



# KEWAUNEE COUNTY EXTENSION CONNECTION

Connecting people with the University of Wisconsin

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**Patrick Nehring, Regional Community Development Educator**  
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## Pitch Contest for Local Entrepreneurs

Are you starting a new business, organization, or product?

For a chance to win a cash prize, pitch your business or product to a panel of local judges at the Lighthouse Launch, which will be on Wednesday, November 13, from 5:00-7:00 at the Door County Maritime Museum in Sturgeon Bay. The Lighthouse Launch is being offered by UW-Madison Extension Kewaunee County, Kewaunee County Economic Development Corporation, and the Door County Economic Development Corporation.

NEW Launch Alliance of NEW North is providing \$1,000 to the first place pitch and \$500 to second place. The winners of the Lighthouse Launch will advance to the regional pitch contest, which will be held on December 4 at Title Town Tech in Green Bay.



The ONLY statewide Wisconsin conference for early-stage Food and Farming Businesses!

# FEED SUMMIT

MILWAUKEE  
October 28-29, 2024

Extension  
UNIVERSITY OF WISCONSIN-MADISON  
COMMUNITY FOOD SYSTEMS

Food entrepreneurship ecosystems development

To learn more about the FEED Summit and to register go to: <https://go.wisc.edu/62371s>  
For more information, contact Patrick Nehring at (920) 391-4616 or [Patrick.nehring@wisc.edu](mailto:Patrick.nehring@wisc.edu).

## Nonprofit Opportunities

Extension and UW-Green Bay have partnered to offer resources for nonprofit organizations from workshops to degree courses, more information can be found at [www.uwgb.edu/nonprofit-network](http://www.uwgb.edu/nonprofit-network). Contact Community Development Educator/Professor Patrick Nehring at [patrick.nehring@wisc.edu](mailto:patrick.nehring@wisc.edu) or (920) 391-6160 with questions.

### Nonprofit Leader Conversations

A conversation on Zoom from 8:30-9:30 a.m. with a brief introduction to a topic from a guest hosted by Extension and UW-Green Bay. Registration at: <https://www.uwgb.edu/nonprofit-network/networking-opportunities/>

- Building Your Brand
- Effective Involvement in Meetings
- Resilience Amongst the Constant Demands
- Resources for Nonprofits

### Excellence in Nonprofit Leadership Certificate

Registration is open for the Excellence in Nonprofit Leadership Certificate. The classes are Foundations of Financial Management, Human Resource Management, and Marketing & Communication Strategy. Upon completing the classes and a capstone project, you can receive a digital badge from UW-Green Bay. For more information visit: <https://www.uwgb.edu/certificate-programs/nonprofit-leadership/>

### Custom Training for Your Board, Committee, or Membership

Extension is available to provide customized training for your organization on a variety of topics depending on the needs of your organization. Contact Community Development Educator/Professor Patrick Nehring at [patrick.nehring@wisc.edu](mailto:patrick.nehring@wisc.edu) or (920) 391-6160.

## Elevando Wisconsin Leadership Development Program

Elevando Wisconsin is a virtual culturally relevant educational program offered by UW-Madison Extension in Spanish and English where individuals hone leadership skills and prepare for leadership roles. This creates a network of active leaders who leverage their experience and expertise to benefit their community and local community-based organizations.

Elevando Wisconsin participants build the following skills:

- Exploring Leadership Strengths
- Communication for Effective Leadership
- Leading Teams and Teambuilding
- Mentorship and Coaching
- Celebrating Cultures
- Promoting Inclusivity and Equity
- Network Building
- Civic Engagement



Sessions are held from 9:00-noon every Friday from October 11 to December 13, except the week of Thanksgiving, November 29.

The cost of participating in Elevando Wisconsin is \$300 per person. Tuition assistance may be available on a limited basis. Application is due by October 7, 2024. Registration form, course times, and additional information can be found at: <https://go.wisc.edu/elevando>.

For additional information, please contact: Jesús Vargas Gutierrez, Elevando Wisconsin Leadership Specialist, at [vargasgutier@wisc.edu](mailto:vargasgutier@wisc.edu).

