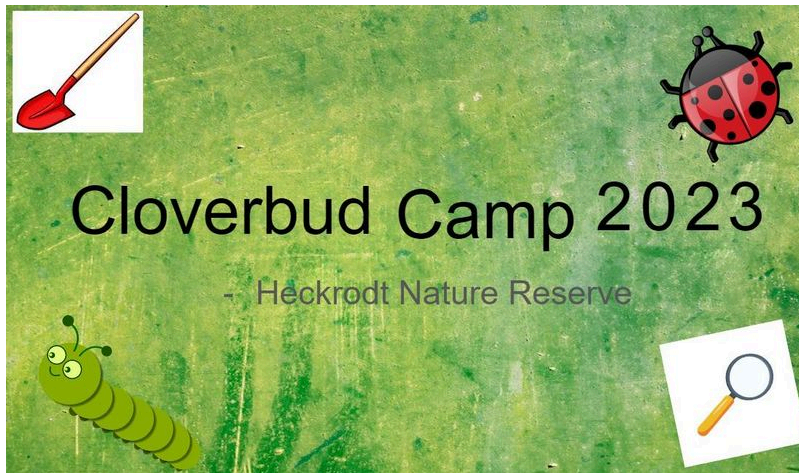




NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



4-H Highlights

Cloverbud Camp 2023 was amazing! Thirty-five Cloverbuds and youth counselors and four adults boarded a bus and ventured to Heckrodt Wetland Reserve for a day of learning and fun.

The Heckrodt staff led us through a fantastic lesson on "**Life Under Your Feet**". We were able to dig for different bugs and examine them with magnifying glasses. We played in the Heckrodt Learning Station (climbed, went through tunnels, and even rode a fun zipline), did some crafts, sang camp songs, played games, ate lunch and snacks, hiked, and worked on a scavenger hunt, and more!

See the slide show that Kenzie and Ally created:

<https://docs.google.com/presentation/d/19OJlqyjPWHBNPEOsy9GoMg2ccJMVaNfU4JuH79j7h70/edit?usp=sharing>

Sarah Thompson

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Health & Wellbeing

[Subscribe](#) to our email list.



Do YOU know who to call during a mental health crisis?

When a mental health crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. If you're worried that you or your loved one is in crisis or nearing a crisis, seek help. Make sure to assess the immediacy of the situation to help determine where to start or who to call.

Need to talk? Trained counselors are available 24 hours a day, 7 days a week. Add these numbers to your contacts:

- Winnebago County Crisis Intervention Hotline: (920) 233-7707
- National Suicide & Crisis Lifeline: 988
- Center for Suicide Awareness HOPELINE: Text HOPELINE to 741741

In an emergency? If a crisis becomes life-threatening, call 911. Ask the 911 operator to send someone trained to work with people with mental illnesses, such as a Crisis Intervention Training officer.

Ready to learn more? Check out this resource guide from the National Alliance on Mental Illness: Navigating a Mental Health Crisis <https://www.nami.org/Support-Education/Publications-Reports/Guides/Navigating-a-Mental-Health-Crisis>

Katherine Jaegly
jaegly@wisc.edu



2023-2024 WC 4-H Enrollment is Open!

When you join the Winnebago County 4-H program, you become a part of a family of over 465 youth and over 125 adult volunteers! 4-H is the **nation's largest youth development organization**.

The **four H's of the 4-H logo stand for head, heart, hands, and health**. Our 4-H program strives to provide opportunities for youth to “learn by doing” hands-on education that teaches life skills, problem solving, community service, generosity, making healthy choices, and more.

4-H youth participate in **project-based education**. Through project learning, youth can explore their interests (“sparks”). As they continue to learn more about their interests, they master new skills and also

[Subscribe](#) to our email list.

Most 4-H youth get their start with a **4-H club**. We have many different types of clubs that youth can participate in such as a community clubs and project clubs. We also offer after-school clubs and in-classroom clubs (contact dana.berger@wisc.edu for more info).

To learn how to enroll your youth in 4-H, visit: <https://winnebago.extension.wisc.edu/4h/join/>

Coming in October:

National 4-H Week October 1st-7th!

We are planning to have 4-H displays at the Oshkosh and Menasha Public Libraries during October.

Dana Berger, WC 4-H Program Educator
sthompson@winnebagocountywi.gov



Human Development & Relationships

A father's role is critical to a child's healthy development. This connection builds a strong foundation in language, critical thinking, physical skills, social and emotional learning, and so much more. Join us and other fathers and father-figures for the **Focus on Fathers** online series to explore parenting tips and learn ways to strengthen your relationship with your child. **We will discuss parenting, family, and coping successfully during stressful times.**

Focus on Fathers provides a variety of family-friendly topics and opportunities for dads to be part of parent-to-parent support in a safe and inviting environment. We ask you to **bring your willingness to listen, share, and be part of a fatherhood community** of support and learning together.



Our sessions include:

- Building strong relationships through communication
- Strategies to teach children about feelings
- Helping children stand up for themselves

Focus on Fathers is based on the CASEL framework of social and emotional learning. You can learn more about social and emotional learning in childhood via our **Raising Caring Kids** articles: <https://parenting.extension.wisc.edu/raising-caring-kids/>

Focus on Father sessions are held once a month beginning **September 12 and continuing through April, 2024**. You do not need to attend every session to participate in this program.

Registration is Required: <https://forms.gle/nBxN4eYFC6Cd2qgR6>



Community Development

Introduction to Plain Language

Join us for this **free introductory course**. This virtual training introduces strategies for word choice, font selection, grammar use, user testing, and more that help us communicate quickly and effectively with both native and non-native speakers.

When? November 9th at 1:00pm

Register at <https://shorturl.at/nrFR3>

This course is presented in partnership with the **University of Wisconsin-Madison Office of Human Resources, Cultural Linguistic Services.**

Save the date...

Fast Pitch | Nov. 21, 2023 | Timber Rattlers Stadium

What's your big idea? We want to hear all about it. Will it change the world? Solve a problem? Meet a need? Save the date for our annual Fast Pitch business idea contest! Registration will open in early October.



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



Farmers' Market Tour!

Do you participate in FoodShare or are you eligible to participate in FoodShare? Then 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



2023 Tour Dates with Nutrition Educator, Kristine

Sept 23, Oct 14

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

Autumn is coming, and that means time to bring out the warm, homecooked meals! Check out this **Slow Cooker Hamberger Stew recipe**:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/slow-cooker-hamburger-stew>

Kristine Soper

kristine.soper@wisc.edu



A Message from Crops & Soils

Wisconsin's agriculture industry is successful when farms and agricultural businesses are healthy and safe places to work and live for farmers, farm families, employees, and service providers. **Crops and Soils programming is limited at this time of year** as I am harvesting the last of the

research plots for the 2023 growing season and planting winter cereal crops for 2024 before the weather turns. **Agriculture is the most hazardous industry in the United States.** As such, please take time during the soon-to-be busy harvest season to make sure you take breaks or time to eat, sleep, and avoid injury by being reasonably rested and alert as you work double digit hours in the fields to bring in this year's crop. Have a safe and productive harvest season!

More information on farm safety can be found at <https://farms.extension.wisc.edu/topics/safety-health/>

Kevin Jarek

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Horticulture

Have a Question? Ask a Gardener!!

<https://hort.extension.wisc.edu/ask-a-gardening-question/>

Madisen Potratz

madisen.potratz@wisc.edu



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