WINNEBAGO COUNTY





HEART HEALT

NEWSLETTER

JULY-AUGUST 2024

WHAT IS INSIDE:

July/August Calendar	3
4 for 4-H	4
Annual Financial Reports	5
Youth Leadership	5
Record Books	ó
Basket Raffle Dipper	7 -9 7 8-9 9
Club Happenings1Winchester104-H Friends1Pogan12Lakeshore12Ridgeway12	0 1 2
Dog Project10Interstate12	8-20 1 1 2 3
County Fair/Youth Awards 25	5
	6-27
Demi-Semi-Sept Centennial20Health & Wellbeing20Human Development21	
Health & Wellbeing20Human Development27	

Winnebago County Fair July 31st-August 4th See enclosed fair booklet!



All County 4-H Meeting August 27, 2024 7PM @ JPCC

All clubs/groups must send one representative



For all things County Fair please refer to the enclosed "Fair Information Book for 4-H Members & Leaders"



CALENDAR OF EVENTS

July

- 7/1Campers arrive in Oshkosh at noon
- 7/4 Independence Day! Office Closed
- 7/10Meat Animal Board Meeting 7:30 PM @ JPCC
- 7/11 Ukulele Camp 1PM @ JPCC (registration required)
- 7/12 Acrylic Painting @ Rooster Dreams (registration required)
- 7/15Ukulele Camp 1PM @ JPCC (registration required)
- 7/16 Leaders Board Meeting 7PM @ Gerry Marks home
- 7/17 Wood Rounds Workshop 2 PM @ JPCC (registration required) 7/19 Crazy Shoes Workshop 9AM @ JPCC (registration required)
- 7/21
- 4-H Dog Show-Oshkosh Kennel Club 7/22 Horse & Pony Project Meeting 7PM @ JPCC
- 7/25 Ukulele Camp 1PM @ JPCC (registration required)
- 7/29-30 Fair Judging
- 7/31-8/4 Winnebago County Fair!
- 7/31 4-H Activities 9-11Am in Expo Building
- 7/31 4-H Fashion Show 4PM in Expo Building

August

- 8/1-2 4-H Activities 9-11AM in Expo Building
- 8/3 4-H Spotlight Stage 1-4:30PM in Expo Building
- 8/4 4-H Awards for youth graduates, scholarships & Key Awards 11AM in Expo Building
- 8/20 Leaders Board Meeting 7PM @ JPCC
- 8/22 Fair Board Meeting 7PM @ JPCC
- 8/27 All County 4-H Meeting 7PM @ JPCC



4-H Club Meetings *some meetings may vary from time to time

Date	Club	Time
1st Sunday	4-H Friends	3:00PM
1st Monday	Plain V-U	7:00PM
1st Tuesday	Golden Oak Kountry Kidz	7:00PM 6:00PM
2nd Sunday	Allenville Meadows Lakeshore County Line Newcomers Poygan Go Getters Zion 3-C	6:00PM 2:00PM 3:00PM 5:00PM 4:00PM 5:00PM
2nd Monday	White Cedars	6:30 PM
2nd Tuesday	Country Roots (May-Oct) Ridgeway Winchester	7:00PM 6:30PM 6:30PM
2nd Thursday	Mears	6:30 PM
3rd Sunday	Westward	6:30PM
4th Monday	Horse & Pony Project	7PM



4 FOR 4-H!



Proudly Log Your Volunteer Hours

Thank you for volunteering your time and talent with our 4-H Program! During our January 2024 All County 4-H Meeting, volunteers in attendance voted and passed a motion to request that volunteers log at least **4 hours** of volunteer time within our 4-H program each year to be eligible for annual 4-H Volunteer Service Awards.

YOUR TIME COUNTS!

Please log your volunteer hours utilizing the form link or QR code below. Feel free to log ALL your hours, or just until you reach 4 for 4-H! Don't have internet access? Simply call 920.232.1974.



