



## READING 'COW SIGNALS' A DAY WITH DR. HUBERT KARREMAN



Cows send out signals continuously about their health, well-being, nutrition, and production. The challenge is how to interpret these signals and use them to maximize cow health and well-being. The 'Cow Signals' program teaches farmers how to interpret the behavior and physical characteristics of groups of cows and individual animals.

**Dr. Karreman** brings a wealth of knowledge gained from over 25 years of practical experience working with dairy cows, 20 of those practicing holistic veterinary medicine working primarily with organic herds. He is currently an adjunct veterinarian at the Rodale Institute. He has written two books, 'Treating Dairy Cows Naturally' and 'The Barn Guide to Treating Dairy Cows Naturally'. This workshop will include both **classroom and barn sessions**. Join us for this fantastic opportunity!

**9:00 am - 12:45 pm:** We will start the day at the **Bridport Community Hall** for a classroom session with Dr. Karreman. We'll learn key elements of the 'Cow Signals' program, then have lunch provided by the NOFA-VT wood-fired pizza oven.

**12:45 pm- 3:00 pm:** After lunch we head to **Shoreham** to the **Madison Dairy Farm** for a barn session putting 'Cow Signals' into practice with Dr. Karreman and farmers Jeep & Joann Madison. Madison Dairy is an organic dairy farm milking 60 Holstein cows. We will also talk about the farm's current NRCS projects to update manure handling and nutrient management systems. We will hear from field staff on how small farm operators can implement NRCS practices as part of Lake Champlain water quality initiatives.

**We'd love to see you there!**  
*Cheryl Cesario, UVM Extension*

Register online by going to:  
<https://www.regonline.com/cowsignals>

To request a disability-related accommodation to participate in this program, contact Donna Brown at 1-800-956-1125 or 802-388-4969 by March 14, 2015 so we may assist you.

**WHEN:**  
**Tuesday, March 24, 2015**  
**9:00 am - 3:00 pm**

**WHERE:**  
**Bridport Community Hall**  
**52 Middle Road**  
**Bridport, Vt**  
**AND**  
**Madison Dairy Farm**  
**2806 Smith Street**  
**Shoreham, Vt**

**COST:**  
**\$30.00**

To ensure we can  
provide lunch for all  
attendees please pre-  
register by:

**March 18, 2015**

*For More Information, contact:*

**Donna Brown**  
Administrative Assistant  
(802) 388-4969 ext.330  
[donna.brown@uvm.edu](mailto:donna.brown@uvm.edu)

