



KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

In this Issue:

FoodWise Nutrition Education
Have a Food Safe Summerpage 2

Families, Finances & Wellness
Families + Screens Balancing Act ...page 3
Summer Appreciation Wreathpage 3
Summer Parenting Classes.....page 3
2023 Free Summer Meals for Kids..page 3

4-H & Youth
2023 Fair Schedule page 4
Kewaunee County Fair Info..... page 4
Club Connection: Club News page 5
Livestock Barn Pen Setup page 5
4-H Barn Dance—Save the Date!..... page 5
Congratulations Graduates! page 5
ASL Day Camp..... page 5

Agriculture Education
Sharpening the pencil in calf raising. page 6
On-Farm Vaccination Clinics page 6
Working Safely Around..... page 6
Overhead Lines
Young calves fed starter benefit page 7
from supplemental forage
Are your dry cows getting the..... page 7
nutrition they need?
Virtual StrongBodies Session page 8

UW-Madison Division of Extension * Patrick Nehring, Regional Community Development Educator
920-391-4616 * patrick.nehring@wisc.edu

NEW Food Access Map

With the help of a UW-Madison intern, Extension has created a map of the places where people in Kewaunee, Door, Manitowoc, and Brown Counties can obtain food. The interactive map shows the locations of general grocery stores, ethnic grocery stores, farmers markets, community gardens, food pantries, meal sites, and locations that accept Electronic Benefits Transfer (EBT) cards. The site gives brief descriptions of the location, and the user can use Google Maps to get directions. In addition to this being a great tool for local residents, the information may be used to determine where there are gaps in the food distribution system, so that they can be addressed.

NEW Food Access Map

The objective of this map is to show places to find food in Brown, Door, Kewaunee, and Manitowoc Counties.

Helpful Tips for Using the Map:

- To see categories of food access resources and map description, click the arrow box on the top left corner of the map.
 - Then, to see a specific food access resource, uncheck and check the red checkmarks on the left panel of the map.
- To see the map in full screen or a separate window, click the box in the top right corner.
- To see information about a specific food resource location, click on the icon of the food resource of interest.
 - Then, to get directions to a specific food resource location, click on the icon and then click on the direction arrow in the top right corner of the pop-up panel.



SCAN ME

Or visit
www.browncountyextension.org
and click on NEW Food Access Map

Grant Writing Basics Virtual Workshop

Since the Fall of 2022, Community Development Extension Educators from across the state delivered three virtual grant writing workshops, where a total of approximately 225 participants from nonprofits to local governments learned the basics of grant writing. Grant writing is an essential skill for building organizational and financial capacity.

SAVE THE DATE for Fall 2023 options for this Grant Writing Workshop:

- Thursday, September 14, 10:00 am - 12:00 pm
- Monday, September 18, 6:00 - 8:00 pm

* Free *

Participants learn:

- The outline of a common grant proposal.
- Where to look for funding for your organization.
- The most common grant writing mistakes.
- And MORE!

Experienced Extension Educators co-lead the workshop to make it informative, fun, and interactive!

Language interpretation available
Traducción de lenguaje disponible
Muaj Kev Txhais Lus

→ Testimonial from a 2.15.2023 participant:
Having zero experience with grants, everything today was very helpful. The most important things I learned were a few places to look for grants and where to do research on the grantors and the opening activity to frame the planning with those four questions - the proposed program, how it relates to the organization's mission, the capacity to carry out the program, and who will benefit from it.

More questions?

Reach out to a Community Development Educator in or near your area:

Addison Vang, Eau Claire, Chippewa, & Dunn Counties
(715) 590-4775 | addison.vang@wisc.edu

Ariga Grigorian, Sawyer County & Lac Courte Oreilles Tribe
(715) 638-3295 | ariga.grigorian@wisc.edu


Mia Ljung, Winnebago & Outagamie Counties
(920) 470-4645 | mia.ljung@wisc.edu

Patrick Nehring, Brown & Kewaunee Counties
(920) 391-4616 | patrick.nehring@wisc.edu



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.

Instructions for using the map on your phone:

- Ensure Google Maps is downloaded on your phone
 - If not downloaded, go to App Store to download the free Google Maps App
- Visit www.browncountyextension.org on the browser of your choice (Safari, Google, etc) and click on the NEW Food Access Map under the Quick Links Menu
- Enter full screen by clicking this icon: 
- To view only specific types of food resources click view legend. Check only the boxes by the specific food resources that you want to see.
- Click on the icon of the food resource you are interested in
- Click on this arrow for directions to the food resource
- Click on more information to view more details about the food resource

For assistance using the map contact Extension Brown County at extension@browncountywi.gov



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
 920-683-4170 * laura.apfelbeck@wisc.edu

HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!

Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS. When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



CHILL RAW AND PREPARED FOODS PROMPTLY if not consuming after cooking.



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.

Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.

Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.

DEVEILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.

ADDITIONAL SOURCE: CDC



For more summer food safety tips, go to **FoodSafety.gov**

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



UW-Madison Division of Extension * Renee Koenig, Human Development and Relationships Educator
920-388-7137 * renee.koenig@wisc.edu

Families + Screens: It's a Balancing Act

Parents today share many challenges when it comes to raising happy healthy children. One of those challenges includes the use of technology. According to the Pew Research Center, two-thirds of parents in the US say that parenting is harder today than it was 20 years ago, citing technology as the reason.



Screens aren't good or bad. They are a tool we use in daily life. Mindful technology use and conversations around family values and screen use help make technology a benefit rather than conflict for families. As with most things in life, finding a balance is best. We all have a finite amount of time each day. How we use that time is important. We know many things are key to raising healthy, well-adjusted children. Things like spending face-to-face time together, exercise, play, school, activities, eating and sleeping. We can think about whether screens are happening in addition to these things, or *instead* of these things. That can help us determine whether technology use in our home is in balance, or whether technology is replacing some other critical experiences.

Another key reason for balance is brain development. We learn what we practice and in childhood and adolescence, the human brain undergoes major transformation, pruning and growing connections based on experiences. Our brain builds paths, using the skills and networks that we practice the most. To develop a more balanced brain, we need a variety of experiences.

Often, when it comes to balancing screen time, parents hear a lot about "what not to do". The SPOIL system takes a different approach in that it tells parents "what to do". This system was developed by [Dr. Meghan Owenz](#) and is based on the latest screen time and child development research. The SPOIL system prioritizes children's play and focuses on what parents can do with their children to help them thrive in a digital world.

The SPOIL System outlines the five most important activities you should engage in with your young child each day. These activities include:

- Social activities** – A strong relationship with an adult leads to better behavior, calmer and happier children, who experience less stress. Social interaction with siblings and friends builds cooperation, empathy and perspective-taking. Face to face interactions are the primary way that children develop social skills.
- Play activities**– Imaginative play is critically important for children – this type of play has been linked to better impulse control and attention span.
- Outdoor activities**– There is so much research on the benefits of being outside for mental and physical health. Regardless of the weather! It leads to better sleep, decreased stress and increased problem solving.
- Independent work**– Includes things your child can accomplish by themselves and therefore make them feel more confident and competent. Independent work might include homework, helping a sibling, personal hygiene, age-appropriate chores.
- Literacy activities**– Includes anything that helps a child enjoy reading and writing. The benefits of daily reading are well documented.

As parents, if we focus on integrating these five habits into our child's day, it is going to have a much bigger impact on their well-being than simply limiting their amount of screen-time. It is about focusing on what your child *is* doing, not what they're not doing.

For more information on Extension parenting [resources](#) and programs please contact renee.koenig@wisc.edu or check here for a listing of [programs](https://parenting.extension.wisc.edu/online-parenting-classes/)—<https://parenting.extension.wisc.edu/online-parenting-classes/>

Summer Parenting Classes from the UW-Madison Extension!

Join educators from the University of Wisconsin-Madison Extension for virtual parenting classes and support. Discover the best of what science has to offer parents and choose what works for you.

Classes are offered in June, July, and August. All classes are free. Visit <https://parenting.extension.wisc.edu/> for more information.

Summer Appreciation Wreath

Taking time to notice and appreciate the good things in our life can help us feel better and more positive. We tend to take for granted the simple things in our world, yet they are often the most important.

Creating an "Appreciation Wreath" is one way to practice appreciation in our life. To do this, follow these steps:

- Trace stars on colored paper or fabric.
- Write or draw things you appreciate about summer and things you appreciate in your life (people, things, experiences, etc.). Or you could assemble the wreath first and then add the things you appreciate each day or as you think of them.
- Cut out the stars and glue them together to form the wreath. (See the photo for an example)
- Use a ribbon to add a hanger to the back of the wreath.
- Hang your wreath in your home to help you focus on the good things in your life.



Think about appreciating things in life through your five senses — sight, hearing, smell, taste and touch. For example, appreciating the beauty of nature, sounds such as laughter or music, sensations such as a warm breeze, as well as the smell and tastes of good food.

Think of appreciation as taking a vitamin — it helps prevent negative thoughts and emotions, but it takes practice to learn to do it regularly.

We would love to see photos of your wreaths! Send them to renee.koenig@wisc.edu, Renee Koenig, University of Wisconsin-Madison Extension, Kewaunee County

For more resources and educational programs, visit our website at <https://extension.wisc.edu/>



Aging-Friendly Kewaunee County

We want to hear from you!

Please join us and help make Kewaunee County an Aging-Friendly place to live. Our group meets monthly. We discuss ideas and plan strategies to help our neighbors stay healthy and active in our county.

Contact Renee Koenig at 920-388-7137 or renee.koenig@wisc.edu for details.