Log your 4 for 4-H: https://bit.ly/3wluR36



ANNUAL FINANCIAL REPORTS

NOTE: PACKETS WILL BE MAILED IN JULY TO CLUB LEADERS

It's that time of year again... **ANNUAL FINANCIAL REPORT TIME!** We realize that this time of year is a bit crazy. Thank you ahead of time for completing these important reports!

What is due when?

Chartered Clubs/Groups with bank accounts are required to complete the report. Deadlines are **extremely important** because it could affect the status of your club charter if reports are late. We would greatly appreciate that your forms meet deadline so that we have time to look the reports over and contact you if there is any missing info or corrections before uploading them to the state portal.

REPORTS DUE SEPTEMBER 1ST TO THE EXTENSION OFFICE

The completed report with supporting documents include:

- •Completed Wisconsin 4-H Clubs & Groups Annual Financial Report with all signatures.
- •Completed 4-H Club Audit Checklist
- •Copy of the checkbook and/or savings registry covering July 1, 2023 June 30, 2024

•Copy of the bank statement ending June 30th or July 1, 2024 for each account. <u>Any differences between the bank statement(s) and the ending balance</u> <u>reported must be reconciled and notated either on the report or a separate</u> <u>sheet.</u>

- •Current inventory of land, buildings, property or project equipment with individual values of \$2,000 or more (if applicable).
- •Monthly Treasurer's Reports for 4-H Clubs or Groups with annual income greater or equal to \$20,000 (if applicable).

Club Audit: You will need to have **two** adults, unrelated to the club treasurer or club leader complete the audit, complete the checklist and sign the Annual Financial Report. **Please do not wait until the last minute to have these audits completed.** Allow enough time for two people to complete the audit. **The club leader and treasurer should be present.**

Audit Info: <u>https://4h.extension.wisc.edu/files/2021/06/Audit-Instructions.pdf</u> Required Audit Checklist: <u>https://4h.extension.wisc.edu/files/2023/09/Fillable-</u> Audit-Checklist-1.pdf

Annual Financial Report: <u>https://4h.extension.wisc.edu/files/2024/04/Annual-</u> <u>Financial-Report-5.2024-Fillable.pdf</u>

Please reach out to Dana Berger with ANY questions you have regarding the Annual Financial Report. **Info about the Club Charter Renewal online form will be forthcoming.**

Thanks so much for all the work that goes into the planning and financial reporting that comes along with being a club leader.

YOUTH LEADERSHIP

4-H Ambassadors Spread the good news of 4-H and join the... AMBASSADOR TEAM!

The **AMBASSADOR TEAM** is made up of youth in grades 6 and up.

They work together to:

- Plan events such as 4-H Fun Day and Chalk on the Boardwalk
- Build and decorate a float for summer parades and pass out promotional materials to the parade- goers
- Learn how to create and paint barn quilts for our Barn Quilt Fundraiser
- Have fun! Every summer they plan a field trip Questions? Call Joe Kuehnl—(920) 836-1736

PLEASE JOIN US!

The 4-H Ambassadors will be marching in summer parades. All 4-H families are welcome to join us!

Neenah Light Parade: July 3rd. We will meet to organize the float in the parking lot of the Neenah pool at 7PM. The parade begins at 9PM

Winneconne Sovereign State Days Parade: July 20th. We will meet at the parade line up by the elementary school at 9:45AM. Parade starts at 10:30 AM

RECORD BOOKS

Have you started your 2023-2024 Record Book? Why Complete a Record Book?

- Record Books help you reflect on what you've learned.
- Basic bookkeeping and record keeping skills are used throughout life in school, for managing your own finances/household, day-to-day record keeping for many jobs, or for managing a farm or personal business.
- This scrapbook of your accomplishments and learning experiences may help you complete school, scholarship or job applications in the future.
- Outstanding Record Books are recognized at the club and county levels in the fall each year.
- Record Books may also be part of the application process for 4-H Awards. For example, for Key Award and Scholarship applications you will need 3 years of record books available for review.

