is 100% FREE, 100% Virtual and 100% Focused on WI Families! Facilitated and taught by 16 Wisconsin-based Child Development and Parenting Experts, the Raising WI Children Conference will cover a multitude of parenting topics such as:

- Children, Families & Screens
- Focus on Fathers
- Speaking your Child's Love Language
- Family Financial Well-being
- Parenting as a Team
- Race-Conscious Parenting
- Raising a Reader
- Any many more!

Dads, moms, grandparents, foster parents, child care providers, educators, and all those caring for children are welcome to our virtual parenting conference! Attend every session or a few, this conference is for you. **Register for the Raising WI Children Conference now for FREE!** Register at [https://uwmadison.col.qualtrics.com/jfe/form/SV\\_0jLYuzzWXmoaUcu](https://uwmadison.col.qualtrics.com/jfe/form/SV_0jLYuzzWXmoaUcu)

Check out the Lineup of **Conference Speakers and Topics** [here](https://parenting.extension.wisc.edu/raising-wi-children-conference/) <https://parenting.extension.wisc.edu/raising-wi-children-conference/>

Are you  
**Raising Wisconsin's Children?**  
2 Days. 17 Classes.

By Wisconsin-based Child Development  
and Parenting Experts.

100% Virtual. 100% Free. 100% Fun.

**January 13 & 15, 2022**

[Register Now](#)  
for FREE

 <https://parenting.extension.wisc.edu/raising-wi-children-conference/>



## Aging in Place and Next Steps

**January 13, 2022 - 12:30pm** A program hosted by Kewaunee County Home and Community Education

**How to age in your home gracefully; stay at home as long as possible and options for next steps**

- Location: Port O' Call Restaurant, Lunch on own beginning at 12:00pm
- Presenter: Melissa Konop, Information and Assistance Program Manager ADRC

Contact Deborah Henninger 702-927-0969 by January 10, 2022 to reserve your spot.



**UW-Madison Division of Extension Kewaunee County**

**National 4-H Conference - Applications Accepted through January 2nd**

National 4-H Conference is a working conference in which youth and adults—at the invitation of the Secretary of Agriculture—assist in the development of recommendations to help guide 4-H Youth Development Programs and other federal department activities nationally and in their communities. This event brings together youth, volunteer leaders, and state and county Extension staff members from across the United States, the U.S. Territories, and the Canadian Provinces. The Conference includes roundtable discussions and federal partner agency presentations and an opportunity for delegates to engage with their U.S. Senators and Representatives. At the same time, we want to ensure that the conference is a rich and meaningful experience for the youth and adult participants. At the same time, the conference is a rich and meaningful experience for the youth and adult participants.

National 4-H Conference delegates will:

- Participate in a round table topic of their choosing that will focus on key topics such as: leadership, agriculture, crime, and more.
- Participate in professional workshops.
- Meet with legislators from their State to discuss important issues relating to 4-H.
- Have a chance to network with youth and adults from across the country.
- Learn all about 4-H programming and think about ways to improve programming across the Nation.
- Develop an action plan that will be put to use in their own communities.
- Have fun!

Applications for National 4-H Conference are now available. You can find the link to the application here: <https://4h.extension.wisc.edu/files/2021/12/2022-Application-Natl-Conf.pdf>. For more information on National 4-H Conference, please visit our website: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/national-4-h-conference/>



**Citizenship Washington Focus (CWF) - Registration now open!**

Citizenship Washington Focus, or CWF for short, is the premier week long 4-H citizenship and leadership experience. CWF brings 4-H delegations from all over the country to stay in Washington D.C., our Nation's Capital! Participants learn about the roles of Senators and Representatives in the United States' government and how these parts work together to form an effective Congress. Additionally, youth get to see and experience government in action by meeting with their State's members of Congress and watching a House of Representatives meeting. Delegates also participate in various educational workshops such as:

- **Citizenship Toolbox:** By exploring what it means to be a good citizen, delegates identify their own skill set to become active citizens and leaders in their communities back home.
- **Congressional Issues:** Delegates will have open discussions with different perspectives on real national issues in the government today.
- **Bill Writing:** Delegates learn the process of writing a bill in the House of Representatives and then write one of their own. They then will hold a mock House of Representatives meeting where they will discuss and either pass or deny said bills.
- **Action Planning:** By combining all of the skills they have learned at CWF, the entire delegation will discuss what issues are prominent in their communities. They will then develop a plan to take back and implement positive change into their hometowns.

