



# NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



**The Strong Couples Program**  
 Having a strong relationship with your romantic partner can be hard. And when you need help, finding trustworthy support can be difficult. The Strong Couples Program can help.

- 6-session online program proven to strengthen relationships
- Video calls with trained coach
- Free!

To learn more and register:  
<https://parenting.extension.wisc.edu/strong-couples>

Scan to learn more!




Illinois Extension  
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Extension  
 UNIVERSITY OF WISCONSIN-MADISON  
 FAMILY ENGAGEMENT & RELATIONSHIPS

## Human Development & Relationships

Having a strong relationship with your romantic partner can be difficult. And when you need help, finding trustworthy support can be a challenge. The **Strong Couples Program** can help!

The **Strong Couples Program** is:

- 6 self-paced online modules
- 5 brief video calls

- FREE!

Why should you and your partner consider the **Strong Couples Program**?

- Scientifically proven
- Supported by studies
- Has helped thousands!

This program is for couples together at least 6 months. It's strictly educational - *this is not counseling*. The program teaches couples to use tools that can improve their relationship.

Register at <https://parenting.extension.wisc.edu/strong-couples/>

Todd Wenzel  
[todd.wenzel@wisc.edu](mailto:todd.wenzel@wisc.edu)



## Health & Wellbeing

Did you know? July is **UV Safety Awareness Month!**

[Subscribe](#) to our email list.

While sunshine provides Vitamin D, ultraviolet (UV) radiation can quickly damage your skin, no matter your skin tone. Wearing sunscreen can protect from sunburn, decrease the risk of skin cancer, and slow early skin aging.



**Be Sun Smart!** Use the following tips to protect your skin this summer:

- Use a broad spectrum sunscreen with an SPF of 15 or higher
- Reapply sunscreen every 1-2 hours when participating in outdoor activities
- Wear sun-protective clothing such as hats or sunglasses
- Seek shade or stay indoors during peak sun hours (10am-2pm)

Visit <https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses> for more information!

*Katherine Jaegly*  
[jaegly@wisc.edu](mailto:jaegly@wisc.edu)

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## Horticulture

Register for the early-bird special of **Foundations in Gardening**, an online, complete at your own pace, introductory course where you'll learn key concepts for selecting, growing, and maintaining plants - from trees to houseplants to vegetables!

Course dates: September 10 - December 9

Course Fee: \$325 with additional fees for some materials

Group and Early Bird rates available!

Limited scholarship options also available

Learn to:

- Prevent plant problems
- Maintain the health of different plants
- Manage plant problems
- Utilize *Integrated Pest Management*

Visit <https://hort.extension.wisc.edu/foundations-in-gardening/> for more information and to register.

*Madisen Potratz*  
[madisen.potratz@wisc.edu](mailto:madisen.potratz@wisc.edu)

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



[Subscribe](#) to our email list.

# 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.

Experience 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  
[mia.ljung@wisc.edu](mailto:mia.ljung@wisc.edu)



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## Farmers' Market Tour!



Join FoodWise this summer for a tour of the Oshkosh Farmers' Market and receive \$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

[Subscribe](#) to our email list.

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

*Kristine Soper*  
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## Crops & Soils

### Winter Wheat Management Field Day (featuring Drones In Agriculture)

Learn about wheat agronomics, disease identification and management, cover crop and after-wheat forage options, drone usage in agriculture, and nutrient management.

There will also be a Q&A session with each presenter!



This is free to attend and includes a lunch provided by Seed Concepts, Inc.

Join us on July 19th from 10am-2pm at LeMere Farms: 4140 County Hwy J in Abrams.

Register with Scott Reuss: [scott.reuss@wisc.edu](mailto:scott.reuss@wisc.edu) // 715-701-0966

(Registration due by July 17th)

*Kevin Jarek*  
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## 4-H Highlights: Summer Camp, ChickQuest & the County Fair

### Under The Sea - Summer Camp 2023!

Seventy-eight campers, twenty high school counselors and a dozen adult chaperones from Winnebago County 4-H spent 3 days at Upham Woods Outdoor Learning Center late last month. We canoed, swam, played games, made crafts, learned about nature, sang campfire songs, created and performed skits, made s'mores, and so much more! Some other highlights include our cardboard boat relay, the circle dance and sliming some of our awesome counselors. Click here to see more fun: <https://www.youtube.com/watch?v=TWf-OiBxcJw>

*Sarah Thompson*

[sthompson@winnebagocountywi.gov](mailto:sthompson@winnebagocountywi.gov)

### Winnebago County 4-H ChickQuest visits the Menasha Library!

Dana and Meghan visited the Oshkosh Public Library in June to teach youth about the lifecycle of a chicken. Youth incubated chick eggs and learned about what a chick needs to thrive. They also learned about WI agriculture and food sources.

They will be teaching ChickQuest in July at the Oshkosh YMCA, Oshkosh Public Library and at the James P Coughlin Center.

<https://winnebago.extension.wisc.edu/chickquest/>



[Subscribe](#) to our email list.

**Stop by the 4-H Wing in the Expo building during the  
Winnebago County Fair!**

<https://winnebagocountyfaironline.com/>

Line up of events:

Aug 2-4th: 9am - 4-H Arts N Craft activities

Aug 2nd: 4pm - 4-H Fashion Show

Aug 5th: 2pm 4-H Spotlight Stage

Aug 4-6th: See baby chicks hatching!

*Dana Berger*

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