

# Chippewa Valley Agricultural Extension Report

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### Inside this issue: If your beef operation Winter feeding considerations Tips to reduce winter-3 feeding h ay costs for beef Guidelines for soil compaction management Access soybean program after challenging year Farm Stress and Decision Making During Challenging Times Calendar Inserts: Rental Rate letter and postcard Farm Couples Weekend •Farm Pulse Continuum • Cultivating your Farm's Future flyer Happy **Holidavs** From All of Us at Your Local Extension Office! he Dunn Count office will be closed on December 24 & 25 & January

## New Eau Claire County Agriculture Agent Hired

Eau Claire's new Agriculture Agent, Lyssa Seefeldt, started on December 8th. Lyssa has over 6 years of experience in Extension Marquette County, working with the Central Wisconsin Agricultural Specialization (CWAS) area as a livestock educator. She comes from a diversified dairy and livestock farm in Marathon County where she developed her passion for working with pigs and other livestock. Lyssa earned a Bachelor of Science in animal science from the University of Wisconsin-River Falls and a Master of Science in animal science from South Dakota State University.

#### Wisconsin Farm Center Offers Assistance to Farmers

Many farmers balance the needs of their family and farm above everything else, often ignoring their own needs. As farmers continue to endure an extended period of tough economic conditions, services are available to farmers and landowners that is **free and confidential**.

The **Wisconsin Farm Center** at the Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) is there for farmers to call for guidance on finances, farm succession planning, and other issues they may be dealing with. Farm Center staff work with farmers and their families one-on-one to address each personal situation. Farmers, whether beginning their career or nearing retirement, can experience challenging situations. Staff are able to walk through options with farmers about how to navigate difficult personal or financial situations. While at times, alternatives may seem very limited, sometimes an outside perspective can help bring light to possibilities.

Just as taking care of physical health is important, so is taking care of mental health. Those in need are encouraged to reach out for help and utilize available resources by calling the Wisconsin Farm Center at 800-942-2474. Staff are available Monday through Friday from 7:45 a.m.-4:30 p.m. If there is a mental health emergency during non-office hours, farmers should contact 911 or the National Suicide Prevention Lifeline at 1-800-273-8255.

Extension Dunn County has a new address! The Extension office is still located in the Community Services Building (formerly the Health Care Building) but is now located on the second floor in room 216. The mailing address is now 3001 US Hwy 12 E, Suite 216, Menomonie, WI 54751

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