2023 FREE SUMMER MEALS FOR KIDS!



STURGEON BAY LOCATIONS

- ★ **Door County YMCA**
1900 Michigan St, Sturgeon Bay
June 5-Aug 25
Mon-Fri 11:30am-12:30pm
- YMCA Lansing Ave Center**
876 S Lansing Ave, Sturgeon Bay
June 5-Aug 25
Mon-Fri 11:00pm-12:00pm
- Boys and Girls Club**
55 S. 3rd Ave, Sturgeon Bay
June 5-Aug 25
Mon-Fri 11:45am-12:45pm
- Otumba Park**
212 W. Locust Ct, Sturgeon Bay
June 5-Aug 25
Mon-Thurs 11:00am-12:00pm
- Sturgeon Bay Library**
107 4th Ave, Sturgeon Bay
June 5-Aug 25
Mon-Fri 11:00am-1:00pm
- TJ Walker Middle School**
1230 Michigan St, Sturgeon Bay
June 12-July 27
Mon-Thurs 11:20am-11:45am

- Sturgeon Bay High School**
1230 Michigan St, Sturgeon Bay
June 12-July 27
Mon-Thurs 11:20am-11:45am
- Sunset Park**
747 N. 3rd Ave, Sturgeon Bay
June 5-Aug 25
Mon-Fri 12:00pm-12:30pm
- Thunder Hill Estates Pavilion**
417 14th Place, Sturgeon Bay
June 5-Aug 25
Mon-Fri 12:45pm-1:15pm

- ### SOUTHERN DOOR/ALGOMA LOCATIONS
- City of Algoma, Perry Field**
807 Clark St, Algoma
June 26-Aug 4
Mon-Thurs 11:30am-12:00pm
 - Algoma Elementary School**
514 Fremont St, Algoma
June 5-July 22
Mon-Fri 12:00pm-1:00pm
 - Brussels Town Park**
1366 Junction Rd, Brussels
July 5-August 25
Mon-Fri 11:30am-12:30pm

- ★ **Algoma Methodist Church**
804 Parker Ave, Algoma
June 5-Aug 25
Mon-Fri 11:00am-1:00pm
- St. Paul's Lutheran**
1115 Division St, Algoma
June 5-Aug 25
Mon-Fri 11:15am-12:00pm
- Southern Door School**
2073 Cty Rd DK, Brussels
June 5-June 29
Mon-Thurs 11:30am-12:15pm

- ### NORTHERN DOOR LOCATIONS
- ★ **Jackie & Steve Kane Center**
3866 Gibraltar Rd, Fish Creek
June 12-Aug 11
Mon-Thurs 12:00pm-12:30pm
 - Sister Bay Library**
2323 Mills Rd, Sister Bay
Dates & Times TBD

No sites will be serving on July 4

★ **Limited meals available to adults 65+ at select sites.**

Contact the Sturgeon Bay Program Center at 920.743.4949 with any questions.



UW-Madison Division of Extension * Mariah Vandertie, 4-H Program Educator
(920) 388-7185 * mlvandertie@wisc.edu

2023 KEWAUNEE COUNTY FAIR SCHEDULE

Thursday, June 29

3:00 PM 4-H Dog Show
Kewaunee County Fairgrounds

Monday, June 26

7:00PM Fair Clean-Up and Set-Up

Monday, July 10

12:30 Open 17, Special Needs
12:30-7:00 PM Jr. Fair Judging

Departments:

6 Horse Educational	10 Vet Science
14 Plants & Soil Science	15 Flowers & House Plants
16 Natural Science	17 Cloverbuds
18 Cultural Arts	20 Photography
21 Computer	22 Woodworking
23 Electricity	24 Mechanical
25 Food & Nutrition	26 Clothing
27 Knitting & Crocheting	28 Home Environment
29 Family & Child Development	
33 Self-Determined	34 Health

3:00PM Model Horse Show
5:30 PM Club Flower Pot Judging
6:00 PM 13 Cat

Tuesday, July 11

5:30-7:00 PM Hog Check-In & Weigh-In

Wednesday, July 12

Entry Day for Animals **Animals to be on grounds by 3:00 PM**
 9:30-10:30 AM Steer Weigh-In
 9:30-10:30 AM Lamb Weigh-In
 12:30 PM Poultry Animal Weigh-In
 3:00 PM Rabbit Weigh-In
 4:00 PM All Livestock Exhibitor meeting (Open & Jr) in show ring
 4:00-7:00 PM **Entry Day Open Class** Flowers, Crafts, Crops, Photography & Etc.
 5:30 PM Goats Show
Jr. & Open animals to be on grounds by 3:00 PM

