



FoodWise Nutrition Education

- Checklist for Lifepage 2
- Fresh Frozen or Cannedpage 2
- Join StrongBodies!.....page 2
- Farm Market Seasonpage 2

Families, Finances & Wellness

- COMET.....page 3
- Help Kids Stay Home Alone.....page 3
- Focus on Fatherspage 3
- Financial Educationpage 3
- Resilient Co-Parenting Classespage 3

In this Issue:

4-H & Youth

- Spring Dairy Tour page 4
- Volunteer Appreciation Week page 4
- Time & Talent Raffle..... page 4
- Tractor Safety Classes..... page 4
- Club & Project News page 5
- YQCA page 5

Agriculture Education

- Pesticide Applicator Training page 6
- VITAL page 6
- Farm Succession Workshop..... page 6
- Badger Dairy Insight Webinars page 6
- Will Drought Persist in 2024 page 7
- Tractor Safety Classes page 7

Back Page

- Challenges After Incarceration page 8
- Free Online Gardening Programs page 8

Patrick Nehring, Regional Community Development Educator
920-391-4616 * patrick.nehring@wisc.edu



Learn tips for running and growing a successful food business from specialists and entrepreneurs! This no-cost series of online trainings is for food entrepreneurs and farm-based food businesses.

The UW-Madison Extension Community Food Systems Program will provide no-cost virtual workshops for small-scale food and farming business start-ups during Mondays in April, from April 1st to April 29th.

The sessions will cover topics such as:

- Food licensing
- Food trucks
- Cooperative businesses and partnerships
- Social media best practices

Register today! <https://foodsystems.extension.wisc.edu/2024-webinar-series/>

Nonprofit Educational Programs

UW-Madison Extension Brown and Kewaunee County and UW-Green Bay have partnered to offer resources for nonprofit organizations in the area, <http://www.uwgd.edu/nonprofit-network>. Extension can provide custom training on a variety of topics on how to startup and operate a nonprofit organization, contact Patrick Nehring (920) 391-4616 or patrick.nehring@wisc.edu for more information. UW-Green Bay offers degree programs for those interested in nonprofit organizations. Together they offer the Nonprofit Leader Conversations. These are one-hour virtual conversations on topics of interest to nonprofit organizations.

Registration and information can be found at: <https://www.uwgb.edu/nonprofit-network/networking-opportunities/>

- **Pledge Drives - Sustaining Donors**, April 11, 8:30-9:30
Emma Salisbury from PBS Wisconsin will be our guest for a conversation about pledge drives and sustaining donors.

Broadband Regional Workshop

April 10, STEM Innovation Center in Green Bay

Registration is \$25 and covers lunch, refreshments, and materials.

Join us for a broadband regional workshop on Getting Ready for BEAD Funding: Permitting, Engagement, and Learning from Experience. We will hold nine workshops in convenient locations across the state. This event focuses on equipping attendees with the essential knowledge and tools required to successfully navigate the complexities of broadband expansion. This event is ideal for elected officials, community leaders, and volunteer committee members involved in broadband expansion efforts, as well as organizations supporting broadband planning and permitting authorities. Register today to secure your spot!

<https://economicdevelopment.extension.wisc.edu/2024/02/14/spring-2024-broadband-regional-workshops-agenda-and-registration/>

WORKSHOP OVERVIEW

- Update from the Public Service Commission and National Telecommunications & Information Administration
- Broadband Permitting
- Networking Lunch
- Engagement & Endorsement
- Case Studies: How Communities & ISPs are Preparing for BEAD



Community Economic Development
Division of Extension

- **Equity Checklist for Community Organizations**, April 25, 8:30-9:30
Join us for a conversation focused on advancing health equity in our community. Katrina Nordyke from Brown County Public Health and Andrea Kressin from The City of Green Bay have partnered with local organizations to develop a framework and tools to help incorporate equity policies and practices.
- **Finding Funders**, May 9, 8:30-9:30
Certain grant-makers and private foundation donors may align well with your organization's mission - but how do you ferret them out? How do you search for new grant opportunities? How do you make a genuine connection with the funder? Please join Marissa Heim, Philanthropy Director with CASA of Brown County to talk about the process of finding funders who might be interested in your cause and how to approach them.
- **Packers, 2025 NFL Draft, and Other Regional Draws**, May 23, 8:30-9:30
The NFL Draft is coming to Wisconsin in 2025. Megan Roberson from the Green Bay Packers will join us for a conversation about how organizations can connect with major draws to the area and their impact, like the Packers hosting the 2025 NFL Draft.

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.