### 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**  
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# Food For Fathers

**Feeding Kids and Ourselves Made Easy With FoodWise Nutrition Educator Jace Purdy**

Meet with Jace and other dads over Zoom for 4 sessions learning how to encourage healthy eating in children!

6-7pm Thursdays this Fall.  
 10/31, 11/7, 11/14, 11/21!

Register here!

[bit.ly/3TvtQxV](https://bit.ly/3TvtQxV)

Or scan the QR code



UW-MADISON EXTENSION

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.



Image: Pixabay

## Shop Smart

Grocery shopping can be a challenge, especially for people on a limited budget. Food bills are high right now. You can still serve easy, healthy meals.

1. What's on hand? Go through your cupboards, refrigerator, and freezer to use up what you have.
2. Make a meal plan. You will be less tempted to eat out if you have a plan.
3. What's on sale? Check local stores for sales and coupons for things you need.
4. Eat seasonal foods. Fall is a great time to buy apples, pears, squash. Other produce may be more expensive now.
5. Make your own! Many items are easy and much cheaper to make at home. For example, make your own pizza, lasagna, & salad dressing
6. Identify & Buy: Think about what you eat often, and buy those foods in bulk. It could be rice, condiments, or oatmeal. Large containers often cost much less.

USDA's MyPlate Kitchen offers 30-minute meals and seasonal recipes to help you get started.

See <https://www.myplate.gov/myplate-kitchen>

## Use Less Meat

Cutting back doesn't have to mean going without. If your chili recipe calls for a pound of hamburger, you can reduce the beef by half and add an extra can of black beans, pinto beans, kidney beans or cannellini beans.

**Spaghetti sauce:** Use less meat and more vegetables like mushrooms, eggplant, zucchini, or onions. You can add whatever meat is on sale—Italian sausage, ground turkey, even sliced pepperoni or breakfast sausage.

**Taco filling:** Use half the meat and add black beans, corn, cooked rice, chopped zucchini, chopped onions & peppers.

**Sloppy Joes:** Use half ground beef and half cooked lentils.

Make some meals meatless. Instead of burgers, try grilled cheese with a hearty vegetable soup. Serve a breakfast bake with eggs, potatoes, and cheese for supper.

## Use Everything you Buy

According to the nonprofit organization Feeding America, Americans waste more than \$408 billion each year on food, with dairy products being the food item we toss out the most. The average American family of four throws out \$1,600 a year in produce

Food waste is a common problem. You buy celery and use two stalks and then forget about it. You buy a bag of onions, use a few and then they go bad. Many foods like these can be chopped and frozen to last longer.

You can also search online for recipes that use what you have left over. It's smart to have an end of the week soup or casserole that uses up the odds and ends in your fridge.



## Homemade Ranch Dressing

### Ingredients

- 2 teaspoons dried, minced onions
- 1/2 teaspoon salt
- 1/8 teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 cup Greek yogurt, plain, fat-free
- 1 cup buttermilk

### Directions

1. Wash hands with soap and water.
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the dried onion, salt, garlic powder, and dried parsley to a bowl, and stir gently to combine.
4. Add the Greek yogurt and buttermilk, and stir until spices are evenly distributed.
5. Chill before serving.
6. Keep leftovers refrigerated, and eat within 1 week

Note: If you don't have buttermilk, you can substitute 1 cup milk mixed with 1 tablespoon vinegar

### Nutrition Information

Serving Size: 2 Tablespoons  
[Show Full Display](#)

Nutrients	Amount
Total Calories	20
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	96 mg
Carbohydrates	2 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars Included	0 g
Protein	2 g
Vitamin D	0 mcg
Calcium	37 mg
Iron	0 mg
Potassium	50 mg

N/A will display when nutrient data is unavailable  
 Please note: nutrient values are subject to change as data is updated



Image: USDA SNAP-Ed Connection





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## What Should I Know About Mobile Bank & Payment Apps?