CHECK OUT RECORD BOOK INFO AND AWARD OPPORTUNITIES FOR COMPLETED RECORD BOOKS AT: <u>https://winnebago.extension.wisc.edu/4h/record-book/</u>



FUNDRAISING

Basket Raffle

It's time once again to plan to put together baskets for the **4-H Leaders' Association Annual Basket Raffle** held at the 2024 Winnebago County Fair! We need the support of **ALL 4-H Clubs** to make this year's raffle a success. Anyone can donate a raffle basket! All clubs are encouraged to donate a theme basket(s) (bath/spa, movie night, child-themed, holiday, sports, gardening, camping, birding, cooking, grilling, artist, etc). Don't forget to contact local businesses or individuals. All are welcome to donate baskets to support 4-H!

Can't donate an entire basket? Individual items can be combined with other items or placed in baskets by the Basket Raffle Committee. All baskets must be:

- In a container of some kind basket, tote, bucket, cooler, etc.
- Wrapped in cellophane or a clear plastic bag to keep things clean and help ensure that the contents stay in baskets while on display at the fairgrounds.
- Include a clearly displayed card/sign listing items in basket, thanking any donors, and **stating the club's name**.
- NO perishable items, NO alcohol, NO tobacco products
- Baskets must be dropped off at the Extension Office by noon on Friday, July 26, 2024.

WE ALSO NEED VOLUNTEERS TO HELP SELL TICKETS AT THE RAFFLE TABLE IN THE EXPO BUILDING!

Please sign up for one or multiple 1-hour time slots: <u>https://bit.ly/4cU5l51</u>





Thank you so much for being part of this fundraiser. Last year we had a phenomenal Raffle thanks to all of you!

FUNDRAISING

Get Ready for MORE in 2024 at the 4-H Dipper!

We will be offering a limited breakfast menu for 2024! We will have coffee and pancakes with syrup and butter. This means we will have new morning shifts available for those volunteers who may be busy during the other shift times. The NEW 2024 Dipper hours will now be:



Wednesday	7/31/2024	8:00 AM to 8:00 PM
Thursday	8/1/2024	8:00 AM to 8:00 PM
Friday	8/2/2024	8:00 AM to 8:30 PM
Saturday	8/3/2024	8:00 AM to 8:30 PM
Sunday	8/4/2024	8:00 AM to 2:30 PM



What we Serve:

NEW FOR 2024!! Open for limited breakfast with pancakes and coffee from 8:00 AM to 10:30 AM

NEW FOR 2024!! We will have a dedicated, single spindle shake machine for vanilla and chocolate shakes for those with allergy concerns

NEW FOR 2024!! On Saturday, we will have mint chocolate chip as our flavor of the day and a portion of the sales will be donated to the Winnebago County 4-H Educational Endowment fund

Shakes, malts, sundaes, build-your-own floats and beverages from 11:00 AM to close

What will you do

Dipper shifts are between 2 and 3 hours

Some shifts have extra time for cleaning, setup, closing, and shutdown Adult/Older Youth (8th grade and up)

Manage the cash drawer

Scoop ice cream

Make shakes and malts

Help supervise our youth and younger volunteers

Support Dipper staff in setup/closing procedures

Assist in counting money at closing

Younger Youth (Cloverbuds through 7th grade)

Serve drinks from cooler Take orders on the iPad

Put toppings on sundaes

run toppings

Everyone

Be the face of Winnebago County 4-H at the fair Smile

Help wipe down tables and benches to keep our space clean HAVE FUN!

FUNDRAISING

Dipper cont...

Please continue to review the signup genius and watch your weekly e-mail for specific shift news, updates, and other important volunteer information.

