



Waupaca County Farm Bureau

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Wisconsin Farm Bureau Federation

Women's Committee Presents the Spring Fling Planting Day

When: Saturday, May 13

Where: Waupaca High School Agri-Science Department and Green House, King Road, Waupaca.

Time: Registration at 10 a.m., program begins at 10:30 a.m.

Cost: \$5 includes a pot, soil and plants.

RSVP: To Terry Hamm at 715.256.9214, please include the number of people attending and the number of pots that you want.

Additional details: The featured project will be terra cotta pot yard decorations. Don't forget lunch is provided. Bring a friend or two!



Planting Day is educational and a lot of fun!



There will be an abundance of beautiful plants to choose from at this year's Planting Day.

FFA Farm Forum Is a Success



Nearly 200 high school juniors from across Wisconsin attended the Wisconsin Farm Bureau's FFA Farm Forum in Wisconsin Rapids on February 17-18.

During the two-day event at Hotel Mead in Wisconsin Rapids, FFA members attended workshops on post-high school agricultural opportunities, social media, agricultural advocacy and leadership.

Joining WFBF president, Jim Holte as keynote speakers at the event were Mark Holley, Sunrise 7 Meteorologist and Chris and Amy Blakeney, owners of Amazing Grace Family Farm.

The Wisconsin Farm Bureau Foundation sponsors the FFA Farm Forum in cooperation with the Wisconsin Association of FFA.

This year's FFA Farm Forum marks the 45th year that the Farm Bureau family of affiliates has sponsored the event for Wisconsin youth.



Waupaca County Farm Bureau sponsored Weyauwega-Freemont students Jessica Magdanz and Jenna LaMie to the FFA Farm Forum.



Waupaca County Farm Bureau sponsored Waupaca FFA students Jensen Trinrud, Austin Houarter, Brett Koski and Violet Thielke to the FFA Farm Forum.



COUNTYnews

WAUPACA COUNTY FARM BUREAU EDITION



Waupaca County Farm Bureau and You By Wayne Steingraber

Farming remains a constant challenge.

What a difference a year makes. Last year we were wondering if it would ever get here. This year the warm days in February teased us along with hopes of an early spring just to be followed by March snow and a few days of cold weather.

The sunshine and longer days always give us hope that spring is really here. Although this year is drastically different from last year, it is like springs that we have experienced in the past. They all have the same thing in common--they all are different. That is some of what keeps farming so interesting and challenging.

Stay connected

At home, we are slowly trying to finish our down stairs guest room by plastering and painting. With my contacts in Farm Bureau, I am able to stay informed on issues that affect all of us in agriculture. On the fire department, I am able to stay involved in my community by helping those in need. Either at a fire or car accident or a rescue, it feels good to help those in need with no expectation of anything in return.

Be an advocate

This past fall, I met an elderly gentleman, who had recently moved into the area. By the way he dressed and the truck he drove, you could tell he hadn't been on very many farms. He was looking for someone to rent his small field. I explained it was out of our way and directed him to a young farmer in his area who would be interested. I invited him in to look at our farm.

Upon entering, his first comment was on how clean the place looked. After watching the Robots and seeing the view from the conference room he kept saying, "This is nothing like we have been told." After questioning he said, "There are people out there telling everyone how farmers mistreat their animals. Dirty small pens, unhealthy conditions, but now I see the reality."

I asked him to help be our spokesman. He said he surely would.

I think far too often we like to stay in our own little world, just doing our thing and hoping others will just leave us alone. But is that what life is really about? I don't think so, at least not in agriculture. People count on us every day for their food, even though most of them don't know where it comes from.

Even though we think we are in our own world, someone is watching. We need to keep our lives transparent. By staying involved in our community, people will see us for the good that we do and that also will reflect on their opinion of our farming practices.

Ag Day at the Capitol

This past March, several of us from Waupaca County were able to attend Ag Day at the Capitol. We were brought up to speed on the issues by Farm Bureau staff and other speakers. Then we went to



Jim Grant, Don Lutz, Wayne Steingraber and Brian Preder discussed issues with Representative Kevin Petersen at Ag Day at the Capitol.

the Capitol and met in a group meeting with Senator Luther Olsen, along with Columbia County farmers. We then met with Representative Kevin Petersen and told him our thoughts on the issues that could possibly be coming up later this year.

We also talked with him about local issues that affect our lives. It was great to have that personal contact with him as now when we contact him throughout the year, he can put a face to the name. We have been doing this a few years so when I call his office he and his staff know who I am. You can do the same.

Learning experiences

It is never too late in life to learn new things and make changes. From our farming and business practices to our personal lives, every day can be a learning experience. The Farm Bureau Institute Class is a wonderful way to help find a new potential in yourself. Registration begins soon for the 2018 class, so keep an eye on your newsletter for registration deadlines.