In the past, if you wanted to pay your bills, give money to a friend or family member, or buy something from a store, you needed to use cash or write a paper check. Now, instead of using cash or a paper check, you can pay bills and send money to others through mobile apps. In many ways, mobile apps have made it easier than ever to manage your money. Yet, there are some important things to know when using mobile bank and payment apps. Below are 3 important questions to ask when you use a mobile bank or payment app.



### What fees does this app charge?

Many apps offer basic services for free, but charge for premium services. For example, a payment app may let you send money to another person for free. However, if you want that person to be able to withdraw the money instantly, then you can be charged an “instant transfer” fee. Instant transfer fees are just one type of fee that apps may charge you. You can check your app’s list of fees in the *fee schedule* or *account agreement*.

However, many mobile bank and payment apps do not offer FDIC or NCUA insurance coverage if the company who manages the app goes out of business. This means that money you hold in the app could be lost. It is important to know if the mobile bank and payment apps you use are covered by insurance. If not, you can ask if there is a way to add FDIC or NCUA insurance coverage for free. You can also look for other apps that do provide insurance coverage.

### How does this app protect my money?

Protecting your money from scams and fraud is important. At a physical bank or credit union, your money is often protected through insurance. Usually, banks & credit unions with physical locations offer up to \$250,000 or more of insurance protection on the accounts you hold with them. This insurance, which is provided through the **Federal Deposit Insurance Corporation (FDIC)** or the **National Credit Union Administration (NCUA)**, protects your money if the bank or credit union goes out of business before returning your money to you. If your bank or credit union has these signs on their website or building, then they offer insurance coverage.

### How does this app use my personal information?

Some apps may sell or share your personal information with other businesses for marketing or advertising purposes. If you don’t want your apps to sell or share your personal information, then you may be able to ‘opt out’ in your app’s privacy and security settings.

You can talk about mobile bank and payment apps, and other financial topics, with your county’s financial educator. Visit <https://counties.extension.wisc.edu/> for more information.



## Workshop for Caregivers of Children with Disabilities

- Learn strategies to reduce stress
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources

**Fridays, November 1st-December 13th**


6 weeks of sessions

9am-11am

**FREE**

Virtual on Zoom

To Register visit <https://go.wisc.edu/1gr256>  
 Please email [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu) or call 920-388-7137



## PARENTING AND FAMILY RELATIONSHIP CLASSES

September, October & November 2024

All classes are virtual unless noted.

### EVERY DAY PARENTING

**Raising Wisconsin's Children**

Join free parenting classes each month! These classes offer practical, research-based ideas to support your parenting and help children grow. Topics include screens and media plans, family traditions, and more.

**September 19, October 17, November 14 | 1 PM**

**Triple P Positive Parenting Program**

Want simple, proven strategies to create loving bonds with your kids while handling challenging behavior effectively? These classes are for you!

For parents and caregivers of kids 0 to 12 years, topics include positive parenting, raising confident children, managing fighting, and more.

**Tuesdays 9/10/2024 to 10/1/2024 | 9 AM or 6 PM**

**Focus on Fathers**

Hey dads! Your role matters! Join us for discussions on parenting, family life and how to handle modern challenges. A space for dads to support each other.

**Second Tuesday of the Month | 6 PM**

**Strong Couples**

Six self-paced online modules and five coaching calls that teach you skills to improve your romantic relationship. Free and backed by research!

**Visit [parenting.extension.wisc.edu/strong-couples](https://parenting.extension.wisc.edu/strong-couples).**

**Raising a Thinking Child**

Caregivers of 4 to 7-year-olds, this one's for you! A six-week session to improve your child's problem solving and communication.

**Tuesdays 10/8/2024 to 11/12/2024 | 9 AM or 6 PM**

**Parents Forever**

Learn how to lessen the impact of divorce on children, co-parent without conflict, and improve self-care to foster resilience.

**Monthly | Times Vary**



## Aging-Friendly Mastery Makers Videos

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. View the videos here: <https://kewaunee.extension.wisc.edu/families-finances-wellness/mastery-makers/>



## FAMILY TRANSITIONS

**Triple P Family Transitions**

A six-week series to support the transition to single parenthood. Get support for handling conflicts and managing stress while connecting with other parents.