Thursday, July 13

8:00 AM Jr. Fair Horse (Western) Show
 9-noon **Entry Day Open Class:** Flowers, Crafts, Crops, Photography & Etc.
 Sheep Show
 Rabbits Show Jr. -Cavies prior to rabbits
 Beef Show, Open & Jr.
 Rabbit Show Open
Open Class Judging Flowers, Crafts, Crops, Photography & Etc. in exhibit hall
 Horse Drill Team
 Horse Gymkhana Show Jr. & Open
 Hog Show

Friday, July 14

8:00 AM Dairy Show, Jr. & Open
 9:00 AM Poultry Show, Jr. & Open
 10- noon Jr Fair Horse Trail
 5:00 PM Drill Team
 6:30 PM Round Robin Showmanship

Saturday, July 15

8:00 AM Jr Fair Horse (English), Open Class & Trail
 9:00 AM Rabbit Hopping
 1:00 PM Jr. Fair Livestock Auction
 5:00 PM Horse Drill Team
 7:00 PM Dairy Futurity

Sunday, July 16

9:00 AM Open Speed Horse Show
 11:30 AM Parade
 2:00 PM Kiddie Showmanship
 3:00 PM Kiddie Tractor Pull
 5:00 PM Check out in Exhibit Hall. No exhibits may leave prior No Exceptions

Times and dates subject to change

Fair Theme - It's All Fun & Games
Parade Theme - Board Games

Kewaunee County Junior Fair Show Information

The UW Extension Kewaunee County 4-H website has information about the upcoming Kewaunee County Fair:
<https://fyi.extension.wisc.edu/kewaunee4h/kewaunee-county-fair/>

Kewaunee County Fair Website

Information about the Kewaunee County Fair including admission information, entertainment line-up, and more can be found at the website:
<https://www.kewauneeountyfair.com/>

2023 Fair Traffic Pattern & Release Protocol

The Kewaunee County Fair Board has again adopted a traffic pattern to be used for the 2023 fair. All trailers will enter through the West gate (pit area off of Frontier Rd) and will exit the fairgrounds through the North gate (D&S). Decorations can be taken down no sooner than 4:30 pm. All tack must be taken down and ready to load before you line up your trailer. You will not be allowed to pull your trailer in and then start taking decorations down. The 30 minutes prior to animal release is to be used for this purpose. The barns will again be closed to the public at 4:30pm to make packing up and taking down decorations easier. Please utilize this time to make the exit process run smooth.

The dairy barn and the small animal barn will be released first, starting at 5:00pm. The livestock barn will follow starting at 5:30pm. The horse barn will follow at 5:45pm. Superintendents of these barns will release animals along with the fairboard members working on Sunday at release time.

Trailers that were off site for the duration of the fair will enter from the West gate and park in the pit area on Sunday. **NO TRAILERS** will be allowed to be parked in the pit area during the fair. **ALL TRAILERS** will be parked west of the horse ring on the grass area. A designated number of trailers will be allowed to enter at a time to avoid a large backup of trailers on the grounds. We again ask for everyone's patience as everyone wants to go home. Again this year **ALL** hogs and beef will be going home on Sunday night. This will make load out more time consuming, please be patient.



In addition, the areas south of the dairy barn and north of the livestock barn will be kept free from vehicles, trailers, machinery, feed, etc. Vehicles will be towed if in violation. All personally owned offroad vehicles (gators, mules, skid loaders, etc.) will require a Certificate of Insurance to be turned in to the fair board president **PRIOR** to the start of the fair to be kept on file. There will be a designated area for fitting chutes on the south side of the dairy barn, no chutes will be in any barns. Again these decisions were made for safety purposes as well as maintaining a neat and pleasant appearance around the barns. We ask you to respect the hard work that went into these efforts to make the Kewaunee County Fair one to be proud of. Thank you.

Kewaunee County Fair Board





July 2023

UW-Madison Division of Extension * Mariah Vandertie, 4-H Program Educator
(920) 388-7185 * mlvandertie@wisc.edu



Bells of Luxemburg celebrated pollinators at their June meeting. John and Amanda, local beekeepers, shared their knowledge and excitement for beekeeping, while offering great visuals for all to learn from. The club finished their meeting with a fingerprint bee tile!



Kewaunee County 4-H would like to extend our congratulations to all of the seniors that graduated high school over the last month. We are so proud of the great leaders and young adults that you have become. It's been an honor to watch you grow through the 4-H program and we cannot wait to see all of your future accomplishments. Best wishes!


Denmark High School - June 4th, 2023
 Connor Schultz, Danica Nowak, Ellah DeGrand, Julia Duckart

Home Education
 Marina Sconzert

Kewaunee High School - May 24th, 2023
 Jared Reckelberg, Brittany Steinhorst, Coleton Winnekens, Emily Wavrunek,
 Kayla Swagel, Makayla Stauber

Luxemburg Casco High School - May 24th, 2023
 Macey Ledvina, Ashley Naze, Haley Paye, Hunter Guilette, Kyle Kratz,
 Mackenzie Deprey, Madeline Bevins, Magdalene Fett, Samantha Tremel,
 Savannah Jandrin, Lindsay Beyer

**LIVESTOCK BARN
PEN SETUP**



JULY 5TH, 2023 FROM 6-8PM

PAPERWORK TURN IN HAS BEEN MOVED FROM JUNE 14TH TO NOW BEING HELD AT THE LIVESTOCK BARN PEN SETUP ON JULY 5TH FROM 4-8PM.

