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**Patrick Nehring, Regional Community Development Educator**  
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NONPROFIT NETWORKING OPPORTUNITIES

**EXCHANGING IDEAS**

**Nonprofit Leader Conversations**

Extension and UW-Green Bay provide an opportunity to discuss timely topics with a small group of peers and invited discussants who share knowledge. For more information visit: <https://www.uwgb.edu/nonprofit-network/networking-opportunities/>

**Marketing for Nonprofits**

January 9, 8:30-9:30 a.m., Zoom  
Learn key tips for marketing your non-profit organization. Dana Elmzen, a seasoned marketing professional at Bookworm Gardens, shares her insights into building a strong brand and lasting connections.  
Register: [https://uwmadison.zoom.us/meeting/register/tJMrCu6vrj0oHNOuxyah-Z0GUYjZHHI\\_AXdQ](https://uwmadison.zoom.us/meeting/register/tJMrCu6vrj0oHNOuxyah-Z0GUYjZHHI_AXdQ)

**Managing Through a Major Transition**

January 23, 8:30-9:30 a.m., Zoom  
Change is inevitable within every organization, but how you handle major transitions can vary greatly. In this conversation, non-profit leader Emily Rendall-Araujo will talk about how to identify key stakeholders and keep everyone involved without losing yourself or your team in the process.  
Register: <https://uwmadison.zoom.us/meeting/register/tJ0sduisrToqHtZ97TZKbnQzrVJkRzU15Mhz>

**Maximizing Use of LinkedIn**

February 13, 8:30-9:30 a.m., Zoom  
Discover proven strategies for building a strong professional brand, expanding your industry connections and showcasing your expertise through engaging content. Whether you're a seasoned professional or just starting out, this session will furnish you with the ability to amplify LinkedIn's potential for personal and career growth. Energize your personal brand  
Register: <https://uwmadison.zoom.us/meeting/register/tJErdOyvqT8qGNylkMeSXGnBA0jRoUgS2qre>

**Continuing to Enjoy the Job - Avoiding Burnout**

February 27, 8:30-9:30 a.m., Zoom  
Avoiding burnout is essential for maintaining both mental and physical well-being, especially in high-stress environments. Join us to learn strategies specifically tailored to nonprofits.  
Register: <https://uwmadison.zoom.us/meeting/register/tJEsdUGpqjwjHNIicoUlnhRYG7SBs7ZliCQV>

**The Power of Partnerships**

March 13, 8:30-9:30 a.m., Zoom  
Lisa Stephan, Executive Director with Sheboygan County Interfaith, will join us for a conversation about how nonprofits can work with other nonprofits and community groups to make an impact in the community.  
Register: <https://uwmadison.zoom.us/meeting/register/tJcrdqurzwoHdUYFrVQTBjkSqNWbkBui2cC>

**Exchanging Ideas (cont'd)**

**Resources at the Library**

March 27, 8:30-9:30 a.m., Zoom  
Libraries are a treasure trove of resources, information, and specialists who can provide you with tools to take your non-profit to the next level. Library and Information Specialist Melissa Prentice will share just some of the tools that you can access through your local library.  
Register: <https://uwmadison.zoom.us/meeting/register/tJcqcemhqz4jHt0cx2xvgK7HXSnNj3i2HK3x>



**Excellence in Nonprofit Leadership Certificate**

The Excellence in Nonprofit Leadership Certificate begins in January 31 live online from 9:00-11:30 with Building a Strong Fund Development Program. The course materials will be available the week prior to the live course. In this course instructor Shane Kohl will teach about the components of a strong development program, team, and culture of philanthropy in your organization. You will learn about making a compelling case for support, designing purposeful events, engaging corporate donors, stimulating online giving, and stewarding your supporters. On February 21, you can learn from UW-Madison Extension's Patrick Nehring and Melinda Pollen about Developing an Active Board of Directors. The other courses are Foundations of Financial Management, Human Resource Management, and Marketing & Communication Strategy. Upon completing the capstone project you can receive an exclusive UW-Green Bay credential, a digital badge validating your accomplishment. The courses are \$169 and the capstone project is \$99. If you register for all five course and the capstone project you can save \$95. For more information and registration: <https://www.uwgb.edu/certificate-programs/nonprofit-leadership/>

**Leading with heart**

Nonprofit Conference  
March 5, 2025  
Lambeau Field, Green Bay



The third annual Nonprofit Conference will be held at Lambeau Field in Green Bay on March 5. The theme this year is Leading with Heart: Inspiring Change and Well-Being. More information about the conference and registration can be found at <https://www.uwgb.edu/nonprofit-network/>

**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](mailto:laura.apfelbeck@wisc.edu)



**Planning to eat healthier in 2025?**  
**Look for the “American Heart Association Certified” symbol**

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

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



**Warm Up With a Bowl of Soup!**

**Turkey Roast and Rice Soup**

This Turkey Roast and Rice Soup is the perfect way to use leftover turkey. Have leftover chicken? Use that instead! Add any frozen vegetables or fresh greens to switch up the flavors!