**Thursdays 9/26/2024 to 10/24/2024 | 5:30 PM**

**Resilient Co-Parenting**

Join us for ongoing support for your co-parenting journey. Topics include relationship readiness, finding your family rhythm, forgiveness, and more. **First Thursday of the Month | 7 PM**

VISIT OUR CLASS CALENDAR TO SIGN UP

Scan me



CLICK TO SIGN UP

To make sure everyone has a great experience, we limit the number of spots in our classes. Registration is required. Use the QR code or the link below to sign up!

<https://parenting.extension.wisc.edu/class-calendar>

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.





**Erin Dahle \* 4-H Program Educator  
(920) 388-7141 | erin.dahle@wisc.edu**

**Thanks to members and volunteers for sending in photos!**



## Upcoming Statewide Programming

The new 2024-2025 Wisconsin 4-H Programs & Educational Experiences booklet is now available on the state 4H website. This booklet lists national trips, statewide teams you can join, to exploration opportunities. More information about each program will be advertised closer to those programs' individual dates, so watch your email inbox and our Facebook page.

Visit [4h.extension.wisc.edu](http://4h.extension.wisc.edu) for the link to download a PDF version of the booklet. If you have any questions on specific opportunities please call the office at 920-388-7185.

### SUMMER CAMP 2025 AT UPHAMWOODS

Upham Woods will bring exploration, discovery, and fun to your summer. Partnering with 4-H County programs and other organizations to host summer camps on-site, they combine recreational activities, environmental science, programs designed to develop leadership skills, and fun! So, if you are looking forward to swimming, canoeing, exploring Blackhawk Island, and making new friends, sign up for one of our summer camps!

To learn more about this programs offered by Upham Woods, please visit [go.wisc.edu/UphamWoods](http://go.wisc.edu/UphamWoods).



### IGNITE BY 4-H

Ignite by 4-H brings together teen agriculture and science leaders from across the country to focus on learning about and solving current agri-science issues. Students work with each other and experts in the agricultural community to develop a community change project to initiate in their state. Members are nominated for this experience locally by staff and then selected to attend through a state level process.

Grades 9-12  
Spring 2025  
Washington, D.C.



### WISCONSIN DISTANCE LEARNING

Follow Wisconsin 4-H on Facebook or Instagram, watch the calendar, or visit [go.wisc.edu/4hvlc](http://go.wisc.edu/4hvlc) for more information on dates of specific meetings. Registration can be completed in 4HOnline.

Virtual events happen throughout the year at varying dates. Watch the 4-H Newsletter and online calendar for specific dates and sessions!



#### 2024-25 Distance Learning Offerings:



- SPARKS Book Read
- The Science of the Chocolate Chip Cookie
- Animal Science Careers
- Dinosaurs and Unicorns
- Learn to Use the Force: Electromagnetics
- Career Development







**Erin Dahle \* 4-H Program Educator**  
 (920) 388-7141 | erin.dahle@wisc.edu



## Club & Project News

### County Fair at a Glance



Rabbit and Poultry Barn Set Up photos courtesy of Katie Christoph



Grade 11 Hog Showmanship. Photo courtesy of Jennie Fenendael





## Get Ready to Re-Enroll!

**RE-ENROLLMENT FOR 2024-2025 BEGINS SEPTEMBER 1!**

**[HTTPS://WI.4HONLINE.COM/#/USER/SIGN-IN](https://wi.4honline.com/#/user/sign-in)**

**Questions? Contact the Kewaunee County 4-H office at (920) 388-7185.**

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

## Enroll today in Kewaunee County 4-H!

**Returning members and volunteers:** Welcome back! Please make sure you re-enroll by November 1.

**New members and volunteers:** Welcome to Kewaunee County 4-H! We are happy to have you here, ready to lead and learn.

Visit our website for more information on our program, club and project information, and our calendar.

<https://fyi.extension.wisc.edu/kewaunee4h/>

If you have any questions please contact Erin Dahle, 4H Program Educator at 920-388-7185 or erin.dahle@wisc.edu.