Planning ahead

There are a lot of things going on this year, from the Rural Health Initiative to the feeding America program, from the women's committee and Young Farmers to the fair food stand. All of these programs have more information in this newsletter.

I hope you take the time to call Alissa, the Rural Health Initiative nurse, and set up a time to meet with her to do a personal health assessment. An especially wonderful thing about it is it's free.

I hope to see a lot of you at the Food Stand in August.

Until next time, stay healthy, stay safe, and may God bless your life.

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Wisconsin Ag Women's Summit Was Worth Attending By Kathy Manske

The Wisconsin Ag Women's Summit was once again worth attending. I'm always amazed at the variety of topics the committee puts together for us to choose from.

Jane Jenkins Herlong entertained us with her stories and songs as the opening and closing keynote speaker. Wonderful laughter evolved.

In one of the breakout sessions, Danae Bauer gave us tips on taking photos of farm life. I have watched her grow up through 4-H at our county fair. It's nice to see how far she has come with her business: Farmgirl Photography.

Sara Brown Dirkes from the American Farm Bureau Federation did her breakout session on 'Getting a Seat at the Table with Food Companies, Restaurants and Retailers.' It was very interesting to find out what goes on behind the scenes with these companies. She explained details as to how American Farm Bureau is trying to be a part of the conver-

sation when it comes to food politics. Again, it showed the need to promote agriculture and explain what goes into the products we produce.

Peter Fritsch owns a restaurant in Palmyra in the Kettle Moraine. It was fun to learn more about his business during his breakout session. You can go there, catch the fish and have it prepared. He gave us samples of recipes and they were simple and delicious.

My last session was on meditation and mindfulness. The speaker reminded us that we need to sit and relax once in a while and get away from the fast-pace life.

Again, we had a casino night. It's always fun to play blackjack and gamble the money away. Good thing it's only play money. We even had a visit from Elvis this year.

Thank you Waupaca County Farm Bureau for sponsoring



Kathy Manske (right) attended the Wisconsin Ag Women's Summit.

me to attend this event. This year, I spent time with my good friend from Rock County who also attended, which made it really memorable and even more fun.

District 7 Director's Report



Senator Tammy Baldwin discussed issues with the WFBF Leadership Institute Class X members who attended the Advocacy Conference in Washington, D.C.

It has been a very busy few months. The Advocacy Conference in Washington, D.C., was a great experience with WFBF Leadership Institute Class X. It was great getting to know the Institute class members.

District 7 representative Kristy Erickson did an excellent job speaking up for agriculture when we visited with legislators. AFBF President Zippy Duvall was with President Trump when he signed the Presidential Order to repeal WOTUS. There was a director from EPA who said that the agency would follow suit. There is lots of talk regarding the 2018 farm bill so please voice your concerns to your legislators.

The WFBF Council of Presidents was very well attended, lots of talk on membership and there was a friendly reminder about the \$5-dues increase coming that was approved at the Waupaca County annual meeting a few years ago.



The Farm Bureau Leadership Institute Class and some of the WFBF board of directors meet with Senator Ron Johnson in Washington DC

Ag Day at the Capitol was the highlight after the Council of Presidents. We had a great group of people from District 7 who walked to the Capitol and spoke with the legislators.

Hot topics this year were high capacity wells, transportation funding for roads, rural broadband internet accessibility and a few more. It is great to see how well agriculture is represented by our Farm Bureau members. It was also nice to see the time that the legislators and their staff took for us.

I am on my way to visit the counties in District 7 and to take time and listen to your concerns. Please take time out of your busy schedule to come to District 7 meetings as they come up this year. Please contact me anytime.

Adam Kuczer
District 7 board of Director



WFBF Institute and Board members from Districts 6 and 7 met with Representative Mike Gallagher in his Washington, D.C., office to discuss ag issues.

County Fair Food Stand Report By Lynn Steingraber



Last year, Henry Haas took a turn at the grill at the fair food stand. Please contact Lynn, Arnie or Helen if you can help.

Good day. While it seems early for news on the food stand, it really isn't in terms of getting the word out. Soon the committee will be looking into our menu, setting up our volunteer help and doing inventory. I know we are in need of a few things this year.

Our two large crocks for chili have fallen into disrepair. If anyone has a very large one to get rid of in good shape, we'll take it. I was thinking if we can get a larger microwave instead of the small one we have, it will also be very useful. It's hard to fit our larger items in and we had one bite the dust two years ago.

Something we should try to get done for the stand is redo the front service counters. That's going to take a bit to fix. Some of those counters have seen a lot of wear and tear.

If you can volunteer hours, I believe the fair is again allowing you to enter free of charge if you inform us ahead of time and get put on a list at the gate. I'll check into that. On that note, volunteer five hours of time and your meal is free at the Waupaca

County Farm Bureau annual meeting in October. Volunteer 10 hours or more and your Farm Bureau membership will get paid as long as you tell us when you set up times to work.