Makes: 8 Servings

**Ingredients**

- 5 oz thawed turkey roast, chopped (about 1 cup)
- 4 celery stalks, chopped
- 4 carrots, peeled and sliced
- 1 onion, chopped
- 1 chicken bouillon cube, low sodium
- 1 tsp black pepper
- 4 cups water
- 1 Tbs margarine
- 1 cup uncooked brown rice
- 1 can (15oz) green beans, low sodium, drained

**Instructions**

In a large pot over high heat, add the turkey roast, celery, carrots, onion, bouillon cube, black pepper, and 4 cups of water. Bring to a boil, reduce the heat, and cook over low heat for 30 minutes. Cook rice according to package directions. Add cooked rice and green beans into the soup and stir. Cook for 5 more minutes.



Nutrition Information  
 Serving Size: 1 Cup

Calories: 160  
 Total Fat: 3g  
 Saturated Fat: 0.5g  
 Protein: 8g  
 Sodium: 130mg  
 Carbohydrates: 25g  
 Added Sugar: 0g  
 Fiber: 4g



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

Have a group interested in in-person StrongBodies classes? Contact Laura at 920-323-4620 or [laura.apfelbeck@wisc.edu](mailto:laura.apfelbeck@wisc.edu)



HeartCorps Member Sue Koeppe offers these FREE services in Kewaunee County

- Blood pressure screenings
- Hands only CPR/AED training for individuals and groups
- StrongBodies exercise classes

Contact her at [sue.koeppe.HeartCorps@heart.org](mailto:sue.koeppe.HeartCorps@heart.org) or call 920-323-9356

**American Heart Association**  
**10 ways to improve your heart health**

- 1 Balance calories eaten with physical activity.
- 2 Reach for a variety of fruits and vegetables.
- 3 Choose whole grains.
- 4 Include healthy protein sources, mostly plants and seafood.
- 5 Use liquid non-tropical plant oils.
- 6 Choose minimally processed foods.
- 7 Subtract added sugars.
- 8 Cut down on salt.
- 9 Limit alcohol.
- 10 Do all this wherever you eat!

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





**Renee Koenig, Human Development and Relationships Educator**  
 920-388-7137 \* [renee.koenig@wisc.edu](mailto:renee.koenig@wisc.edu)



## Strong Couples

Being in a relationship is not always easy, even if you are married for many years or just starting out. Love takes learning. Whether you need help or just want to strengthen your relationship, finding trustworthy support can be difficult. UW-Madison Extension provides an educational program for couples. The 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 friendship.
- Five brief video calls with a trained coach.

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

# RESILIENT CO-PARENTING


A series of topic-specific classes for parents or caregivers raising children together while living apart.

Join us for any or all of the following sessions!

- January 2 – Families Fighting Fair**  
Learn how to manage conflicts with your co-parent in a way that benefits your children. This session covers positive conflict management, compromise, reframing, and active listening.
- February 6 – Successful Stepfamilies**  
Blended families have unique parenting challenges. Discover ways to ease the transition for your children and address these challenges effectively.
- March 6 – Co-Parenting Teens**  
Teenagers need ongoing support to grow into happy, healthy adults. Learn cooperative co-parenting techniques to help your teen build positive family relationships, a healthy lifestyle, and community connections.
- April 3 – Help Children with Strong Emotions**  
Children feel a range of emotions during separation or divorce. Find out how to support them through these strong emotions, reduce their stress, and build their emotional intelligence.
- May 1 – Parenting from a Distance**  
Parenting from a distance can be tough. Learn how to stay connected with your children when you live apart and make the most of your time together.
- June 5 – Healthy Coping during times of Transition**  
Co-parenting stress can be overwhelming. Discover strategies from the WeCOPE curriculum to reduce stress, increase positive feelings, and improve health behaviors.


**7:00-8:00 pm over Zoom**  
**1st Thursday of each month**  
**in 2025!**

Scan code or use link to register!  
[go.wisc.edu/21t6cz](https://go.wisc.edu/21t6cz)



# RAISING WISCONSIN'S CHILDREN


## Conference 2025



This free, online event is perfect for parents, teachers, and all those who care for Wisconsin's children. Learn hands-on tips from leading experts for raising healthy, resilient kids. This year, we're focusing on unlocking the power of social and emotional skills in children and teens!

You can attend as many conference sessions as you want. All sessions will have closed captions. Participate in a Q&A session with speakers after each presentation. Register to attend and view conference recordings through February.