**Extension**  
 UNIVERSITY OF WISCONSIN-MADISON  
 KEWAUNEE COUNTY

## Head, Heart, Hands and Health are the four Hs in 4-H



HEAD	HEART	HANDS	HEALTH
<p><b>Head</b> stands for decision making, planning, organizing, problem solving and using knowledge throughout life.</p> <p>Supported by the rich academic knowledge base of the University of Wisconsin, Madison, in partnership with a network of Land-Grant Universities, 4-H provides young people the opportunity to recognize and develop their interests, "sparks", through curriculum and project-based learning in partnership with caring adults, and, strengthens post-secondary pathways.</p>	<p><b>Heart</b> stands for strong personal values, positive self-concept, concern for others, cooperation and communication.</p> <p>4-H is an innovator in developing youth leadership and decision-making skills. Youth build relationships, make connections and practice skills throughout their engagement in 4-H. Our civic engagement programs equip youth to use their "voice", influence, and decision-making authority.</p>	<p><b>Hands</b> stands for volunteering, community service and reaching out to create a more inclusive, equitable world.</p> <p>Service is a hallmark of all 4-H programs, teaching youth about the importance of giving back, improving our communities and developing innovative solutions to solve problems, large or small. 4-H'ers learn skills such as teamwork, critical thinking, community engagement and build a sense of compassion, confidence and pride.</p>	<p><b>Health</b> stands for healthy lifestyles, character, ethics, stress management and disease prevention.</p> <p>Our programming empowers youth to be healthy - body and mind - with the skills to make healthy decisions and lead healthy lifestyles. Having the confidence and skills to lead healthy lifestyles not only improves overall well-being; it enables youth to tackle life's challenges today and become leaders in their lives, careers and communities as they grow into responsible adulthood.</p>

## Send us your photos!

We love to see what our clubs, projects, and associations have been doing! Send in your photos to be featured in the Extension Connection and Facebook. We would especially love to see photos of you and your friends and club and project members at the 2024 Kewaunee County Fair!



Please send your photos and a description of your event to erin.dahle@wisc.edu.

### English

I pledge my head to clearer thinking,  
 My heart to greater loyalty,  
 My hands to larger service,  
 and my health to better living,  
 for my club, my community, my country, and my world.

### Spanish

Prometo usar mi mente para pensar con más claridad,  
 mi corazón para ser más leal,  
 mis manos para ser más servicial,  
 mi salud para cuidarme más,  
 por mi club, mi comunidad, mi país y mi mundo.





Fall 2024

**Aerica Bjurstrom, Regional Dairy Educator**  
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**Chris Clark, CCA, Northeast Regional Outreach Specialist**  
715-850-2888 \* clark3@wisc.edu



### When transporting cows

- Milk all lactating dairy cows just before transporting to market
- Minimize the number of times cattle need to be handled during transport
- Do not transport animals with distended udders causing pain and ambulatory issues

### When transporting calves

- Ensure proper colostrum consumption
- Proper identification
- Vaccinate
- Proper navel care

\*\*Infographic adapted from the American Association of Bovine Practitioners



The Farmers Assuring Responsible Management (FARM) Animal Care program helps American dairy farms demonstrate their dedication to providing high quality animal care. Version 5 of the program started on July 1, 2024.

### Minor updates to FARM 5.0

- Adequate, quality colostrum must be fed to calves in a timely manner.
- Pain management must be provided (req met within 9 mo) when disbudding calves. Approved methods include cautery (hot iron) or caustic paste.
- Continued education maintains importance and must be met within 9 months of evaluation for all employees and family members.
- Euthanasia protocols should identify trained individuals and a method for death confirmation.