****NOT REQUIRED TO TURN IN ON JULY 5TH. MUST TURN IN BY 3PM ON DAY OF ENTRY AT FAIR.****

AMOUNT OF PENS NEEDED PER EXHIBITOR MUST BE EMAILED OR PHONE CALL TO DARLENE BY JUNE 15, 2023.

DARLENE
 EMAIL: WRBOEDER@GBONLINE.COM
 PHONE: (920) 676-4580

ASL DAY CAMP



Learn ASL from Deaf/Hard of Hearing youth leaders while playing games and making new friends!

August 13, 9:30 am - 4 pm



Richland County 4-H, Vernon County 4-H, and Upham Woods Outdoor Learning Center are excited to announce that we will be co-hosting an ASL day camp this year! This event is being planned by Deaf/Hard of Hearing youth who communicate with ASL. Activities will be co-taught by these youth leaders with support from adults who are also Deaf or have experience using ASL. ASL interpreters will also be present.

Who: Any youth in grades 3-12 ready for an inclusive day at camp focused on communicating in ASL. This is a great camp for hearing youth who want to learn ASL or Deaf youth ready to have summer fun in a signing environment.

When: August 13, 9:30 am – 4 pm

Where: Upham Woods Outdoor Learning Center, N194 County Rd N, Wisconsin Dells, WI 53965

What to bring: Closed-toe shoes, a bagged lunch, and a water bottle. We will provide snacks and all supplies needed for activities.

Cost: \$10. Scholarships are available. Please email lewandowskis@wisc.edu for more information!

Registration: https://uwmadison.co1.qualtrics.com/jfe/form/SV_eaDLr5iMp88xD3U

Save THE Date

Kewaunee County 4-H

BARN DANCE

FRIDAY, AUGUST 18TH
6:00-9:00 PM

Kewaunee Co. Fairgrounds

Steel Belly BBQ

\$10 food ticket: smash burger w/ cheese, potato salad and drink

\$5 food ticket: small mac-n-cheese and chocolate milk

*Advanced payment for food is required. Join us as a family!
 Youth must be accompanied by an adult.*



UW-Madison Division of Extension * Aerica Bjurstrom, Regional Dairy Educator
 920-388-7138 * aerica.bjurstrom@wisc.edu

Sharpening the pencil in calf raising

The United States dairy industry is under extreme financial pressure with little relief in sight. During these tough times, producers must analyze every aspect of the farm business. Calves have high labor requirements and feed costs and little short-term income opportunities, so they are no exception.

It is important to remember that today's heifer calves are the milking cows in two years. It may be easy to think shaving costs in calf raising will have little negative impact long-term. However, if calves are short-changed in areas that will result in increased death loss or illness, reduced farm profitability will extend for much longer.



Start with excellent colostrum management

In evaluating calf raising, first start with the basics that pay big returns. Proper colostrum management is essential to raising healthy calves and will pay the biggest returns. Every calf should be hand fed 10 percent of its body weight (1 gallon for typical Holstein calf) of high quality, clean colostrum as soon as possible after birth. Colostrum delivers antibodies from the cow, therefore calves that receive sufficient antibodies that are absorbed into their bloodstream are said to have "passive (acquired) immunity". Calves having excellent passive immunity experience decreased sickness, improved gains and minimized death loss. That equates to less labor, feed and drug costs.

Michigan State University Extension recommends a second colostrum feeding within 8-12 hours of the first feeding. The second feeding of colostrum can be of lesser quality, however still free of bacterial contamination. While absorption of antibodies is less likely at the second feeding, there is evidence that a second feeding provides nutrients and non-nutritional factors that provide long-term benefit to the calf.

Milk Feeding

Evaluate your milk-feeding program. If you are on a high milk program, do calves drink all of the milk you offer in the first two weeks? If not, there may be an opportunity to cut back what is offered early in life. While we want to optimize growth and health, we also need realize that calves ramp up milk intake over the first two weeks of life.

Are calves weaned on time? Current recommendations are to begin weaning heifers at 4-6 weeks of age. Heifers can be weaned as soon as they are consuming adequate starter to maintain their growth, typically 2-6 pounds per day (depending on heifer size). On high milk feeding, calves will often not consume much starter until milk is decreased. Michigan State University Extension recommends cutting volume in half at each feeding or removing one feeding of milk to begin the weaning process which will stimulate starter intake. For optimal calf health, weaning should be gradual over 10-14 days.