Laura Apfelbeck, FoodWise Coordinator
920-683-4170 * laura.apfelbeck@wisc.edu



YOUR CHECKLIST FOR LIFE-LONG GOOD HEALTH

Contributed by Mariah Broehm, HeartCorps Service Member

You don't need a strenuous workout or a gym membership to get enough activity in your day. All movement counts and can boost your health. You can even break it up over the day! Adults should get a weekly total of at least 150 minutes of moderate aerobic activity (water aerobics, social dancing, gardening, walking) or 75 minutes of vigorous aerobic activity (running, swimming laps, jumping rope, uphill hiking) spread throughout the week. You can even do a combination of both!



There are plenty of benefits from being active throughout the week. Activity floods your brain with feel-good chemicals, improves your mood, and boosts your immune system. It can also lower blood pressure, reduce the risk of heart attack and stroke, and can even improve sleep.

Tips for Success

1. Set realistic goals to make small, lasting changes to set yourself up for success.
2. Keep going. Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.
3. Walk more. There are many ways to get active, walking is typically the easiest way to start. A brisk 30-minute walk per day can get you to 210 minutes of activity per week.
4. Stay active. Not only can it help you feel, think, sleep and live better, staying active also improves overall quality of life. Every active minute counts toward your goal.
5. Add it up. Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home.
6. Make it a habit. Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

For more information, visit [Life's Essential 8 | American Heart Association](https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices)

Fresh Frozen or Canned. Which is Healthiest?

By Iuliia Aleksieieva, UW-Green Bay Dietetic Intern with FoodWise

Fresh is ALWAYS healthier, right? Well, yes and no.

Fresh produce picked at its full ripeness and eaten within a short time has the highest nutritional value. So fresh local food from farmers' markets or your own garden produce is the best.

When buying produce at the grocery store, frozen and some canned vegetables can actually be more nutritious than the fresh. Fresh produce at the store is still healthy. But it may contain fewer vitamins and phytochemicals than frozen and some canned. Why? It is a very long way from the field to the store.

The produce at your grocery store was harvested while it was unripe. Why? Unripe fruits and vegetables last longer. But the unripe produce doesn't fully gain the intended vitamins, antioxidants, and minerals. In addition, on the long road from field to store, fresh produce loses nutrients.

Vegetables and fruits for freezing and canning are harvested at their peak. These fruits and vegetables have fully ripened and are more nutritious. Quick- and deep-freezing preserves nutrients in the fresh produce. Canning, due to heat, may destroy some nutrients. But, in some cases, canning enhances nutrient profile. For example, canned spinach and pumpkin have higher vitamin A content than fresh ones. Also, canned tomatoes and corn have higher antioxidant levels than fresh versions.

Do not shy away from frozen or canned vegetables and fruits at the store. Just read food labels. Choose low-sodium or no-sodium canned or frozen vegetables and fruits in 100% fruit juice instead of syrup.

For more information see <https://www.heart.org/en/healthy-living/healthy-eating/add-color/fresh-frozen-or-canned-fruits-and-vegetables-all-can-be-healthy-choices>



Fresh produce, canned and frozen fruits and vegetables can all help to meet the recommended 4½ cups of each daily.

Photo source: American Heart Association

Join the StrongBodies Program!

Health Benefits of Regular Strength Training:

- *Increase bone density
- *Increase social connectedness
- *Reduce risk for chronic illnesses
- *Reduce pain medicine use
- *Increase balance & agility
- *Increase muscle mass & strength
- *Increase overall feelings of health and wellness



Kewaunee County Fairgrounds Expo Hall

May 14th - July 23rd

625 Third St, Luxemburg WI, 54217 (4H Conference Room)

Tuesdays & Thursdays

9:00-10:15am

This is a FREE 10-week program! Each class includes progressive weight training, flexibility and balance activities, as well as nutrition lessons once a week!

LIFTING PEOPLE TO BETTER HEALTH



STRONGBODIES

Registration opens April 1st, required by May 7th

Open to Men and Women

---- 3 Ways to Register! ----

Email Mariah @ mariah.broehm.heartcorps@heart.org

Call Renee @ (920)-388-7137 or

Pick up a registration form at Kewaunee County Fairgrounds



AN AA/EEO EMPLOYER, UNIVERSITY OF WISCONSIN-MADISON PROVIDES EQUAL OPPORTUNITIES IN EMPLOYMENT AND PROGRAMMING, INCLUDING TITLE VI, TITLE IX AND ADA REQUIREMENTS. REQUESTS FOR REASONABLE ACCOMMODATIONS FOR DISABILITIES OR LIMITATIONS SHOULD BE MADE PRIOR TO THE DATE OF THE PROGRAM OR ACTIVITY FOR WHICH IT IS NEEDED BY CALLING 715-343-4254. FOODWISE IS FUNDED BY THE USDA SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM - SNAP AND THE EXPANDED FOOD AND NUTRITION EDUCATION PROGRAM - EFNEP.