**JANUARY 28, 2025**  
 8:15 AM - 4:30 PM, CST  
 Free & Virtual on Zoom



Scan QR code or go to <https://go.wisc.edu/raisingwi> for details and to register.

Wisconsin Registry credits for childcare professionals available for some sessions. Scan QR code to register.

When you register, you will receive an email with a link that gives you access to the conference using Zoom. Check your junk mail if you don't receive this email.

**SCHEDULE**

**8:30 AM**

- Early Experiences Elevate Everything: Early Brain and Child Development and The Future Of Society**  
Dipesh Navsaria, MPH, MSLIS, MD

**9:45 AM**

- Mindfulness and Compassion for Well-Being**  
Larissa Duncan, PhD

**11:00 AM**

- Navigating Challenging Behaviors in Early Childhood with Grace and Respect**  
Laura Froyen, PhD

**1:00 PM**

- Five Critical Conversations Necessary to Support Children's Transition to Kindergarten**  
Michelle Sands, PhD

**2:15 PM**

- A Parent's Guide to Treating Childhood Anxiety and OCD**  
Stephen Whiteside, PhD, LP

**3:30 PM**

- Raising Resilient Teenagers: Breaking the Intergenerational Cycle of Family Adversity**  
Amanda Morris, PhD

**Human Development & Relationships Institute**  
 DIVISION OF EXTENSION  
 UNIVERSITY OF WISCONSIN-MADISON



# FOCUS ON FATHERS

Every 2nd Tuesday  
 6:00-7:00 PM  
 Held Via Zoom

Join us, other fathers, and father-figures for a Zoom Series to explore parenting topics and learn ways to strengthen your relationship with your child

## Upcoming Sessions

- Jan 14**-Fathers Help Children Stand Up for Themselves
- Feb 11**-Fathers Teach Values
- March 11**-Fathers Teach Kindness
- April 8**-Fathers Communicate with Children
- May 13**-Relax and Enjoy Fathering
- June 10**-Fathers Teach Perspective
- July 8**-Fathers Help Children Make Good Choices
- August 12**-Fathers Help Children Handle Emotions
- September 9**-Fathers Teach Children to be good Citizens

**REGISTER HERE:**



<https://go.wisc.edu/3z9kwx>

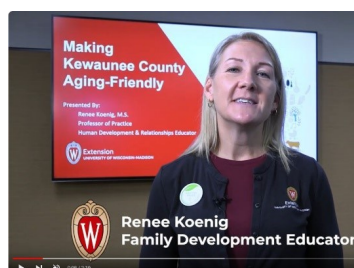
**QUESTIONS?**  
 Please contact:  
 Missy Bablick 715-788-6217  
[missy.bablick@wisc.edu](mailto:missy.bablick@wisc.edu)




## 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-finance-wellness/mastery-makers/>







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

## KEWAUNEE COUNTY 4-H PROM DRESS SALE

Do you have a prom or homecoming dress that you would like to sell and keep all the profit? Are you looking for a great prom or homecoming dress at a fantastic price? Then this is your sale!

**Where:** Kewaunee County Fairgrounds Exhibit Hall  
 625 3rd St., Luxemburg, WI 54217

**Consignment Dates and Times:** Bring in the dress/dresses you would like to sell:

- Thursday, January 16th 3:00-8:00 PM
- Friday, January 17th 12:00-4:00 PM
- Saturday, January 18th 8:00-9:00 AM

**COST:** \$8.00 per dress to consign; consign 5 or more dresses and cost is \$6.00 per dress. Donations accepted.

**Dress Shopping Dates and Times:** Come find your dress! Cash and checks (made out to seller) only.

- Friday, January 17th 4:00-8:00 PM
- Saturday, January 18th 8:00 AM-3:00 PM

**ALL DRESSES THAT ARE NOT SOLD AND ANY FUNDS FROM THE DRESSES PURCHASED NEED TO BE PICKED UP BETWEEN 4:00 and 5:00 PM ON SATURDAY, JANUARY 18th.**

**All proceeds will go to the Kewaunee County 4-H Teen Association**

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.

**QUESTIONS TEXT OR CALL KAYLA AT 920-737-2031**

## WINTER PROJECT DAY

At our Winter Project Day, your children can explore a wonderland of frosty adventures and delightful activities.\*

- Wildlife & Woods Scavenger Hunt
- Leathercraft
- Sledding
- Snowshoeing
- Cake Decorating
- Floral arranging

**9:00 AM-12:00 PM**     **SATURDAY FEBRUARY 1, 2025**

**CAMP TAPAWINGO**  
 915 TAPAWINGO RD  
 MISHICOT, WI



**REGISTER NOW**  
[GO.WISC.EDU/PD2025](http://GO.WISC.EDU/PD2025)

\*Available activities based on day-of weather conditions. Back-up activities will be provided.  
 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.