We can use a few early morning helpers, lunch crowd help, especially Friday and Saturday. Supper hours get crazy before grand stand events. Help is essential. And if those hours do not work, after 6:30 p.m. a cleanup crew is always greatly appreciated.

Last year, we had some wonderful FFA, 4-H youth and upper grade helpers who did a spectacular job waiting on customers and helping. I'm looking forward to their young and energetic enthusiasm in the stand again. It helps our older legs catch a break.

Any input that you may have, suggestions on menu changes or questions can be answered by Arnie and Helen Heise or myself.

We are looking forward to a successful food stand.

There are Benefits to Your Farm Bureau Membership:

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- General Motors Discount

Health

- ScriptSave® Prescription Drug Savings Card
- Life Line (NEW)

Supplies and Products

- Case IH
- Caterpillar
- FS-GROWMARK Patronage
- Grainger
- Office Depot

Communication

- AgriVisor
- The Country Today

Insurance

- Rural Mutual Insurance Company
- Farm Bureau Financial Services

Travel

- AAA
- AVIS Car Rental Discount Program
- Budget (NEW)
- Choice Hotels International, Inc.
- Wyndham Hotel Group

Financial

- AgriPlan Medical Reimbursement Program

Protection

- Farm Bureau Bank
- \$500 Reward Protection Program
- Accidental Death Policy

For complete details visit wfbf.com/benefits-membership.

District 7 YFA Report By Brian Preder

The annual Gambler's hockey game is always a great time for members to socialize and gather with members from around this district.

Following the game, we met with District 6 YFA members at the Green Bay Distillery for pizza and the chance to meet fellow YFA members from the neighboring district.

We had more than 100 people attend game and can't wait until next year!

Spring time is here and we are looking forward to the upcoming year. This means it is never too early to be thinking about the chance for a free

trip to the Kalahari Resorts for the YFA Conference. How do you get a free trip to the YFA Conference? Be sure to participate in one of the YFA contests.

You can find information about the Achievement Award, Excellence in Ag and Discussion Meet on the YFA page of the WFBF website. If you have questions about the contests we have you covered! Be sure to watch for information about the upcoming training for the contests.

I can't wait to work with the talented group of YFA members in our district throughout the upcoming year. Have a safe and early planting season.



Last fall, after a meal at the River Rail in Shiocton, District 7 YFA members participated in the District level Discussion Meet. Kristy Fiedler (left at head table) competed at the state and national Discussion Meets.

YFA Report By Jake Hoewisch



About 100 Districts 6 and 7 YFA members attended Cheese Night at the Green Bay Gamblers hockey game at the Resch Center.

Spring Is Upon Us. We finally made it to the muddy days of spring. Looking forward to seeing corn rows in a short time. Hope that you all had enough of this weird winter weather.

The bowling event at New London Lanes on January 26, was a great success again this year. We had about 25 people from Waupaca and Outagamie Counties YFA attend. It was a fun night with pizza, bowling, drinks, and socializing with people



In January, members of the Waupaca and Outagamie YFA gathered for a winter bowling event.

you don't get to see all the time.

On February 18, we had a great turn out in Green Bay at the Resch Center for an electric Gamblers' hockey game that came down to the wire with many fights along the way. Waupaca County YFA had 30 people attend this year. It was a District 6 and 7 event. Following the game we enjoyed more socializing and all you can eat pizza at Green Bay Distillery.

Humor Corner By Wes Raddatz, District 7 Coordinator

“Well Doctor, what did the x-rays of my head show?”

“Absolutely nothing.”

What is the center of gravity?

The letter V.

Dad, can you help me find the lowest common denominator?

Haven't they found that thing yet? I remember looking for that when I was in school, too!

If a frog parks illegally, does it get toad?



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 District 7 Coordinator, Wes Raddatz 866.355.7346

'Like' Waupaca County Farm Bureau on Facebook.



Rural Health Initiative Speaks to HCE Group By Helen Heise

On November 9, Rural Health Initiative coordinators Dawn Dingeldein and Alissa Mueller talked about dealing with arthritis to the Waupaca County HCE (formerly Homemakers) at the Sturm Memorial Library in Manawa.

There are many forms of arthritis. Rheumatoid arthritis, Osteoarthritis and gout affect many older adults. They gave a very good presentation that included food choices, medications (over the counter) and other choices for relief of pain and inflammation of joints caused by arthritis.

Some of the choices are hot or cold packs, hot tubs and baths, regular exercise, bicycle riding, walking and weight management to avoid stress on joints.

Some of the food choices are to eat more sulfur containing foods, green leafy vegetables and non-acidic fruits, whole grains, oatmeal, brown rice, fish and avocados. Tart red cherries can relieve pain and inflammation as well as fresh pineapple. Fresh ginger is a powerful antioxidant that has anti-inflammatory effects.

Dawn and Alissa also provided samples and recipes for smoothies that are easy to prepare and very tasty.