Registration for CWF is now open in 4HOnline. You can find full program information along with registration information on our website: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/citizenship-washington-focus/>. The registration information letter is available here: <https://4h.extension.wisc.edu/files/2021/12/2022-Cover-Letter-and-Registration-Information.pdf>



**Wisconsin 4-H Foundation Scholarships**

The Wisconsin 4-H Foundation will award more than \$15,000 in scholarships to outstanding Wisconsin 4-H members and alumni pursuing higher education in 2022. To be considered for financial support, applications must be received by the Wisconsin 4-H Foundation via email by **Tuesday, March 15, 2022, 5:00 pm**.

Wisconsin 4-H Foundation scholarships are awarded to students based on demonstrated personal growth through 4-H, development and leadership in 4-H, academic performance, and future educational goals.

To be eligible for Wisconsin 4-H Foundation scholarships students must have been a Wisconsin 4-H member for at least three years; should have a grade point average of at least 2.5 on a 4.0 scale and be enrolled or planning to enroll at a university, college, or technical school during the 2022-2023 academic school year. Scholarship winners from previous years are not eligible to receive a second 4-H Foundation scholarship.

Application information is available at <https://wis4hfoundation.org/scholarships/>

**Volunteers in Preparation Training**

Caring adults make a world of difference in our 4-H programs! All new 4-H volunteers must attend a training to discuss program policies, insurance & risk management procedures, and learn some tools and techniques for working with youth. Trainings are being held online using Zoom and pre-registration is required!

- January 15, 9:00-11:00 a.m.
- January 25, 6:30-8:30 p.m.
- February 16, 6:00-8:00 p.m.

Sign up for one of these dates at this link: <https://forms.gle/jSrqXvEQkmjN49qN7>

**Learn Together, Lead Together: Youth-Adult Partnerships Training on January 31st**

This year's topic for our Annual Leader Training is on Youth-Adult Partnerships! These partnerships are so critical for the success of youth in our program! This year's training is open to youth and adults and will be virtual for you to participate at home. Mark your calendars for this upcoming workshop:

**January 31st – 6:30 – 8:00 p.m.**  
 Learn Together, Lead Together: Building Equal Roles, Voices & Participation



Sign up at this link -- <https://go.wisc.edu/vze9e3> Plan to join us for a great engaging discussion on how to build youth-adult partnerships in your club or group! Open to all youth and adults!





## UW-Madison Division of Extension Kewaunee County



### Club News

#### Silver Creek Cubs is meeting again!

Silver Creek Cubs will be meeting on the 2nd Tuesday of the month at 6:00-0PM at St. Paul's School, 1115 Division St., Algoma. Please contact club leader Rachel Harmann at rharman@outlook.com for more information.

#### Pilsen Skylighters

Many thanks to members from Pilsen Skylighters for bell ringing this year.



The Paul Family



Owen B.

Club members also took part in a fun gingerbread house making day.



#### Reminder: Attend your four club meetings by May 31st

As a reminder, to be a member in good standing in Kewaunee County 4-H and show as a member at the Kewaunee County Fair, you need attend four club meetings by May 31, 2022 and maintain your member expectations that you signed when you enrolled in 4-H. Club meetings and project meetings are separate. Project meetings do not count toward your club meeting total. Members that are not in good standing will not be able to participate as a Kewaunee County 4-H member in the Kewaunee County Fair, WI State Fair, 4-H Leadership Trips, and other similar experiences.

