



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Human Development & Relationships

Are you looking to get out of debt or learn how to improve your credit? Do you have questions about how to start or where to learn more? If so, the **Money Matters Live: Credit and Debt Series** is for you! Each session includes a short presentation by Extension educators with plenty of time for

discussion and questions.

The four-session February series will cover how to read your credit reports, the basics of credit scores, how to build good credit, and strategies to reduce and eliminate your debt. You can attend all sessions or as many as your schedule allows.

This series is presented live via Zoom on Thursday evenings from 7:00-8:00 PM and is completely FREE!

Find more information and register by using this link: <https://go.wisc.edu/6r0cu0>



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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Health & Well-being

What's your S.P.A.R.K.?

Sign up for our pds S.P.A.R.K. Self-Love Workshops!



The S.P.A.R.K. (Self-Confidence, Positivity, Accountability, Resilience, Kindness) workshop is a dynamic 3-hour event designed to provide young women with the knowledge, skills, confidence, and attitudes necessary to navigate the challenges of adolescence and beyond, helping them become resilient, empowered, and self-assured individuals.

Whether you're striving for academic success, building meaningful relationships, or stepping boldly into your future, self-love is the key that unlocks your full potential. Join us at these upcoming events to find your S.P.A.R.K.!

pdsS.P.A.R.K. for Young Adults: February 11, 2024 from 1-4pm
pdsS.P.A.R.K. for Mothers & Daughters: March 3, 2024 from 1-4pm

Learn more and register today at pdsfusion.org/self-love-workshop.



Did you know that staying active can prevent you from getting sick? Emerging research from the [CDC](#) shows that physical activity boosts immune function, reducing your chances of catching a cold or the flu.

Extension's **StrongBodies Program** makes it easy to work out during winter months. This 12-week strength training program offers virtual and in-person classes twice a week, across the state.

Join us on Tuesdays and Thursdays from January 9 to March 28, 2024 for our *FREE* virtual StrongBodies program!

[Click here](#) to register today, or

visit <https://healthyliving.extension.wisc.edu/programs/strongbodies/> to find an in-person class near you.

Katherine (Katie) Jaegly

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Community Development

Save the date and [register](#) today!

Join Mia in Platteville on May 30 & 31 to explore how local entrepreneurship drives the Driftless Region's development. Network with fellow community champions from around the state, and gain new technical skills for promoting entrepreneurship in your own small town!

Mia Ljung

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4-H News

Join Us for A Morning of Make-N Take Activities At Our 2024 4-H Fun Day!

All are welcome!

[Subscribe](#) to our email list.

From sewing and woodworking to painting and poultry, our 2024 4-H Fun Day has a session for you!

The mission of 4-H Fun Day is to promote all of the opportunities 4-H has to offer, provide experiences to try new projects, and offer the chance for adult and teen leaders to share their knowledge. Perfect for youth in grades K15-12.

Our 4-H Fun Day is taking place on February 3rd at Perry Tipler Middle School in Oshkosh.

Download the 2024 4-H Fun Day Registration at <https://winnebago.extension.wisc.edu/files/2023/12/Registration-Form-2024.pdf>

Registration and fees can be turned in at, or mailed to
Extension Winnebago County
625 E County Rd Y #600
Oshkosh, WI 54901

Please make checks payable to *Extension Winnebago County*.

4-H for all!

Dana Berger

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920-232-1974



Regional Dairy

Are you thinking about farm succession and want some guidance and education before you go to an attorney? Do you need some help starting the conversations around farm succession with your family and/or farming partners?

Join our UW-Madison Division of Extension Farm Management Specialists, Joy Kirkpatrick, Steph Plaster, Kevin Bernhardt, Kelly Wilfert, and Outreach Specialist,

Kaitlyn Davis as they lead discussions and activities during the Cultivating Your Farm's Future workshop series. This program will provide tools and resources for farmers who want to start their succession plans.