## Join us for a Kewaunee County 4-H Cloverbud Project Meeting

Games, crafts, snacks and fun!

**WHEN:** Saturday, January 18, 10:00AM-11:00AM

**WHERE:** Family Life Center, 1012 Wisconsin Ave. Kewaunee

Geared towards our youngest members in K-2nd grade!  
 All Cloverbud members from all community clubs are welcome!

New to 4-H and want to learn more? Join us on January 18 or visit our website at [fyi.extension.wisc.edu/kewaunee4h](http://fyi.extension.wisc.edu/kewaunee4h)

**Questions? Contact Erin at 920-388-7185 or [erin.dahle@wisc.edu](mailto:erin.dahle@wisc.edu).**



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## WISCONSIN 4-H DAIRY BOWL

-  January 25, 2025
-  University of Wisconsin- Green Bay  
STEM Innovations Center
-  Contest to Start at 11:30 am




UW-MADISON EXTENSION

### Mark your calendars for the upcoming 4-H Dairy Bowl Contest on January 25th at UW-Green Bay!

We hope you join us for a day full of fun, learning and competition!

**Wisconsin 4-H Dairy Bowl - January 25, 2025**

**Location:** UW-Green Bay STEM Innovation Building, 2019 Technology Way, Green Bay, WI 54311

**Times:** Registration 11:00am, Contest begins at 11:30pm

**Registration Deadline: January 10, 2025**

**Registration and rule information:** More information on how to register along with other participation and contest information is available in The Dairy Bowl Contest Rules document located on the informational website: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/dairy-quiz-bowl/>

**Looking for more information or study resources?**  
<https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/dairy-quiz-bowl/>

**For any questions please contact:** Emily Stumpf at [egstumpf@wisc.edu](mailto:egstumpf@wisc.edu) or Jill Jorgensen at [jill.jorgensen@wisc.edu](mailto:jill.jorgensen@wisc.edu) /phone at 920-391-4659.

### 4-H Meats Judging – Saturday, February 8, 2025

**Location:** Meat Science and Animal Biologics Discovery Building, UW Madison Campus

**Deadlines:** (more information located in the registration materials):

- Estimated number of participants (needed to order PPE): January 20, 2025 - through Google form <https://forms.gle/332pC8GP34L18BEV6>
- Contest final registration: January 20, 2025 (Directions for registration are in the packet)

More information and registration available at: <https://4h.extension.wisc.edu/opportunities/statewide-events-and-opportunities/meats-judging-contest/>

REGISTRATION OPEN

STATE 4-H LIVESTOCK EVENTS

4-H MEATS JUDGING CONTEST

FEB. 8, 2025

EVENT HELD AT THE UW MADISON CAMPUS

SEE REGISTRATION GUIDE FOR MORE INFORMATION



<https://kewaunee.extension.wisc.edu>     
 <https://www.facebook.com/KewauneeCtyUWEX>     
 <https://twitter.com/KewauneeCtyUWEX>

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



## Club & Project News

Pilsen Skylighters celebrated their milestone club members in December. **CONGRATULATIONS!**



## 2025 Kewaunee County 4-H Calendars

The calendars are complete and will be ready in early January. Each club will get one per family. If you need more, contact the office or Darlene Boeder.

