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Resources and Event Updates for March 2018

Resources

Question About Farm Law? Need a FREE Legal Resource?

Farm Commons, a , a nonprofit legal service for farmers, recently posted a series of FAQs on their website. These publications are free to download, and include titles such as Land Leasing for Your Sustainable Farm Enterprise, Managing Food Safety Liability Risks, When People Work on Your Farm, and many more. Visit their website for more information: <https://farmcommons.org/>

Upcoming Events

Arlington Sheep Day - This Weekend!

This Saturday, March 10th Arlington Research Station is hosting their 10th Annual Arlington Sheep Day. Registration is at 9am and the event starts at 9:30am. Youth have a special session in the morning on skillathon and judging at the Sheep Unit. The meeting ends at 12:15pm. The meeting will be held at the Public Events Facility, Arlington Research Station.

If you're stressed, worried about your farm's future, or in a tight spot, the Farm Center is here to help!

Work on a farm never ends, which can create added stress. The Wisconsin Department of Agriculture, Trade and Consumer Protection (DATCP) reminds farmers that Farm Center staff are available to navigate the ups and the

8th Annual WI Dairy & Beef Well-Being Conference

The main conference will focus on how animal well being impacts your bottom line as well as your image as a producer. There's a pre-conference, offered in English and Spanish on Tuesday, March 20th. The Conference will be held at the Tundra Lodge and Conference Center on historic Lombardi Avenue, March 20 and

downs of agriculture.

"We know that stress is high right now for dairy, livestock and crop farmers alike," said Farm Center Director Kathy Schmitt. "Sometimes it can be hard to see possible alternatives in tough situations. That is where the Farm Center can help."

The Farm Center works one-on-one with farmers and their families through all phases of the farm cycle, including start-up, growth, change, generational succession, and retirement. These no-cost services are available for both new and experienced farmers.


"Farming is a complicated and demanding business," added Schmitt, "and it is helpful to have someone there providing support, suggestions and encouragement, whether it be family, friends, or counseling services."

Farm Center staff can help sort out farm financial options and offer a listening ear if you need someone to talk to about your farm situation. DATCP also has a counseling voucher program that can be used to access mental health services.

"We know that chronic stress can have negative effects on our bodies, emotions, and ability to make decisions, and everyone gets a case of the blues now and then, but sometimes the blues turn to depression," explained Schmitt. "Depression is a serious, but treatable medical condition."

Schmitt recommends watching for signs of depression in yourself and loved ones. Some signs include increased use of alcohol or drugs, decline in personal or farm appearance, reduced interest in activities, irritability, exhaustion or negative thoughts. If you observe these symptoms, you are encouraged to call the Farm Center staff, doctor or counselor who can help.

"In agriculture, we're used to the cyclical nature of prices, production and weather cycles constantly changing," concluded Schmitt. "The most important thing to remember is that you are not alone in these challenges. The Farm Center is here to help farmers maneuver through the lows so we're all ready when a new cycle begins."

You can reach the Wisconsin Farm Center at 800-942-2474 , Monday through Friday from 7:45 a.m.-4:30 p.m..

21, in Green Bay. For more information and to register, visit fyi.uwex.edu/animalhusbandryconference.

Beginning Farmer Training in April

MOSES is partnering with Renewing the Countryside and Land Stewardship Project to offer a weekend training for beginning farmers April 27-29 in Wisconsin Dells. The event includes workshops on topics such as holistic farm management, organic certification, farm law, land access, and more. There's also a panel presentation featuring experienced farmers explaining what worked well and didn't work in their early years, plus activities and time for networking and connecting with local service providers. Cost for the training, lodging, and meals is just \$125, with a \$25 discount for farm partners. Farmers may apply by March 9 for a \$100 scholarship to attend the training.

Fearless Farm Finances Workshop in April

Even if you aren't a member of the Wisconsin Farmers' Union, you'll want to attend this workshop with authors and speakers, , Dr. Craig Chase, Iowa State University, and Paul Dietmann, Compeer Financial, teaching an all-day workshop on basic farm financial management April 27, 2018 in Wisconsin Dells. The workshop is \$50 and includes lunch and a copy of Fearless Farm Finances. The workshop is just \$25 for participants in New Farmer U.



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