The Food Chain Reaction from a Farmers Market

Farmers markets have become a critical ingredient in local economies, food systems, & communities. Not only are they an economic boost to local farms & businesses, they can also strengthen community ties & promote healthy eating.



USDA U.S. Department of Agriculture
2013 Agricultural Marketing Service
SOURCES: The Economic Impact of Farmers Markets: A Study of 8 Markets in 3 Major U.S. Cities (www.marketsandtools.org); Effect of a Targeted Subsidy on Intake of Fruits and Vegetables among Low-income Women in the Special Supplemental Nutrition Program for Women, Infants, and Children (www.ncbi.nlm.nih.gov/pmc/articles/PMC2119076/); Specialty Foods Association (www.specialtyfoods.com/news-features/feature-local-food-sales-grow)

Spring is farm market season! Farmers markets have become a critical ingredient to our nation's economy, food systems, and communities. Connecting rural to urban, farmer to consumer, and fresh ingredients to our diets, farmers markets are becoming economic and community centerpieces in cities and towns across the U.S. This summer, low-income SNAP-eligible people in Wisconsin will receive an extra \$40 per eligible child, per month. These benefits work together with other available programs. Let's help families spend these dollars locally by making electronic benefits transfer machines more accessible in Kewaunee County. Businesses and farm markets can find more information about how to accept FoodShare here: <https://www.fns.usda.gov/snap/apply-to-accept>. People who would like to apply for FoodShare can find that information here: <https://www.dhs.wisconsin.gov/foodshare/eligibility.htm>



Renee Koenig, Human Development and Relationships Educator
920-388-7137 * renee.koenig@wisc.edu

Notice a family member, friend or neighbor who is “not themselves” lately? Feel unsure of how to check in with them?

COMET™ provides participants with a guide on how to do the following:

- Start a conversation that could be potentially emotional
- Be present and supportive but not “fix it”
- Exit the conversation gracefully by offering resources, follow-up or next steps

Rural communities and farm families value supporting each other in times of need and that should extend to those who are in a vulnerable emotional state. What better way to show you care than to provide a listening ear?

COMET™ empowers friends and neighbors to be more prepared to support others’ mental health needs – especially before a crisis occurs.



Training location:
Virtual, through the Zoom Platform

Training time:
Tuesday, April 16, 2024; 12:30 – 2:30 pm

Brought to you by:
UW Extension and Farm Well Wisconsin

Registration information:
<https://bit.ly/COMETApril2024>



How to help kids be ready to stay home alone

Is your child ready to stay home alone? Use these videos and activities to get kids ready to stay home alone.

<https://fyi.extension.wisc.edu/homealone/>



Focus on Fathers

Connect with other fathers while learning to boost your child’s social and emotional skills.


We offer 1-hour online sessions most months of the year.

Our sessions include:

- Building strong relationships through communication
- Strategies to teach children about feelings
- Helping children stand up for themselves and more!

Focus on Fathers is based on the [CASEL framework](#) of social and emotional learning. You can learn more about social and emotional learning in childhood via our [Raising Caring Kids articles](#).

How Do I Sign Up?
Please register in advance. [Sign Up Here. https://parenting.extension.wisc.edu/classes-for-fathers/](https://parenting.extension.wisc.edu/classes-for-fathers/)



Strong Couples Program
Rediscover your passion

Being in a relationship is not always easy—love takes learning. Whether you need help or just want to strengthen your relationship, finding trustworthy support can be difficult. UW-Madison Division of Extension is partnering with the University of Illinois Extension to provide an educational program for couples here in Wisconsin. This Strong Couples program uses proven tools that increase relationships and individual well-being.

The Strong Couples Program is:

- Six self-paced online modules. Topics include communication, commitment, problem-solving, and fun and friendship.
- Five brief video calls with a trained coach.
- Free!

Register here: <https://parenting.extension.wisc.edu/strong-couples/>

Financial Education

UW-Madison Division of Extension’s Financial Education program helps families and individuals across the state achieve financial well being – keeping pace with day-to-day expenses, reaching financial goals, planning for life’s unexpected events and securing their financial future. Learn more at <https://finances.extension.wisc.edu/>



Resilient Co-Parenting


About the Classes
The Resilient Co-Parenting classes are for parents or caregivers who are raising their children together while living apart. These classes are a source of ongoing support for co-parents as they continue their journey. Anyone can join!

Class topics include:

- Having difficult conversations
- Helping children with strong emotions
- Coping with stress during big changes

Visit <https://parenting.extension.wisc.edu/files/2023/12/2024-RCP-first-half-flyer.pdf> for more dates.