Clubs can sign up for shifts but we ask that the individuals that will be working the shift sign up for their times so we can learn names and know who is coming to help us work the shifts. **Remember, the idea of the signups is to add flexibility to YOUR fair schedule. Pick times that will work for you and your family or you and your club and help us out!** It is a great opportunity to meet other youth and adults from around the county you may not see on a regular basis.

Please visit <u>https://tinyurl.com/c77mt5ez</u> or scan the QR code above to sign up for your Dipper shifts. If you have any questions, please ask the office or contact a member of the Dipper committee. We will be more than happy to answer any questions you may have. We look forward to working with you at the 2024 Winnebago County Fair!

Beautiful Barn Quilts

Barn quilts not only look great on the side of a barn or shed, they also look great as front porch décor! Our very own Joe Kuehnl does an amazing job of painting the barn quilts. Let Joe know what design you would like!

Sizes Offered Include: 2x2 \$75 4x4 starting at \$175 8x8 starting at \$300

To Order Call: (920) 836-1736

NOTE ABOUT FAIR ENTRIES: EXPO BUILDING FAIR ENTRIES <u>WILL NOT</u> BE TRANSPORTED BACK TO THE EXTENSION OFFICE AND MUST BE PICKED UP IN THE EXPO BUILDING **NO LATER THAN MONDAY, AUGUST 5^{TH -} 10AM**.

IF YOU ARE UNABLE TO PICK UP YOUR FAIR ENTRIES, PLEASE ARRANGE FOR SOMEONE TO PICK THEM UP FOR YOU. UNCLAIMED FAIR ENTRIES WILL BE RECYCLED OR DISPOSED OF.

Winchester

The regular meeting of the Winchester 4-H club came to order at 6:30 pm. Lydia Melby led the pledges. Madelyn Melby gave the secretary's report, the club approved the minutes. Marit Lettau gave the treasurer's report, the club approved the reports.

We discussed the following old businesses: Rabbit Fun Day, 4-H Dairy Showmanship Clinic, Photography Clinic, Songwriting Workshop, All-County Meeting, and pizza sales. Our next topic was the following new business: 4-H camp, which is being held in Upham Woods in Wisconsin Dells from June 28th to July 2nd, Cloverbud camp on June 15th from 8 am to 4 pm at Winnebago County Park, Summer Sewing Camp from June 6th to June 8th, 2nd Annual Sunflower and Pumpkin Growing Contest, Acrylic Painting Workshop on July 12 at Rooster Dreams in Neenah, Ukelele Camp on July 11, 15 and 25th from 1-2 pm at the JP Coughlin Center, 4-H Dipper at the Fair, shifts are 2 hours and can be signed up through SignUp Genius at the 4-H Website, Showing at the Wisconsin State Fair on August 7-8, Winnebago County Fair from July 31 to August 4, a fair theme which is: "Strollin' the Fair Without a Care", 4-H billboards chaproned by Finn and Marit Lettau, and Winchester 4-H club banner chaproned by Madelyn and Lydia Melby.

Sign Echola-Smith gave a demonstration on making braided bracelets. Marit Lettau gave a demonstration on Hockey and her Hockey equipment. The meeting was adjourned at 7:10 by Leif Echola-Smith and seconded by Lydia Melby. We spent the remainder of our meeting learning and doing activities involving judging different foods and items. We learned how to show food and what the judges look for.

