



NEWS FROM EXTENSION

UW-MADISON DIVISION OF EXTENSION WINNEBAGO COUNTY



Happy Thanksgiving from Extension!

4-H Programs

Congratulations 2024 4-H Volunteer & Youth Award Winners

Winnebago County 4-H held their Annual Fall Family Banquet on October 12th. Families enjoyed a taco bar dinner, awards ceremony, 4-H Interstate Exchange raffle and bowling!

[Subscribe](#) to our email list.

Congratulations to this year's award winners:

Friend In 4-H: Brenda Nuite
Friend Of 4-H: Winnebago County Fair Association Board
Volunteer of the Year: Jennifer Hostettler
Alumni of the Year: Melissa Walker
Lifetime Volunteer: Anita Eichman
Youth Leadership Awards: Emily Hunter, Evan Numrich,
Ryan Beck
Youth Challenge Awards: Ava Larson, Kendall Carley

Dana Berger

dana.berger@wisc.edu

920-232-1974

FALL BANQUET

Congratulations 2024 4-H Family Banquet Award Winners

Friend In 4-H: Brenda Nuite– Ridgeway
Friend Of 4-H: Winnebago County Fair Board
Volunteer of the Year: Jennifer Hostettler
Alumni Award: Melissa Walker
Lifetime Award: Anita Eichman

Youth Leadership Awards
Emily Hunter– Golden Oak
Evan Numrich– Ridgeway
Ryan Beck– Golden Oak

Youth Challenge Awards
Ava Larson– Poygan Go-Getters
Kendall Carley– Newcomers



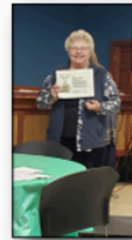
Jennifer Hostettler



Winnebago County Fairboard



Nancy Pieper



Kay Lettau



Marion Kuharski



Phil Keifer



Human Development & Relationships



Rent Smart helps individuals with little rental experience or difficulty securing housing develop the skills needed for successful renting. Participants will learn how to build positive relationships with landlords and neighbors, navigate the application and screening process, and understand tenant and landlord rights and responsibilities, boosting their confidence in finding and maintaining affordable housing.

Rent Smart classes are offered online via Zoom and are free of charge!

The 2025 online schedule has been finalized! See the schedule and register for Rent Smart

[Subscribe](#) to our email list.

December 2024: 3, 5, 10, 12, 17, 19 @ 7:00PM-8:00PM; Tue/Thurs
February 2025: 12, 14, 19, 21, 26, 28 @ 9:00AM-10:00AM; Wed/Fri
March 2025: 15, 22, 29 @ 9:00AM-11:30AM; Saturday
April 2025: 8, 10, 15, 17, 22, 24 @ 7:00PM-8:00PM; Tue/Thurs
May 2025: 5, 9, 12, 16, 19, 23 @ 1:00PM-2:00PM; Mon/Fri
June 2025: 9, 11, 16, 18, 23, 25 @ 9:00AM-10:00AM; Mon/Wed

Todd Wenzel
todd.wenzel@wisc.edu



FoodWise

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

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



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

[Subscribe](#) to our email list.

Health & Well-Being

Adopting an Attitude of Gratitude

Gratitude is more than just a feel-good buzzword; it's a powerful habit that can greatly impact our mental and physical health. [Studies show](#) that regularly practicing gratitude can reduce stress, improve sleep, and even strengthen the immune system.

