



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Back to School at Extension

As the new school year begins, Extension Winnebago County is excited to roll out an array of fantastic programs for the classroom! Whether it's ChickQuest, STEM, Nutrition Education, Block Parties, Rent Smart, or Horticulture, our expert educators are ready to bring their evidence-based, research-supported knowledge to our community at every stage of life. Get ready for an enriching year of learning and growth!

Contact [any of our educators](#) for more information, or to chat about bringing our programming to your school!



Human Development & Relationships

Feeling overwhelmed by separation or divorce and its impact on your parenting? The **Positive Parenting Program—Family Transitions** is here to

help! This engaging series will equip you with effective coping strategies, stress reduction techniques, and tools for managing your responses.

Join us for five Thursday evenings from 5:30 PM to 7:30 PM via Zoom, beginning September 26. Empower yourself with the skills to navigate this challenging time and support both yourself and your child, with confidence.

Registration is available online at <https://go.wisc.edu/uh7jz4>

View and download the flyer [here!](#)

[Subscribe](#) to our email list.

Does your agency support clients with personal finance? Struggling to discuss money with them? Then our **Encouraging Financial Conversations** training series is for you! This six-hour course is designed for professionals like case managers and social workers but is open to all.



You'll learn how to guide clients in achieving financial goals, managing money, and protecting against fraud. Topics include creating financial action plans, building credit, paying off debt, and budgeting. Resources are provided by UW-Madison Division of Extension Financial Education professionals and are free to use.

To enroll in the upcoming EFC series, please use the link below.

Tuesdays, 11:00 AM – 12:00 PM

October 1, 8, 15, 22, 29 and November 5.

Register at <https://forms.gle/Ni1hFekbQMMVBLEM8>

Registration is required to access the Zoom link.

To find additional dates and access the class materials, visit the EFC website at <https://finances.extension.wisc.edu/programs/encouraging-financial-conversations/>

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4-H Registration is Open

4-H Enrollment For the 2024-2025 Program Year Is Open!

There's something for everyone!

Our county's 4-H program features 17 different community clubs and 5 project clubs such as: Horse & Pony, Rabbits, Dairy, Dogs, and Interstate Exchange

Youth in grades K5-2 become Cloverbuds. As a Cloverbud, our youngest youth try out various activities within their clubs to get a taste of what 4-H is all about. Youth in grades 3-13 can

choose multiple projects to learn more about and build skills. Projects are basically an area of interest that a youth takes interest in such as animals, woodworking, foods, sewing, STEM, leadership, sewing, and much more!

A complete listing of clubs: <https://winnebago.extension.wisc.edu/4h/join/clubs/>

A complete list of projects: <https://winnebago.extension.wisc.edu/4h/projects/>

For more information about joining 4-H contact:

Dana Berger

[Subscribe](#) to our email list.



Health & Well-Being

Now Recruiting StrongBodies Leaders!

Ready to stay committed to your fitness routine? Become a **StrongBodies** leader!

StrongBodies is a proven strength training program that boosts strength, muscle mass, and bone density for mid-life and older adults. Our classes focus on progressive resistance, balance, and flexibility.

We'll provide full training on leading **StrongBodies** classes, from exercise techniques to participant motivation. As a leader, you'll help others reach their fitness goals while enhancing your leadership skills and staying active.

Make a difference in your community's health—apply to be a **StrongBodies** leader today!

Please contact Katie to inquire about upcoming trainings.

[StrongBodies Website](#)

[StrongBodies Impacts and Research](#)

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STRONG People™
STRONG BODIES

FoodWise

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

This month, FoodWise presents Peppers as the Harvest of the Month



Visit the [FoodWise website](#) for more information!

[Subscribe](#) to our email list.

Community Development

Elevando Wisconsin is coming to Northeast Wisconsin!

Do you want to grow your leadership skills while serving your community?

Elevando is a leadership development program with proven success in building leadership capacity and pathways. Participants prepare for leadership roles, creating a network of active, effective leaders across Wisconsin. Now recruiting in Outagamie & Winnebago counties and greater Northeast Wisconsin for the Fall cohort!



- All sessions are held virtually, via Zoom.
- All sessions are multilingual, in Spanish and English.
- \$300 fee, but tuition assistance is available.
- Apply by October 7.

[Learn more or apply for Elevando Wisconsin Fall 2024.](#)

Other Community Development Events

- [Grant Writing Basics Virtual Workshop](#): September 17, 6-8pm | Join Mia and her colleagues and learn basic grant writing skills!
- [EoC Spotlight Replays](#): Thursdays at 6:30pm on Facebook Live or Youtube!
- [Introduction to Plain Language Virtual Workshop](#): November 7, 1-3pm or 6-8pm | Learn strategies for word choice, font selection, grammar use, user testing, and more to communicate quickly and effectively.

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Want to learn about more Extension statewide news and educational opportunities? Subscribe to the [Community Economic Development newsletter here!](#)



Horticulture

Check out these upcoming online webinars! Registration is required.

September 25: [Growing Healthy Plants: Basics in Plant Disease Management](#) | 6:30-8:30pm, FREE | Learn about common methods for disease control, their pros and cons, and how you can

adapt these techniques for use in your own home garden.

September 26: [Fall Into Spring Success: Planning Ahead for Weed Prevention](#) | 12-12:30pm, FREE | Join us for an insightful session on fall preparation for new garden beds,

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spring, and learn how to match weed control options to the size of your project. Explore various methods including solarization, occultation, chemical treatments, and tilling to ensure your garden thrives come springtime.

September 26 - November 7: [Green Thumb Gardening Fall 2024](#) | 5:30-7:30pm | The Green Thumb Gardening class series will give you the practical knowledge to keep your home garden thriving! This in-depth and accessible information is for everyone, from the novice to the experienced gardener. Register for the complete class series at a discounted price (\$70.00) or individual classes (\$12.00) according to your interests.

[See the full calendar here!](#)

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Crops & Soil

2024 Outagamie Forage Council Corn Silage Drydown Events still available!

September 19, 12-2pm:

Allied Cooperative - 354 Morrow Street, Seymour

September 26, 12-2pm:

Verhasselt Farms - N3835 Section Line Rd, Kaukauna



Farmers, agronomists, and professional consultants should bring 4-5 stalks from each field for testing. Getting a representative sample may be difficult this year, so bring more stalks if needed! Samples will be processed at Dairyland Laboratories in DePere, and will be available at <https://outagamie.extension.wisc.edu/drydown-results/>

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