Written and submitted by Winchester 4-H Club's Secretary, Madelyn Melby

4-H Friends

The June 2nd meeting of the 4-H friends 4-H club was called to order at 3 PM. Three leaders, 21 members, and 10 parents were present. The secretary and treasurer report were read and approved. We started with demonstrations; Sydney gave a presentation on what she does as a CNA. She explained CNA care jobs, what she wears, and what jobs only the other staff can do. She said she gets to help feed patients and overall patient care. Next up was Jorie! She showed us her art from this year. Which included oil pastel, acrylic paint, oil paints, colored pencil, as well as different mediums. She made a picture based off a photo she took in Jamaica, a saxophone from a cool angle, and Helen the giraffe, the mascot of her school's swim team. Third was Lucy; explaining her experience at 4-H art camp. Some of the projects that she did were drama and music, photography lessons, watercolor demos, jellyfish sculptures, and dyed pancake batter art. All of these made the camp enjoyable for Lucy, and on top of that she made a lot of new friends that she still contacts. Lastly was Grace; who presented information about 4-H Interstate Exchange. She explained how the group fundraises and how it works. The reason Grace enjoys it is because she gets to meet new people from all over America as well as traveling away from home. Our activity for the meeting was presented by Chloe. She showed us how to make chia pets from using nylon, grass seeds, dirt, and a small plastic cup. We stuffed our nylon full of dirt and grass seeds. After a few days of watering, we should be able to start seeing grass! As the project came to an end, Hadley made a motion to adjourn the meeting and Chloe seconded it. The meeting ended at 3:43pm. Our next meeting will be July 14th at 3pm at Calvary Lutheran Church. Submitted by Anna Thiemke

All County 4-H Meeting August 27th 7PM at James P. Coughlin Center

All clubs/groups must send one representative to attend.

Poygan Go-Getters

The June 9, 2024 Poygan Go Getters meeting was called to order at 4:03pm by Vice President Katelyn Resop.

Pledges were led by Kaylee Giddings and Mikkiya Botker. There was no secretary's report as there was no May meeting. Treasurer's report was read by Riley. Reminder that in order to have your fair entries and exhibitor band paid for by the club you need to attend at least 5 meetings. Members can order tickets for fair after our meeting today.

Committee updates – Volunteering – Pedals & Plows we could maybe volunteer for in the fall. Note that youth may help on the committees!

Meat animal board – Meeting June 12th.

Horse & Pony project – Clinics June 10th & June 17th.

We discussed a theme for our fair raffle basket. Nora Albright made a motion to spend \$100 on our raffle basket for fair. Reed second the

motion. We discussed getting entries in for fair, volunteering at the Dipper and county 4H opportunities.

Cecelia made a motion to adjourn the meeting and Mikkiya second the motion. The meeting was adjourned at 4:41pm by Katelyn Resop.

Lakeshore

Our June meeting was called to order by President Madi Weis. Pledge's were said and rollcall was taken with 10 members and 3 leaders present. Secretary and treasure report were read and approved. Old business our club T-shirts. Everyone was supposed to write down sizes. Great job done getting the fair board cleaned. Lydia has a drawing for the fair decorations and our billboard. Our club decided to buy one free ride pass for the members. Basket raffle was decided to do a fishing theme. New business our ice cream social is on Sunday, June 16th from 3 PM to 6 PM. All families are to bring two pies and 2 pounds of barbecue meat. Fair entries are due by June 25th at 11:59 PM. Our club billboard needs to be done and up by July 5th. There is a ticket special for the fair going on right now. Our next meeting is July 14th at 2 PM. Lilly had demonstrations and refreshments and our meeting was adjourned.

Ridgeway- May 2024

Beginning of the Meeting:

- Ridgeway 4-H Club met at Immanuel Lutheran Church on Tuesday May 14th, 2024. The meeting was called to order at 7:18 PM by President Nolan Smith.
- Sergeant-at-Arms Joey Nowak and the Cloverbuds led the pledges.
- The Secretary's Minutes by Secretary Lilly Plungy were shared in the agenda and a motion was made by Mckenize Murphy to approve the secretary's minutes, with a second from Mary Keliher. No discussion was had, and all voted yes, passing the motion.
- The Treasurer's report was then shared by Ethan Spielbauer and filed for audit.