Most clubs have nine to twelve meeting a year. Therefore, even if you have to miss a few meetings due to other activities (work, practice, sports,

etc.) there should still be an ample amount of meetings for your family to attend and meet this requirement.

The exception to this requirement is for youth in grade 13 (college) because it is understood that those members may not be able to make it back to the county on a regular basis to attend monthly club meetings. However, they should remain as involved as possible during that time. In addition, grade 13 members are still expected to meet all of their project area requirements if they would like to show that project at the Kewaunee County Fair.

If you are wondering how many meetings that you have attended this year, please contact your club leader.



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KEWAUNEE COUNTY

#### What's happening in your club or project?

We would love to see pictures and hear about what is happening in your clubs and projects to share with our 4-H community. We have seen some awesome virtual activities, speakers, and projects. Send your pictures and short descriptions to Erin at [dahle.erin@kewauneeeco.org](mailto:dahle.erin@kewauneeeco.org) and they will be shared in our monthly Extension Connection Newsletter.

#### 4-H Calendar

The printed calendar is back! Each 4-H family will receive a printed copy of the calendar at a club meeting in January or February.

Just as a reminder to families, that the 4-H calendar of events is available online in two places. A month by month, PDF version of the calendar is available on the 4-H portion of the Kewaunee County 4-H website: <https://fyi.extension.wisc.edu/kewaunee4h/>

Additionally, 4-H events and meetings are listed on the UW-Extension calendar found on the front page of the website at: <https://kewaunee.extension.wisc.edu/>

While we try to follow the days set forth in the calendar, please remember that things like bad weather can sometimes change these meeting dates. **Contact your club and/or project leader with any questions regarding dates and times.**



UW-MADISON EXTENSION

#### Come to UW-Madison Science Expeditions Open House April 8-10

Where can you experience science as exploring the unknown? Discover UW-Madison's "Science Expeditions" open house April 8-10, 2022. Come to campus. Connect with the people, places and programs in STEM at your public land-grant university. Chat with scientists, try your hand at Exploration Stations, and tour labs. Learn about agriculture, engineering, liberal arts & sciences, design technologies and health sciences.

It's free for everybody. Mark your calendars today. Watch for more information and schedules at [www.science.wisc.edu/science-expeditions](http://www.science.wisc.edu/science-expeditions).

#### "Doing DNA, The Code of Life" Field Trips with UW-Madison's Biotech Center — In Person or By Zoom

Come experiment with DNA, the code of life, with Liz Jesse and Tom Zinnen, Wisconsin 4-H state specialists at the BioTrek Outreach Program of the Biotechnology Center of UW-Madison.

- Explore how DNA is like an alphabet that cells use as the Recipe Card of Life.
- Puzzle over the Parable of the DNA Tube and analyze a sample of highly-purified DNA.
- Extract DNA glop from wheat seeds and build a model of single-stranded DNA.

You'll take home three DNA souvenirs to help you share your insights & know-how with your family and friends.

Call Liz or Tom at 608 265 4457, or send them an email at [biotrek@biotech.wisc.edu](mailto:biotrek@biotech.wisc.edu), to set up a date and time. Weekdays, weekday evenings, and Saturdays are available. You can choose to come to campus in person, or we will Zoom to you at your place. Field trips are free. For Zooms, for a small fee we will ship to your club leaders the science kits you'll use for the DNA experiments.

#### Wisconsin-flavored Science at "Wednesday Nite @ The Lab" by Zoom

4-H youth & adult volunteers: tune in to the "Wednesday Nite @ The Lab" Zoom at 7pm to learn from UW-Madison researchers.

- January 5 – Jenyne Loarca from Horticulture shares her experiences in using genomics in breeding carrots.
- January 12 – John Berry from Chemistry shows us how to "Harness Energy from Ammonia"

See <https://science.wisc.edu/wednesday-nite-at-the-lab/>. Zoom at [go.wisc.edu/240r59](https://go.wisc.edu/240r59).