## 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](mailto:erin.dahle@wisc.edu).



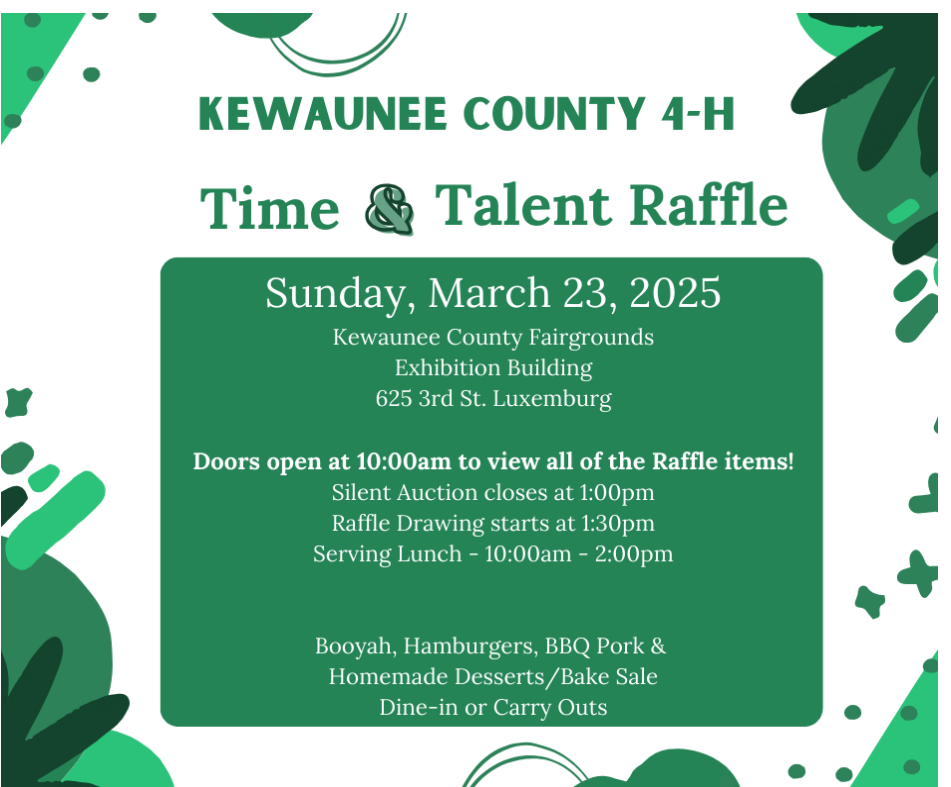
**Architecture Project**  
 For members in grades 7-13.  
**JANUARY 23, 2025**  
**6:00 PM**  
**FAIRGROUNDS**  
 This project will provide educational experience in how to design, manage, and build a food stand.  
 Call Erin at 920-388-7185 or [erin.dahle@wisc.edu](mailto:erin.dahle@wisc.edu) to sign up.

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.

## 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.



**KEWAUNEE COUNTY 4-H**  
**Time & Talent Raffle**  
**Sunday, March 23, 2025**  
 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

### Information about the fundraiser:

**Date:** Sunday, March 23, 2025

**Location:** Kewaunee County Fairgrounds Exhibit Hall

**Raffle:** Silent Auction will close at 1:00pm and Bucket Raffle drawing will start at 1:30pm.

**Donation Drop-off:** Donations can be dropped off at the Extension Office in Luxemburg, Renee's Home, or on Saturday March 22 at the fairgrounds during set-up time.

### Please Return Donation Forms by January 31, 2025 to:

Renee Van Donsel, 4-H Time & Talent, E451 County Rd N, Luxemburg, WI 54217  
 or E-mail: [rvandonsel06@gmail.com](mailto:rvandonsel06@gmail.com) or Call 920-639-8307 with questions.

Forms can be found on the website at:

<https://fyi.extension.wisc.edu/kewaunee4h/2024/12/19/2025-time-talent-fundraiser/>





Winter 2025

**Aerica Bjurstrom, Regional Dairy Educator**  
 920-388-7138 \* [aerica.bjurstrom@wisc.edu](mailto:aerica.bjurstrom@wisc.edu)

**Chris Clark, CCA, Northeast Regional Outreach Specialist**  
 715-850-2888 \* [clark3@wisc.edu](mailto:clark3@wisc.edu)

## BADGER DAIRY INSIGHT

### DECEMBER 17

#### Nutritional strategies to reduce methane emissions in lactating cows

Speaker: Chuck Nicholson and Matheus Pupo  
 Speakers will discuss nutritional strategies to reduce methane emissions in lactating cows. The second talk about the effects of feeding 3-NOP on income over feed costs in the United States, which we conducted recently.

### JANUARY 21

#### Preparing calves for the road ahead

Speaker: Dr. Catie Cramer  
 Dr. Cramer will discuss stressors associated with transport data (WI and US) from a fit-for-transport survey conducted by Colorado State University and offer some ways to mitigate transport stress.

### FEBRUARY 18

#### New technologies in dairy farming and update on the newly launched Smart Farm

Speaker: Dr. Joao Dorea, Dr. Victor Cabrera, and Gustavo Mazon  
 Learn about new technologies in dairy and more about Smart Farm and how it can work on your farm.

### MARCH 18

#### Reproduction Round Table



The third Tuesday of every month at 11 AM Central  
[go.wisc.edu/Ext-BDI](http://go.wisc.edu/Ext-BDI)



Visit our web page and sign up for our newsletter!



## Navigating Your Ag Business: From Stress to Success - new online course

Are you considering a change for your farm or ag business? Or maybe you have an issue that needs to be addressed to improve your business and you are not sure how to get started on that planning. *Navigating Your Ag Business: From Stress to Success* is a new UW-Madison Division of Extension online course that will provide you strategies to answer these three questions:

1. Where are you now?
2. Where do you want to be?
3. How do you get there?

*Navigating Your Ag Business: From Stress to Success* combines online self-paced learning activities with live online group meetings, fostering a supportive peer community while collaborating with facilitators. The course starts on January 1, 2025, with the first live Zoom meeting scheduled for January 28, 2025, from 6:00-7:00 PM Central Time. The self-paced learning continues through April, with opportunities for group and personalized meetings with facilitators throughout the second half of the course.