Old Business:

- The Historian report was shared by Jazelle Nowak and members about going to the Songwriting Workshop, All County Meeting, Camp Counselor Training and Spring Photography Workshop.
- Congratulations to Lexi Nowak, a Ridgeway Alumni, for being the NEW Winnebago County Fairest of the Fair and Madison Oeftger for receiving the Key Award.
- Lilly Plungy shared the spin the wheel prizes with the club.
- All members were reminded to sign up for icebreakers/meeting hosts/demos.
- Members were then given an update on the progress of Phase 1 on the Birthday Bags. 217 Birthday Bags were dropped off in May for Phase 1. We have received some grants and donations. Members were reminded to bring any supplies for Birthday Bags to the Numrich Household and that our next meeting will be Birthday Bag Pack Up. The 2nd Phase is to deliver the birthday bags and stock shelves.

New Business:

- There was a Monthly birthday Spin the Wheel for May birthdays.
- Members were asked to fill out our SMART goal survey ASAP.
- Then, members talked about getting Dilly Bars at our next meeting.
- After, there was an update on the County Fair Basket Raffle and we voted on a theme. We will have gift cards for our basket this year.
- Members were asked to sign up for the Dipper during the Country Fair.
- If any members wanted to sign up for the Sunflower/Pumpkin growing contest, they were reminded then.
- Then started May and June Happenings with Bergstrom Mahler Museum of Glass (5/30), Sewing Camp (6/6-8), Ridgeway 4-H Club Birthday Bag Assembly (6/11), Ridgeway deliver Birthday Bags and Stock Pantry (6/12), Clothing Revue (6/17), Summer Academy UW Madison (6/24-27) and 4-H Summer Camp (6/28-7/1).
- Members then were asked if they wanted to be part of the Ridgeway Booth at fair and Mary Keliher, Joey Nowak and Ethan Spielbauer volunteered.
- Lastly, we discussed what we would like to see for a photo on our agenda for the next meeting. The winner was War Hogs.

Conclusion of Meeting:

- The meeting was adjourned by President Nolan Smith and a motion was made by Marcy Nowak to adjourn the meeting, with a second from Aiden Murphy. No discussion was had, and all voted yes, passing the motion.
- After the meeting there were some Dazzling Demos from Abby Hermson on Loch Ness Monster Speech, Evelyn Prochnow and Jac Prochnow on how to build a LEGO set, Mary Keliher on plastic cup doll, Mckenzie Murphy on how to make the perfect smoothie, Aiden Murphy on rhubarb sauce and Addie Murphy on art drawing techniques.

Submitted by Madison Oeftger, Ridgeway 4-H Club Secretary

Bright Beaming Birthday Bags

By: Madison Oeftger

On June 11th, Ridgeway 4-H Club was doing something amazing. They were doing their service project. Birthday Bags were being assembled left and right. Everyone in the club was involved from tying ribbon on the bags to putting the cake and frosting in the bags. Every age was involved and felt something special on the inside. To get to this point took work though.....

Starting at our March meeting, we have a small group of members come together to decide and assign what they would like to do to contribute to the Birthday Bags. A few members wrote letters for grants to businesses, some volunteered to help seal candles or sort out plates and napkins. One of my favorite assignments was the Birthday Bag skit, which is shared at our April Meeting. This year, I was in charge of writing the skit and helping the "actors" perform. I thought of Birthday Bag Land and we did a good job showing our club what birthday bags mean. It's good to get our members to be thinking about Birthday Bags and knowing the deeper meaning behind it. If you would like to read the skit you can click <u>here</u>.

After the skit, most everything else comes from individual

families including going and

getting cake mix and frosting or sealing candles at their houses.

Families also are able to donate cake mix or frosting. Then, we start to assemble each of the bags.





Our club was also supported with many grants from some businesses. The small group writes letters and waits to hear back. Some of the companies were able to give us grants including: Walmart (\$500), Meijer (\$300), Target (\$100), Costco (\$50), Woodmans (\$100) and Fleet Farm (\$200). Some members used the grant money on their own to retrieve the items we needed while others came together as a group to shop and get the items.