The program will explore the three step process of planning your business succession:

Where are you now?

Where do you want to be?

How do you get there?

This workshop series will prepare you to shape and communicate your ideas about the future of the farm and business as well as save time by having these crucial conversations before visiting with professionals

[Subscribe](#) to our email list.

Register for Cultivating Your Farm's Future - a virtual workshop series that starts on January 31, 2024. Learn more about the series and register at this link:

<https://farms.extension.wisc.edu/cultivating-your-farms-future-farm-succession-workshops-start-jan-31-2024/>



Please join us for the **Future of Dairy Heifer Raising: Grazing Heifers for Economics and Ecological Returns Event** on Wednesday, January 24th, 2024 from 10AM to 2PM in Wausau, WI OR on Tuesday, February 27th from 10 AM to 2 PM in Manitowoc.

Raising replacement heifers in managed grazing systems provide economic savings and ecological improvements at the farm and watershed level, along with improved animal performance as they

enter the milking herd. While there are many dairy farms that have successfully implemented dairy heifer grazing to their operation, the majority of dairy farms have not.

The session will discuss the advantages and logistics of raising heifers in managed grazing systems the opportunity of building out a custom dairy heifer grazing supply chain in the region and provide information and resources to farmers and industry partners interested in the possibilities related to grazing dairy heifers.

Bring your questions and experiences! Bring your neighbors, your nutritionists, your farmer clients!

Perks: Free event, free knowledge and free lunch!

Wednesday, **January 24th, 2024, 10am to 2pm (with lunch)**

[Please RSVP at this link!](#)

Northcentral Technical College - Wausau, Room E101 1000 W. Campus Dr., Wausau, WI 54403

Tuesday, **February 27th, 2024, 10am to 2pm (with lunch)**

[Please RSVP at this link!](#)

Farm Wisconsin Discovery Center - Manitowoc, 7001 Gass Lake Rd, Manitowoc

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.

Stephanie Bowers

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Crops & Soil

A series of workshops are being hosted at the Outagamie County Extension Office (3365 W. Brewster St. Appleton, WI 54914) in early 2024 to help farms focus on better

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designed to support a concurrent online course. However, each session also has its own focus and farms are welcome to attend any (or all) of the four workshops.

The course is arranged in eight modules that participants work through at their own pace. The in-person sessions are meant to add depth to topics and give participants (and others) the opportunity to get practice working through some of the concepts. Regional Crops/Soils Educators Kevin Jarek and Scott Reuss will be facilitating the discussion.



Crop Enterprise Budgeting: Calculating Cost of Production for 2024 Grain Crops.

Tuesday, January 30

12:30 to 2:30 p.m.

Course Fee: \$119

Farm Credit Services patrons can request reimbursement after course completion.

Questions? E-mail to scott.reuss@wisc.edu or call/text to 715-701-0966.

Information and registration is found at: <https://farms.extension.wisc.edu/farm-pulse-crop-insurance-and-grain-marketing/>

Course participant farms attend them free. Anyone interested in attending one of these discussions without being involved in the full course is welcome, but will be charged a \$10 per session fee – payable at the door.

Kevin Jarek

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NOW RECRUITING
**CHILDCARE
PROVIDERS**

2024 Dates:
February 22nd
March 21st
April 24th
May 23rd



We are looking to create a qualified pool of 4 – 6 caregivers (adults, age 18 years and older) to work as part of a team of professionals supervising and interacting with several children (ages 0 – 16 years) while the children’s grandparents/caregivers are attending their support group meeting. We are seeking candidates with experience working with children with diverse needs in group-based environments.

Time commitment is 3 hours, one evening per month, 8 months per year. Pay is \$17.00 per hour.

Interested candidates may email introduction, experience, and other information to:
Amy Hendrickson,
Administrative Associate, at
ahendrickson@winnebagoountywi.gov
or call 920-232-1973 for more information.



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