According to the most recent National Animal Health Monitoring System (USDA, 2014) average age at weaning for heifers was 9 weeks, and 18.9 percent of operations are weaning heifers at 13 or more weeks of age. In many operations, there is likely an opportunity to wean heifers earlier, and thus save costs, without detriment to long-term growth.

Dry Feed

Reducing starter waste can cut calf-raising costs. Calves should be given a small handful of starter to begin with on day 3-5 of life. Too often, calf raisers will fill the bucket up with starter and wait for the calf to finish the entire bucket before offering more. Calf starter gets stale, heats and molds when left out, reducing intake and delaying rumen development. Feeding fresh starter daily, only the amount she will clean up, will promote starter intake, resulting in a calf that is ready to be weaned sooner and is better able to utilize the nutrients you give her. If it fits into your herd health plan, starter refusals can be fed to older heifers to reduce wastage.

Calf Sales

There is an income opportunity from selling calves. Most dairy producers sell bull calves at a very young age. Evaluate the arrangement you have to sell bulls to determine if there are opportunities to receive a premium. For example, if you currently haul calves to a livestock market, can you sell calves to an individual that would pay a premium and pick up calves themselves? Can you get a premium by showing proof to the buyer that bull calves receive adequate colostrum by blood sampling calves for serum IGG or total proteins? If you have available calf housing, labor and excess waste milk, there may be an opportunity to raise some bull calves past weaning to optimize profits.

Conversely, determine the number of heifers you need to raise based on death loss and annual cull rate. This may result in the ability to sell extra heifer calves early to optimize labor, feed costs, and housing. Calculating the number of surplus heifers you have will also give you the ability to explore the option of using beef semen on some cows to capture a premium on those calves.

Kewaunee County Public Health Department

On-Farm Vaccination Clinics

The Kewaunee County Public Health Department is offering FREE vaccinations to farm employees this summer and fall. We understand that it is difficult to get away during the summer and fall, so we will come to you!

Vaccines available include:

- Tetanus
- Hepatitis B
- Hepatitis A
- Influenza (Flu shot) – available in Fall



If you're interested in having us stop out, call us at (920) 388-7175. We would be happy to schedule a time to come to your farm!

Working Safely Around Overhead Lines

According to the National Ag Safety Database, 62 U.S. farmers are electrocuted every year. To raise an additional cause for concern, 3.6% of deaths among youth under 20 years old are caused by electrocution. As equipment continues to get larger and taller, and grain spouts on combines become longer to get past the headers, it's becoming increasingly important to understand how to work safely around overhead power lines.

Producers can reduce the risk of electrocution by:

- Always assuming electric lines and electric equipment is energized. Never touch a power line.
- Be aware of the location of overhead power lines and choose a route for your equipment that avoids those lines.
- Avoid using ladders, portable augers, or irrigation equipment around power lines.
- If you are using a ladder near overhead lines, use fiberglass with non-conductive side rails, for example.
- Tools should be carried horizontally.
- Maintain 10 feet of clearance between power lines and your equipment. Contact your power company to determine the height of the lines on your farm.
- Review safety measures with all individuals working on your farm, whether full-time, part-time, voluntary, or family.
- Remember that even nonmetallic objects, such as tree limbs, ropes, and straw, can conduct electricity.
- Stay at least 30 feet away from downed electric lines and equipment.

If the equipment you are operating makes contact with an overhead electrical line you should:

- Remain in the vehicle.
- Warn others in the surrounding area to stay away.
- Call 911 and wait for emergency professionals or utility works to say it's safe to exit.
- In case of fire, jump out and clear and don't touch the equipment and ground simultaneously.
- Land with both feet together and keeping both feet on the ground, shuffle away in small steps to avoid shock or electrocution.

Sharing this information with farmers could help save a life this summer.

Health

Now is a good time to discuss your calf and heifer herd health plan with your veterinarian to ensure that all vaccines, treatment protocols and feed additives are up to date. It is important not to cut out items that are beneficial to your herd, but there may be opportunities to remove something that was added in response to a specific problem in the past, or as 'extra insurance' when milk price was high.

Average pre-weaned death loss in the US is 7.8 percent according to the National Animal Health Monitoring System (USDA, 2007), while stillbirths (born dead or die in the first 48 hours) are estimated to be about 7-8 percent on most farms. When combined, on an average farm 15 percent of our calves do not make it past weaning, costing the dairy significant amounts of money and lost potential.

Of the 7-8 percent stillbirths, it is estimated that 90 percent are alive at the start of calving and about 20 percent are born alive, meaning improved management can reduce these losses and result in more live calves. The number one cause of pre-weaned heifer deaths is scours (56 percent, NAHMS). Many times, careful attention to scouring calves by providing adequate nutrition and replacing lost fluids with a good electrolyte can save these calves.