In order to be as successful as we are in the Birthday Bag world,, we have 2 phases. The first phase starts with the Numrich Family assembling Birthday Bags at their church. I heard it went very well and they created 217 bags. The 2nd phase is our 4-H club. As families do each of the different things needed for birthday bags, we all come together for our June meeting and do our service project. We make an assembly line with cake mix, frosting, 10-packs of candles, plates and napkins and cards. Members walk in a circle to collect each item and make a child's birthday come true. We created 401 Birthday Bags that night. Together that is 618 Birthday Bags!! That is our biggest donation to date!! Once we have completed this process, we celebrate a wonderful year with Dilly Bars.

The next day, the club dropped off the Birthday Bags at the Oshkosh Food Pantry. A few of our members went to help and, afterwards, they helped restock shelves at the pantry.

I feel this service project has touched many hearts and can be easy and simple for many of our members to complete. Service is always good for the heart and I hope the Ridgeway members feel that.





Dog Project Costume Contest



Dog Project

The Winnebago County 4-H Dog Show July 21, 2024 Oshkosh Kennel Club Please register at: <u>https://bit.ly/4bgfgAB</u>

Dog Show Lunch Sign Up: https://bit.ly/3VEddQZ





4-H Interstate Exchange News

Thank you to everyone who has supported our fundraisers.

We will be traveling to Montgomery County, PA in July. Look for our educational booth to see what we have learned, seen, and experienced during the fair.

If you want to join, you will be able to do so starting in Sept. This is a two year commitment. It's open to anyone who is 7th grade and

older. One year is hosting and another year is traveling. Our fundraising pays for expenses. So, no family has to pay to participate. Only money needed is spending money.

If you have any questions, please contact Victoria Ewald, <u>vewald11@gmail.com</u>

Clothing Revue

What an incredible 2024 4-H Clothing Revue we had in June! Our youth did an amazing job with sewing garments and choosing consumer savvy outfits from thrift stores!

Special thanks to emcees Sarah Kolell and Emily Hunter and Chris Kniep as judge.

Best of Show:

Lizzy Parker

Golden Thread Awards: Gabby Hostettler Anna Westphal







Thrifty Threads

Sewn Garments



4-H Sewing Camp





























All County 4-H Meeting August 27th 7PM at James P. Coughlin Center All clubs/groups must send one representative to attend.

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New! UW Extension Outdoor Classroom

The new Extension Outdoor Classroom is now fully functional with 4-H Growers Club, and FoodWIse gardens planted and a couple hens in the chicken run! (Thanks Katie Beck for letting us borrow your hens!) 4-H Growers Club has been meeting

periodically this summer to learn how to sow and tend their gardens. It has been exciting to see all of the gardens grow! Youth in this club will be able to take their produce and/or flowers to the county fair if they choose.

FoodWIse also has been growing produce. Youth from the Boys & Girls Club have been invited to participate in story time in the garden (Oshkosh Public Library) and will learn about plant science, gardening, and nutrition. Produce from the FoodWIse gardens will be donated to the local shelter. Our Health and Well Being program will also add some mindfulness and sensory activities in the garden.

Come and check out our outdoor classroom located on the left side of the grounds at the James P Coughlin Center.





2nd Annual 4-H Sunflower & Pumpkin Growing Contest

We are thrilled to have over 20 youth & adults signed up for our 2nd Annual Sunflower and Pumpkin Growing Contest!

The judging event will take place at the James P. Coughlin Center on Saturday, September 28th. We will have more info forthcoming. We hope to make it a fun celebration!

Best of luck to our contestant growers:

Chaz Robbins Fiona Robbins John Robbins Atlas Dauntes Daphne Dauntes Lisa Dauntes Stephanie LaChey Signe Echola Smith Elise Echola Smith Isaac Pedersen Luke Pedersen Jacob Schmidt Benny Schmidt Lorianna Schmidt Elise Morin Max Kieffer Edmund Kieffer Phill Kieffer Evelyn Fischer Charlotte Fischer Ellie Hebert Lark Scott Marshall Glander Briella Malin Connor Isaac



4-H AT THE COUNTY FAIR

2024 4-H Youth Awards New info - please read!