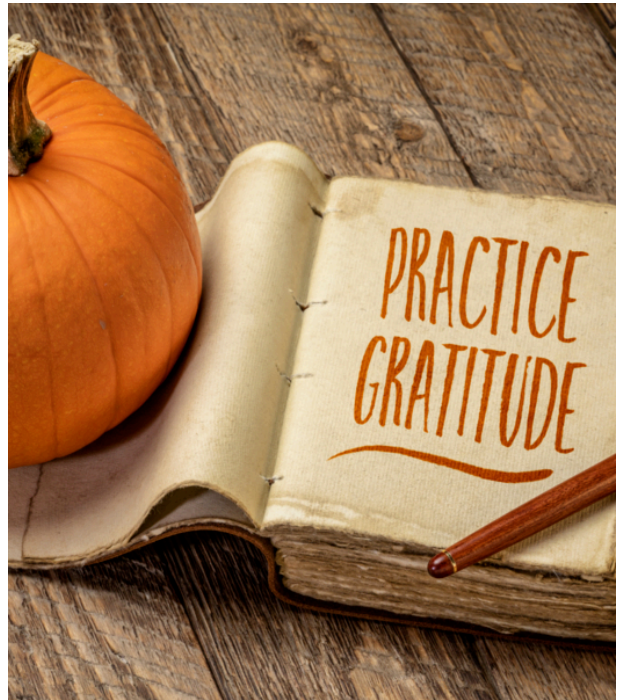
When we take the time to appreciate the positives in our lives—whether it's a warm conversation with a friend, a beautiful sunset, or simply a moment of peace—we trigger a release of "feel-good" hormones, like serotonin and dopamine, that enhance mood and overall well-being.

Give gratitude a try - at the end of each week, take a few minutes to reflect on the highlights and challenges you faced. Focus on what went well and recognize the people or experiences that brought joy to your week. Sharing these thoughts with a loved one can make the practice even more special!

Katherine (Katie) Jaegly

katie.jaegly@wisc.edu

920-232-1979



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Cloverbud Blast

Sunday, Nov. 3, sixteen 4-Hers (Kindergarden thru 3rd graders) met to play games, create crafts and enjoy festive snacks.

We also recognized five youth who graduated to the Exploring Program and are now considered full members. Congratulations, and thank you to all youth and parents who made this day possible!

Sarah Thompson

sarah.thompson@wisc.edu

920-232-1985



Community Development

Help grow our [Community Gardens Directory!](#)

The UW-Madison Extension for Winnebago and Outagamie counties is on a mission to map out community gardens in the Fox Valley and Oshkosh

area, and we need your help!

How can you contribute?

- Fill out this [Google Form](#)
- Call Amy Beck at 920-832-5121
- Email Amy.Beck@outagamie.org

Mia Ljung

920-470-4645

mia.ljung@wisc.edu

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

[Subscribe](#) to our email list.

Entrepreneurs of Color Spotlight

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



Now Replaying 2020-2023 Spotlights

Join Us!
EVERY
THURSDAY
@ 6:30 PM



EoCSpotlight@gmail.com

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Crops & Soil

Badger Crops & Soils Update Meetings: Access the latest agronomic, pest, and nutrient management research from UW-Madison, and learn how it can be applied to Wisconsin's farmland.

When: December 3-6, 2024

For more information, the agenda, and to register, [click here](#).

Registration fees apply.

Continuing education credits will be offered at all meetings.

Kevin Jarek

kevin.jarek@wisc.edu



Horticulture

In October, the “Savoring the Season” workshop invited the Learning in Retirement group to explore food safety and seasonal preservation. Participants picked up useful tips on handling produce safely and preserving it, adding them to their skills for sustainable, self-reliant living.

In November, residents at Park View Health Center enjoyed a special gardening program that combined practical plant nutrition education with therapeutic hands-on activities. They learned how to use soil testing and choose slow-release and organic fertilizers to keep plants healthy while protecting the environment. Both programs reflected a strong community focus on learning and wellness, fostering connections to nature, food, and each other.

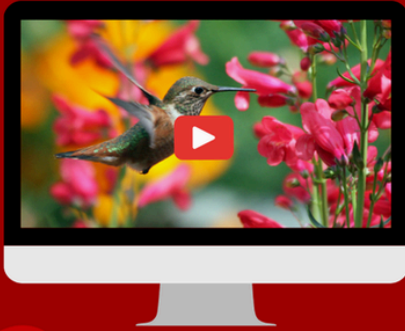
Jacob Kluz

kluza@wisc.edu

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Horticulture Program
DIVISION OF EXTENSION
UNIVERSITY OF WISCONSIN-MADISON



Free Online Gardening Programs

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