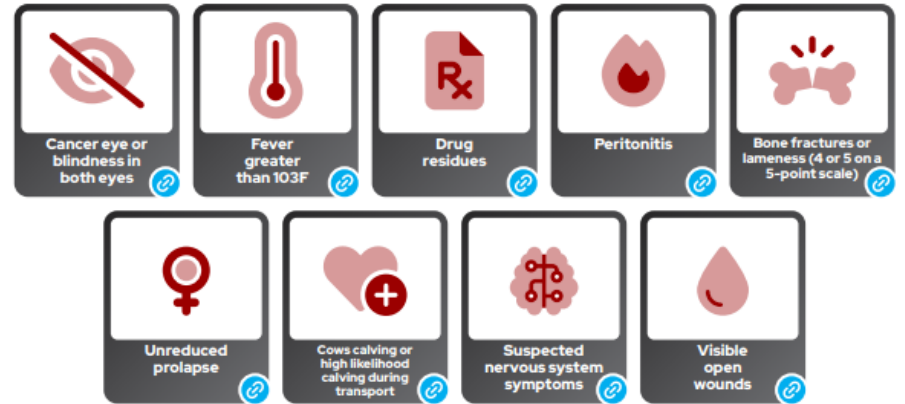
### Are my dairy cows and calves fit for transport?

Aerica Bjurstrom  
Regional Dairy Educator

#### Importance of fitness for transport

- Ensure survival of animal to the final destination
- Carcass quality for market cows
- Reduce long-term health issues and stress
- Ensure consumer safety

#### DO NOT TRANSPORT AMBULATORY ANIMALS WITH:



#### WHEN TRANSPORTING COWS

- ✓ Milk all lactating dairy cows just before transporting to market
- ✓ Minimize the number of times cattle need to be handled during transport
- ✓ Do not transport animals with distended udders causing pain and ambulatory issues

#### WHEN TRANSPORTING CALVES

- ✓ Ensure proper colostrum consumption
- ✓ Proper identification
- ✓ Vaccinate
- ✓ Proper navel care

Learn more at <https://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.

\*\* Infographic adapted from the American Association of Bovine Practitioners

## DATCP Dairy Survey

In May 2024, DATCP mailed 5,419 surveys to dairy farmers across Wisconsin using a list obtained from DATCP's Division of Food Safety. We received 1,611 responses, resulting in a response rate of 30%. The tables below are a summary of good responses. Not every respondent answered every question, so totals may not add to 1,611 and may vary between the herd size and region tables. Because we do not know how non-respondents would have responded, we cannot generalize the survey results to all dairy farmers in Wisconsin. In the following tables, "Herd Size" refers to the number of cows currently being milked. In the 2020 Dairy Producer Survey, "Herd Size" included cows being milked and dry cows.

Visit the link below for the full survey.

<https://datcp.wi.gov/Documents2/DairySurvey2024.pdf>

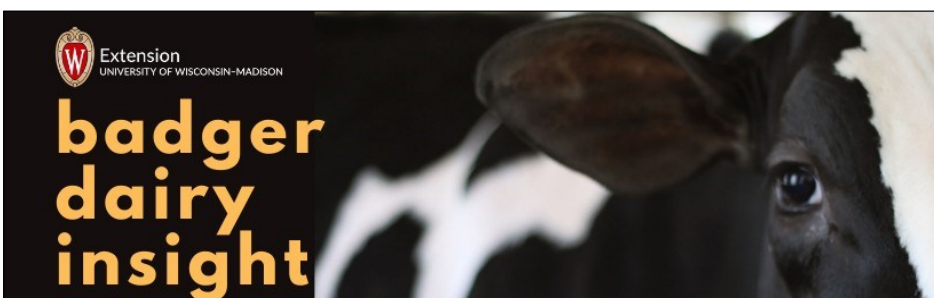


## SAVE THE DATE

**2025 Breakfast on the Farm**

**Sunday, June 15, 2025**

**EL-NA Farms. Algoma**



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.**

- November**—Reducing enteric methane emissions in US Holstein cows
- December**—Feeding dairy cows to reduce methane emissions
- January**—Ready, set, go: Are your calves fit for transport?
- February**—New technologies in dairy farming and update on the newly launched Smart Farm

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





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## Raising calves that thrive in the winter

### How to help calves stay warm and healthy in winter

*Calves must be born in a very clean, dry environment*

Calves are born with only three to four percent body fat. They are also born with a special layer of fat called brown fat. Brown fat's only purpose is to release energy as heat. To prevent using all the fat within a few hours of birth, dry off calves rapidly.