How Do I Join a Class?
All classes are free. Join us the first Thursday of each month at 7 PM. Classes are virtual on Zoom. Register here: <https://go.wisc.edu/90u83c>



How to parent in 5 minutes or less.
Want a quick way to learn more about your kid? Browse our collection of short videos for tips on how to parent and how to better understand kids.

https://www.youtube.com/playlistlist=PLWYkTfJ_LDJbXxv5xDo1QA5WudpXpi1wn



Kewaunee County
Aging-Friendly
MASTERY MAKER

Mastery Makers

The Aging-Friendly Kewaunee County coalition has been meeting to address the needs of our older population. One of our key objectives is to reduce loneliness and its negative impact on health by promoting volunteer work and social activities. We created short videos that highlight the Mastery Makers who are over age 60 and making a positive influence in our county. <https://kewaunee.extension.wisc.edu/families-finances-wellness/mastery-makers/>



Spring 2024

UW-Madison Division of Extension * Vacant
(920) 388-7141 for 4H Information

2024
SPRING DAIRY TOUR

SATURDAY, APRIL 6



The Spring Dairy Tour is free to anyone who wants to attend, but registration is required!

- ✓ **Betley Family Farms**
10:30 AM
- ✓ **Two Guernsey Girls**
1:00 PM

Tour details will be sent to attendees before the event, registration is required.

Please register by April 1 by scanning the QR code or visit <https://go.wisc.edu/4509ns>



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.



THANK YOU
4-H VOLUNTEERS!



Volunteer Appreciation Week—April 21-27

Our volunteers are the backbone of 4-H, committed to helping provide opportunities for youth to learn vital life skills such as decision-making, problem-solving, caring for others, generosity, and making healthy choices.

Throughout the week, share stories, and extend heartfelt thanks to our volunteers for their invaluable contributions in nurturing and empowering the next generation.

Join us in celebrating the heart and soul of our 4-H community—our volunteers. If you have a special volunteer you would like to give a Shout-Out to during Volunteer week, fill out the form here: <https://go.wisc.edu/2024so>



KEWAUNEE COUNTY 4-H
Time & Talent Raffle

Sunday, April 7, 2024

Kewaunee County Fairgrounds
Exhibition Building
625 3rd St. Luxemburg

Doors open at 10:00am to view all of the Raffle items!
Silent Auction closes at 1:00pm
Raffle Drawing starts at 1:30pm
Serving Lunch - 10:00am - 2:00pm

Booyah, Hamburgers, BBQ Pork & Homemade Desserts/Bake Sale
Dine-in or Carry Outs

SPRING 2023
**FARM MACHINERY/
TRACTOR SAFETY CLASSES**

SPECIFIC COURSE INSTRUCTION AND OUTCOMES:

- Safe operation and maintenance of farm machinery including skid steers and tractors over 20 horsepower
- Follow rules of the road for machinery and tractor safety
- Apply emergency first aid training
- Handle agriculture fires and extinguishers

This course will provide youth primarily under the age of 16, **but not younger than 12 at the time of enrollment**, with the necessary training and preparation to take the evaluation test. Students who successfully pass the test and proficiency skills evaluation will be granted a state certificate of completion. Students under the age of 12 when enrolling may take the course for informational purposes only.

The state certificate will allow students who are at least 12 years old to work for their parents or guardians operating equipment and tractors on public roads. The federal certificate allows students 14 years of age to work for someone other than their parents in operating equipment and tractors on public roads. Students should have prior tractor operating experience.

OCONTO FALLS

Class #: 23832
Course Fee: \$90.57
Date: Tues, Thurs
April 11, 13, 18, 20
Time: 4:00 p.m. - 9:00 p.m.
Location: NWTC Oconto Falls

LUXEMBURG

Class #: 23805
Course Fee: \$90.57
Date: Mon - Fri,
March 27 to March 31
Time: 4:00 p.m. - 9:00 p.m.
Location: NWTC Luxemburg

SUMMER 2023 DATES

Luxemburg:
June 8, 9, 12, 13, Class #51288
Shawano:
June 5-8 Class #51442
Green Bay:
June 19-22 Class #51443

TO REGISTER

ONLINE REGISTRATION

- Go to nwtc.edu
- Click on **Current Students** in the upper right hand corner
- Click onto **my.NWTC**
- Log In
- Click **Find a Class**

PHONE-IN REGISTRATION

To register with one of our friendly Enrollment Services staff, please call: 920-498-5444 or 888-385-NWTC.

WALK-IN REGISTRATION

Register in person at any NWTC campus or regional learning center.

ADDITIONAL INFORMATION

Call Nancy, Trades Office, at 920-498-5724.

PLEASE NOTE:

SPACE IS LIMITED - REGISTER EARLY. Classes may be cancelled due to low enrollment.