January 2022

**UW-Madison Division of Extension \* Aerica Bjurstrom, Agriculture Agent**  
**920-388-7138 \* aerica.bjurstrom@wisc.edu**

## Pesticide Applicator Training

### Online:

In efforts to serve applicators in need of certification for 2022, the UW PAT program is offering 5 (five) Zoom training times. The training is free of charge for those that have purchased the PAT manual from either the UW PAT store or from the Extension Kewaunee County office.

*(Please note: this is for online training only, it does not include the exam. Please contact the Extension office to schedule an exam time.)*

### Zoom training dates:

Jan 25, 2022

Feb 15, 2022

March 15, 2022

April 5, 2022

Visit <https://patstore.wisc.edu/secure/default.asp> or order a manual online or call 920-388-7141 to reserve your copy for pickup at Extension Kewaunee County, 810 Lincoln St., Kewaunee.

### In-Person:

Register today!

January 13 at Kewaunee County Fairgrounds, 625 3rd St, Luxemburg, WI 54217

8:30 AM Check-in

9:00 AM Start

**MUST BRING ID, CALCULATOR, SOCIAL SECURITY NUMBER TO TEST**

January 14 at Extension Brown County

### To register for the January 13 training:

• Visit [https://uwmadison.co1.qualtrics.com/jfe/form/SV\\_eFmww1QLmczz0z4](https://uwmadison.co1.qualtrics.com/jfe/form/SV_eFmww1QLmczz0z4) to register online OR

• Contact Extension Kewaunee County at 920-388-7141 or [erin.dahle@wisc.edu](mailto:erin.dahle@wisc.edu).

• Registration is required by January 10, 2022.

\$30.00 base training fee + \$10.00 in-person training fee. Credit card accepted (with service fee), or cash/check payment will be accepted the day of the training/exam.

Purchase the training manual for \$30.00 either from the Kewaunee County Extension office or the UW PAT store: <https://patstore.wisc.edu/secure/default.asp>

### To register for the January 14 training:

Visit <https://www.browncountywi.gov/form/pesticide-applicator-training/> to register online OR

Contact Extension Brown County at 920-391-4610.



## Wisconsin Dairy and Beef Well-Being Conference

February 22, 2022

**Farm Wisconsin Discovery Center**  
**7001 Gass Lake Rd., Manitowoc, WI 54220**

### Topics and Speakers:

- **Key Learnings Thus Far in FARM Animal Care Version 4** with Emily Yeiser Stepp; National FARM
- **Fitness for Transport** with Zoetis
- **Disbudding 2019 Survey** with Dr. Jennifer Van Os, PhD Assistant Professor and Extension Specialist in Animal Welfare; Department of Animal & Dairy Sciences, University of Wisconsin Madison
- **Disbudding Research** with Dr. Sarah Adcock, MSc, PhD Assistant Professor of Animal Welfare; Department of Animal & Dairy Sciences, University of Wisconsin Madison
- **Dry Cows and Heat Stress** with Jimena LaPorta, MSc, PhD Assistant Professor of Lactation Physiology; Department of Animal & Dairy Sciences, University of Wisconsin Madison
- **Ventilation and Heat Stress** with Dr. Jennifer Van Os
- **Genetic Selection—Breeding a Healthier Cow** with Kevin Ziemba, ST Genetics
- **Calving Pen Management: Insights from the cow's perspective** with Kate Creutzinger, MSc, PhD Assistant Professor Dairy Cattle behavior and Welfare; Department of Animal and Food Science University of Wisconsin – River Falls

### Registration

Conference registration— \$51.50

Farm Wisconsin Discovery Center Ticket—\$5.15

3.5 Vet CEUs—\$25/75

1 Beef Quality Assurance CEU—\$0

Link: <https://uwmadison.eventsair.com/wianimalwellbeing22/reg/Site/Register>

### Full Conference Details

Visit <https://dairy.extension.wisc.edu/events/wisconsin-dairy-and-beef-well-being-conference/> for more details.