The calving area should also be draft free. Warming boxes or rooms should be considered if calving in outside cold facilities. Four quarts of colostrum should be fed as soon as possible after birth to provide passive immunity and nutrients to the newborn calf.

#### Increase nutrition

In cold weather, calves need more energy just to maintain body temperature. This is particularly important during the first three weeks after birth, before calves consume much calf starter. Once calves consume starter and begin to ruminate, heat produced by feed digestion helps keep calves warm.

Unless calves are already consuming eight or more quarts of high quality milk replacer or whole milk per day, consider increasing the amount of milk offered up to these levels or higher.

- Research shows this will not result in scours and the extra energy will allow calves to better fight off disease.
- Increase the number of feedings per day from two to three or increase the amount of liquid at each feeding.
- Do not just increase the amount of milk replace powder in the same amount of water. This has the potential to cause dehydration, especially if water access is limited.
- Feed milk at 105 degrees Fahrenheit.
  - Milk can cool rapidly during extreme cold.
  - Adjust the initial temperature to achieve a milk feeding temperature of 105 degrees.

#### Calf blankets

Wearing blankets in cold weather helps keep calves warm.

Canadian research shows that when calves were housed at a temperature of zero to -22 degrees Fahrenheit, blankets provided a 52% increase in whole animal insulation.

#### Warm water

- Offer calves warm water daily. This can be a challenge in our winter climate.
- Drinking water stimulates consumption of grain that promotes rumen development.
- Consider offering warm water after calves are finished with their milk.
  - After 10 minutes, empty the water from the pails before it freezes.
  - Another option is to offer warm water other times during the day.

#### Clean, dry bedding

- Provide lots of clean, dry bedding. Calves' hair coats provide excellent insulation if they are clean and dry.
- Kneel in the bedding. If your knee gets wet, the calf will also get damp when lying down.
- Deep bedding allows a calf to nest down in it and provide a barrier of warm air around itself.
  - Bed calves to a nesting score of three, where the calf is able to nestle deeply into the bedding material, and its legs are not visible.

#### Ventilation

- Most hutches have openings or vents to keep air fresh for the calves.
- If no air is circulated within the facility, there is an increased disease risk because heat and moisture can create an environment that is open to pathogen growth.
- Well-designed air tubes keep small amounts of fresh air distributed throughout the building without creating a draft.

#### Delay weaning

Delay weaning during extremely cold weather. Holstein calves can normally be weaned when consuming 1.5 to 2.0 pounds of starter for three consecutive days. However, since weaning is a stressful period, delaying weaning during extremely cold weather is recommended.

*Written by James Salfer, Extension Dairy Educator, University of Minnesota Extension*

## The thermal neutral zone

A newborn calf's thermal neutral zone is between 60 and 77 degrees Fahrenheit. The thermal neutral zone is the temperature at which an animal is the most comfortable and extra energy is not required to maintain normal body temperature.



When environmental temperatures are below the thermal neutral zone, the calf uses energy just to maintain its body temperature. Even on a warm winter day of 40 degrees Fahrenheit, the maintenance requirement for calves younger than three weeks old is 40 percent higher than when temperatures are within the thermal neutral zone. At zero degrees, the maintenance requirement is about double.

Additional measures must be taken during the winter to help calves stay warm, healthy and continue to grow in the cold.

## Six Common Traits of Top-Yielding Fields

With or without a yield monitor, the person driving the combine or forage harvester for many years can probably point out on a map where the best and worst yields consistently come from. What is happening to those areas of fields that consistently produce exceptional yields?



Many factors affect crop yield; only one of them is fertilizer. The six factors listed here have a strong relationship with consistently better-yielding areas of a farm field:

**1. Optimal soil fertility.** Soil tests typically are used to fertilize the soil for nitrogen, phosphorus and potassium. The management goal is to apply the right source of fertilizer or manure at the right rate, at the right time, in the right place so the crop has access to those nutrients as it progresses through key growth stages. For example, applying manure or fertilizer to very low or low soil test fields provides a 60% to 90% probability of yield increase.