NWTC does not discriminate on the basis of age, race, color, disability, sex, gender, sexual orientation, gender identity, national origin or other protected classes. Inquiries regarding the College's nondiscrimination policies may be directed to the Diversity, Equity, & Inclusion Division at equity@nwtc.edu, 10/20/23 or 12/22





UW-Madison Division of Extension * Vacant
(920) 388-7141 for 4H Information



Club & Project News

Kewaunee Hilltoppers 4-H learned about bee's at their March meeting. Sharon Jerabek was our guest speaker. She taught the club about the importance of bee's. The different types of bee's, including the importance of the Queen bee. We also learned about pollination, how to get started with a bee project, and how to care for bees. We finished the meeting sampling honey candy, and Sharon shared honey samples with each member to take home.



Youth for the Quality Care of Animals (YQCA) is required for youth exhibiting livestock (dairy, sheep, rabbit, poultry, goat, hogs, beef) at the **Kewaunee County Fair**. Training is available online. If you would like to request hardship assistance to pay for your training, please contact Aericia Bjurstrom 920-388-7138 or aericia.bjurstrom@wisc.edu to request a coupon. Requests will be kept confidential.

Online training is available here: <https://yqcaprogram.org/>

Stars of Carlton shared some fun events their club did.

Easter: We made Easter chicks at our March meeting and delivered them to the Kewaunee Nursing Home residents along with a pudding treat.

In the photo is resident Dennis, along with Julia S, Allison L, Natalie F, Olivia S Eliza F, Shelby S, and Jack L.

Valentines: we made valentine cards and little stuffed hearts for all of the residents of the 4 assisted living facilities in Kewaunee and then delivered them.

Photos include Eliza F, Julia S, Natalie F, Shelby S, Cami K and Faith B.



2024 Kewaunee County 4-H Calendars

The calendars are on their way to you! Each family will receive one 4-H calendar via your club leader. If you are a Key Leader and not affiliated with a community club, please contact Darlene Boeder (920-676-4580) or the Extension office for your copy.

For up-to-date club and project meetings, please utilize the 4-H website Google calendar as that has the most current times and locations.

Add the 4-H calendar to your Google account! Click on the "Google Calendar" link and add it to your personal calendar.

Kewaunee County 4-H

Today Wednesday, December 20

- Wednesday, December 20
 - 5:30pm 4H Food Stand Fun Night
- Monday, January 1, 2024
 - New 4-H Enrollment Deadline
- Tuesday, January 2, 2024
 - 6:30pm Stars of Carlton
- Thursday, January 4, 2024
 - 6:00pm Teen Association
- Friday, January 5, 2024
 - State Horse Association Meetings
- Saturday, January 6, 2024
 - State Horse Association Meetings



Events shown in time zone: Central Time - Chicago [Google Calendar](#)





Spring 2024

Aerica Bjurstrom, Regional Dairy Educator
920-388-7138 * aerica.bjurstrom@wisc.edu


 Brown, Door and
Kewaunee Counties
**PESTICIDE
APPLICATOR
TRAINING**


**SELF-STUDY (EXAM ONLY)
KEWAUNEE COUNTY FAIRGROUNDS**

625 3rd St., Luxemburg, WI 54217

April 8, 10:00 am

**If you have not signed up for a test-out date please call
our office at 920-388-7141.**


**Manuals must be purchased online at
patstore.wisc.edu/secure/items/private**


**Thinking about
farm succession?**


Join our farm succession workshop
 Tuesday, April 2, 1-4 p.m.
 Brown County Library - Weyers-Hilliard Branch
 2680 Riverview Dr., Green Bay

Learn more and register at:
go.wisc.edu/ExtFarmSuccession

If you've been thinking about farm succession and want to learn more about the steps and the basic vocabulary of succession and estate planning, UW-Madison Division of Extension has a 3-hour farm succession planning program to help you learn more. Tuesday, April 2, 2024, 1:00 – 4:00 pm in Green Bay, at the Weyers-Hilliard Branch of the Brown County Library, 2680 Riverview Dr., Green Bay, WI.

These workshops are free; however, we would appreciate registrations. We will accommodate walk-ins on the day of the workshops where possible. To register online use this form:
<https://bit.ly/SuccessionSpring2024>

VALUABLY INFORMED THRIVING AGRICULTURAL LEADER

YOU ARE *VITAL* TO YOUR FARM.

EMPOWERING FARM WOMEN TO LEARN, NETWORK, AND GROW!

APRIL 4, 2024

AGENDA AND REGISTRATION INFORMATION
[HTTPS://GO.WISC.EDU/VITAL24AGENDA](https://go.wisc.edu/vital24agenda)



Farm Wisconsin Discovery Center

7001 Gass Lake Rd., Manitowoc

9:30 a.m. - 3:00 p.m.



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.