Written by Faith Cullens, *Michigan State University Extension*



UW-Madison Division of Extension * Aerica Bjurstrom, Regional Dairy Educator
920-388-7138 * aerica.bjurstrom@wisc.edu

Young calves fed starter benefit from supplemental forage



Proper management of young calves is essential for their success throughout life. It is critical to ensure that each calf receives an adequate amount of high-quality colostrum for the transfer of immunoglobulins from the dam to the calf to support the immune system of the calf. Next, we must also consider the importance of rumen development, the energy and protein nutrient requirements needed for the desired growth rate, and the rumen environment needed to maintain proper gut health.

One of the greater expenses of raising young calves is the feeding milk replacer as opposed to a dry feed ingredient-based diet. To wean the calf from milk and make the switch to a dry feed ingredient-based diet, the rumen must undergo further development to ferment the dry feed being consumed so the nutrients from the feed can be absorbed by the calf. Therefore, it is economically advantageous to encourage rumen development of calves at a young age.

Rumen development is stimulated by the volatile fatty acids (VFA) produced from rumen fermentation of feed ingredients rather than the physical characteristics of forage (i.e., stretch and scratch factor). Therefore, both grain and forages can stimulate rumen development, while milk alone does a poor job. However, grain-based diets produce a greater concentration of propionate and butyrate, the two VFA most important for papillae growth in the rumen. Comparatively, forage-based diets produce a greater concentration of acetate. Grain-based diets are more digestible and energy dense than forage-based diets which allow them to elicit the greatest rate of growth by the animal. While forages are less energy dense and can limit feed and energy intake due to gut fill because of the bulkiness of long-stemmed forages.

As a result, it would make sense to supplement young calves with a grain-based diet (i.e., starter) until they are able to make a complete switch after weaning to promote the greatest rate of rumen development and body weight gain. As such, calf starters normally contain a large concentration of rapidly

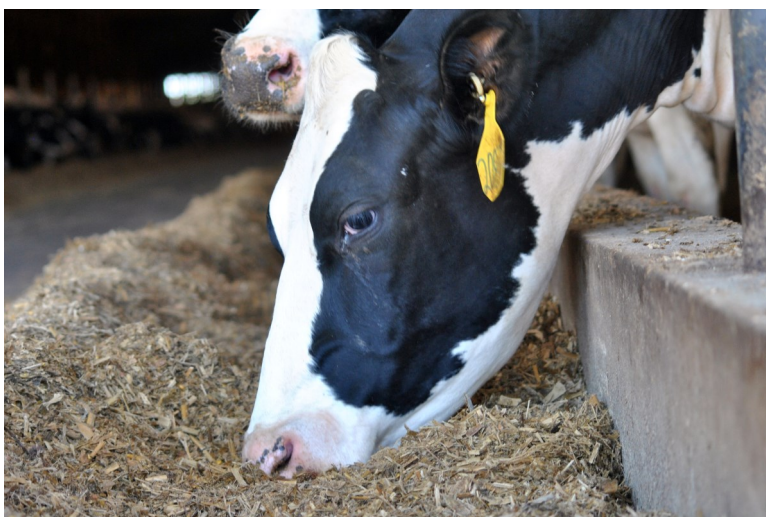
fermentable carbohydrates, the digestion of which produces VFA, which can overwhelm the rumen's ability to maintain a healthy pH for proper function. The physical form of the starter also affects the rate of fermentability within the rumen, with finely ground and pelleted starters being more rapidly fermentable compared with textured starters.

After consuming a meal, rumen pH decreases, becoming more acidic, before returning to normal before the next meal is consumed. Acidosis occurs if the rumen pH fails to return to normal or remains low (<5.6) for an extended period of time, causing poor rumen function resulting in symptoms of anorexia, lethargy, and diarrhea. On the other hand, forages require more chewing and increase the production of saliva that contains bicarbonate, which can buffer (i.e., increase) the rumen pH. Forages are abrasive and can prevent keratinization of the rumen epithelium that hinders VFA absorption in the rumen. For pre-weaned calves with no access to consume bedding, a study in *The Professional Animal Scientist* observed voluntary straw intake was approximately 4 to 5% of dry matter feed intake, while weaned calves voluntarily consumed straw at approximately 1% dry matter feed intake. Voluntary straw intake demonstrates a need for fiber intake to maintain rumen health and function of young calves.