Our 2024 Youth Awards Ceremony at the county fair will be a little different this year. We will be recognizing youth that are **graduating from the 4-H program, 4-H scholarship winners and our 4-H Key Award winners** on **Sunday, August 4th at 11AM** in the Expo building. Many of these youth will be going off to college and we want to recognize them before they leave. We are **transitioning all other youth recognition** (Cloverbud graduates, 4-H trip delegates, camp counselors, etc.) to the Fall Family Banquet.

As you may have heard, the Leaders' Association is revamping the 4-H Fall Family Banquet this year to include a very fun bowling party!



We anticipate more families will be able to join us at this fun fall event and found this to be the perfect opportunity to capture more youth for recognition! The 4-H Fall Family Banquet is scheduled to take place on October. 12th at Rolling Thunder Bowling Alley in Neenah.

4-H Fashion Show, 4-H Spotlight Stage, 4-H Fair Activity Stations and the NEW Chalk Art Contest info can be found in the enclosed "Fair Information Book for 4-H Members & Leaders"

NEWS FROM EXTENSION

Demi-Semi-Sept-Centenial Anniversary!

What does Demi-Semi-Sept-Centenial mean? It means that it's our **175th Anniversary**! UW-Madison was founded in 1848, the same year that Wisconsin became the 30th state in the Union.

To mark this momentous occasion, Area 10's (consisting of Outagamie, Waupaca and Winnebago counties) very own Appleton was picked to host the celebration. Of course, we were ready to be there, promoting our great programs and staff. We're thankful to the UW-Madison planning committee for picking such a great spot and to the weather for providing a lovely evening as we celebrated the achievements of this University and our very own Division of Extension. On Wisconsin!



Health & Well-Being

Quench Your Thirst: Summer Hydration Hacks You Need to Know Did you know that staying hydrated is one of the most important things you can do for your health this summer? Protect yourself from the sun and heat with the following tips:

First, aim to drink at least 8 glasses of water a day. Increase your intake if you're spending time outdoors or engaging in physical activities, and carry a reusable water bottle with you to make it easier to sip throughout the day. For more tips, check out <u>this link</u>.

Next, incorporate water-rich foods into your diet. These boost hydration and provide other essential vitamins and minerals. Some excellent choices include watermelon, cucumbers, strawberries, lettuce, and oranges. Find more options <u>here</u>.

Finally, it's crucial to be aware of the signs of dehydration so you can take action promptly. Common symptoms include thirst, dry mouth, fatigue, dizziness, or dark urine. If you notice <u>signs of heatstroke</u>, perform <u>first aid for heat illness</u> and seek emergency medical help.

Remember, staying hydrated is not just about quenching your thirst; **it's about maintaining overall health and well-being**. Stay cool, stay hydrated, and have a fantastic summer!

Katherine (Katie) Jaegly 920-232-1979 katie.jaegly@wisc.edu



NEWS FROM EXTENSION

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 summer sessions include:

Fathers Help Children Handle Emotions; July 9 Fathers Help Children Make Good Choices; August 13 **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 <u>Raising Caring Kids articles</u>. **Focus on Father** sessions are being held once a month from June through August.Classes are held on Zoom from 6:00-7:00 PM on the second Tuesday of the month. Registration is Required: <u>https://bit.ly/46L4nEo</u>

Todd Wenzel todd.wenzel@wisc.edu



Winnebago County UW-Extension Office



J. P. Coughlin Center 625 E. County Road Y, Suite 600 Oshkosh, WI 54901-8131 (920) 232-1974 FAX (920) 232-1967

UW-MADISON EXTENSION

HOURS: Monday through Friday 8:00 AM - 4:30 PM

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