**FARM READY RESEARCH**

See the full list of topics at [go.wisc.edu/FarmReadyResearch](https://go.wisc.edu/FarmReadyResearch)



## Farm Ready Research Sessions Continue in 2022

Learn the most up-to-date information on topics from dairy and livestock production to forage and farm management resources from Extension experts. See the full list of topics at [go.wisc.edu/frr2021](https://go.wisc.edu/frr2021). Choose the sessions that are applicable to your farm:

**Badger Dairy Insight:** Bi-weekly, Tuesdays, 1:00 pm

**Farm Management Fridays:** Bi-weekly, 11:00 am

**Focus on Forage:** Wednesdays, 12:30 pm

**Small Ruminants:** Monthly, Second Tuesday, 7:30 pm

## Kewaunee County Land Rent Survey Rates

The new year is typically when land rent agreements are signed. A survey of landowners and renters was conducted in Kewaunee and Door Counties in 2020. The linked fact sheet gives some insight into typical land rent prices by town and factors that impact rental rates.

Read more here: <https://fyi.extension.wisc.edu/kewauneeag/files/2020/05/2020-Land-Rent-Survey-Fact-Sheet.pdf>

## Century and Sesquicentennial Farm/Home Applications Now Available

The Wisconsin State Fair applications for the 2022 Sesquicentennial and Century Farm and Home Programs are now available. Download the forms from our website <https://fyi.extension.wisc.edu/kewauneeag/2021/10/25/century-and-sesquicentennial-farm-home-applications-now-available/>, or call the Extension office at 920-388-7141 to pick up a copy.

**Please note the application deadline - March 1, 2022**



January 2022

UW-Madison Division of Extension \* Aerica Bjurstrom, Agriculture Agent  
920-388-7138 \* aerica.bjurstrom@wisc.edu

Keeping the Earth a COOL Place to Live  
**CLIMATE CHANGE COALITION**  
OF DOOR COUNTY  
presents

**SOIL HEALTH AND THE BENEFITS OF REGENERATIVE AGRICULTURE**

Healthy soil is a vital agricultural resource. Join us for a panel discussion and Q&A with local farmers to learn how they're building resiliency through sustainable farming practices.

**THURSDAY, JANUARY 13, 2022**  
**KRESS PAVILION - EGG HARBOR**  
**7:00PM**

Free and open to the public. Live stream option available - registration required.

**PANELISTS:**  
Lauren Brey, Cycle Farm & Brey Family Beef  
Lee Kinnard, Kinnard Farms  
Mike Polich, Polich Farms  
Chris Schuh, Door Karma Farms

**MODERATED BY:**  
Jamie Patton, PhD, CPSS, Senior Outreach Specialist for northeast Wisconsin with the Nutrient and Pest Management Program, UW-Madison

In cooperation with:

Extension UNIVERSITY OF WISCONSIN-MADISON  
PENINSULA PRIDE FARMS  
The Nature Conservancy nature.org/Wisconsin  
LNRP  
DOOR-KEWAUNEE Demonstration Farms Network  
UNITARIAN UNIVERSALIST FELLOWSHIP OF DOOR COUNTY

For more information please visit: [climatechangedoorcounty.com/upcoming-events](https://climatechangedoorcounty.com/upcoming-events)  
FACIAL MASKS ARE HIGHLY ENCOURAGED

**Focus on Forage**  
Optimizing forage production in Wisconsin

**Upcoming Webinars in 2022**

**January 26th (1 CM CEU Available)**  
**Silage Additives for Conventional and Alternative Forages: Cost and Benefits**  
Dr. Luiz Ferreratto, UW Madison Extension Ruminant Nutrition Specialist

