



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Demi-Semi-Sept-Centennial Anniversary!

What does Demi-Semi-Sept-Centennial 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



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carry a reusable water bottle with you to make it easier to sip throughout the day. For more tips, check out [this link](#).

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 [here](#).

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 [signs of heatstroke](#), perform [first aid for heat illness](#) 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!

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4-H News

Let's Welcome Arianna Buehring!

Arianna will be working as a Summer 4-H Program Assistant! Arianna comes with 9 years of 4-H experience and is currently attending UW Oshkosh to pursue a degree in elementary education. She also currently works as a special education paraprofessional with Oshkosh Public Schools.

We are thrilled to have her working with us this summer! She will be assisting with [summer camps](#) and workshops, [ChickQuest](#), and 4-H county fair activities.

Dana Berger

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Community Development

Registration open: Introduction to Plain Language

The high-demand plain language workshop is back! Join this virtual training to learn 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 English speakers.

Choose a date and time that works for you:

- Wednesday, June 26, 9:30-11:30 am
- Thursday, June 27, 6:00-8:00 pm

Register here: go.wisc.edu/plain

Introduction to Plain Language is a partnership between UW-Madison's Cultural Linguistic Services and Division of Extension.

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Entrepreneurs of Color Spotlight

Empowering Northeast Wisconsin's business owners of color, by highlighting their business journey and inviting viewers to interact and learn.

EOC SPOTLIGHT

Now Replaying 2020-2023 Spotlights

Join Us!
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EoCSpotlight@gmail.com

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Unfortunately, the word "moderation" does not seem to be a part of Mother Nature's vocabulary. A year ago, we were dealing with the effects of a flash drought that turned into a full drought later that year. **This spring we had soil samples pulled in March where soil moisture levels were 16-23%, which is unheard of for that time of year.**

Well, we have found that missing precipitation...and then some. We currently have farmers trying to get the first cutting alfalfa harvested from saturated fields at the same time many have unplanted corn and soybean acreage that may become "prevented plant" casualties if this wet weather pattern continues. As farmers across northeast and east-central WI dealing with flooding in fields, here are some guidelines that can be applied to different crops... [read more](#).

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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:

Relax and Enjoy Fathering; June 11

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 [Raising Caring Kids articles](#).

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: <https://bit.ly/46L4nEo>

[Subscribe](#) to our email list.

Todd Wenzel


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Harvest of the Month

It's good - It's in season - It's local

This month, FoodWise is highlighting Lettuce! Stop by the Extension Office for more materials and recipes.



LET US EAT LETTUCE

Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!


Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.



Make meals and memories together. It's a lesson kids will use for life.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WitHarvestoftheMonth

Extension
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