



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Human Development & Relationships

Reports of fraud have increased over recent years as scammers used the pandemic to come up with new ways to trick people into sharing their financial information. These pandemic-related scams are in addition to already existing scams, such as threatening someone with arrest by saying they owe taxes or demanding payment on an overdue loan through a wire transfer or paying the scammer using a gift card.



Monitoring your own credit report is one way to keep an eye out for signs of fraud or identity theft. Because of the pandemic, consumers can currently order a free weekly credit report online through December 31, 2023. You can request the weekly reports from <https://www.annualcreditreport.com/index.action> —one each from the three credit bureaus: Equifax, Experian, and TransUnion. While the free weekly credit reports are only available online, consumers can also order free annual credit reports through the mail using the official request form found online or by phone toll free at 877-322-8228.

In addition to email reminders and links to credit resources, Extension provides information on this financial website for ordering, reading, and understanding your free credit reports. <https://finances.extension.wisc.edu/article-topic/building-and-maintaining-credit/> You can also find out how to place a free credit freeze or fraud alert on your credit reports and whether that's the right decision for you.

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4-H Highlights

The Winnebago County Fair took place August 2-6th. Fair judging began on July 31st and our 4-H-ers displayed some remarkable talent! Please enjoy the photos of our youth exhibiting, performing, demonstrating, receiving awards and the adorable baby chicks that we hatched in the Expo Building!

For more photos of our 4-H programs, visit our Facebook page <https://www.facebook.com/4hwinnebagoounty>.

A HUGE THANK YOU to the Winnebago County Fair Board and all volunteers for making the fair a special time of growth and celebration of hard work completed for our youth!

Coming this fall...

- 4-H Re-enrollment for the 2023-24 year begins after Labor Day
- Extension Outdoor Classroom building will begin

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Health & Wellbeing

Exploring 8 Dimensions of Wellness

At UW Extension, we know that being "well" is more than eating healthy and getting exercise. To

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physical, occupational, intellectual, financial, social, environmental, and spiritual parts.

Are you a community leader interested in learning more about the 8 Dimensions of Wellness, how they interact with one another, and how they affect health? Contact us at 920-232-1979 to schedule an "Eight Ways to Wellness for Leaders" presentation for your group, or join us on Facebook as we offer tips and tricks for better health - today, and every day.

Katherine Jaegly
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Community Development

Grant Writing Basics Virtual Workshop

Are you a nonprofit, business or government leader in Wisconsin in need of grant writing skills? Sign up for this informative and hands-on (and FREE) virtual training on grant writing.

Experienced Extension Educators will co-lead the workshop to make it informative, fun and interactive.

Join us 9/14 from 10am-12pm or 9/18 from 6pm-8pm

You will learn:

- The outline of a common grant proposal
- Where to look for funding for your organization
- The most common grant writing mistakes
- And so much MORE!

Sign up by following this link: <https://docs.google.com/forms/d/e/1FAIpQLSc1Zoj-hGv0uvvw20yyX0SCjWKiYPScr9zIMII7IGBDZ2pIHw/viewform>

*Language interpretation is available upon request



Entrepreneurs of Color Spotlight

The EoC Spotlight empowers entrepreneurs of color in NE Wisconsin, highlights their business journey and strategies, and invites viewers to interact and learn. Join us every First and Third Thursday! (Links through the icons below)

Mia Ljung
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Regional Dairy: A Warm Welcome!

We're excited to welcome Stephanie Bowers as our new Regional Dairy Educator. Stephanie was born and raised on a dairy farm in Upstate New York. She earned her Bachelor's Degree in Animal Science / Dairy Farm Management at the University of Vermont, and her Master's Degree in Ruminant Nutrition at the University of Illinois at Urbana-Champaign.

She moved to Wisconsin in 2008 and worked with a leading dairy nutrition consultancy for five years, then built a nonprofit from the ground up. She is also a graduate of the Young Dairy Leaders Institute Class VII.