**Disease and Mycotoxin Considerations when Making Corn Silage**  
Dr. Damon Smith, UW Madison Extension Field Crop Pathology Specialist

**February 2nd (0.5 CM and 0.5 NM CEU Available)**  
**Are Forage "Cocktail Mixes" a Reasonable Alternative? Research Updates on 2021 Yields & Quality**  
Dr. Matt Akins, UW Madison Extension Dairy Specialist  
Mike Ballweg, UW Madison Extension Crops and Soils Educator, Sheboygan County

**Dairy Farmer Perspectives on "Cocktail Mixes" and Annual Forages**  
Brody Stapel, Double Dutch Dairy- Cedar Grove, WI

**Profitability of N Management for Alternative Forages - Preliminary Results**  
Kevin Jarek, UW Madison Extension Crops and Soils Educator, Outagamie County  
Dr. Carrie Laboski, UW Madison Extension Soil Fertility Specialist

**February 9th (1 CM CEU Available)**  
**Benefits of Incorporating High NDFD Grasses into Dairy Rations**  
Dr. Debbie Cherney, Cornell University Professor of Animal Science

**Feeding Winter Cereals and Other Alternative Forages Update**  
Kimberly Schmidt, UW Madison Extension Crops and Soils Educator, Shawano County

Registration information found at:  
<https://extension.wisc.edu/agriculture/farm-ready-research/>

An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

All webinars run from 12:30 pm to 1:30pm



**Century and Sesquicentennial Farm/Home Applications Now Available**

The Wisconsin State Fair applications for the 2022 Sesquicentennial and Century Farm and Home Programs are now available. Download the forms from our website <https://fyi.extension.wisc.edu/kewauneeag/2021/10/25/century-and-sesquicentennial-farm-home-applications-now-available/>, or call the Extension office at 920-388-7141 to pick up a copy.

**Please note the application deadline - March 1, 2022**

**Scholarships**

**2017 Farm Technology Days Scholarship**

The scholarships will benefit students that are in the second half of their post-secondary school. One student alumni from districts including Algoma, Kewaunee, Luxemburg-Casco, Denmark, Southern Door and Mishicot in either four or two-year colleges will be awarded \$1,000, giving out \$6,000 total each year.

Grants will be awarded based on Requests for Proposals designated by the Kewaunee County FTD Executive Committee. Grant applications are available at UW-Extension Kewaunee County or online here: **2017 FTD Grant Guidelines & Application** (<https://kewaunee.extension.wisc.edu/files/2018/06/2017-FTD-Grant-Guidelines-v3-PDF.pdf>)

Applications can be mailed to UW-Extension Kewaunee County % FTD Grants, 810 Lincoln St., Kewaunee, WI 54217 or emailed to [2017ftdgivesback@gmail.com](mailto:2017ftdgivesback@gmail.com).



**Eastern Wisconsin DHIA Scholarship**

Eastern Wisconsin Dairy Herd Improvement Cooperative is offering a minimum of one scholarship each of \$500.00 and \$1,000.00 for any full-time students enrolling in or already enrolled in an ag-related program.

Applications can be found here: <http://www.ewdhic.org/Scholarship.aspx>

**annual CAFO update series**

hosted by UW-Madison Division of Extension in collaboration with WI Department of Natural Resources



2.15.22 | 9:30-11:30 am  
nutrient management

2.15.22 | 1:30-3:30 pm  
engineering

2.16.22 | 9:30-11:30 am  
regulatory updates

2.16.22 | 1:30-3:30 pm  
groundwater

4 sessions offered virtually February 15-16 | 9:30 and 1:30 pm

Register today at <https://go.wisc.edu/x88dg2>

\$15 for one session or \$25 for series if registered on or before February 10. Additional \$20 late fee beginning February 11.