VITAL-Valuably Informed Thriving Agriculture Leader

Women in Agriculture Program


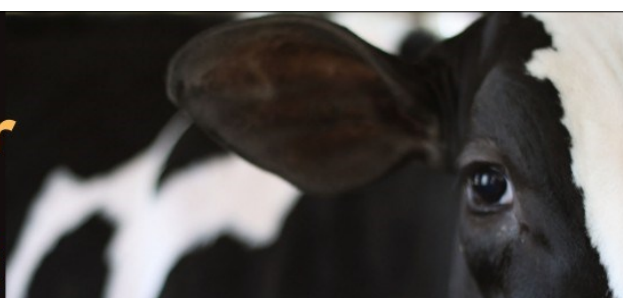
Thursday, April 4, 2024 | Farm Wisconsin Discovery Center

Agenda

- 9:00 am Registration**
- 9:30 am Welcome**
- 9:45 am Bovine Leukemia Virus: It's not new, but you should know**
Aerica Bjurstrom | Regional Dairy Educator |
Extension Brown, Door & Kewaunee Counties
- 10:15 am Colostrum, calves, and the bottom line/COMET in a Flash**
Stephanie Bowers | Regional Dairy Educator |
Extension Oconto, Outagamie, Shawano & Winnebago Counties
- 10:45 am The other AI: Artificial intelligence and emerging dairy technology**
Angie Ulness | Agriculture Educator | Manitowoc County
- 11:15 am How production dictates the value of your milk check**
Corey Geiger | Lead Economist | CoBank
- 12 noon Lunch**
- 1:00 pm Panel Discussion**
Thinking beyond the paycheck: Building a productive employee culture
Katy Katzman | Katzman Farms
Katie Grinstead | Vir-Clar Farm
Katy Schultz | Tri-Fecta Farms, Inc
- 1:50 pm Break**
- 2:00 pm Empowering farm women: Navigating zoonotic risks and enhancing farm safety**
Dr. Lindley Reilly, DVM | Cedar Grove Veterinary Clinic
- 3:00 pm Wrap and adjourn**

dairy.extension.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.


**badger
dairy
insight**


Join the University of Wisconsin-Madison – Division of Extension's Dairy Program on the third Tuesday of each month from 11am-12 pm CST for the Badger Dairy Insight webinar series. New this year we are switching our webinars to a monthly platform. We are featuring your local Extension Dairy Program Educators and UW Specialists as they present on current dairy topics. Take the opportunity to learn from and discuss with experts on the dates below.

There is no charge to participate in the sessions, however pre-registration is required to allow access.

All webinars will be the third Tuesday of the month at 11:00 AM.

April 16—Grazing your way to reduced heifer cost and better sustainability

May 21— Heat stress in calves

June 18—Nutrition focus

For a full list of upcoming webinars and to register, visit
<https://dairy.extension.wisc.edu/badger-dairy-insight/>



Aerica Bjurstrom, Regional Dairy Educator
920-388-7138 * aerica.bjurstrom@wisc.edu

Will Drought Persist on my Farm in 2024? Can farmers do anything to prepare for extreme weather?

Most midwestern farms do not have a drought risk management plan. The topic of weather-resilient or extreme-weather crop production practices is in its infancy throughout the Midwest. Why? In Wisconsin it rains weekly, if not more in the summer, with an average annual rainfall of 34".

A flash drought occurred in 2023 as the result of hotter than normal temperatures and less than normal rainfall. By June and July, all 72 Wisconsin counties fell into a drought category and had drought impacts.

With a dry fall in 2022 and drought sticking around this long in 2023, the effects and water shortfalls will have prolonged effects into 2024. This extraordinary deficit takes time to reverse. What we need to happen is a winter with average or above average snowfall that melts slowly next spring, combined with plentiful spring rains. But experts say there is an equal chance of 2024 being normal precipitation and the same chance of being dry. Learn more about the Wisconsin weather outlook.



What can you do on the farm to manage drought or flooding caused by extreme weather?

Extreme Weather Risk Management Tactics

Agriculture is facing new challenges related to increased flooding, hotter heat waves, drought, increased wind, and more intense pest and weed pressures. Weather preparedness is business wise. It starts with planning for unexpected weather events.

Flooding

The trend for more intense rainfall events (more than 2" in 48hours). Flooding during spring can delay planting, damage roots, and reduce yield, and also increases the potential for soil compaction and soil and nutrient loss from erosion.

Risk Management Tactics: Flooding

Utilize practices to increase soil organic matter: reduced or no-till, cover crops, manure/compost application.

- Identify low-lying fields and shift to more flood tolerant crops or remove certain areas from production.
- Adjust planting dates to avoid wet conditions.
- Provide for year-round living roots in field.
- Invest in tile drainage.
- Be sure to maintain and establish grassed waterways, riparian buffers, filter strips, retention ponds and other types of conservation buffers on the farm. These conservation practices properly installed and maintained on the farm help to reduce erosion and runoff during excessive precipitation and snow melt when the soil is frozen.
- Check or install sump pumps in buildings.
- Repair or maintain rain gutters.