**2. Deep topsoil.** Crops grown in deeper topsoil have a greater volume of soil where roots can explore for water and nutrients. When the soil depth allows crop roots to extend down 3 to 6 feet (alfalfa roots can reach depths up to 30 feet) without hitting soil compaction, hardpans, bedrock, high water tables or other root restrictions, better yields can be obtained.

**3. High organic matter.** Most farmland has soil organic matter that ranges from 1.5% to 6%. Organic matter is an easy metric for a farmer to track because it is always provided on current lab soil reports. Not all soil types have the same potential for organic matter. For example, organic matter of 1.8% is good for sand but would be very low for clay soil. Organic matter has a natural attraction to water and nutrients. It can absorb and hold as much as 90% of its weight in water, storing that water for the crop between rainfall or irrigation events or providing resilience during extreme weather (both flood and drought). Organic matter releases nearly all its stored water for the crop. In contrast, heavy clays can also hold high quantities of water, but much of it is held too tightly and the crop cannot access it.

**4. Good drainage.** Soil drainage is essential to crop production and management. Higher-yielding areas are usually never too wet or too dry. Either the field is blessed with a naturally well-drained soil type or a combination of cultural practices and tile are used. Tile drainage removes excess water, keeping the water table below the root zone when the soil is saturated.

**5. Lack of slope.** Another common feature of better-yielding areas is lack of slope. The length, steepness and direction of slope greatly influences crop management and production. Farmland with slope greater than 2% is usually subject to erosion. The steeper the land, the more erosion can occur, and more management is required for successful cropping. For example, on an easily erodible soil with no conservation practices, a slope from zero to 1% has a relative productivity of 95%. But as the slope increases to 5% to 8%, productivity drops 30%.

**6. Ideal soil pH.** Finally, optimal soil pH that both crops and soil organisms can access and cycle nutrients more efficiently. The optimal pH for most crops and soil is 6.5 to 7.0. Not only does this pH range make nutrients like phosphorus more available, but coupled with ideal temperature and moisture conditions, soil life including microorganisms and fungi can ramp up decomposition, nutrient recycling and nitrogen-fixing bacteria that increases N mineralization.

Many of the above characteristics are dependent on the soil Mother Nature blessed your farm with. This emphasizes the importance of keeping topsoil in your fields by stopping wind and water erosion, and "feeding your soil" with soil health practices. The five principles of soil health are:

- Maximize soil cover.
- Maximize presence of living roots.
- Maximize crop diversity.
- Minimize disturbance.
- Integrate livestock.

These five practices promote and support an ideal and healthy soil for your upcoming crop. Soil's importance to crop growth and yield can be summed up this way: "It's better to plant \$2 seed in a \$25 hole than \$25 seed in a \$2 hole."

*Chris Clark is a certified crop adviser and a University of Wisconsin Extension nutrient and pest management outreach specialist for northeast Wisconsin.*



## 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.

### Watch the videos here:

<https://kewaunee.extension.wisc.edu/families-finance-wellness/mastery-makers/>

## Powerful Tools FOR Caregivers



**Tuesdays, Sept 24 - Oct 29, 2024**  
2:00 pm - 3:30 pm

 **Virtual Only -**  
via Microsoft Teams

**Wednesdays, Oct 23 - Nov 27, 2024**  
9:00 am - 10:30 am

 **Kewaunee Co. Exhibition Hall (4-H Room)**  
625 Third St., Luxemburg

 **A suggested \$10 contribution covers the cost of materials but is not required.**

*If respite for your loved one is needed during the workshop, please contact the Family Caregiving Program Specialist*

**IF YOU ARE HELPING  
A FRIEND OR  
FAMILY MEMBER  
WITH THEIR DAILY  
NEEDS**

**JOIN US**

This workshop walks you through the twists and turns of the emotional challenges of being a caregiver, while providing excellent tips for improving your mental and physical health. Attendance to all six classes is highly recommended, as each class discusses a different topic.

### BONUS:

**All graduates are invited to our CAREGIVER SOCIAL every other month for presentations & snacks.**

**REGISTRATION IS REQUIRED, CALL 1-877-416-7083.**  
Workshop may be rescheduled if minimum number of participants is not met one week prior to start date.

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