The 2025 course is a grant-supported program. Participants will be asked to evaluate the materials and course after completion. Space is limited. Multiple farm members are encouraged to participate and attend the live sessions. To learn more about the course and to register go to <https://farms.extension.wisc.edu/programs/navigating-your-ag-business/> Direct any questions to Joy Kirkpatrick, Farm Management Outreach Specialist, [joy.kirkpatrick@wisc.edu](mailto:joy.kirkpatrick@wisc.edu) 608.263.3485.

## Get registered for Pesticide Applicator Training.

The course will be held locally in the following two locations:

- January 22nd, 2025 at the Door Co. Government Center, 421 Nebraska St, Sturgeon Bay, WI
- February 25th, 2025 at the Kewaunee Co Fair Grounds, 625 3rd St, Luxemburg, WI.

To register, head to the UW PAT website or use the links below. Seating is limited and is on a first come, first serve basis. Anyone who plans on taking the certification exam MUST purchase a manual prior to the training and exam. The certification test, which is an open book test, will be given following the educational training. Please purchase your manuals at least 2 weeks prior to the training to ensure its deliver before the training and the test.

Link to PAT Store: [UW PAT Store](http://UW PAT Store)

Link to manual: [100 General Farming PAT Manual](http://100 General Farming PAT Manual)

Link to training registration: [Kewaunee Co General Farming PAT training](http://Kewaunee Co General Farming PAT training)



### Locations And Dates

Engineering technical sessions: 9:30-11:30am

Tuesday Jan. 28 | Green Bay | Tundra Lodge  
 Tuesday Feb. 11 | Mauston | Outdoors Forever Clubhouse

### Permit holder / consultant sessions

Tuesday, Jan. 28 | Noon-4pm | Green Bay  
 Tundra Lodge  
 865 Lombardi Ave, Green Bay

Wednesday, Jan. 29 | Noon - 4 p.m. | Fond du Lac  
 Fond du Lac County Highway Dept.  
 1820 S. Hickory, Fond du Lac

Thursday, Jan. 30 | 8 a.m. - Noon | Manitowoc  
 Farm Wisconsin  
 7001 Gass Lake Rd, Manitowoc

Tuesday, Feb. 4 | Noon - 4 p.m. | Darlington  
 Multipurpose Building  
 11974 Ames Rd, Darlington

Wednesday, Feb. 5 | 8 am- Noon | Jefferson  
 Jefferson County Highway Dept.  
 1425 S. Wisconsin Drive, Jefferson

Tuesday, Feb. 11 | Noon - 4 p.m. | Mauston  
 Outdoors Forever Clubhouse  
 W4890 Cty Rd N, Mauston

Wednesday, Feb. 12 | 8 a.m. - Noon | Eau Claire  
 29 Pines Conference Center  
 5872 33rd Ave, Eau Claire

### Advance Registration Online

<https://go.wisc.edu/CAFO2025>

1. Fill out online registration form
2. Choose location and session
3. Select payment type
4. Click: "Submit"
5. Proceed to payment by card or check

You MUST promptly complete payment to confirm your registration.

A confirmation email will be sent to you within 2-3 business days.

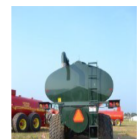
For more information on this program:  
 Contact Kevin Erb at 920-391-4652 or [Kevin.Erb@wisc.edu](mailto:Kevin.Erb@wisc.edu)

For questions on registrations:  
 Email: [Extension@browncountywi.gov](mailto:Extension@browncountywi.gov)  
 Phone: 920-391-4610

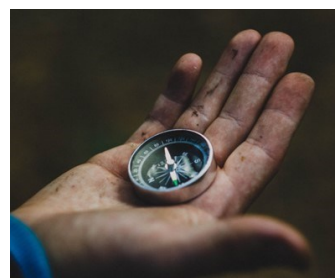
An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements. Contact Kevin Erb at 920-391-4652 (711 for Wisconsin Relay) for more information on this program or for accommodation requests.

## 2025 ANNUAL CAFO UPDATE

Hosted by UW-Madison Division of Extension in collaboration with the Wisconsin DNR



- Jan. 28 Green Bay
- Jan. 29 Fond du Lac
- Jan. 30 Manitowoc
- Feb. 4 Darlington
- Feb. 5 Jefferson
- Feb. 11 Mauston
- Feb. 12 Eau Claire



**Navigating Your Ag Business**  
 From Stress to Success



Navigating Your Ag Business: From Stress to Success

For more information or resources, visit [go.wisc.edu/NYAB](http://go.wisc.edu/NYAB)





Winter 2025

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

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

**VALUABLY INFORMED THRIVING AGRICULTURAL LEADER**

**YOU ARE *VITAL* TO YOUR FARM.**

**EMPOWERING FARM WOMEN TO LEARN, NETWORK, AND GROW!**

**SAVE THE DATE!**

**FRIDAY, MARCH 7, 2025**

**FARM WISCONSIN DISCOVERY CENTER, MANITOWOC**

  
 Extension  
 UNIVERSITY OF WISCONSIN-MADISON

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.