An article in *Applied Animal Science* reported that forage inclusion in young calf diets is complex and depends on the physical form of the starter, grain source in starter, starch and fiber concentration of the starter, forage source, forage particle size, forage amount, and bedding source. The forage requirement for pre-weaned calves may be extremely low due to a lesser starter intake while milk replacer represents a larger proportion of their diet. As starter intake increases, so does the fermentation of carbohydrates supplied by the starter that can increase ruminal acid load and the potential for acidosis. Forage inclusion at approximately 5% of dry matter feed intake can result in similar average daily gains and feed efficiency compared with 100% grain-based diets, likely due to the improved rumen environment and health. Forage inclusion greater than 10% or with long-stemmed forages have the potential to add too much bulk and gut-fill that restricts starter and energy intake, thus limiting average daily gain and feed efficiency. Starters that are highly processed and fine, resulting in rapid fermentation and VFA production, have shown a greater beneficial response to forage inclusion compared with textured starters that have a slower rate of fermentation in the rumen. An article in *The Professional Animal Scientist* reported regarding forage source, average daily gain and dry matter feed intake are maximized when the neutral detergent fiber (NDF) provided by the forage is between 0 and 2%. Therefore, more alfalfa hay could be included relative to grass hay, while more grass hay could be included relative to straw because of differences in NDF% of each forage.

In conclusion, forage inclusion in the diets of young calves can help maintain rumen pH for proper rumen health and support rumen development. Low inclusion rates of forage (<5% of dry matter) can provide the beneficial effects of forage NDF needed to maintain rumen health and maximize calf growth. Clean straw bedding that is applied frequently and in slight excess may satisfy the forage needs of young calves consuming grain-based diets. If you have follow-up questions, please contact the Michigan State University Extension Beef and Dairy team educators for additional information.

Are your dry cows getting the nutrition they need?



Every dairy operation has many, many components that must work well together in order to have a successful dairy business. It's important that nothing slips through the cracks, especially when it comes to dry cows. Dry cows do not benefit from a "one size fits all" approach when it comes to their nutrition, but there are some common practices to keep in mind.

Consider body condition score

Using the 5-point scale, cows at or above a 3.5 BCS at calving are more susceptible to metabolic disorders and mobilize more fat after calving. Late lactation BCS should be around 3.25 at dry off.

There is research out of Illinois that found overfeeding energy for an 8-week period can lead to excessive internal fat and be harmful to cows. This is especially true during the transition period due to inflammation and impaired

liver function. Internal fat is not always indicated in body condition score, and when thin cows are overfed, they can respond as if they were fat.

Observe cows regularly and watch for symptoms

There are five key symptoms of overfeeding or excessive insulin resistance:

- Large decreases in intake as a cow approaches calving.
- Low intake or sluggish increases in intake in fresh cows.
- Excessive body weight or BCS gain during the dry period.
- Excessive body weight or BCS loss during early lactation.
- Higher incidence of subclinical and clinical ketosis and displaced abomasum.

Key components to dry cow nutrition to help control BCS and body weight

Maintain dry matter intake through calving

Dry matter intake can be maintained, while energy intake is controlled by formulating diets appropriately for fiber and energy density. Typically corn silage-based diets provide too much energy.

Controlled-energy diets typically incorporate low-energy feedstuffs such as straw, grass hay or hay crop silage. These feedstuffs allow cows to eat as much as they want without over-consuming energy.

Optimize nutrient intake and supply

Once dry matter intake is set, the diet can be formulated with protein feedstuffs to supply at least 1100 g/day of metabolizable protein. Meeting the protein requirements benefits immune function, mammary development and protein reserves. Protein reserves are used for metabolic functions in the first few weeks of lactation when the cows experience negative protein balance along with negative energy balance.

Dry cow nutrition and management are important to the success of any dairy business.

Written by Emily Wilmes, Extension Educator, Stearns County



Extension

UNIVERSITY OF WISCONSIN-MADISON

KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

July
2023

STRONG *People*™

STRONG BODIES



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

Questions? Contact Jen Whitty at jennifer.whitty@wisc.edu

Virtual StrongBodies - Summer 2023 Session

Dates: July 11 through September 28

Time: Tuesdays and Thursdays, 9:00 – 10:15 am

How to Sign Up: Register online at <https://go.wisc.edu/12rqa3>

A welcome email with the Zoom link to join class will be sent in the week prior to the series or within 3-5 days if registering after July 11



Extension
UNIVERSITY OF WISCONSIN-MADISON

An AA/EEO employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX and ADA requirements.

Non-Profit Org.,
U.S. Postage
PAID
Berlin, WI
Permit No. 27

EXTENSION KEWAUNEE COUNTY
625 Third Street
Luxemburg WI 54217

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.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Sección 504 del Rehabilitation Act.

Tus Tswv Hauj Lwm Ntawm (EEO/AA), ntawm lub Tsev Kawm Ntawv Qib Siab (University of Wisconsin-Madison Division of Extension) pab rau kev neaj ncees txog kev hauj lwv thiab kev pab cuam, xws li nyob rau hauv Title VI, Title IX, thiab ntawm tsab cai Americans with Disabilities Act (ADA) yuav tsum kom muaj thiab Feem 504 ntawm the Txoj Cai Kev Pab Rov Tsim Kho Uas Tau Teev Tseg.