Drought

Wisconsin and the Midwestern states do not typically deal with a lack of rainfall but the trend for short term drought is increasing. Drought creates yield and quality issues for crops.

Risk Management Tactics: Drought

- Increase soil organic matter and soil health: the ability of soil to hold and store water has never been more important for farmers as weather becomes more unpredictable and severe. The ability of soil to capture and retain moisture over a growing season can function like a bank account against which crops can draw between rainfall events or when a drought occurs. In a field soil textural characteristics are fixed, but a soil's water-holding capacity can be enhanced by management practices.
- If conditions are dry in the spring, terminate the cover crops early.
- Consider adjusting cash crop seed depth at planting based on soil moisture conditions. If dry, and no rain in extended forecast you may need to plant deeper.
- Leaving more crop residue in your field to improve the water-

holding capacity of your soil and reduce evaporation and erosion. The crop residue also works as a natural snow fence to trap snow and have that moisture eventually melt and stay in the field. During heavy rainfall crop residue helps to reduce raindrop impact on the soil reducing soil loss to surface runoff.

- Invest in permanent or temporary irrigation on high dollar crops. Research all types of irrigation systems that may be appropriate for your farm and the crops you grow and pick the one that will conserve the most water. Learn more here: fyi.extension.wisc.edu/cropirrigation/
- Use drought tolerant crop varieties for your area.
- Utilize precision planting to alter plant population density to reduce crop demands for water or nutrients on certain soil types.

Extreme Heat

Heat stress in Wisconsin or the Midwest is when temperatures exceed 90 F°. Our area will continue to experience hotter heat waves and warmer nighttime temperatures. Which prevents crops and livestock from having a recovery period during a heat wave each night. There will be more fire danger threats. Learn how to protect your buildings and land from wildfires from the Wisconsin DNR.

Hot temperatures during the reproductive phases for crops like pollinating corn reduce yield and the quality of fruit or grain. Warmer winters with less snow and ice cover on lakes deplete soil moisture and water levels and "trick" plants to come out of dormancy early while late and early frost/freeze events will still occur.

Risk Management Tactics: Heat

- Increase soil cover (mulch, cover crop) to conserve soil moisture and reduce soil temperatures. For more info on temperature difference based on management practices visit www.climatehubs.usda.gov/hubs/northeast/topic/drought-resistant-practices
- Shift planting dates to avoid heat stress during key plant growth stages.
- Capitalize on a longer growing season with longer season perennial crops.
- Use irrigation and soil moisture probe technology to water wisely.

Pest Issues

Warmer weather and stressed plants and animals open the opportunities for agriculture pests: weeds, insects, diseases. The idea that a cold winter with prevent over wintering will be minimized, spring will have higher pest populations. Areas that once never saw a pest will most likely see it for the first time and be unsure of how to manage the new pest. The longer growing season will mean increased generations of pest cycles per season to control.

Risk Management Tactics for Pests

- Increased integrated pest management techniques.
- Focus on scouting, regional monitoring, and training for planned response for chemical resistant or detrimental diseases in new areas. Check out the [DATCP Home Pest Survey \(wi.gov\)](https://www.datcp.wisconsin.gov/pest-survey/)


Key Takeaways to Prepare Farms for Extreme Weather

- Wisconsin has had two consecutive dry fall seasons, plus a 2023 flash drought. 2024 has equal chance of having average precipitation or being dry again. It's too early to tell.
- Farms can prepare for extreme weather flooding, heat, and pest management strategies.
- Extreme weather effects vary by location, soil type, and crop.

Additional Resources

- [Balancing Sustainability and Innovation in Wisconsin Agriculture](https://cropsandsoils.extension.wisc.edu/files/2023/11/UW-Balancing-Sustainability-and-Innovation.pdf)—<https://cropsandsoils.extension.wisc.edu/files/2023/11/UW-Balancing-Sustainability-and-Innovation.pdf>