**What can Wisconsin farmers do about projected low profit margins?**

The USDA's 2025 projections for corn and soybean prices are **below the estimated break-even prices** for Wisconsin farmers. The USDA projects a season-average farm price of **\$3.90 per bushel for corn** and **\$10.00 per bushel for soybeans**. However, the estimated break-even prices for Wisconsin are **\$4.65 per bushel for corn** and **\$10.80 per bushel for soybeans**. If these projections hold true, Wisconsin grain farmers are likely to face **negative margins** in 2025.

**What can Wisconsin farmers do?**

- Review and renegotiate a farmland lease or rental contract details
- Strategically manage borrowing costs
- Consider alternatives to high-cost investments
- Prioritize your health and use the resources available to you

Read the whole article with more information on the strategies listed above here: <https://farms.extension.wisc.edu/articles/what-can-wisconsin-grain-farmers-do-about-projected-low-profit-margins/>



**FIND ANSWERS TO YOUR AG QUESTIONS**

[go.wisc.edu/agquestions](https://go.wisc.edu/agquestions)


 Extension  
 UNIVERSITY OF WISCONSIN-MADISON



Need an answer to your question? From the farm, field, tractor or barn, use the new UW-Madison Division of Extension [Ask Your Ag Question form](#).

Connect with Extension experts from Wisconsin and receive research-based responses and resources to answer your most pressing questions. Fill out the form to get connected with an expert, program, article, or resource you need.

Find an answer fast and fill out the form at [go.wisc.edu/agquestions](https://go.wisc.edu/agquestions) to ask your question today. Stay connected to Extension resources by selecting the box located on the form.

Is your question related to your lawn, garden or landscape? We have a form for that too: [hort.extension.wisc.edu/ask-a-gardening-question/](https://hort.extension.wisc.edu/ask-a-gardening-question/)

**We want to hear from you about Precision Dairy Technologies**

We are looking for people involved in farm decision-making (owners, part-owners, managers, or consultants) to participate in a short survey about precision dairy technologies.

Participants who complete the survey will be entered to win one of twenty \$50.00 Visa gift cards.

**Access the survey using the QR code or the link below!**




 Smart Farm Hub  
 UNIVERSITY OF WISCONSIN-MADISON

[go.wisc.edu/5k7515](https://go.wisc.edu/5k7515)

**THE DAIRYLAND INITIATIVE**  
*Podcast*

Welcome to the Dairyland Initiative Podcast, where your hosts, Courtney Halbach and Dr. Nigel Cook, discuss practical dairy cattle housing solutions and showcase approaches dairy farmers are taking to enhance cow welfare and animal health in their herds through improved barn design and management. This podcast will cover all aspects of facility design, from ventilation to freestall design to calf housing and more, plus touch on hot topics related to lameness prevention, cow comfort, and productive life. Tune-in for an entertaining dive into how you can optimize cow well-being.

<https://linktr.ee/thedairylandinitiative>

*happy holidays*




 Extension  
 UNIVERSITY OF WISCONSIN-MADISON



## Got plant problems? Learn plant diagnostics online

*Plant Diagnostics: The Step-by-Step Approach to Identifying Plant Problems* is an online course offered by the UW-Madison Division of Extension Horticulture Program. The course, which runs Feb. 1-April 30, 2025, is designed to teach you troubleshooting skills for plant-related problems.

Learn the step-by-step process for identifying plant problems in your yard and garden, and even in houseplants. This course explains the basics of the plant diagnostic process in an easy-to-understand way. Anyone who is interested in becoming a better gardener, regardless of skill level, is invited to register for the course!

At the end of the course, participants will be able to:

