



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



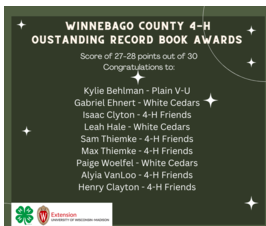
4-H News

Youth Document Their 4-H Experiences with Creative Records Books!

Each year, 4-H youth are given the opportunity to create a 4-H Record Book. In the record book, youth track their activities, events, profits and losses, skill development, learning experiences, and much more. The 4-H Record Book also gives members an opportunity to reflect on their year, measure their achievements and growth, set goals, and develop plans to meet those goals. The record books can be in a scrapbook, digital, or video format.



Youth can also win achievement awards and prizes for their record book efforts! Record books that are passed on to the county level by their 4-H club leaders are then reviewed and scored by me and our 4-H Youth & Science Educator, Sarah. Scores between 27-28 will receive a County Outstanding Award. Scores between 29-30 will receive a Merit Award. We also have "Best Of" awards that include different age groups.



Congrats to all of this year's winners!

4-H for all!

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Are you ready to embark on a transformative journey towards embracing and nurturing the most important relationship in your life - the one with yourself? Join us for pdsS.P.A.R.K., an empowering 3-hour workshop on self-love designed exclusively for women.



S.P.A.R.K. stands for Self-confidence, Positivity, Accountability, Resilience, Kindness

Our program will provide women with the knowledge, skills, confidence, and attitudes necessary to navigate the challenges of adolescence, adulthood, and beyond, helping them become resilient, empowered, and self-assured individuals. Local facilitators from pdsF.U.S.I.O.N. and Simply Yoga will lead participants through thought-provoking discussions, interactive activities, and practical tools to empower self-love and discovery. Join us for one of these three sessions:

pdsS.P.A.R.K. for Adults: January 14, 2024

pdsS.P.A.R.K. for Young Adults: February 11, 2024

pdsS.P.A.R.K. for Mothers & Daughters: March 3, 2024

Learn more and register today at pdsFUSION.org

Katherine Jaegly

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FoodWise

Looking for a great and easy recipe that you can use all year long and for every holiday?

Try this easy recipe as is or add in a few holiday-colored M&M's or candies of your choice! (Such as red and green for Christmas, white and blue for Hannukah, pink and red for St. Valentines Day, or green and orange for St. Patrick's Day.)

- 6 cups air-popped popcorn
- 2 cups chocolate flavored checked cereal
- 2 cups toasted oats cereal
- 2 cups frosted wheat cereal
- 1 cup peanuts (optional)

Combine all these items into a large bowl or bag and mix well. Divide this into servings for a great snack on the go, or serve it at a gathering in a fun, festive container!

Todd Wenzel

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The Future of Dairy Heifer Raising: Grazing Heifers for Economic and Ecological Returns

Please join us for a discussion with farmers, nutritionists, and other technical service providers about the economic, ecological, and animal performance opportunities and challenges of raising replacement heifers in managed grazing systems.



Wednesday, January 24th, 2024, 10am to 2pm (with lunch) [Please RSVP at this link!](#)

Northcentral Technical College - Wausau, 1000 W. Campus Dr., Wausau

Tuesday, February 27th, 2024, 10am to 2pm (with lunch) [Please RSVP at this link!](#)
Farm Wisconsin Discovery Center - Manitowoc, 7001 Gass Lake Rd, Manitowoc

This session will feature a panel of farmers and nutritionists discussing the advantages and logistics of raising heifers in managed grazing systems. We will also discuss the opportunity of building out a custom dairy heifer grazing supply chain in the region – matching dairy farms with custom heifer raisers with the goal of increasing farm economic viability and keeping small to mid-size farms a part of our rural landscape while meeting water quality goals. We will also provide information and resources available to farmers and industry partners interested in the possibilities related to grazing dairy heifers.

Bring your questions and experiences! Bring your neighbors, your nutritionists...and for nutritionists, bring your farmer clients! We expect a lively conversation and would appreciate having you in it. And we'll feed you lunch!