For more information: Kevin Erb | [kevin.erb@wisc.edu](mailto:kevin.erb@wisc.edu) | 920.391.4652. CCA CEUs pending & PDH Certificates available for Professional Engineers.



<https://kewaunee.extension.wisc.edu>

<https://www.facebook.com/KewauneeCtyUWEX>

<https://twitter.com/KewauneeCtyUWEX>

## Green Thumb Gardening – Winter Vegetable Series Online

### Event Information

**Date:**  
January 10th - March 21st, 2022

**Time:**  
6:00pm - 8:00pm

**Cost:**  
\$12.00-\$90.00

**Contact:**  
Lisa Johnson

**Phone:**  
608-224-3715

**Email:** [Johnson.lisa@countyofdane.com](mailto:Johnson.lisa@countyofdane.com)



The Green Thumb Gardening class series will give you the practical knowledge to keep your home garden thriving! Dane County Extension educators and local horticulture experts will provide in depth and accessible information for everyone from the novice to the experienced gardener. Register for the complete class series at a discounted price (\$90.00) or individual classes (\$12.00) according to your interests.

The Winter Vegetable series is Mondays 6:00pm – 8:00pm: covering Seed Starting, Cover Crops and more!

- January 10: Seed Starting
- January 24: Intro to Vegetable Garden Crops and Specialized Gardening Techniques
- January 31: Vegetable Garden Planning and Organic Techniques
- February 7: Vegetable Diseases
- February 21: Composting Techniques for the Vegetable Garden
- February 28: Cover Crops
- March 7: Weed Management in Vegetable Gardens
- March 14: Vegetable Insects
- March 21: Seed Saving and Harvesting/Storage

To register for the Winter Series: [Click Here](https://www.eventbrite.com/e/green-thumb-gardening-winter-vegetable-series-online-tickets-195354238787) <https://www.eventbrite.com/e/green-thumb-gardening-winter-vegetable-series-online-tickets-195354238787>

To insure equal access, please make requests for reasonable accommodations at least 10 days prior to the scheduled program, service or activity. If you need this material in another format please contact Lisa Johnson at 608-224-3715 or Email at [johnson.lisa@countyofdane.com](mailto:johnson.lisa@countyofdane.com).

## What Are the Risks of Sitting Too Much?

*Answers from James A. Levine, M.D., Ph.D*

Research has linked sitting for long periods of time with a number of health concerns, including obesity and metabolic syndrome—a cluster of conditions that includes increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. Too much sitting also seems to increase the risk of death from cardiovascular disease and cancer.

One study compared adults who spent less than two hours a day in front of the TV or other screen-based entertainment with those who logged more than four hours a day of recreational screen time. Those with greater screen time had:

- A nearly 50 percent increased risk of death from any cause
- About a 125 percent increased risk of events associated with cardiovascular disease, such as chest pain (angina) or heart attack

The increased risk was separate from other traditional risk factors for cardiovascular disease, such as smoking or high blood pressure.

Sitting in front of the TV isn't the only concern. Any extended sitting—such as behind a desk at work or behind the wheel—can be harmful. What's more, spending a few hours a week at the gym or otherwise engaged in moderate or vigorous activity doesn't seem to significantly offset the risk.

The solution seems to be less sitting and more moving overall. You might start by simply standing rather than sitting whenever you have the chance or think about ways to walk while you work. For example:

- Stand while talking on the phone or eating lunch.
- If you work at a desk for long periods of time, try a standing desk—or improvise with a high table or counter.
- Walk laps with your colleagues rather than gathering in a conference room for meetings.
- Position your work surface above a treadmill—with a computer screen and keyboard on a stand or a specialized treadmill-ready vertical desk—so that you can be in motion throughout the day.

The impact of movement—even leisurely movement—can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Even better, the muscle activity needed for standing and other movement seems to trigger important processes related to the breakdown of fats and sugars within the body. When you sit, these processes stall—and your health risks increase. When you're standing or actively moving, you kick the processes back into action.

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