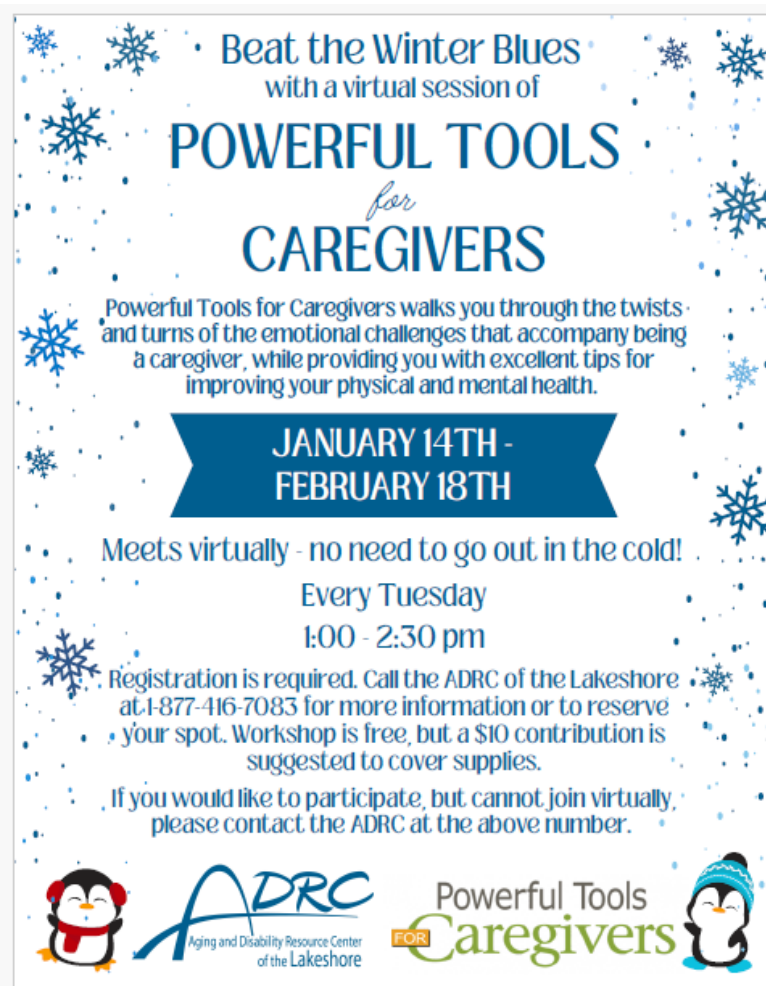
- Explain the steps of the diagnostic process
- Identify appropriate resources to use for diagnostics
- Know how to access UW-Madison Extension diagnostic labs and services for additional support

Plant Diagnostics: The Step-by-Step Approach to Identifying Plant Problems is self-paced with 13 modules that include videos, readings, and interactive activities. Course participants are also invited to attend two live webinars, “Putting the Process into Practice: Real World Diagnostics”, led by Extension educators, and “Meet the Labs!”, presented by UW-Madison diagnostic lab directors.

Registration for the general public and commercial professionals is open until Feb. 3, 2025. An Early Bird registration discount is available until January 21, 2025 at a rate of \$99. The regular registration rate (\$119) is in place Jan. 22-Feb. 3, 2025. Active Wisconsin Extension Master Gardeners are eligible for a special discounted rate of \$49.

Find more information about this course and register at:  
[go.wisc.edu/ExtDiagnosticsCourse](https://go.wisc.edu/ExtDiagnosticsCourse)

Questions? Contact the course moderator, Amy Freidig at:  
[gardening.class@extension.wisc.edu](mailto:gardening.class@extension.wisc.edu).

Beat the Winter Blues  
with a virtual session of  
**POWERFUL TOOLS**  
for  
**CAREGIVERS**

Powerful Tools for Caregivers walks you through the twists and turns of the emotional challenges that accompany being a caregiver, while providing you with excellent tips for improving your physical and mental health.

**JANUARY 14TH - FEBRUARY 18TH**

Meets virtually - no need to go out in the cold!  
Every Tuesday  
1:00 - 2:30 pm

Registration is required. Call the ADRC of the Lakeshore at 1-877-416-7083 for more information or to reserve your spot. Workshop is free, but a \$10 contribution is suggested to cover supplies.

If you would like to participate, but cannot join virtually, please contact the ADRC at the above number.

ADRC Aging and Disability Resource Center of the Lakeshore  
Powerful Tools FOR Caregivers



Are you a family caregiver of someone aged 60+, or someone 55+, with a dementia diagnosis, that resides in Kewaunee County?

**You're Invited!**

Join us for our first Caregiver Social of 2025:  
A New Year, A New You!

Gather with other Kewaunee County caregivers to share your experiences, hear each other's stories, and learn from guest speakers on topics important to caregiving. Enjoy support, conversation, and light refreshments every other month!

January 14th, 9:30 - 11:30 am  
Kewaunee County ADRC Office  
810 Lincoln Street, Kewaunee

Guest Speaker: Emily Siemers,  
ADRC Nutrition Program Supervisor  
Topic: Take A "Nourish Step"!

RSVP by Friday, January 10th by calling Lisa at the ADRC:  
1-877-416-7083

ADRC Aging and Disability Resource Center of the Lakeshore

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

**EXTENSION KEWAUNEE COUNTY**  
625 Third Street  
Luxemburg WI 54217

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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 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.