These meetings represent a collaboration with the Eau Pleine Partnership for Integrated Conservation (EPPIC) and UW-Madison Grassland 2.0, as part of the Cloverbelt Learning Hub, in cooperation with UW Extension.



Join the live webinar on Tuesday, January 16th at 11am, or watch the recorded version at a later date!

Topic: Selection of Dairy Cows for Consistent Performance under Unpredictable Conditions

Kent Weigel is Professor and Chair of the Department of Animal and Dairy Sciences at UW-Madison. He holds research, extension and teaching appointments and serves as a technical consultant for numerous companies and organizations in the dairy genetics industry. In this session, Dr. Weigel will present current research on the day-to-day consistency of dry matter

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COMET™ is a short, two-hour program offered Saturday, January 20th from 10am - Noon

COMET™ stands for Changing Our Mental And Emotional Trajectory.

This program helps people take the next step after noticing someone might be struggling. It empowers friends and neighbors to be more prepared to support others' mental health needs – especially before a crisis. This training empowers people to feel comfortable initiating a supportive but potentially emotional conversation using a conversational seven-question guide. It provides an easy way to start a conversation, teaches you how to exit the conversation in a supportive way, and offers resources to share with others if they need more than a listening ear.

Register now, space is limited! <https://forms.gle/HtZvsDhsERRu6Tde9>

Stephanie Bowers

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Crops & Soil

The Midwest Forage Association (MFA) and the Outagamie Forage Council (OFC) will once again be conducting their annual meeting on Thursday, February 8, 2024 at Buzz's Pub & Grill (W2116 County Rd S, Freedom, WI 54130) with registration at 9:30 a.m. and the program beginning at 10:00 a.m.

Anyone who has done tilling work this fall can tell you the subsoil is still extremely dry even after the rainfall we received at the end of the growing season. Among our many speakers, we will hear Dr. Francisco Arriaga detail what farmers should be considering ahead of the 2024 growing season. And Dr. Stuart Rymph will utilize his background as an agronomist and nutritionist to share observations from 2023 and what we can do to manage the 2024 crop.

We will recognize our Forage Council Youth Scholarship winner, get an update from Chelsea Russell, Local Council Director, Midwest Forage Association (MFA), conduct our Annual Business Meeting, and conclude with the auction fundraiser that helps support the many on-farm activities and educational outreach programs the Outagamie Forage Council conducts on an annual basis.

Once meeting details are finalized, registration will be posted at <https://outagamie.extension.wisc.edu/>

For questions about registration, contact Ina Montgomery at ina.montgomery@outagamie.org or (920)-832-4763.

Kevin Jarek

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Human Development & Relationships



Rent Smart focuses on the knowledge and skills essential for a successful renting experience. Rent Smart is designed to help those individuals who have little to no rental experience and those who have had difficulty obtaining rental housing. Successful participants will learn new skills to build positive relationships with landlords and neighbors, gain confidence in their ability to find and maintain affordable housing, understand the application and screening processes used by landlords, and learn the responsibilities and rights of tenants and landlords.

Recent Rent Smart participants were asked to name the most important new idea they learned in the program. Their responses included:

- That it is absolutely necessary to pay my rent on time
- Be honest and upfront with the landlord
- What is and isn't legal when it comes to landlord and tenant rights
- Rent Smart classes are offered online via Zoom and are free of charge!

The 2024 online schedule has been finalized! See the schedule and register for Rent Smart classes at <https://go.wisc.edu/Rentsmartregister>

Todd Wenzel
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Youth & Science

It may be a little early to think about summer camp, but we are already in the process of

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high school 4-H members who have applied to be counselors at camp, and we are anxious for the interview process which will begin this weekend (December 10). Beginning right away in January, the counselors, adult work team members, and staff will dive right into training and planning for another wonderful camp experience at Upham Woods from June 28th thru July 1st 2024.

Sarah Thompson

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RAISING WISCONSIN'S CHILDREN

Conference 2024

Join a free, online conference designed for parents and families. Participants will get practical, positive parenting ideas from experts and explore how to help children grow.

JANUARY 9, 2024
9:00 AM - 4:00 PM, CST



[Click or scan to register for this free online conference.](#)



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UNIVERSITY OF WISCONSIN-MADISON

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