She resides on a dairy farm in Wrightstown, with her husband Jeff and two amazing boys. For fun and family adventure, they operate Goats on the Go-Green Bay®, a targeted grazing operation using goats (and sheep) to manage invasive species and nuisance vegetation. They're also actively involved with Wrightstown 4-H.

Please reach out to Stephanie with any dairy questions or just to say welcome. She'd love to hear from you!

Stephanie Bowers
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Horticulture

If you want to become a Master Gardener, or simply wish to strengthen your horticulture skills, two courses will be offered in fall 2023 by the Wisconsin Extension Horticulture Program.

Backyard Gardener Training Program (local, in person)

Growing and Caring for Plants: Foundations in Gardening (online, statewide)



Both courses teach the essentials of horticulture for you to become a more successful and well-rounded gardener. You will not only gain practical gardening skills and techniques to grow healthy plants, but also learn the science behind “why” and “how” these techniques work.

Each course follows a similar curriculum and learning objectives, but offer different delivery modes and networking opportunities for participants.

Both courses are considered approved learning opportunities for the Wisconsin Extension Master Gardener Program in preparation to become a Master Gardener. To find out more, visit the [Wisconsin Extension Master Gardener website](#)

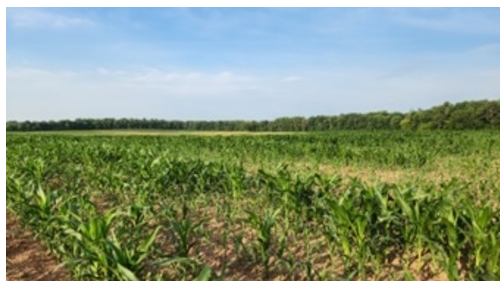
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If you have questions about either program, contact madisen.potratz@wisc.edu or call (920) 232-1970.

Madisen Potratz

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Ask A Gardening Question <https://hort.extension.wisc.edu/ask-a-gardening-question/>



Crops & Soils

2023 Outagamie Forage Council Corn Silage Drydown Events

The Outagamie Forage Council/Midwest Forage Association (MFA) in partnership with Extension Outagamie County and Fox Valley Technical

College (FVTC) will sponsor four 2023 Corn Silage Dry Down events. Farmers, agronomists, and professional consultants should bring 4-5 stalks from each field for testing.

Dates and locations are listed below. Samples that cannot be processed on site will be taken to Dairyland Laboratories in De Pere for testing and results will be available the following day on the Extension Outagamie County website at <https://outagamie.extension.wisc.edu/>. The state UW Corn Silage Drydown website has been moved to the UW-Madison Division of Extension Crops and Soils Topic Hub website at <https://cropsandsoils.extension.wisc.edu/corn-silage-dry-down/>.

Events:

Thursday, September 7, 12pm (noon) – 2pm

J-Springs Dairy - N4182 County Rd. EE, Appleton, WI 54913

Thursday, September 14, 12pm (noon) – 2pm

Crop Source, LLC - N3888 French Rd., Freedom, WI 54913

Thursday, September 21, 12pm (noon) – 2pm

Pro-Vision Partners - 354 Morrow Street, Seymour, WI 54165

Thursday, September 28, 12pm (noon) – 2pm

NEW Ag Services, LLC - W5631 County Road S, Black Creek, WI 54106

Kevin Jarek

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Farmers' Market Tour!

Are you on government assistance? Would you like to know how to shop for fresh local

[Subscribe](#) to our email list.

\$10 to spend at the market!

You will gain confidence in:

- Navigating the market to find the best prices
- Talking to local farmers & vendors
- Using food assistance benefits at the market
- Selecting healthy food that you and your family will enjoy



2023 Tour Dates with Nutrition Educator, Kristine
August 12, September 23, October 14

For more information and to register, please
visit <https://bit.ly/42YFFzu>



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