By Chris Clark, CCA, Regional Outreach Specialist, UW Madison Extension

SPRING 2023		TO REGISTER
FARM MACHINERY/ TRACTOR SAFETY CLASSES		ONLINE REGISTRATION • Go to nwtc.edu • Click on Current Students in the upper right hand corner • Click onto myNWTC • Log In • Click Find a Class PHONE-IN REGISTRATION To register with one of our friendly Enrollment Services staff, please call: 920-498-5444 or 888-385-NWTC. WALK-IN REGISTRATION Register in person at any NWTC campus or regional learning center. ADDITIONAL INFORMATION Call Nancy, Trades Office, at 920-498-5724. PLEASE NOTE: SPACE IS LIMITED - REGISTER EARLY. Classes may be cancelled due to low enrollment. <small>NWTC does not discriminate on the basis of age, race, color, disability, sex, gender, sexual orientation, gender identity, national origin or other protected classes. Inquiries regarding the College's nondiscrimination policies may be directed to the University, Equity & Inclusion Division at equity@nwtc.edu, 888.57.52.22</small>
SPECIFIC COURSE INSTRUCTION AND OUTCOMES: <ul style="list-style-type: none"> Safe operation and maintenance of farm machinery including skid steers and tractors over 20 horsepower Follow rules of the road for machinery and tractor safety Apply emergency first aid training Handle agriculture fires and extinguishers 	OCONTO FALLS Class #: 23832 Course Fee: \$90.57 Date: Tues, Thurs April 11, 13, 18, 20 Time: 4:00 p.m. - 9:00 p.m. Location: NWTC Oconto Falls	
This course will provide youth primarily under the age of 16, but not younger than 12 at the time of enrollment with the necessary training and preparation to take the evaluation test. Students who successfully pass the test and proficiency skills evaluation will be granted a state certificate of completion. Students under the age of 12 when enrolling may take the course for informational purposes only. The state certificate will allow students who are at least 12 years old to work for their parents or guardians operating equipment and tractors on public roads. The federal certificate allows students 14 years of age to work for someone other than their parents in operating equipment and tractors on public roads. Students should have prior tractor operating experience.	LUXEMBURG Class #: 23805 Course Fee: \$90.57 Date: Mon - Fri, March 27 to March 31 Time: 4:00 p.m. - 9:00 p.m. Location: NWTC Luxemburg	
	SUMMER 2023 DATES Luxemburg: June 8, 9, 12, 13, Class #51288 Shawano: June 5-6 Class #51442 Green Bay: June 19-22 Class #51443	

Discussion on challenges after incarceration

My Way Out (MWO) and UW-Madison Extension have partnered to raise community awareness about life after incarceration.

On April 20 from 1:00-2:30 at the Brown County STEM Innovation Center on the UW-Green Bay Campus there will be a screening of a short video “Mistakes Do Not Define Who You Are” funded by a grant from Wisconsin Humanities with the National Endowment from the Arts and the State of Wisconsin. Audience members will have a chance to reflect and provide feedback on the content with representatives from Extension, a UW-Madison program bringing education and learning opportunities to all areas of the state, and My Way Out, a nonprofit organization resolving barriers to re-entry that empower and enrich the lives of justice-impacted individuals through access to housing, job-readiness training, employment, peer support, and supportive services for up to 3 years.

“We hope this provides a unique opportunity for discussion and understanding about those involved in the justice system, unconscious biases we may hold, and how and why community support is vital for re-entry success,” said Ruben Gaona, Executive Director of My Way Out, Inc., and expands on the recidivism data: “We know that 95% of incarcerated individuals will return to their community. In 2023, over 6,600 Wisconsin area residents came home—5,900 men and 712 women. 54.3% were white; 38% were individuals of color; 80.2% male and 10.8% women.”

“This type of collaboration speaks to the power of Extension in how we can mobilize a multi-county collaboration relatively quickly while amplifying a community organization with aligned programs and values,” said Mia Ljung, Community Development Extension Educator for Outagamie and Winnebago counties.

This event is designed for community members who want to learn more about the challenges faced after incarceration; workforce development organizations or businesses interested in making their workplaces more re-entry-friendly; and justice-impacted individuals seeking further re-entry resources and programs. The event on April 20 from 1:00-2:30 at the Brown County STEM Innovation Center on the UW-Green Bay Campus will provide information about re-entry-based resources, volunteer opportunities, and training for entrepreneurs. For more information contact Patrick Nehring (920) 391-4616 / patrick.nehring@wisc.edu.



Join Wisconsin Horticulture Extension for the next series of free online gardening programs!

These free online gardening programs typically consist of a presentation, followed by time for live Q&A with the presenter. There is no cost to attend, but registration is required. If you can’t attend during the scheduled time slot, we will send the recorded version shortly after. This series is open to the public and is suitable for gardeners of all skill levels. We hope to see you there!

Register today! https://hort.extension.wisc.edu/free-online-programs/?utm_source=Local&utm_medium=Email&utm_campaign=Mini+Webinars

Designing Native Plant Gardens for Pollinators

Wednesday March 20, Noon–1 p.m.

Understanding the Emerald Ash Borer: From Identification to Action

Monday, April 1, 1–2 p.m.

What’s the Deal with No Mow May?

Wednesday, April 3, Noon–1 p.m.

Establishing a Bee Lawn — Current Research and Practical Techniques

Thursday, April 25, Noon–1 p.m.

This webinar series is hosted by UW-Madison, Division of Extension, Horticulture Program. Visit our website for upcoming [events and learning opportunities](#).

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Tus Tsawv 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 lwm 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.